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MEDICINE

# Healthy Futures: An Alternative-to-Suspension Curriculum

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Lucile Packard  
Children's Hospital  
Stanford

**2020 CALIFORNIA SCHOOL-BASED HEALTH  
CONFERENCE**  
**OCTOBER 7, 2020**

# Agenda

- E-Cigarette/Vape Usage
  - National Trends
  - EVALI
  - COVID-19
- Overview of Healthy Futures
- Evaluation & Wrap-Up



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# E-Cigarette/Vape Usage

## *Monitoring the Future 2019*

- **42,531** Students from 396 public and private schools participated in the 2019 survey.
- Represent 8<sup>th</sup>, 10<sup>th</sup>, and 12<sup>th</sup> graders

# TEEN VAPING CLIMBS SIGNIFICANTLY\*

*\*Both Nicotine and Marijuana (THC)*

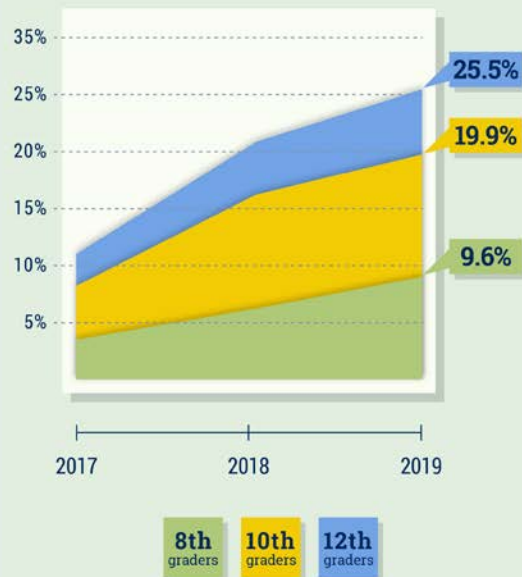
## DAILY NICOTINE VAPING<sup>1</sup>

Measured for the first time in 2019



## NICOTINE VAPING

Past month use



1. Miech R, Johnston L, O'Malley PM, Bachman JG, Patrick ME. Trends in adolescent vaping, 2017–2019. *N Engl J Med* 2019; 381:1490-1491

2019 Past Month Nicotine Vaping Equates to:

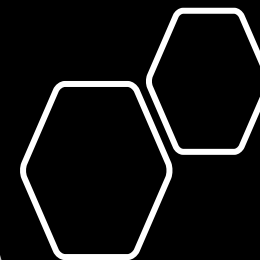
**1 IN 4 – 12TH GRADERS • 1 IN 5 – 10TH GRADERS • 1 IN 10 – 8TH GRADERS**

To view information on other drugs from the 2019 Survey visit:

[www.drugabuse.gov/related-topics/trends-statistics/infographics/monitoring-future-2019-survey-results-overall-findings](http://www.drugabuse.gov/related-topics/trends-statistics/infographics/monitoring-future-2019-survey-results-overall-findings)

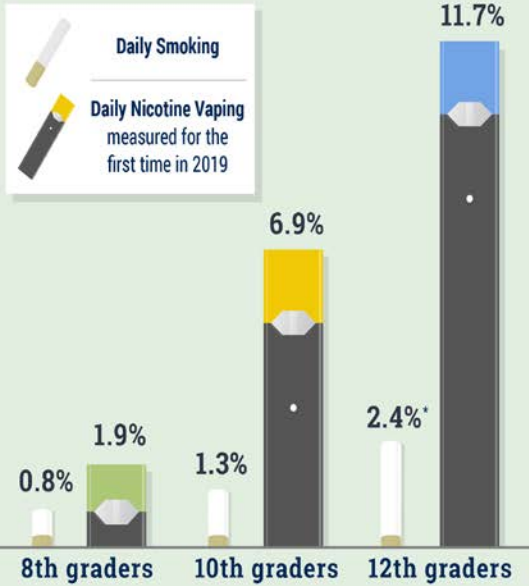


DRUGABUSE.GOV



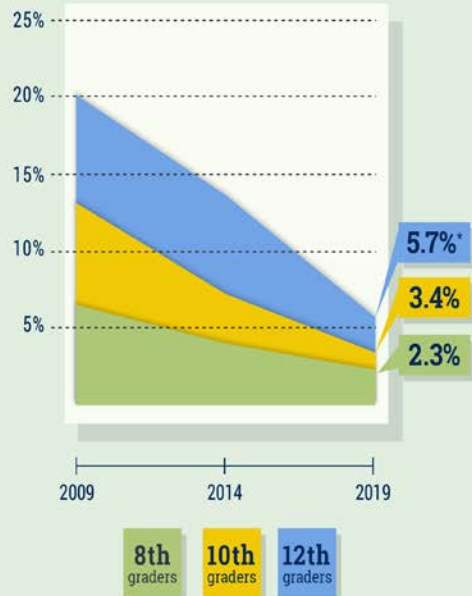
# TOBACCO AND NICOTINE: VAPING THREATENS PROGRESS

## NICOTINE – DAILY USE



\*Significant decline from 2018 (3.6%)

## CIGARETTE SMOKING (PAST MONTH) DECLINES OVER PAST TEN YEARS



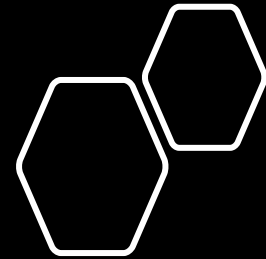
\*Significant decline from 2018 (7.6%)

TO VIEW MORE RESULTS ON VAPING VISIT:

<https://www.drugabuse.gov/related-topics/trends-statistics/infographics/monitoring-future-2019-survey-results-vaping>

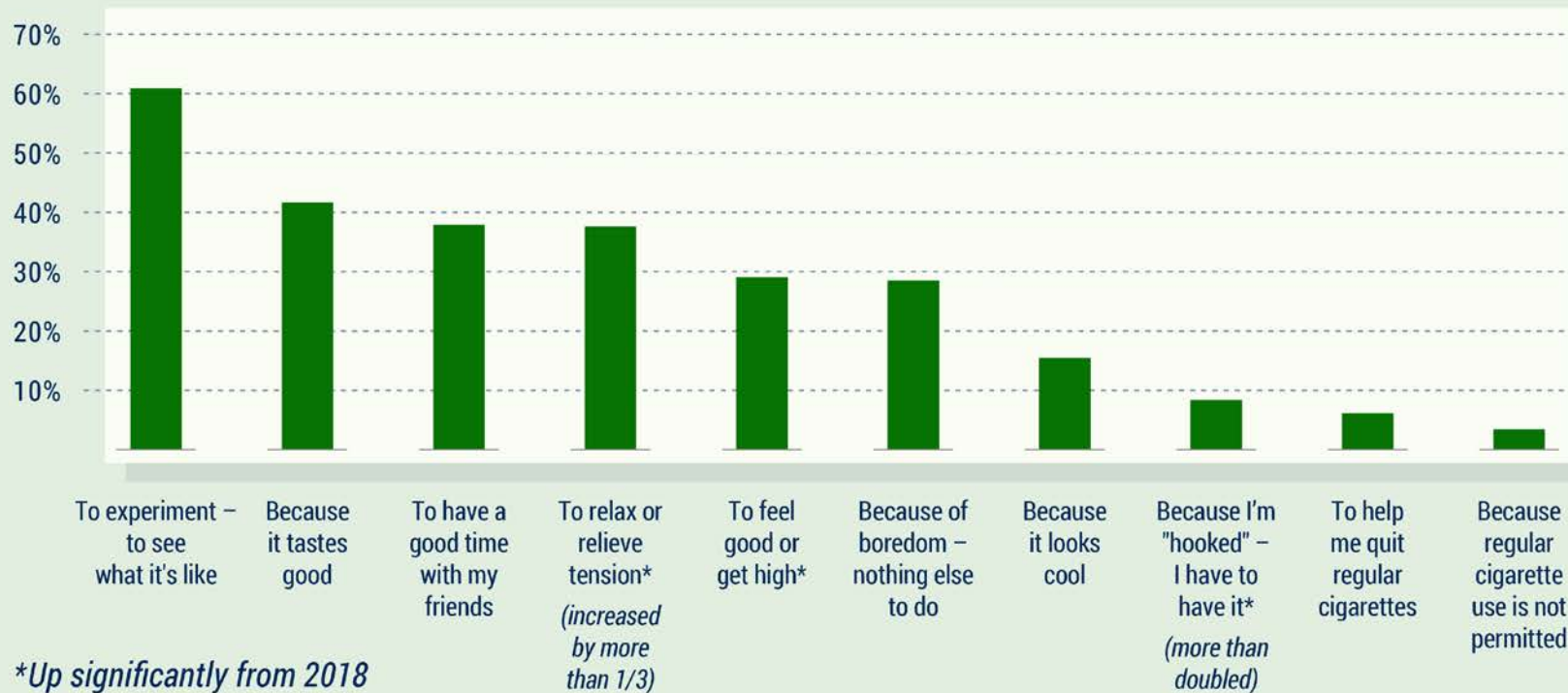


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# TEEN VAPING CLIMBS SIGNIFICANTLY\*

## TEENS REPORT REASONS FOR VAPING



To view information on other drugs from the 2019 Survey visit:

[www.drugabuse.gov/related-topics/trends-statistics/infographics/monitoring-future-2019-survey-results-overall-findings](http://www.drugabuse.gov/related-topics/trends-statistics/infographics/monitoring-future-2019-survey-results-overall-findings)



National Institute  
on Drug Abuse

DRUGABUSE.GOV

# Vaping in the News



## As of **February 18, 2020**

- 2,807 people with lung injuries (EVALI)
- 68 deaths in 29 states and the District of Columbia, and two U.S. territories (Puerto Rico and U.S. Virgin Islands)
  - Youngest was 15 years old

## Among 2,807 patients with data on age (**as of January 14, 2020**)

- 15% under 18 years old;
- 37% are 18 to 24 years old



# Vaping in the News

Younger patients, ages 13-17 years, were significantly more likely to obtain THC and nicotine products from *informal sources* than were adults (as of January 17, 2020):

- **94% of EVALI patients acquired THC-containing products only from informal sources**
- **42% of EVALI patients acquired nicotine-containing products only from informal resources**

# Going Smoke-free or Vape-free

[tobaccopreventiontoolkit.stanford.edu](http://tobaccopreventiontoolkit.stanford.edu)



# COVID-19 Toolkit Webpage

tobaccopreventiontoolkit.stanford.edu



Tobacco Prevention Toolkit  
Modules for tobacco and nicotine education

About

Tobacco: The Basics

E-Cigs/Vapes & Pod-Based

Hookah

Smokeless

Nicotine Addiction

Positive Youth Development

Resource Directory

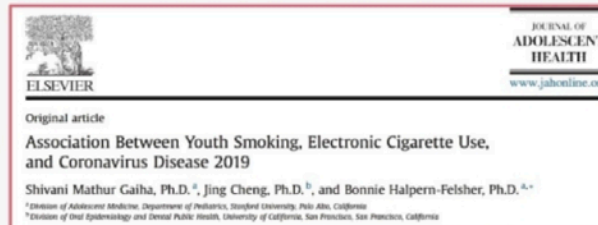
## Going Smoke-free or Vape-free

Reducing Your Risks for COVID-19

### Just In: Association Between Vaping, Smoking, and COVID-19

Young people who ever used **e-cigarettes** **5x** more likely to be diagnosed with COVID-19

Young people who ever used **e-cigarettes plus conventional cigarettes** **7x** more likely to be diagnosed with COVID-19



Going smoke-free or vape-free is strongly encouraged during the COVID-19 pandemic.

Please familiarize yourself with the information below which explains how smoking or vaping puts you at greater risk for COVID-19.

There is a section on this page for quit resources in case you or someone you know is ready to go smoke-free or vape-free.

[Click here for more on this research study](#)



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# Overview of Healthy Futures

# TPT Core Team



**Bonnie Halpern-Felsher, PhD**  
Founder  
Executive Director



**Stephen Smuin**  
Co-Founder  
Director of Curriculum  
Development



**Ira Sachnoff, MA**  
Co-Founder  
Director of Training  
& Dissemination



**Adrienne Lazaro, MS**  
Project  
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**Richard Ceballos, BA**  
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Co-Director



**Marcia Zorrilla, DrPH**  
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**Sheila McLaughlin, MFA**  
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of Outreach



**David Cash, BA**  
Project  
Co-Coordinator,  
Evaluation &  
Research



**Anabel Razo, BA**  
Project  
Co-Coordinator,  
Evaluation &  
Research

# Youth Action Board



# STANFORD

TOBACCO PREVENTION TOOLKIT

## YOUTH ACTION BOARD (YAB)



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# Special Thanks to Our Funders



Lucile Packard  
Children's Hospital  
Stanford

# On the Website



- About
- Tobacco: The Basics
- E-Cigs/Vapes & Pod-Based
- Hookah
- Smokeless
- Nicotine Addiction
- Positive Youth Development
- Resource Directory



## Healthy Futures Overview

[→ 1-Hour Healthy Futures Curriculum](#)

INTRODUCTION FOR EDUCATORS +

### Comparison of Healthy Futures Curriculums

		1 Hour	2 Hour	4 Hour
Check-in	Pre-Assessment	✓	✓	✓
	Where Are You At?	✓	✓	✓
Content	Informational Slides	✓	✓	✓
	Warm Up Questions		✓	✓

1-Hour Healthy Futures Curriculum ➤

2-Hour Healthy Futures Curriculum ➤

4-Hour Healthy Futures Curriculum ➤



# Healthy Futures Goals



- ✓ Provide awareness/education to students caught vaping
- ✓ If students are interested in changing habits, provide referrals for future support

# Comparing Curricula



## Comparison of Healthy Futures Curriculums

		1 Hour	2 Hour	4 Hour
<b>Check-in</b>	Pre-Assessment	✓	✓	✓
	Where Are You At?	✓	✓	✓
<b>Content</b>	Informational Slides	✓	✓	✓
<b>Discussion</b>	Warm Up Questions		✓	✓
	Reflection Sessions:	Health		✓
		Brain		✓
		Messaging		✓
		Cost		✓
<b>Check-out</b>	Group Activity		✓	✓
	Where Are You At?	✓	✓	✓
	Post-Assessment	✓	✓	✓

# Using the Curricula



- ❑ “Where Are You At?” Worksheets
- ❑ Healthy Futures Handbook
- ❑ Informational Slides

# “Where Are You At?” Part 1



ID Number: \_\_\_\_\_

## Healthy Futures

### “Where Are You At?” (Part 1)

1. When was the last time you used e-cigarettes/pod vapes?  
 in the past 24 hours  
 2 – 7 days ago  
 8 – 30 days ago  
 more than 30 days ago
2. How often do you use e-cigarettes/pod vapes (please check)  
 every weekend  
 several times/week  
 every day  
 several times/day
3. Have you ever used both e-cigarettes/pod vapes and other tobacco products (e.g., cigarettes, cigars, etc.)  
 no  
 yes
4. What type of e-cigarette/pod vape device do you use?  
 pod-based (e.g., JUUL and Puff Bar)  
 mod-based  
 vape pens  
 don't know
5. If using pod-based e-cigarettes/pod vapes, such as JUUL and Puff Bar, how many pods do you vape per day?  
\_\_\_\_\_
6. What type of flavors do you use?  
\_\_\_\_\_
7. What concerns, if any, do you have about the safety of e-cigarettes/pod vapes?  
\_\_\_\_\_  
\_\_\_\_\_
8. On a scale from 1 to 10 (where 1 means not ready and 10 means very ready), how ready are you to change your e-cigarettes/pod vapes? Circle below.

1 2 3 4 5 6 7 8 9 10  
Not Ready Very Ready

Tobacco Prevention Toolkit  
[tobaccopreventiontoolkit.stanford.edu](http://tobaccopreventiontoolkit.stanford.edu)

- “Please tell me why you picked that number”
- “Tell me more”
- “Now, why didn’t you pick a lower number?”
- “What will it take for you to go to a [2-3 numbers higher]?”
- “Thank you for sharing. Do you have any questions before we continue with the presentation?”

# Healthy Futures Handbook



<p><b>Next Steps</b></p> <p>CALL or TEXT</p> <p><b>Truth Initiator's Daily Quitting Tips</b> Text "DITCHJUUL" to 887-09</p> <p><b>teen.smoketree.gov</b> Call 1-800-QUIT-NOW (800-784-8669)</p> <p><b>California Smokers' Helpline</b> Call 1-844-8-NO-VAPE (844-866-8273)</p> <p><b>My Life, My Quit</b> Text "Start My Quit" to 855-891-9989</p>	<p>After going through the Healthy Futures Curriculum, you might be thinking about vaping differently than you did before. Cutting back or quitting vapes may or may not be something you are thinking about right now. It's your decision if/when you decide to quit, so we aren't going to pressure you to do anything you don't want to do. Instead, we're going to ask you to decide for yourself what your next step will be, when it comes to vaping. These are some possible steps you might consider:</p> <ul style="list-style-type: none"> <li>• Quit vaping for 24 hours to see how your body feels</li> <li>• Delay your vaping to one or two places, and eliminate it in all other places</li> <li>• If you use other nicotine products, stop using them</li> <li>• Sign up for a vaping call or text line</li> <li>• Talk to a trusted adult about your vaping</li> <li>• Like</li> </ul> <p>There are lots of other possible meaningful steps that you could take within the next 24 hours that could lead to a healthier, happier version of yourself.</p>	<p>How does vaping usually make your brain feel? (Think about how vaping affects your mood, focus, sleep, emotions, etc.)</p>	<p>What do you think are some downsides to vaping, for your brain? (Think about how vaping affects your mood, focus, sleep, emotions, etc.)</p>	<p>Imagine being vape-free for one week. What are some of the negative responses that your brain might have?</p>	<p>Imagine being vape-free for one month. How would your brain benefit from receiving this break?</p>	<p><b>Your Brain</b></p>	
	<p>What do you enjoy most when you see advertisements for e-cigarettes/vapes?</p>	<p>What might be some problems if you only believed the positive messages about e-cigarettes/vapes?</p>	<p>What would be difficult about not vaping while with a group of friends who vape and believe it's no big deal?</p>	<p>What would be some of the benefits to being one of the first people in your friend group to quit?</p>			
	<p><b>Healthy Futures Handbook</b></p> <p>Name: _____</p>	<p><b>Messaging</b></p>	<p>What do you enjoy most when you see advertisements for e-cigarettes/vapes?</p>	<p>What might be some problems if you only believed the positive messages about e-cigarettes/vapes?</p>	<p>What would be difficult about not vaping while with a group of friends who vape and believe it's no big deal?</p>		<p>What would be some of the benefits to being one of the first people in your friend group to quit?</p>
			<p>What do you enjoy most when you see advertisements for e-cigarettes/vapes?</p>	<p>What might be some problems if you only believed the positive messages about e-cigarettes/vapes?</p>	<p>What would be difficult about not vaping while with a group of friends who vape and believe it's no big deal?</p>		<p>What would be some of the benefits to being one of the first people in your friend group to quit?</p>

# Healthy Futures Handbook



		Making Your Momentum			
		Benefits	Drawbacks		
Health Effects	■	What are some health benefits to vaping?	Quitting or Cutting Back on Vaping	☆	△
	●	What are some negative health consequences of vaping?			
	▲	What do you think you would miss feeling, if you took a break from vaping for a few days?	Continuing How Much You Vape	○	□
	★	How might your body positively respond to taking a break from vaping?			
Cost	■	What about purchasing or receiving your e-cigarettes/ vape products do you like most?	What do you see as your next step? When can you complete it by?		
	●	Calculate how much you spend on vapes in a year. Make a list of three important things you could afford with this amount of money.	What do you need in order to complete that step?		
	▲	What are some financial drawbacks to quitting?	What might be some barriers that keep you from completing that step? How will you manage them?		
	★	How would not spending money on e-cigarettes/vapes benefit you?	How do you think that you will feel when you complete that next step?		
		Your Plan			
		Who can you ask for support to complete this step?			



# Healthy Futures

## Informational Slides



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# Health Effects



**What are the long-term health effects of vaping?**

tobaccoventiontoolkit.stanford.edu

### The Body When Vaping

tobaccoventiontoolkit.stanford.edu

Nicotine rewires and turns your brain against you

Aerosol (nicotine, flavors, etc.) damages your lungs

1. Nicotine makes your heartbeat faster  
2. Aerosol damages the vessels in your circulatory system

Nicotine increases your acid reflux



**TOBACCO PREVENTION TOOLKIT**

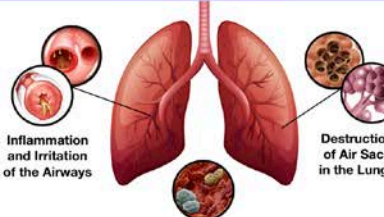
### No Fun in the Lungs

tobaccoventiontoolkit.stanford.edu

Inflammation and Irritation of the Airways

Destruction of Air Sacs in the Lungs

Weaker Immune Response to Infection



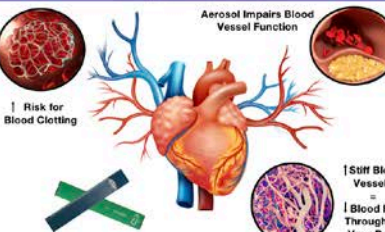
### A Hit to the Heart

tobaccoventiontoolkit.stanford.edu

Aerosol Impairs Blood Vessel Function

↑ Risk for Blood Clotting

↑ Stiff Blood Vessels = ↓ Blood Flow Throughout Your Body



### Risk for Heart Attack

tobaccoventiontoolkit.stanford.edu

family history, exercise, diet, risk

**GOOD NEWS:**  
Risk goes down immediately after you stop smoking or using e-cigarettes



### E-Cigarettes/Vape Pens: Just Water Vapor?

tobaccoventiontoolkit.stanford.edu

**NOPE!**



### Cigs in a Pod

tobaccoventiontoolkit.stanford.edu

1 Pack of Cigarettes = 20 mg of nicotine  
1 JUUL pod = 4.3 mg of nicotine  
1 Puff bar = 40 mg of nicotine  
1 Squirt pod = 40 mg of nicotine

**ALL PODS CONTAIN HIGH LEVELS OF NICOTINE**

=20 CIGARETTES, =11 CIGARETTES, =50 CIGARETTES, =90 CIGARETTES



### What's in that Pod?

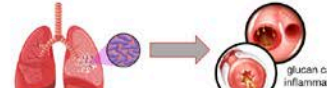
tobaccoventiontoolkit.stanford.edu

Glucan, a microbial toxin, found in Juul's nicotine vaping liquids

Glucan is a toxin - it separates proteins inside the body. Life scientists have shown that glucan is a potent inflammatory agent, according to an article published in the journal *Cell Reports*.  
Cite: <https://doi.org/10.1016/j.celrep.2019.101808>

The study published online December 19, 2019 in the *American Journal of Respiratory and Critical Care Medicine* was co-authored by Dr. David P. Schoneveld.

Glucan causes inflammation of the airways



### Health Effects: Wrap-Up

tobaccoventiontoolkit.stanford.edu







**What are  
the long-  
term  
health  
effects of  
vaping?**

# The Body When Vaping

[tobaccopreventiontoolkit.stanford.edu](http://tobaccopreventiontoolkit.stanford.edu)

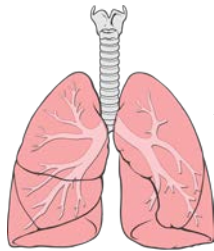
Nicotine  
rewires and  
turns your  
brain against  
you



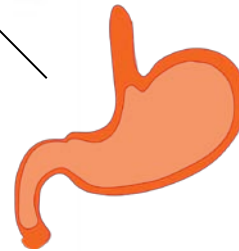
1. Nicotine makes  
your heartbeat  
faster



2. Aerosol damages  
the vessels in your  
circulatory system



Aerosol (nicotine,  
flavors, etc.)  
damages your  
lungs

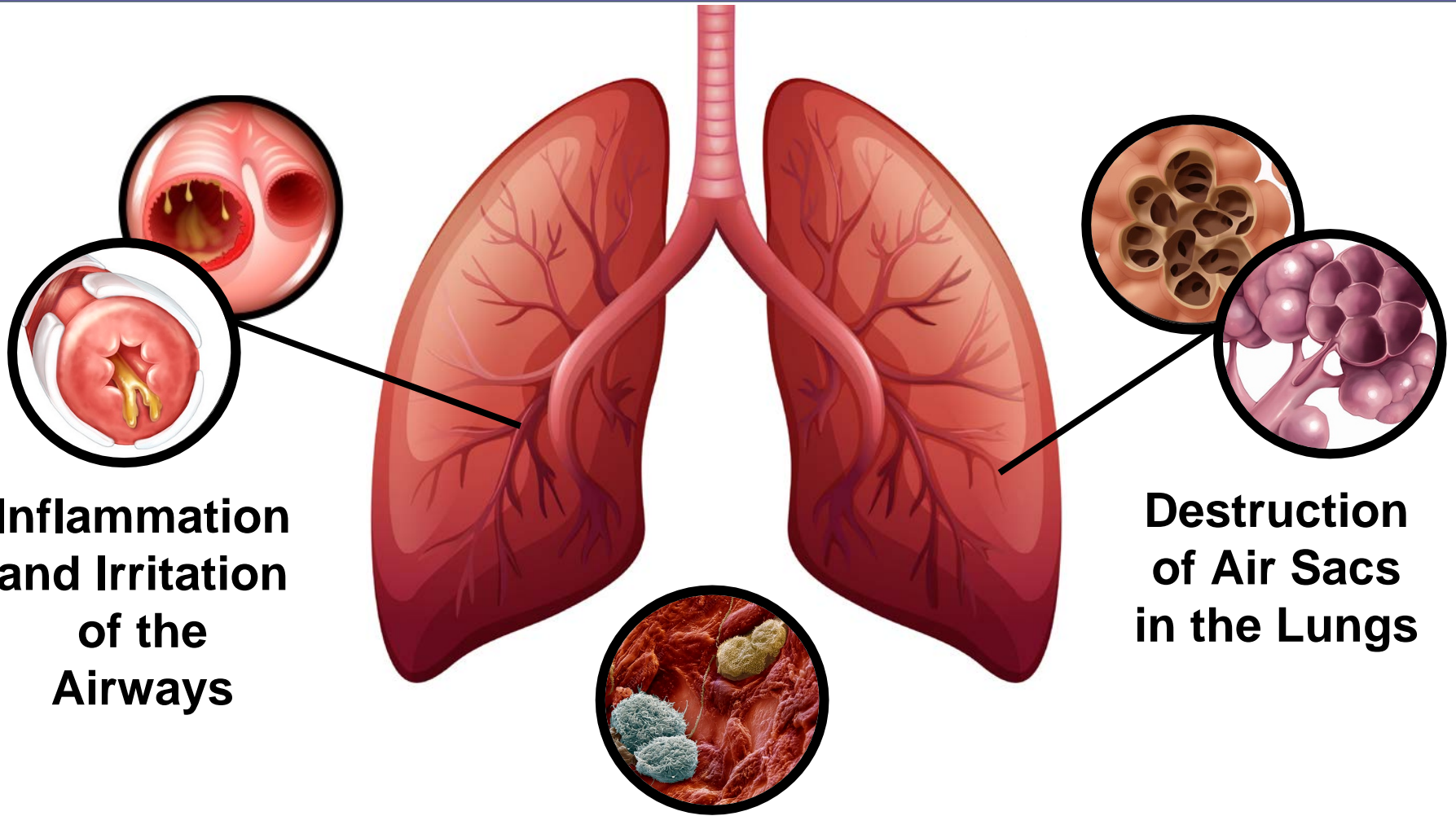


Nicotine  
increases your  
acid reflux



# No Fun in the Lungs

[tobaccopreventiontoolkit.stanford.edu](http://tobaccopreventiontoolkit.stanford.edu)



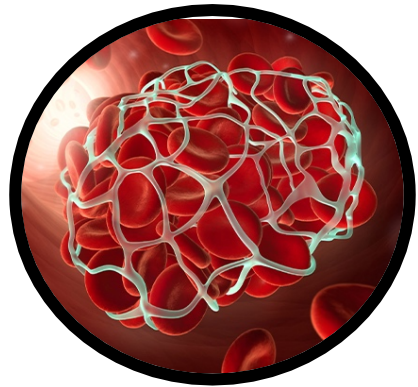
**Inflammation  
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**Destruction  
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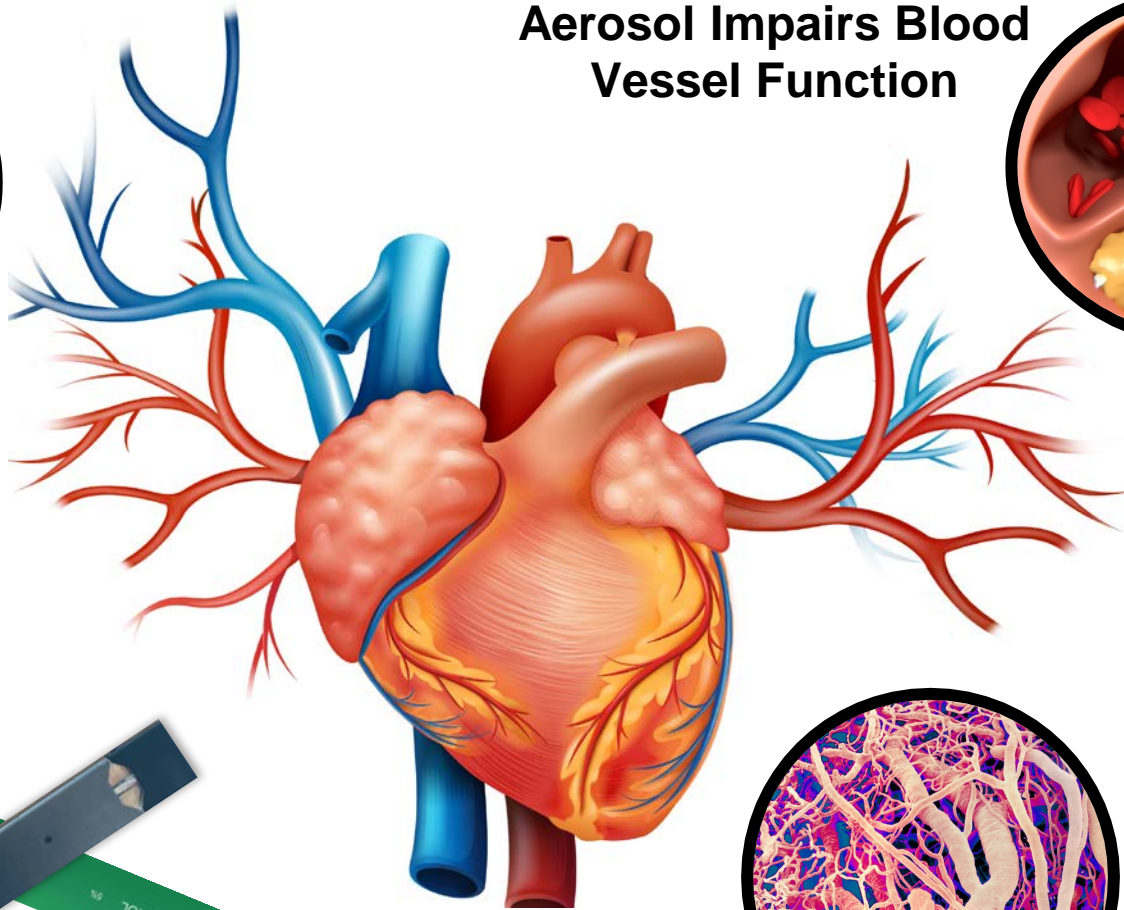
**Weaker Immune Response to Infection**

# A Hit to the Heart

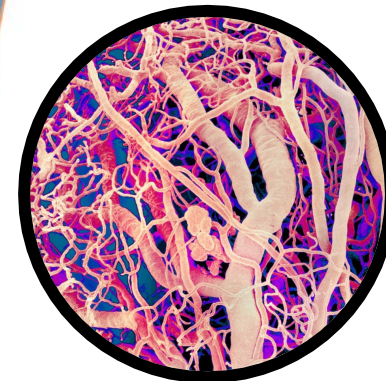
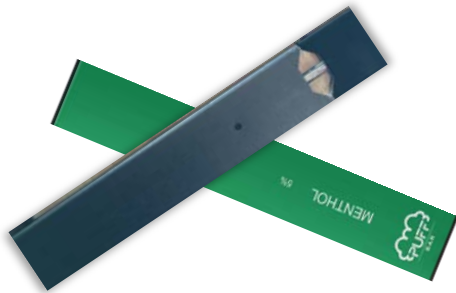
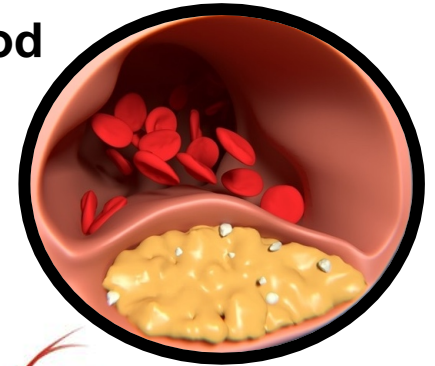
[tobaccopreventiontoolkit.stanford.edu](http://tobaccopreventiontoolkit.stanford.edu)



↑ Risk for  
Blood Clotting



**Aerosol Impairs Blood  
Vessel Function**



↑ Stiff Blood  
Vessels  
=  
↓ Blood Flow  
Throughout  
Your Body

# Cigs in a Pod

[tobaccopreventiontoolkit.stanford.edu](http://tobaccopreventiontoolkit.stanford.edu)

1 Pack of Cigarettes  
≈ 20 mg of nicotine

1 JUUL pod  
≈ 41.3 mg of nicotine

1 Puff bar  
≈ 50 mg of nicotine

1 Suorin pod  
≈ 90 mg of nicotine

ALL PODS CONTAIN HIGH  
LEVELS OF NICOTINE

=20  
CIGARETTES


≈41  
CIGARETTES

≈50  
CIGARETTES

≈90  
CIGARETTES



# Your Brain



What do you think it means to be addicted?

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### Teen-Age Brain

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### Brain Background

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### Drugs Affect the Brain

tobaccoventiontoolkit.stanford.edu

1. Stimulates the "reward pathway"
2. Copies the natural chemical messengers (neurotransmitters)




Image Credit: Public.com via Wikimedia Commons

### Understanding Addiction as a Disease (Wait21)

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### The Brain on Nicotine

tobaccoventiontoolkit.stanford.edu

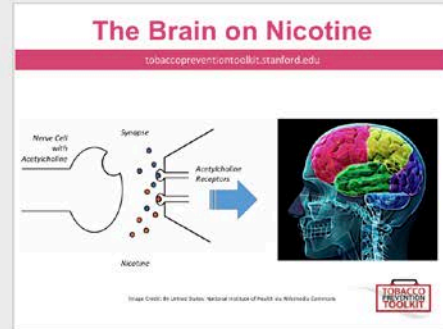
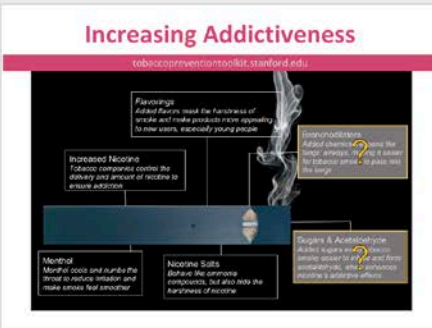


Image Credit: US United States National Institute of Health via Wikimedia Commons

**Tobacco Prevention Toolkit**

### Increasing Addictiveness

tobaccoventiontoolkit.stanford.edu



**Flavorings:** Added flavors mask the harshness of smoke and make products more appealing to new users, especially young people.

**Increased Nicotine:** Tobacco companies control the delivery and amount of nicotine to ensure addiction.

**Menthol:** Menthol cools and numbs the throat to reduce irritation and make smoke feel smoother.

**Nicotine Salts:** Nicotine salts behave like common compounds, but also mask the harshness of nicotine.

**Sugars & Acetylcholine:** Added sugars and acetylcholine enhance the brain's reward system and make the tobacco more appealing to new users.



**Brain: Wrap-Up**

tobaccoventiontoolkit.stanford.edu

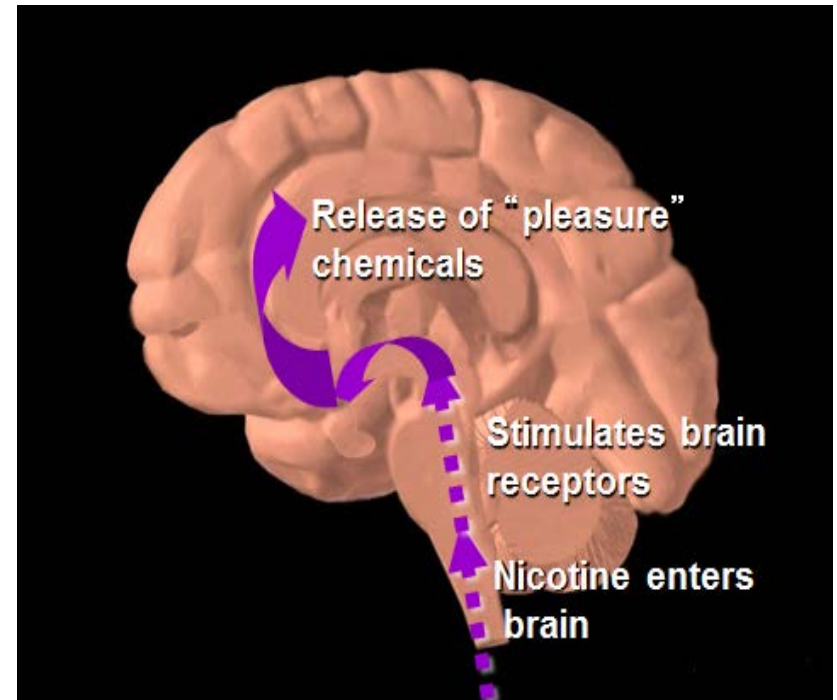


**What do  
you think  
it means  
to be  
addicted?**

# Drugs Affect the Brain

[tobaccopreventiontoolkit.stanford.edu](http://tobaccopreventiontoolkit.stanford.edu)

- 1. Stimulates the “reward pathway”**
- 2. Copies the natural chemical messengers (neurotransmitters)**





# The Brain on Nicotine

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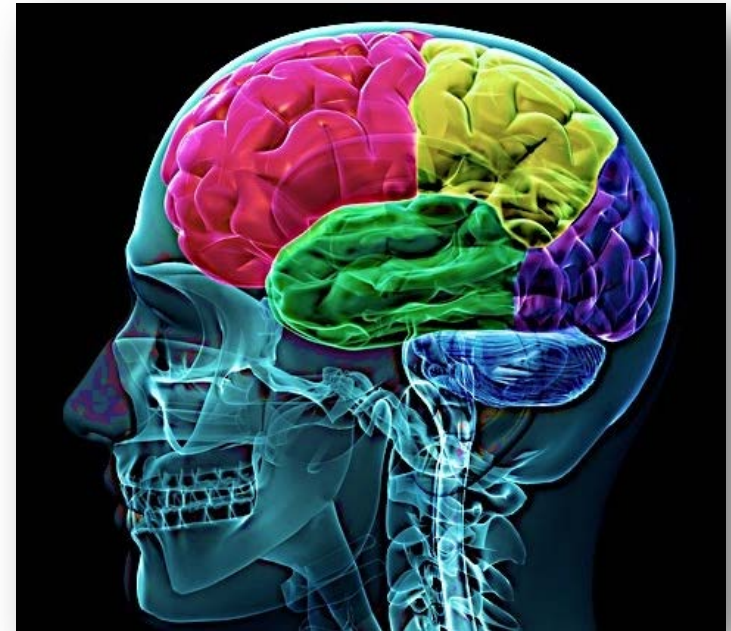
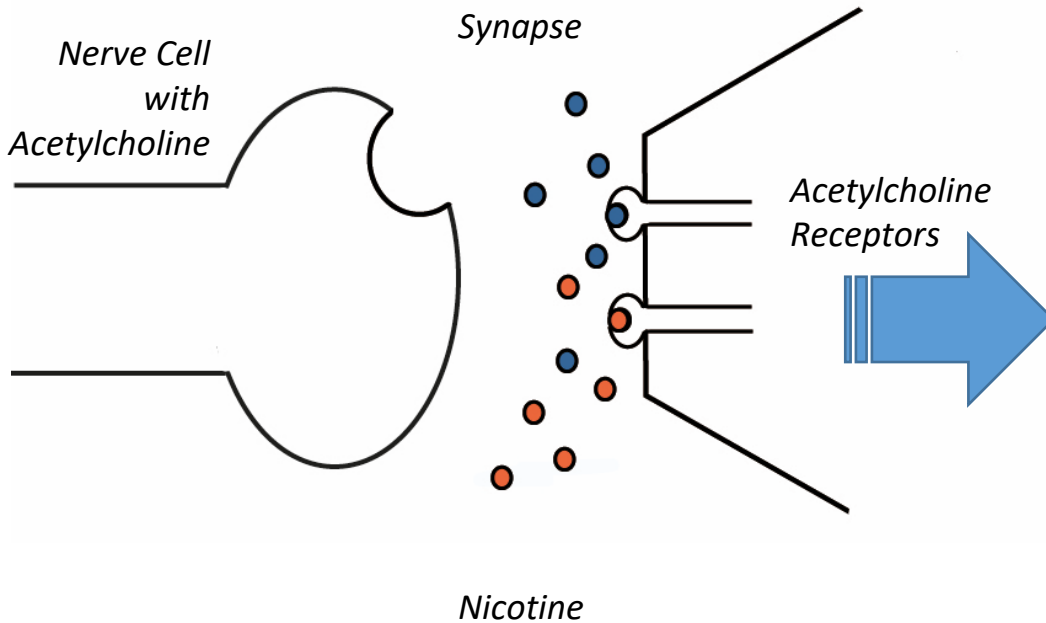
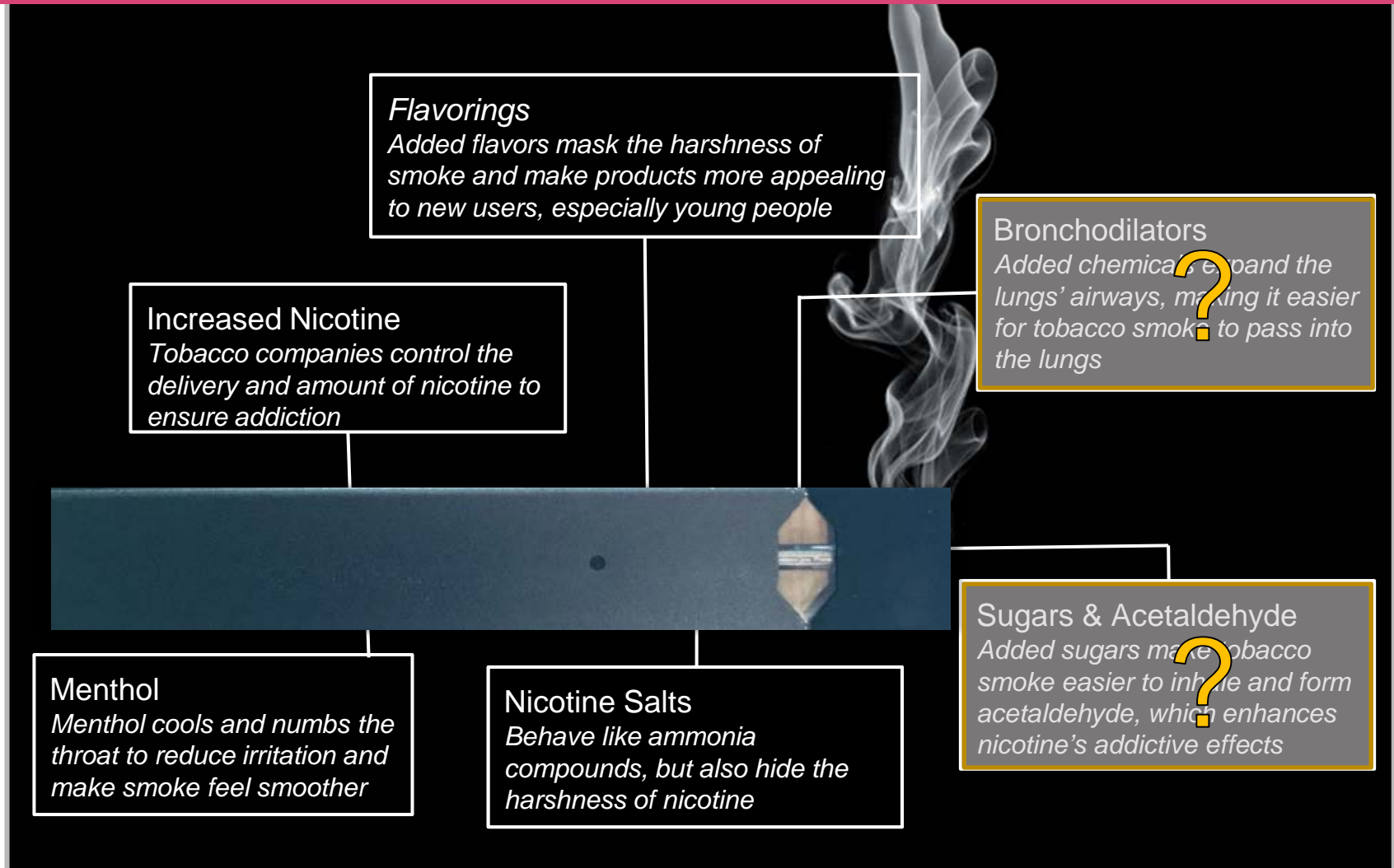


Image Credit: By United States: National Institute of Health via Wikimedia Commons



# Increasing Addictiveness

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# Messaging



Why do you think people start vaping?

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## Why Flavors?

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Science News from research organizations

Widely used e-cigarette flavoring impairs lung function

Date: May 23, 2018  
Source: American Thoracic Society

Stanford MEDICINE News Center

E-cigarette use, flavorings may increase heart disease risk, study finds

E-cigarette flavorings damage human blood vessel cells grown in the lab even in the absence of nicotine, Stanford researchers and their colleagues found. Cinnamon and menthol flavors were particularly harmful.

## Truth About Menthol

tobaccoventiontoolkit.stanford.edu

Use of flavors not allowed in cigarettes, except for menthol

Nearly 9 in 10 African-American smokers aged 12 and older use menthol cigarettes



## Who's the Target Audience?



tobaccoventiontoolkit.stanford.edu

## Social Media Targeting

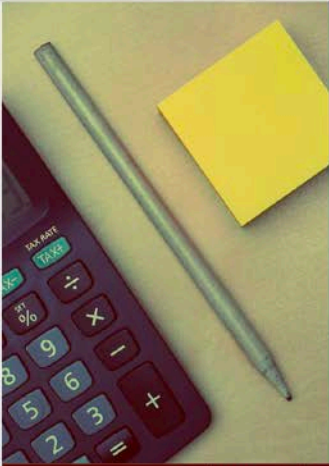
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## Messaging: Wrap-Up

tobaccoventiontoolkit.stanford.edu

# Cost



Alex goes through one pod during the school week. How much does Alex spend in a month?

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### How Much Does Vaping Cost You?



<https://tinyurl.com/TPT-COST>

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### What is Vaping Costing You?



- INDEPENDENCE
- SOCIAL JUSTICE
- TRAVEL & EXPERIENCES
- INDIVIDUAL STYLE
- TECHNOLOGY & COMMUNICATIONS
- OTHER

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### Cost: Wrap-Up



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# Text “DITCHJUUL” to 887-09



- Daily quitting tips
- Designed with feedback from teens and college students who have tried to quit, or have successfully quit

# Teen.smokefree.gov

## 1-800-QUIT-NOW (1-800-784-8669)



### How to Quit Vaping

---

Quitting vapes can be easier when you prepare in advance and have a plan. Find out what you can do to get ready to quit.



### Your First Day Without Vaping

---

The first day without your vape can be hard, but there are ways to make it easier. Get through your quit day with these five steps.



### Deal With Vape Cravings

---

Dealing with cravings is one of the hardest parts of quitting vaping. Try these tips and strategies for managing cravings.

# California Smoker's Helpline



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FREE MATERIALS AND RESOURCES FOR QUITTING SMOKING

[Tobacco Users](#)

[Friends & Family](#)

[Health Care Providers](#)

[Behavioral Health Professionals](#)

[Community Partners](#)

[Special Projects](#)

[First 5 Materials](#)

[Home](#) > [Tobacco Users](#) > [E-cigarettes](#)

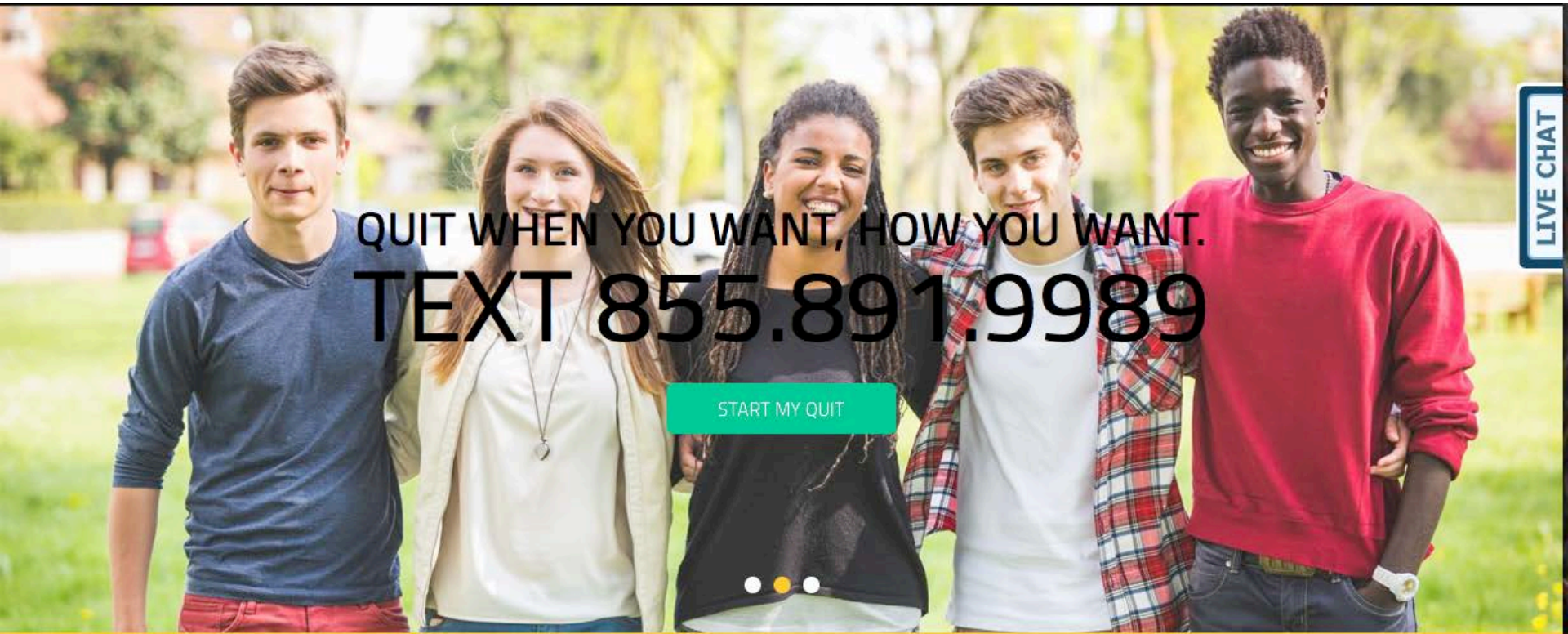
# 1-844-8-NO-VAPE

# 1-844-866-8273

# My Life, My Quit

<https://mylifemyquit.com>

Text “Start My Quit” to 855-891-9989





# “Where Are You At?” Part 2



ID Number: \_\_\_\_\_

**Healthy Futures**

**“Where Are You At?” (Part 2)**

1. On a scale from 1 to 10 (where 1 means not ready and 10 means very ready), how ready are you to change your e-cigarettes/pod vapes? Circle below.

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Not Ready Very Ready

2. What sentence best describes where you are at now with regards to changing your e-cigarettes/pod vapes? (circle one)

- a. Not interested in making any changes.
- b. I may consider cutting back
- c. I want to cut back
- d. I want to quit

3. One goal I have for myself in the next 30 days is...

\_\_\_\_\_

\_\_\_\_\_


\_\_\_\_\_

4. Help I may need to accomplish that goal is...

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Tobacco Prevention Toolkit  
[tobaccopreventiontoolkit.stanford.edu](http://tobaccopreventiontoolkit.stanford.edu)

- “I noticed you selected a higher number? What brought about this change?”
- “What do you see as the next steps for you?”

# Wrap-Up



- Thank the student for attending
- Offer additional, free resources if the student feels they might want them
- Refer student to the school's designated TUPE individual (if there is one)
  - NOTE: Find out who this is before conducting Healthy Futures.



**Stanford**  
MEDICINE

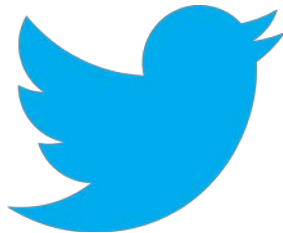
# Evaluation & Wrap-Up

# Social Media

Follow us on Social Media!



**@TobaccoPrevToolkit**  
**@CanPrevToolkit**



**@StanfordTPT**  
**@StanfordCAPT**



Don't forget to tag us in any pictures that you post!

# Contact

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# Training Evaluations



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