

#nowyouknow

NICOTINE & VAPING IN SOUTHWEST CT



Smokers die 10 years earlier than nonsmokers



In 2018, **tobacco use** in Southwest CT ranged from **7%** in the Greenwich area to **21%** in Greater Bridgeport.

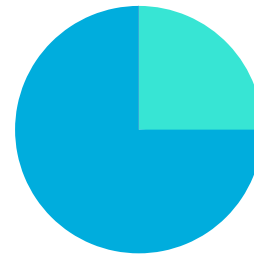
Vapes contain nicotine & aerosolized chemicals. Vaping is addictive & harmful. Teens who vape are 4X more likely to start smoking cigarettes.

After a 12-year decrease in the region, **smoking among adults increased** 3

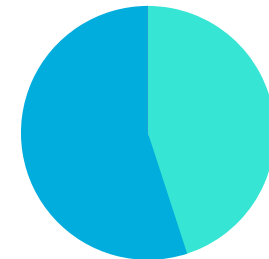
points between 2015 & 2018 in Bridgeport



- 14% to 23% of **adults** in Southwest CT towns had tried vaping in 2018, up from 11% to 18% in 2015
- 12% of **high schoolers** had vaped **marijuana** during the past month in a 2018 youth survey in a Southwest CT town



25% of freshmen & sophomores



45% of juniors & seniors

reported vaping during the past month in a local youth survey conducted in 2017

*Get Informed
Get Involved*

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GET THE FACTS

1. Adults with mental health or substance use disorders account for 40% of all cigarettes smoked.
2. Secondhand smoke is harmful even from vapes.
3. Smoking & vaping lead to respiratory diseases such as "popcorn lung" as well as cardiovascular problems.
4. As of October 1, 2019, it is **illegal** in CT to sell any nicotine-related product, including vapes, to individuals under age 21.

Resources:

- Local hospitals offer smoking cessation programs, and St Vincent's Medical Center has a teen vaping cessation program. SmokefreeTXT and BecomeAnEx.org are apps to help teens quit vaping, or text DITCHJUUL to 88709.
- Police departments conduct vendor compliance checks, and Local Prevention Councils coordinate awareness efforts. Find prevention resources at www.thehubct.org/nicotine-vaping.

FIND RESOURCES AND GET INVOLVED AT THEHUBCT.ORG