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## Parent Vape Prevention Webinar

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Jenna Hawks; & Hailey Judd, MPH

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### Overview

#### E-cigarettes

- Effects
- Parental Involvement
  - Recognize signs of use
  - How to talk to your youth
  - House rules
- Resources

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# Spot the E-cigarettes



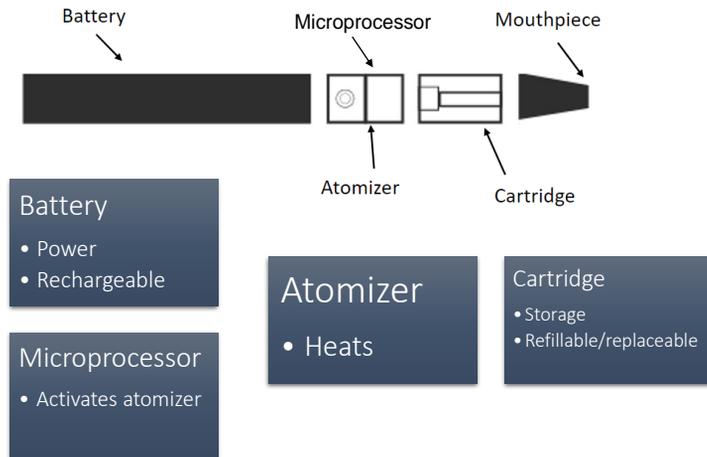
[https://www.youtube.com/watch?v=fjDP8rTktWw&feature=emb\\_logo](https://www.youtube.com/watch?v=fjDP8rTktWw&feature=emb_logo)

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(TobaccoFree, CA., 2020)

# Design of an E-cigarettes

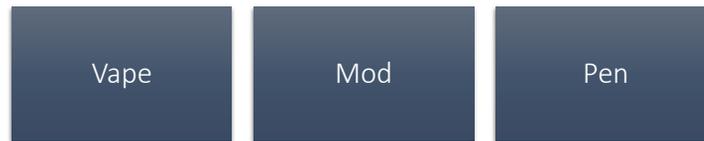


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(CATCH, 2020)

## E-cigarette names



### ENDS

- Electronic Nicotine Delivery System

### JUUL

- Popular name brand



JUULing



Vaping



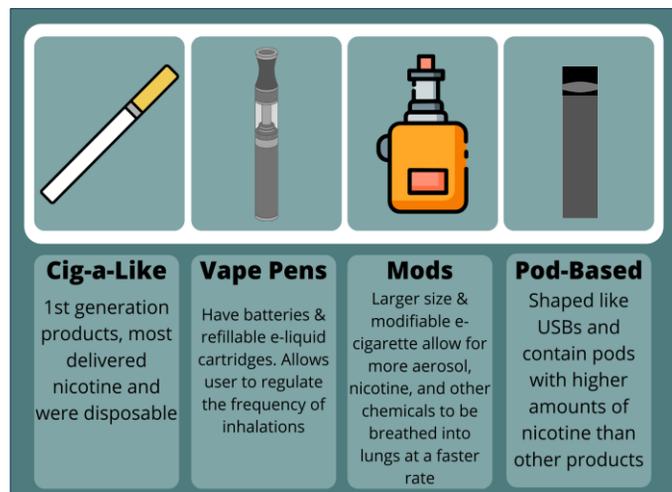
Smoke from  
an e-cigarette

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(Fadus et al., 2019)

## E-cigarette Generations



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



FDA



- 21+
- Peers of age buy products for them



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



- Very Minimal
- Safety / product testing / chemicals

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



JUUL

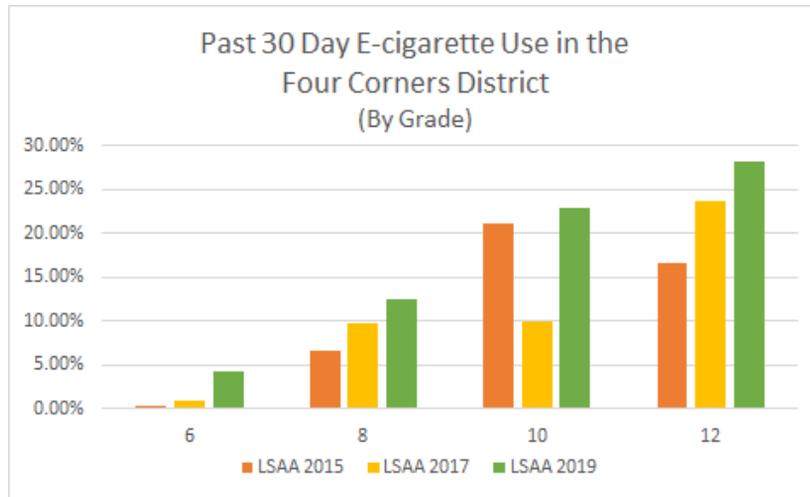


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(CATCH, 2020; Images Source: Pixabay)

## Background Information



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(Bach-Harrison, 2020; Centers for Disease Control and Prevention [CDC], 2020; HHS, 2012; Image source: SHARP, 2019)

## E-liquid



Carcinogen = cancer causing agent

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

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(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-liquid continued...

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

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(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"?

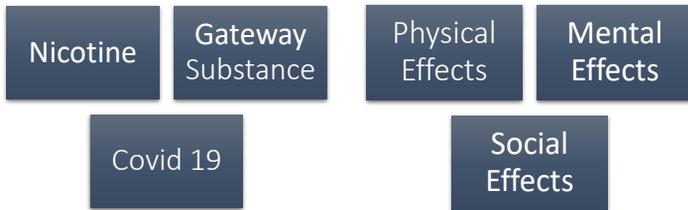
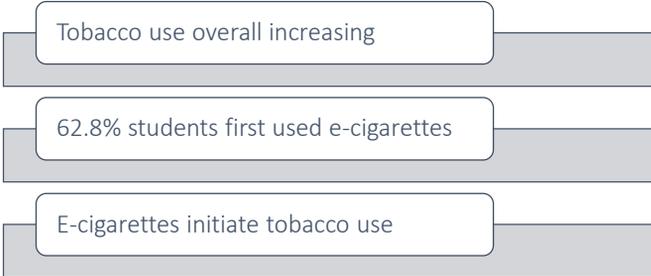
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(CATCH, 2020; Dictionary, n.d.; Image Source: depositphotos)

# Are E-cigarettes Safe?



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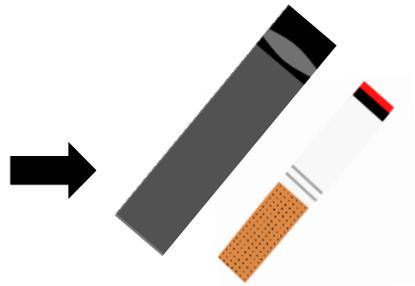
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(Bach-Harrison, 2020; CDC, n.d.; CATCH, 2020; Image Source: depositphotos; Graphics: Canva)

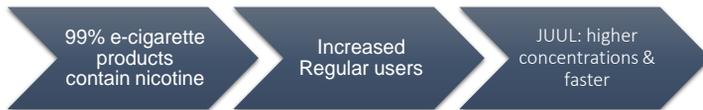
# Nicotine



Nicotiana glauca plant



Products with nicotine

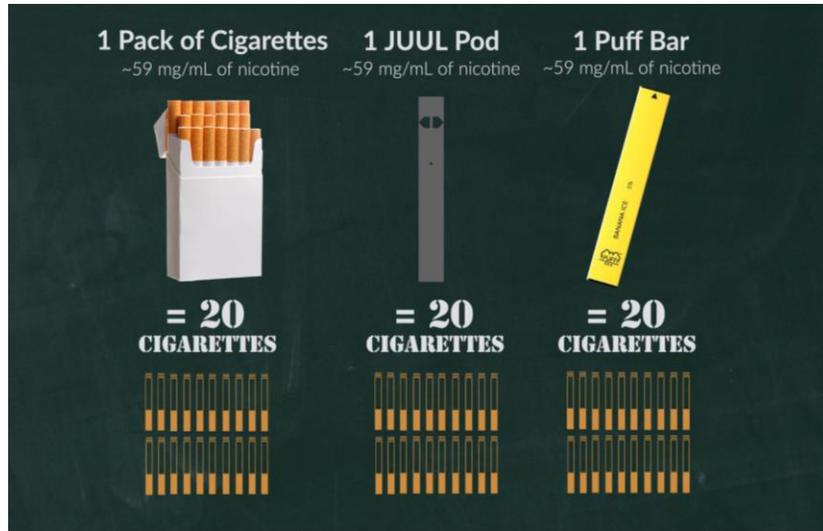


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(Dani & Balfour, 2011; Fadus et al., 2019; FDA, n.d.; Hajek, et al., 2020; Marynak et al., 2017; Singh et al., 2020; Singh et al., 2020; Image Source: Pixabay ; Graphics: Canva)

# Nicotine in E-cigarettes



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(Adapted from Stanford University, n.d.)

# Gateway Substance



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

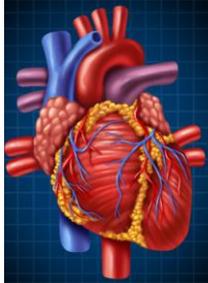
## Physical Effects



### 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
- Nausea
- Vomiting
- General abdominal pain
- Headaches

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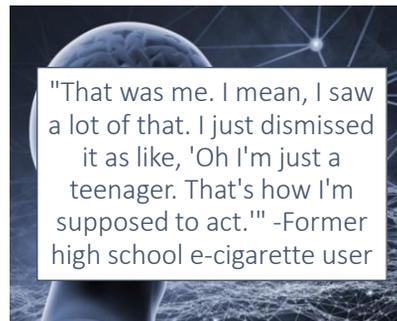
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(Alzahrani et al., 2018; Blagev et al., 2019; Blount et al., 2020; CATCH, 2020; CDC, COPD, n.d.; CDC, FastStats, n.d.; Stalgaitis et al., 2020; Vape Danger, n.d.; Image Source: depositphotos)

## Mental Effects

### Brain Development

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



"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

### Additional Effects

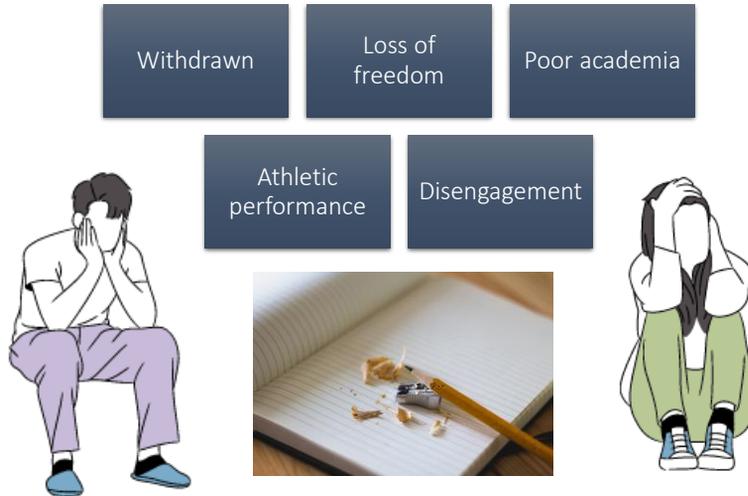
- Mood swings
- Impulse control
- Anxiety
- Memory & attention

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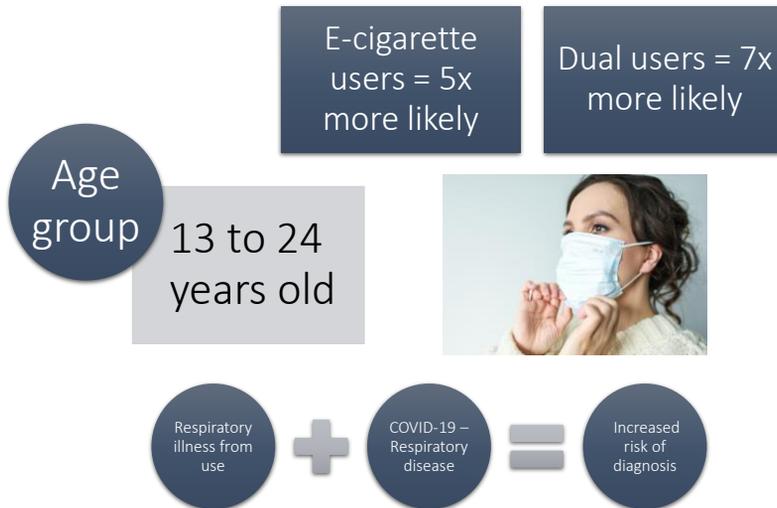
(CATCH, 2020; Dwyer et al., 2019; Marynak, et al., 2017; Popova et al., 2021; Stalgaitis et al., 2020; Image Source: depositphotos)

# Social Effects



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

# Vaping During a Pandemic



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

# Protective & Risk Factors

**Risk factor**

- Increased likelihood of outcome

**Protective factor**

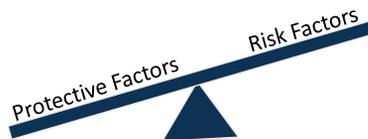
- Decreased likelihood of outcome



Find risk factors

Find protective factors

Use protective factors to prevent risks



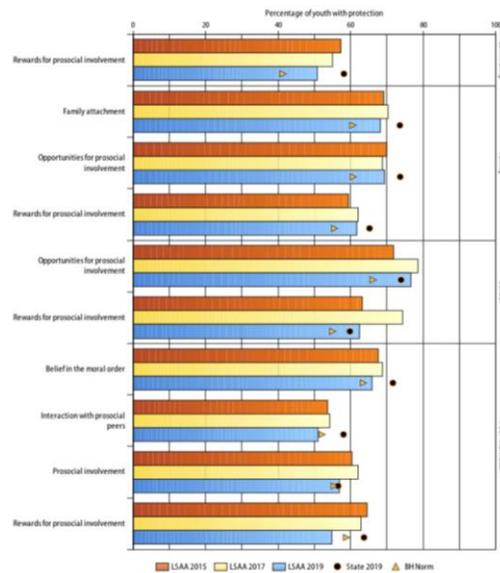
Decrease in e-cigarette use

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(Utah DHS, 2019; Graphics: Canva)

# Protective Factors



Family Attachment

Prosocial Involvement

Belief in Moral Order

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(Utah DHS, 2019)

# Family Attachment



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

85.8% of students in the Four Corners District with family attachment did not vape

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

# Prosocial Involvement



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

84.9% Four Corners students with peer-individual prosocial involvement did not vape

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

## 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

85.6% Four Corners students with moral order did not vape

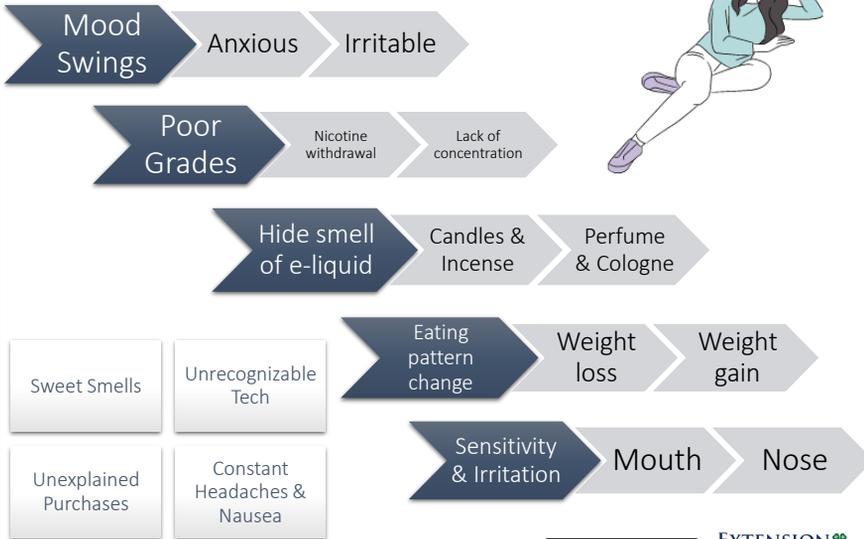


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(Bach-Harrison, 2020; Utah DHS, 2019; Graphics: Canva)

## Possible Signs of Use



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

## How to Talk to Your Youth

What

Why

How

If

### Resources to Quit:

Text 'QUIT' to 47848

1-800-QUIT-NOW

Text 'DITCHJUUL' to  
88709

[https://truthinitiative.org/  
thisisquitting](https://truthinitiative.org/thisisquitting)



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

## 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?

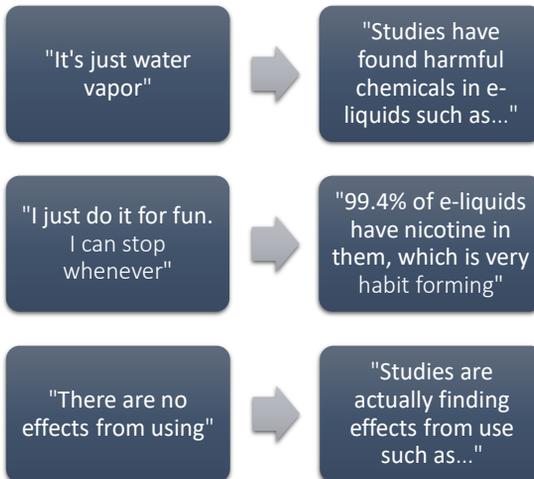
- Be honest
- Explain difficulties of path
- Still need to follow the household rules

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

## Be Prepared for Excuses



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

## Parting Challenge



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

## Website & Contact Information

### Jenna Hawks – Health & Wellness Prevention Coordinator

- Grand County
- (435) 210-8077
- [jenna.hawks@usu.edu](mailto:jenna.hawks@usu.edu)



### Jordyn Oman – Health & Wellness Prevention Coordinator

- Carbon & Emery County
- (435) 650-0514
- [Jordyn.oman@usu.edu](mailto:Jordyn.oman@usu.edu)



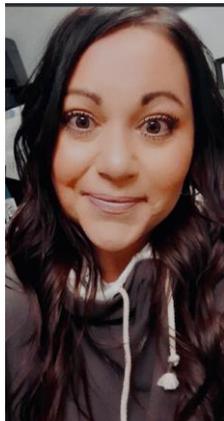
#### Be Epic, Escape the Vape

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

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## Future Contact



### Shelli Jo Martinez Ness – Public Health Education Specialist

- Tobacco Lead
- Prevention, Intervention, and Postvention of tobacco use and vaping
- [sjness@utah.gov](mailto:sjness@utah.gov)
- (435) 636-1164



#### Tobacco Health Education, SEUHD

- <https://www.seuhealth.com/health-education>



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# Questions



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# Special Thanks

Southeast Utah  
 Health Department  
 (SEUHD)



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