

THE FACTS: MARIJUANA AND VAPING

Vaping devices, also known as vapes, vape pens, mods, tanks, and e-cigarettes can be filled with a variety of nicotine or marijuana based products. Vaping is an increasingly popular way to consume both nicotine and marijuana.



VAPING FYI

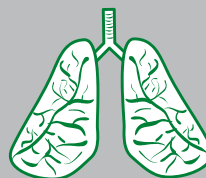
The term "vaping" is misleading. When marijuana liquid, oil or plant material is heated in the device, an aerosol (a suspension of fine particles in a gas) is released.

Vaping devices can be easily concealed and small enough to be hidden in the palm of a hand, often looking like a USB drive.

BODILY IMPACT

Vaping may*

- decrease lung development
- increase breathing difficulties
- lower defenses against bacteria & viruses
- induce inflammatory reactions



Vape products can contain nicotine, as well as CBD or THC. THC content can range from 20-80%.

Three quarters of Maine youth are not current marijuana or vape or e-cigarette users.

DATA FROM MAINE**

Current E-Cigarette Use



Current Marijuana Use



0% 10% 20% 30%

RECOMMENDATIONS AND LAWS

Potential health impacts from vaping have not been fully studied. Since there are many unknowns about the use of vape products, U.S. Center for Disease Control and Prevention (CDC) and the Food and Drug Administration (FDA) recommend that people do not use e-cigarettes, or vaping products that contain THC. Particularly from informal sources like friends, family, or in-person or online sellers.



For more resources visit: <https://goodtoknowmaine.com/>

*Vaping is still being studied, full potential impacts are not known.

**2019 Maine Integrated Youth Health Survey

Created April 2020



Maine Center for Disease Control & Prevention
Department of Health and Human Services