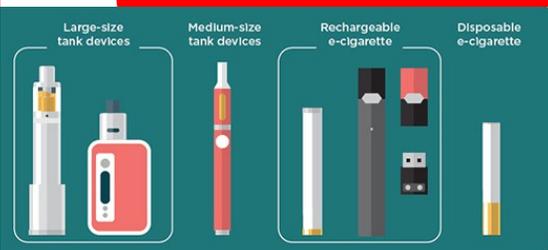


Vaping is not the “Safer” Choice

- ◇ Electronic vaping devices may be “cool” and everyone is using them, but that does not mean they are safe or good for your body
- ◇ Vapes contain high amounts of nicotine which increases heart rate, harms blood vessels, and affects brain development in teenagers
- ◇ Vapes contain more than just water vapor. They often have formaldehyde, heavy metals, diacetyl, and other cancer-causing chemicals



Additional CAPE Programs

- ◇ Minority Health Initiative
- ◇ Head Start and Early Head Start
- ◇ Energy Assistance (LIHEAP)
- ◇ Foster Grandparents Program
- ◇ Housing Development Services
- ◇ Emergency Needs Pantry
- ◇ Individual Development Accounts (IDA)
- ◇ Family Engagement Center
- ◇ Weatherization

C.A.P.E Community Action Program of Evansville

Alice Weathers
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ALL SERVICES ARE PROVIDED WITHOUT REGARD TO
RACE, AGE, COLOR, RELIGION, SEX, DISABILITY,
NATIONAL ORIGIN, ANCESTRY, OR STATUS AS A
VETERAN

Tobacco Prevention and Control



Working to educate the public
and reduce smoking health risks
affecting Vanderburgh County
one smart choice at a time



All of the Dangers

- ◇ Secondhand smoke: it's not just from tobacco products. The vapor that people exhale from using vaping devices can stick to surfaces like car seats, so others may be exposed to these chemicals
- ◇ Impaired Brain Development: both nicotine and tobacco products can impair the brain development of youth due to the chemicals interfering with developing brain cells
- ◇ Overdose and Poisoning: the high concentration of nicotine in the e-cigarette liquids can lead to overdose or even poisoning
- ◇ Youth are the Target Audience: the flavors of mango, creme brulee, fruit medley, green apple, and even coffee flavors are used strategically to reach youth and make them feel like vaping is not a drug addiction

How CAPE Can Help

Our Tobacco Prevention and Control Coordinator is working with the agency's Minority Health Initiative and other local and state programs to provide education for tobacco prevention and control in our community. A common health disparity is the use and abuse of tobacco and nicotine products, and currently the use of e-cigarettes among our youth population is a major concern. Please contact Sabrina Cawthorne or CAPE if you would like more information or help with these addictions.

Other Assistance

Quit Now Indiana is a great resource if you want to get help to quit tobacco or nicotine products at your own pace with no pressure
Online at: QuitNowIndiana.com
Call: 1.800.Quit.Now



Other Local Programs

SmokeFree Evansville Coalition

- ◇ email: smoke-free.evansville@gmail.com
- ◇ Phone: 812-488-5000
- ◇ Contact for more info on meetings and on joining the coalition



Advice

- ◇ Don't give in to peer pressure.
- ◇ Take control of your health and healthy brain development.
- ◇ Vapes and cigarettes affect more than just the person using them!
- ◇ Educate yourselves and educate your friends. They may not know the dangers of using nicotine or tobacco products.
- ◇ Know your risks and that there is help not only in the community but worldwide.