

YOUTH HEALTH TRENDS IN ONTARIO: VAPING



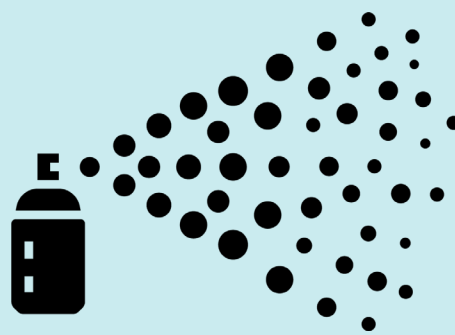
This infographic is informed by data from the COMPASS study. The 9-year longitudinal study (started in 2012/13) tracks Canadian high school students to understand how to effectively improve their health behaviours. For more information, please visit compass.uwaterloo.ca.



Youth Vaping (grades 9-12)

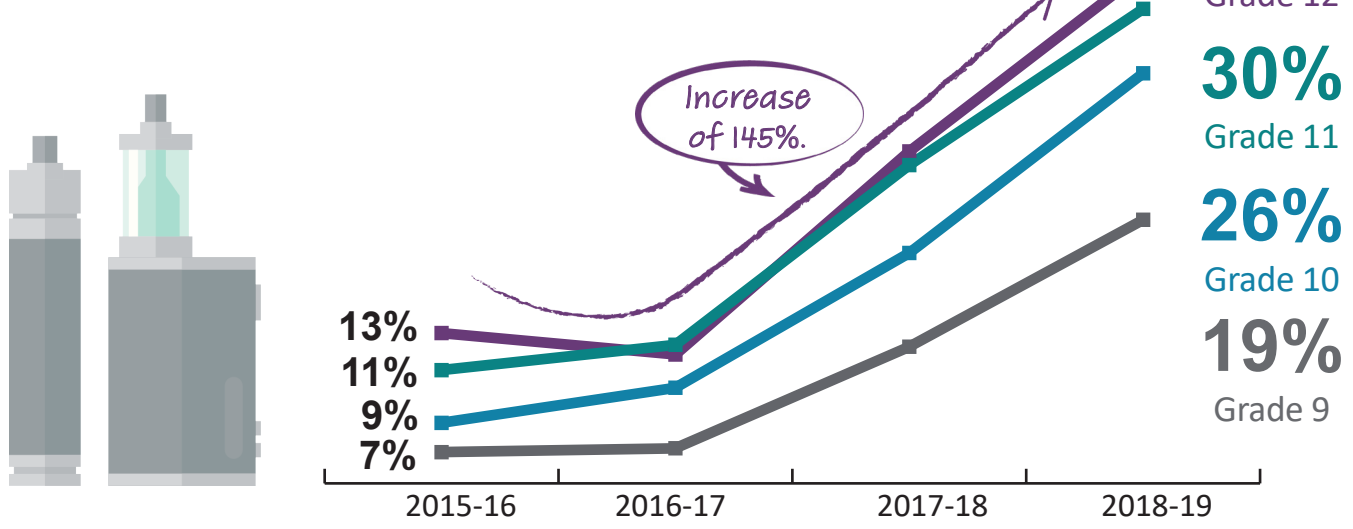


What is vaping?

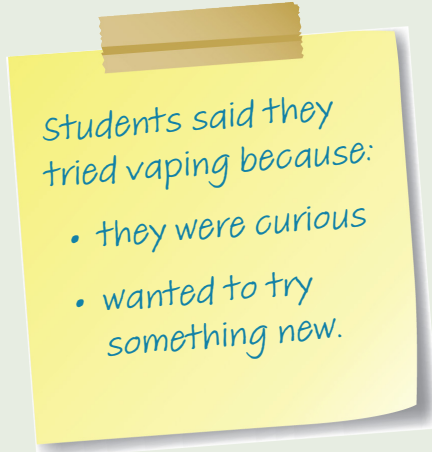


Using an e-cigarette is called "vaping," but these devices produce an aerosol. An aerosol is a suspension of fine solid particles or liquid droplets in air or another gas, and can contain many chemicals.

1 in 4 high school students currently vape.



Why are students vaping?



How often are students vaping?

8% of students reported vaping 21 days or more in the past month.

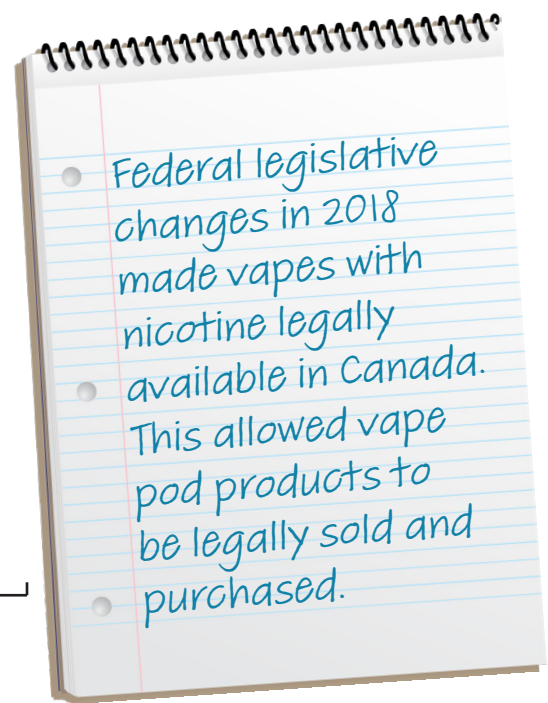
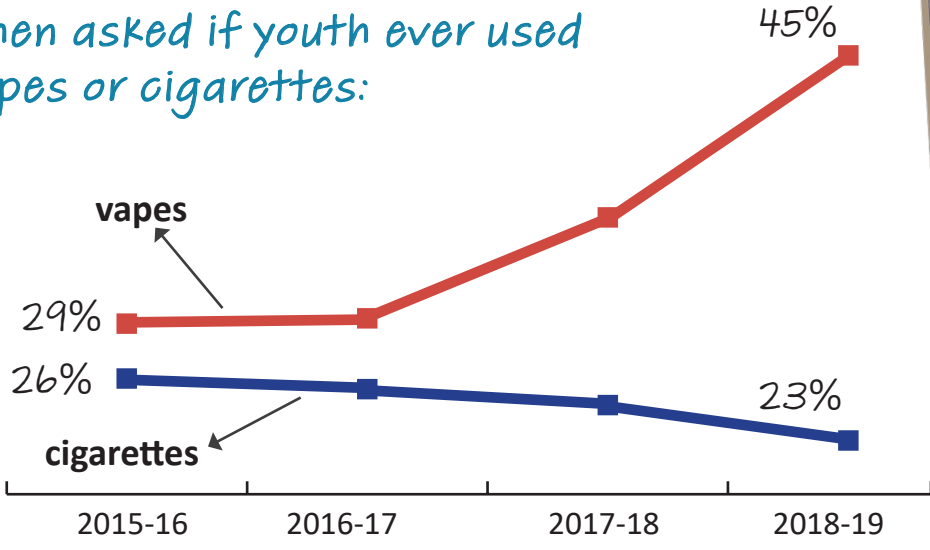
This is a 5X increase since 2015/2016.



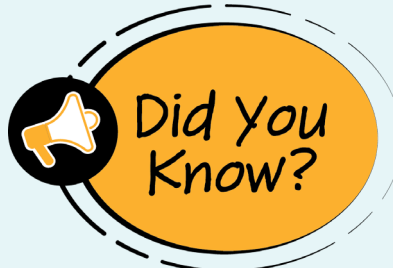
Vaping has increased among all students across all categories (gender, ethnicity, smoking status), the largest increase in use was seen among females between 2017/18 and 2018/19.

Patterns of use are changing.

When asked if youth ever used vapes or cigarettes:



Vaping has been associated with e-cigarette/vaping associated lung injury (EVALI). EVALI is an inflammatory response in the lungs triggered by inhaled substances.

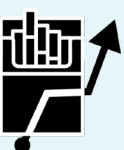


Many vaping products contain nicotine, an addictive substance that can negatively impact adolescent brain development.



Possible side effects of vaping include:

- increased heart rate and blood pressure,
- lung disease,
- chronic bronchitis
- insulin resistance leading to Type 2 diabetes.



Vaping products are attracting youth who would otherwise be unlikely to start smoking cigarettes.



In Canada, some vape pods contain as much nicotine as a pack of cigarettes.



A number of the chemicals found in the aerosol produced from vaping devices have known toxicity (e.g., formaldehyde).