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Vaping: What You Should Know

Have you ever wondered how an item that is not good for our health becomes popular? One way is vendors that produce them use clever marketing tactics to make people think they are safe, popular, good for you, and a status symbol.

E-cigarettes or vapes are these types of items. Although there are some regulations in the sale of e-cigarette/vape items, they are currently limited. In the United States, the legal age to purchase any nicotine-containing product, including e-cigarettes is 21. New York State has also banned flavored nicotine vape products to address the use of e-cigarettes among youth.

“According to the Food and Drug Administration (FDA), e-cigarettes/vapes are not approved as an aid to quit smoking,” stated Paul Pettit, Director of Genesee and Orleans County Health Departments (GO Health). “There is limited evidence that using a vaping device will help smokers quit, mostly because the individuals continue to smoke or use nicotine replacement while vaping, which increases the nicotine levels. Other FDA-approved prescription and over-the-counter medications are safe and effective to help people quit nicotine use. The best way to reduce the risk of nicotine-related illnesses and cancer is to never start using nicotine products of any kind.”

Companies that market e-cigarettes and vaping devices use marketing tools such as:

- ‘fun’ flavors;
- deep discounts;
- marketing materials that are ‘youth-oriented’ and located where young people go;
- brightly colored ads or bright storefronts;
- using celebrities who use e-cigarettes;
- use popular packaging that are attractive to youth such as:
 - flash/USB drives,
 - favorite characters,
 - hidden in hoodie strings,

- highlighters,
- backpacks,
- phone cases,
- pens, or
- smart watches.

Parents and caregivers are encouraged to have honest conversations with youth about the issues and risks around vaping. Being aware of what is out there will take the glamor out of the product when talking with youth.

Tips on Quitting

- Pick a day on a calendar when you plan on quitting, let friends or family know.
- Download an app that helps you track your sober days, build new healthier habits, and provides motivation– visit [SmokeFree.gov](https://www.smokefree.gov) for free apps to download.
- Get rid of all vaping devices.
- Understand what the withdrawal symptoms are such as headaches, hunger, trouble sleeping, and concentrating are just a few.
- Feeling the urge to vape? Try these instead:
 - Chewing gum or drinking water
 - Exercise
 - Yoga or meditation
 - Keeping your hands busy

The sooner one quits, the quicker the body rebounds and repairs itself. For more help or information, contact your healthcare provider. You can also text, chat or call the New York State Smokers' Quitline at 1-866-NY-QUITS (1-866-697-8487).

For more information on GO Health programs and services, visit [GOHealthNY.org](https://www.gohealthny.org) or call your respective health department at:

- Genesee County: 585-344-2580 ext. 5555
- Orleans County: 585-589-3278

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