

E-Cigarettes/Vapes: What You Need to Know

Presented By
Alyse Nichols, MPH, CHES
Cassidy Livingston, BA



Learning Objectives

AFTER THIS SERIES, YOU WILL BE ABLE TO:

- Identify health risks of e-cigarettes/vapes.
- Identify resources for e-cigarette prevention and cessation.



WHAT ARE E-CIGARETTES?



Photograph: Centers for Disease Control and Prevention (2022). [Photograph]. Retrieved from https://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html?s_cid=OSH_emg_GL0004&gclid=Cj0KCQjwl8anBhCFARIsAKbbpyTc109ciQj1s1-gZSF9Bc6Hc5MG8EySEM5lj_opSexa2wbP26Pdn9AaAmfvEALw_wcB#why-is-nicotine-unsafe

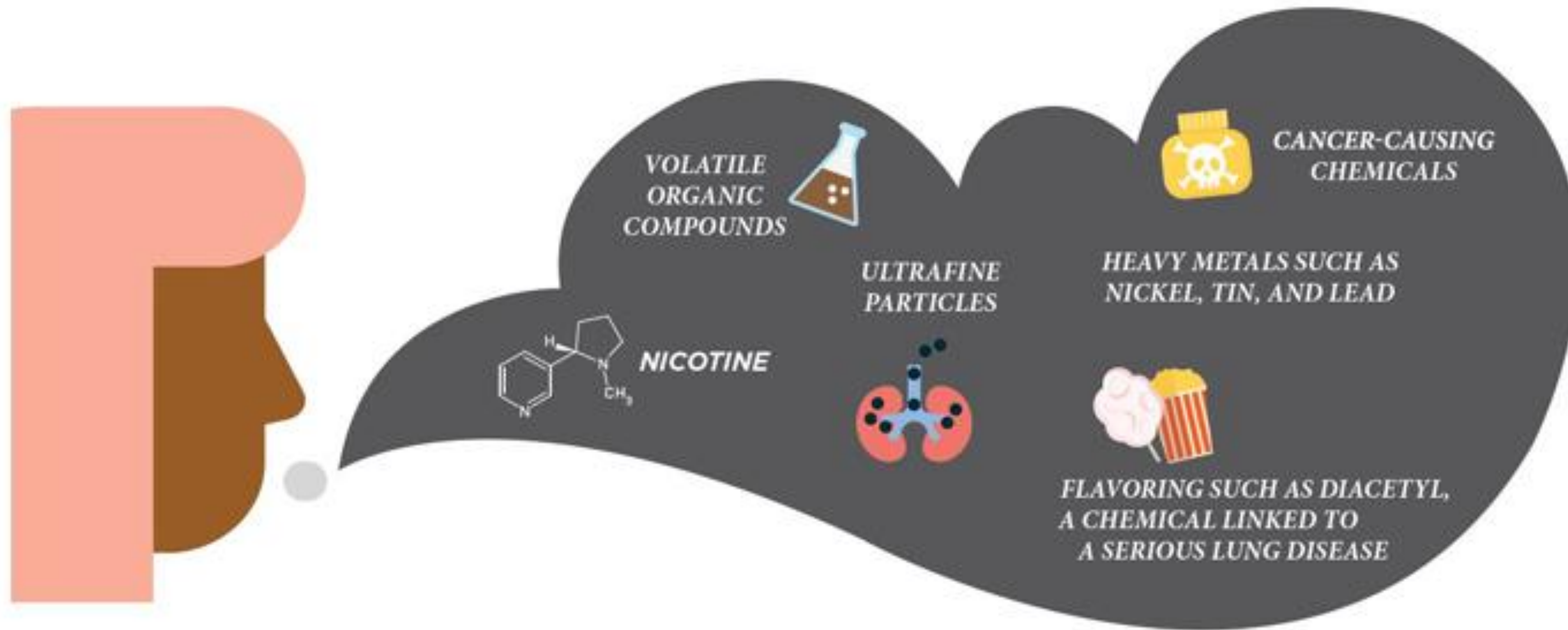


Poll Question

Fact or Fiction:

Vapes don't have harmful chemicals in them. It is only water vapor.





Photograph: Centers for Disease Control and Prevention (2022). [Photograph]. Retrieved from https://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html?s_cid=OSH_emg_GL0004&gclid=Cj0KCQjwl8anBhCFARIsAKbbpyTc109ciQj1s1-gZSF9Bc6Hc5MG8EySEM5lj_opSexa2wbP26Pdn9AaAmfvEALw_wcB#why-is-nicotine-unsafe



Regulation

- **2016:** The U.S. Food and Drug Administration was deemed to have regulatory authority to cover e-cigarettes.
- **2019:** E-Cigarette flavor ban signed by Governor Whitmer.
- **2020:** FDA requires all vaping products to be approved for sale.
- **2020:** Federal law increasing the age to buy nicotine products from 18 to 21 years old.
- **2020:** Michigan expands smoke-free laws to include e-cigarettes.
- **2021:** Whitmer administration withdraws flavored nicotine vaping bans.



Local Compliance Checks

A local agency called I.M.P.A.C.T. conducts tobacco compliance checks each year in St. Clair County.

2022

- 7 out of 60 stores attempted to sell to teen decoy during Non-Synar checks.
- 2 out of 10 attempted to sell during Synar checks.

2023

- 10 out of 60 stores attempted to sell to teen decoy during Non-Synar checks.
- 2 out of 4 attempted to sell during Synar checks.



Data: St. Clair County Adults

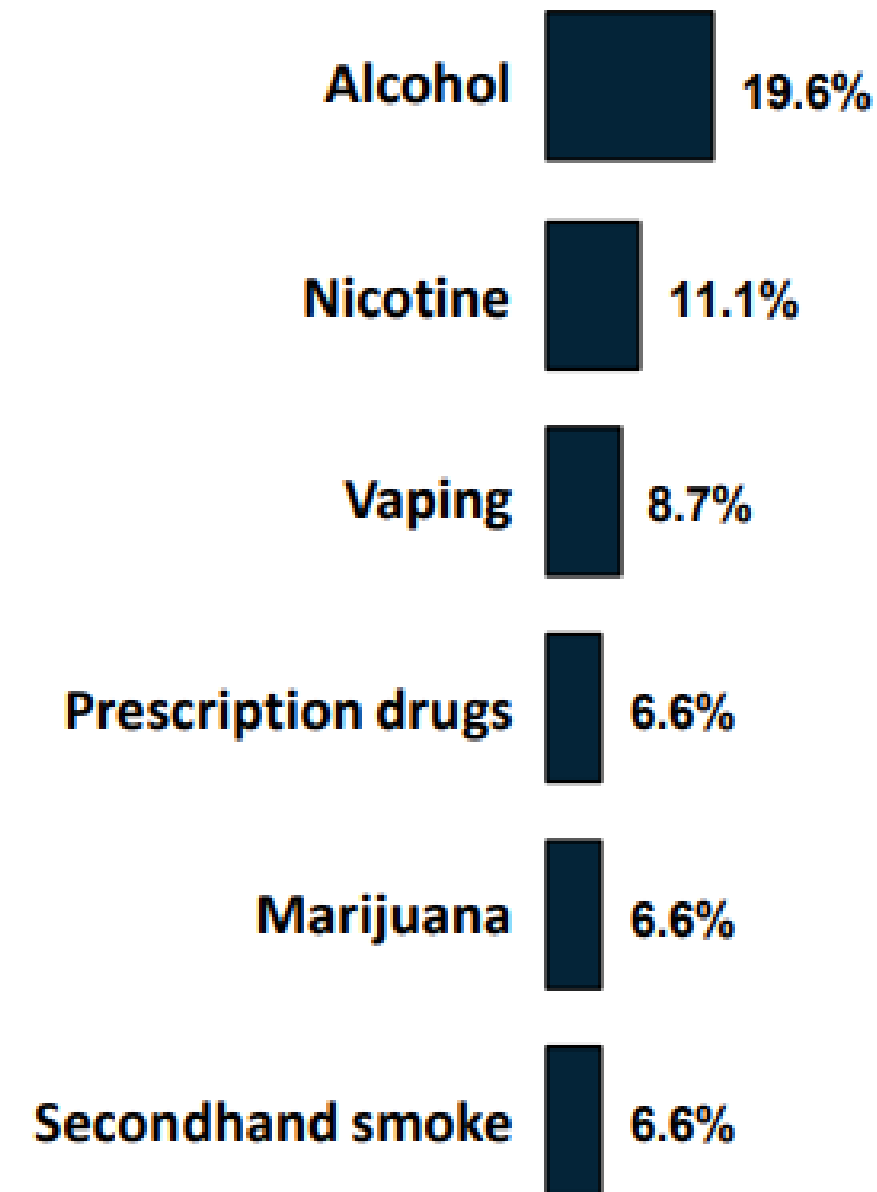
	Risk Behavior Indicators			
	2016	2021	Michigan*	U.S.*
No Leisure Time Physical Activity	18.4%	15.8% ●	20.8%	22.4%
Consumes Fruits <1 time/day	--	50.9%	41.1% (2019)	39.3% (2019)
Consumes Vegetables <1 time/day	--	32.8%	20.7% (2019)	20.3% (2019)
Current Cigarette Smoking	28.1%	18.1% ●	18.4%	15.5%
Former Cigarette Smoking	23.6%	31.5% ●	27.1%	25.2%
Binge Drinking	22.7%	24.0% ●	17.4%	15.9%
Heavy Drinking	8.6%	8.0% ●	6.8%	6.7%
Current Vaping/E-cigarette Use	4.6%	8.2% ●	6.4%	4.6% (2017)

Source: Hill, Martin. (2021). 2021 Community Health Needs Assessment, St. Clair County. St. Clair County Health Department.
https://stclaircounty.org/Pagebuilder/scchd/Uploads/St.%20Clair%20County%202021%20CHNA%20Report%204_16_22%20-With%20Disclaimer.pdf

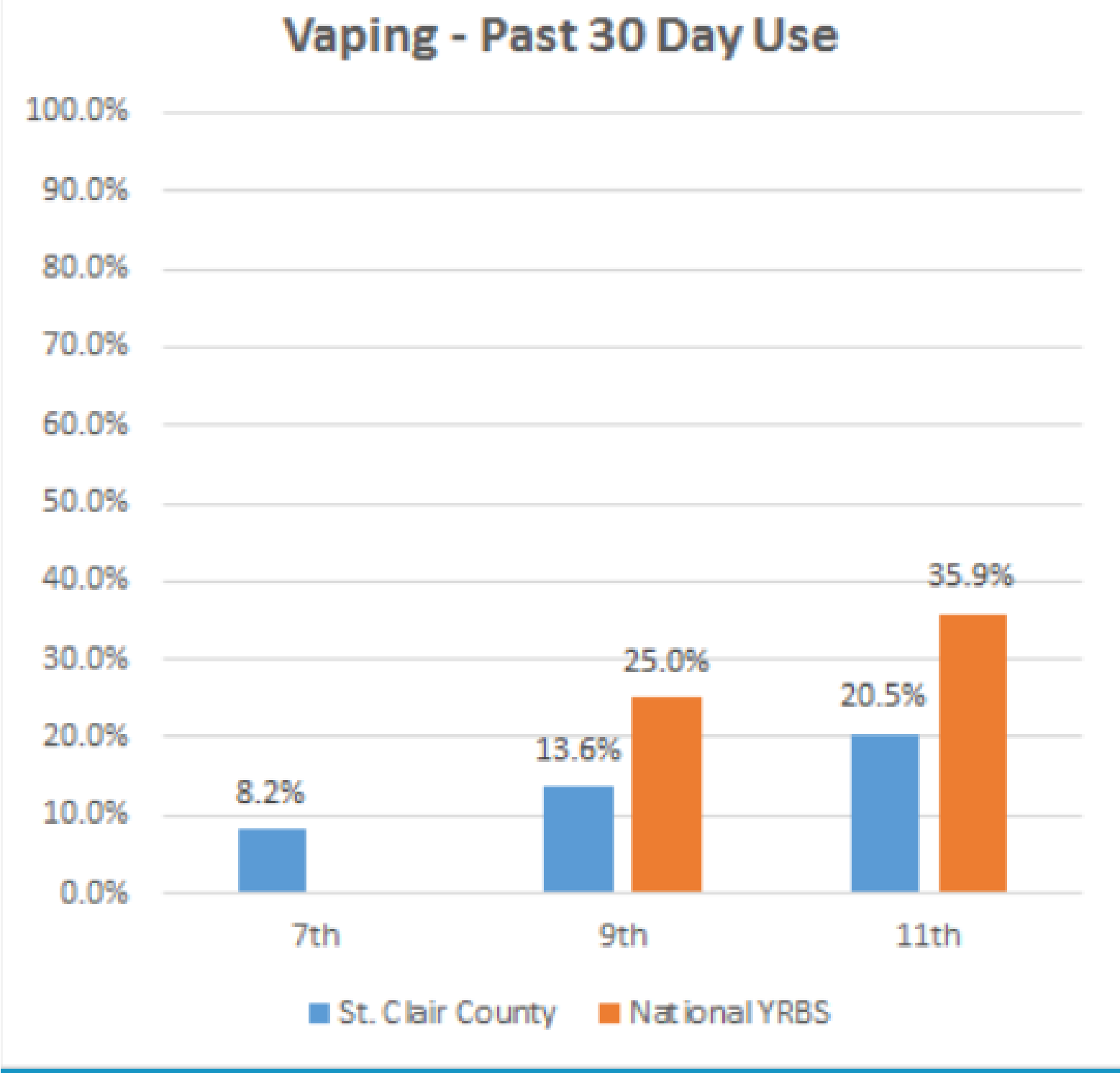


Data: St. Clair County Adults

Underserved residents most often cite alcohol, nicotine, and vaping as the substance that have a negative impact on them or their families.



Data: St. Clair County Youth



Source: Centers for Disease Control and Prevention. (2020). Teen Substance Use and Risks. Retrieved from <https://www.cdc.gov/ncbddd/fasd/features/teen-substance-use.html>.
Data Source: MiPHY 2021-22 school year



Data: United States Youth

In 2022, most youth who reported using e-cigarettes used flavored varieties (84.9%). Among middle and high school students who currently used any type of flavored e-cigarette in 2022, the most commonly used flavors were fruit (69.1%), candy, desserts, or other sweets (38.3%), mint (29.4%), and menthol (26.6%).



It's just “experimentation”

- 90% of addictions begin in adolescence
- Substance use can have long-term implications for the developing brain



Health Impacts

Brain Development:

- Last to develop (not until mid-20s)
- Problem solving skills, time management, decision-making skills, reasoning, impulse control
- Over-active impulse to seek pleasure & less ability to consider consequences
- Substance abuse in adolescence can cause learning difficulties and long-term health problems in adulthood



Health Impacts

- Scientists are still learning about the long-term health effects of e-cigarettes.
- Some of the ingredients in e-cigarette aerosol could also be harmful to the lungs in the long-term.
- Defective e-cigarette batteries have caused some fires and explosions, a few of which have resulted in serious injuries.



Health Impacts

Children and adults have been poisoned by swallowing, breathing, or absorbing e-cigarette liquid through their skin or eyes.



Nationally, approximately 50% of calls to poison control centers for e-cigarettes are for kids 5 years of age or younger.

Source: cdc.gov (2022). *Quick Facts on the Risks of E-cigarettes for Kids, Teen, and Young Adults*. https://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html?s_cid=OSH_emg_GL0004&gclid=Cj0KCQjwl8anBhCFARIsAKbbpyTc109ciQj1s1-gZSF9Bc6Hc5MG8EySEM5lj_opSexa2wbP26Pdn9AaAmfvEALw_wcB#why-is-nicotine-unsafe



Preventative Strategies for Parents

- **Set a good example.** Be tobacco-free and ensure your child is not exposed to secondhand emission.
- **Have ongoing conversations.** Let your child know your stance on e-cigarettes and the harm they can cause.
- **Share facts and resources.** The Centers for Disease Control and Prevention and the Surgeon General both have a great tip sheet to help!

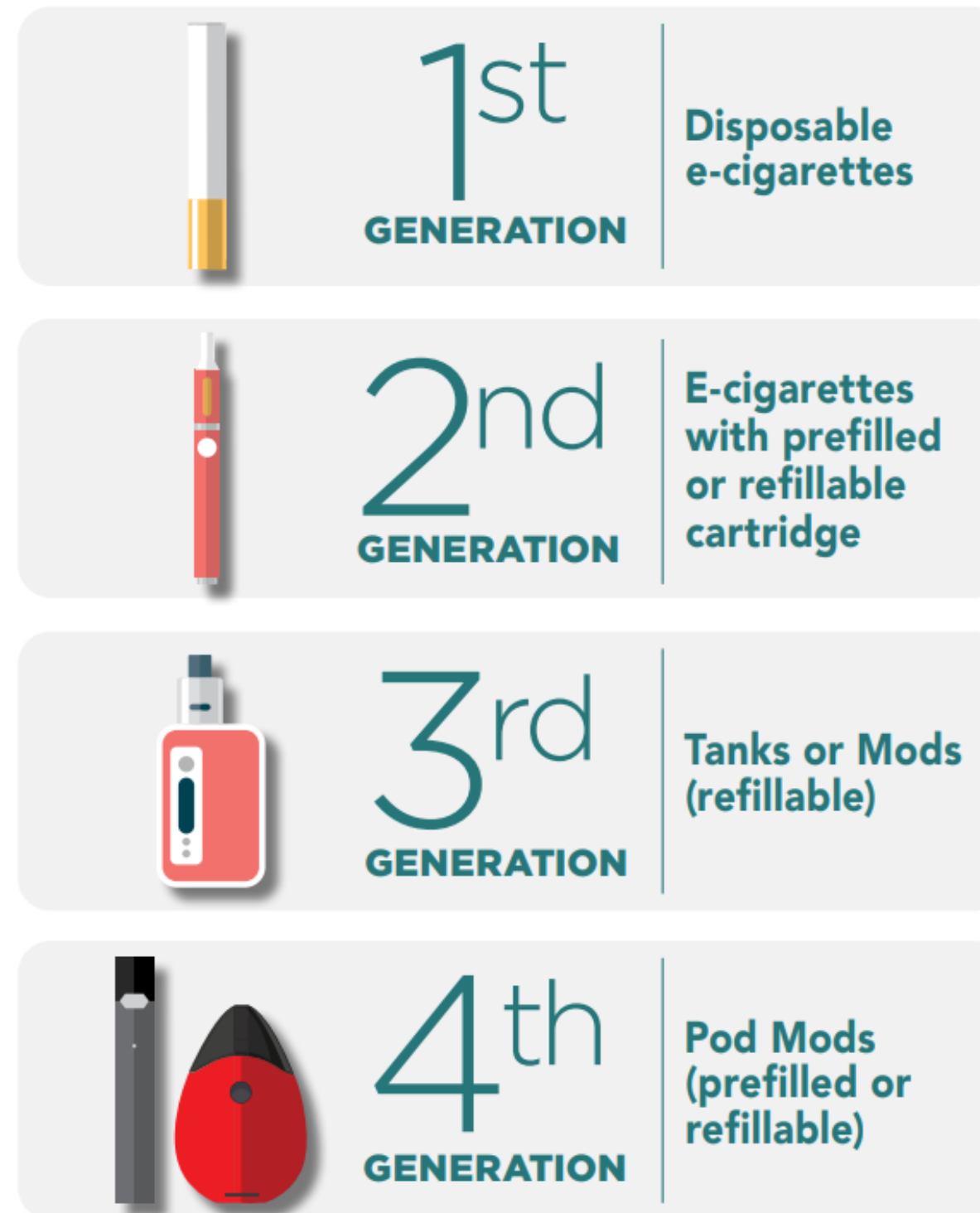


Source: cdc.gov (2022). *Quick Facts on the Risks of E-cigarettes for Kids, Teen, and Young Adults*. https://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html?s_cid=OSH_emg_GL0004&gclid=Cj0KCQjwl8anBhCFARIsAKbbpyTc109ciQj1s1-gZSF9Bc6Hc5MG8EySEM5lj_opSexa2wbP26Pdn9AaAmfvEALw_wcB#why-is-nicotine-unsafe



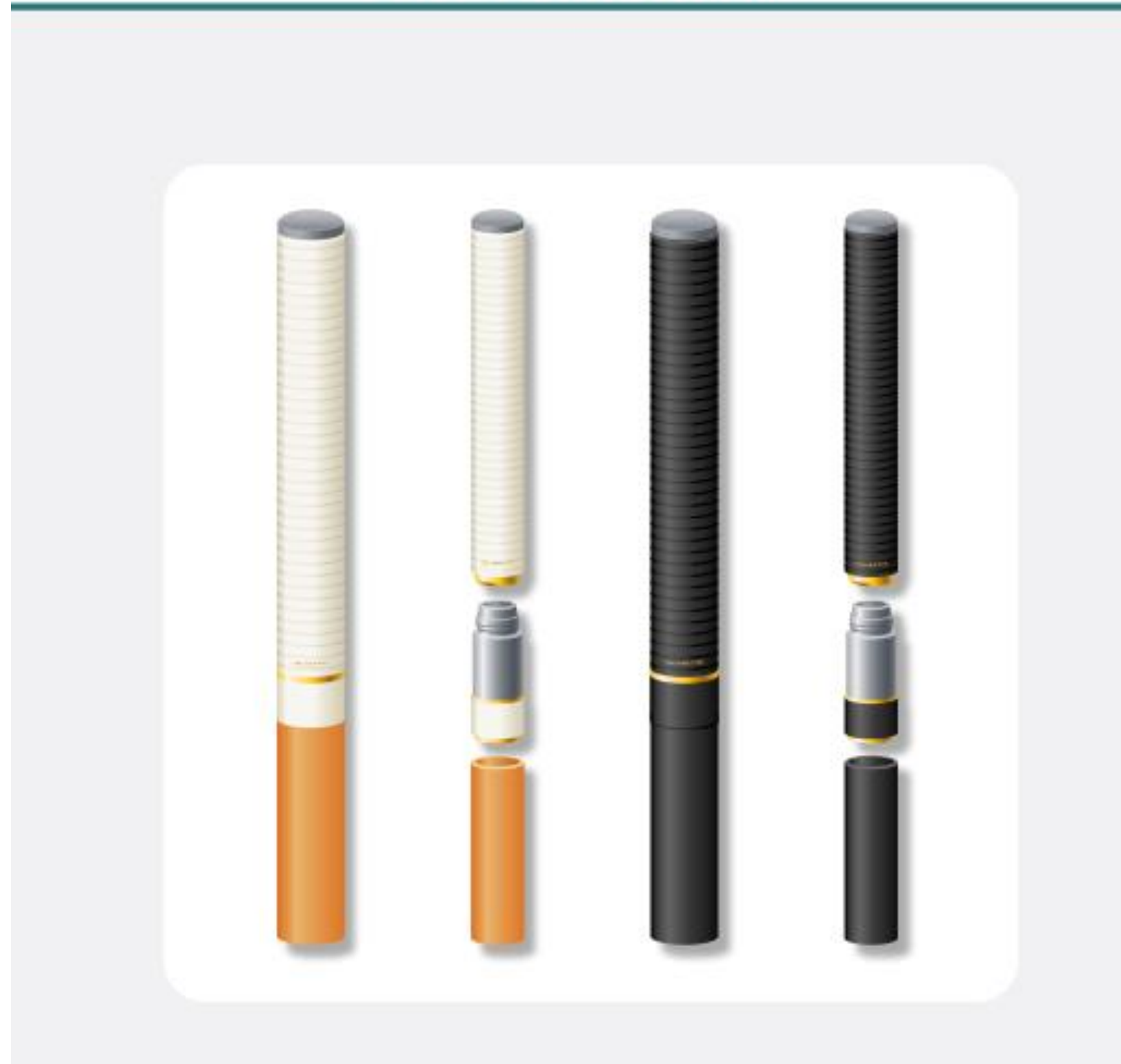
Monitor – Products to Look For

The Evolution of E-Cigarette, or Vaping, Products



Monitor – Products to Look For

First Generation



Photograph: Centers for Disease Control and Prevention (2023). [Photograph]. Retrieved from https://www.cdc.gov/tobacco/basic_information/e-cigarettes/pdfs/ecigarette-or-vaping-products-visual-dictionary-508.pdf



Monitor – Products to Look For

Second Generation



Photograph: Centers for Disease Control and Prevention (2023). [Photograph]. Retrieved from https://www.cdc.gov/tobacco/basic_information/e-cigarettes/pdfs/ecigarette-or-vaping-products-visual-dictionary-508.pdf



Monitor – Products to Look For

Third Generation



Third Generation



Monitor – Products to Look For

Fourth Generation



Photograph: Centers for Disease Control and Prevention (2023). [Photograph]. Retrieved from https://www.cdc.gov/tobacco/basic_information/e-cigarettes/pdfs/ecigarette-or-vaping-products-visual-dictionary-508.pdf



Scenario

You find a disposable vape pen in your teenager's coat pocket when you are doing laundry.

What do you do? Who do you turn to for help?



State & National Resources

ADULTS

- American Lung Association
 - lung.org
- MI Tobacco Quitlink
 - Call 1-800-QUIT-NOW
- National Institutes of Health
 - smokefree.gov
- SAMHSA's National Helpline
 - Call 1-800-662-HELP or text 435748

YOUTH

- My Life My Quit (Michigan Department of Health & Human Services)
 - Text or Call “Start My Quit” to 1-855-891-9989
- This is Quitting (Truth Initiative)
 - Text “DITCHVAPE” to 88709



Local Resources

PREVENTION

- Health Education & Outreach- St. Clair County Health Dept. (SCCHD)
 - (810) 987-5300
- Teen Health (SCCHD)
 - (810) 987-1311

CESSATION

- Teen Health (SCCHD)
 - (810) 987-1311

MENTAL HEALTH

- St. Clair County Community Mental Health (810) 985-8900

LOCAL INITIATIVES

- Healthy St. Clair County: Community Health Improvement Plan
 - healthyscc.org
- Substance Use Prevention, Treatment and Recovery Workgroup
 - cscbinfo.org



Contact Information

Alyse Nichols, MPH, CHES

Outreach Coordinator

- Anichols@stclaircounty.org

Cassidy Livingston, BA

Health Educator

- Clivingston@stclaircounty.org



