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.

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.

### Why are students vaping?

Students said they tried vaping because:
- they were curious
- wanted to try something new

### How often are students vaping?

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

This is a 5X increase since 2012/13.

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:**

<table>
<thead>
<tr>
<th>Year</th>
<th>Vapes (% of students)</th>
<th>Cigarettes (% of students)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2015-16</td>
<td>26%</td>
<td>23%</td>
</tr>
<tr>
<td>2016-17</td>
<td>24%</td>
<td>29%</td>
</tr>
<tr>
<td>2017-18</td>
<td>23%</td>
<td>26%</td>
</tr>
<tr>
<td>2018-19</td>
<td>24%</td>
<td>29%</td>
</tr>
</tbody>
</table>

### Federal legislative changes in 2018

Made it legal to买到 e-cigarettes with nicotine.

This allowed vape pod products to be legally sold and purchased.

### Vaping has been associated with e-cigarette/vaping associated lung injury (EVALI).

EVALI is an inflammatory response in the lungs triggered by inhaled substances.

### 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).