

Engaged Adults, Thriving Youth.

ENGAGE
Douglas County

DOUGLAS COUNTY VAPING RESOURCES TOOLKIT

This toolkit will provide an overview of the vaping epidemic and offer several resources so you and your community can access up-to-date and accurate information on this national emergency.

Click link to go directly to resources:

[Vaping Resources for Parents](#)

[Vaping Resources for Cessation](#)

[Vaping Resources for Youth](#)

WHAT IS HAPPENING NATIONALLY?

More than **3.6 million** middle and high school students
Currently use vape pens, e-cigarettes or other vaping devices.

Vaping **increased 78%** in high school students from 2017 to 2018.

Among middle school students vaping **increased 48%**
from 2017 to 2018.

WHAT IS HAPPENING IN KANSAS?

1 in 3 Kansas high school students have tried vaping.

More than **1 in 10** currently use e-cigarettes.

Main reasons Kansas youth vape:

38.2% a friend or family member vapes

18.6% the variety of flavors

12.6% believe it is less harmful than other forms of tobacco

DO ALL VAPE PRODUCTS CONTAIN NICOTINE?

Most e-cigarettes **do have nicotine**. Even e-cigarettes that don't contain nicotine have chemicals in them. These chemicals can irritate and damage the lungs. The long-term effects of e-cigarettes that don't contain nicotine unknown.

IS VAPING SAFE?

No long-term data exists to show how e-cigarettes impact the human body. Because they contain nicotine **and other harmful chemicals**, they are not safe for youth, young adults, pregnant women, or adults who do not currently use tobacco products.

Electronic Cigarettes: What's the Bottom Line?, 2019

E-cigarettes are not approved by the FDA as a treatment to quit smoking; there is **no evidence** to show that using e-cigarettes as a quit aid is effective.

Electronic Cigarettes: What's the Bottom Line?, 2019

Nicotine is **very harmful** to the developing adolescent brain and is **extremely addictive**. These products can contain metals known to cause respiratory distress and disease. There also is substantial evidence that e-cigarette use is associated with the use of other tobacco products.

E-Cigarette Use Among Youth and Youth Adults: A Report of the Surgeon General, 2016

MARKETING TO YOUTH

The Tobacco Industry spends an estimated **\$76.3 million** on marketing in Kansas.

The Toll of Tobacco in Kansas, 2019

The tobacco industry uses flavors, media channels, social media influencers, celebrities, and products to target youth and young adults. Many vape products on the market are stealth and easy for youth to obtain and conceal.

Vape-Free Schools - JUUL, Vape, E-Cigarettes: Unifying the Tobacco Prevention Approach, 2019

VAPING MARIJUANA

Teens use vaping devices to do more than just vape nicotine. **Teens will often vape marijuana**. Law enforcement officials warn parents that teens can vape to experiment with drugs. Beware that e-cigarettes can be used to vaporize opiates, synthetic substances like flakka (an amphetamine-like drug similar to bath salts), and designer forms of synthetic marijuana such as K2 and Spice.

Teen brains do not fully develop until around the age of 25.

Marijuana is a psychoactive drug that contains close to 500 different chemicals, including THC which is a mind-altering compound that causes harmful health effects, including addiction.

According to Kansas and federal law, marijuana is **ILLEGAL**. Even in the states that have legalized marijuana it is still illegal for those under age.

<https://www.mjfactcheck.org/vaping>

WHAT IS JUUL?

Juul is a brand of e-cigarettes. This e-cigarette looks like a flash drive and can be charged in a laptop's USB port. It makes less smoke than other e-cigarettes, so some youth use them to vape at home and in school. The Juul's nicotine levels are similar to a cigarette's. They are easy to conceal due to their small size and how quickly the vapor and odor dissipates.

Vape-Free Schools - JUUL, Vape, E-Cigarettes: Unifying the Tobacco Prevention Approach, 2019

- JUUL pods come in many different flavors and they always contain nicotine.

1 JUUL pod is the equivalent of 1 pack of cigarettes.

JUULpod Basics, 2019

- Nearly **1 in 5** students between ages 12 and 17 have seen JUUL used in school.

Nearly 1 in 5 Youth Say They Have Seen JUUL Used In School, 2018

- JUUL starter packs are available to purchase at most tobacco shops and convenience stores.

Underage youth typically get vapes from older peers who purchase them online or in stores.

Vape-Free Schools - JUUL, Vape, E-Cigarettes: Unifying the Tobacco Prevention Approach, 2019

NEGATIVE HEALTH EFFECTS OF VAPING

Vaping has not been around long enough for us to know how it affects the body over time, but health experts are reporting serious lung damage in people who vape, including some deaths.

- Coughing, shortness of breath or chest pain
- Nausea
- Vomiting or diarrhea
- Tiredness, fever, or weight loss



Vaping puts nicotine into the body. Nicotine is highly addictive and can:

- Slow brain development in youth
- Increase the risk of other types of addiction as adults
- Affects memory, concentration, learning, self-control, attention and mood



Vaping also:

- Irritates the lungs
- Can lead to smoking cigarettes and other forms of tobacco use may cause serious lung damage and even death

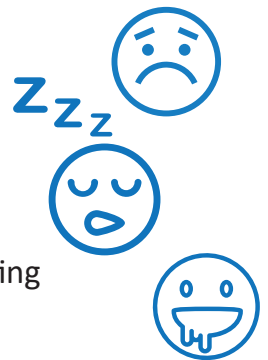


American Lung Association

WARNING SIGNS OF NICOTINE WITHDRAWAL

- Fixation on vaping
- Unsuccessful attempts to stop vaping use
- Experiencing sadness or anxiety when vaping is not possible
- Continuing to vape despite problems
- Withdrawal symptoms when attempting to stop vaping including:
 - o Feeling restless or jittery
 - o Having headaches
 - o Increased sweating
 - o Feeling sad or down
 - o Feeling tired or groggy
 - o Having trouble concentrating
 - o Having trouble sleeping
 - o Feeling hungry
 - o Having intense cravings for e-cigarettes

SmokeFreeTeen, n.d.



MANAGING WITHDRAWAL

- Ask for help from a doctor or a health professional
- Drink lots of water
- Get plenty of sleep
- Eat healthy snacks
- Get support from your family and friends

Smoke Free Teen, n.d.



DISCUSSION QUESTIONS FOR TEENS

- Do you continue to vape even though you want to stop or think it is hurting you in some way?
- Do you feel anxious or irritable when you want to use your vape but can't?
- Do thoughts about vaping interrupt you when you are focused on other activities?
- Do you still vape after getting in trouble with your parents or school for vaping?
- Have you ever tried to stop vaping but couldn't?
- Do you feel like you have lost control over your vaping?

If a person answers yes to one more of these questions, they may be at-risk and should seek professional support immediately.

n.d.

SmokeFreeTeen,

WHAT CAN SCHOOLS DO TO PREVENT VAPING IN SCHOOLS?

Adopt a comprehensive tobacco-free and vape-free school policy. The policy should **prohibit:**

All types of tobacco products, including e-cigarettes for all students, staff, and visitors:

- On all school grounds
- In school vehicles
- At school sponsored events
- At all times

Get the facts about e-cigarettes, vapes, and JUULS and their impact on adolescent brains and bodies:

- Share information with parents
- Promote health messaging throughout the school
- Update health education curriculum that addresses harms of nicotine and vape
- Involve and empower students to take action
- Enforce and communicate your policy
- Provide resources for quitting

RESOURCES

FOR PARENTS

- o Talk With Your Teen About E-cigarettes: A Tip Sheet for Parents (CDC)
https://e-cigarettes.surgeongeneral.gov/documents/SGR_ECig_ParentTipsheet_508.pdf
- o E-cigarettes and Vaping: What Parents Need to Know (American Academy of Pediatrics)
https://downloads.aap.org/RCE/ENDShandout_Parents.pdf

FOR SCHOOLS

- o Kansas Vape Free Schools Toolkit (KDHE)
http://www.kdheks.gov/tobacco/vape_free_schools.htm
- o How Schools Can Help Students Stay Tobacco-Free
<https://www.tobaccofreekids.org/assets/factsheets/0153.pdf>
- o E-cigarettes, “Vapes”, and JUULS, What Schools Should Know (American Lung Association)
<https://www.lung.org/stop-smoking/smoking-facts/e-cigarettes-schools.html>
- o Vape Prevention Free Print Materials (FDA)
https://digitalmedia.hhs.gov/tobacco/print_materials
- o HECAT: Tobacco-Use Prevention Curriculum
https://www.cdc.gov/healthyyouth/hecat/pdf/HECAT_Module_T.pdf
- o Get Smart About Tobacco Curriculum for Grades 3-7 (Scholastic)
<http://www.scholastic.com/browse/article.jsp?id=3758543>
- o The Real Cost of Vaping Curriculum for Grades 6-12 (Scholastic)
<https://www.scholastic.com/youthvapingrisks/>
- o Catch My Breathe E-cigarette Prevention Program (CATCH) Catch My Breathe E-cigarette Program (CATCH)
<https://catchinfo.org/modules/e-cigarettes/>
- o No Cost Tobacco-Free Signage (KDHE)
<http://www.kdheks.gov/tobacco/>
- o Create Tobacco Free Schools (American Lung Association)
<https://www.lung.org/our-initiatives/lung-force/communities-in-action/create-tobacco-free-schools.html>

FOR STUDENTS

- o Kansas RESIST (KDHE)
<http://www.kdheks.gov/tobacco/youth.html>
- o Taking Down Tobacco (Campaign for Tobacco-Free Kids)
<https://www.takingdowntobacco.org/main/about>

FOR EVERYONE

- o Know the Risks; E-Cigarettes and Young People (CDC)
<https://e-cigarettes.surgeongeneral.gov/>
- o Links to e-cigarette resources (American Lung Association)
<https://www.lung.org/stop-smoking/smoking-facts/e-cigarette-resources.html>
- o E-Cigarettes and Vape Pens (Stanford Medicine)
<https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs.html>

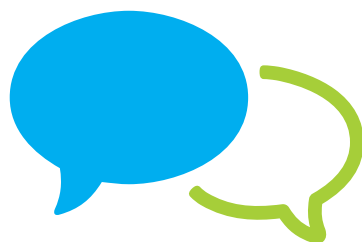
Teen Vaping Webinar

Hosted by Jordon Roberts

<https://dcca.adobeconnect.com/webtv/>

CESSATION RESOURCES

- o Truth Initiative
<https://truthinitiative.org/>
- o KanQuit
<https://www.quitnow.net/mve/quitnow>
- o SmokeFree Teen
<https://teen.smokefree.gov/about-teen>
- o This Is Quitting
Text DITCHJUUL to 88709
- o BecomeAnEx
<https://www.becomeanex.org/>



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