

Resources

Youth Vaping 101: Back to School, Back to Basics: What Parents Need to Know

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Empowering People and Communities Series (EPCS)

Youth Vaping 101: Back to School, Back to Basics – What Parents Need to Know

WHO WE ARE

The Louisiana Campaign for Tobacco-Free Living (TFL) is a program of the Louisiana Cancer Research Center and the Louisiana Public Health Institute. TFL engages in local and state-wide tobacco control and prevention efforts focusing on:



GOAL 1

To prevent Louisiana's youth from beginning to use tobacco



GOAL 2

To eliminate exposure to secondhand smoke



GOAL 3

To promote quitting among adults and young people



GOAL 4

To identify and eliminate cancer and other tobacco-related health disparities



GOAL 5

To facilitate effective coordination of all tobacco control & prevention initiatives statewide

About TFL's Empowering People and Communities Series

"Equitably bringing health education, resources and hope to people, populations, and communities in Louisiana."

Learning Objectives

- Identify common vaping products used by youth
- Describe key reasons youth may vape
- Recognize and dispel common myths and misconceptions about vaping and youth nicotine use
- Identify potential signs of vaping and identify prevention steps for parents and guardians
- Access trusted resources and support to help parents and guardians stay informed

Speakers



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THE TOBACCO DATA

Creating a Healthier, Tobacco-Free Louisiana

THE RISE OF VAPING & E-CIGARETTES



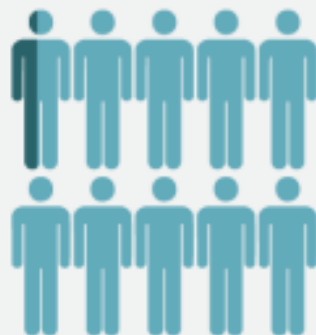
30% of high school students currently vape



18% middle school students currently vape



8% of high school students currently vape



4% middle school students currently vape



Vape Use Among LA Youth

Most youth first try tobacco
at **13** or **14** years of age



Over
1 in 3
youth initiate
tobacco by vaping

VAPES
are the most
popular tobacco
product among
youth followed by
**cigars and
hookahs**

More than
2 out of 3
youth **do not** consider vapes
to be a tobacco product



2023 LOUISIANA YOUTH TOBACCO SURVEY

Vape Devices

E-Cigarette, or Vaping, Products



- E-cigs
- Vapes
- Vape pens, dab pens, and dab rigs
- Tanks
- Mods
- Pod-Mods
- Electronic nicotine delivery systems (ENDS)

THE HARM – Enticing Look to Target Youth

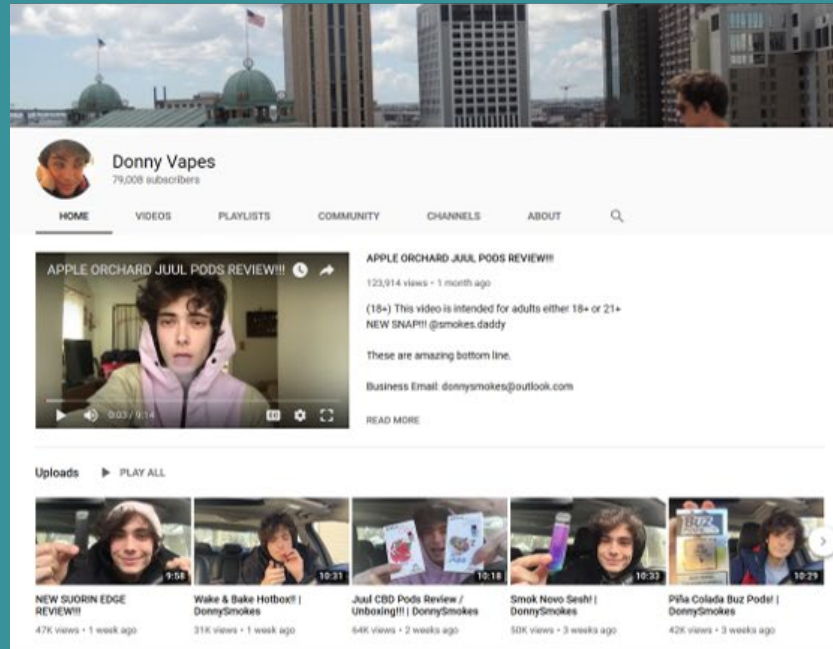


Nicotine Pouches

- Small **microfiber pouches** containing a **powder** made of nicotine, flavorings, and other ingredients.
- The powder dissolves in the mouth without spitting. Nicotine is absorbed through the gums and lining of the mouth.
- Nicotine pouches can contain **high levels of nicotine**—a highly addictive chemical.
 - Nicotine pouches come in different flavors, such as cinnamon, citrus, mint, or coffee.
 - Nicotine pouches do not include tobacco leaves
 - Some contain nicotine from tobacco plants.
 - Some contain nicotine made in a laboratory
 - Synthetic nicotine or non-tobacco nicotine (NTN) products and may be **marketed as "tobacco-free."**



E-cigarettes in Social Media





THE HARM

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E-cigarette aerosol is NOT WATER VAPOR



Prop 65* Chemicals in Vapor²

Acetaldehyde
Formaldehyde
Isoprene
Toluene
Lead
Nickel
Nicotine
N-Nitrosornicotine



Metals in Vapor²

Aluminum
Chromium
Copper
Iron
Manganese
Nickel
Lead
Antimony
Tin
Zinc



Carcinogens Found in the Urine of Vapers⁹

Acrylonitrile
Acrolein
Propylene Oxide
Acrylamide
Crotonaldehyde



Withdrawal Symptoms⁶

Cravings
Anxiety
Tingling
Nausea
Cramps
Weight Gain
Insomnia
Mood Disorders
Depression

* Proposition 65 (Prop 65) is the Safe Drinking Water and Toxic Enforcement Act of 1986, which requires the State to publish a list of chemicals known to cause cancer or birth defects or other reproductive harm.

Image source: Boston Children's Hospital

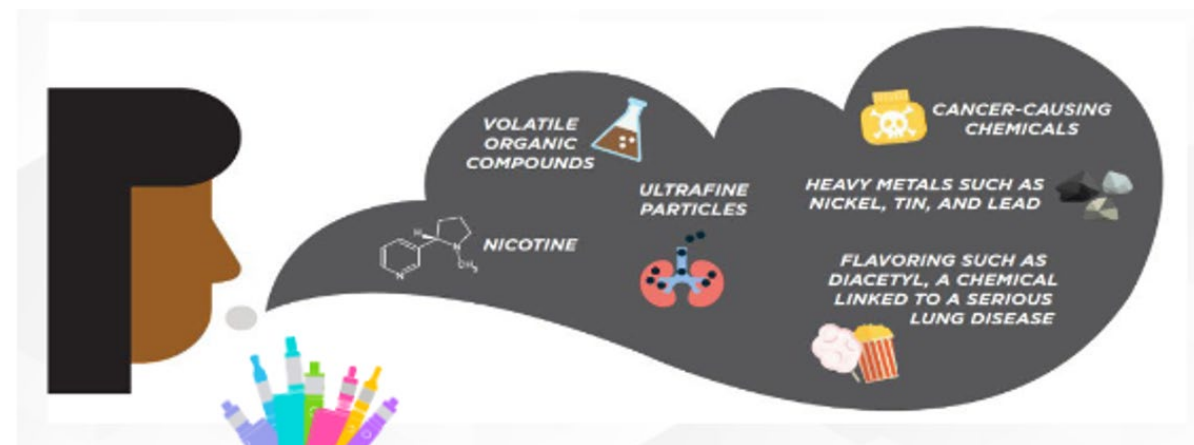


Image source: National Center for Chronic Disease Prevention and Health Promotion (U.S.). Office on Smoking and Health

All salt-based e-juice/liquid contains nicotine

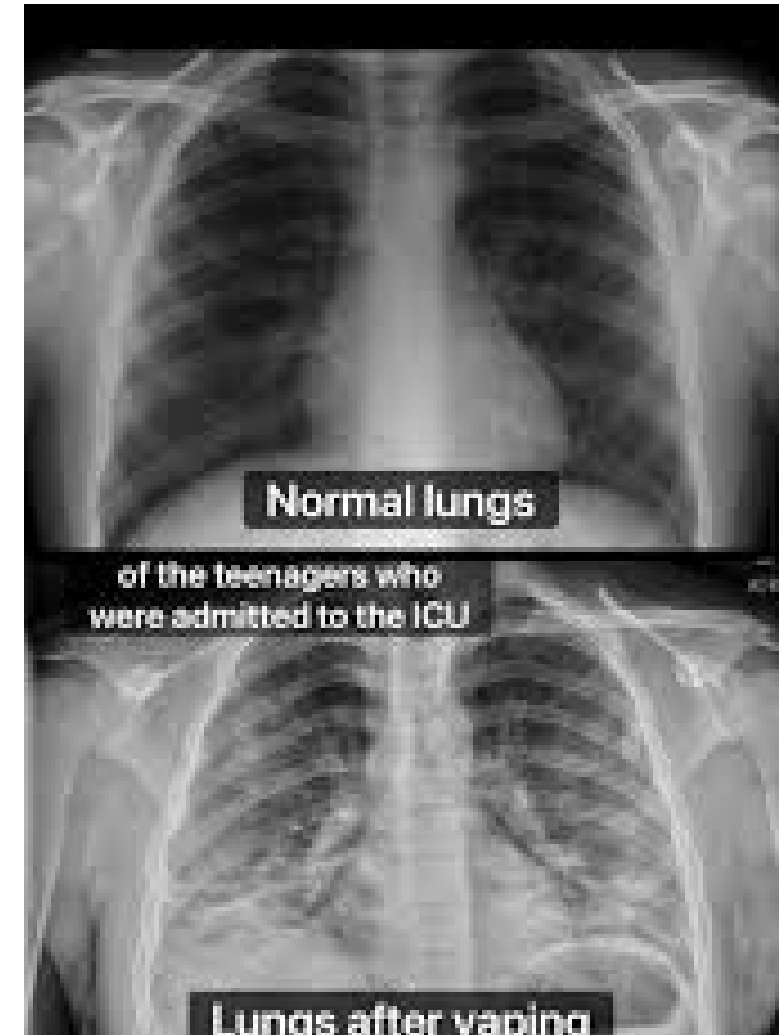
- Pod Mods typically use nicotine salts rather than the freebase nicotine used in most other e-cigarette, or vaping, products.
- Nicotine salts, which have a lower pH than free base nicotine
- Allows **high levels of nicotine** to be inhaled more easily and with less irritation to the throat than freebase nicotine.

		Nicotine Equivalence in Cigarette Packs
1 pack of cigarettes		
1 JUUL pod		
1 PHIX pod		 
1 Suorin pod		  

- Vaping's Impact on Lung Health:



Imaging of lungs:
More white in the image = more damage.
This indicates inflammation and potential infection.

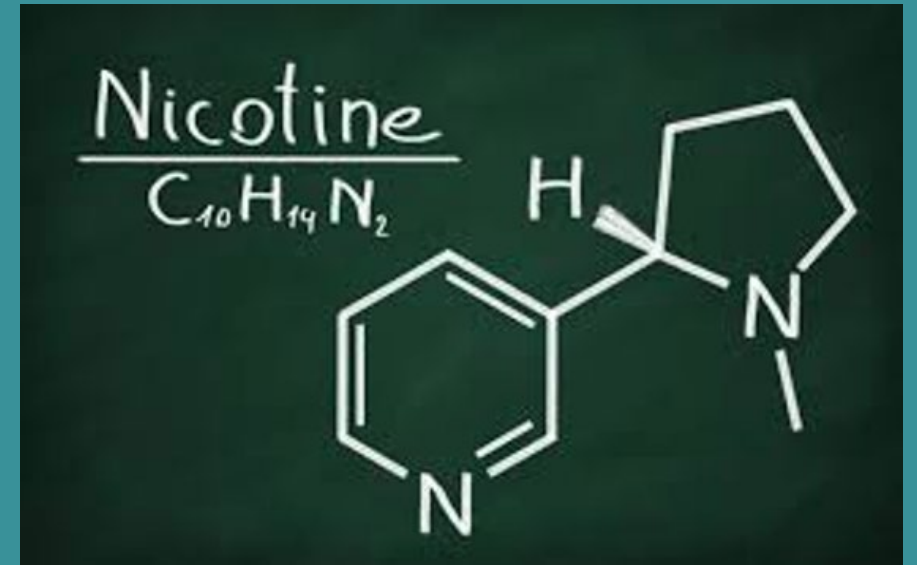


EFFECTS OF NICOTINE



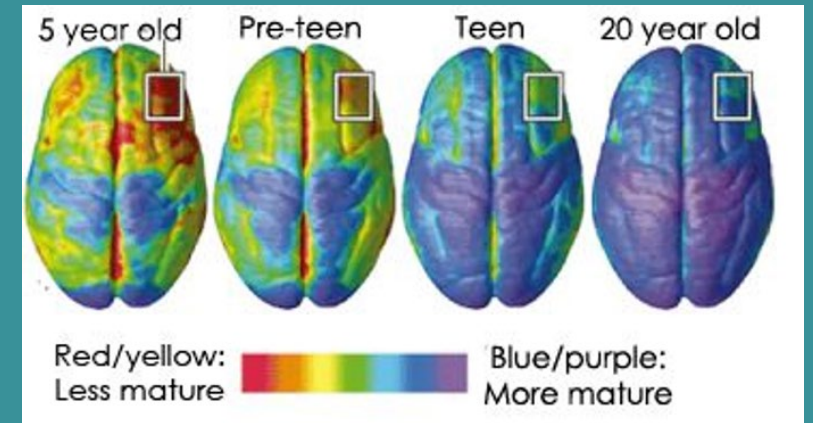
Summary of significant effects of nicotine

- Increased heart rate and blood pressure
- Increased anxiety
- Trouble focusing
- Trouble learning
- Negative affects on attention, learning/concentration and memory



Nicotine Effects on Brain

- Nicotine changes adolescents' brain cell activity in the parts of the brain responsible for **attention, learning**, and **memory**
- Nicotine can worsen **ANXIETY, IRRITABILITY**, and **IMPULSIVITY**



- Nicotine-induced changes to the brain during adolescence can be permanent
- Nicotine's harm can lead to long-term effects on the ability to make decisions² and can also leave teens with an increased risk of addiction to other substances

Nicotine and Mental Health

- E-cigarette users report higher stress than non-users
- Tobacco addiction is associated with:
 - Mood Disorders
 - Anxiety Disorders
- During Adolescence exposure to nicotine can increase likelihood of developing chronic mental health disorders
- Depression is highly associated with e-cigarette use



Nicotine Can Lead to Other Addictions



Those who reported past 30-day **e-cigarette** use at age 18 were more likely to report past 30-day **cigarette** use, alcohol use, marijuana use, and non-medical prescription drug use at age 19

Use of nicotine e-cigarettes was associated with a greater likelihood of vaping marijuana for adults aged 25-54 years

Know the Signs of Vaping

Physical Signs

- Coughing, throat irritation, dry mouth, shortness of breath, or reduced stamina during activity
- Faint scent of flavoring in your house that you can't locate or identify (clothes, breath, rooms)
- Increase in your teen's thirst level
- Increased nosebleeds your teen experiences
- Decrease in your teen's caffeine consumption.

Know the Signs of Vaping

Behavioral Changes

- Increased secrecy – guarding backpacks, defensiveness
- Frequent bathroom or outside breaks around the same time each day
- Mood shifts – anxiety, irritability
- More time alone, withdrawal from friends

Environmental

- Different unfamiliar devices
- Masking odors with candles, room refreshers and scented products
- Hidden or disguised products

How to Talk to Youth

Before You Talk

- Know the Facts
- Consider your child's viewpoint
- Take an open and calm approach
- Find the right place and time



How to Talk to Youth

While You Are Talking

- Acknowledge their independence
- Ask for their perspective – “How do you feel about vaping?”
- Be ready to hear that your child has tried vaping
- Awareness - Big Tobacco is to blame, not your child
- Avoid scare tactics
- Connect with what they care about – playing sports, etc.

How to Talk to Youth

After You Talk

- Help you child manage stress in a healthy way
- Help manage peer pressure
- Follow Up – This is NOT a one-time conversation
- Stay up to date on the ever-evolving issue of nicotine products targeting youth.

Have Youth Weigh Pros and Cons

Reasons People Vape

"To deal with my anxiety"

"It's not bad, like smoking"

"It feels good"

"It tastes good"

"I fit in?"

Reasons To Not Vape

Nicotine addiction

Expensive

Heavy metals

Cancer-causing

Face could explode

Lung Disease

Brain Damage

Death

The unknown

Talking to Youth – In Summary

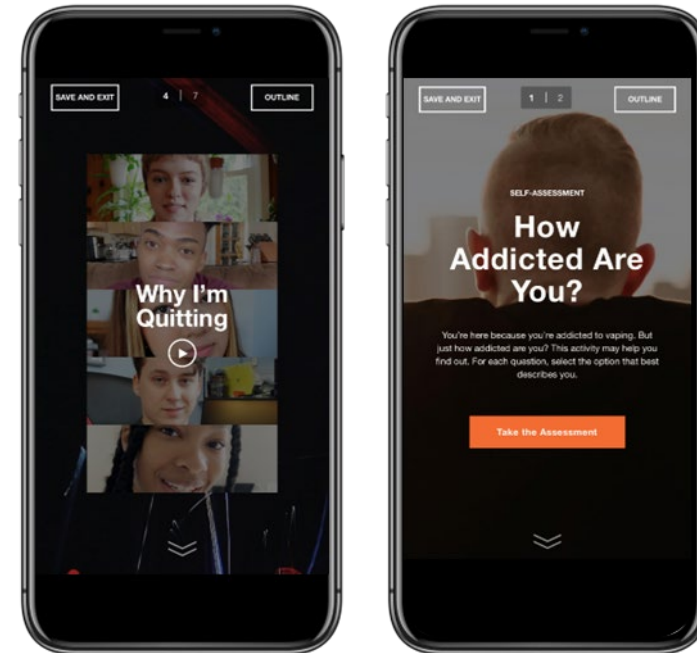
- Focus on the root cause
- Educate – Do NOT discipline or punish
- Watch your language – use person-first
 - Ex. “smoker” vs person who smokes or “mentally ill” vs person who experiences anxiety



- Identify your goal
- Provide resources
- Offer to help



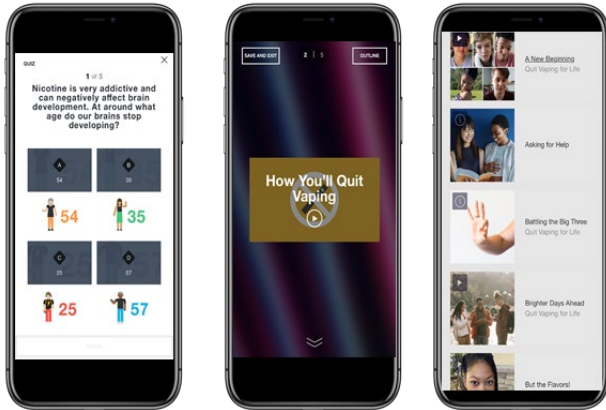
- Teens ages 13–17
- Easy-to-navigate
- Teaches skills to quit vaping
- Multimedia experience
- Easy-to-access content that:
 - Educates on keys to quitting
 - Motivates, inspires, enlightens
 - Helps teens find their “why”
 - Boosts confidence
- Adapts to teen’s engagements



ALL IMAGES ARE FPO

Text **VAPEFREE** to **873373**

Teen program activities



- 1 User receives a text message with a link to online content
- 2 User clicks the link and views the content
- 3 User is then encouraged to explore additional videos, podcasts and activities

Videos • Quizzes • Self-assessments • Flip cards • Audio and podcasts

Takeaway and Resources



www.tobaccofreeliving.org



Well-Ahead Louisiana

<https://wellaheadla.com>

UNFILTERED FACTS :

<https://unfilteredfacts.com/>

w.wellaheadla.com

School Vape Free Toolkit

<https://wellaheadla.com/prevention/tobacco/youth-tobacco-use/school-vape-free-toolkit/>

1-800-Quit Now

www.quitwithusla.org

Text **Ready** to **21586**



(teens & young adults)

<https://livevapefree.com>

PAVE – Parents Against Vaping E-Cigs

<https://www.parentsagainstvaping.org/>





Conclusion

Let's recap.





Q&A Session

Let's start a conversation.





Thank you

We look forward to seeing you again

Creating a Healthier, Tobacco-Free Louisiana