



Plastic Free July 2026

Vapes and e-cigarettes make up approximately 75% of nicotine and tobacco sales in the United States, disposable vapes account for more than half of that. Americans dispose of approximately 5 vapes per second, that is nearly 500,000 a day. Although local vape shops and disposal protocols are in place, many individuals dispose of vapes in trash cans, in bodies of water, or even just lose track of the items. Many individuals seek the use of vapes over cigarettes because they see it as a safer form to consume nicotine or tobacco, but vapes are not only dangerous to our body, they pose a hazard to our environment.

Plastic Free July 2026 is a campaign created by The Plastic Free Foundation that encourages individuals to eliminate plastic use in the month of July. The campaign starts July 1st and encourages users to share and post one product they will eliminate use of over the month. Check out plasticfreejuly.org for more information. With many consumers using plastic vapes, this is a perfect opportunity to kick your cravings.

Central District Health and other local organizations can help you find resources to quit vaping and live a nicotine free lifestyle. Check out local nicotine cessation and prevention programs at kickitidaho.com.

Together, we can preserve our health and protect the environment. Take the pledge to cut down plastics today!

Be sure to also visit the ECHC landing page which shares local resources in Elmore County for not only vaping but for substance use and mental health support. Scan the QR code here and check under the Resources heading, or reach out to us at echc@cdh.idaho.gov or 208-327-8547 to learn more.

