

The Educator

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Vaping and E-Cigs

What is an E-Cig? What is Vaping? Is this the new and cool activity to do? Are there potentially harmful side effects? Can vaping juice be bad? I thought juice was good for you? If these are some of your questions this is the right article for you!

An E-Cig, or E-Cigarette, is a handheld electronic device that can be reusable or disposable. The device consists of 3 parts:

- Power source
- Heating device
- Cartridge

**“No form of youth tobacco use is safe”
Tom Frieden, CDC Director**

Puffing activates the heating device which vaporizes the e-liquid, or juice. The act of inhaling is called vaping. The e-liquid comes in thousands of flavors; some of the flavors like Gummy Bear, Bubble Gum or Swedish Fish appeal directly to youth. E-liquid can contain different levels of nicotine from Omg (no nicotine) to upwards of 24mg (like smoking several packs of cigarettes a day). The vapor can contain tiny amounts of carcinogens and heavy metals. The lasting harmful health effects of this are unknown.

However, nicotine is not the only potentially harmful drug that can be smoked using an e-cig. Dabbing is a process in which a highly concentrated wax-like drop of THC (the main psychoactive ingredient in marijuana) is placed in the e-cig. That is vaped and there is no tell-tale “weed” smell to give it away.

Here is what we know about E-cigarette use among youth

- A recent survey supported by the FDA and The Centers for Disease Control and Prevention shows current e-cigarette use among high school students has risen from 1.5% in 2011 to 16% in 2015 (an over 900 % increase)!!
- In 2013-2014, nearly 80% of current youth tobacco users reported using a flavored tobacco product in the past 30 days- with the availability of appealing flavors consistently cited as a reason for use.

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In 2013, more than a quarter million never-smoking youth used e-cigarettes.

- A recent study showed that students who have used e-cigarettes by the time they start 9th grade are more likely than others to start smoking tobacco products within the next year (Rigotti).
- In 2013, more than a quarter million never-smoking youth used e-cigarettes. E-cigarette use is associated with increased intentions to smoke cigarettes, and enhanced prevention efforts for youth are important for all forms of tobacco, including e-cigarettes (Bunnell et al).

Science confirms that the adolescent brain — particularly the part of the brain that regulates planning for complex cognitive behavior, personality expression, decision making and social behavior — is not fully developed until the early to mid-20s.

Developing brains are especially susceptible to all of the negative effects of drug use. Nicotine is a highly addictive drug, and recent research suggests nicotine exposure may also prime the brain to become addicted to other substances.

“E-cigarettes are now the most commonly used tobacco product among youth, and use continues to climb,” said CDC Director Tom Frieden, M.D., M.P.H. “No form of youth tobacco use is safe. Nicotine is an addictive drug and use during adolescence may cause lasting harm to brain development (cdc.gov 2016).”

What can E-cigs look like?



For more information: www.drugabuse.gov

www.drugfree.org