Into Thin Air

E-cigarettes, vaping and schools

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November 11, 2022
Session Objectives

**WHY?**
Describe the increase in youth vaping and the health consequences of use

**WHAT?**
Differentiate between the prevention, cessation and alternative-to-suspension resources available

**HOW?**
Demonstrate how to effectively engage in prevention and intervention of youth tobacco use
Trends in Youth Tobacco Use

Monitoring the Future Survey, 2021

Percent of youth using tobacco in the past 30 days (US)

Cigarettes (US 10th graders)  
E-cigarettes (US 10th graders)
2.55 million
2021 Kentucky Incentives for Prevention Survey

Current Smoking
Current Vaping

Grade 6: 0.8%
Grade 8: 2.4%
Grade 10: 4.5%
Grade 12: 6.8%

Grade 6: 3.2%
Grade 8: 9.5%
Grade 10: 17%
Grade 12: 24.1%
Age of First E-Cigarette Use
National Youth Tobacco Survey, 2021

- 14 years (27.1%)
- 13 years (20.7%)
- 12 years (13.7%)
- 11 years (6.6%)
- 15 years (23.1%)
- 8 years or younger (3.2%)
- 9 years (1.7%)
- 10 years (3.8%)
Age of First E-Cigarette Use

National Youth Tobacco Survey, 2021

Half are 13 or younger

- 8 years or younger (3.2%)
- 9 years (1.7%)
- 10 years (3.8%)
- 11 years (6.6%)
- 12 years (13.7%)
- 13 years (20.7%)
- 14 years (27.1%)
- 15 years (23.1%)
Age of First E-Cigarette Use
National Youth Tobacco Survey, 2021

- 15 years (23.1%)
- 14 years (27.1%)
- 13 years (20.7%)
- 12 years (13.7%)
- 11 years (6.6%)
- 10 years (3.8%)
- 9 years (1.7%)
- 8 years or younger (3.2%)

Most are in middle school
85% of Youth Use Flavored Vaping Products
Frequency of Vaping Among KY Youth (2021)

“On how many occasions (if any) have you vaped/used an electronic vapor product in the past 30 days?” (Responses ≥ 0)
Perceived Risk of Harm Among KY Youth

“How much do you think people risk harming themselves (physically or in other ways) if they vape/use e-cigarettes some days but not every day?”

(10th Grade)
Percent of KY 10th Graders Vaping Nicotine and/or THC
Products on the Market

• March 2019, FDA restricted flavored e-cigarettes, excluding popular mint and menthol flavors.

• April 2022, synthetic nicotine products were moved under the authority of the FDA and are now considered tobacco products.

• April 2022, FDA proposed a ban on menthol in cigarettes and all flavors in cigars.
E-Cigarette Aerosol Contains

- Volatile organic compounds
- Nicotine
- Heavy metals like tin, lead, and nickel
- Known carcinogens
- Flavoring like diacetyl, linked to a serious lung disease
- Ultrafine particles
Health Effects of Vaping

• Ear, eye, and throat irritation is common in e-cigarette users, as is shortness of breath.

• Nicotine and e-cigarette aerosols can lead to gum disease.

• E-cigarette aerosols enter users' lungs unfiltered and leave chemical residue behind, as seen in cases of EVALI and 'popcorn lung.'

• Nicotine raises blood pressure and can contribute to the hardening of arteries.
The Younger You Start, The Harder It Can Be to Quit

• Youth nicotine use leads to changes in brain development related to attention, learning, and memory.

• Nicotine "can also prime the adolescent brain for addiction..." - U.S. Surgeon General
From Vaping to Smoking

• Using e-cigarettes increases the likelihood of smoking cigarettes among young people.

• According to one study, young people in the U.S. who had ever used e-cigarettes had 7x higher odds of becoming smokers one year later.

• E-cigarettes may be responsible for 22% of new people ever trying a cigarette—totaling nearly 200,000 new smokers.
Self-Reported Exposure Among U.S. Youth

[Graph showing trends in secondhand smoke and secondhand aerosol exposure from 2015 to 2018]
Secondhand aerosol

- The aerosol released into the air when an e-cigarette (vape) is used.
- Incorrectly called vapor by the tobacco industry.
- The Surgeon General has recommended prohibiting vaping in enclosed areas to avoid probable harm because of secondhand exposure.
Fine Particles

- E-cigarette use increases the number of fine particles in the surrounding room.
- Exposure to fine particles, or microscopic particles capable of reaching deep into the lungs, can worsen heart and lung disease, and even lead to premature death.
Thirdhand Smoke & Thirdhand Aerosol

- The residual contamination from tobacco smoke or e-cigarette aerosol, which settle on walls, furniture, clothes, hair, and other surfaces where someone has smoked or vaped.
Asking for Help

...any example of a school policy for students who have an infraction for vaping on school campus and/or possession of pods/e-cigs?

Does anyone know of a good program for high school students that talks about vaping?

Hi 😊 what programs are most effective with teens to stop smoking/vaping... My Life, My Quit?
Obstacles to Effective Enforcement

- Difficult-to-Detect Infractions
- Myths & Misinformation
- Outdated Policies
Prevention Resources
"For the safety of our students, [name of school district] is proud to have a 100% tobacco-free policy. At this time, we would like to remind our home fans and visitors that the use of tobacco products and e-cigarettes during tonight’s event is strictly prohibited. We appreciate your support and would like to thank you for keeping our school and stadium tobacco-free. Enjoy the game.”
Enforcement Resources: Alternatives to Suspension

INDEPTCH

Intervention for Nicotine Dependence: Education, Prevention, Tobacco and Health

- Session 1: Getting the Facts
- Session 2: Nicotine Dependence
- Session 3: Alternatives to Vaping/Tobacco Use
- Session 4: Past, Present, Future

Although INDEPTCH is not a cessation program, 60% of student participants reported that they were willing to quit using tobacco products after completing the program.
Cessation Resources

MY LIFE MY QUIT

THIS IS QUITTING

smokefree teen

YOU CAN QUIT.
FOR FREE HELP, CALL
1-800-QUIT-NOW

American Lung Association
NOT

Brought to you by the U.S. Department of Health and Human Services
#CDCTips
Resources for Families

Key Messages:
1. E-cigarettes are not safe
2. Many young people use e-cigarettes
3. We have free resources to help your student stay e-cigarette-free.

Kentucky Department for Public Health
Thank you!

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