

VAPING & HEALTH



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in collaboration with
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Vaping Topics

- What are they?
- Are they safer than cigarettes?
- Are they safe for youth?
- Talking about it.
- Questions



Many kinds of devices, many names.





E CIG

E HOOKAH

E GOs, TANKS,
VAPE PENS

MODS, (Advanced
Personal Vaporizer)

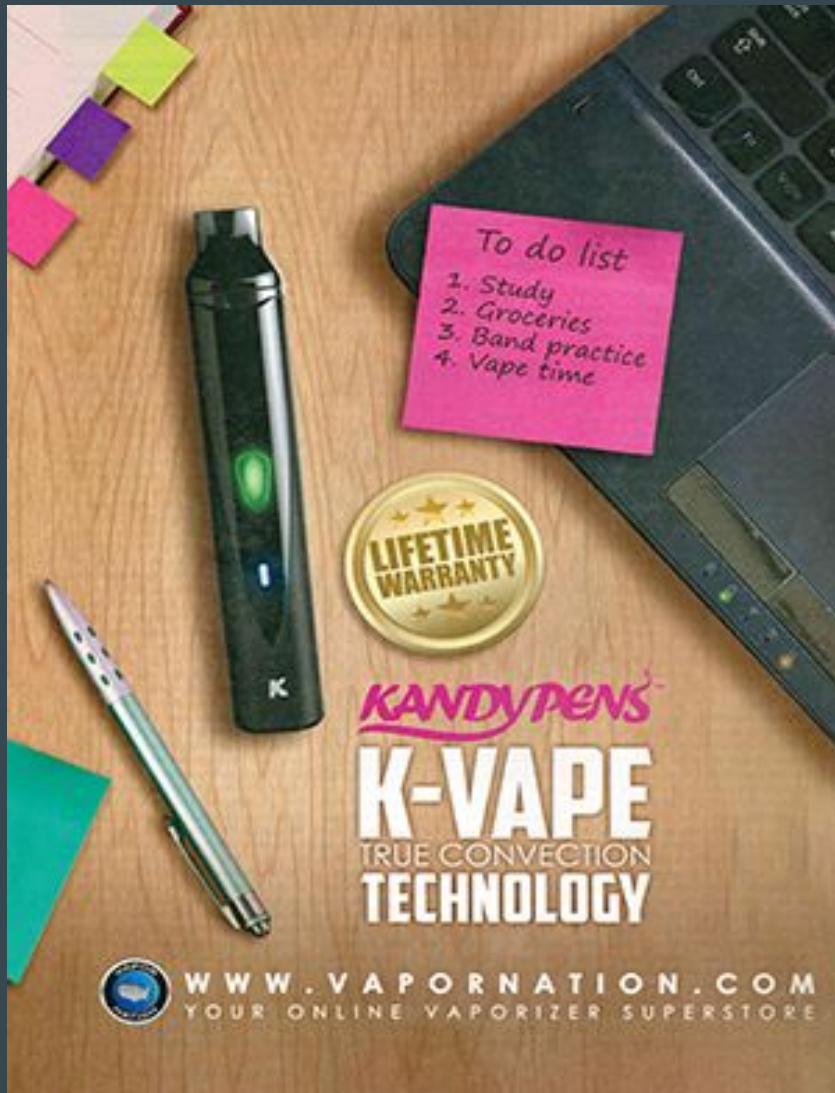
E CIGAR

E PIPE

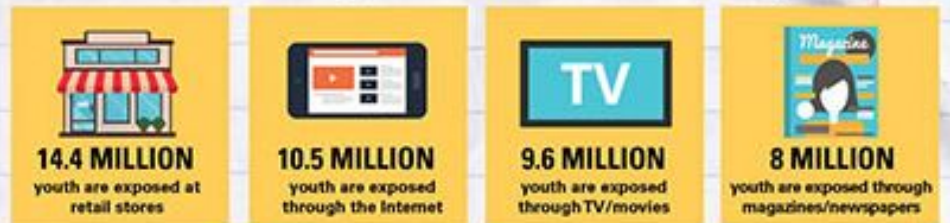
The Usual Suspects



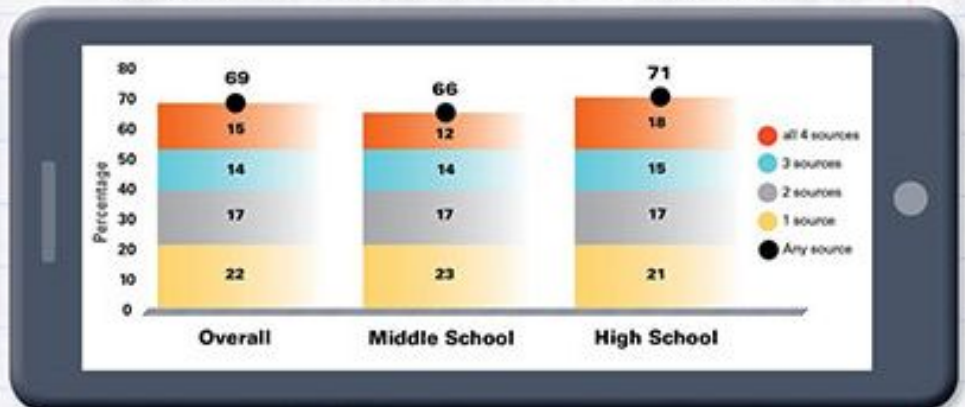
New Device - Old Tricks



Sources of e-cigarette advertisement exposure

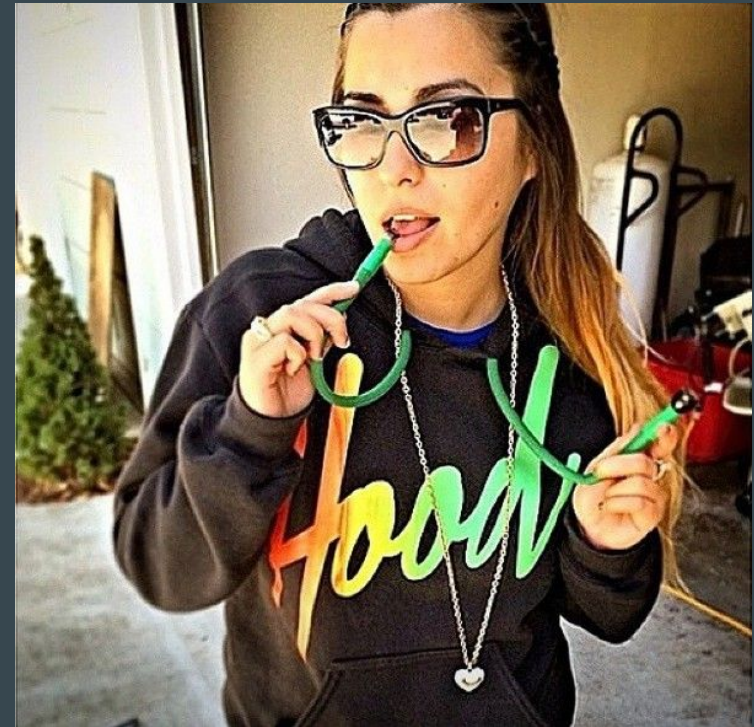


US students exposed to e-cigarette advertisements, by school type and number of sources of exposure

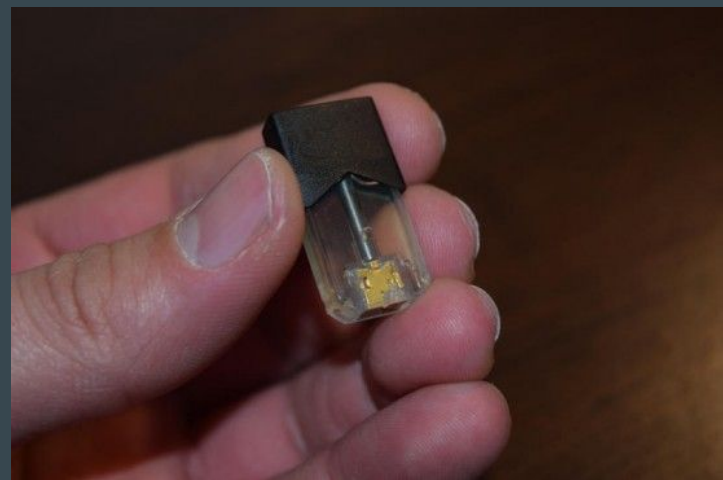


* Percentages may not add up exactly to any source due to rounding.

Vaping devices can be difficult to identify.



JUULs



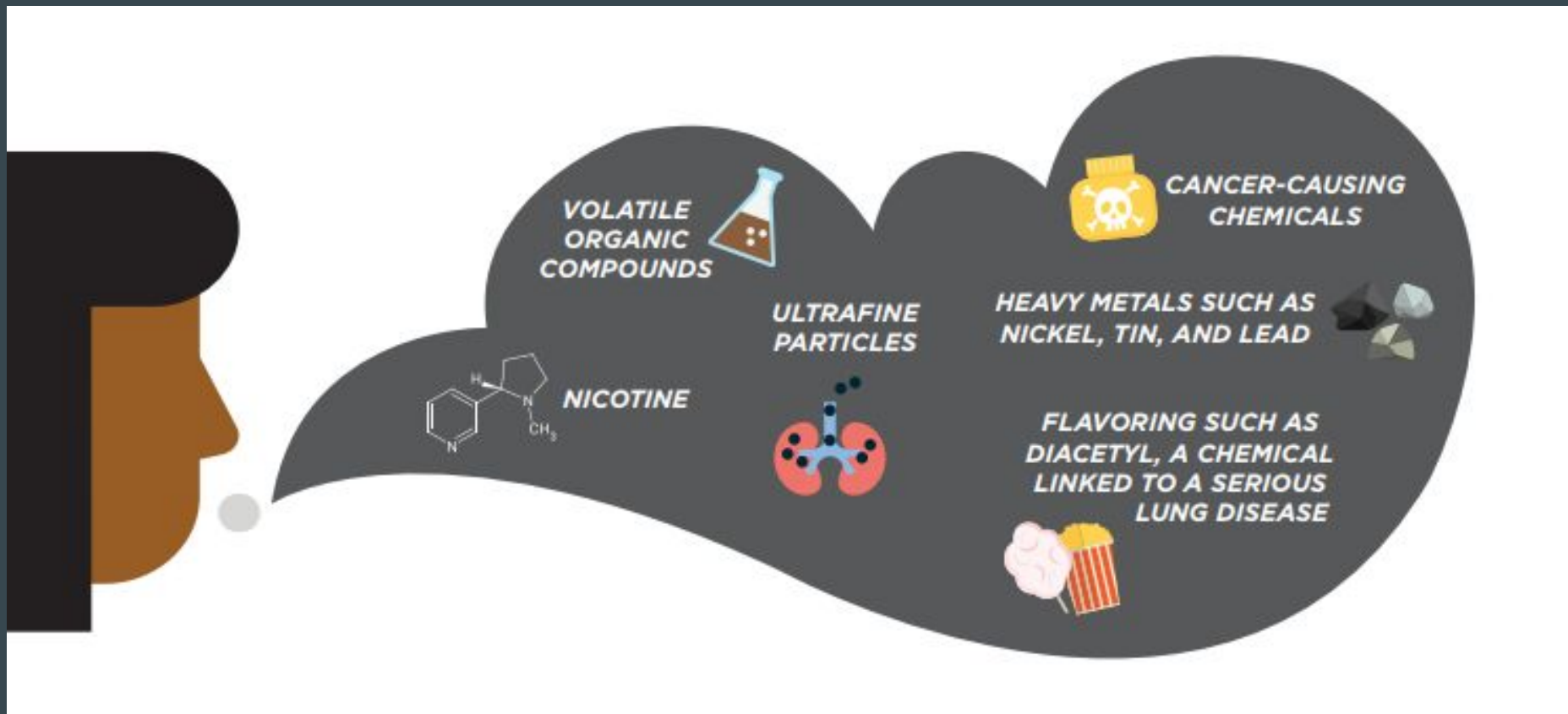
Aren't they safer than cigarettes?



- Cigarettes remain the leading cause of preventable death in the United States.
- E-cigarettes entered the U.S. market in 2007, so we don't know long-term consequences yet.

It's just water vapor, right?

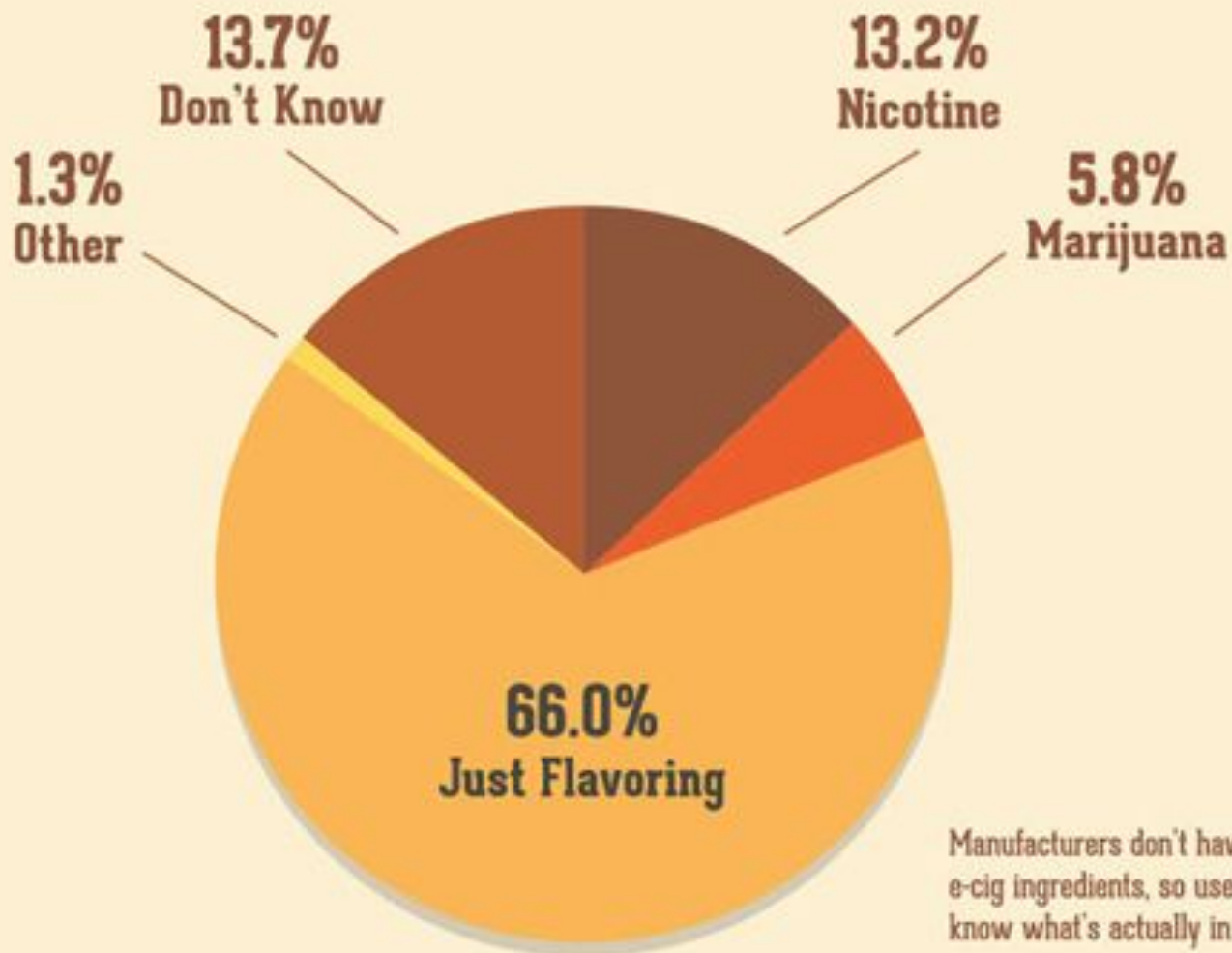
Aerosols can contain...



We know they are not safe for youth.



WHAT DO TEENS SAY IS IN THEIR E-CIG?³





FACT:

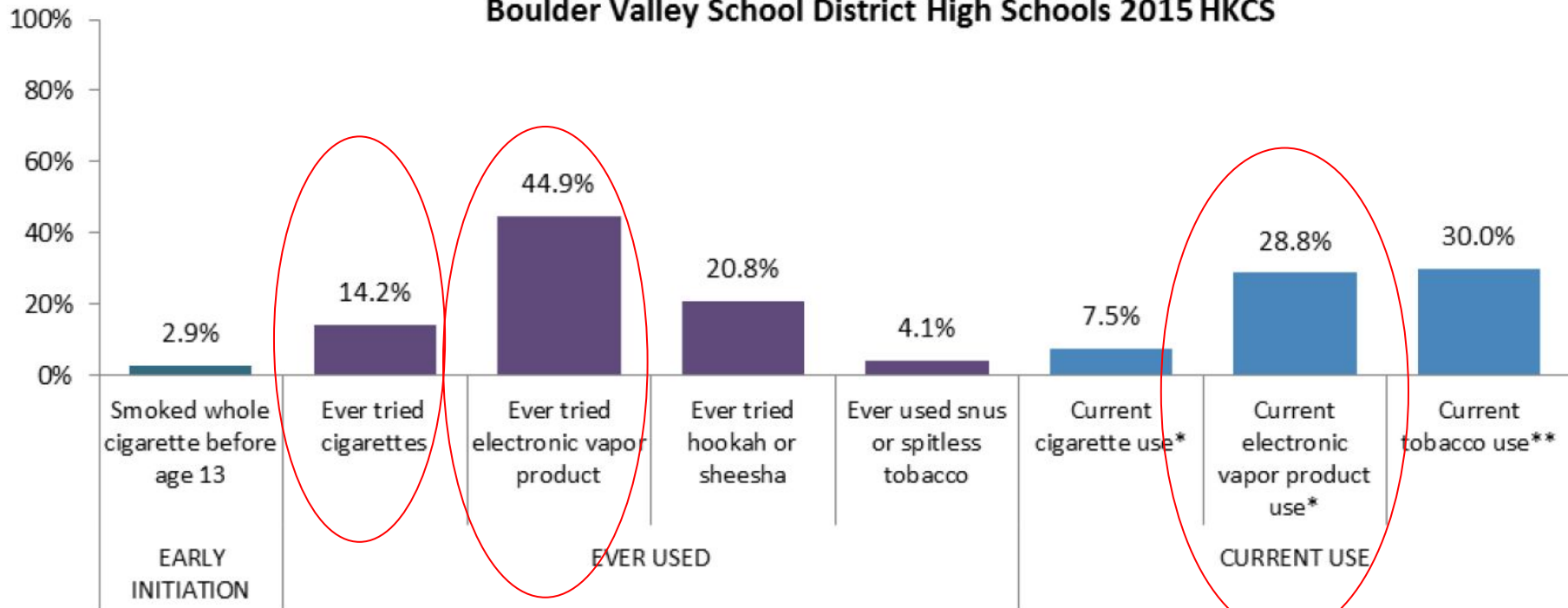
TEENS WHO START VAPING
ARE 4x MORE LIKELY
TO SMOKE CIGARETTES
A YEAR LATER.

You can vape almost anything.



Boulder Valley School District Data - 2015

**Figure 10. Tobacco Use and Access
Boulder Valley School District High Schools 2015 HKCS**



* Used 1 or more times in the 30 days prior to the survey

** Includes cigarettes, cigars, chewing tobacco, or e-vapor products, used 1 or more times in the 30 days prior to the survey

We are working to keep students safe.



Boulder Valley School District
File: ADC
Adopted: February 28, 2017

TOBACCO-FREE SCHOOLS

To promote the general health, welfare and well-being of students and staff, smoking, chewing or any other use of any tobacco product by staff, students and members of the public is prohibited on all school property.

2. "Tobacco product" means:

- a. Any product that contains nicotine or tobacco or is derived from tobacco and is intended to be ingested or inhaled by or applied to the skin of an individual, including but not limited to cigarettes, cigars, pipe tobacco, snuff and chewing tobacco; and
- b. Any electronic device that can be used to deliver nicotine to the person inhaling from the device, including but not limited to an electronic cigarette, cigar, cigarillo or pipe.
- c. "Tobacco product" does not include any product that has been approved by the appropriate federal agency as a tobacco use cessation product.

3. "Use" means lighting, chewing, smoking, ingesting or application of any tobacco product.

Starting the Conversation:

- Get Their Perspective
- Ask Why Before Suggesting Why Not
- Share Your Concerns

Talking points:

- Media Literacy- understanding the messages you are receiving in media and culture
- Peer Influence - the desire to 'fit in' and how that might drive them to try new things
- Refusal Skills - practicing how to say “no.”
- Healthy Stress Management - positive friends, healthy activities, mental health

Keep talking

- speaknowcolorado.org
- cdc.gov/tobacco



You're a role model

- Healthy Youth Alliance,
Boulder County

Q&A

CHECK IT OUT! YOU CAN LOOK COOL, MAKE PUFFY WHITE CLOUDS, AND WASTE MONEY...

WITHOUT EVEN HURTING YOUR LUNGS! #BETTERTHANVAPING

imgflip.com

Credits: Boulder County Public Health, Rocky Mountain Poison Control, CDC, FDA, Stanford Medical School, NIDA, NIH, Teen Intervene