

Smart Vapes: A Growing Threat to Iowa Youth

Smart vapes, or Bluetooth-enabled e-cigarettes, are a dangerous evolution in vaping technology, making nicotine addiction more potent, discreet, and harder to regulate. These devices pose significant health risks, especially to young users, and require urgent action from schools, parents and medical professionals

Why Smart Vapes are Particularly Harmful to Youth.

1. High Nicotine Delivery and Increased Addiction Risk.

- ▶ App-controlled nicotine levels allow for stronger, faster addiction.
- ▶ Many use nicotine salts, which are absorbed quickly and intensify cravings.
- ▶ Users can increase vapor production, leading to excessive nicotine intake.

2. Stealth Features Make Detection Difficult.

- ▶ "Stealth mode" allows for low or no visible vapor.
- ▶ Devices resemble USB drives, watches, or pens and blend into school supplies.
- ▶ App locking and remote control prevent confiscation or parental monitoring.

3. Data Tracking & Habit Reinforcement.

- ▶ Some vapes send usage reminders to encourage frequent vaping.
- ▶ Built-in analytics let users track and optimize their nicotine intake.
- ▶ Social sharing features normalize and spread vaping habits.

4. Exposure to Harmful and Unknown Chemicals.

- ▶ Pods may contain THC, synthetic nicotine, or toxic chemicals.
- ▶ High-powered heating elements produce more harmful byproducts.
- ▶ Unregulated vape liquids pose unknown long-term health risks.

5. Smart Vapes Are Harder to Regulate.

- ▶ No strong odors or easy detection methods like traditional vaping.
- ▶ Online sales make them easily accessible to minors via social media.
- ▶ Iowa schools are struggling to keep up with evolving vape technology.

Three Immediate Actions to Take.

1. Educate and Start the Conversation.

- ▶ Schools: Teach students about smart vape risks using real Iowa data.
- ▶ Parents: Have open, judgment-free talks about vaping's dangers.
- ▶ Medical Professionals: Screen for nicotine use during checkups.

2. Connect Youth to Cessation Resources.

- ▶ My Life, My Quit offers free, confidential support for teens.
- ▶ Schools: Train staff to refer students who want to quit.
- ▶ Parents: Encourage kids to text "Start My Quit" to 36072.
- ▶ Medical Professionals: Provide direct referrals to My Life, My Quit.

3. Strengthen Prevention and Detection.

- ▶ Schools: Update policies to include smart vapes & stealth devices.
- ▶ Parents: Monitor for Bluetooth-connected vapes & hidden apps.
- ▶ Medical Professionals: Advocate for stronger online age verification.

Take Action Today!

Together, we can educate, support and protect Iowa's youth from smart vapes. Let's work together to prevent addiction and ensure a healthier future.

For more information, visit: hhs.iowa.gov/istep or mylifemyquit.com

Next help quitting? Teens can text "Start My Quit" to 36072 for free, confidential support.