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2022 PARENT/GUARDIAN VAPE PREVENTION WEBINAR

Carbon, Emery, & Grand Counties

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Extension
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Overview

E-cigarettes

- What are they, and what's in them?
- The Adolescent Brain
- Big Tobacco Marketing
- Parental Involvment
- Resources

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Why Prevention?

(Independence Hall Association, 2022)

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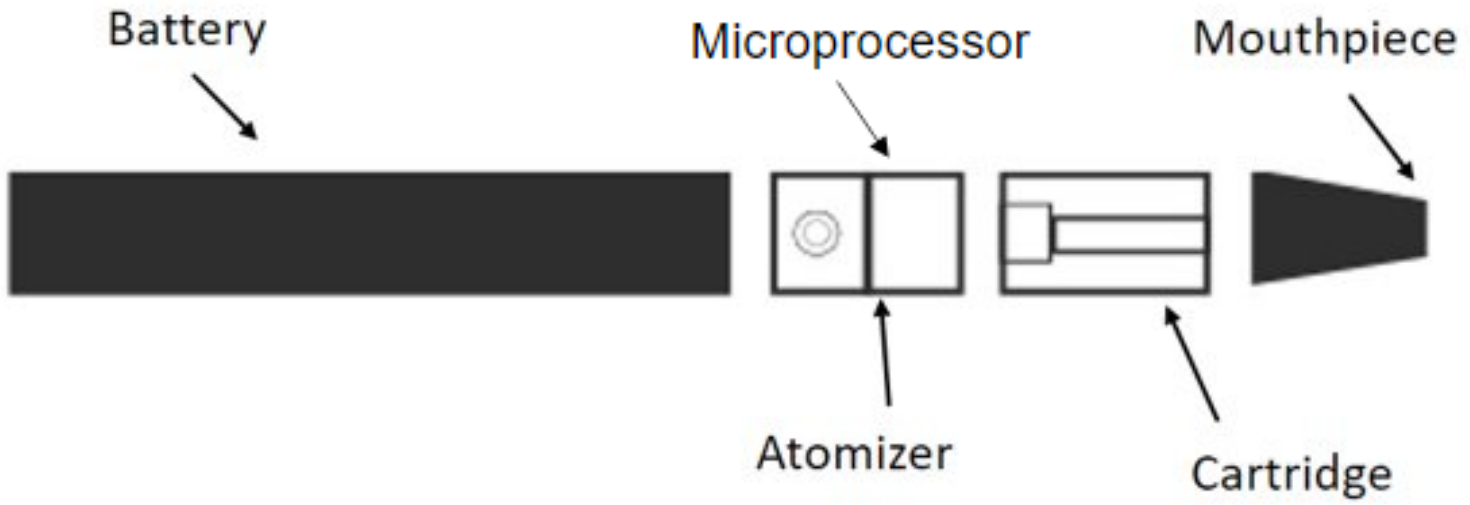
Can you spot the e-cigarettes?

(TobaccoFreeCA, 2019)

Design of an E-cigarette



Battery

- Power
- Rechargeable

Microprocessor

- Activates atomizer

Atomizer

- Heats

Cartridge

- Storage
- Refillable/replaceable

(CATCH, 2020)

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E-cigarette Names

Vape

Mod

Pen

ENDS

- Electronic Nicotine Delivery System

JUUL

- Popular name brand

JUULing → Vaping → Smoke from an e-cigarette

(Fadus et al., 2019. CATCH, 2021)

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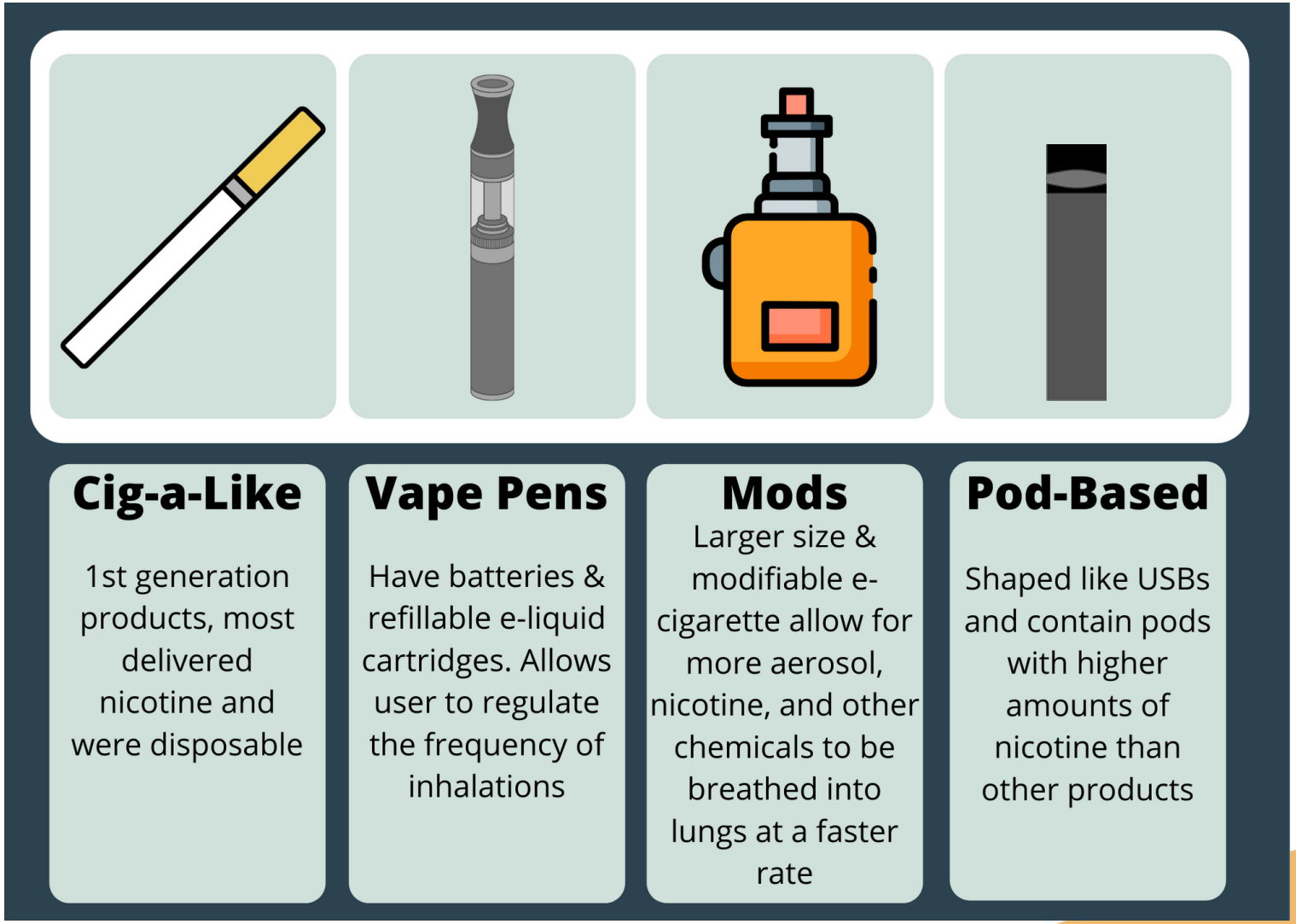
E-cigarette Generations



Cig-a-Like

1st generation products, most delivered nicotine and were disposable

Vape Pens

Have batteries & refillable e-liquid cartridges. Allows user to regulate the frequency of inhalations

Mods

Larger size & modifiable e-cigarette allow for more aerosol, nicotine, and other chemicals to be breathed into lungs at a faster rate

Pod-Based

Shaped like USBs and contain pods with higher amounts of nicotine than other products

(Adapted from Standford University, n.d.; CATCH, 2020)

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First Generation

Disposable E-cigarettes

- A type of e-cigarette designed to be used one time, only.
- These devices are not rechargeable or refillable.
- They are discarded when it runs out of charge or e-liquid.
- They are designed to mimic the look and feel of combustible cigarettes. These are sometimes referred to as "cigalikes"

Second Generation

E-Cigarettes with Prefilled or Refillable Cartridge

- A type of rechargeable e-cigarette, or vaping, product designed to be used multiple times.
- E-liquid comes in prefilled or refillable cartridges. Substances may include nicotine, cannabis (THC, CBD), flavoring, solvents, or other substances.
- The cartridge is attached to a battery pen—which contains the battery.
- Cartridge and battery pen are typically purchased separately. They can be bought in starter packs.

(CDC, 2019)

Third Generation

Sub-Ohm Tank

- Sub-ohm tank contains low resistance coils. It is designed to create a large cloud (aerosol) with a stronger delivery or hit of nicotine or other substances.

Fourth Generation

Pod Mods

- Pod Mod is an e-cigarette, or vaping, product with a prefilled or refillable "pod" or pod cartridge with a modifiable (mod) system ("Pod-Mods")
- These are other examples of fourth generation devices. Pod Mods come in many shapes, sizes, and colors.
- Common Pod Mod brands include JUUL® and Suorin ®
- There are compatible prefilled pod cartridges that contain nicotine, THC, or CBD with or without flavoring.

(CDC, 2019)

FDA

Age Restriction

- 21+
- Peers of age buy products for them

Flavor Ban

- Pre-filled pods banned
- Disposable e-cigarettes comeback

Regulation

- Very Minimal
- Safety / product testing / chemicals

(CATCH, 2020; Cobb et al., 2020; McKeganey et al., 2019; Sharpless et al., 2019; Graphics: Canva)

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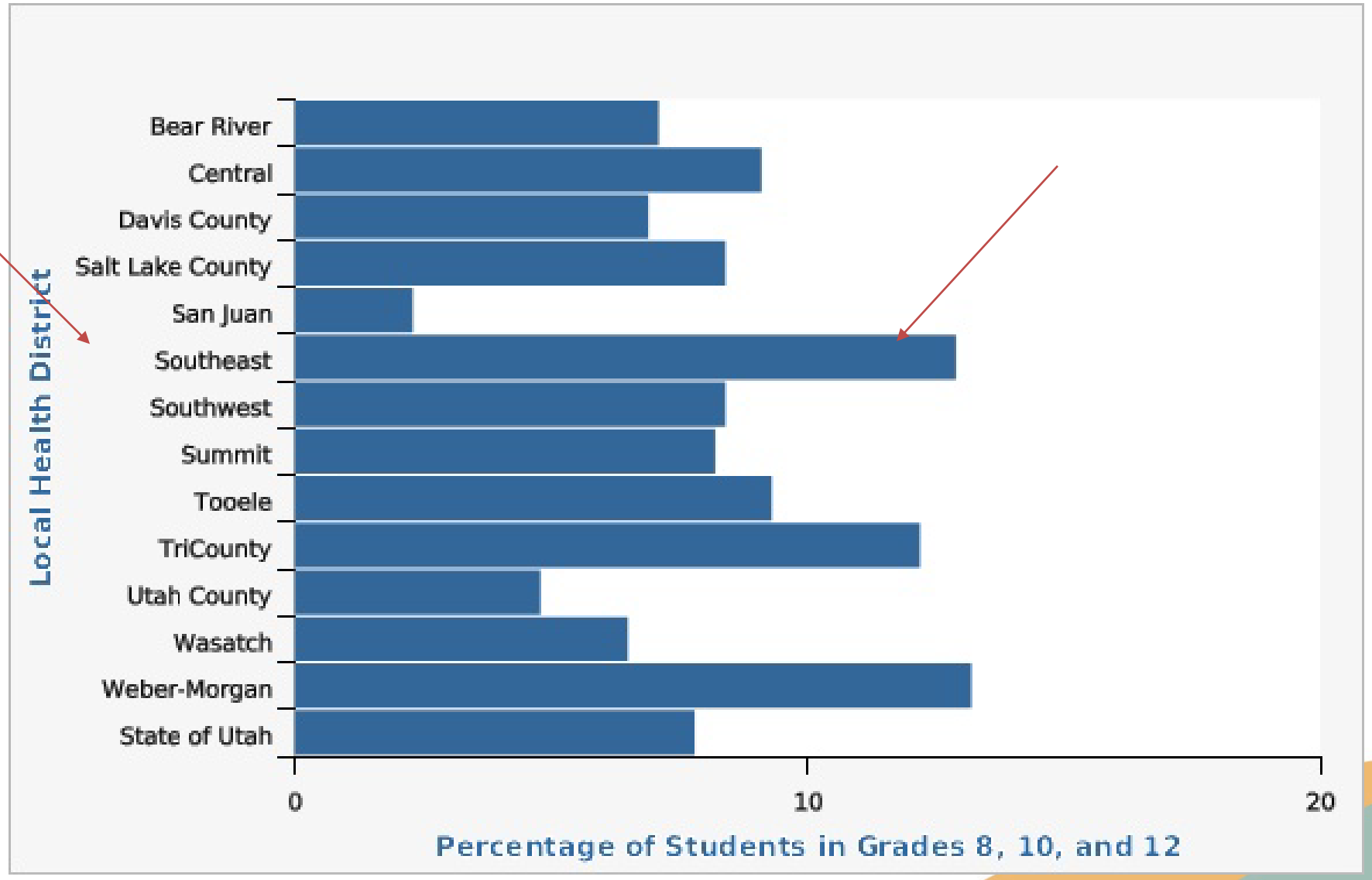
Statewide-Past 30 Day Use 2021



(Image Source: Utah Department of Health, 2022)

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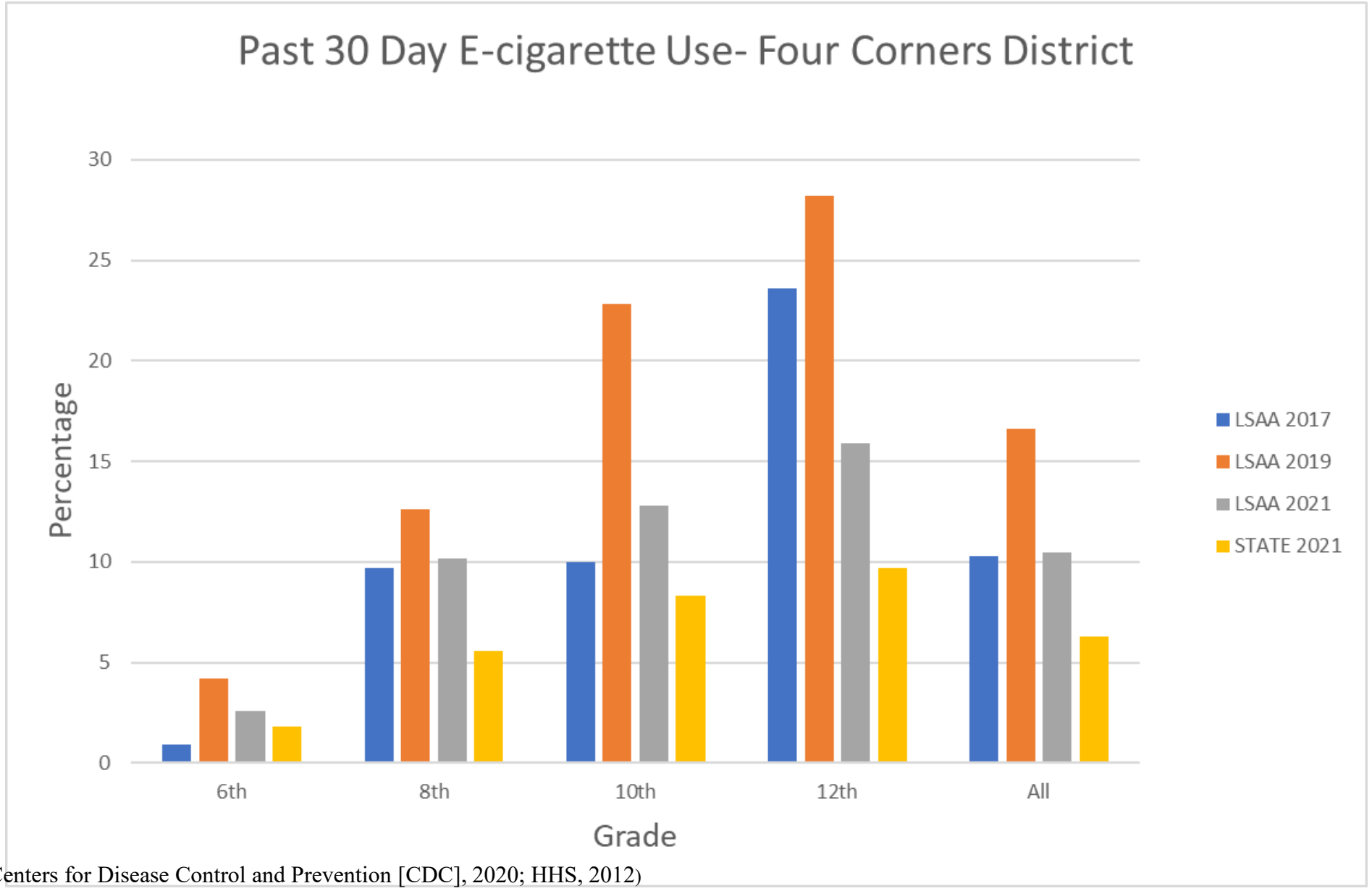
Local Information



(Bach-Harrison, 2021; Centers for Disease Control and Prevention [CDC], 2020; HHS, 2012)

What ingredients are in e-cigarettes?

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E-liquids

Name	Also found in	Effects on the body
Formaldehyde	Preservation of dead bodies (cadavers)	Eye, nose, & throat irritation. Carcinogen
Acetaldehyde	Disinfectant, drugs, perfumes	Irritates respiratory tract, fluid filled lungs, destroy lung tissue
Propylene Glycol	Antifreeze	Can cause lactic acidosis and seizures
Toluene	Nail polish, glue, paint fumes	Headaches & mental impairment

(CATCH, 2020; Goniewicz et al., 2014; Olmedo et al., 2018; Owusu et al., 2020; Popova et al., 2021; Rubinstein et al., 2018; Image Source: Depositphotos)

E-liquids Continued...

Name	Also found in	Effects on the body
N-Nitroxonornicotine	Preservation of meat	(Group 1 carcinogen)
Benzene	Rubbers, dyes, detergents	Leukemia & damages ovaries in women
Nickel, Lead, Cadmium		Damages lungs, kidneys, & brain. Are carcinogens
Nicotine	Insecticide	Discussed further on other slides
Diacetyl	Flavoring chemical	Asthma, Chronic Obstructive Pulmonary Disease (COPD), Popcorn Lung

(CATCH, 2020; Clapp et al., 2017; Goniewicz et al., 2014; Leventhal et al., 2020; Olmedo et al., 2018; Rubinstein et al., 2018; Vape Danger, n.d.)

Is it "Just Vapor"?

Vapor is actually called	Aerosol
E-liquid converts to	Aerosol
Is it "Just Vapor"?	No

(CATCH, 2020; Dictionary, n.d.; Image Source: depositphotos)

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Are E-cigarettes Safe?

- Tobacco use overall increasing
- 75% students first used e-cigarettes
- E-cigarettes initiate tobacco use

Nicotine

Gateway Substance

Physical Effects

Mental Effects

Covid 19

Social Effects

(Bach-Harrison, 2021; CDC, n.d.; CATCH, 2020; Image Source: depositphotos; Graphics: Canva)

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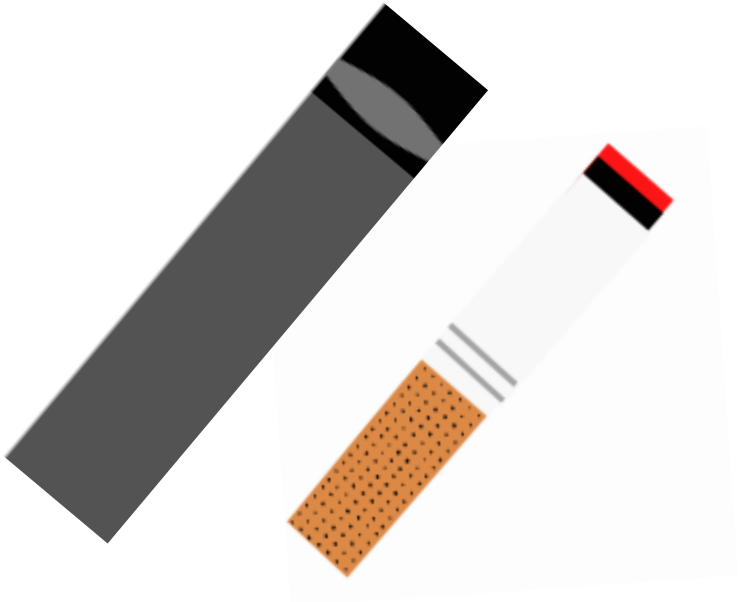
Nicotine

Nicotiana Tabacum plant



Products with nicotine

99% e-cigarette products contain nicotine

Increased Regular users

JUUL: higher concentrations & faster

(Dani & Balfour, 2011; Fadus et al., 2019; FDA, n.d.; Hajek, et al., 2020; Marynak et al., 2017; Singh et al., 2020; Image Source: Pixabay ; Graphics: Canva)

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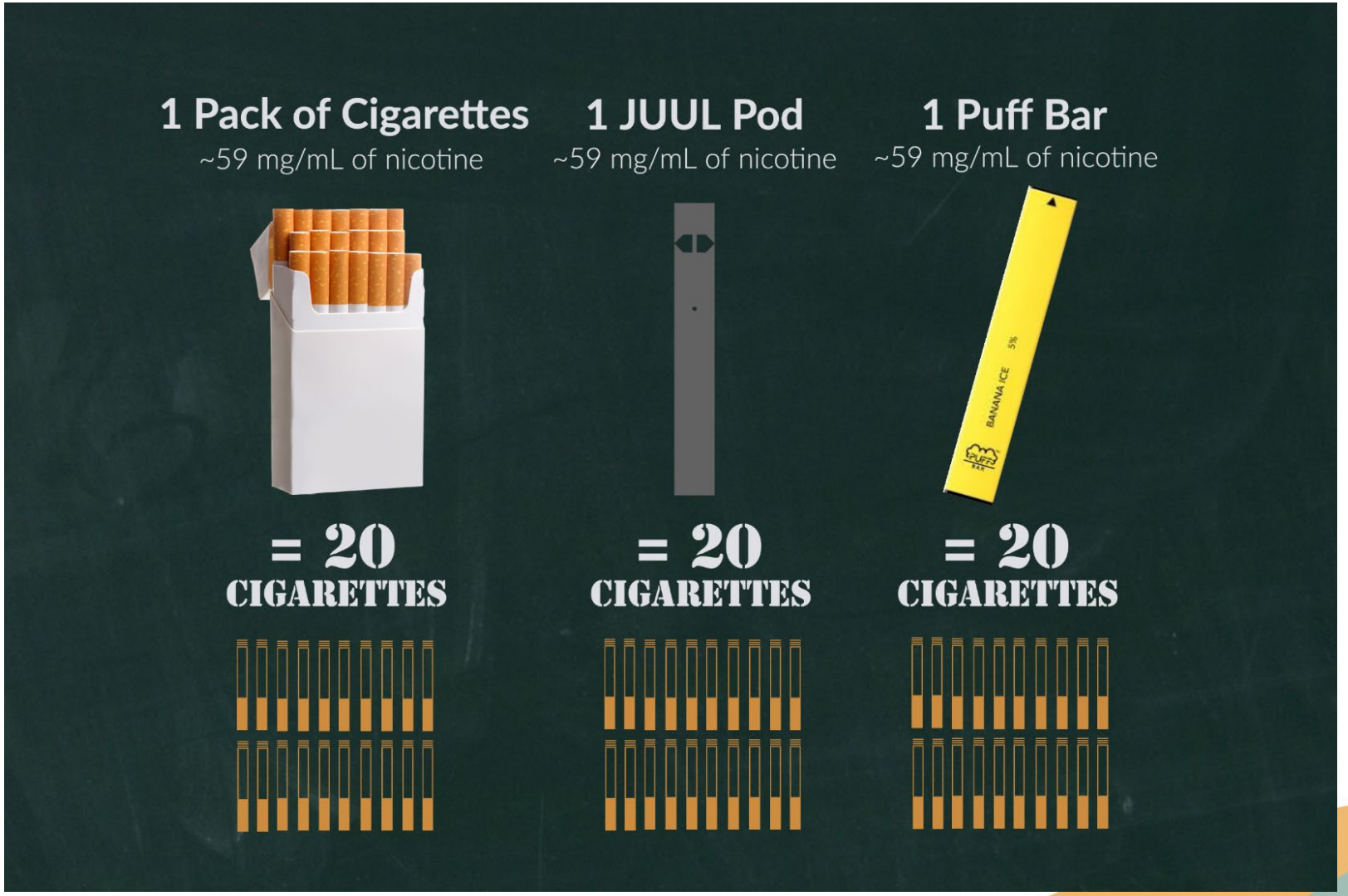
Nicotine in E-cigarettes



(Adapted from Standford University, n.d.)

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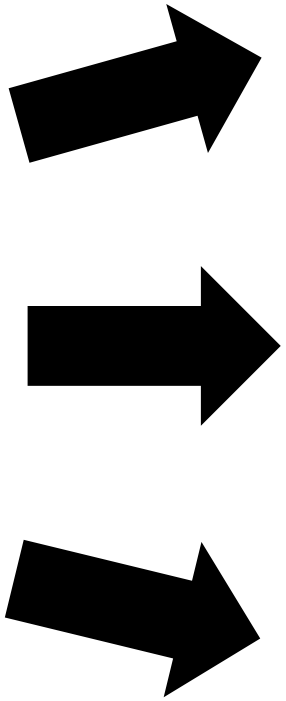
Gateway Substance



Youth who vape are 6.8x more likely to start smoking

Increased use of other substances

(CATCH, 2020; Evans-Polce et al., 2020; Graphics: Canva)

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Brains Awake

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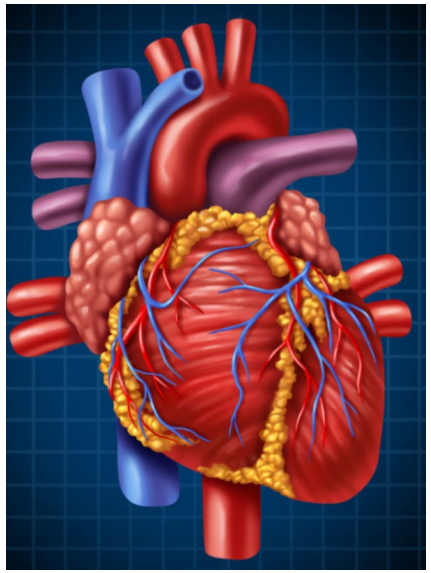
Physical Effects



Lung Illnesses

- Asthma
- Bronchitis
- COPD
- Popcorn Lung

EVALI (E-cigarette or Vaping use Associated Lung Injury)

Cardiovascular concern

- Increased heart rate and blood pressure
- Increased risk for heart attack

Daily vapors are 1.7x more likely to have a heart attack

Other

- Sores
- Dry mouth
- Nauseau
- Vomiting
- General abdominal pain
- Headaches

(Alzahrani et al., 2018; Blagev et al., 2019; Blount et al., 2020; CATCH, 2020; CDC, COPD, n.d.; CDC, FastStats, n.d.;
Image Source: depositphotos)

Mental Effects

"That was me. I mean, I saw a lot of that. I just dismissed it as like, 'Oh I'm just a teenager. That's how I'm supposed to act.'" -Former high school e-cigarette user

Brain Development

- Age 25
- Synapse formation
- Higher Sensitivity
- Increased risk of dependence

Additional Effects

- Mood swings
- Impulse control
- Anxiety
- Memory & attention

(CATCH, 2020; Dwyer et al., 2019; Marynak, et al., 2017; Popova et al., 2021; Stalgaitis et al., 2020; Image Source: depositphotos)

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Social Effects

- Withdrawn
- Loss of freedom
- Poor academia
- Athletic performance
- Disengagement

(CATCH, 2020; Popova et al., 2021; Image Source: pixabay ; Graphics: Canva)

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Vaping During a Pandemic

E-cigarette users = 5x more likely

Dual users = 7x more likely

Age group

13 to 24 years old

Respiratory illness from use + COVID-19 – Respiratory disease = Increased risk of diagnosis

(CATCH, 2020; Gaiha et al., 2020; Patanavanich et al., 2020)

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Tobacco Marketing Strategies

- Adds
  - Social Media
  - Retail Stores
  - Newspapers/Magazines
  - TV streaming Services or Movies
- Flavors
- Sponsorship of events and scholarships

"We don't smoke that stuff. We reserve that for the young, the poor, and the stupid."

-RJ Reynolds, Tobacco Company Executive

(Truth Initiative, 2021; CDC, 2021)

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How much are tobacco companies spending on advertising?

- $ 8.2 billion per year
- $ 22.5 million each day
- $ 1 million per hour

(CDC, 2021)

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Protective and Risk Factors

Risk factor

- Increased likelihood of outcome

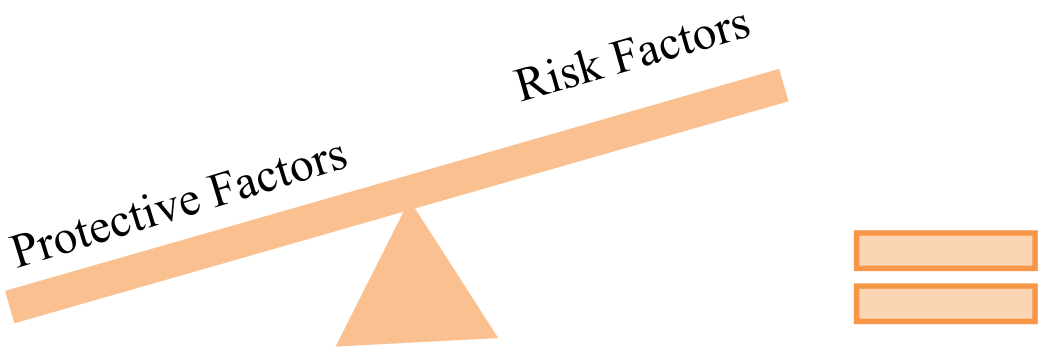
Protective factor

- Decreased likelihood of outcome

Find risk factors

Find protective factors

Use protective factors to prevent risks



Decrease in e-cigarette use

(Utah DHS, 2019; Graphics: Canva)

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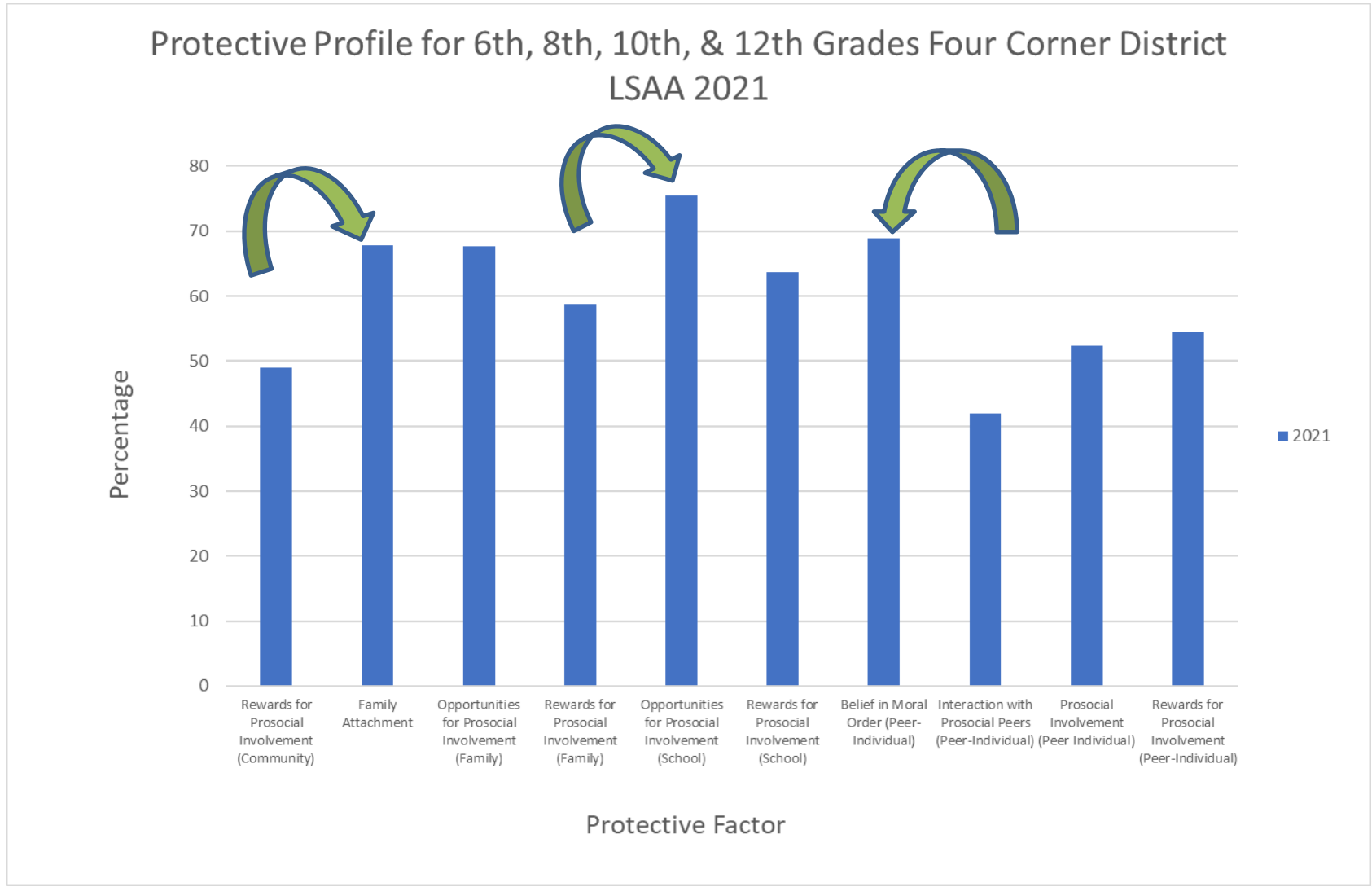
Protective Factors



- Family Attachment
- Opportunities for Pro-social Involvement
- Belief in Moral Order

(Utah DHS, 2020)

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Prosocial Involvement

When youth have opportunities to be involved they are less likely to initiate e-cigarette use

Opportunities for Involvement			
Community	Family	School	Friends

Reward system for good behavior		
Encouraged	Praised	Recognized

91.4% students with peer-individual prosocial involvement did not vape

(Utah DHS, 2019; Graphics: Canva)

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Belief in Moral Order

Belief in "right" and "wrong"

Individuals who have a belief in moral order, and who's peers also have that belief, are less likely to use e-cigarettes

90.1% students with moral order did not vape

(Bach-Harrison, 2020; Utah DHS, 2019; Graphics: Canva)

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Family Attachment

Family + Involvement = Decreased Risk

When youth feel a part of their family, they are at a decreased risk of initiating e-cigarette use.

- Movie Nights
- Cooking together
- Build something/Arts & Crafts
- Game Nights

91% students with family attachment did not vape

(Bach-Harrison, 2020; Utah DHS, 2019; Graphics: Canva)

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Possible Signs of Use

- Mood Swings → Anxious → Irritable
- Poor Grades → Nicotine withdrawal → Lack of concentration
- Hide smell of e-liquid → Candles & Incense → Perfume & Cologne
- Eating pattern change → Weight loss → Weight gain
- Sensitivity & Irritation → Mouth → Nose

- Sweet Smells
- Unrecognizable Tech
- Unexplained Purchases
- Constant Headaches & Nausea

(California Department of Public Health, n.d.; CATCH, 2020; Graphics: Canva)

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How to Talk to Your Youth

What

Why

How

If

1. Be prepared

2. Bringing up the topic

3. Let them ask questions

4. Keep an open environment

5. Repeat

Resources to Quit:
Text 'QUIT' to 47848
1-800-QUIT-NOW
Text 'DITCHJUUL' to 88709
https://truthinitiative.org/thisisquitting

(CATCH Parent-toolkit, 2020; Truth Initiative, n.d.; HHS et al., n.d.; Image Source: despositphotos)

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Set Tobacco House Rules

Just talking to your youth about tobacco may not be enough

- Combo of conversation & house rules

Establish a tobacco-free home expectation

- Strict tobacco house rules decreases tobacco product use in youth (including e-cigarettes)

What to do if a parent or relative uses tobacco?

- Be honest
- Explain difficulties of path
- Still need to follow the household rules

(CATCH, 2020; Emoy et al., 2010; Harakeh et al., 2005; U.S. Department HHS, n.d.; Wu & Chaffee, 2020)

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Be Prepared for Excuses

"It's just water vapor" → "Studies have found harmful chemicals in e-liquids such as..."

"I just do it for fun. I can stop whenever" → "99.4% of e-liquids have nicotine in them, which is very habit forming"

"There are no effects from using" → "Studies are actually finding effects from use such as..."

(CATCH, 2020; Marynak, et al., 2017; Graphics: Canva)

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Parting Challenge

Set or plan a day
to talk to
your youth about
e-cigarettes

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Questions

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- https://extension.usu.edu/be-epic/index

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