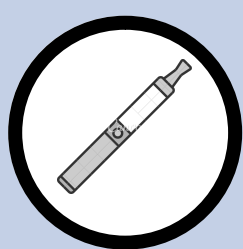


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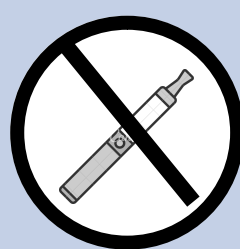
Have you ever heard that vaping might reduce your appetite? Some people think that nicotine-containing vapes can be used for weight control, particularly among those who have quit smoking traditional cigarettes. We wanted to better understand how vaping impacts hunger and caloric intake.

What did we do?

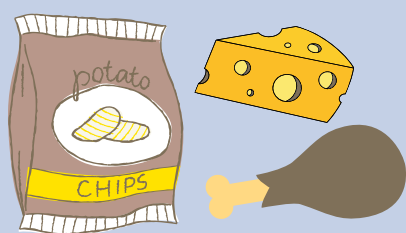
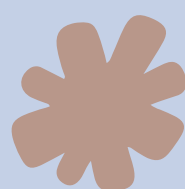
VCU researchers recruited 34 individuals who currently use nicotine-containing vapes from the Richmond community. Participants completed two lab sessions. Participants were asked to not smoke or eat for ~ 12 hours before each session.



In one session, they were given a JUUL to use.



In the other session, they were not given a JUUL.



In **both** sessions, participants were allowed to eat from a provided buffet!

Who participated?

Participants were about 26 years old on average. Roughly 59% identified as male, and 44% of the sample identified their race as white. Most participants currently vaped every day, and common brands used were JUUL, VUSE, and Hyde. Almost half the sample identified as a student.



What did we learn?



When participants vaped, their **ratings of hunger decreased** compared to when they were unable to vape.

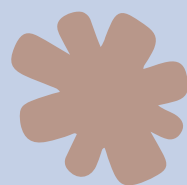


When participants vaped, their **ratings of satisfaction with their food increased** compared to when they were unable to vape.



However, **participants did not eat significantly more calories** when they did not vape, compared to when they did vape.

Bottom line: Although vaping may suppress feelings of hunger and increase satisfaction with food, it does not seem to reduce overall calorie consumption.



Thinking about quitting smoking, vaping, or other tobacco products? You have options!



Call or text: **1-800-QUIT-NOW** for free confidential coaching



Check out websites for more information, such as **BeWellVA.com**, **This Is Quitting**, or **LiveVapeFreeVA.org**



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



Seek **counseling or a quitting program**, such as the We CAN Quit program at the Massey Cancer Center

Need help with diet, nutrition, or worried about an eating disorder? You have resources!



For access to food for the food insecure, check out **RamPantry** (for VCU students), **FeedMore**, or the **RVA Community Fridges**



Check out websites for more information, such as **<http://www.staystrongvirginia.org/>** or **<https://www.nationaleatingdisorders.org/>**



Schedule an appointment with a **nutritionist** or a local **registered dietician**

To view a comprehensive list of quitting resources, scan the QR code or check out:
<https://bit.ly/rvaccessation>



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