

Vaping

Undergraduate Public Health Students

Objectives

By the end of the lesson, participants will be able to:

1. List two negative health consequences associated with vaping.
2. List two resources for where to information or support for quitting.

Poll Everywhere Activity

Take out a mobile device or open a new tab...

1. Go to pollev.com
2. Enter the code _____
3. Respond to the activity through the website



Electronic Cigarettes and Vaping Video

Video Follow- Up

- Why do people think e-cigarettes are safer than traditional cigarettes? Why is this not true?
- What is formaldehyde?
- Can you name any brands of vapes that you see being used?

Vaping and E-Cigarette Use

- E-cigarette use is often referred to as vaping.
 - Inhaling a vapor formed from a liquid inside the cartridge of a battery powered device
- The electric power allows the liquid to be vaporized through heat to allow the user to inhale the vapor consuming the nicotine and other chemicals into their body.

One of the most common vape brands is the Juul.

- Juuls look like flash drives and can be recharged through a USB port.
- Sells different pods with different flavors.
- Produces little amounts of smoke.

With this Knowledge... What is Next?

1. What is vaping?
2. Why is learning about vaping important?

True or False

1. The flavoring of vapes are from chemicals which can be dangerous.
2. ONE juul pod is equivalent to ONE pack of cigarettes.
3. 1 in 5 high school students use a vape.
4. 1 in 25 middle school students use a vape.
5. In 2018 around 4 million youth reported vape use.
6. Aerosol is harmless.
7. E-cigarettes are safer than traditional cigarettes.

Who is Affected by Vaping?

- A vape is the most commonly used tobacco product among youth in the United States.
- Teens are most likely to use products like Juul.
- 15-17 year olds have over 16 times greater odds to be Juul users compared to those aged 25-34.

Who is Affected by Vaping?

- Back in 2015 when e-cigarette popularity surged the usage rate among high school students increased by over 800%.
- In 2018, more than 3.6 million youth reported using e-cigarettes.
- 1 in 5 high school students report current use of an e-cigarette (2018 data).
- 1 in 20 middle school students report current use of an e-cigarette. (2018 data)
- 58% of NC high school students indicated that they wanted to quit vaping, 37% had tried and been unsuccessful.

How does Vaping Affect You?

- The long term effects of vaping are not yet known.
- Part of the appeal of vapes is the offering of different flavors which are dangerous to be inhaled as they negatively affect your lungs.
- One juul pod (which is a nicotine product) is equivalent to one pack of traditional cigarettes.
- Aerosol can expose users and those surrounding users to a number of harmful substances like metal products including lead, chromium, and more.

How does Vaping Affect You?

- Nicotine is an addictive substance that can lead a teen to later use traditional cigarettes. It can also set a pathway for further addiction development.
- Because of the addictive properties of nicotine a teens brain development can be altered causing the inability to focus or retain information.
- It is extremely harmful to a users lungs.
- Recently deaths have been recorded due to repeated e-cigarette use.

Prevention -- Regulation / Policy

- Prohibiting smoking and vaping in areas.
- Warning labels
- Advertising restrictions
- Age requirements
- Taxes

Prevention-- Education & Health Communication

- Advertisements -- commercials, infographics, flyers, etc.
- School curriculum
- Out of school classes or programs

Insert example(s) of recent infographic(s) or commercial(s) here.

Think, Pair, Share!

- In pairs, you will be put into breakout rooms.
- Think about how you would refuse if someone tries to get you to vape
- Then, discuss it with your partner.
- Also, discuss with your partner a few reasons why you believe you shouldn't vape.

Be prepared to share you answers with the class when we all come back together.

Reflection

1. What is one vaping prevention method?
2. What can you do to prevent your friends and family from vaping?

Do You Know Any Resources?

1. What are some resources you know of to quit vaping?
2. Do you know of any social support resources?

Resources

Add local / national resources here

Resources

Add local / national resources here

Interactive Review

<http://www.scholastic.com/youthvapingrisks/interactive/index.html>

Follow link and complete activity to review what you need to know about vaping.

Vaping Dangers

1. Name one potential consequence of vaping.
2. Why is it important to educate people about the dangers of vaping?
3. How can you educate those around you?

Any Questions?

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