

CHEMICALS IN YOUR VAPE

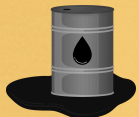
It's not just water vapors, there's some serious chemicals hidden in vaping liquid. Here are just a few, and it's gross other uses.



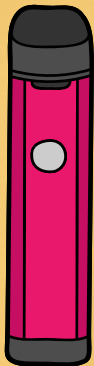
Lead, which can be found in toxic paint.



Arsenic, which is also used in car batteries.



Benzene, which is also used in crude oil (a.k.a. gasoline).



Heavy Metals: And no, not the rockstar kind.



Formaldehyde: yes, the same chemical that's commonly used to preserve bodies in mortuaries.



FACTS ABOUT KĀNAKA 'ŌPIO AND VAPING

- 'Ōpio (youth) brains are more likely to be addicted to nicotine than adult brains.
- 6 out of 10 (63.8%) of Kanaka high schoolers have tried vaping.
- Kanaka middle schoolers report vaping 12 times more than they report smoking combustible cigarettes, even though both contain nicotine.
- 17% of Kanaka high schoolers reported using a vape product 20+ days in the last 30 days, compared to only 10.4% of the general youth population in Hawai'i.
- 1 in 3 Kanaka 'ōpio stated the availability of flavors is the reason they use vape products.
- Vaping is associated with EVALI, a serious medical condition in which a person's lungs become damaged from substances contained in e-cigarettes and vaping products.

READY TO STOP VAPING? HERE'S HOW!

Deciding to stop vaping isn't always easy, but we're here to help! These links will start you on your journey:

polhi.org/tobacco
www.mylifemyquit.com

***Data: YTS (2019) and
YRBS (2019)*

SAYING 'A'OLE TO VAPING



A VAPING RESOURCE FOR NATIVE HAWAIIAN YOUTH



www.papaolalokahi.org

Mahalo to our partners:

Coalition for a Tobacco-Free Hawai'i Island
Hāmākua-Kohala Health Center
Hawai'i Island Tobacco-Free Partnership
Hawai'i Public Health Institute

VAPING'S IMPACT ON YOUR KINO

Nicotine is one of the most addictive substances in the world! It's impact on your body can cause some serious damage. Here are just some ways vaping can harm your kino (body).

Akemakani/Lungs: Coughing, wheezing, shortness of breath; some flavors linked to popcorn lung.

Ihu/Nose: Dries out nasal passages; can cause nose bleeds and sinus infections.

Lauoho/Hair: Harms hair follicles; can cause hair to fall out.

Lolo/Brain: Alters your brain and increases risk for addiction; can affect learning, memory, mood & attention.

Maka/Eyes: Can lead to eye conditions that can cause permanent eye damage.

Niho/Teeth: Sweet flavors common in vapes can weaken tooth enamel, which can lead to cavities; may contribute to gum disease.

Pepeiao/Ears: Can limit blood flow to inner ears, causing harm to hearing.

Pu'uwai/Heart: Increases risk of heart attack, stroke and heart disease.

'Ili/Skin: Ages skin causing premature wrinkling; can also cause skin and wounds to heal more slowly.



PROTECT YOUR EA AND YOUR 'ĀINA, MAI PUHI PAKA

E ola no ke kino. Protect your body and your lungs so you can kō your kuleana.



You'll need your lolo to remember and practice your protocols.



You'll need your pepeiao and maka to learn from your kumu hula.

You'll need your maka to see where you are, and where you're going.



You'll need your pu'uwai to put your good intentions into the mea 'ai.



You'll need your pepeiao to balance on those waves.



You'll need your akemakani to hold your breath to dive deep for those i'a.



You'll need healthy 'ili to keep you and the lo'i safe.