

STATE REPRESENTATIVE STEPHEN MESKERS

PROUDLY SERVING GREENWICH

ARE YOU CONCERNED ABOUT YOUR CHILD VAPING?

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VAPING INFORMATION

As a concerned member of our community, I am reaching out to let you know about the threat of vaping, as it has started to affect the health of teenagers in Connecticut who are being targeted by industry marketing. On March 5th the Public Health Committee heard testimony about the benefit of raising the legal age for nicotine and vaping to 21 years old. I strongly support passing this legislation and will fight for it's passage.

Vaping is inhaling the aerosol (vapor) produced by an electronic cigarette or e-cigarette or similar device. Because they don't produce smoke smell (although there is a large cloud of vapor that is produced), they can go undetected. The vapor does contain toxic chemicals as well as tobacco, which are linked to cancer, respiratory problems and heart disease. The devices are made up of a mouthpiece, a battery, a cartridge for the liquid nicotine and a heating component. The flavors sold are sweet and fruity, furthering its appeal to youngsters. It contains as much nicotine as an entire pack of cigarettes.

- Last year more than *2,000 students* were disciplined for vaping.
- Nearly *90% of adult smokers begin smoking before 18.*
- If someone has not started smoking by age 21 , it is not likely they will.

Also known as Electronic Nicotine Device Systems (ENDS) they go by slang such as e-hookahs, vapes, and tank systems; “atty” refers to an atomizer, “VG” refers to vegetable glycerin in the e-liquid (also known as sauce). They can be modified to deliver not just nicotine but marijuana as well.

The symptoms of addiction to nicotine in these products appear in youth within weeks or days after occasional smoking, and well before daily smoking has started.

Online, vaping culture thrives as vaping videos are gaining in popularity on social media. One form of popular videos are “cloud competitions” in which users compete to perform vaping tricks, such as blowing smoke out of the mouth and nose simultaneously.

YOU CAN VISIT THESE WEBSITES FOR INFORMATION ABOUT HOW TO TALK TO YOUR TEEN ABOUT VAPING:
<http://bit.ly/DMHASVapor>
<http://bit.ly/CTDPHVaping>

This session, I will seek to educate parents on the dangers of vaping for their children, as well as support legislation to make the legal age for nicotine and vaping 21. Studies show the longer children wait to try these products, the less likely they will become addicted. I will do everything I can to help protect your children from these dangers.

