

Who's Vaping What?

The landscape of devices used for vaping (called electronic nicotine delivery systems or ENDS) is constantly changing. We categorized the types of devices and e-liquids that people who vape regularly are using.

What did we do?

Researchers conducted an online survey of **1,179 people** who use ENDS 5+ days a week.

Participants reported characteristics and uploaded pictures of their most used devices and liquid.

Researchers categorized devices based on five different categories: reusability, refillability, container, setting adjustability, and liquid nicotine formulation.

What did we find?

91.9% of users used a reusable device.

Adults 25 years and older were more likely to use reuseable, adjustable tanks.

Of reusable device users, **66.5%** used a refillable device.

41.2% of reusable, refillable tank device users and **21.7%** of reusable, refillable pod users had a device with

adjustable settings

41.3% tank

23.2% pod

Reusable, refillable tank users used **freebase nicotine liquid** more often.

Those with reusable pods (either refillable or not), and non-resuable devices more often used **nicotine salt liquid.**

So what?

Most adults who vape seem to have some degree of control over their vaping device and e-liquid, whether through refilling with a preferred e-liquid or adjusting power settings. These aspects of vaping may impact the amount of nicotine and toxic chemicals that may enter the body, and thus may impact the health of people who vape.

Thinking about quitting smoking or vaping?

You have resources!



Text DITCHVAPE to 88709 to try **This is Quitting** or XXX



Check out websites for more information, such as XXX or **rethinkvape.org**



Visit your healthcare provider to discuss **medications** that may help you quit



Seek counseling or a quitting program, such as XXX

Find the original paper here:

