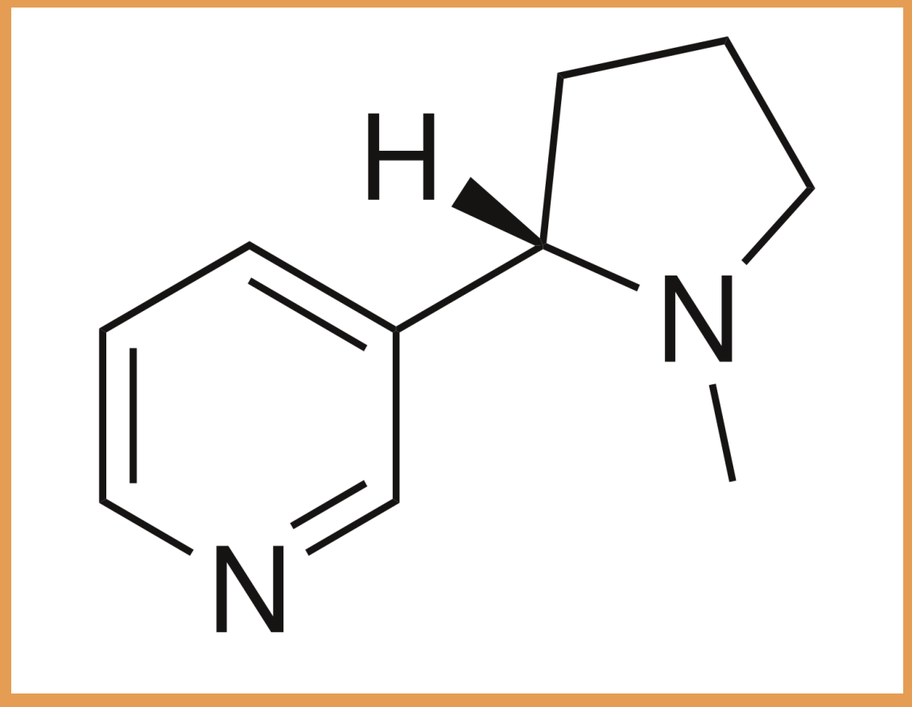
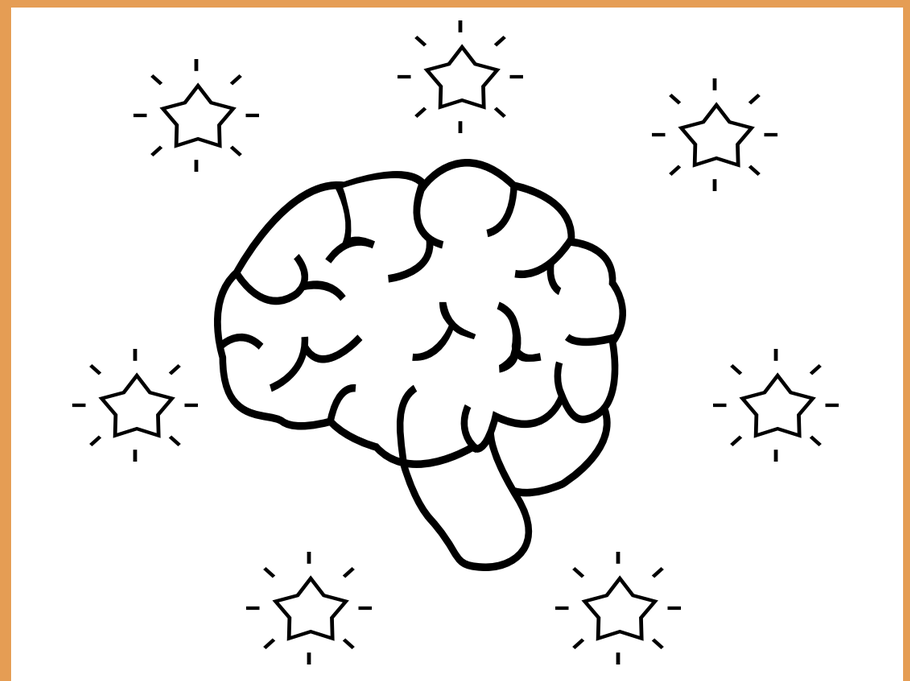
Nicotine - Understanding Addiction and Potential Harms

Nicotine, whether in smoked, smokeless or electronic form, is a highly addictive chemical found in tobacco products. Nicotine is quickly absorbed in the body and activates the brain's reward response.



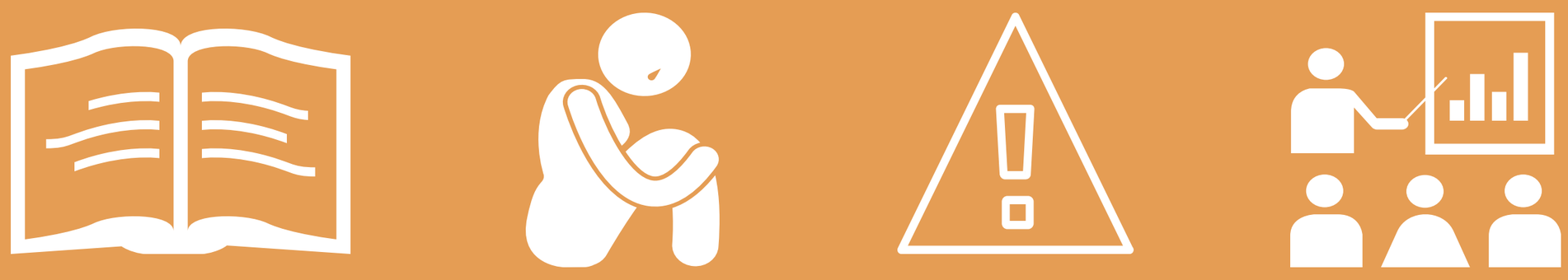
Nicotine Chemical Structure



Nicotine and the Developing Brain

- Youth and young adults are at risk for long term effects of nicotine exposure including addiction and impacts on brain development

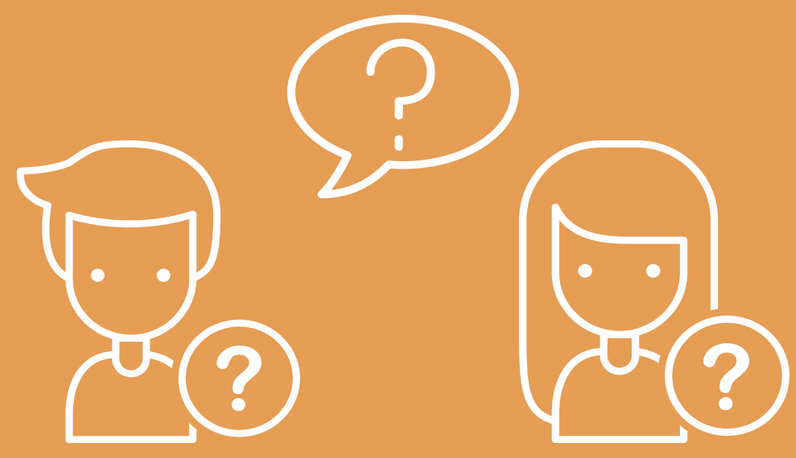
- Nicotine use during adolescence has been associated with harming the parts of the brain that control **learning**, **mood**, **impulse control** and **attention**.



- The nicotine can also prime the adolescent brain for addiction to other drugs.

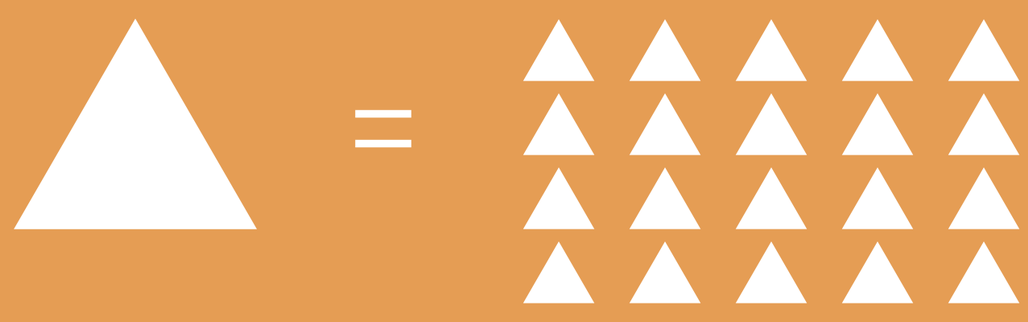
Nicotine in Electronic Products

- Most Electronic Nicotine Delivery System (ENDS) products sold (~98%) contain nicotine, but studies find the majority of youth believe their electronic products don't contain nicotine.



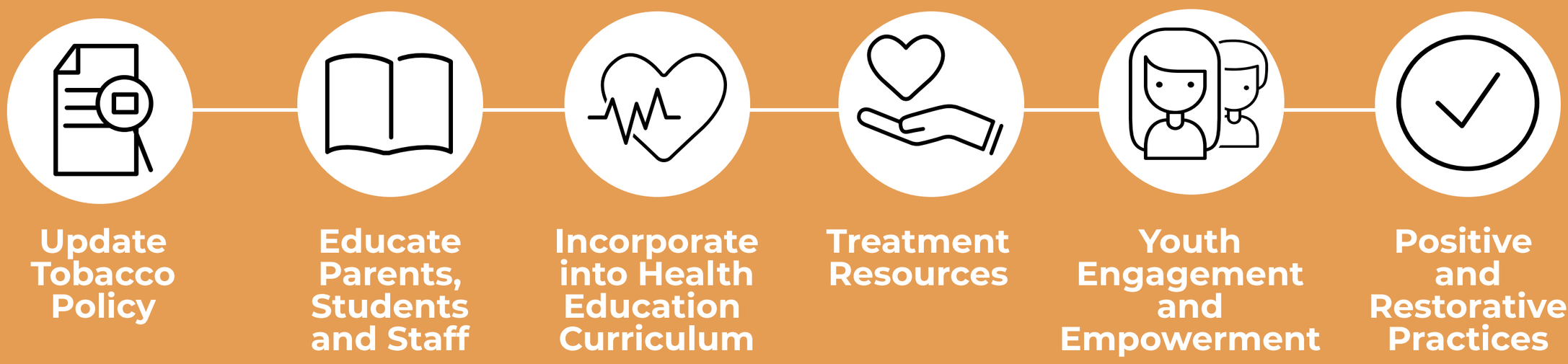
- Levels of nicotine in ENDS and vape products can vary among products and may not deliver the content advertised on the label.

- One e-juice pod can contain as much nicotine as a pack of cigarettes.



A Comprehensive Approach

Addressing tobacco use, including Electronic Nicotine Delivery Systems (ENDS), through school and community policy, prevention and education strategies can reduce youth initiation of all tobacco product use.



For more information and other ENDS resources, visit:
ctimaine.org/resources/ends-vaping

MAINE PREVENTION SERVICES

Maine Center for Disease Control & Prevention
Department of Health and Human Services