Addressing Youth Vaping in Alaska

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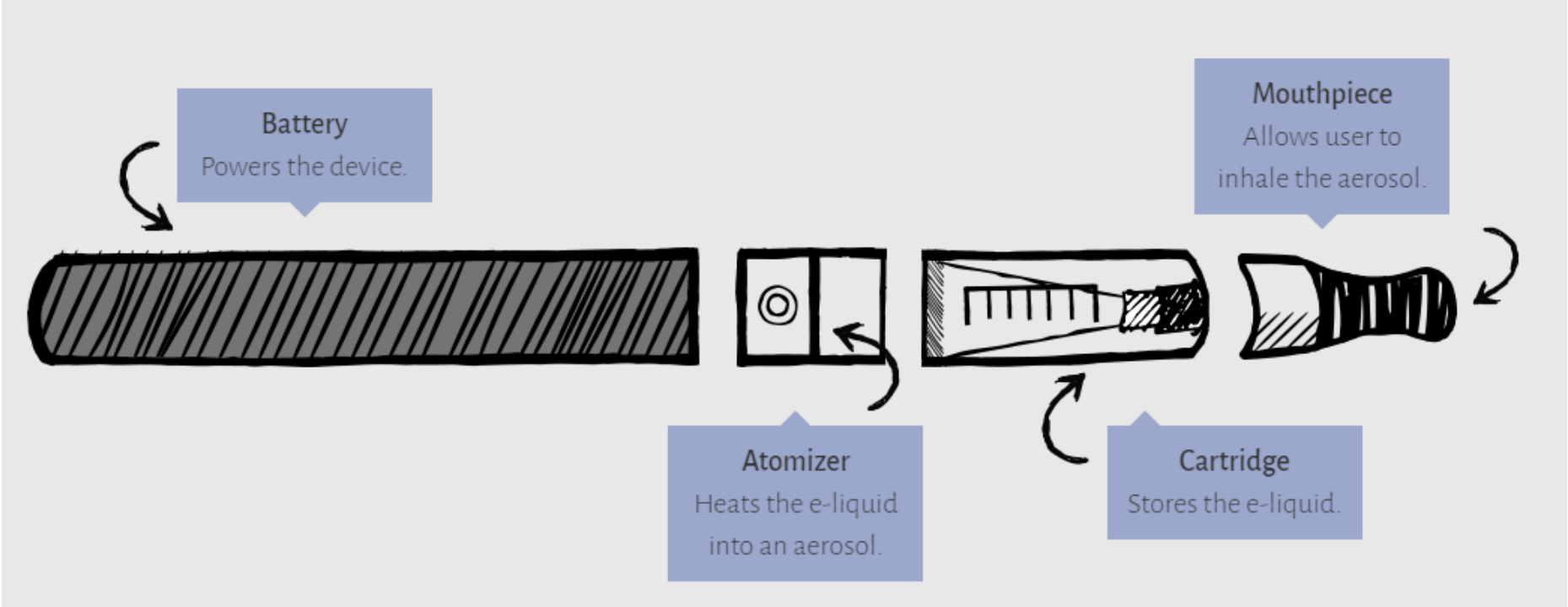
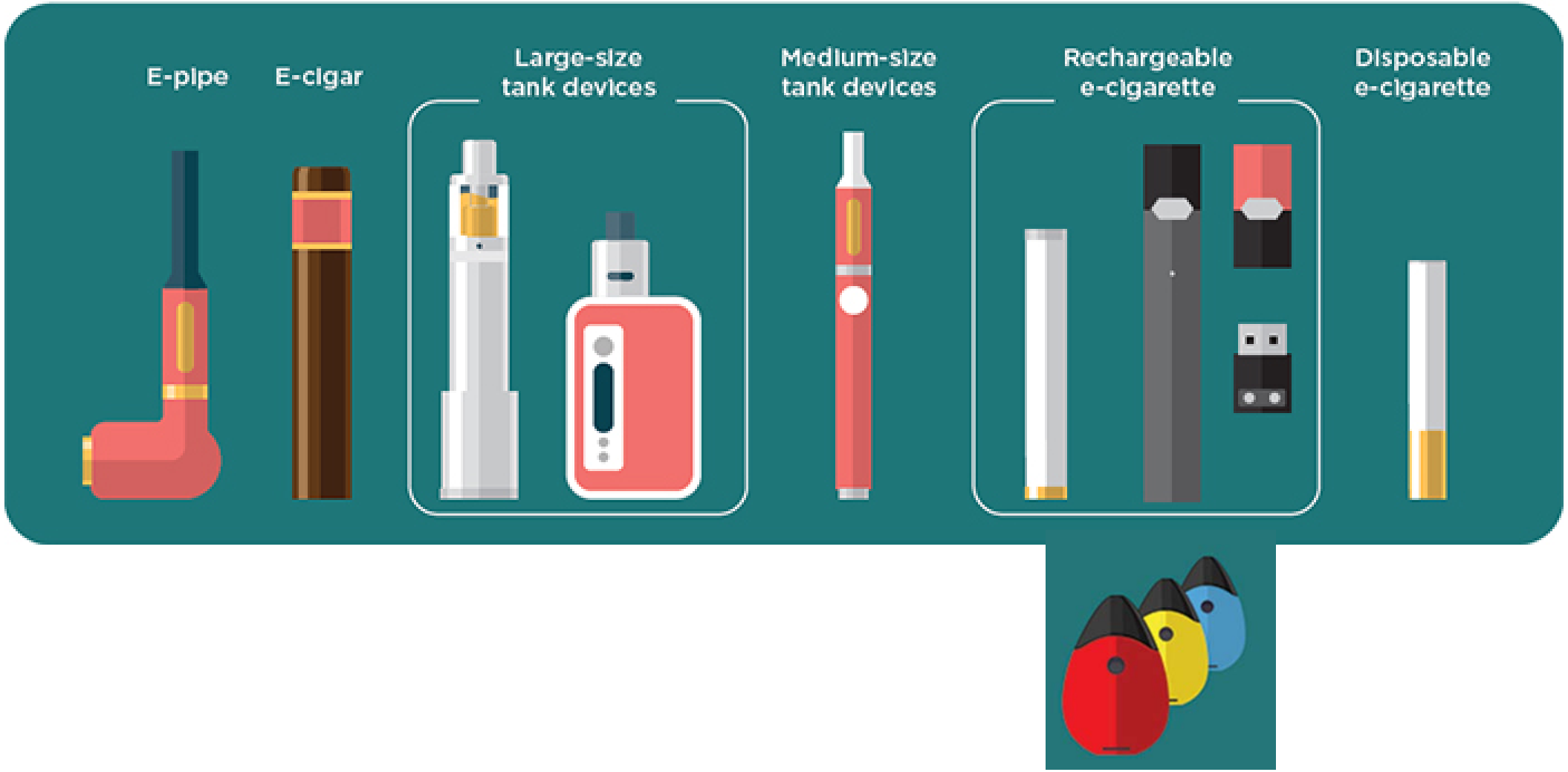
Have you ever fostered a youth who has vaped before?

What are vape products?
&
Where does Alaska stand with youth e-cigarette use?

E-Cigarette Anatomy



Types of E-Cigarette Products



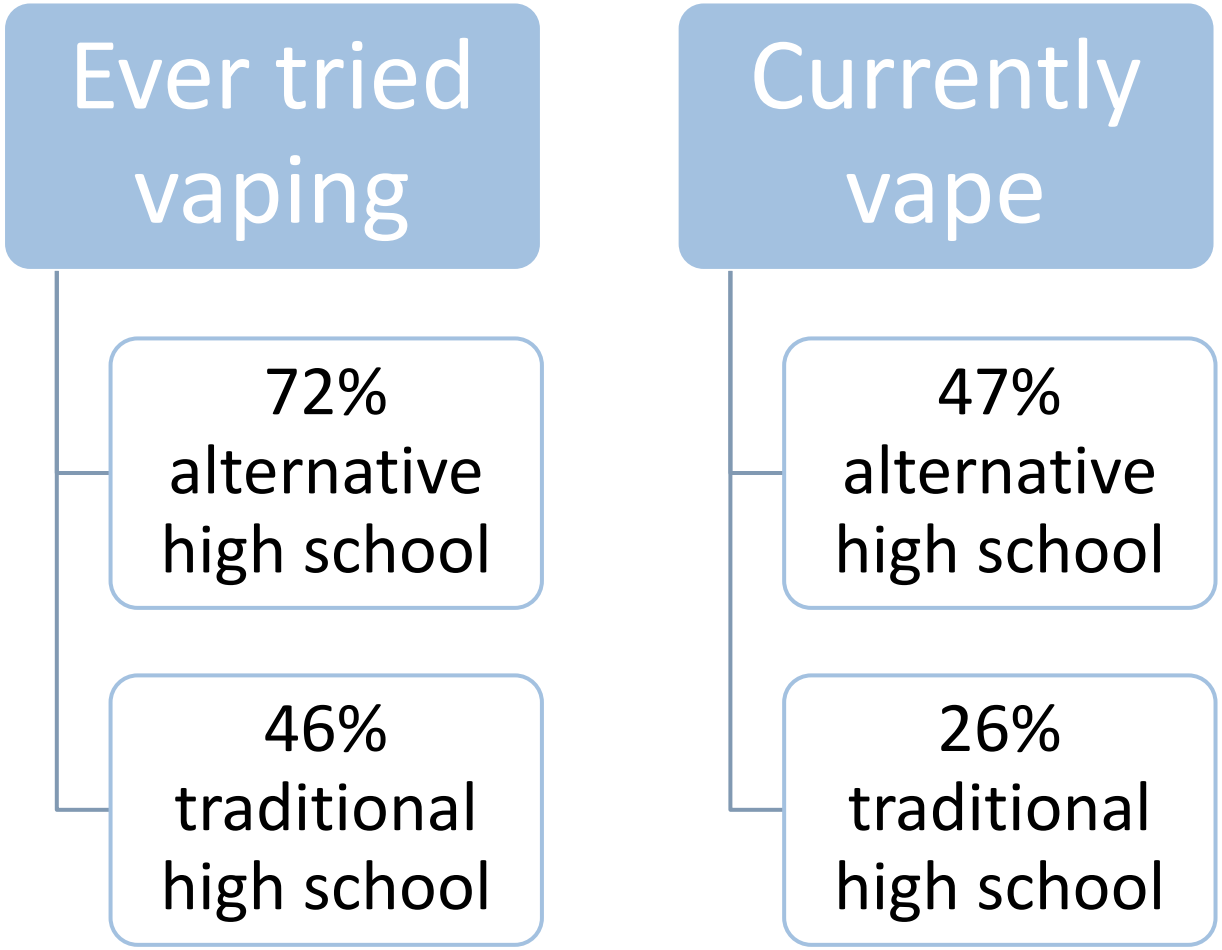
Confiscated Devices from an Alaskan High School

Source: American Lunch Association in Alaska

E-cigarettes come in many forms with brightly colored packaging and youth appealing flavors

Source: American Lunch Association in Alaska

2019 E-Cigarette Use Among Alaska High Schools Students



Chat Question:

Between first and twelfth grade, what do you think is the earliest grade students have been suspended for tobacco use or possession?)

- Kids have access to e-cigarettes
- Don’t wait to talk to them about vaping

	2022-2023	
Grade	**ISS**	**OSS**
1st	*	*
2nd		*
3rd		*
4th	*	19
5th	11	42
6th	40	70
7th	52	127
8th	99	176
9th	124	120
10th	84	105
11th	53	71
12th	35	45
Total	**1,292**	
	**48 duplicates	

What Factors Lead to Youth Tobacco Use?

- Youth-appealing flavors
- Youth-resonating themes
- Low prices/price promotions
- Ease of access & product use
- Exposure to ads
- Health claims

Source: Preventing Tobacco Use Among Youth and Young Adults: A Report of the Surgeon General
https://www.ncbi.nlm.nih.gov/books/NBK99237/pdf/Bookshelf_NBK99237.pdf

Nicotine Disguised as Flavors

ON SALE

ON SALE

16 ML

Strawberry Kiwi By Draco

FROM $16.99

50 MG

Blue Razz Icy UT Bar

$15.99 ~~$19.99~~

Pineapple Strawnana BC5000

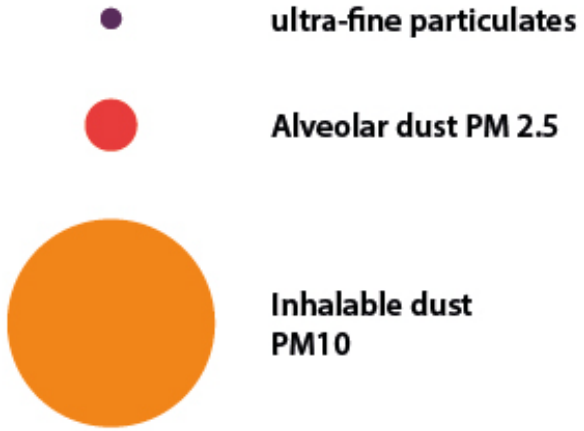
$12.99 ~~$17.99~~

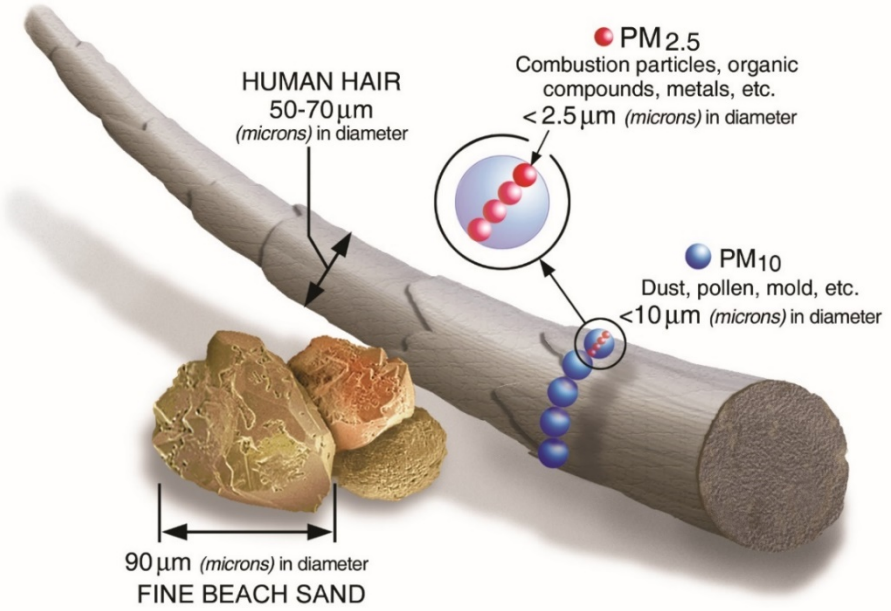
35 MG

Milk Chocolate Flonq Max

FROM $13.99

Health Impacts





E-CIGARETTE AEROSOL: NOT JUST A VAPOR

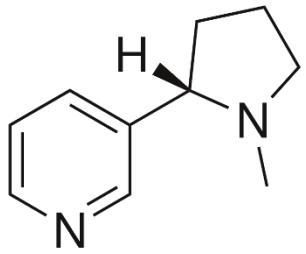
E-cigarette juices can contain harmful and potentially harmful ingredients, including:

- Ultrafine particles that create an aerosol (not water vapor)
- Flavorents such as diacetyl, a chemical linked to serious lung disease
- Volatile organic compounds
- Heavy metals, such as nickel, tin, and lead
- Nicotine
- Benzoic Acid in pod systems to create nicotine salts

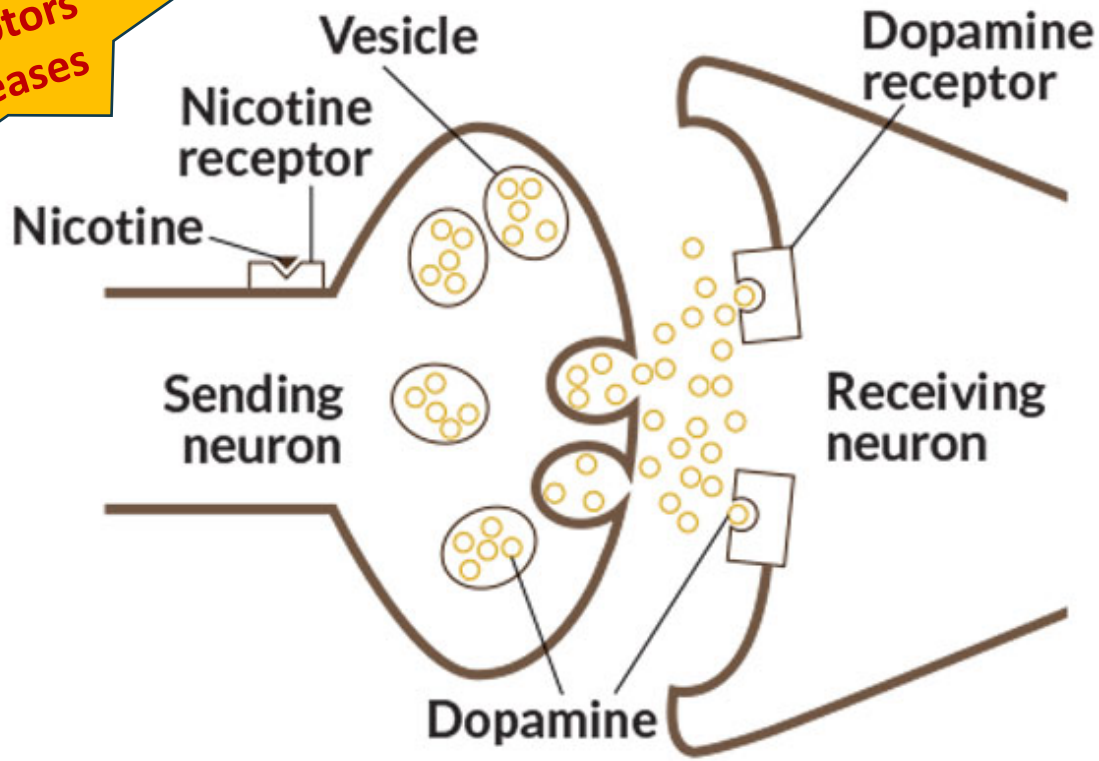
Nicotine Addiction in the Brain

Pathway

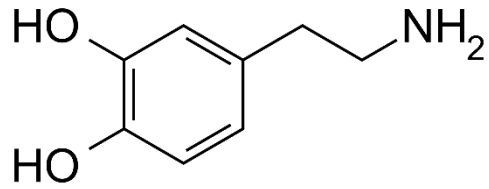
Nicotine Intake



# of Nicotine Receptors Increases



Dopamine Released, Demand Increases



The longer a person uses nicotine products, the harder it is to ever stop using.

How to Identify Addiction

The longer a person uses nicotine, the harder it is for them to stop using it, whether it's used through e-cigarettes, cigarettes, chewing tobacco, or other tobacco products.

Signs that indicate addiction to e-cigarettes:

- Person continues to vape even though they want to stop or think it's hurting them in some way
- Person feels anxious or irritable when they want to use their vape but can't
- Person's thoughts about vaping interrupt them when they are focused on other activities
- Person still vapes after getting in trouble with their parents or school for vaping
- Person has tried to stop vaping but couldn't
- Person feels like they have lost control over their vaping

Source: Teen Vaping Nicotine and Nicotine Withdrawal: https://teen.smokefree.gov/quit-vaping/vaping-addiction-nicotine-withdrawal

Know the Withdrawal Symptoms

If you or someone you know is trying to stop using e-cigarettes, it's important to know what the body and brain will go through during the withdrawal process.

Typical signs and symptoms of withdrawal:

- Feeling irritable, restless, or jittery
- Having headaches
- Increased sweating
- Feeling sad or down
- Feeling anxious
- Feeling tired or groggy
- Having trouble thinking clearly or concentrating
- Having trouble sleeping
- Feeling hungry
- Having intense cravings for e-cigarettes

Source: Teen Vaping Nicotine and Nicotine Withdrawal: https://teen.smokefree.gov/quit-vaping/vaping-addiction-nicotine-withdrawal

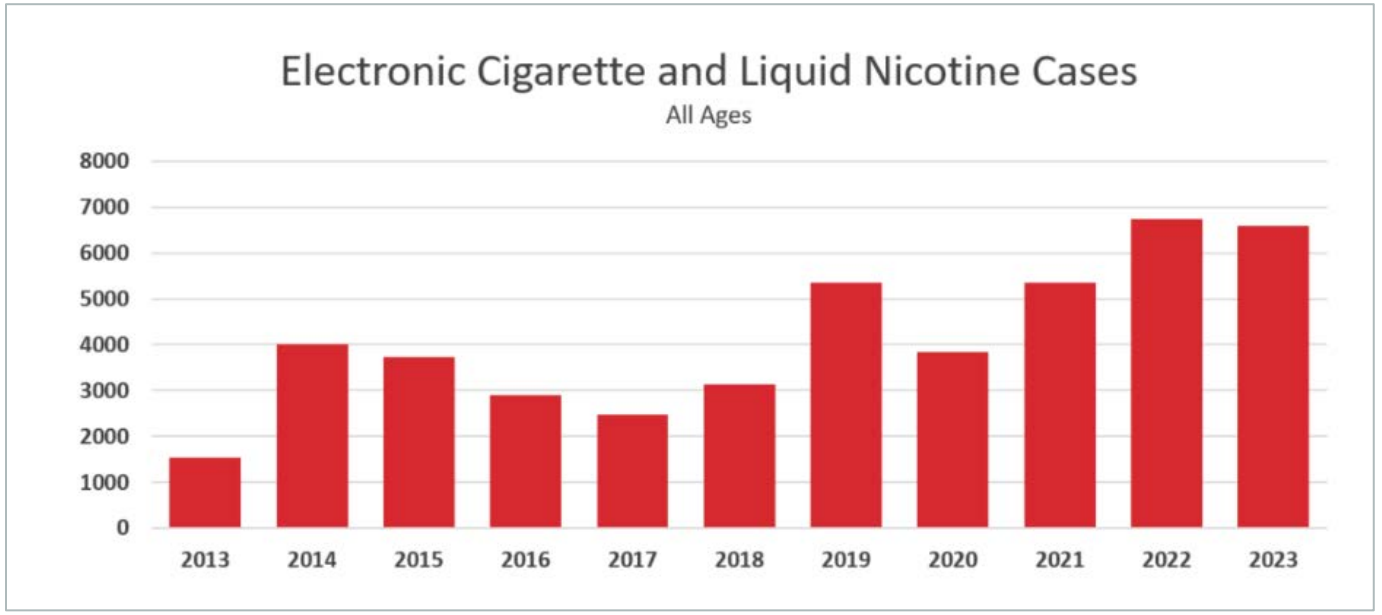
Nicotine and Poison Control Calls

In high enough doses, nicotine is also a poison.

	Year 2021		Year 2022	
	Count		Count	
Children (<20 years)				
< 1	2	10.53	2	9.52
1 year	6	31.58	9	42.86
2 years	4	21.05	4	19.05
3 years	0	0.00	3	14.29
4 years	1	5.26	0	0.00
5 years	0	0	0	0
Unknown <= 5 years	0	0	0	0
Child 6-12 years	0	0	0	0
Teen 13-19 years	1	5.26	1	4.76
Unknown child	0	0	0	0
Subtotal	**14**	**73.68**	**19**	**90.48**
Adults (>=20 years)				
20-29 years	3	15.79	1	4.76
30-39 years	2	10.53	0	0.00
40-49 years	0	0	0	0
50-59 years	0	0	0	0
60-69 years	0	0	0	0
70-79 years	0	0	0	0
80-89 years	0	0	0	0
>= 90 years	0	0	0	0
Unknown adult	0	0	0	0
Subtotal	**5**	**26.32**	**1**	**4.76**
Other				
Unknown age	0	0	0	0
Invalid/missing age	0	0.00	1	4.76
Total	19	100.00	21	100.00
Database:	OR - SQL Server 2021 Archive		OR - SQL Server 2022 Archive	

In 2021, 12/19 calls related to people ages 0-3 years old.

In 2022, 18 of the 21 calls related to people 0-3 years and under.



As of October 31, 2023, poison centers have managed 6,581 exposure cases about e-cigarette devices and liquid nicotine in 2023.

E-cigarette Use Impacts Student Learning

- Negatively impacts brain development in middle and high school students.
- Cognitive and behavioral impairments: hard to concentrate, learn, and control impulses.
- Highly addictive: makes it hard to stop using nicotine products.

Vaping and Mental Health

Youth e-cigarette and cigarette use have been associated with mental health symptoms such as **depression**.

Current e-cigarette users have **double the odds** of creating a diagnosis of depression compared to those who have never vaped.

Vaping can **worsen symptoms** of depression.

Nicotine use is significantly associated with **higher levels of conditions like ADHD**.

Nicotine also **increases sensitivity to stress** and alters the coping mechanism in the brain. These changes lead to an increased dose-response relationship – meaning an increase in symptoms with increased exposure to nicotine. Depression and vaping have been shown to have a bidirectional association.

Quitting smoking is linked with lower levels of anxiety, depression, and stress, as well as improved positive mood and quality of life.

Resources

Talk about living vape free

Online program
for parents/caregivers and other adults concerned with vaping

Texting program
for teens ages 13-17

Free Online Program to Support Adults Concerns with Teen Vaping

- Support a young person to quit
- Learn how to talk to a young person about vaping
- Self-paced online course
- Chat with a coach for support
- Online library with articles, videos, and tools that can help

- Enroll at **AKLiveVapeFree.com**
- Explore additional information and resources **AlaskaQuitLine.com**

Free Texting Program for Teens

- For teens ages 13-17
- Text **VAPEFREE** to **873373**
- Helps teens get the facts and support to quit
- Texts include facts, inspiration, videos, quizzes, activities, and texting with a coach

Alaska Tobacco Quit Line

There are many ways to reach Alaska's Tobacco Quit Line

ALASKA'S TOBACCO QUIT LINE
IT'S FREE. IT'S CONFIDENTIAL. AND IT WORKS.

- Call **1-800-QUIT-NOW (1-800-784-8669)**
- Text **READY** to **200-400**
- Visit **AlaskaQuitLine.com**
- Get a referral from your health care provider

Activity/Reflection

Scenarios that you may encounter or may have encountered.

Tips for Talking to Youth About Vaping

Before and During

- Know the facts
- Put yourself in their shoe's
- Take an open and calm approach
- Be ready to hear that they may have vaped
- Connect with what they care about
- Find the right time and space
- Take time to practice

After

- Thank them for having the conversation
- Help them manage stress
- Help them manage peer pressure
- Follow up

Source: American Lung Association's Talk About Vaping

Question:

Have you ever tried to talk with your kids about vaping?

If so, how did it go?

Would you have done anything differently knowing about the tools shared today?

Scenario

You find a vape in your kid's room

- How would you address this?
- Have you experienced this?
  - What went well?
  - Would you have done anything differently?

Scenario

Your kid tells you that their friends offered them a vape. Your kid is unsure what to do.

- How would you address this?
- Have you experienced this?
  - What went well?
  - Would you have done anything differently?

Scenario

Your kid's school contacts you to let you know that your kid has been suspended due to vaping.

- How would you address this?
- Have you experienced this?
  - What went well?
  - Would you have done anything differently?

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