

TEEN VAPING TRAIN THE TRAINER



Joyce Lara, Youth Program Specialist
and
Christine Wynn, Communication Specialist
Tobacco Prevention and Control Program

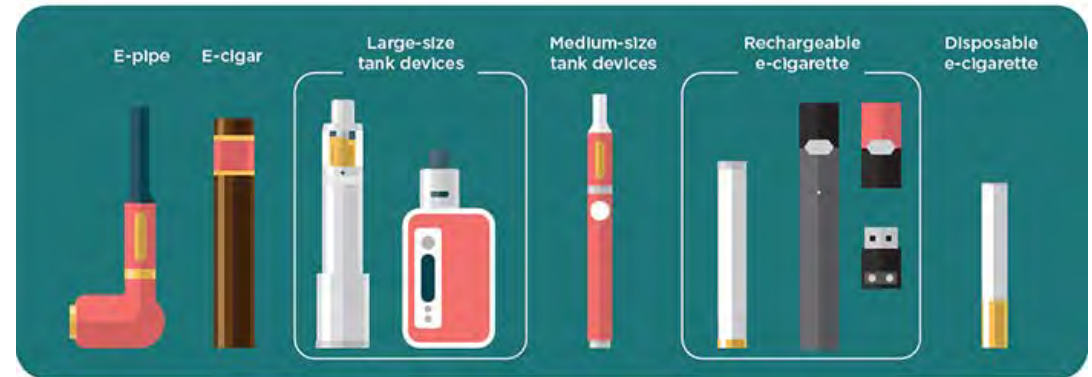
YOUTH E-CIGARETTE USE - A NEW GENERATION AT RISK

Presenter Name , Title

Agency

Workshop Objectives

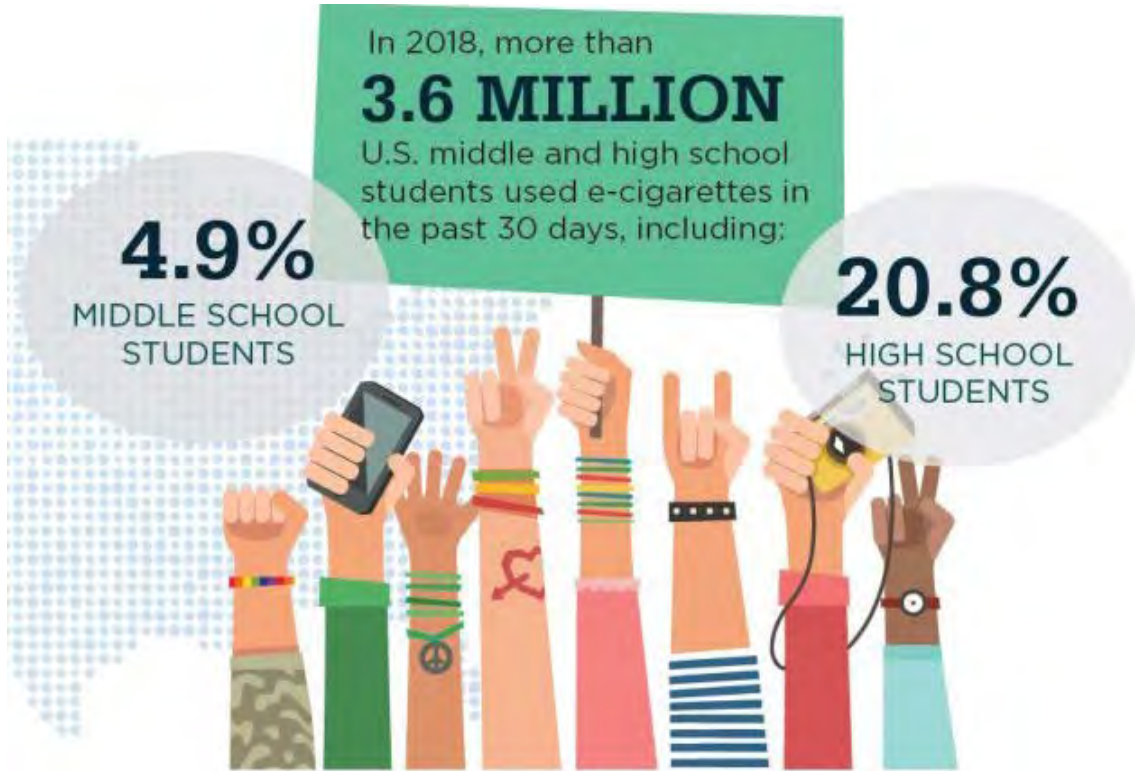
- Learn how many youth are using electronic cigarettes (e-cigarettes)
- Learn about the latest e-cigarette products
- Learn to prevent and reduce e-cigarettes in your school and community



What are E-Cigarettes?



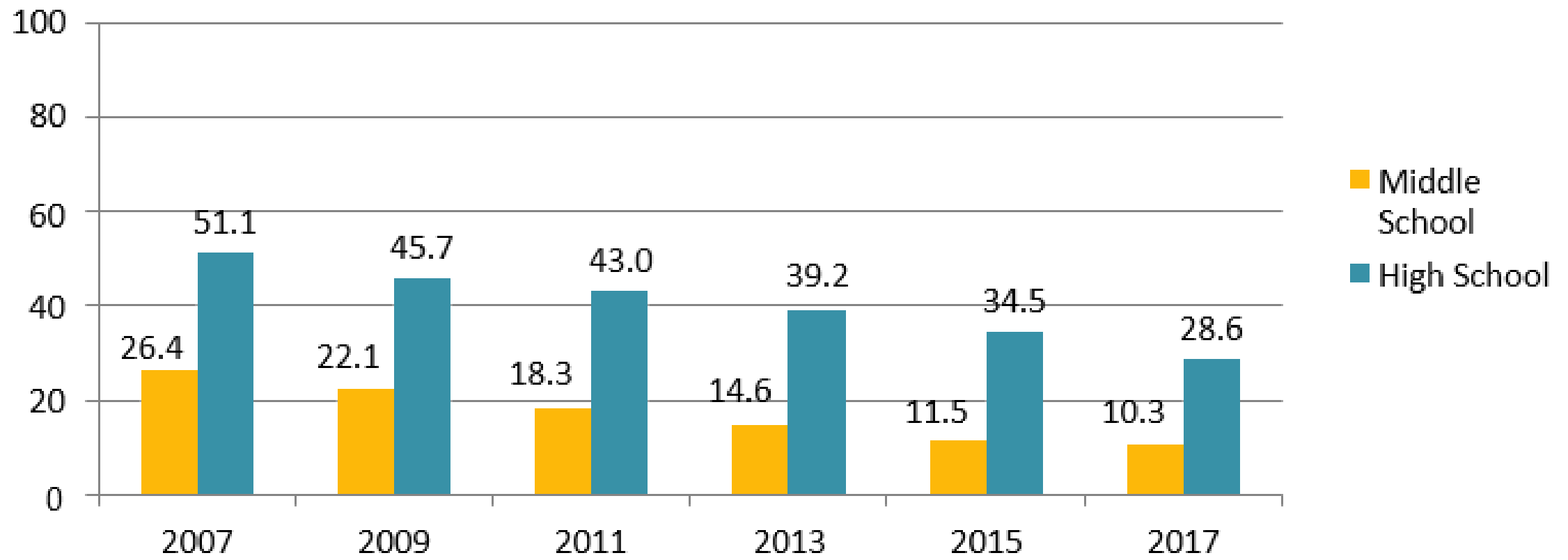
The Problem



Surgeon General releases advisory on e-cigarette epidemic among youth

Missouri Youth and Tobacco, 2007-2017

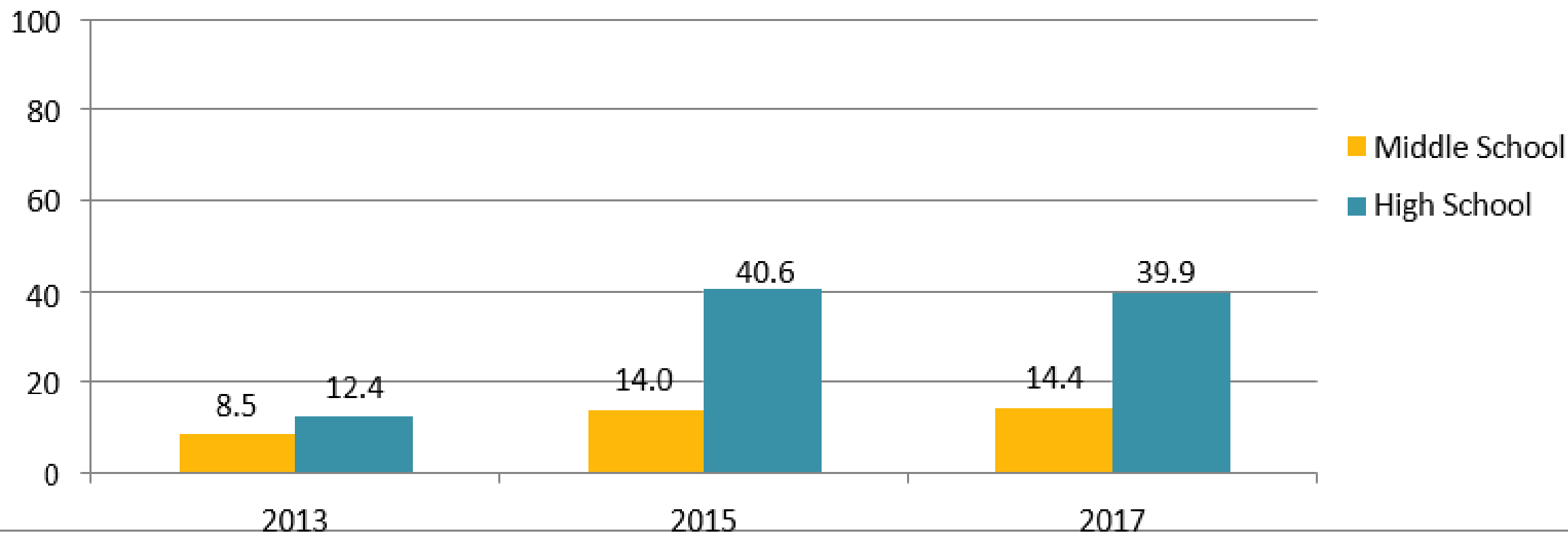
Percentage of middle and high school students who ever smoked cigarettes



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



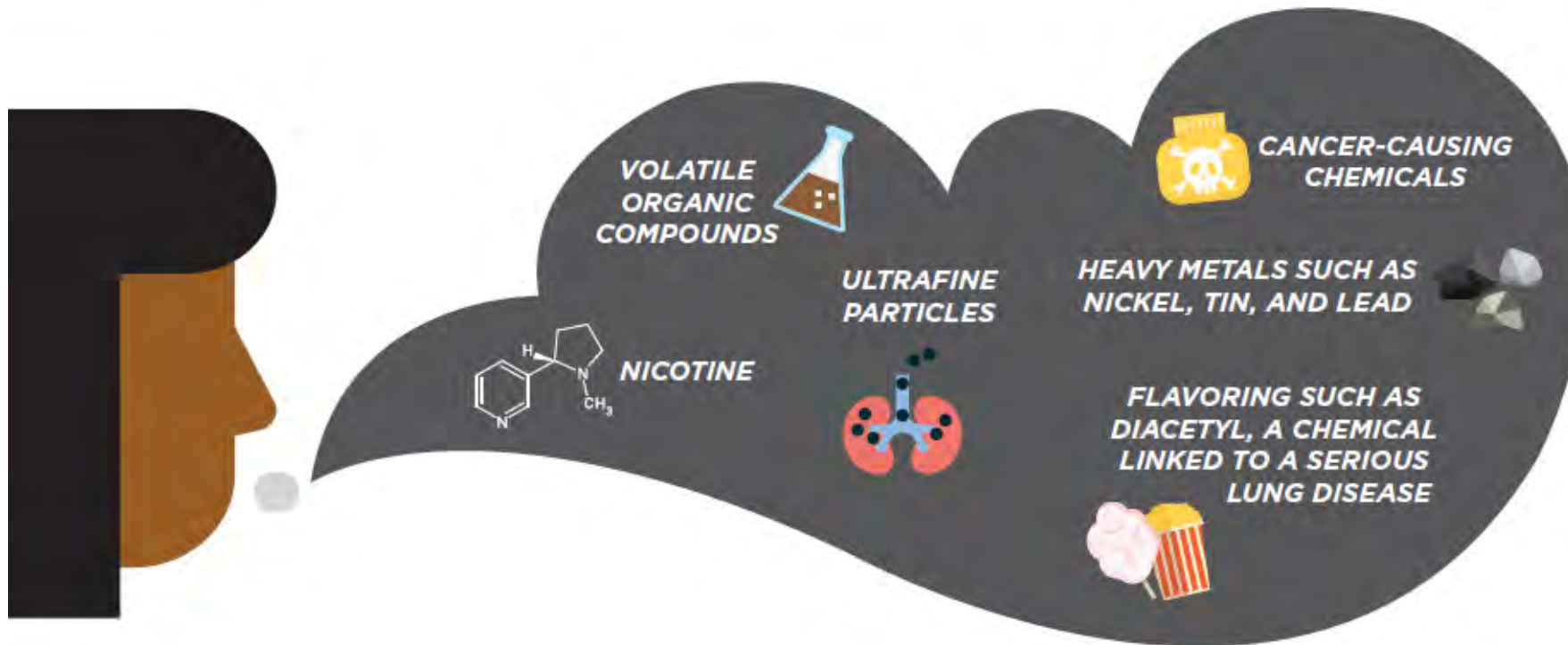
JUULs

- 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:



Unintended Injuries



Source: CNN.com



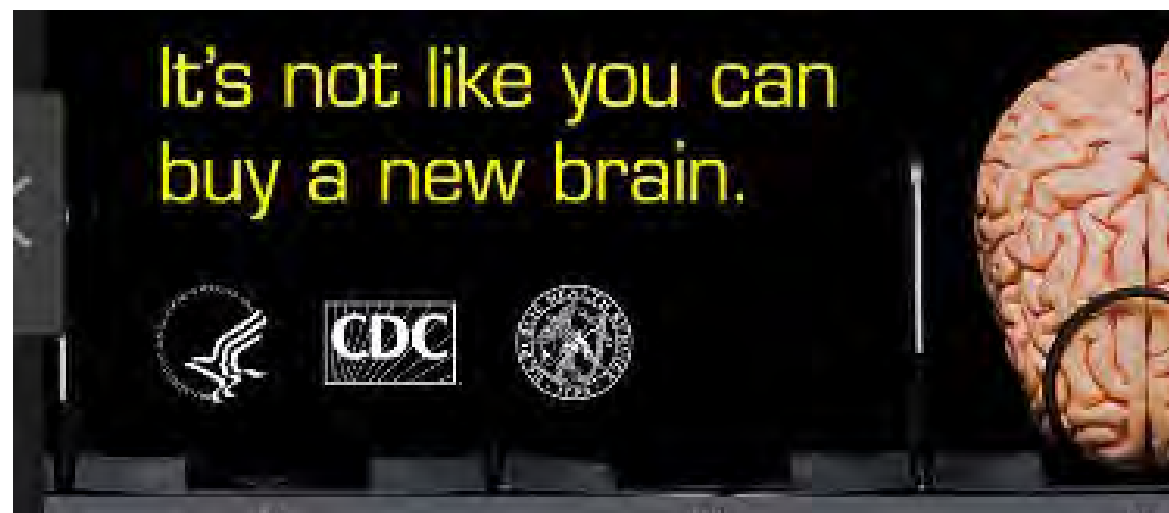
Nicotine Harms Teen Brain Development



- 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



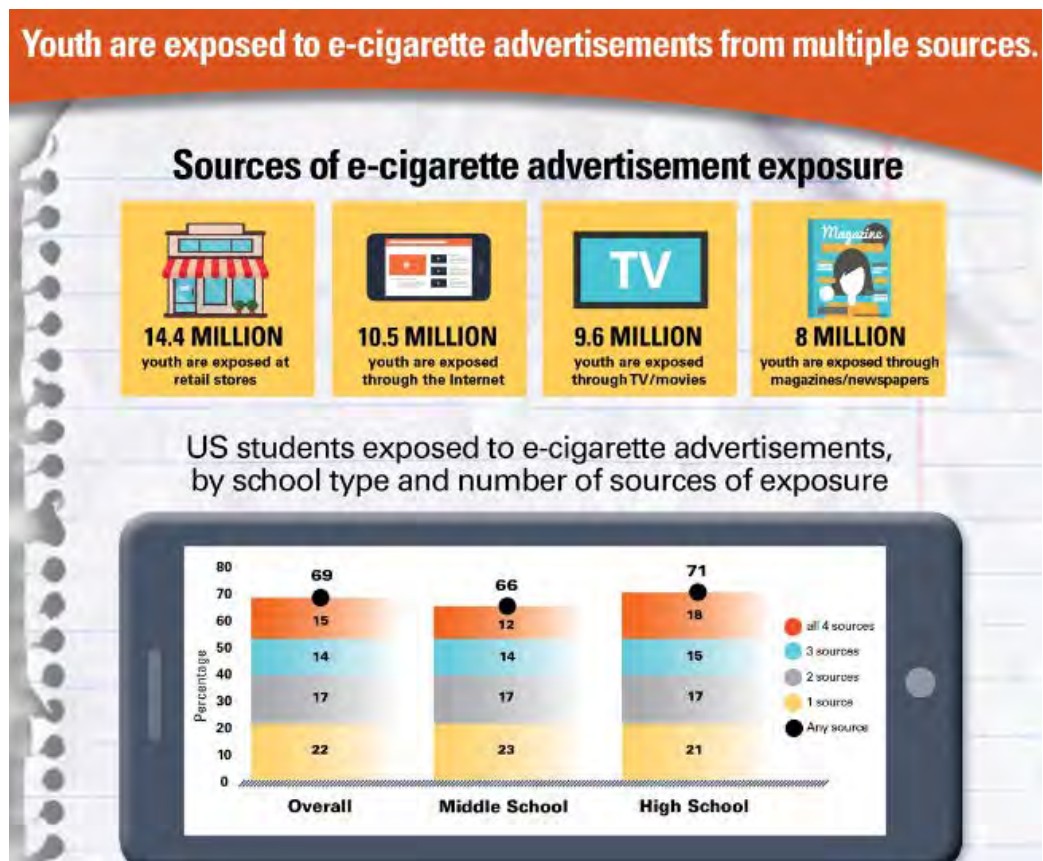
Increased Risk of Smoking



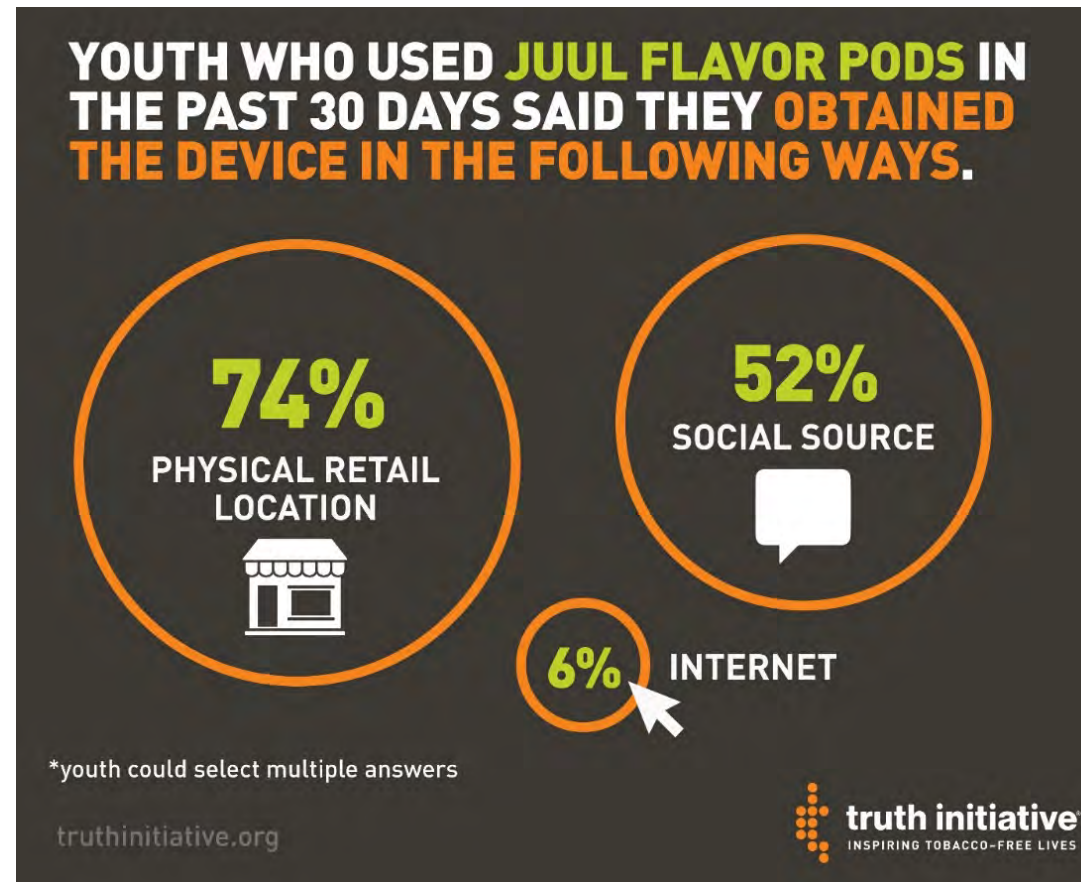
2X

more likely to smoke

E-Cigarettes – Heavily Advertised and Widely Available



E-Cigarettes – Heavily Advertised and Widely Available



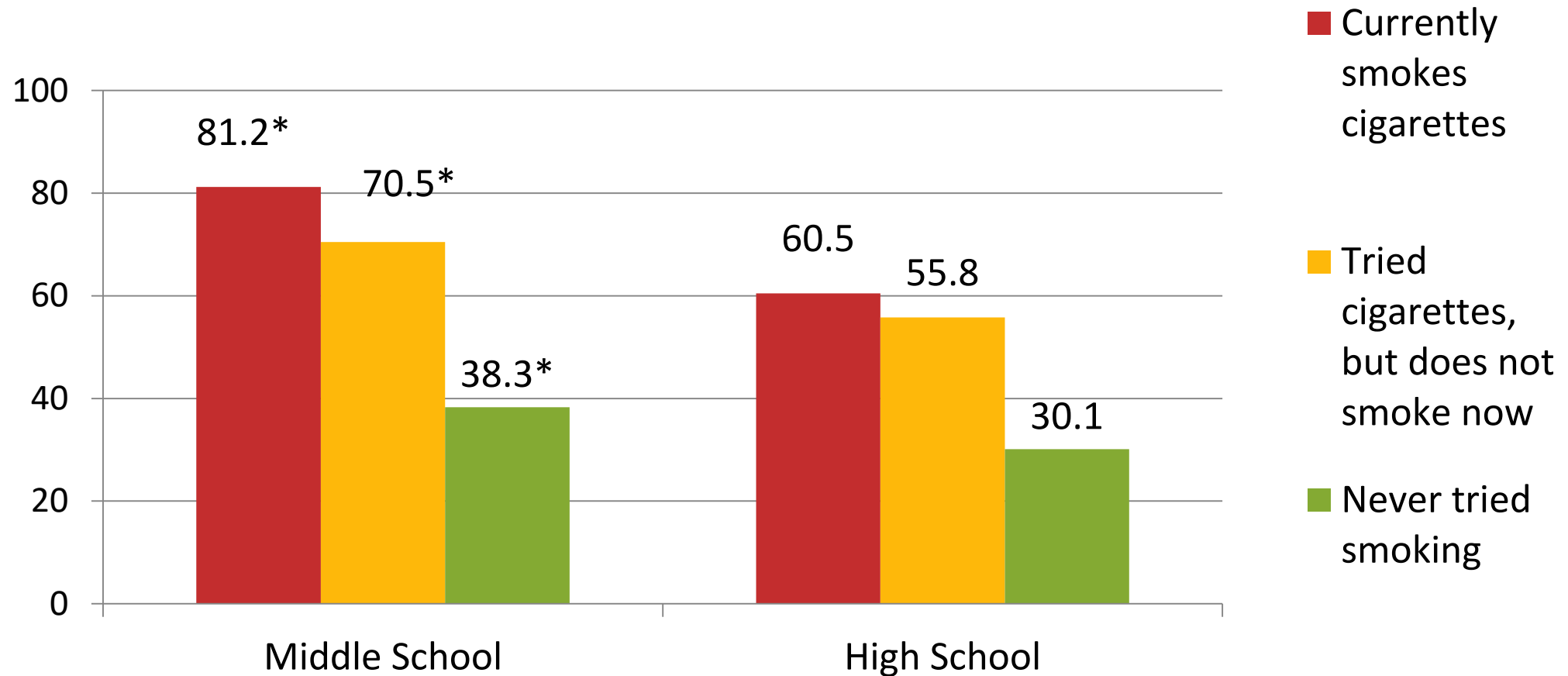
Common Reasons for Youth E-Cigarettes Use

- 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

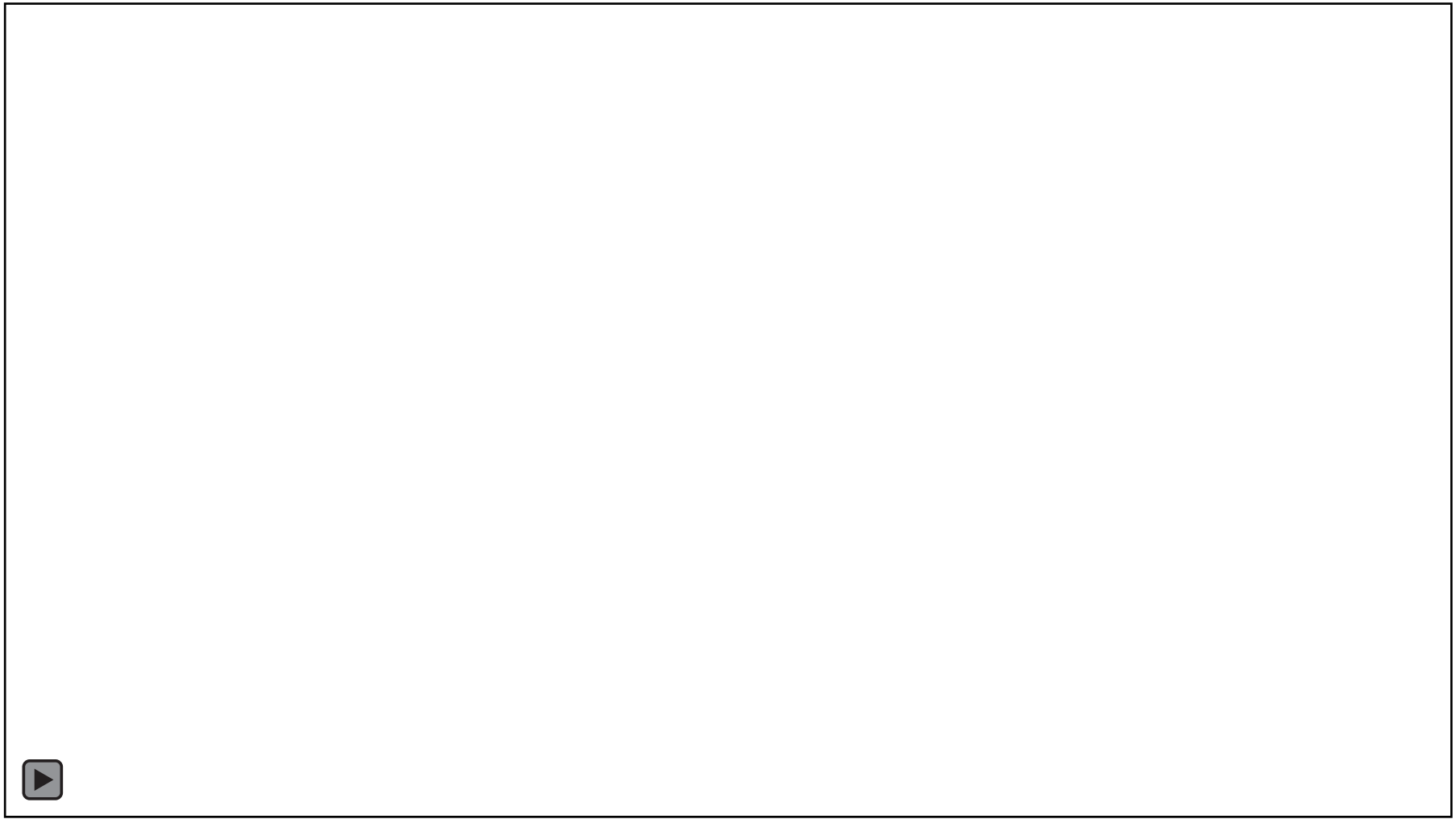


Source: Youth Risk Behavior Surveillance System

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 conversation

- 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 conversation going

- Connect and encourage
- Remind and repeat
- Share facts and resources



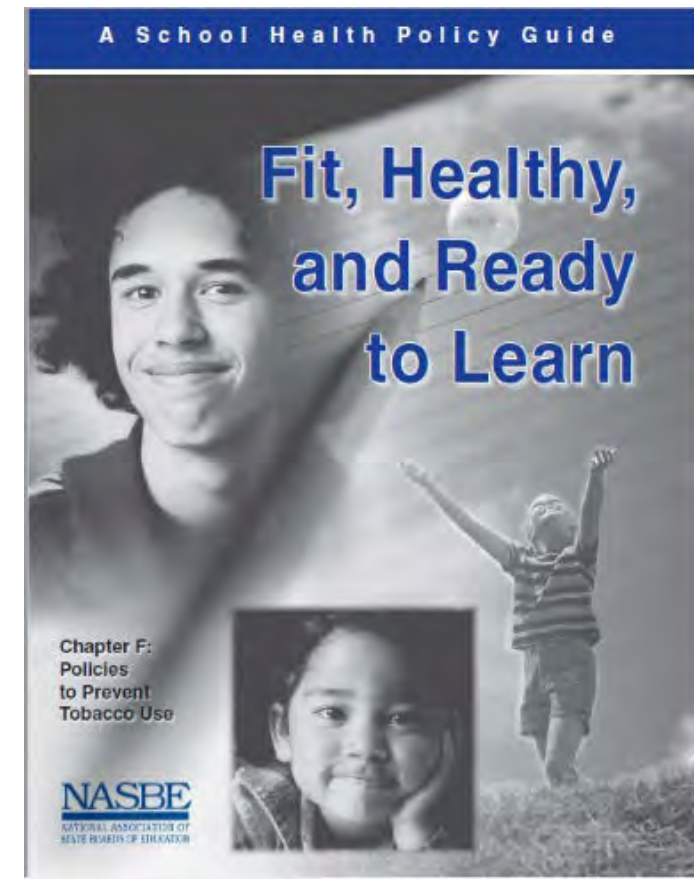
Short-term Recommendations for Schools

- Educate
- Enforce

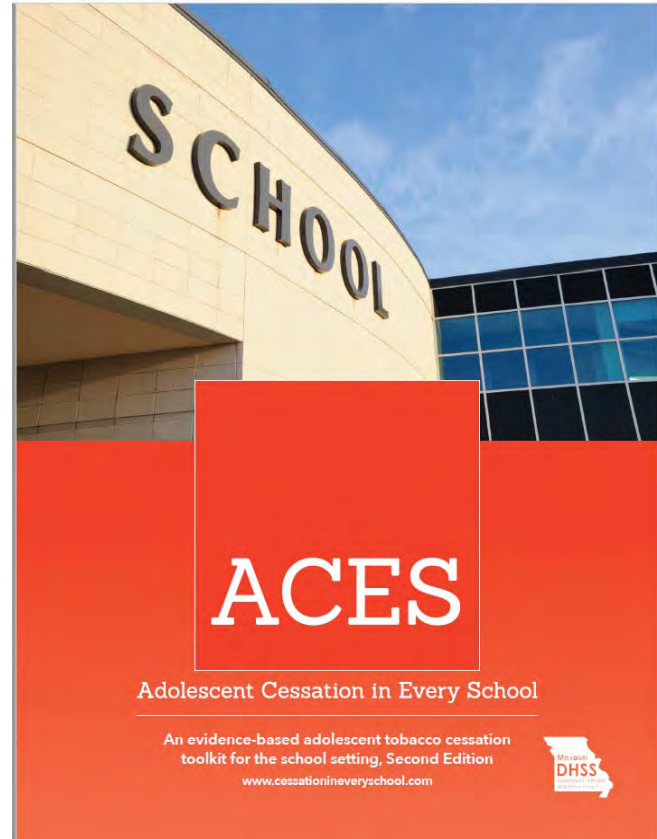


Long-term Recommendations for Schools

- 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



truth initiative
INSPIRING TOBACCO-FREE LIVES

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



Joyce Lara

Youth Tobacco Use Prevention Specialist

Department of Health and Senior Services

Jefferson City, MO

Joyce.Lara@health.mo.gov

(573) 751-6183

