

YOUTH VAPING EPIDEMIC UPDATE

GOALS

By the end of the webinar, participants will be able to:

- Identify vaping devices and their ingredients,
- Communicate the risks of vaping with students and parents, and
- Access curricula and resources to share with their school communities.

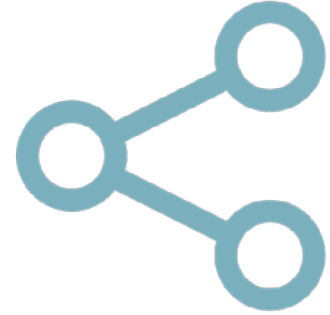


For audio, dial
(415) 655-0003

Access code
669 237 587



The webinar is
being recorded



Supporting
materials will be
shared



Presenter

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Prevention Coordinator
Orange County Department
of Education



Moderator

Amy Ranger, MPH

Director of Programs,
California School-Based Health
Alliance

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not so safe

THE FACTS ABOUT VAPING & E-CIGARETTES

Topics

Is That AVape?

What Are The Risks?

What Is EVALI?

Little Pods, Big Business

Helpful Resources

what is vaping?

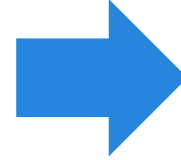




E-LIQUID



HEATING ELEMENT



AEROSOL

is that a **vape?**

Types of Devices



Cig-a-like



Vape Pen



Tank/Mod

Nicotine Salt Vaping

Pods, Refillables and Disposables



JUL



Suorin Drop



Puff Bar

Cannabis Vaping

Pods and Cartridges



STIIIZY



“Cart”

E-Liquid Ingredients

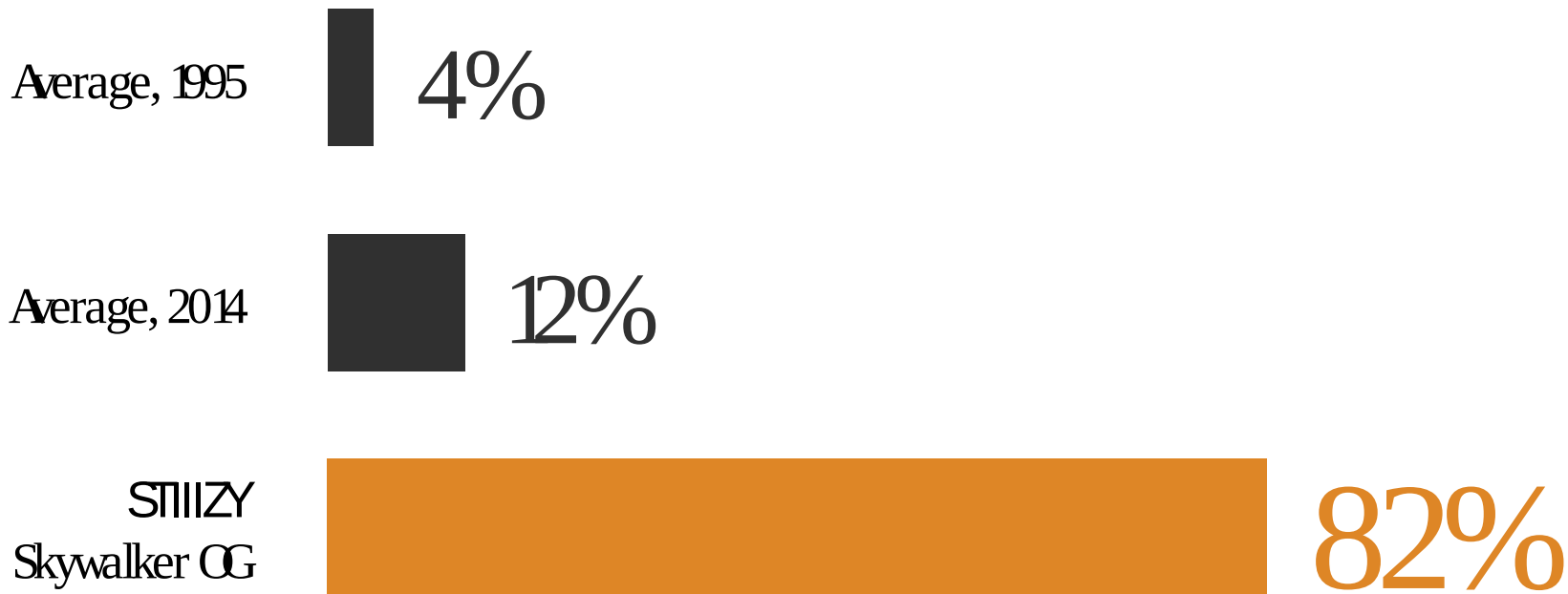


Nicotine

Artificial Flavors

Propylene Glycol (PG) and/ or
Vegetable Glycerin (VG)

Cannabis Vaping: THC Levels Comparison



what are the risks?

NICOTINE = BRAIN POISON

TOBACCO
FREE **CA**



Nicotine can rewire the teen brain, affecting **learning, memory and attention** and leading to **addiction**, especially when used to **relieve stress**.

A ~~meta~~-analysis of 9 studies found that youth who reported e-cigarette use were **3-4 times as likely** to report smoking cigarettes at follow-up.

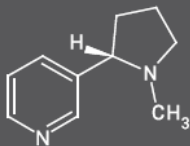


How much nicotine does one
JUUL pod contain?

One JUUL pod contains more
nicotine than **an entire pack**
of cigarettes.



**VOLATILE
ORGANIC
COMPOUNDS**



NICOTINE

**ULTRAFINE
PARTICLES**



**CANCER-CAUSING
CHEMICALS**

**HEAVY METALS SUCH AS
NICKEL, TIN, AND LEAD**



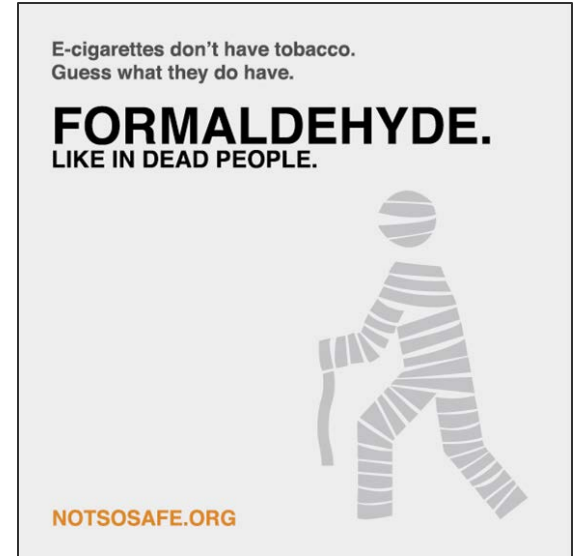
**FLAVORING SUCH AS
DIACETYL, A CHEMICAL
LINKED TO A SERIOUS
LUNG DISEASE**



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

Although PG, VG and artificial flavorings are safe to eat, **heating them** can form toxic chemicals.

The **heating coil** can also leach metals into the e-liquid.



How many e-liquid flavors did researchers find available in a 2017 study?

15,586

Passive (Secondhand) Vaping

Studies have found **nicotine**, **formaldehyde**, **aluminum** and other particles in sidestream aerosol.

Children, **pregnant women** and people with **health conditions** should avoid exposure.



But it's just water vapor!

Helpful Hints

- 1 Nicotine and the brain
- 1 Chemicals and metals
- 1 Safer isn't safe

what is EVALU?

E-cigarette or Vaping-Associated Lung Injury

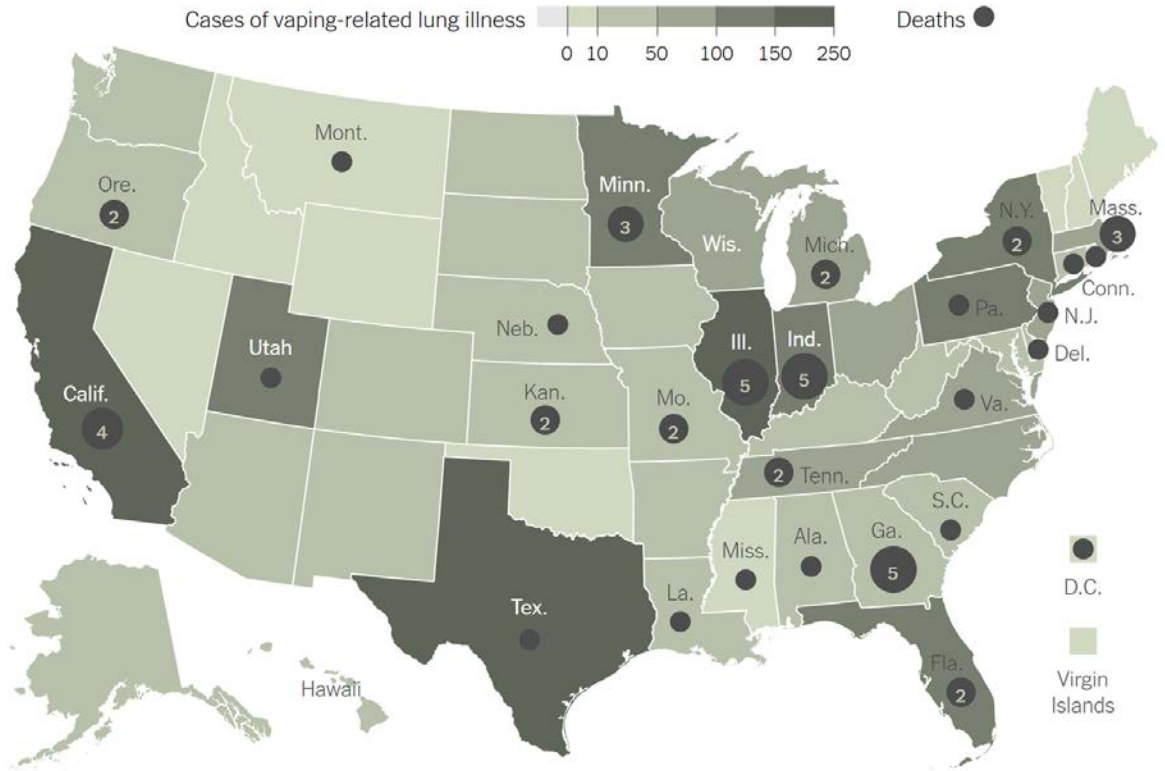
Symptoms

Cough, shortness of breath, or chest pain

Nausea, vomiting, or diarrhea

Fatigue, fever, or abdominal pain

2,506 Cases
54 Deaths





IN-DEPTH INVESTIGATIVE REPORTING FROM NBC STATIONS ACROSS THE COUNTRY

Poisonous Pot Found in Some Los Angeles-Area Stores

State regulations fail to stop sales of marijuana that could make buyers sick

Maryland cannabis regulators warn of lead contamination risk as they expand tests for heavy metals



By DOUG DONOVAN
THE BALTIMORE SUN | JUN 14, 2019

Real or Counterfeit? How to Avoid Cannabis Product Impostors in LA

The LAPD says there are more than 500 illegal cannabis shops in Los Angeles, many selling dangerous products

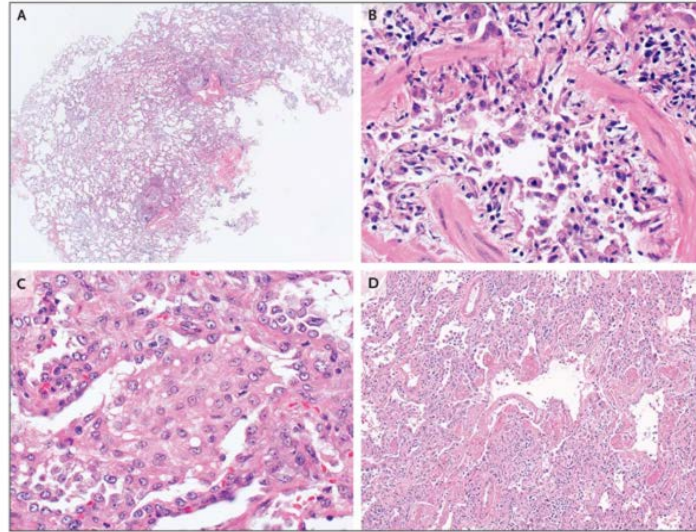


CANNABIS WATCH

Labs warn of dangerous, contaminated pot at dispensaries

Lung Damage From Vaping Resembles Chemical Burns, Report Says

Doctors at the Mayo Clinic examined samples of lung tissue from 17 patients, all of which looked as if the people had been exposed to toxic chemicals, the researchers said.



Four examples of severe vaping-related injury. In two of these cases, the patients died. Larsen et al., New England Journal of Medicine

October 4, 2019

The [FDA] believes it is prudent to stop using vaping products that contain THC or that have had any substances added to them, **including those purchased from retail establishments.**

Update: November 8, 2019

The New York Times

Vaping Illnesses Are Linked to Vitamin E Acetate, C.D.C. Says

Samples of lung fluid from patients with the mysterious illness led to a breakthrough in finding a possible cause. More than 2,000 people have been sickened, many from illicit marijuana-based products.





Recommendations For Current Users

Avoid street products

Do not modify devices or liquids

Do not resume smoking

Use cessation supports

Seek medical attention if
symptoms arise

But it's legal and medicine, and
____ kills way more people!

Helpful Hints

1. ~~TH~~Charms the teen brain
2. ~~M~~edicine has side effects
3. It's happening quickly
4. Long-term effects unknown
5. ~~We~~ can walk and chew gum

little pods, **big business**

Business

Altria, maker of Marlboro cigarettes, invests \$12.8 billion in Juul

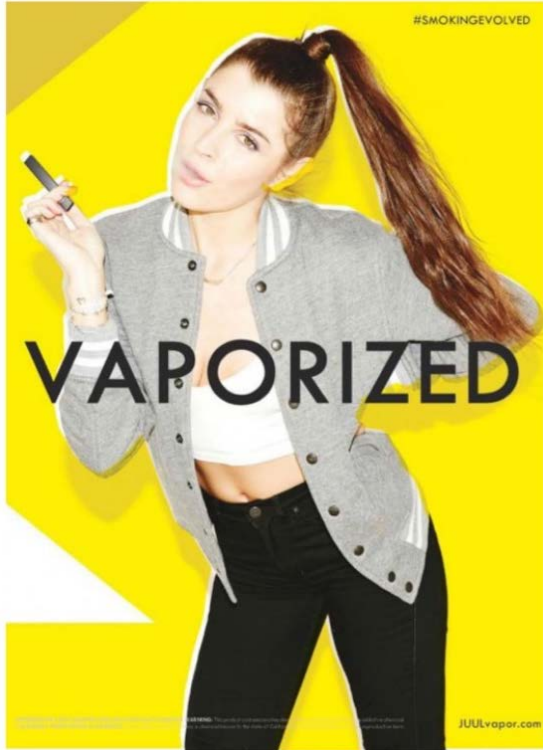




©CBS NEWS

**Juul came to a 9th grade classroom
and told teens their products were
"totally safe," according to teens'
testimony**

JUL Ads: Then and Now





myBlu Phix MarkTen Elite Myle Baton Fuchai Bo Byrd Airbender Kilo 1K Eonsmoke

Jili Pen Ovns Saber Vladdin Suorin iShare Sol MyJet Pin One Mate 1 Limitless Pulse IQ Level Ghost Infinix Boulder Rock

UNDERAGE SALE PROHIBITED



VAPOR PRODUCTS

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1/2/2020

FDA NEWS RELEASE

**FDA finalizes enforcement policy on
unauthorized flavored cartridge-based e-
cigarettes that appeal to children, including fruit
and mint**

*Companies that do not cease manufacture, distribution and sale of
unauthorized flavored cartridge-based e-cigarettes (other than tobacco or
menthol) within 30 days risk FDA enforcement actions*

helpful resources

Proper handling and disposal of E-cigarettes and other vaping devices

Step 1

Always wear new nitrile gloves when handling e-cigarettes and vaping devices



Step 2

Place all confiscated parts into a sealed container or bag for storage.

This includes:

- Devices and batteries
- E-liquids and bottles
- Tanks, cartridges, and pods



Step 3

Transport to a hazardous waste disposal site.
To find the nearest location, visit:

<https://www.calrecycle.ca.gov/HomeHazWaste/Directory/>



Don't



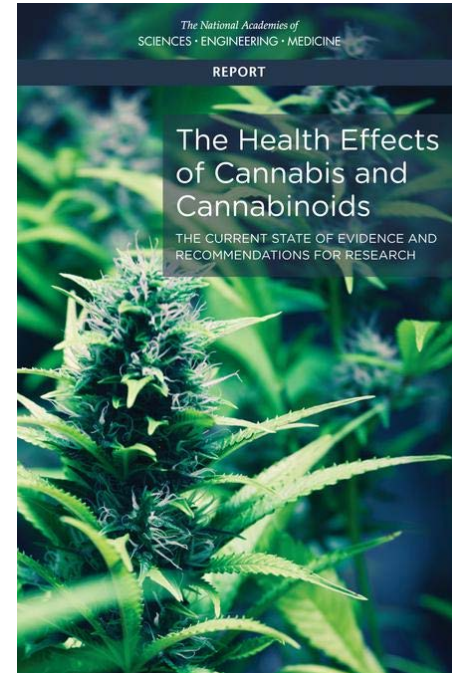
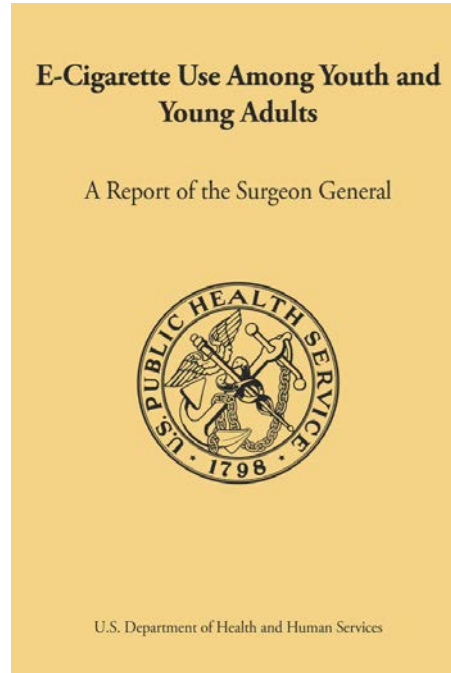
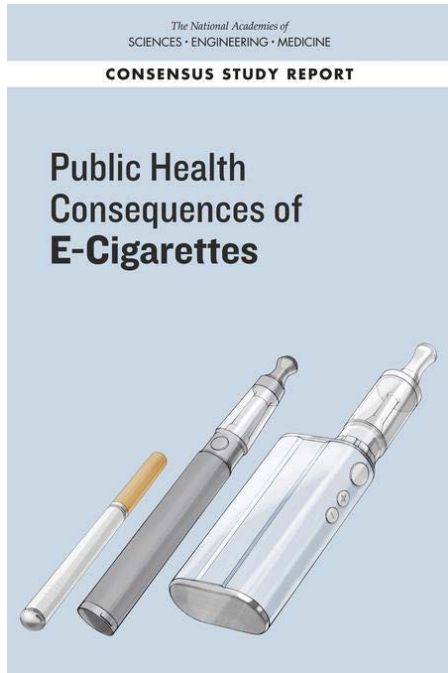
Handle e-cigarettes with bare hands

Rinse or throw e-liquids in the sink or toilet

Throw any component in the trash or recycling bin



Research Compilations



Public Health EVALI Resources



[CDPH- EVALI Landing Page](#)



[CDC- EVALI Landing Page](#)



[FDA- EVALI Landing Page](#)

Curricula and Lesson Plans



Stanford Tobacco Prevention Toolkit



CATCH My Breath



Scholastic Heads Up

Intervention and Cessation



[ALA: INDEPTH and Not On Tobacco](#)



[California Smokers Helpline](#)

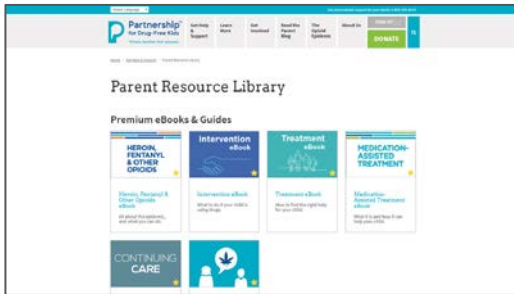


[This Is Quitting: Text DITCHJUUL to 88709](#)

Bilingual Parent Resources



[Surgeon General: Know The Risks](#)



[Drugfree.org](#)

Bilingual Cannabis Resources



Let's Talk Cannabis



Marijuana Fact Check

For Your Consideration

Vox: [CBD is everywhere. But is it a scam?](#)

NYT: [How Big Tobacco Hooked Children on Sugary Drinks](#)

UCSF: [Flavor manufacturers warn companies that breathing heated flavors can be dangerous](#)

NYT: [JUUL's Convenient Smoke Screen](#)

AAP: [Policy Statement on E-Cigarettes](#)

[bit.ly/ ocde-vaping-resources](https://bit.ly/ocde-vaping-resources)

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research citations

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