ENDS:
What educators need/want to know.
Engage youth in ENDS discussion.

LaMoure County Public Health Department
Jessica Duffy, RN, Tobacco Prevention Coordinator
Darcy Klewey, Tobacco Prevention Coordinator

Source: CDC, ND DOH, American Lung Association

Objectives

▪ Objectives:
  1. Share LaMoure County Public Health Department's tobacco education program in area schools.
  2. Define what ENDS (Electronic Nicotine Delivery Systems) are.
  3. Discuss practical ways to communicate with youth about the dangers associated with ENDS.
  4. Gain an understanding of what school educators need to know about ENDS.

▪ Jessica and Darcy will share information on the LaMoure County Public Health Department's tobacco education program presented in area schools. This session will define what ENDS are. They will discuss ways to talk to youth about the dangers associated with ENDS and share what school educators need and want to know. Jessica and Darcy will share their personal experiences of teaching youth and educators and provide participants with information on the knowledge they have gained through research, education and experience.
"We Don’t have a problem here"

- In 2017-2018 LCPHD offered education for teachers, parents and students and we were told “We don’t have a problem here”.
- During the 2018-2019 school year we had 2 schools call and request formal education for teachers and students about vaping as well as multiple parents calling to ask about vaping.
- Students from 3 of the 4 schools in our county had students ineligible for sports due to being caught vaping.
- The local police refer to vaping as his biggest problem with teens this summer.
- WE HAVE A PROBLEM!

Why should PH educate the educators??

- Many teachers do not know what E-cigs are.
- They do not know what they are looking for
- They do not know the ids of kids who vape
- They do not know what to tell kids about vaping
- They do not know how e-cigs affect the health of the students
- They know what they see in commercials, online and what they are told.

What Are E-cigarettes?

E-cigarettes are electronic devices that
heat a liquid/oils and produce an aerosol, or mix of small particles in the air. These particles can be inhaled as 2nd hand vapor.

- Contains nicotine
- Different colors, shapes, flavors, smells

These particles are so small they can travel through paint!

- JUUL
- Puff
- VAPES (sticks, pens)
- Not allowed. High schoolers use E-cigs
- From 2017-2018
How do e-cigs/vapes/JUUL affect kids

- Increased Moodiness. It alters the dopamine and serotonin levels, increasing susceptibility to Psychosis in adulthood.
- Nicotine can harm the developing adolescent brain. The brain keeps developing until about age 25.
- Changes the way the Synapsys form causing difficulty with remembering or learning new tasks.
- Using nicotine in adolescence may also increase risk for future addiction to other drugs.
- ADDICTIVE
- 95% of smokers start before age 21.

What Is in E-cigarette Aerosol?

- E-cigarette aerosol is NOT harmless “water vapor.” It generally starts with a couple ingredients when heated, but studies have found up to 42 chemicals.

What to look for in the classroom.

- Change in attention and mood
- New onset fidgeting
- Frequent need to go to locker, bathroom, car, etc.
- Sweet smells
- Puff of white smoke or vape that dissipates quickly.
- Shirts that have weird strings (sweatshirts).
- Small devices that fit easily into a pocket. Some look like a USB zip drives and even charge by plugging into computer.
What do Students need to know about Vaping?

- You have been targeted by tobacco companies.
- Vaping is harmful to your health.
- Contains chemicals that cause cancer.
- Popcorn lung is real.
- Vaping contains nicotine and is addictive.
- Vaping devices can cause injury.
- E-juice is poisonous if consumed or absorbed in high doses.
- 2nd hand vapor is just as harmful as 2nd hand smoke.
- You are the test subjects. Scientists are studying how e-cigs will affect humans and those who vape are the science experiment.
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.

Diacetyl - flavoring

Defective e-cigarette batteries have caused some fires and explosions, a few of which have resulted in serious injuries.

Children, adults and pets have been poisoned by swallowing, breathing or absorbing e-cigarette liquid through their nose or eyes.
Myths and Facts About E-cigarettes

There's been a significant increase in electronic cigarette (e-cigarette) use in recent years, particularly among kids and teens, as well as smokers looking for an alternative to traditional cigarettes. But lack of basic consumer protection and U.S. Food and Drug Administration (FDA) oversight leaves concerns unanswered about the health and safety of these products. So what do we know? Here's a look at some common misperceptions about e-cigarettes.

**MYTH:** E-cigarettes are safe.

**FACT:** E-cigarettes contain harmful chemicals and have been known to cause injury.

**MYTH:** E-cigarettes don't have nicotine.

**FACT:** Almost all e-cigarettes contain nicotine—including many that claim they are nicotine-free.

**MYTH:** E-cigarettes can help smokers quit.

**FACT:** The FDA hasn't found any e-cigarette to be safe and effective in helping smokers quit.

**MYTH:** E-cigarettes aren't marketed to kids.

**FACT:** E-cigarette use among middle and high school students more than tripled from 2013 to 2015.

**MYTH:** There's no secondhand emissions from e-cigarettes.

**FACT:** E-cigarettes expose others to secondhand emissions.

---

FDA anti vaping - The Real Cost

- [https://www.youtube.com/watch?v=yVuGjSg8BaY](https://www.youtube.com/watch?v=yVuGjSg8BaY)