

JOIN THE
MOVEMENT

WELCOME

**St. Clair County
Health Care Commission**

**+ HEALTH
SUMMIT
2019**

Thursday, March 28, 2019

Substance Abuse Work Group

FACILITATOR:

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What You Need to Know About Vaping

Session Objectives

- Learn to identify vaping products.
- Learn about the potential health risks for St. Clair County youth.
- Learn about small steps you can take to help reduce substance use among youth.
- Identify resources and supports available to youth and families in St. Clair County.

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MOVEMENT**



Goals of our work group- By 2023, we plan to:

- Reduce youth substance use in the county by 5%
- Reduce opioid overdose deaths in the county by 25%

What we are working on now:

- Distributing educational materials to schools
- Developing social media campaigns
- Targeted outreach with key community leaders
- Developing strategies to reach at-risk groups

Our Connection/Contribution to Healthier Together:

- Members of our work group are part of the movement
- A reduction in substance use = a healthier county

What is vaping?

Vaping is the act of inhaling chemical vapors from an electronic cigarette or similar device



Learn to identify vaping products



E-CIGARETTES

An e-cigarette is designed to look and feel like a traditional cigarette.

It is battery operated and uses a heating element to change the chemical liquid into a vapor.

E-CIGARETTES

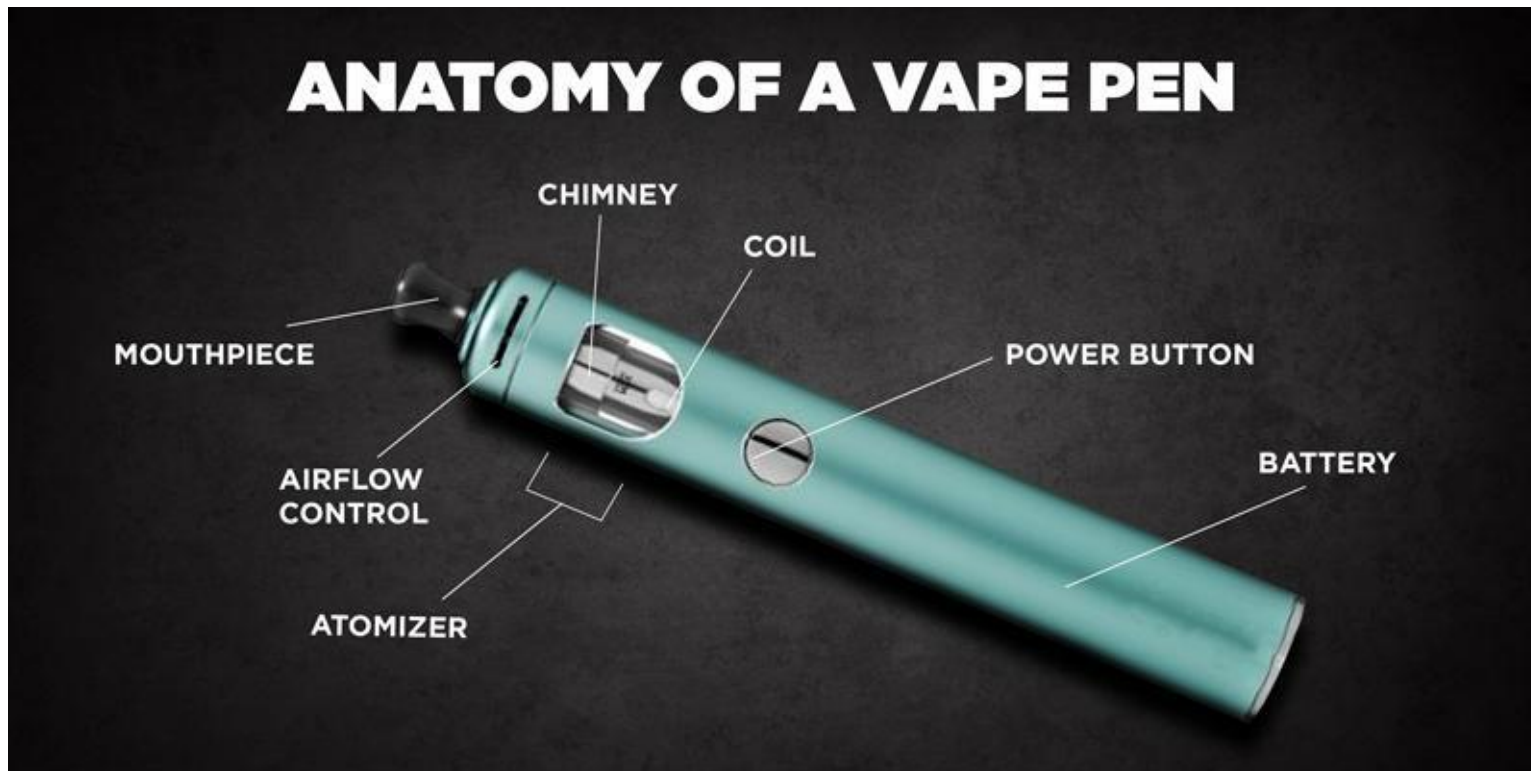


Vape Pens

Vape pens are larger than an e-cigarette

They use a heating element to change the chemical liquid into an aerosol.

Vape Pens



Mods

Mods are the largest of the vaping products

They are often used in “cloud competitions,” due to the large amount of smoke they can produce

Mods



Juuls



Juuls

- Most popular vaping product for teenagers
- Looks like a USB drive
- Can be easily hidden
- Produces very little vapor when exhaled

Juuls

- 1 Juul pod has the same amount of nicotine as 20 cigarettes
- Students have been known to use them in school bathrooms, hallways, and classrooms

What is in it?



What is in it?

- Most e-cigarette or vaping juice contains nicotine
- Even some “nicotine free” juices have been found to contain trace amounts of nicotine
- Nicotine is highly addictive and can rewire a young person’s brain

What else is in there?

<ul style="list-style-type: none"> • Propylene glycol • Glycerin • Flavorings (many) • Nicotine • NNN • NNK • NAB • NAT • Ethylbenzene • Benzene • Xylene • Toluene • Acetaldehyde • Formaldehyde • Naphthalene • Styrene • Benzo(b)fluoranthene 	<ul style="list-style-type: none"> • Chlorobenzene • Crotonaldehyde • Propionaldehyde • Benzaldehyde • Valeric acid • Hexanal 	<ul style="list-style-type: none"> • Benzo(ghi)perylene • Acetone • Acrolein • Silver • Nickel • Tin 	<ul style="list-style-type: none"> • Cadmium • Silicon • Lithium • Lead • Magnesium • Manganese • Potassium • Titanium • Zinc • Zirconium • Calcium • Iron • Sulfur • Vanadium • Cobalt • Rubidium
<p>All of these have been found in e-cigarette aerosol</p>			
<ul style="list-style-type: none"> • Acenaphthylene • Acenaphthene • Fluoranthene • Benz(a)anthracene • Chrysene • Retene • Benzo(a)pyrene • Indeno(1,2,3-cd)pyrene 	<ul style="list-style-type: none"> • Aluminum • Chromium • Boron • Copper • Selenium • Arsenic • Nitrosamines • Polycyclic aromatic hydrocarbons 	<p>tobaccoprevention.orkit.stanford.edu</p>	

Compounds in yellow are from FDA 2012, Harmful and Potentially Harmful Substances – Established List

Health Risks

A 2016 report by the U.S. Surgeon General stated that e-cigarette use among youth is a significant public health concern.

Health Risks

- Originally marketed as a “safe” alternative to traditional tobacco products
- Can have unsafe levels of toxic metals in the chemical liquids

Health Risks

- 4x more likely to try traditional tobacco products
- Vapors make it harder for lung cells to repair damage
- May contribute to lung cancer and heart disease

Health Risks

- Inhaling chemicals can and will cause irritation to the lungs
- This irritation can cause a hacking cough much like the “smoker’s cough”
- A chemical in some juices, called diacetyl, may be a contributing factor in “popcorn lung” a serious and irreversible lung disease

Marijuana and Vaping

- Some vaping liquids may contain tetrahydrocannabinol (THC)
- THC is the main psychoactive component in the marijuana plant
- THC can have serious negative effects on a young person's brain development
- THC can affect vision, memory and reaction time

THE Flavors!!

Many of the juices have a flavor appealing to young kids.

The flavors include...

Donut

Bubble Gum

Banana Split

Root Beer

Peach Green Tea

Chocolate Cake

2016 Illinois Youth Survey Results for St. Clair County

Past 30 Day Use of Vaping Products

8th grade: 6%
10th grade: 11%
12th grade: 19%

2018 Illinois Youth Survey Results for St. Clair County

Past 30 Day Use of Vaping Products

8th grade: 6%
10th grade: 21%
12th grade: 30%

IYS Trends

From 2016 to 2018 there was a...

90% increase in 10th graders
reporting use of a vaping device

58% increase for 12th graders

What can you do?

- Educate yourself on the many risk of vaping products
- Make sure your children know your rules about NO USE of e-cigarette or vape products
- Let them know the consequences of use
- Talk with your children and answer questions they may have about vaping
- Inform other adults (family, friends, etc.) about your rules regarding use of these products

Resources

Center for Disease Control

www.cdc.gov

Partnership for Drug Free Kids

www.drugfree.org

Partnership for Drug Free Communities

www.partnershipdrugfree.org

Tobacco Prevention Toolkit

med.stanford.edu/tobaccopreventiontoolkit.html

THANK YOU

TO OUR PARTNERS

- AgeSmart Community Resources
- Centerstone
- Chestnut Health Systems
- East Side Aligned
- Hased Comprehensive Psychological and Assessment Services
- Hoyleton Youth & Family Services
- HSHS St. Elizabeth's Hospital
- Memorial Hospital Belleville
- Programs & Services for Older Persons, SWIC
- St. Clair County Mental Health Board
- St. Clair County State's Attorney's Office
- Touchette Regional Hospital
- Treatment Alternatives for Safe Communities
- United States Attorney's Office