

# Vaping

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# Learning Objectives

1. At the completion of this lesson, 50% of participants will be able to **name two negative health outcomes** from vaping.
2. At the completion of this lesson, 50% of participants will be able to **define E-cigarettes and name two risk factors** of vaping.

# Pre-test Questions: True or false?

1. An E-cigarette is an electronic device that is composed of e- liquid that emits water vapor and different flavors.
2. Vaping is not safer than traditional cigarettes.
3. Electronic Cigarettes have been shown to be as effective as the nicotine patch or nicotine gum in helping people to quit smoking.
4. Consumers must show proof of age when purchasing electronic cigarettes.

# Pre-test Answers

1. E-cigarette is a device that vaporizes nicotine and flavors, also contains aerosol.
2. Vaping is not considered safe for young adults because the harmful substances in e-cigarettes. These substances can affect the maturing of the adolescent brain.
3. E-cigarettes have limited evidence in research that it has helped people to fully quit smoking. In fact, vaping has shown to be as addictive as cigarettes because of the nicotine found in e-cigarettes.
4. In order to purchase e-cigarettes, you must be 18 years old or older and show ID.



# What is vaping?

- The use of an Electronic Nicotine Delivery System (ENDS) device that vaporizes liquid nicotine (or marijuana oil) into an inhalable form.
- Typical uses for vaping range from lack of smell, cost, discretion, transition to non-smoker status from traditional smoker, and because it looks cool.

# Types of ENDS Devices



# Why are we talking to you about vaping?

1. Transition to traditional tobacco products
2. Some companies target youth to get them hooked on vapes.
3. Illegal/ more harmful for underage use
4. Misinformation about safety relative to tobacco use (Safer than traditional cigarettes?)
5. Vaping related illnesses

# Why are vapes dangerous (Negative health outcomes)

Vaping has negative health effects including

- Developing cancers
- Developing heart disease
- Increased risk of stroke
- COPD
- Bronchiolitis Obliterans AKA 'Popcorn Lung'
- Delayed development of brain in adolescents

# Anti-Vaping Ad



# Group Activity 1

- In breakout groups, take 5 minutes to search for at least 3 products for each of these dangerous chemicals found in ENDS and vape devices. Each group has 1 or 2 chemicals but only needs 3 minimum products per group.
- Following will be 5 minutes of discussing our findings

## **Group Activity 1 - Groups**

1. Nicotine and Propylene Glycol
2. Acetaldehyde and Formaldehyde
3. Acrolein Diacetyl
4. Diethylene Glycol
5. Heavy Metals: Nickel, Tin, & Lead
6. Cadmium
7. Benzene

# Vaping: Meet Simah Herman



# Discussion

What did Simra do to cause her lungs to fail?

How did this affect her academics and social life?

Why do you think health professionals did not advise Simah to stop vaping?

Why do you think companies are allowed to incorporate harmful substances in their products?

Should E-cigarettes be banned and why?

# Group Activity 2

Pro and Con activity

Instructions: In your groups come up with at least 3 reasons why your peers might enjoy vaping, and at least 3 reasons why your peers wouldn't enjoy vaping

# Fast facts

- There are 0mg nicotine vapes available
- The current legal age is 21 to purchase vape products
- Flavored vapes are targeted to teens and young adults
  - JUUL was fined for this in 2019 (Edwards, 2019)
- Vaping kills.
- Vaping is not a safe way to transition into quitting smoking. 1800-QUIT-NOW (1800-7848-669)(American Lung Association, 2020)



## SUMMARY

- E-cigarettes are targeted to young teens & adolescents
- E-cigarettes have harmful substances such as nicotine, metals, and chemicals
- E cigarettes have been found to be addictive, and increases the risk of moving to traditional cigarettes
- Vaping can cause death, lung related illnesses, and changes in brain
- There is little evidence showing the long term effects of E-cigarettes

# References

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