

MCHD HEALTH BLOG

The greatest wealth of a community is the health of the people.



Public Health
Prevent. Promote. Protect.
MORGAN COUNTY HEALTH DEPT.



ELECTRONIC CIGARETTES

Have you noticed how electronic cigarettes (“e-cigs”) have become more and more popular over the past few years compared to normal cigarettes? E-cigarettes may look like little tanks, USB drives, and even normal cigarettes. They work by heating up a liquid that contains nicotine and flavorings, creating a vapor that the user then breathes. Since the vapor contains nicotine, it is addictive and may also contain harmful substances. Technically, e-cigs contain less nicotine than normal cigarettes, but that doesn’t mean they’re safe. According to the CDC, e-cig vapors “can contain harmful and potentially harmful substances, including nicotine, heavy metals like lead, volatile organic compounds, and cancer-causing agents.” Scientists are still learning more about the potentially dangerous long-term effects of e-cigs.

As noted in the 2021 Morgan County Community Health Assessment, only 4% of Morgan County adults use e-cigs, however it is estimated that e-cigs are most widely used among middle and high schoolers. Much of the youth population see targeted ads that compel them to try e-cig tobacco, most of which have flavored products. The bottom line is that although tobacco companies make e-cigs look attractive, popular, and tasty, the tobacco they contain can harm brain development in youth and cause other health issues.

Many people who use tobacco know it’s not good for their health but don’t know how to stop. The good news is that there is help available! If you currently use any form of tobacco and are interested in stopping, the Ohio Tobacco Quit Line is for you. The Ohio Tobacco Quit Line provides personal quit coaching and telephone counseling FREE of charge to ALL Ohioans, regardless of insurance status or income. It also provides FREE quitting resources such as nicotine patches, gum, and more to eligible participants. Call 1-800-QUIT NOW (1-800-784-8669) any time of the day to start your journey to a tobacco-free life, today. If you know a teenager who smokes or vapes, encourage them to text “Start My Quit” to 36072 for free, confidential help.