TEEN VAPING TRAIN THE TRAINER

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YOUTH E-CIGARETTE USE - A NEW GENERATION AT RISK

Presenter Name, Title

Agency
Workshop Objectives

• Learn how many youth are using electronic cigarettes (e-cigarettes)
• Learn about the latest e-cigarette products
• Learn to prevent and reduce e-cigarettes in your school and community
What are E-Cigarettes?
The Problem

In 2018, more than 3.6 MILLION U.S. middle and high school students used e-cigarettes in the past 30 days, including:

- 4.9% MIDDLE SCHOOL STUDENTS
- 20.8% HIGH SCHOOL STUDENTS

Surgeon General releases advisory on e-cigarette epidemic among youth
Missouri Youth and Tobacco, 2007-2017
Percentage of middle and high school students who ever smoked cigarettes

Source: Youth Risk Behavior Surveillance System
Figure 7

Percentage of middle and high school students, 2013-2017

Ever used an electronic vapor product

Source: Youth Risk Behavior Surveillance System
So What’s the Big Deal?

- 90% of smokers tried their first cigarette by age 18
- 98% by age 26
- Effects the brain
- Likely to move on to other tobacco products
Flavorings

- Improves the taste
- Creates the impression that the product is less harmful
- Increases youth use
JUULs

- Type of electronic cigarette
- Looks like a USB flash drive
- No nicotine-free pods
  - Some pods contain as much nicotine as a pack of 20 regular cigarettes
What are the Harms of Electronic Cigarettes?

The e-cigarette aerosol that users breathe from the device and exhale can contain harmful and potentially harmful substances:

- Volatile organic compounds
- Ultrafine particles
- Nicotine
- Cancer-causing chemicals
- Heavy metals such as nickel, tin, and lead
- Flavoring such as diacetyl, a chemical linked to a serious lung disease
Unintended Injuries

Source: CNN.com
Nicotine Harms Teen Brain Development

- Learning
- Memory
- Mood
- Impulse control
- Attention span
The Brain Learns Addiction

- Nicotine can change brain chemistry, making youth more susceptible to addiction
- The earlier the exposure, the greater the risk
Nicotine Addiction Can Happen Quickly

- Few days
- Weeks
Increased Risk of Addiction to Tobacco, Alcohol and Other Drugs
Emerging Concern: E-Cigarettes and Marijuana

• One-third of high school e-cigarette users report having used their vaping device for recreational marijuana
Increased Risk of Smoking

more likely to smoke

2X
E-Cigarettes – Heavily Advertised and Widely Available
E-Cigarettes – Heavily Advertised and Widely Available

Youth who used Juul flavor pods in the past 30 days said they obtained the device in the following ways.

- 74% physical retail location
- 52% social source
- 6% internet

*Youth could select multiple answers

truthinitiative.org
Common Reasons for Youth E-Cigarettes Use

- 39% - friend or family member use them
- 31% - flavors
- 17% - believe they are less harmful than other forms of tobacco
Missouri Youth and Tobacco, 2017
Percentage of students who live with someone that smokes tobacco products, by student smoking status

<table>
<thead>
<tr>
<th>Smoking Status</th>
<th>Middle School</th>
<th>High School</th>
</tr>
</thead>
<tbody>
<tr>
<td>Currently smokes cigarettes</td>
<td>81.2*</td>
<td>60.5</td>
</tr>
<tr>
<td>Tried cigarettes, but does not smoke now</td>
<td>70.5*</td>
<td>55.8</td>
</tr>
<tr>
<td>Never tried smoking</td>
<td>38.3*</td>
<td>30.1</td>
</tr>
</tbody>
</table>

Source: Youth Risk Behavior Surveillance System
Signs of E-Cigarette Use

- Irritable, anger, impatience, anxiety, hard time concentrating
- Weight gain
- Sudden interest in burning candles
- Sudden use of perfumes/cologne

- Increased thirst
- Desire for flavor
- Nosebleeds
- Finding unfamiliar USB drives, battery chargers or spare parts
- Missing phone chargers
Recommendations for Parents

Know

• Facts
• Types
• Risks
• Symptoms
• Treatment
Parents

Talk to your kids

• Know the facts
• Be patient and ready to listen
• Set positive example
Parents

Start the conservation

• Find the right moment

• Ask for support (reinforcement)
Parents

Answer their questions

• Remind and repeat
• Connect and encourage
• Share facts and resources
Parents

Keep the conservation going

• Connect and encourage
• Remind and repeat
• Share facts and resources
Short-term Recommendations for Schools

• Educate
• Enforce
Long-term Recommendations for Schools

• Develop, implement and enforce a 100% comprehensive tobacco-free school policy that includes:
  • All products, all times, all places, for everyone
  • Enforcement
  • Prevention education
  • Treatment for staff and students
  • Policy management
Provide Evidence-Based Youth Cessation Services
Recommendations for Community Members

Learn about the different types of e-cigarettes and the risk they pose for youth
Short-term Recommendations for Communities

• Educate
Long-term Recommendations for Communities

Policies

• Strong comprehensive smoke-free community
• Tobacco 21
• Flavors
Comprehensive Smoke-free Laws Including E-Cigarettes

- Branson- (Taney County)
- Clinton- (Henry County)
- Farmington- (St François)
- Higginsville- (Lafayette County)
- Plattsburg- (Clinton County)
- Washington- (Franklin County)
- Kansas City- (Jackson County)
- Columbia- (Boone County)
- Nevada- (Vernon County)
Tobacco 21

Raising the minimum age to 21 includes:

- All tobacco and nicotine products
- Strong enforcement provisions
- No pre-emption
- No possession, usage or purchase penalties for minors
- Enforcement
Flavorings Policies
Questions

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