

# E-cigarettes/Vaping What Is The Big Deal Anyway?



CALVERT COUNTY  
**HEALTH**  
DEPARTMENT

# Covid-19 and Vaping



## COVID-19 Diagnosis:

- 5 times more likely among people who have ever used e-cigarettes.
- 7 times more likely among people who vape **and** smoke cigarettes.
- Dr. P. Galiatsatos, professor and pulmonologist at Johns Hopkins University Hospital, stated his patients who vape and have Covid-19 disease have more severe symptoms and longer recovery than people who don't use vapes.

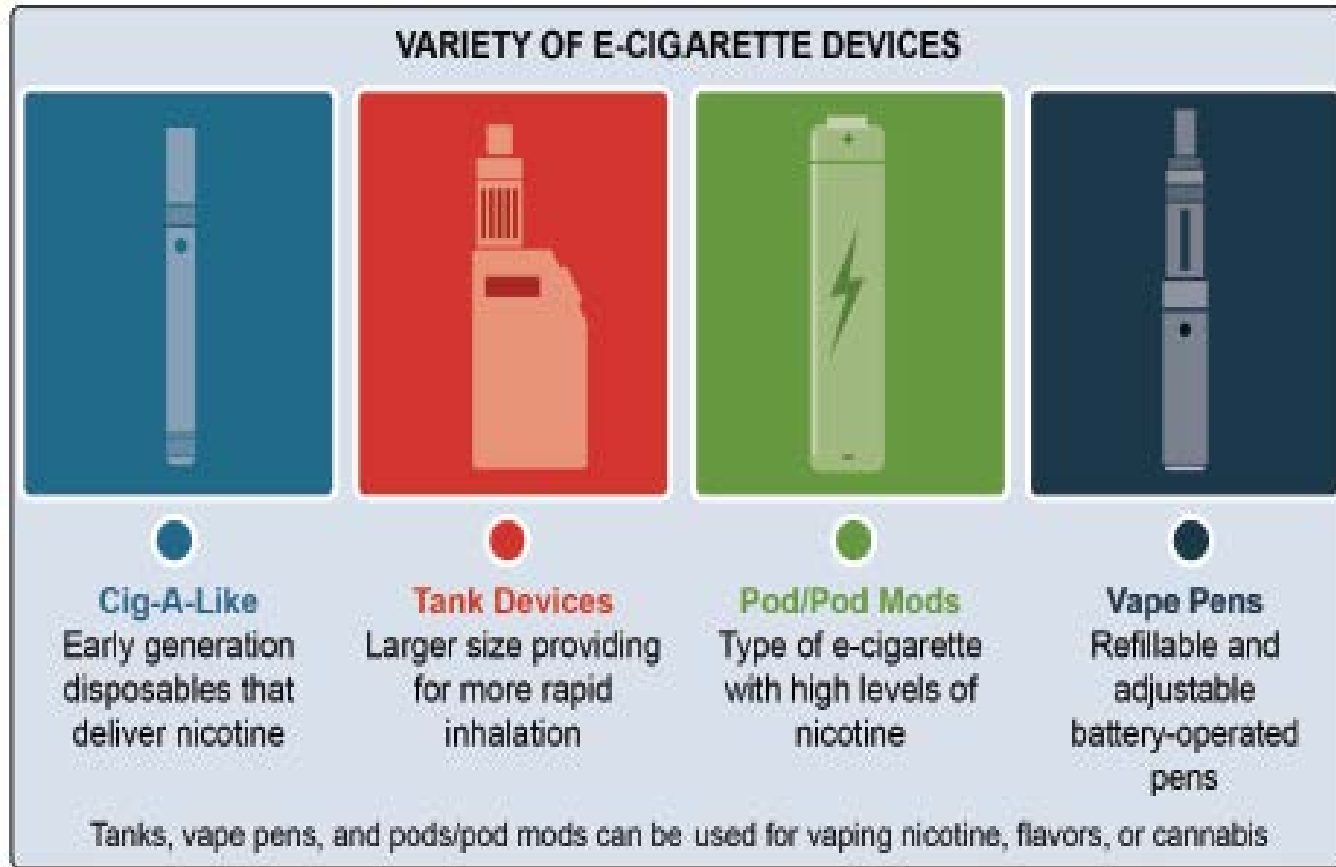
# What Does It Mean to Vape?

Vaping is the practice of using a battery-powered device, often known as an electronic cigarette or vaporizing pen, to inhale an aerosol derived from a heated liquid compound.

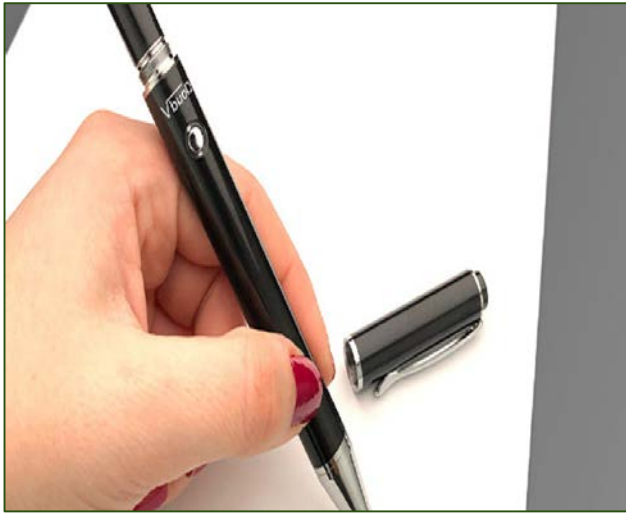
## Parts to Electronic cigarettes/vapes

- Battery
- Cartridge which contains the e-liquid
- Microprocessor, which heats up the e-liquid

# Types of Electronic Smoking Devices



SAMSHA, June 2020



The Cloud Vape Pen by CloudV is a portable vaporizer designed for wax concentrates and essential oils



Refillables are recharged via a USB port



Zero



Mods (Modified tanks)



Smok



Stig Disposable Pod Device  
6% nicotine/300 puffs



Watermelon Strawberry Ice  
Blow Vape Stix  
6% nicotine/300 puffs



Juul with vape pods  
5% nicotine/200 puffs  
*\*In 2016 this device had the highest level of nicotine*



Watermelon Puff Bar  
Pre-charged, Simply puff on the device to activate  
- Pre-filled  
Salt Nicotine: 2%(20MG) and 5%(50MG) Salt Nic  
300+ Puffs - equivalent to 1.5 packs of cigarettes  
(20-30 cigarettes)

per their advertisements or  
their “bragging rights” regarding the nicotine amount

# Types of Tobacco

Traditional Cigarettes,  
20 per pack/1-3 mg  
of nicotine per cigarette



Cigars, Cigarillos,  
Little Filtered Cigars  
*Nicotine varies due to size*



Smokeless tobacco/Dip  
chew is moist and snuff is dry  
144mg of nicotine per can  
(4.8 mg nicotine/gm of moist snuff x  
30 gm/can = 144 mg)



Snus  
10-20 mg of nicotine per pouch



# Similarities and Differences Between Vaping And Smoking

- Youth think they look cool and have more friends using tobacco and/or vaping
- Both can cause a drug addiction to nicotine
- Both contain cancer causing chemicals
- Both increase risk for addictions to other substances later in life
- Vape devices are made of metal and cigarettes are wrapped in paper
- Both could cause youth to lie to their parents



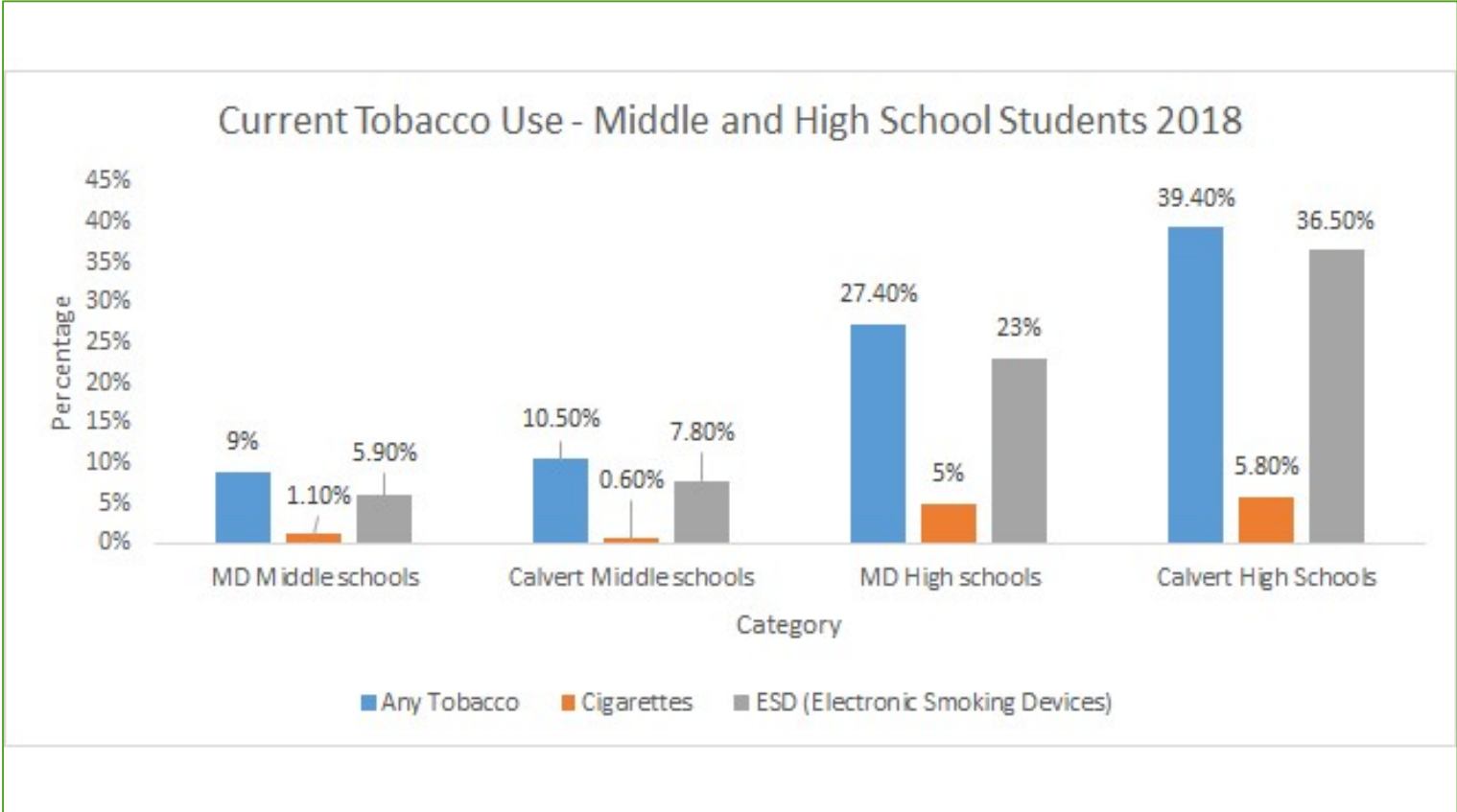
Questions	Tobacco	Vaping	Both
Contains Nicotine	Yes 20-36mg per pack of 20 cigarettes/200 puffs per pack	Yes 5%-6% per pod (nicotine salt) 200-300 puffs per pod	Yes
Long term Harmful effects	Known Studied for >50 years	Not known Studied about 10 years	Need more studies on vapes
Short term harmful effects	^BP, ^Heart rate, Nicotine addiction, damage to lungs, and you smell like an ashtray	^BP, ^Heart rate, Nicotine addiction, damage to lungs, and you smell fruity	Yes
Flavors	Banned due to appeal to youth, except menthol	Banned from some devices but not all. Youth favorites; grape, mango, cotton candy, crème brulee, mint	Need stricter ban on vape products. Need menthol ban for both.
Toxic and cancer causing chemicals	Yes 250 toxic and 69 cancer causing chemicals. >4000 chemicals total	Yes 20+ toxic and cancer causing chemicals and some unknown. Plus unknown effect of food grade flavors on respiratory system.	Yes

# Who is vaping?

- The cheerleader
- The athlete
- The bench warmer
- The “good” kid
- The “bad” kid
- The teen whose parents say “My child would never do that”



# Youth Tobacco Use Survey 2018



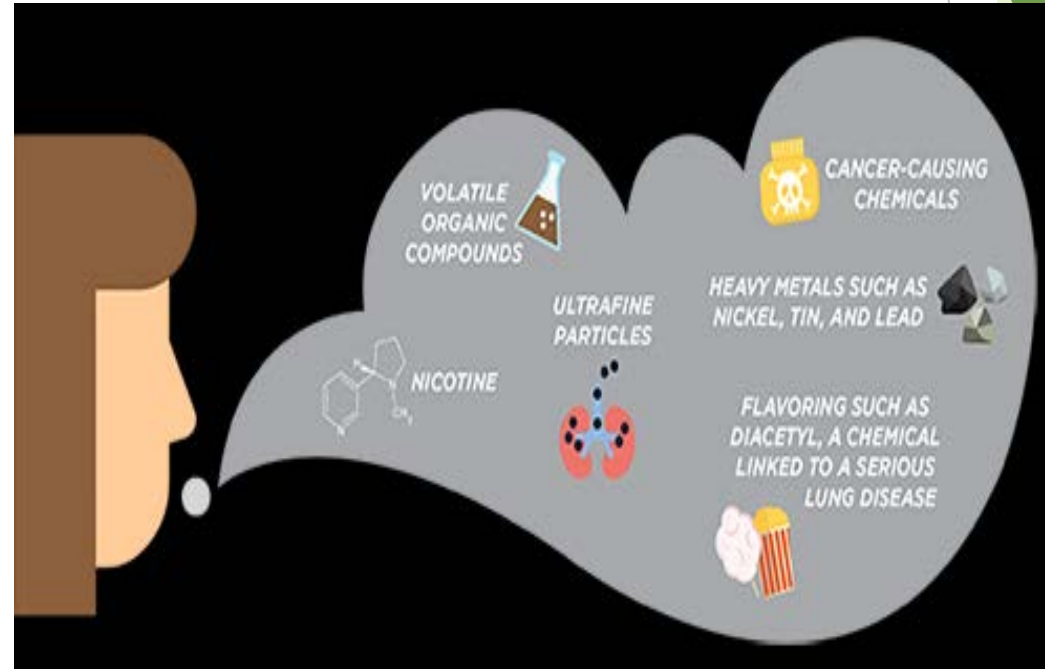
Any tobacco: cigarettes, cigars, smokeless, pipes, and ESDs

- *More youth vape now than youth smoked in the 1970s. 50 years ago!*
- *480,000 people in the U.S. die every year from smoking. We don't know the long term effects of vaping, but we will know in 20 years when our teenagers are adults. Terrifying!*

**Who is vaping in Calvert County-  
too many youth!**

# What's The Harm In It?

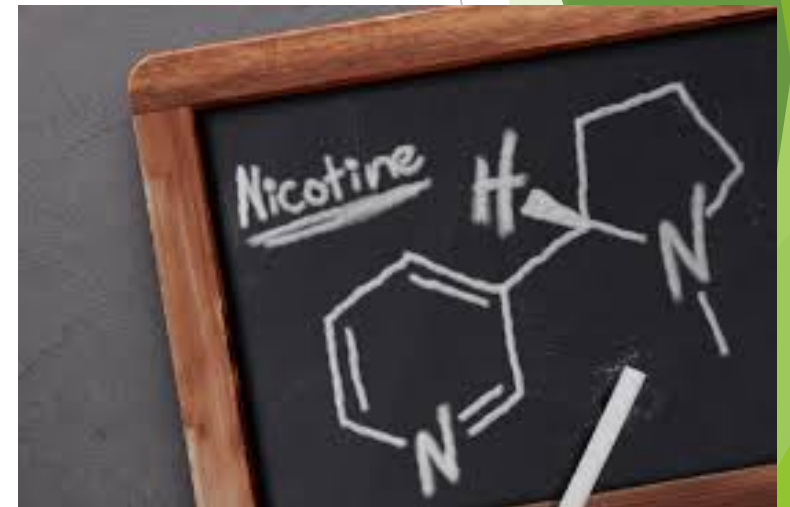
- Nicotine (combined with flavorings) is the most commonly vaped substance, but marijuana-derived chemicals (including THC and CBD) are also common.
- All liquids for these devices contain at least some other chemicals, and additional compounds are created when the liquid is exposed to the heating element.



Vapers and smokers inhale and exhale these chemicals and so do those around them.

# Nicotine Addiction Is Real For Kids

- Nicotine is a highly addictive chemical found in the tobacco plant.
- The younger a person starts nicotine use, the harder it is to quit.
- It causes the reward pathway in the brain to activate and over time makes more and more nicotine receptors. These receptors tell the brain it is craving nicotine.
- If the person does not vape or smoke, then withdrawal symptoms happen; being irritable, lack of concentration, fatigue, stomach pain, insomnia, hunger, and others.
- **Nicotine use sets the brain up for increased risk for addictions later in life.**



# How Does Someone Under 21 Get These Devices?

- On-Line with the Mastercard/Visa gift card from Aunt Tammy at Christmas
- Friends
- Siblings
- Vape shops who sell to minors (not all do)
- Teens request older friends or strangers to buy them
- In the bathroom at school or at home, where someone is sharing the liquid and/or device

# Where Do Youth Vape?

- School restroom
- School grounds
- classrooms
- Work
- Anywhere they can!



In their bedroom



In Your Home



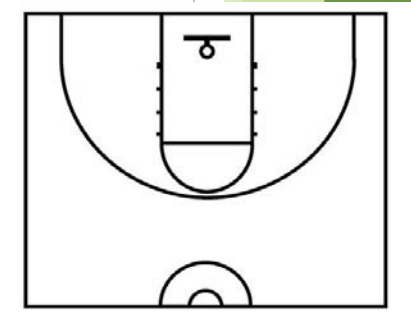
Play grounds



Studying



With Friends



The basketball court



In their car



# CHALLENGES TO PREVENTION

Access and Availability of Vaping Products



Marketing



Regulatory Environment



Use of Vaping Products in Public Places



Cultural Considerations



Perceptions of Vaping as Low Risk

# Prevention and Intervention

- If you are a parent that smokes, **the best thing you can do is quit**. Parents who smoke are more likely to have children who smoke.
- Establish a **smoke free policy** in your home.
- Find out if your children have any **friends that smoke or vape and talk** about ways to ways to refuse a cigarette or e-cigarette.
- Smoking is glamorized in movies, television, and on line, but **parents are the most important influencers** in their children's lives.

- Tell your children honestly and directly that **you don't want them to smoke tobacco or use e-cigarettes**. Give them **clear, consistent messages** about the risks of these products.
- Start talking to them when they are 5 or 6 years old and continue through their high school years. Many kids start tobacco products by age 11 and some are **addicted** by 14.
- Learn more by visiting websites like *Partnership for Drug Free Kids*, *Tobacco Free kids.org*, *National Institute for Drug Abuse (NIDA)* and *Maryland Department of Health*.

Information found at the Partnership for Drug-Free Kids

# How to Talk to Your Children About Vaping

## by the American Lung Association(ALA) - The Vape Talk

- Choose the right time and place (Talk when you are not rushed and you're both in a place where your teen is relaxed, for example, riding in a car or at the dinner table).
- Appeal to their good judgement (They make good decisions every day and choosing not to vape is one of them).
- Ask open-ended questions, instead of yes or no questions (more of a conversation than an inquisition).

Remember body language speaks loudly, stay calm, watch your voice, **listen** more than you talk and important conversations get easier with practice.

# Conversation Starters

- Are a lot of kids vaping at your school? Tell me what you see at school regarding vaping?
- What are your thoughts on it?
- Do you know what is in Juul pods and other vapes?
- How does vaping damage your lungs?
- Do you know the other ways vaping affects your life?
- What is the difference between smoking and vaping?
- Keep the conversation on going. Once is not enough!

See the Vape Talk on the ALA website for expanded version.

# Resources for Youth Cessation

Maryland Department of Health web page for vaping prevention:

<https://phpa.health.maryland.gov/ohpetup/Pages/VapeHelp.aspx>



DEPARTMENT OF HEALTH

Larry Hogan, Governor · Boyd K. Rutherford, Lt. Governor · Robert R. Neill, Secretary

## Quitlines with Programs for Teens and Young Adults

**Maryland Quitline (1-800-Quit-Now or 1-800-784-8669) (24/7)**

**Teen program: 13-17 years old**



# Text "READY" to 200-400

text support  
from MD Quitline



Cigarette smoking increases your risk of severe illness from COVID-19.

## MAKE THIS THE QUIT THAT STICKS.

The Maryland Tobacco Quitline is here to help with free patches, gum, and trained quit coaches for your patients who smoke or vape.

For **FREE** help to quit tobacco for good  
**Text READY to 200-400**  
or visit [www.SmokingStopsHere.com](http://www.SmokingStopsHere.com)

 **Maryland**  
DEPARTMENT OF HEALTH

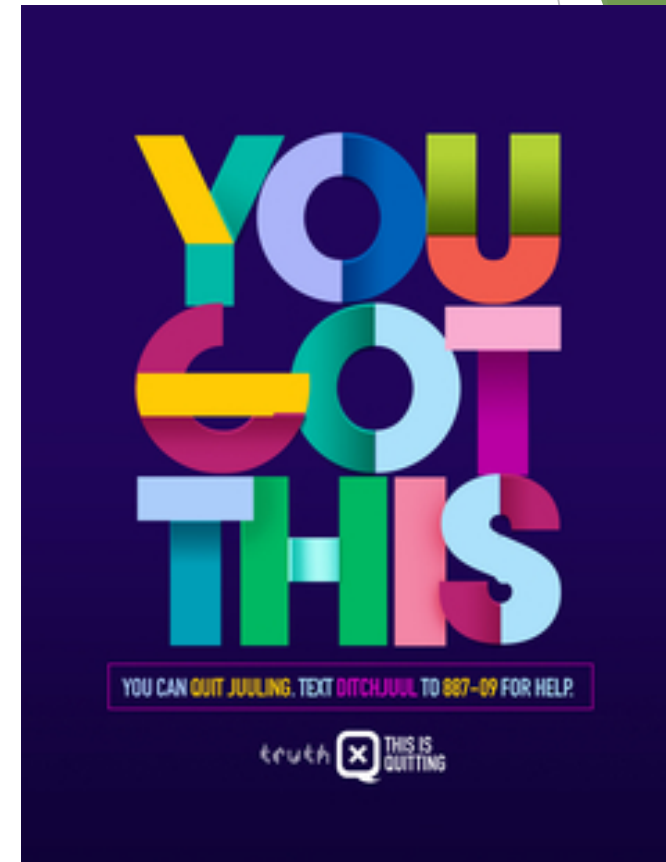
 **QUIT NOW**  
1.800.794.8669 [SmokingStopsHere.com](http://SmokingStopsHere.com)

The Maryland Department of Health thanks all of the healthcare workers on the frontlines helping to keep Marylanders safe.

## Truth Initiative.org



Parents/adults looking to help young people quit  
Text "QUIT" to (202) 899-7550





Text "QUIT" to 47848  
(ages 13-17)  **smokefree**TXT



QuitStart Mobile  
App (anti-vaping)

DipfreeTXT  
Text "SPIT" TO 333888

*My Life My Quit* smoke free text program for teens  
Text "Start My Quit" to 855.891.9989

# The Big Deal

- **Vaping Is Harmful To Youth And Adults**
- **Nicotine Addiction Is Real At Any Age**
- **There Are Resources To Help**
- **Most likely make their Covid-19 Disease more severe**

# Thank you for viewing this Presentation.

For more information contact:

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MD Cigarette Restitution Fund

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