

The background of the slide is a dark blue gradient with wispy, ethereal smoke or vapor patterns in a lighter blue hue, creating a textured and atmospheric effect.

E-CIGARETTES AND VAPING

Worth Police Department/Worth School District #127

LESSON OVERVIEW

1. E-cigarette Myths vs E-cigarette Facts
2. What are E-Cigarettes?
3. Nicotine
4. E-cigarette Marketing
5. E-cigarette Trends
6. E-cigarette Lung Illness
7. *School or district* e-cigarette policy
8. What can you do about the e-cigarette problem?
9. Additional Resources
10. Jeopardy!

E-CIGARETTE MYTHS

- A “safer alternative” to smoking
 - Safe to use/handle
 - Does not produce harmful second-hand smoke
- Emits harmless water vapor
- A method to help smokers quit
- Just inhaling flavors

E-CIGARETTE FACTS

- While possibly safer than traditional cigarettes, e-cigarettes are not safe
 - Been known to explode causing injuries
- No scientific evidence to support e-cigarettes as a smoking cessation method
- The Food and Drug Administration does not list e-cigarettes as an approved smoking cessation method

E-CIGARETTE FACTS

- Not harmless water vapor, but an aerosol
 - Contains nicotine
 - Ultrafine particles that can be inhaled deep into the lungs
 - Particles of heavy metals including lead, nickel, & tin
 - Flavorings like diacetyl, which can cause a condition known as popcorn lung
 - Contains known carcinogens
 - Chemicals found in car exhaust, antifreeze, herbicides, food additives



WHAT ARE E-CIGARETTES?

- Devices that produce an aerosol by heating a liquid that usually contains nicotine
 - A single JUUL pod contains as much nicotine as 20 regular cigarettes
- Also contain flavorings and other chemicals that create the aerosol
- Come in a variety of shapes and sizes
 - Some are big, bulky and do not resemble other tobacco products
 - Some resemble regular cigarettes, pens, flash drives



NICOTINE

- Nicotine is an addictive substance that is found in cigarettes
 - Most e-cigarettes also contain nicotine
- Levels of nicotine in e-cigarettes are uncertain
- Nicotine damages the adolescent brain, which continues developing until the age of 25
- How nicotine affects the brain <https://www.youtube.com/watch?v=PqeEGpCQhBA>
- Youths that use e-cigarettes are more likely to become traditional cigarette smokers

E-CIGARETTE MARKETING

- No restrictions on e-cigarette marketing allowing companies to promote their products on TV and radio
 - Do not have to follow ban from 1971 that cigarette companies have to follow
 - Due to vaping illness outbreak, multiple entertainment companies have dropped e-cigarette advertisements
- JUUL has relied heavily on social media to market their products
 - A recent study analyzing JUUL's Twitter account estimated that over 80% of their active followers were between the ages of 13 and 20
 - Following criticism of their role in causing the youth e-cigarette epidemic JUUL deleted their Facebook and Instagram

JUUL

JUUL 
@JUULvapor

Follow 

Having way too much fun at the #JUUL
launch party #LightsCameraVapor #NYC



7:58 PM - 4 Jun 2015

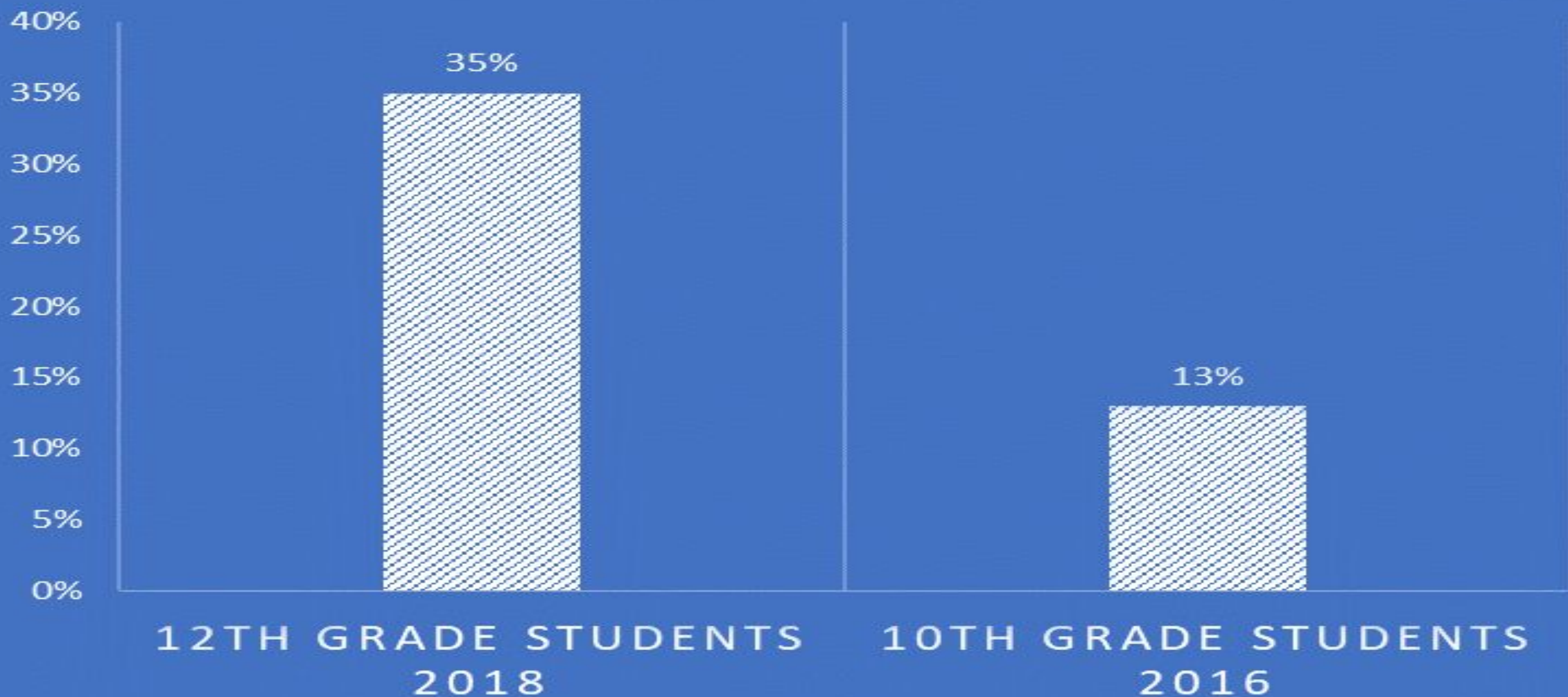
E-CIGARETTE TRENDS

- Most common reasons youth use e-cigarettes include:
 - 39% use by “friend or family member”
 - 31% because of flavors such as mint, candy, fruit, or chocolate
 - 17% belief that they are less harmful than other forms of tobacco such as cigarettes
- Throughout the U.S.
 - In 2018, more than 3.6 million middle and high school students used e-cigarettes in the past 30 days
 - 4.9% of middle school students
 - 20.8% of high school students
 - In 2017, only 2.8% of U.S. adults were current e-cigarette users

E-CIGARETTE TRENDS IN OUR COMMUNITY

- In 2018, the Illinois Youth Survey found that 27% of 12th grade high school students used e-cigarettes in the past 30 days
- In 2018, 35% of Will County 12th grade students used e-cigarettes in the past 30 days
 - This is a 60% increase from 12th grade students in 2016
 - In the 2016 survey, 13% of 10th grade students used e-cigarettes in the past 30 days
- E-cigarette use in the past 30 days doubled from 2016 to 2018 among 8th graders in Will County
- While the most commonly used products among youth are still e-cigarettes with pre filled pods or cartridges that contain e-liquid mixtures, the results of the latest National Youth Tobacco Survey show a concerning increase in youth use of disposables. In 2022, of the youth who currently use e-cigarettes, 57.2 percent of the high school students and 45.8 percent of the middle school students reported using disposables.

E-CIGARETTE USE IN THE PAST 30 DAYS, WILL COUNTY ILLINOIS YOUTH SURVEY 2016 & 2018



E-CIGARETTE LUNG ILLNESS

- Outbreak of a severe lung illness associated with vaping
- Symptoms include:
 - Cough, shortness of breath, chest pain, nausea, vomiting, diarrhea, fatigue, fever, and abdominal pain
- Reports vary for symptom development; reported over a few days to several weeks
- Over 1,888 cases across the country in 49 states, including 38 deaths
 - 79% of cases are younger than 35 years old
 - 40% of patients are 18 to 24 years old
 - Youngest patient that died was only 17 years old
- 166 cases in Illinois with 3 deaths
- No one substance or product has been linked to all cases

SCHOOL'S E-CIGARETTE USE POLICY

- *Zero tolerance for students and staff.
- Disciplinary action.

WHAT CAN YOU DO ABOUT THE E-CIGARETTE PROBLEM

- Be tobacco free
 - If you haven't started using e-cigarettes or tobacco products, don't start
 - If you use e-cigarettes or tobacco products, the sooner you quit, the better
- Avoid secondhand e-cigarette aerosol exposure
- Help your school be e-cigarette free
- Spread the word about the risks of vaping
 - Talk to your friends/family members who use e-cigarettes about what you learned today



ADDITIONAL RESOURCES

- General Information on e-cigarettes/vaping
 - Illinois Department of Public Health e-cigarettes page
<http://www.dph.illinois.gov/topics-services/prevention-wellness/tobacco/e-cigarettes-and-vapes>
 - <https://www.bevapefree.org/parents-and-community/>
- Resources to help you quit
 - Illinois Quitline <https://quityes.org/>
 - Smoke-Free Teen <https://www.becomeanex.org/>