YOUTH VAPING EPIDEMIC UPDATE

CALIFORNIA SCHOOL-BASED HEALTH ALLIANCE
Putting Health Care Where Kids Are

Anthem BlueCross

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.

CALIFORNIA SCHOOL-BASED HEALTH ALLIANCE
Putting Health Care Where Kids Are

For audio, dial
(415) 655-0003

Access code
669 237 587

The webinar is being recorded

Supporting materials will be shared

CALIFORNIA SCHOOL-BASED HEALTH ALLIANCE
Putting Health Care Where Kids Are

Presenter

Stephan Lambert

Prevention Coordinator
Orange County Department of Education

Moderator

Amy Ranger, MPH

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California School-Based Health Alliance

CALIFORNIA SCHOOL-BASED HEALTH ALLIANCE
Putting Health Care Where Kids Are

PUTTING HEALTH CARE IN SCHOOLS

The California School-Based Health Alliance is the statewide non-profit organization dedicated to **improving the health & academic success** of children & youth by **advancing health services in schools**.

Learn more:

schoolhealthcenters.org

CALIFORNIA SCHOOL-BASED HEALTH ALLIANCE
Putting Health Care Where Kids Are

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CALIFORNIA SCHOOL-BASED HEALTH ALLIANCE
Putting Health Care Where Kids Are

California School-Based Health Conference
May 14-15, 2020 | Sacramento

not so safe

THE FACTS ABOUT VAPING & E-CIGARETTES

Topics

Is That A Vape?

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

JUUL

Suorin Drop

Puff Bar

Cannabis Vaping

Pods and Cartridges

STIIIZY

“Cart”

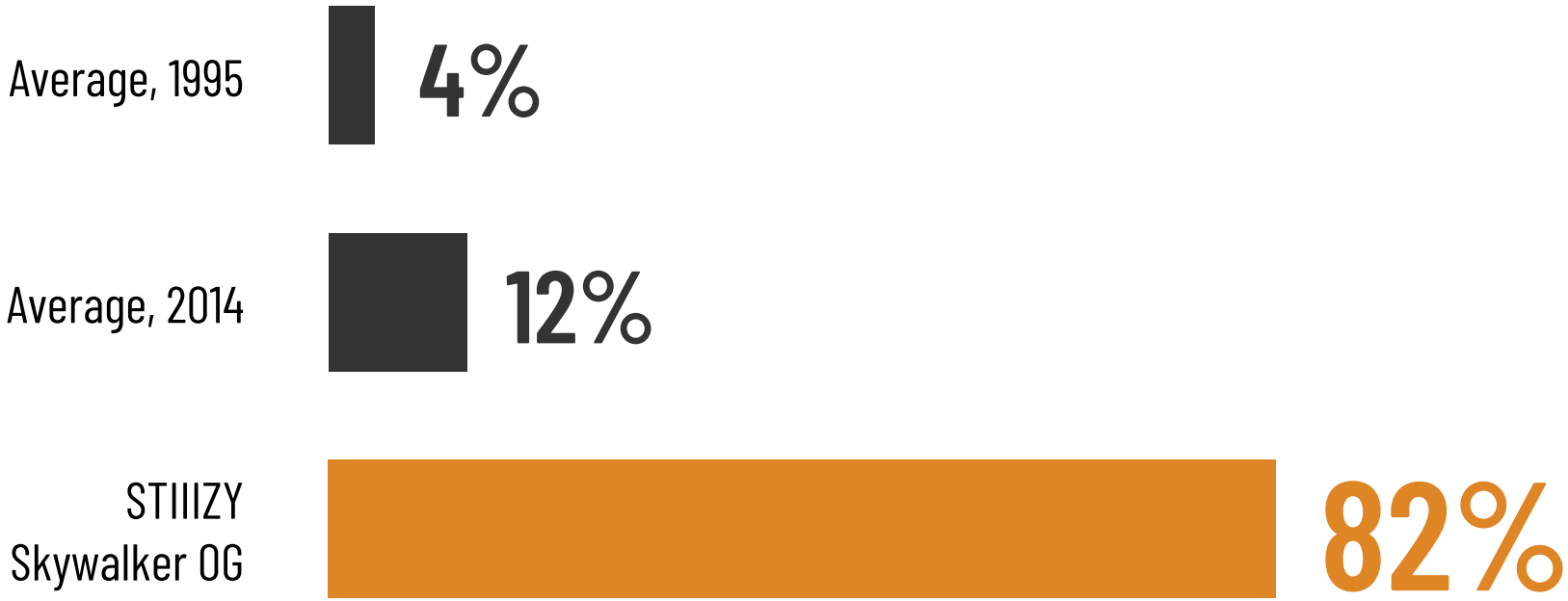
E-Liquid Ingredients

Nicotine

Artificial Flavors

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

Cannabis Vaping: THC Levels Comparison



ElSohly, 2016, stiiizy.com

what are the **risks?**

NICOTINE = BRAIN POISON

TOBACCO FREECA

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.

Lydon, 2014; Yuan, 2015; US Department of Health and Human Services, 2016; Holliday, 2016; Soneji, 2017.

How much nicotine does one JUUL pod contain?

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

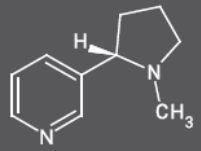
VOLATILE ORGANIC COMPOUNDS

CANCER-CAUSING CHEMICALS

HEAVY METALS SUCH AS NICKEL, TIN, AND LEAD

ULTRAFINE PARTICLES

NICOTINE

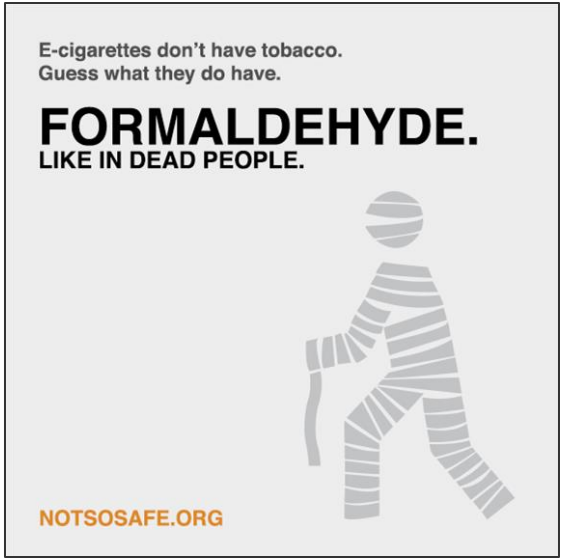


FLAVORING SUCH AS DIACETYL, A CHEMICAL LINKED TO A SERIOUS LUNG DISEASE

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.



Barrington-Trimis, 2014; Rubinstein, 2014; Leigh, 2016; Behar, 2016; Kosmider, 2014; Talih, 2015; Salamanca, 2018; Olmedo, 2018.

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

15,586

Hsu, 2018.

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.

Flouris, 2013; Schober, 2013; Geiss, 2014; Saffari, 2014.

But it’s just water vapor!

Helpful Hints

1. Nicotine and the brain

1. Chemicals and metals

1. Safer isn’t safe

what is **EVALI?**

E-cigarette or **V**aping-**A**ssociated **L**ung **I**njury

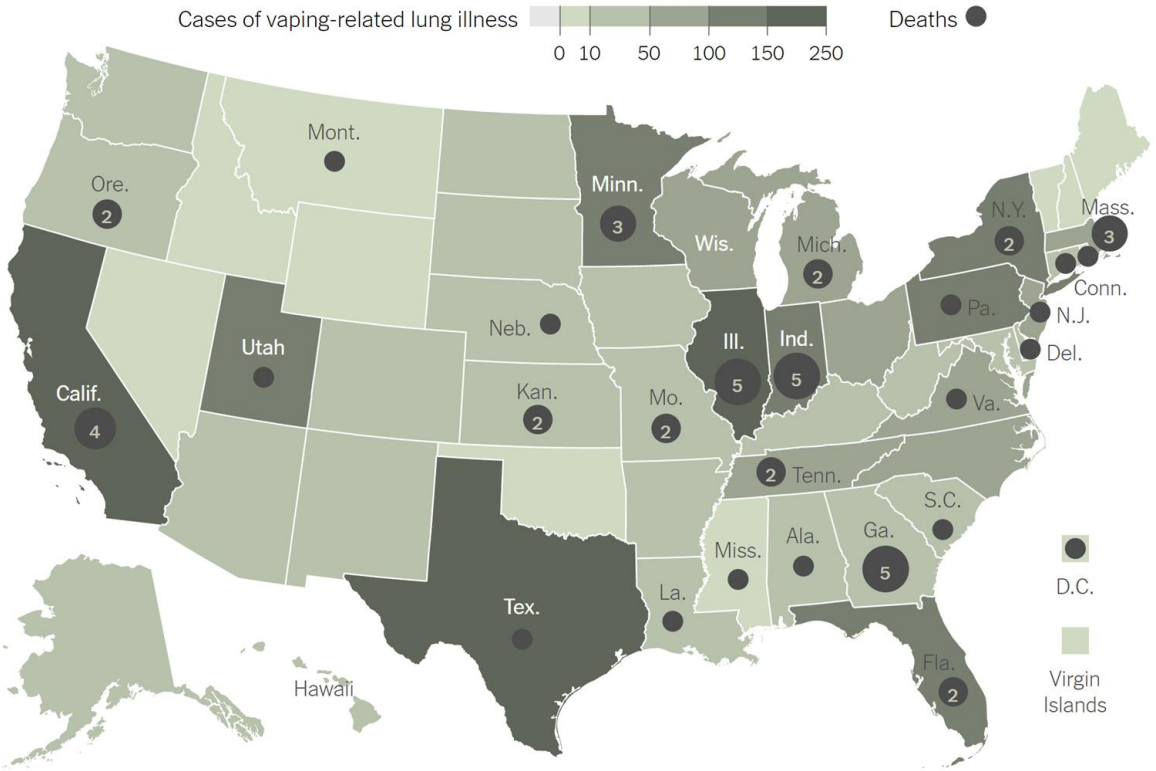
Symptoms

Cough, shortness of breath, or chest pain

Nausea, vomiting, or diarrhea

Fatigue, fever, or abdominal pain

2,506 Cases
54 Deaths



INVESTIGATIONS

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

WATCH

CANNABIS WATCH

Labs warn of dangerous, contaminated pot at dispensaries

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

By DOUG DONOVAN
THE BALTIMORE SUN | JUN 14, 2019

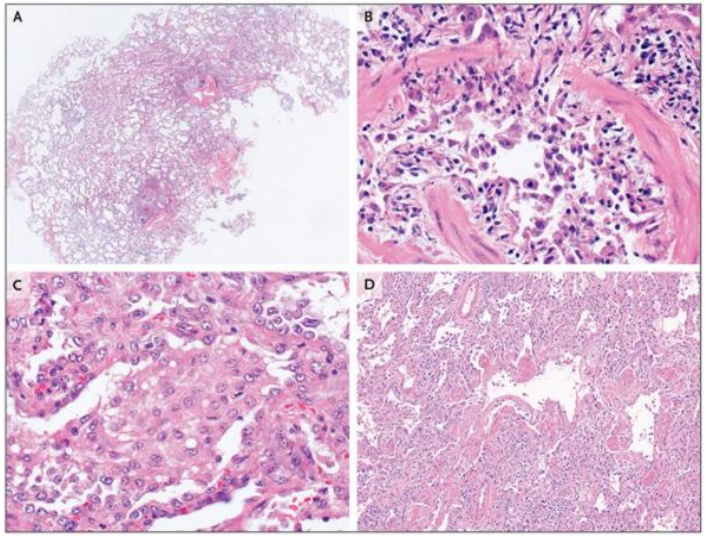
Real or Counterfeit? How to Avoid Cannabis Product Impostors in LA

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

The New York Times

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.

CDC 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. THC harms the teen brain
2. Medicine has side effects
3. It's happening quickly
4. Long-term effects unknown
5. We can walk and chew gum

little pods, **big business**

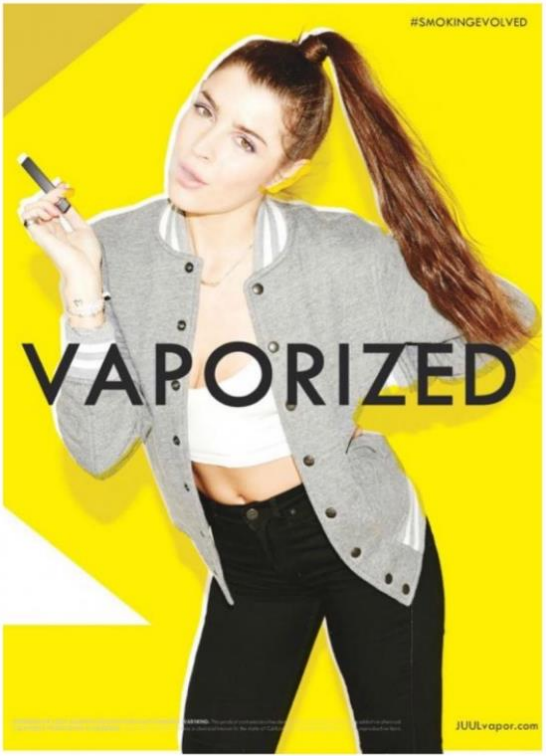
Business

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

JUUL Ads: Then and Now



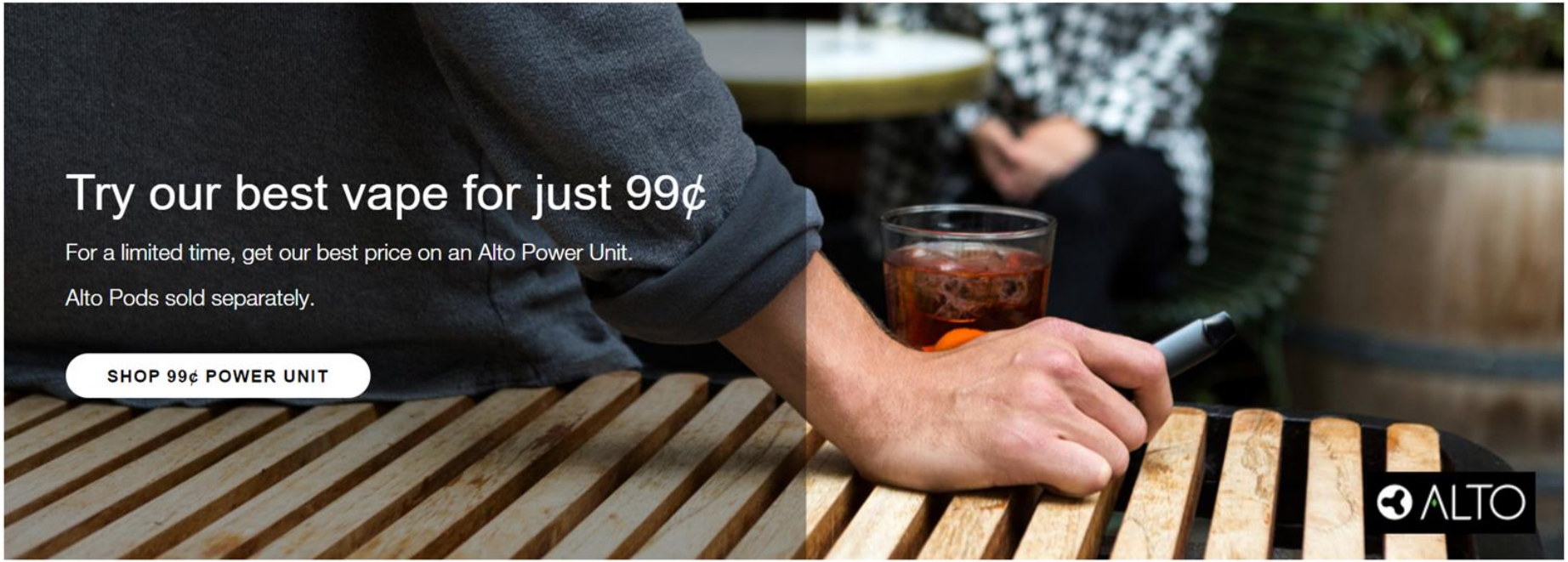

JUUL
myBlu
Phix
MarkTen Elite
Myle
Baton
Fuchai
Bo
Byrd
Airbender
Kilo 1K
Eonsmoke
Jili Pen
Ovns Saber
Vladdin
Suorin iShare
Sol
MyJet
Pin One
Mate 1
Limitless Pulse
IQ Level
Ghost
Infinix
Boulder Rock

UNDERAGE SALE PROHIBITED

VUSE

VAPOR PRODUCTS

devices flavors why vuse offers



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/

CalRecycle

Don't

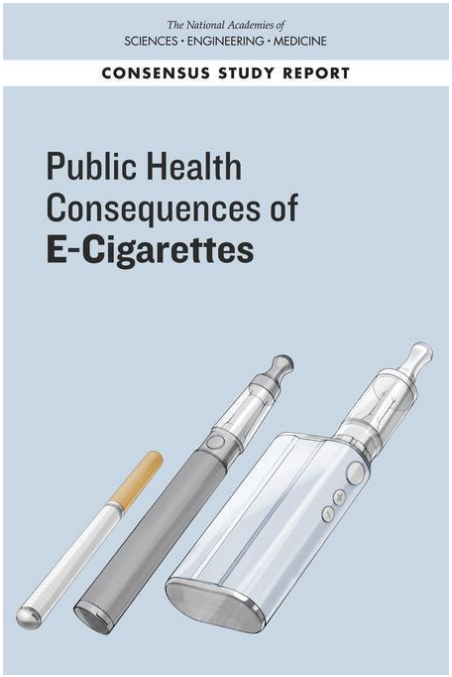
Handle e-cigarettes with bare hands

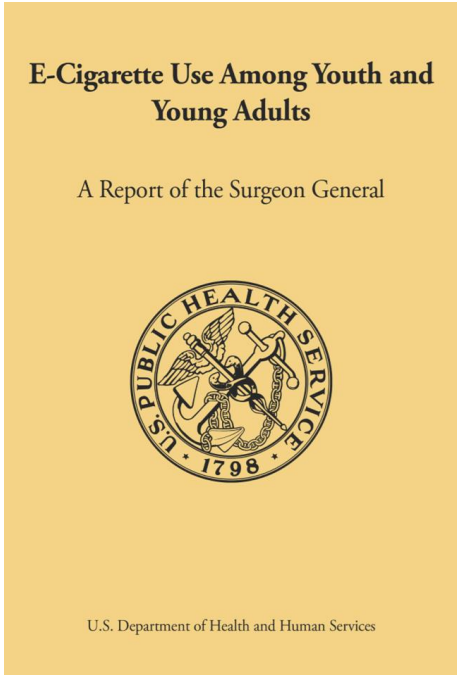
Rinse or throw e-liquids in the sink or toilet

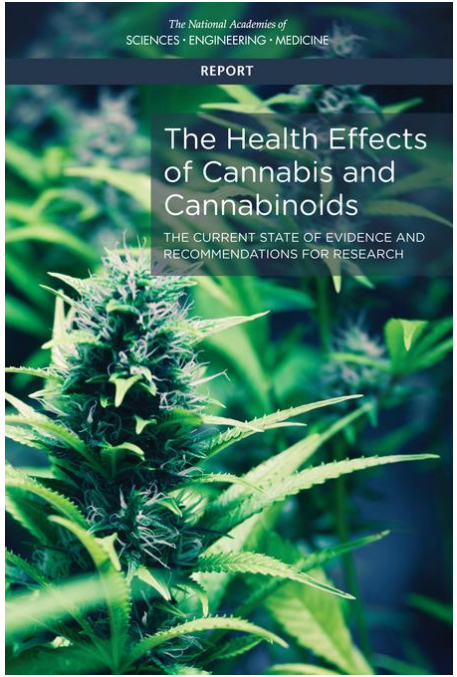
Throw any component in the trash or recycling bin

California Department of PublicHealth

Research Compilations







Public Health EVALI Resources

[CDPH - EVALI Landing Page]

[CDC - EVALI Landing Page]

[FDA - EVALI Landing Page]

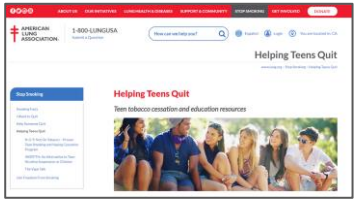
Curricula and Lesson Plans

[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

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STAY CONNECTED

schoolhealthcenters.org

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schoolhealthcenters

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CALIFORNIA SCHOOL-BASED HEALTH ALLIANCE
Putting Health Care Where Kids Are

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research **citations**

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