Responding to the Newest Epidemic: VAPING and OUR YOUTH
WHAT WE KNOW TODAY:

The Center for Disease Control reports that vaping has increased nearly 80% among high school students, and 50% among middle school students, since the Fall of 2018. The alarming surge in adolescent vape use, has prompted health officials, school districts, & communities to take immediate action.

To counteract this newest epidemic, requires a tiered approach action plan ~ must be a collaborative effort.
VAPING AND YOUTH:

- Products that look like pens or flash drives, and can easily be concealed by students in schools and classrooms.
- Flavors and Scents
- Accessibility
- Culture
- Perceived Less Risk
VAPING CULTURE:
VAPING APPEAL:
VAPING APPEAL:

- Flavored and scented e-juice/e-oil ingredients.
- Creative designs
- Accessories
- Easy and convenient to use
- Easy to conceal
- Accessible
- Legal for 18 and older
ACCESSIBILITY:
Nicotine and the Brain
What is Nicotine?

Nicotine Molecule

- Drug
- Stimulant
- Highly Addictive
- Causes changes in brain chemistry
- Found in tobacco products

If nicotine is unsafe, why do you think people still choose to use products that have nicotine?
Learning Objectives:

1. Creating a tiered approach to vaping education which targets specific audiences (i.e.: youth, parents, educators, & communities).

2. Responding to school districts & communities needs for vaping education & support.

3. Creating a community response through awareness and education, which utilizes community collaboratives.
#1. Creating a tiered approach to vaping education which targets specific audiences......

~Identify trends, needs & resources available for each target~

**YOUTH** ~ Define what is nicotine, effects, harms & consequences.

**PARENTS** ~ Define appeal of use, culture, provide examples of contraband, signs/symptoms of use, effects, harms, & consequences.

**SCHOOLS** ~ Define perception of risk, community messaging, accessibility, provide current data of use among youth, implement effective prevention model & restorative consequences.

**COMMUNITY** ~ Collaborative community action, messaging & changes in legislation.
#2. Responding to school districts & communities needs for vaping education and support……

- Classroom Education (Stanford University Tobacco Prevention Toolkit)
- District Wide Vaping Education Presentations
- PRIDE Survey ~ A Student Behavior Survey for Grades 6-12
- Comprehensive School Prevention Model ~ Pilot Program in Schools ~ Addressing from Health Perspective rather than Zero Tolerance/School Behavioral Policies
- Eduvention ~ Education/Intervention Family Focus Program
EXAMPLES:

https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs.html
#3. Creating a community response through awareness and education utilizing community collaboratives……

- **County Wide Vaping Education Committee ~ Coordinated/Colloborative (Health District, ADAS Board, Local Hospitals & Prevention/Treatment Agency).**

- **Information Dissemination at Community Events ~ Providing awareness/education handouts.**

- **Eduvention ~ Education/Intervention ~ Family Focus Program funded via County ADAS Board & County Juvenile Court System**

- **Collaborating with City/County Governments to create new legislation to deter vaping (Tobacco 21/Public Use) & campaigns.**
EXAMPLES:

**Risks of E-Cigarette and Vape Pen Use**

Although the overwhelming majority of young people do not use e-cigarettes, the recent increase in use among adolescents is concerning to health professionals.

**Nicotine use in early adolescence causes changes in the brain that make life-long addiction much more likely for young e-cigarette users.**

**Recent studies show that e-cigarettes/vape pens are associated with the use of other tobacco products that are known to cause further health issues, including cancer and heart disease.**

**Many people incorrectly believe that these devices produce water vapor when in fact they create aerosols that contain harmful chemicals, and ultra-fine particles that are inhaled into the lungs and out into the environment, making them harmful to the user and others nearby.**

**These devices are not harmless.**

**EXHALED CARS: Ear, eye and throat irritation is common among e-cigarette/vape pen users.**

**The aerosols produced by the chemicals in e-juice, enter into the user's lungs unfiltered and leave chemical residue behind.**

**Nicotine is known to have effects on the cardiovascular system. Some recent studies show that acute use of e-cigarettes impaired flow-mediated dilation, this suggests that e-cigarettes can lead to cardiovascular diseases.**

**Many teens have dangerous misperceptions that lead them to believe that vaping is harmless.**

**Common myths**

**believed about vaping, along with the facts.**

- **"It’s just flavoring."**
  - Vapes get their flavors from chemicals. While these chemicals are safe for inhaling, they are not safe to inhale. Inhaling flavor chemicals can harm your lungs.

- **"Vaping can expose the user’s lungs to harmful toxins (like formaldehyde, diacetyl) and nicotine, or even lead to acute severe skin and lung injuries.**

**"It’s just water vapor."**

- **"Some say it’s nicotine-free. There’s no way I’ll become addicted."**
  - Nicotine exposure during the teen years can disrupt normal brain development. It can lower IQ scores, reduce impulse control, and increase the risk of smoking and problem drinking later in life.

**"I don’t have an addictive personality — I won’t get hooked on vapes."**

- **"Vaping delivers nicotine to the brain in a title or 10 times as much."**
  - A teen’s brain is still developing, making it more vulnerable to nicotine addiction.

**"Nicotine isn’t that bad for me."**

- **"Just because I vape doesn’t mean I’m going to smoke cigarettes."**

**FDA’s Efforts to Curb Youth E-Cigarette Use**

FDA is committed to protecting youth from the dangers of e-cigarettes. In addition to their own independent research, the FDA has worked with the Centers for Disease Control and Prevention (CDC) to gather data on youth e-cigarette use and has published guidance to help states and communities prevent youth e-cigarette use.

- **Parent Talk Sheet:** Encourage parents to talk with their teen about vaping.
- **CDC Tobacco Youth Usage Guide:** Provides information on the health risks of e-cigarette use. Please visit the CDC website (www.cdc.gov) to access these resources.

**Share this Information**

- **Free lesson plan and research activity:** For teachers to introduce the risks of e-cigarettes in the classroom.

**For More Information:**

Visit www.tobaccofreekids.org for more information.
WHAT CAN WE DO?

- Talk to, Listen to & Educate youth on Vaping – Be Aware!
- Assist and Influence Local and State Legislation / Organize
- Assist Local School Policy
- Utilize your Local Resources
RESOURCES:

Truth Initiative
https://truthinitiative.org/

Centers for Disease Control and Prevention
https://www.cdc.gov/tobacco/

Stanford University Tobacco Tool Kit
https://med.stanford.edu/tobaccopreventiontoolkit.html

Partnership for Drug Free Kids
https://drugfree.org/

Food and Drug Administration
https://www.fda.gov/TobaccoProducts/default.htm
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