



# Picot Question

How does juuling affect the health of college students who do juul compared to the students who don't juul over their 4 years of college?

# What is Juuling?

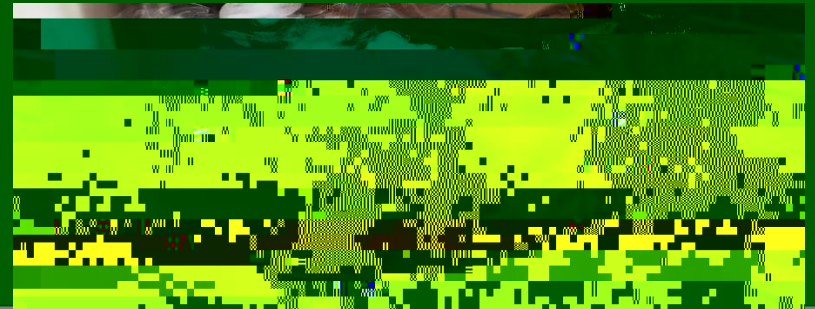
Juuling is a form of vaping using an electronic device to create an aerosol that is then inhaled. Juuls, which were originally created as an alternative to combustible cigarettes, are used with liquid-containing pods; when heated up in the Juul, the liquid is converted into an aerosol, which is then inhaled into the lungs.





# Why is it so popular amongst College kids?

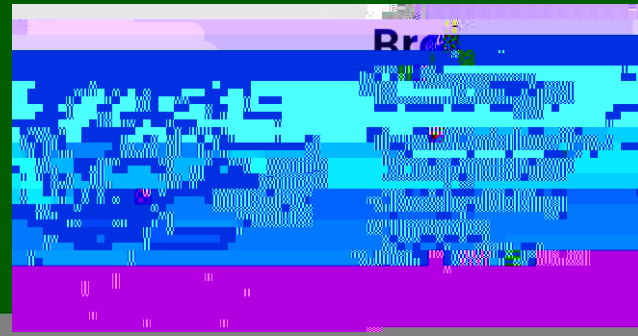
College age students ages 18-24 are more likely to try vaping products due to stress, peer pressure, and popularity. Many companies market to the youth population because they are more vulnerable and susceptible to trying new things. Also, vaping causes individuals to feel more relaxed and less anxious which is what most college students want to feel before a big exam and while studying. Many college students who use e-cigarettes are under the pretense that vaping is safer alternative to smoking.



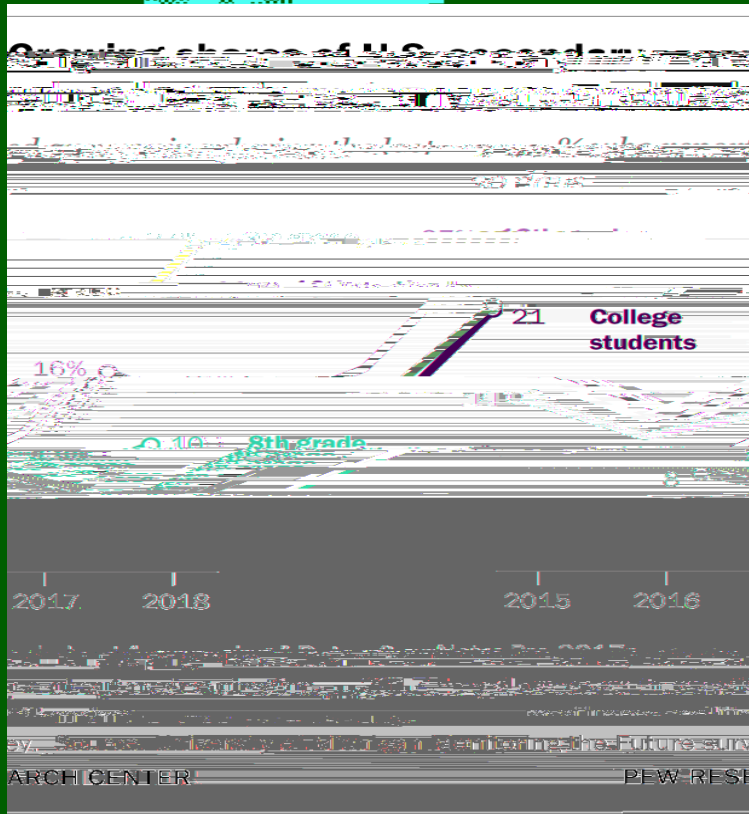
# How does JUULing affect Schooling?

The use of a Juul, can contribute to a slower development of the brain. This can impact a college student while they are in class. The student may experience difficulties when trying to concentrate and pay attention to the class. They may also, have trouble remembering topics discussed in class. These consequences can have a negative impact on the student's grades.

- Juuls are associated with behavior risks. Due to this risk, a student may skip class to partake in risky activities.



# Charts and Statistics



# How does juuling affect the human body?

## Short Term Effects

Shortness of breath  
Sore Throat  
Coughing  
Nausea



## Long Term Effects

Lung disease  
Diabetes  
Heart Disease  
Pneumonia





# Lung & Brains before & after

The lungs of a college student  
who does not vape or do any  
other kind of smoke

# Ways to quit juuling

You can access a program by texting "DITCHJUUL" to 88709 or enrolling in the free,



# Take Home

The take home message for college students who use JUUL or any other e-cigarette products is that the chemicals used in these products are harmful and addictive. Excessive vaping can possibly lead to lung cancer. The high amounts of nicotine found in these products give a satisfying, rewarding, and pleasurable feel but it can also cause tachycardia, hyperinsulinemia, and suppression of appetite. Continuing the use of nicotine will only diminish your health and cause harm in the future, which is why it is important to quit now and find a safer way to cope.

# References

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