



The surface area of your two lungs equals 100 m², around the size of half of a tennis court.

Propylene glycol and vegetable glycerin, ingredients in most vapes, inflame the cells in the throat, mouth, and lungs, even without nicotine.



A US Army study found e-cigarette users running two miles were 27 seconds slower, on average, than non-users.



Your lungs breathe for you

22,000
times a day



Vaping devices and their component parts are considered single-use plastics. After use, all of these items are considered hazardous for the environment. This creates plastic waste (the device, cartridges, and pods), toxic bio-hazard waste (the nicotine), and electronic waste (the battery) – each of which needs to be disposed of separately. There is currently no way to safely dispose of any of these single-use disposable vapes.

KICK / T IS HERE California

Access **one-on-one coaching** that uses **proven, science-based methods** to help **people who smoke, vape, and use smokeless tobacco quit**.

Text Quit Vaping to **66819**

☎ **1-800-300-8086** (ENG) | **1-800-600-8191** (ESP)

M-F 7am-9pm & Sat. 9am-5pm

🌐 **kickitca.org/quit-now**

📱 Download the App **[Kick It: Quit Smoking | Vaping](#)**

If you would like to know more about any of these topics or have questions about other commercial tobacco control topics, please contact trdrp@ucop.edu

MORE INFORMATION

Vaping, Smoking, and the Physical Fitness of Active Young Men (US Army study)
<https://pubmed.ncbi.nlm.nih.gov/31759803/>

The Burden of Tobacco on the Environment https://cte.sdsu.edu/wp-content/uploads/sites/100/2024/11/BurdenofTobaccoonEnvironment_v4.pdf

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