



National Take Down Tobacco Day April 1, 2026





Vaping Presentation
By Breathe Free Arkansas
Project Prevent Coalition





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Terrilyn Jones, Program
Coordinator



STATE NEWS

Thousands of illegal vapes, THC products seized in Arkansas retail crackdown

by: [Mike Rogers](#)

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SHARE



LITTLE ROCK, Ark. – State and federal authorities have seized more than 7,600 illegal or non-compliant vapes and tobacco related products from retailers across Arkansas, marking a major enforcement effort targeting unregulated items.

The Arkansas Department of Finance and Administration (DFA), in partnership with the Drug Enforcement Administration's Little Rock District Office, conducted inspections at 28 vape and tobacco retailers between March 5 and March 17. The visits were based on previously gathered intelligence, according to the DFA.

Among the items confiscated were 5,640 illicit vape devices, 1,214 non-compliant e-liquid





Introduction by
Terilyn Jones, Program Coordinator
Natalie Martinez





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The Scary Truth About Teen Vaping

Teens often believe that vaping or using electronic cigarettes is healthier than smoking tobacco.

Get the truth.



The State of Vapes

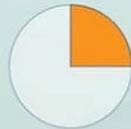
Current Use

2.13 million

7.7% of students (2.13 million) reported current use of e-cigarettes.

10.0% (1.56 million) high school students and 4.6% (550,000) middle school students reported current use of e-cigarettes.

Frequency of Use



More than 1 in 4 (25.2%) of current youth e-cigarette users use an e-cigarette product **every day.**



More than 1 in 3 (34.7%) youth e-cigarette users report using e-cigarettes **at least 20 of the last 30 days.**

Flavor Use



Almost 9 out of 10 current e-cigarette users (89.4%) used flavored e-cigarettes, with fruit flavors being the most popular, followed by candy, desserts, or other sweets, mint and menthol.

How E-Liquids Affect the Body



- Lead to nicotine addiction
- Gateway to other addictive substances
- Depress immune system
- Prevent lungs from detoxing
- Increase risk of frequent infections



Mini Pod & Vape 101 for Parents

- Looks like a USB or flash drive
- Recharges on USB port
- Has high concentration of nicotine
- Easy to hide & consume
- Many flavors appeal to teens
- Not harmless water vapor
- Highly & quickly addictive
- Often called JUULing

1 mini pod =
20 cigarettes



Nicotine level



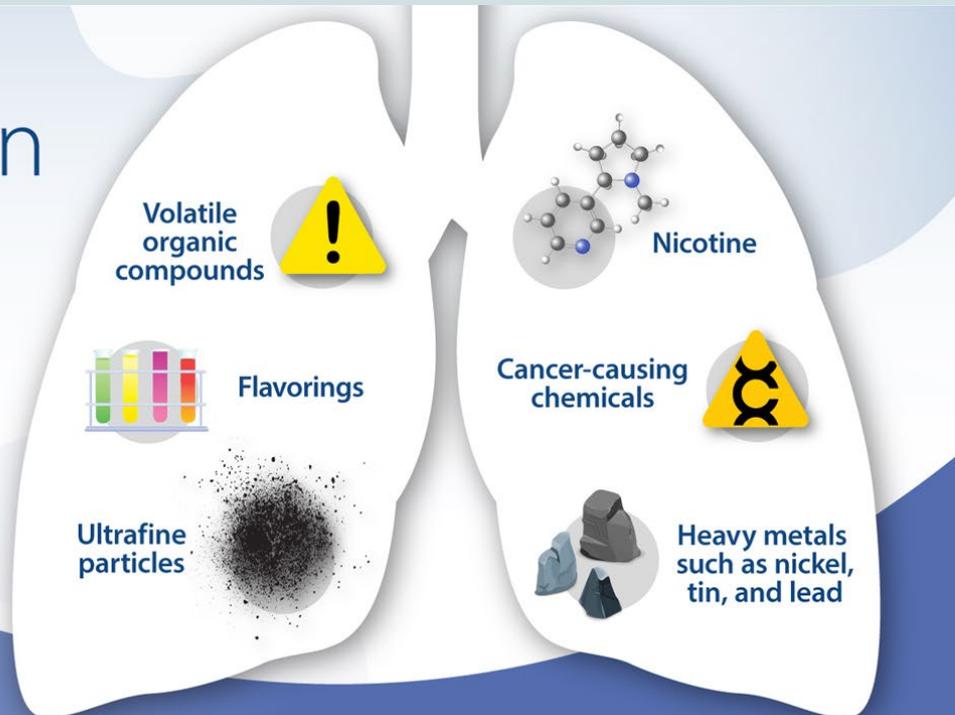
What Are Teens Inhaling?

- Nicotine
- Propylene glycol, glycerin & other harmful chemicals
- Heavy metals (nickel, tin, lead, etc.)



What's in a vape?

Substances in e-cigarette aerosol



Source: U.S. Surgeon General Report, 2016

[CDC.gov/Vaping](https://www.cdc.gov/vaping)





What's in a vape?



DECODING WHAT'S BEHIND THE VAPOR

WHAT IS AN E-CIGARETTE?

An e-cigarette is a battery-powered device that heats an e-liquid into an aerosol or "vapor". The e-liquid contains a mixture of chemicals, artificial flavorings, and usually nicotine stored in a cartridge or pod. Some cartridges are refillable while others are replaced when empty. These devices take many shapes and colors. Some are made to look like cigarettes and cigars, or even a USB flash drive.



NICOTINE & THE ADOLESCENT BRAIN

The adolescent brain is still developing until about age 25. Nicotine can hijack this process creating a strong dependence on nicotine. Decision-making, impulse control and planning ahead are among the last features of the brain to mature. Youth who start using nicotine can become hooked very easily.



Limbic System aka Reward System – part of the brain affected by nicotine

Regulates stimuli and emotional responses, including attention span

Stimulates dopamine production, producing a feeling of pleasure

Creates an addiction when the brain remembers those pleasurable feelings and seeks them out

WHAT IS VAPING?

Vaping describes using a device to inhale the aerosolized e-liquid. The heated chemicals in the aerosol create a dense fog-like cloud that looks similar to tobacco smoke. When heated, the properties of the e-liquid chemicals change. The aerosol particles can damage to the lining of the lungs when inhaled. Nicotine inhaled through an e-cigarette is just as addictive as traditional cigarettes.

Different Names for the Same Product

E-cigarettes are also known as e-hookahs, hookah pens, vape pens, vape pipes, or by brand names such as JUUL®.



VAPING DANGERS TO CHILDREN AND ADOLESCENTS



Packaging



Advertising



Targeted marketing



Flavoring



Alters brain development



Increases likelihood of smoking

The Consequences of Vaping:

Vaping might seem harmless but it can seriously affect your body and here are some ways of how it might affect you

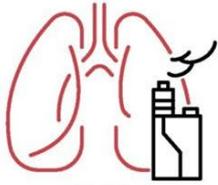
- Lung damage (Irritates your lungs and airways, Can cause coughing, wheezing, and shortness of breath
Linked to serious lung injury)
- Brain effects (Affect memory and attention
Increase anxiety and mood swings)
- Heart problems (Raises heart rate and blood pressure
Increases risk of heart disease over time)

Fun fact: You have little hairs on your lungs protecting them but when you smoke they burn off making it easier to damage your lungs



The Consequences of Vaping:

E-CIGARETTE OR VAPING USE-ASSOCIATED LUNG INJURY



EVALI



DIZZINESS



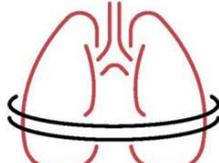
RAPID HEARTRATE



CHILLS



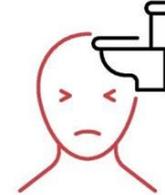
NAUSEA



DYSPNEA



FEVER



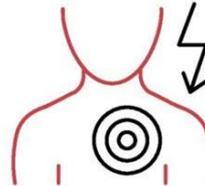
DIARRHEA



ABDOMINAL PAIN



UNEXPLAINED WEIGHT LOSS



CHEST PAIN



COUGH



The Cost of Vaping

Vapes can average from \$30 to \$40 dollars depending on what brand and type

You can get disposable or reusable vapes. With this being said if you're regularly buying these vapes it will cost you hundreds

Note: When buying from these vape companies you also support people building on bad habits and eventually cause health problems

High cost of vaping

Annual healthcare costs of exclusive e-cigarette users: **\$1.3 billion**



An exclusive e-cigarette user costs about **\$1,800 annually** more than person who does not use any tobacco product

Dual/poly tobacco use healthcare costs were even higher: **\$2,050 per person**



Vape Usage Amongst the Youth

1.63 million students currently use e-cigarettes.

This includes: 410,000 middle school students. 1.21 million high school students

It's no surprise that vapes are affecting the youth instead of children worried about getting to class on time or getting homework done they are trying to skip classes and constantly ask to go to the bathroom just to vape.

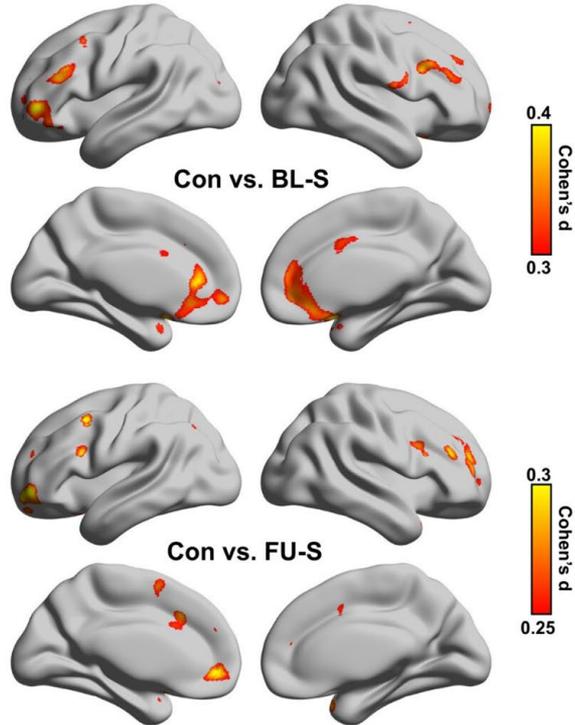
Most e-cigarettes contain nicotine, which is highly addictive. Nicotine can harm the parts of an adolescent's brain that control attention, learning, mood, and impulse control.

Among U.S. middle school students who currently used a tobacco product, more than 1 in 3 use more than one type of product.

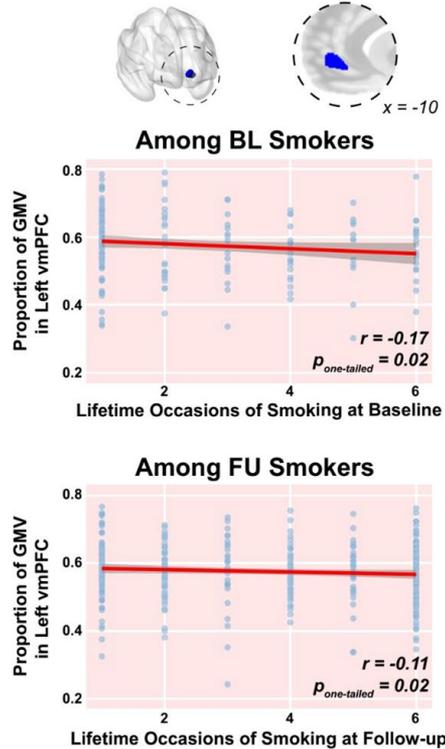


The Impact of Vaping on the Brain

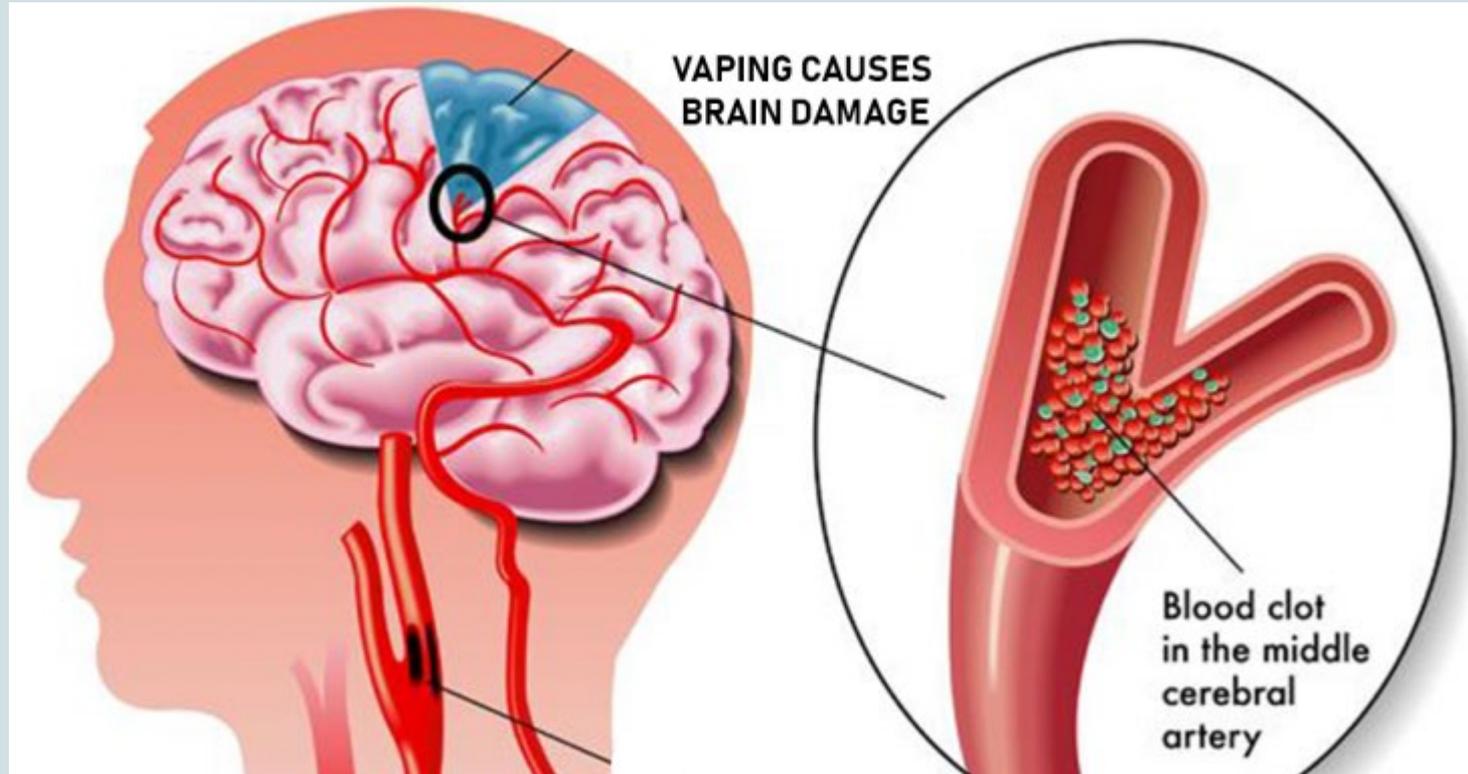
a Difference of Gray Matter Volume (GMV) at Baseline



b Effects of Left vmPFC on Smoking



The Impact of Vaping on the Brain



Study of Vape Stores in North Little Rock by Zip Code (Sample)

72113- 6

72114-18

72115-16

72116- 19

72117- 20

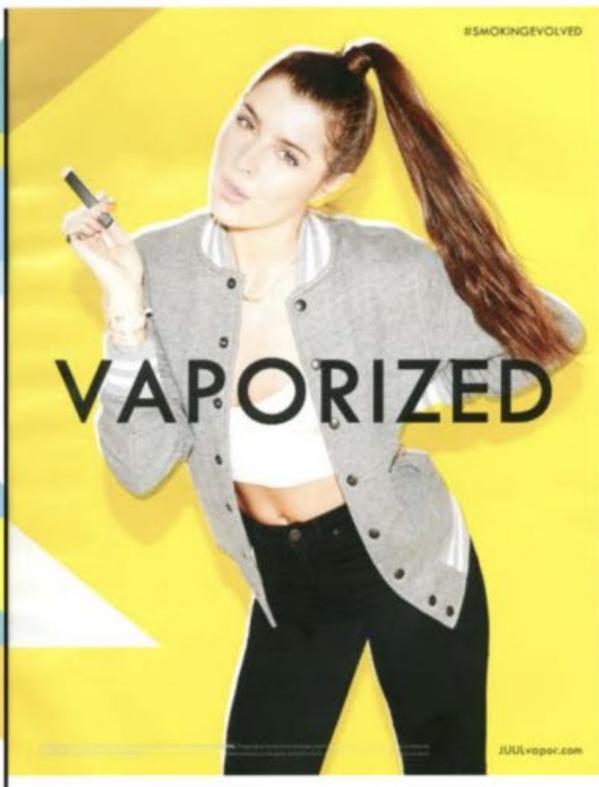
72117- 21

Most of the time vape shops target the poorest areas

(mind you these are only half of the vapes shops actually out there)

Vape Advertisements





Ariana Grande
American Singer-Songwriter

Teenagers Two to Three Times More Likely to Vape Than Smoke

Share of U.S. teenagers by grade level who said they had done the following ever (in percent)

Smoking cigarettes Vaping nicotine



24,257 U.S. students questioned in 2024 at response rates of 76 to 89 percent

Source: NIDA/NIH Monitoring the Future



The Benefits of Living Smoke Free



- Healthier lungs (lower risk of lung diseases, easier breathing, and better stamina for sports or activities)
- Stronger heart (lower risk of heart disease, reduces chance of stroke, and better blood circulation)
- Better brain and mood (better focus, better reaction time, and a more stable mood)
- Better appearance (whiter teeth, healthier skin, and fresher breath)
- Longer life (people who don't smoke generally live 10+ years longer than heavy smokers)





Please consider drafting legislation on vaping to address the following:

Ban on flavors

Vaping in retail establishments-Grocery stores, malls, convenience stores, etc.

Movie Theaters

Public Transportation



To recommend to keep vaping completely away from infants, children, pregnant women, and anyone with chronic breathing problems.”