Current Youth Vaping Trends: What Adult Allies Need to Know

CALIFORNIA
SCHOOL-BASED
HEALTH ALLIANCE
Putting Health Care Where Kids Are
We gratefully acknowledge the support of the California Department of Education Tobacco Use Prevention Education program for this project. The contents do not necessarily reflect the position or policy of the CDE.
For higher quality audio, dial the number from your webinar invitation link

The webinar is being recorded

Supporting materials will be shared
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
Advocating for Student Healing & Health
California School Health Conference & Advocacy Day: April 17 & 18
SACRAMENTO

www.schoolhealthcenters.org/conference/
Become a member, get exclusive benefits

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Current Youth Vaping Trends

What Adult Allies Need to Know
Topics

- Vaping Essentials
- Policy and Regulation
- The Triangulum
Vaping Essentials
HOW DO E-CIGARETTES WORK?
Nicotine Vaping Devices

Cig-A-Likes
Vape Pens
Tanks & Mods
Nicotine Vaping Devices

Closed Pod Systems
Open/Refillable Systems
Disposable
E-Liquid Ingredients

- Propylene Glycol and Vegetable Glycerin
- Nicotine
- Artificial Flavors
Nicotine Salt Vaping

Fast nicotine “head rush” like cigarettes

Sweet flavors and scents

Cool and humidified aerosol
Disposables like Puff Bar are the most commonly-used e-cigarette product among youth in the U.S. 

CDC, 2021
Teens Find a Big Loophole in the New Flavored Vaping Ban

The policy allows mint, dessert and fruit flavors to continue to be sold in disposable e-cigarettes, prompting many teens to switch from Juul to those devices.
Are one of these puff bars fake? I've never seen one with the arrow.

which one is legit? bought by the same retailer around the same time...

The real puff company was shut in June 2020 I believe so puffs ur buying are fake ur better off with a different company

How can I tell if it's fake? One of my Friends completely stopped buying it because he said he felt a burning sensation in his throat
Sweet

Cheap
The amount of nicotine in disposable vapes is equal to how many cigarettes?

A. 10  B. 20  C. 30  D. 40+
D. 40+
This Flum Pebble contains 14 mL of 5% nicotine liquid, or about 700 mg of nicotine.

Cigarettes typically deliver 1 mg of nicotine each.
What did you observe at your school site or district last year?
High vaping rates among youth and young adults have introduced a plethora of new terms and keeping up with the latest lingo can be difficult. If you are wondering what the young people in your life are talking about, here is a list of some popular words, phrases, products and general language used to refer to vaping/e-cigarette use.

**CLOSED POD SYSTEM**
A type of device that uses disposable pods containing a liquid (typically ~280-900 puffs). The body of these devices can be recharged and the disposable pods can be replaced with new compatible pods.

**OPEN/REFILLABLE SYSTEM, REFILLABLE DEVICES**
These systems require vape juice and come in three varieties: box mods, pens and refillable pods. These devices have tanks or pods that are continuously refilled with vape juice and the pods/tanks are not thrown away after one use. These systems are used more by “vape purists” vapers because they require more upkeep and are typically modified to be able to do tricks.

**DISPOSABLES**
Devices that are not refillable and are intended for one-time use. These typically have ~200 puffs and some examples include Puff Bars, SK, Pop, Posh, Jazie and Luxe (IQOS).
Policy and Regulation
But first, a word from our sponsor...
WARNING LETTER

Vaprwear Gear, LLC

MARCS-CMS 605195 – APRIL 27, 2020

VAPRWEAR Lightweight Short-Sleeve Hoodie, White, No Logo (Black, XL)
Currently unavailable

VAPRWEAR Short-Sleeve Hoodie, White, No Logo (White, XS)
Currently unavailable

VAPRWEAR Lightweight Short-Sleeve Hoodie, White with Logo (White, M)
Currently unavailable
FDA Denies Authorization to Market JUUL Products

Currently Marketed JUUL Products Must Be Removed from the US Market

FDA Continues to Implement Law, Regulate Non-Tobacco Nicotine Products, Warns Retailers and Manufacturers Against Illegal Sales

Agency Remains Committed to Ongoing Enforcement Against Illegal Non-Tobacco Nicotine Products
FDA Proposes Rules Prohibiting Menthol Cigarettes and Flavored Cigars to Prevent Youth Initiation, Significantly Reduce Tobacco-Related Disease and Death

FDA Announces Plans for Proposed Rule to Reduce Addictiveness of Cigarettes and Other Combusted Tobacco Products

*Potential Rule Would Propose to Establish a Maximum Level of Nicotine in Cigarettes with the Goal of Reducing Youth Use, Addiction and Death*
California Proposition 31

Referendum on CA SB 793
November 8, 2022

**YES** will uphold CA SB 793 and ban flavored tobacco sales in California.

**NO** will repeal CA SB 793 and maintain flavored tobacco sales in California.
Have you noticed any changes in the ways young people access vapes?
The Triangulum
Students who smoke or vape are more likely to use marijuana

Current Marijuana Use

By students who **smoke cigarettes**
- 73%

By students who **do not** smoke cigarettes
- 7%

By students who **use e-cigarettes**
- 60%

By students who **do not** use e-cigarettes
- 3%

California Healthy Kids Survey, 2017-18, Orange County
Cannabis Vaping Devices

Closed Pod Systems

510-Thread Pen-Style Carts
Shared Concerns

High Potency and Brain Development

Poor Quality Control and Counterfeits
### Potency of Vaping Products

<table>
<thead>
<tr>
<th>Nicotine</th>
<th>Cannabis</th>
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<tbody>
<tr>
<td>“High nicotine” Blu e-cig (2016): 16 mg/mL nicotine</td>
<td>Average dried cannabis (2014): 12% THC</td>
</tr>
<tr>
<td>Nicotine salt vapes: 50+ mg/mL nicotine</td>
<td>Cannabis concentrates: 80%+ THC</td>
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*Harvanko, 2017; ElSohly, 2016.*
While only 8% of 11th grade students in Orange County report vaping in the past month, more than a third of these students report vaping daily (3% overall).

California Healthy Kids Survey, 2021-22, Orange County
Nicotine and THC can affect learning, attention, and memory. Both are especially addictive in teen brains and when used during times of stress.

TRUTH:
Breath of Stress Air

Some vape companies tell you their products are stress relievers.
But really, vaping nicotine can actually increase your feelings of stress and anxiety.
Poor Quality Control and Counterfeits

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

The New York Times
Vaping Illnesses Are Linked to Vitamin E Acetate, C.D.C. Says

KBTX
College Station man warns of counterfeit vape pens being sold at local convenience stores
Delta-8 THC

**Forbes**

Study: Most Delta-8 THC Products Are Mislabeled—And Some Companies Are Faking Lab Results

**The New York Times**

How Delta-8 THC Works, and Why Experts Are Worried About It

Increases in Availability of Cannabis Products Containing Delta-8 THC and Reported Cases of Adverse Events

**npr**

States look to regulate weed alternatives like delta-8 as sales explode
How do your students compare the risks of tobacco and cannabis?
Welcome Back to School! We hope that you had an opportunity to relax and recharge your batteries during the summer break! We know that the past year continued to pose difficult challenges as schools resumed in-person instruction while still very much dealing with the ongoing COVID pandemic. Our commitment to ensuring a safe and healthy environment for all students, teachers, and staff will remain a top priority for the upcoming school year. We are excited to welcome you back and continue our journey together.
Thank You!

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