

Nicotine is one of the most addictive substances available. Nicotine affects adolescent brain development, particularly the parts of the brain that control learning, attention, mood and impulse control.



Almost half of vape users in Canada are youth or young adults.

The most recent figures reveal that 17 per cent of students in grades seven to 12 are current vapers and 29 per cent have tried it. Another study found a 112 per cent increase in the rate of youth vaping from 2017 to 2019.



## About us

**For more than 70 years, Heart & Stroke has led the fight to beat heart disease and stroke. Heart & Stroke is a leading funder of life-saving research, which has led to breakthroughs such as heart transplant surgery and a revolutionary stroke treatment that cuts the death rate by 50 per cent. Together, we are paving the way to a healthier future.**



## Contact us



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# Health risks of vaping

**Rona Apsari**



## What needs to be done

Heart & Stroke urges the federal government to adopt Immediate measures to curb youth vaping crisis in Canada. The governments should:

- Restrict advertising of vape products
- Comprehensive ban on vape flavours and additives
- Limit on nicotine content of a maximum of 20 mg/ml
- Place large rotating health warnings on vape products

## Why we need to do this

Canada is currently facing a youth vaping crisis. The use and addiction of vape products among youth is skyrocketing.

The health consequences are clear. Vaping is linked to lung damage, respiratory injury, an increase in blood pressure, stroke and heart attack. Youth are particularly vulnerable to nicotine addiction, with studies showing that nicotine disrupts brain development, impacting areas critical for attention, learning and impulse control.



Flavoured vapes play a huge role in enticing youth to vape, habitual use and possibly the initiation of tobacco.

Flavours attract youth to vape products but high nicotine content hooks them. A recent survey found that nine in 10 youth and young adult vape users in Canada used flavoured e-cigarettes when they first tried vapes and continued to use flavoured vapes afterwards.

Heart & Stroke has been very active in making the case for regulation to governments and policymakers in every jurisdiction in Canada. We've called on governments to act quickly, because there's an urgency around this issue.



## Health impacts

The short-term impacts of vaping include damage to the function of blood vessels, along with increased blood pressure and heart rate.

E-cigarettes have been shown to have some of the same negative health consequences as tobacco use such as increased risk of infections, weakened immunity, oral health issues and respiratory problems. In young people, we also see impacts on their developing brains. Nicotine is harmful and can stunt brain development.

## Get support and take action

Understanding the risks of vaping is the first step toward making informed choices.

Heart & Stroke  
[heartandstroke.ca](https://heartandstroke.ca)

Student Health Services  
[humber.ca/student-life/swac/health-counselling](https://humber.ca/student-life/swac/health-counselling)