



#KnowTheFacts about E-cigarettes & Vaping

An educational presentation by the United Way of Broward County,
Commission on Behavioral Health & Drug Prevention



uwbccommission



uwbc_commission



uwbc_commission

drugfreebroward.org



United Way of Broward County



**COMMISSION ON BEHAVIORAL
HEALTH & DRUG PREVENTION**

CIGARETTES

What do you know about cigarettes?



CIGARETTES



Center for Disease Control (CDC):

Smoking leads to disease and disability and harms nearly every organ of the body.

- Smoking causes cancer, heart disease, stroke, lung diseases, diabetes, and chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis.
- Smoking also increases risk for tuberculosis, certain eye diseases, and problems of the immune system, including rheumatoid arthritis.

CIGARETTES



CDC teaches us:

Smoking is the leading cause of preventable death.

- Worldwide, tobacco use causes nearly 6 million deaths per year, and current trends show that tobacco use will cause more than 8 million deaths annually by 2030.
- Cigarette smoking is responsible for more than 480,000 deaths per year in the United States, including more than 41,000 deaths resulting from secondhand smoke exposure. This is about one in five deaths annually, or 1,300 deaths every day.
- On average, smokers die 10 years earlier than nonsmokers.

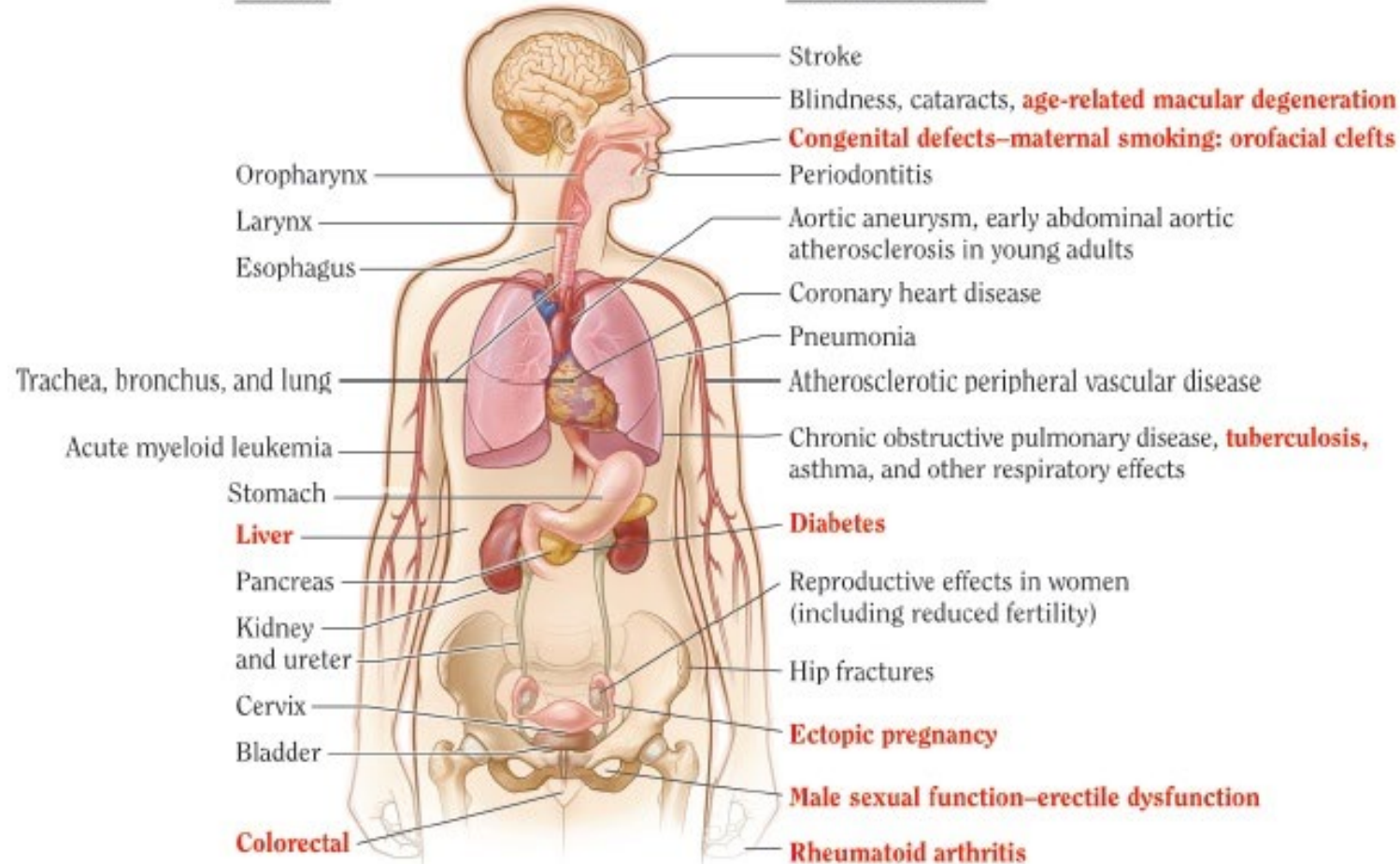
Risks from Smoking

Smoking can damage nearly every part of your body



Cancers

Chronic Diseases



Immune function

Overall diminished health



What's in a Cigarette?

Over 500 items including:

- Acetone (Nail Polish Remover)
- Ammonia (Household Cleaner)
- Arsenic (Used in Rat Poison)
- Lead (Used in Batteries)
- Tar (Used for Paving Roads)
- Toluene (Used to Make Paint)
- Napthalene (Found in Moth Balls)
- Methanol (Rocket Fuel)
- Ascorbic Acid
- Caramel Color
- Brown Sugar
- Benzyl Alcohol
- Candle Wax
- Carob Bean Extract
- Carrot Seed Oil
- Citric Acid
- Coffee Beans
- Corn Syrup
- Menthol
- Orange Oil
- Potassium Carbonate
- Prune Juice
- Rosemary Oil
- Propylene Glycol
- Much More!

7,000
Chemicals!

**ADD FIRE TO THE
CIGARETTE AND THE
500 INGREDIENTS
BECOMES 7,000
CHEMICALS
AND COMPOUNDS WITH
DOZENS THAT CAUSE
CANCER!**



VAPING & E-CIGARETTES



What do you know about Vapes?



Vaping & E-Cigarette



Some e-cigs are made to look like traditional tobacco cigarettes, cigars, or pipes. Others resemble a modern take on the traditional cigarette or pipe, with fashionable clear or shiny metal bodies featuring sleek colors and textures.

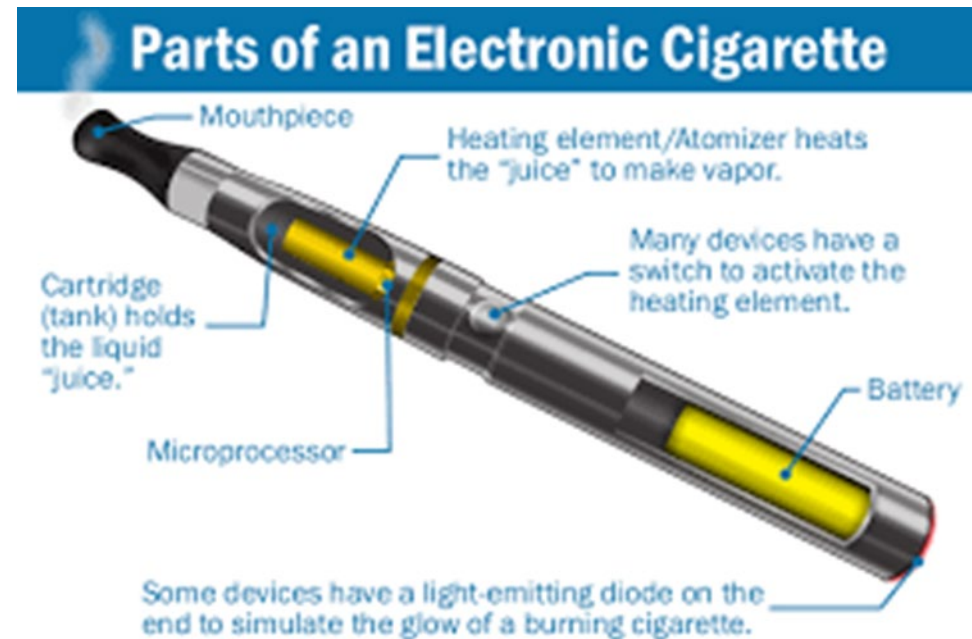


Vaping & E-Cigarettes



Electronic cigarettes come in many shapes and sizes. E-cigarettes have a battery, a heating element and a place to hold e-liquid.

Most e-liquids contain nicotine, which is a highly addictive chemical.



Vaping & E-Cigarette



Versions of e-cigarettes may be crafted to look like everyday items, such as ballpoint pens or USB flash drives.

Styles of electronic cigarettes vary greatly among the hundreds of existing brands, and new styles enter the market regularly.



Vaping & E-Cigarette



One device known as JUUL has become extremely popular among youth.

JUUL has become a prevalent topic on social media among young people and the trend has generated its own slang verb, “JUULing.”



<http://tobaccofreeflorida.com/eepidemic/>

HEALTH RISKS



Most teens **DON'T KNOW** what's really in their "juice" or vape smoke

What's in E-juice?

500+ brands

7,000+ flavors

0 regulations on ingredients

E-LIQUID
combination of water, nicotine and other chemicals; loaded into the atomizer for vaping

NOT REGULATED BY THE FDA



Manufacturers don't have to tell us what they put in the products, but we know most of it isn't meant for ingestion. Things like:

propylene glycol · benzene · lead · cadmium · nickel ·

VAPING. Don't Get Taken In.

Ads claim e-cigarettes emit only harmless water vapor. **NOT true!**

PROPYLENE GLYCOL
Commonly used in theatrical fog. It is considered safe when ingested, but little is known about long-term health effects when inhaled.

LEAD
Used in car batteries. It is highly toxic and has been banned from paint products. Lead poisoning stunts growth, causes nausea and vomiting and damages the brain.

ACETALDEHYDE
Carcinogen found in cigarette smoke. It irritates the skin, eyes, mucous membranes, throat, and respiratory tract.

FORMALDEHYDE
Embalmers use it to preserve dead bodies. It causes cancer and can damage your lungs, skin and digestive system.

TOLUENE
Commonly used ingredient in paint thinner. It is highly toxic. Exposure to even low levels can cause headache, nausea and wheezing.

CADMIUM
Commonly used in batteries. It causes damage to the liver, kidneys and brain and stays in the body for years.

ACETONE
Commonly used in nail polish remover. It can irritate the eyes and may depress the central nervous system.

ACROLEIN
Used as an herbicide to control weeds and algae. It is a toxic irritant for skin, eyes and nasal passages.

NICKEL
Commonly used in stainless steel magnets and batteries. It causes cancer and can damage your lungs and immune system.

LIQUID NICOTINE
The most dangerous part of an e-cigarette might be the liquid nicotine. It is highly addictive and toxic. Even small amounts of liquid nicotine absorbed through the skin or swallowed can cause vomiting and seizures, and could be fatal for a child. The refill containers aren't childproof. AND "e-juice" comes in candy flavors and bright colors that kids are going to love.

Though e-cigarette aerosol has lower levels of toxins than cigarette smoke, it still contains nicotine, ultrafine particles of toxic chemicals and some known carcinogens. Users inhale a heated propylene glycol or glycerine-based solution. Nobody knows how these affect your health long-term.

The products shown contain chemicals found in e-cigarettes. The products themselves are not added to e-cigarettes and are used for illustrative purposes only.

HEALTH RISKS

Side effects of vaping

Mouth and airways

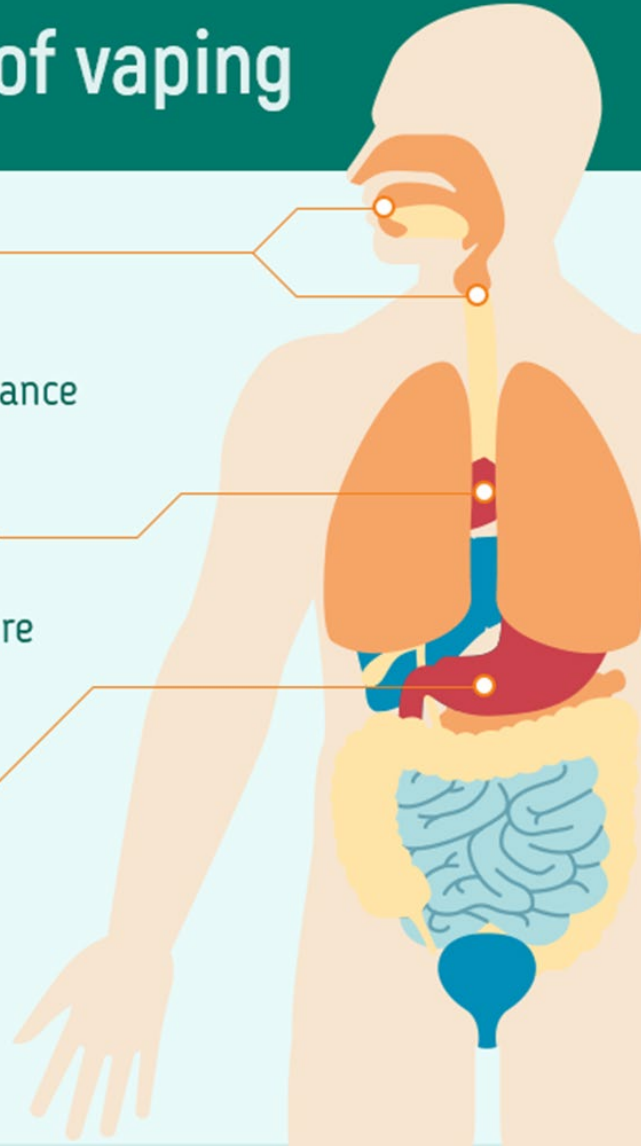
- Irritation
- Cough
- Increased airway resistance

Heart and circulation

- Chest pain
- Increased blood pressure
- Increased heart rate

Stomach

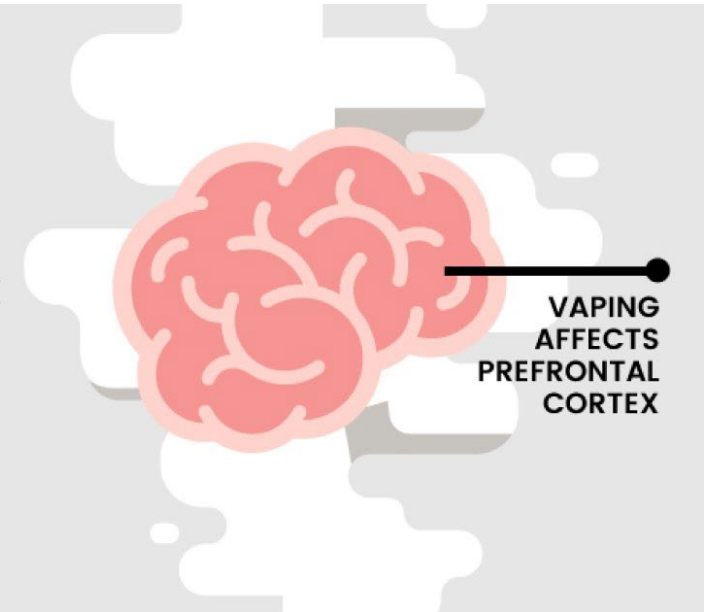
- Vomiting
- Nausea



Brain Damage

The Prefrontal Cortex is responsible for

- Decision Making
- Emotions
- Impulse Control



VAPING
AFFECTS
PREFRONTAL
CORTEX

One of the Biggest Risks



NICOTINE ADDICTION !!!

The New Look of
**NICOTINE
ADDICTION**



Health Risks



- Nicotine is highly addictive!
- Nicotine can harm adolescent brain development, which continues into the early to mid-20s
- Nicotine poses a risk for cancer.

Sl. No	Nicotine Addiction Symptoms:
1	Tolerance to nicotine with decreased effect and increasing dose to obtain same effect
2	Withdrawal symptoms after cessation
3	Smoking more than usual
4	Persistent desire to smoke despite efforts to decrease intake
5	Extensive time spent smoking or purchasing tobacco
6	Postponing work, social or recreational events in order to smoke
7	Continuing to smoke despite health hazards.

HEALTH RISKS

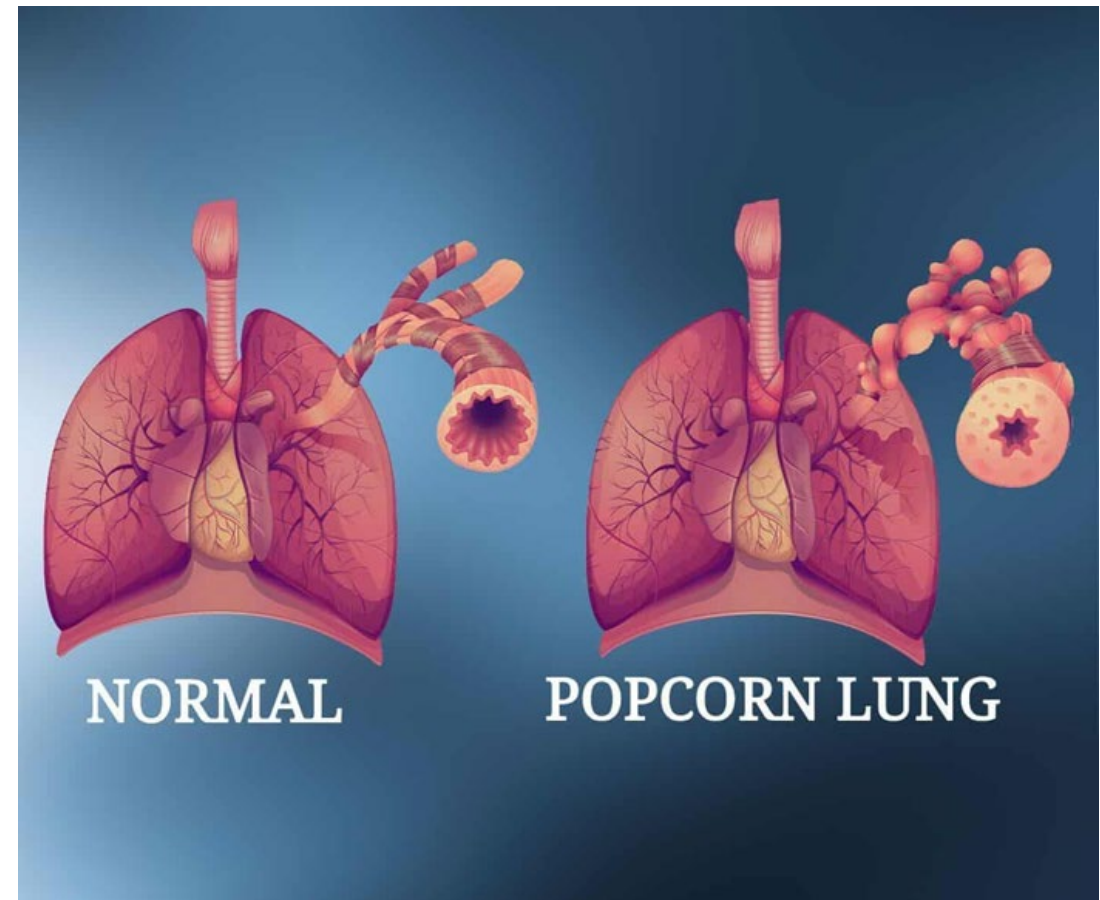


E-cigarette aerosol can contain substances that harm the body.

According to the American Lung Association, using electronic cigarettes or vaping, particularly the flavored varieties, can cause popcorn lung.

The lung tissue scarring caused by popcorn lung is irreversible.

There is no cure for the condition once it has developed and begun constricting the airways.



HEALTH RISKS



E-cigarette aerosol DOES contain harmful second-hand smoke effects



HEALTH RISKS



E-cigarettes can cause unintended injuries.

- Defective e-cigarette batteries have caused fires and explosions, some of which have resulted in serious injuries. Most explosions happened when the e-cigarette batteries were being charged.
- Burns
- Poisoning



Laws & Legal Consequences



As of September 2017, there was a law passed to prohibit selling of e-cigarettes to minors.

Amendment 9 recently passed that bans vaping at indoor workplaces and within 1,000 feet of schools.

-Clean Air Act



VAPING THC



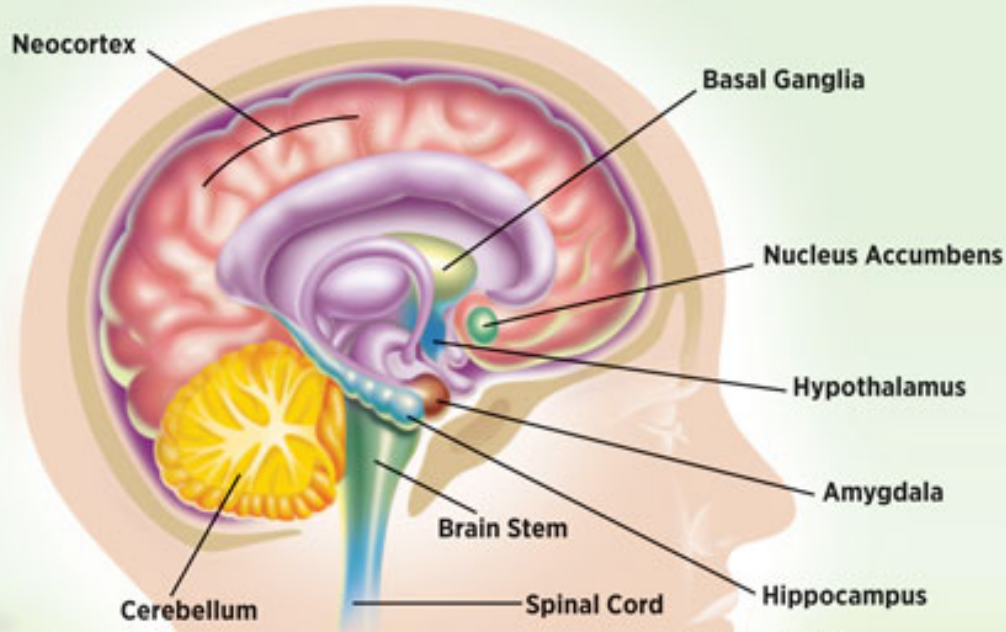
Vaping cannabis, also known as marijuana (weed), is when a person inhales aerosolized cannabis concentrate.

Any cannabis use can have long-term effects on the developing brain, negatively impacting attention, school performance, and learning, as well as placing youth at greater risk for mental health problems.



Harmful Effects of Marijuana

How does THC affect behavior? It depends on where the CB receptors are in the brain.



Brain Structure	Regulates	THC Effect on User
Amygdala	emotions, fear, anxiety	panic/paranoia
Basal Ganglia	planning/starting a movement	slowed reaction time
Brain Stem	information between brain and spinal column	antinausea effects
Cerebellum	motor coordination, balance	impaired coordination
Hippocampus	learning new information	impaired memory
Hypothalamus	eating, sexual behavior	increased appetite
Neocortex	complex thinking, feeling, and movement	altered thinking, judgment, and sensation
Nucleus Accumbens	motivation and reward	euphoria (feeling good)
Spinal Cord	transmission of information between body and brain	altered pain sensitivity

The brain structures illustrated above all contain high numbers of CB receptors

11 Negative Side Effects of Using Marijuana

1. Addiction
2. Memory Loss
3. Social Anxiety Disorders
4. Paranoia
5. Heart Damage
6. Lung Problems
7. Low Testosterone
8. Appetite Irregularities
9. Risk of Greater Potency
10. Decrease in Motor Responses
11. Poor Decisions



Predatory Marketing



“Predatory Marketing” is when companies intentionally market harmful products to specific groups.

In this case, vape and e-cig companies use predatory marketing to try and get teens hooked.



How to Stop Vaping



“Help—I already vape (or smoke, or use cannabis)! What should I do?”

It’s never too late to quit.

Quitting smoking or vaping can seem overwhelming, but it’s not impossible.

There is always hope for recovery.

Get connected with tools, resources, and encouragement, to help you successfully quit.

CALL 2-1-1 or go to <http://teenspace211.org/>

Call 1-800-QUIT-NOW

How to Stop Vaping



“Help—I already vape (or smoke, or use cannabis)! What should I do?”

Tobacco Free Florida offers a number of free and convenient resources to help.

Phone: To talk to a Quit Coach[®] who can help you quit tobacco, call 1-877-U-CAN-NOW

Online: Tobacco Free FL online quit program, www.tobaccofreeflorida.com/quityourway/

In-Person: To find face-to-face help in a group setting, please visit www.ahectobacco.com.

Summary



7 Facts

1. E-cigs contain nicotine, cancer-causing chemicals, metals, and other chemicals found in regular cigarettes.
2. Nicotine is especially addictive for teens, and can increase anxiety levels.
3. 1 JUUL pod contains the same amount of nicotine as an entire pack of 20 cigarettes!
4. Smoking e-cigs can harm teen brain development, which continues into the early to mid-20s.

Summary



7 Facts

5. Some e-cigs like JUUL were designed intentionally to resemble everyday items like USB drives, pens and markers.
6. Flavored regular cigarettes are banned because they get teens addicted, but flavored e-cigs are still on the market.
7. E-cigarette aerosol is NOT just harmless “water vapor.”

TIPS TO DEAL WITH STRESS



Talk to a counselor.

- Ask friends/family members for help.
- Set priorities. Let go of less important commitments.
- Learn to say “no”. Nobody can do it all.
- EXERCISE is a great stress buster.
- Aerobic exercise is best for relieving stress.
- Talk to a friend, family member, teacher
- Choose an activity you like. Walk, hike, bike, dance away the tension.
- Yoga, meditation.
- Reading, quiet time alone.
- Deep breathing and stretching.
- Eating a healthy diet.
- Get enough rest/sleep.
- Journaling
- Listen to music (calming/positive messages)

#KNOWTHEFACTS

Electronic cigarettes can be used with marijuana or CBD oil.¹

03

04

66% of teens think that there is “just flavoring” in their electronic cigarettes.²

02

Nicotine can harm adolescent brain development.¹

05

21% Florida high school students get their electronic cigarettes from convenience stores and/or gas stations.³

01

Electronic cigarettes can have nicotine levels equal to a pack of cigarettes.¹

06

41% of Broward County high school students said they have used an electronic cigarette.⁴

¹ Truth Initiative

² National Institute on Drug Abuse

³ Florida Youth Tobacco Survey 2015

⁴ Youth Risk Behavior Survey 2017





ELECTRONIC CIGARETTES
PREVENTION
TOOLKIT
KNOW THE FACTS

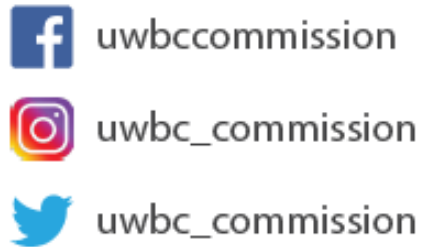


Electronic Cigarettes Prevention Toolkit

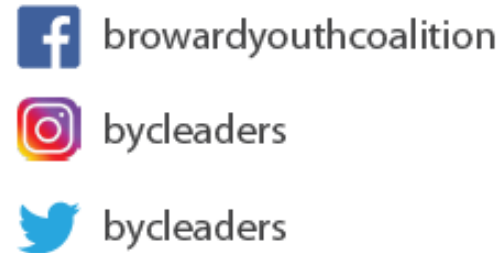
<https://www.drugfreebroward.org/resources/>

WE'RE SOCIAL!

United Way of Broward County Commission on Behavioral Health & Drug Prevention



Broward Youth Coalition (BYC)



<http://teenspace211.org/>

<https://escapethevape.org/>

Call 1-800-QUIT-NOW for free
counseling

<https://teen.smokefree.gov/>

Vaping Prevention Toolkit:
<http://www.drugfreebroward.org/resources/>



For more information, please visit drugfreebroward.org or call 1-800-334-4568.

