

ELECTRONIC CIGARETTES
PREVENTION
TOOLKIT
KNOW THE FACTS



ELECTRONIC CIGARETTES PREVENTION TOOLKIT

United Way of Broward County Commission on Behavioral Health and Drug Prevention has developed this Toolkit as part of *“Prevention in a Box”* to bring relevant information about Electronic Cigarettes use prevention to individuals, families, practitioners, and other key community stakeholders. The Commission on Behavioral Health and Drug Prevention is dedicated to empowering our diverse community to live healthy and drug-free. Recognizing the consequences of substance abuse and mental health conditions among Broward County youth and adults, the Commission seeks to distribute accurate information and resources that promote health and wellness.

The Commission strives to build individual, family, and community competence and capacity for lasting positive social change.

Sincerely,



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Mission

United Way of Broward County Commission on Behavioral Health and Drug Prevention's mission is to **empower our diverse community to live healthy and drug-free.**



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ELECTRONIC CIGARETTES

A few years ago we knew next to nothing about the health impact of e-cigarettes (also sometimes called e-cigs, vaporizers, or hookah pens). However, emerging facts make it essential that we have a thorough understanding about this drug delivery system as we strive to keep our kids healthy. Some slang terms include E-Cigs, E-Hookahs, Hooka Pens, Vapes, Vape Pens, JUULs, “Jeweling” Mods.

E-cigarettes are battery powered devices that heat nicotine, marijuana, flavorings, and other chemicals in solution cartridges, “e-liquid” or “e-juice,” so that users may inhale these chemicals in aerosol form.

Some e-cigs are made to look like traditional tobacco cigarettes, cigars, or pipes. Others resemble a modern take on the traditional cigarette or pipe, with fashionable clear or shiny metal bodies featuring sleek colors and textures.

Still other versions may be crafted to look like everyday items, such as ballpoint pens or USB flash drives. Styles of electronic cigarettes vary greatly among the hundreds of existing brands, and new styles enter the market regularly.

Juul E-Cigarettes or Juul Cartridges, which look like a USB flash drive, have nicotine levels equal to a pack of cigarettes, researchers from the non-profit organization Truth Initiative report in the journal Tobacco Control.



Emerging Health Risks

Students are generally unclear about the contents of their e-cigarettes.

E-cigs marketed as “nicotine free” often do contain nicotine. Even if not marketed as nicotine free, many brands do not specify how much nicotine or other chemicals their e-cigarettes contain.

Most e-cigarettes contain nicotine, which has known health effects.

- Nicotine is highly addictive
- Nicotine can harm adolescent brain development, which continues into the early to mid-20s
- Nicotine poses a risk for cancer. Continued vaping can amplify the drug’s side effects and may lead to addiction

E-cigarette aerosol can contain substances that harm the body.

- This includes cancer-causing chemicals and tiny particles that reach deep into lungs causing respiratory damage

E-cigarettes can cause unintended injuries.

- Defective e-cigarette batteries have caused fires and explosions, some of which have resulted in serious injuries. Most explosions happened when the e-cigarette batteries were being charged.
- Burns
- Poisoning

**QUITTING IS POSSIBLE
but it’s better not to start!**



LAWS AND LEGAL CONSEQUENCES

Restriction on sales to minors, with laws prohibiting sales of e-cigarettes to minors, are in effect as of September 2017.

Some states are including e-cigarettes within their Smokefree Indoor Air Laws.

EDUCATING INDIVIDUALS

Users need to know that the alternative to cigarette use or other smoking is not e-cigarette use, but a healthy and rewarding lifestyle free from substances.

- Police officials have seen a rise in illicit drugs used in electronic cigarettes
- Federal studies have found a number of hazardous chemicals in the flavorings of e-cigarettes
- Vaping exposes others to toxins present in the vapor
- Many e-liquids contain Nicotine, which is highly-addictive
- Studies have shown that probable cancer-causing chemicals, such as formaldehyde and acetaldehyde, are measurable in some e-cigarette vapor
- Some of the drugs that can be smoked out of an electronic cigarette include: liquid THC, Bath Salts, Flakka, Hash Oil, Synthetic Marijuana



INFORMING FAMILIES

It is important to know that e-cigarettes often claim that they are safer than regular cigarettes and that they help smokers quit.

On the claim that e-cigs help people quit smoking, the evidence has been minimal and inconsistent at best, and contradictory to these claims at worst.

Students who use e-cigarettes may do so to vaporize liquid marijuana or hash oil.

Vaporized marijuana can be more highly potent than other forms.

Today, more high school students use e-cigarettes than regular cigarettes and the use of e-cigarettes is higher among high school students than adults.

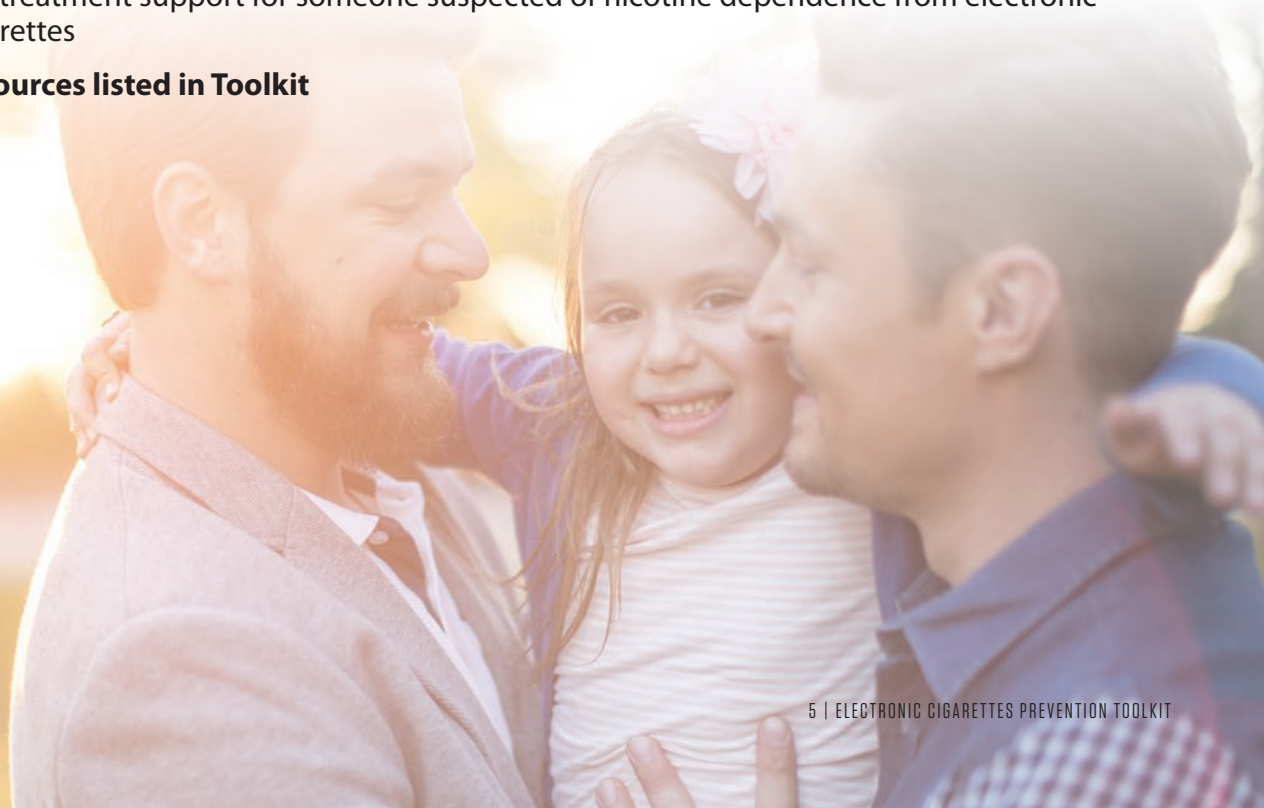
It is important for families to understand the implications of electronic cigarette use and abuse.

FAMILY GUIDANCE

Guidelines to help families include:

- Educate yourself and your family members on electronic cigarettes
- Discuss the ways nicotine is addictive and can harm brain development
- Set clear expectations and consequences about using e-cigarettes
- Be observant of family member's condition, mood, and behaviors
- Maintain open and regular communication
- 10% of 8th graders and 15% of 9th through 12th graders use e-cigarettes monthly; it's never too early to start talking about preventative measures for use of e-cigarettes
- Get treatment support for someone suspected of nicotine dependence from electronic cigarettes

**Visit resources listed in Toolkit
Call 211**



TOOLS FOR EDUCATORS

Educators and school administration should be aware and understand the risks of electronic cigarette use by students and prevent that risk through effective prevention education and engagement of teens in healthy skill building.

A curriculum for e-cigarette use prevention need not reinvent the wheel, but it must be actively present in school communities and up to date.

Students should be informed about addiction as a disease before they ever have a chance to use the e-cigarettes that might lead them to a struggle with chemical dependence.

TIPS FOR EDUCATORS

Educational institutions can employ the following strategies related to electronic cigarette use:

- Students can take the lead in prevention
- Creating public service announcement campaigns to inform students about the effects of tobacco products, including e-cigarettes
- Consider nicotine dependency with e-cigarette use when students display symptomology
- Utilize substance abuse screening and early detection approaches
- Get treatment support for someone suspected of nicotine dependence and e-cigarette use



VAPING TOOLS FOR EMPLOYERS

- Institute a drug-free workplace
- Implement drug-free policies and activities
- Promote a Vapor-Free Workplace
- Include e-cigarettes in your smoking policy
- Provide workplace tobacco prevention education
- Offer specialized supervisory training on wellness in the workplace
- Ensure access to employee assistance counseling and treatment
- Select a health insurance plan with addiction treatment coverage
- Host nicotine cessation programs



INFORMING PRACTITIONERS

A number of health and human service practitioners play a vital role in the prevention of vaping.

These practitioners include:

- Doctors
- Nurses
- Health Educators
- Clinicians
- Social Workers
- Certified Addiction Professionals

Health care practitioners can influence individuals' perception, attitude, and behaviors associated with e-cigarettes.

TIPS & TOOLS FOR PRACTITIONERS

The medical and human service communities can employ the following strategies to address vaping use:

- Screen individuals for substance abuse
- Educate individuals about vaping use and its consequences
- Provide health promotion counseling
- Assess and monitor individuals' health status
- Monitor patients' response to treatment/cessation
- Engage in continuing education regarding vaping
- Remain aware of the changing illicit drug market
- Discuss tobacco, nicotine and effects of vaping on health

ADVOCACY STRATEGIES

Preventing vaping/e-cigarettes use requires a community-wide response and sense of responsibility.

- Promote ordinances that protect health
- Support education about vaping harm to overall health
- Support ordinances that prevent vaping in public spaces

Education, advocacy, and community action are essential for health promotion associated with vaping use.

SOCIAL ACTION

The following strategies can be employed to address vaping use by advocating for:

- General factual community education, information dissemination, and prevention regarding vaping use
- Health care practitioner education regarding vaping use
- Insurance coverage and treatment access for individuals with drug abuse and dependence
- De-stigmatization of individuals requiring substance abuse treatment
- Community policies regarding vaping access
- Community dialogues about vaping use
- Alternative drug-free community activities and events
- Legislation that promotes substance use prevention and expands treatment access
- Write legislators supporting these bills
- Write legislators about your family's experience with vaping use and addiction

HEALTH PROMOTION PLAN

By completing this page, individuals can examine health status and health promotion behaviors.

General Health Rating

Excellent Good Fair Poor

Do you

Use nicotine?	_____ YES	_____ NO
Use Nicotine or other drug vaping regularly and/or heavily	_____ YES	_____ NO
Use drugs alone and/or to cope?	_____ YES	_____ NO
Experience negative consequences from drug use?	_____ YES	_____ NO
Plan your life and/or your friends around drug use?	_____ YES	_____ NO
Obsessive about getting and/or using drugs?	_____ YES	_____ NO
Unsuccessful attempts to reduce or stop drug use?	_____ YES	_____ NO

YES answers to any of these questions may indicate potential risk.

Health Risks (Factors that Negatively Impact Health): _____

Health Promotion (Factors that Positively Impact Health): _____

Health Goal(s): _____

Strategies to Accomplish Health Goals: _____

Success Influencers (Factors that Positively Impact Goal Attainment): _____

Where to go for help: _____

Other Important Factors: _____

RESOURCES

National Cancer Institute, *National Network of Tobacco Cessation Quitlines*

800-QUIT-NOW (800-784-8669)

www.smokefree.org

Partnership for Drug Free Kids

www.drugfree.org

United Way of Broward County Commission on Behavioral and Drug Prevention

www.drugfreebroward.org

Tobacco Free Florida

www.tobaccofreeflorida.com

Your First Call For Help

Dial 2-1-1 or 954.537.0211

SWAT - Students Working Against Tobacco

www.swatflorida.com

SOURCES

www.drugfree.org

www.tobaccofreeflorida.com



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1300 South Andrews Avenue
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954-462-4850
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