

Raising Healthy Teens

Promoting the Health & Safety of Kent & South County Teens

Special
VAPING PREVENTION
Edition

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Some Warning Signs That Your Child Could Be Vaping

According to the 2018 National Youth Tobacco Survey released by the FDA and the Centers for Disease Control, e-cigarette use was up 78 percent among high school students and 48 percent among middle-school students from 2017 to 2018. The total number of middle and high school students using e-cigarettes rose to 3.6 million, an increase of 1.5 million students.

Originally designed to help people quit smoking cigarettes, e-cigs have turned into a national infatuation among teens and young adults. Researchers and experts have found that vaping has a host of damaging side effects.

Vaping is illegal for anyone under the age of 18, although in some states the restriction is at age 21. Up until 2016, there was little if any regulation of the vaping industry. In addition to the requirement to check ID, merchants are prohibited from giving away free samples, using vending machines (unless in age 21+ establishments) and claiming that products are safer alternatives to other tobacco products. As of 2018, nicotine warning labels must be on vaping products.



What Are Some of the Signs?

Equipment You may find devices that look like flash drives, e-juice bottles, pods (that contain e-juice) or product packaging. Aside from leaf marijuana, gel jars that contain dabs, small tools to scoop dabs and cartridges that contain THC oil are signs of vaping marijuana.



Discarded JUUL Pods To use a JUUL, users purchase "pods." If you find discarded JUUL pods in your child's backpack, bedroom, pockets or elsewhere, you may want to talk with them.

Online Purchases, Packages in Mail, Store Purchases Be aware of purchases made online and charged to your credit card or unusual packages that arrive in the mail. Kids also buy them at big box stores, gas stations or from other friends.

Scent While the smell from vaping is faint, you may catch a whiff of a flavoring smell such as bubble gum or chocolate cake and take note.

Increased Thirst or Nose Bleeds Some of the chemicals used in e-juices have the effect of drying out the mouth and nasal passages. As a result, some kids drink more liquids or seem more prone to nose bleeds.

Decreased caffeine use Some teens and young adults develop a sensitivity to caffeine. If your child drank caffeinated energy drinks and quits, it may be as a result of vaping.

What is JUUL?

JUUL, the small USB-looking e-cigarette, has become so popular among young people that it has already amassed nearly half of the e-cigarette market share. JUUL first appeared in 2015 and its quick rise in popularity prompted *The Boston Globe* to call it "the most widespread phenomenon you've likely never heard of."



Some important things to know about JUUL, which may be putting a new generation of youth at risk of nicotine dependence.

How does JUUL work?

JUUL devices heat

up a cartridge containing oils to create aerosol, which quickly dissolves into the air. The device is small enough to fit in a closed fist and has a sleek, tech design that resembles a USB flash drive.

While its manufacturer says that JUUL is only for adults, it comes in flavors — including mint, mango and crème brûlée — which are proven to appeal to young people and facilitate initiation of tobacco product use.

Does JUUL have nicotine?

Yes. In fact, a single JUUL cartridge is roughly equal to a pack of cigarettes, or 200 cigarette puffs, according to the product website. Nicotine is an addictive chemical, and evidence suggests that nicotine use during adolescence and young adulthood has long-term impacts on brain development.

Many young people, however, do not realize that they are inhaling nicotine when they vape or use e-cigarettes. The majority of youth e-cigarette users think that the last time they used a product they vaped only flavoring, not nicotine, according to the University of Michigan's 2016 Monitoring the Future study.

Is JUUL safer than smoking cigarettes?

A new consensus report by the National Academies of Sciences, Engineering and Medicine, *Public Health Consequence of E-Cigarettes*, states that there is substantial evidence that e-cigarette use increases risk of using combustible tobacco cigarettes among young people. A December 2017 study by the University of Pittsburgh Schools of the Health Sciences, published in the *American Journal of Medicine*, found that young adults who use e-cigarettes are more than four times as likely to begin smoking tobacco cigarettes within 18 months as their peers who don't vape.

For more information on youth and young adult e-cigarette use, please read the 2016 Surgeon General's Report on e-cigarettes at <https://e-cigarettes.surgeongeneral.gov/about.html>.

Alarming Rise in Vaping among RI High School Students

Adapted from article by Jack Perry, *Providence Journal*

The percentage of Rhode Island high school students who report frequent use of vaping products almost tripled in the last two years, according to the survey conducted by the Rhode Island Department of Health. And nearly half of Rhode Island high school students report having tried vaping.

"These numbers are a wake-up call for all of us," Gov. Gina M. Raimondo said in a Health Department news release. "Electronic cigarettes are dangerous. They're also responsible for getting more teenagers addicted to nicotine every year, primarily because of products that come in candy-like flavors."

According to the Health Department's 2019 Youth Risk Behavior Survey, 10.2% of Rhode Island high school students now report frequent use of electronic vapor products, up from 3.7% in 2017, according to the news release. The survey defines frequent use as 20 or more days in the 30 days before the survey.

In addition, 30.1% of high school students report that they currently vape, meaning at least once in the previous 30 days. In 2017, 20.1% of students reported current use. In this year's survey, 48.9% of high school students say they've tried vaping. The survey also shows an increase in the percentage of middle school students who have ever vaped. In 2019, the percentage was 16.4%, compared to 15.7% in 2017.

Most youth e-cigarette users report using flavored products and are the primary reason for their using e-cigarettes, the Rhode Island Health Department says, citing information from the CDC.

"Every young person in Rhode Island deserves the chance to grow up healthy," Dr. Nicole Alexander-Scott, director of the Health Department, said in the release. "To make this possible, we have to act on e-cigarettes now. Our history with traditional, lit cigarettes tells us that targeted, aggressive policies aimed at keeping kids safe can have dramatic impacts on rates of youth use," she said. "While putting policies in place related to flavored products, we're working hard to let people know that there are safe, effective resources in Rhode Island for quitting. Help is available today at no cost."

Health risks to young people from vaping include nicotine addiction which is harmful to the developing brain, and learning and memory issues, according to the Health Department. Other health issues include lung illnesses, heart problems, injuries from battery explosions, and accidental childhood nicotine poisonings. Students who vape are four times more likely to smoke lit cigarettes in the future, according to the Health Department.

Outbreak of Lung Injury Associated with E-Cigarettes/Vaping



The Center for Disease Control (CDC), the U.S. Food and Drug Administration (FDA), state and local health departments, and other clinical and public health partners are investigating a multistate outbreak of e-cigarette or vaping product use associated lung injury (EVALI).

What's New The CDC has identified vitamin E acetate as a chemical of concern among people with e-cigarette, or vaping, product use associated lung injury. Recent laboratory testing of bronchoalveolar lavage (BAL) fluid samples collected from 29 EVALI patients found vitamin E acetate in all samples.

Laboratory Findings The CDC tested for a range of other chemicals that might be found, including plant oils, petroleum distillates like mineral oil, MCT oil, and terpenes (compounds found in or added to THC products).

About the Outbreak As of the end of 2019, 2,409* cases of e-cigarette, or vaping, product use associated lung injury have been reported to CDC from all states except Alaska, the District of Columbia, and two U.S. territories (Puerto Rico and U.S. Virgin Islands). Fifty-two deaths have been confirmed in 26 states and the District of Columbia as of November 2019.

What We Don't Know While it appears that vitamin E acetate is associated with lung injury, evidence is not yet sufficient to rule out contribution of other chemicals of concern. Many different substances and product sources are still under investigation, and it may be that there is more than one cause of this outbreak.

* Represents new patients and previously-identified patients.

Vaping of Marijuana on the Rise Among Teens

Findings from the 2019 Monitoring the Future (MTF) survey, a nationally representative sample of eighth, 10th and 12th graders in hundreds of U.S. schools, were announced today by the National Institute on Drug Abuse (NIDA), part of the National Institutes of Health, along with University of Michigan scientist who leads the research team. The survey is given annually to students who respond to questions about their drug use and attitudes.

Past year vaping of marijuana, having more than doubled in the past two years, was reported at 20.8% among 12th graders, with 10th graders not far behind at 19.4% and eighth graders at 7.0%.

Past month marijuana vaping among 12th graders nearly doubled in a single year to 14% from 7.5% — the second largest one-year jump ever tracked for any substance in the history of the survey.

For the first time, the survey measured daily marijuana vaping, which was reported at 3.5% among 12th graders, 3.0% among 10th graders, and 0.8% among eighth graders. Marijuana continues to be the most commonly used illicit drug by adolescents.

"We are heartened to see the continuing decline in the use of many drugs, particularly non-medical use of prescription opioids; however, teens are clearly attracted to vaping products, which are often concentrated amounts of drugs disguised as electronic gadgets," said NIDA Director Dr. Nora Volkow. "Their growing popularity threatens to undo years of progress protecting the health of adolescents in the U.S."

DRUGS 101

What Parents Should Know

Why Is Nicotine Unsafe for Teens?

Most e-cigarettes contain nicotine — the addictive drug in regular cigarettes, cigars, and other tobacco products. A recent study by the Center for Disease Control (CDC) found that 99% of the e-cigarettes sold in the United States contained nicotine. Some e-cigarette labels don't disclose they contain nicotine, while some e-cigarettes marketed as containing 0% nicotine were found to in-fact contain nicotine.

Nicotine can harm the developing adolescent brain which keeps developing until about age 25.¹ Using nicotine in adolescence can harm the parts of the brain that control attention, learning, mood, and impulse control.¹

Each time a new memory is created or a new skill is learned, stronger connections — or synapses — are built between brain cells. Young people's brains build synapses faster than adult brains. Nicotine changes the way these synapses are formed. Using nicotine in adolescence may also increase risk for future addiction to other drugs.¹

¹ US Department of Health and Human Services. E-cigarette Use Among Youth and Young Adults: A Report of the Surgeon General.

Rhode Island Sets Ban on Flavored Vaping Products

Adapted from article by Kait Walsh and Miles Montgomery



photo: LATimes

Governor Gina Raimondo has authorized the Rhode Island Department of Health to begin the process of banning flavored vaping products from stores in the state. She signed an executive action, saying she was acting as both a mother and the governor, after seeing flavored e-cigarettes become a public health crisis.

According to the Department of Health Director Dr. Nicole Alexander-Scott, the executive order has enacted emergency regulations that last 120 days with an optional extension of 60 more days. In this time, the R.I. Department of Health and state health workers will be gathering information from the Centers for Disease Control (CDC) and other health organizations to figure out what their long-term solutions will be. Raimondo said she was prompted to take action after the CDC issued a statement urging states to take action on their own, concerning vaping.

"What adult drinks strawberry milk?" Gov. Raimondo asked as she held up a sample box of strawberry milk flavored e-cigarettes. "They look fun and flavorful and healthy, it's the exact opposite, it's dangerous," she added. When asked if menthol flavor will also be banned, Alexander-Scott said they would be looking into that option.

"This is a serious issue getting more serious every single day," Raimondo said. "I don't think we can wait. So that's why I've decided to act, and act with the urgency that I think it requires."

Quit Vaping & Smoking Tools



In the wake of the surgeon general declaring a youth e-cigarette epidemic,

Truth Initiative® has expanded its quit-smoking resources to include a first-of-its kind e-cigarette quit program. This innovative and free text message program was created with input from teens, college students and young adults who have attempted to, or successfully, quit e-cigarettes.

The program is tailored by age group to give teens and young adults appropriate recommendations about quitting. The program will also serve as a resource for parents looking to help their children who now vape.

Youth and young adults can access the new e-cigarette quit program by texting "DITCHJUUL" to 88709. Parents and other adults looking to help young people quit should text "QUIT" to (202) 899-7550.



The 2018 National Youth Tobacco Survey from the Food and Drug Administration and the Centers for Disease Control and Prevention showed e-cigarette use among middle schoolers increased by 48 percent and increased by 78 percent among high schoolers in just one year.

Text coaching is a proven, powerful strategy to boost success and deliver behavior change. The new e-cigarette quit program delivers tailored messages via text that give age-appropriate quitting advice, including information about nicotine replacement therapy. Users also have the option to connect with online communities and interactive tools for added support.

More Quitting Resources from Truth Initiative

This is Quitting Mobile program designed by Truth Initiative to help young people quit with inspiration from others like them.

BecomeAnEX Free, digital quit-smoking plan and community created by Truth Initiative in collaboration with Mayo Clinic.

EX Program An enterprise quit-smoking program designed for employers, health systems and health plans to offer to their employees and members.



South County Prevention Coalition
Member of Rhode Island Regional Coalitions



Kent County Prevention Coalition
Member of Rhode Island Regional Coalitions



For more information contact South County Prevention Coalition Director Heidi Driscoll at hdriscoll@risas.org or Kent County Prevention Coalition Director Kathy Sullivan at ksullivan@risas.org and please visit us at www.riprevention.org or on Facebook.