

Vista Community Clinic

To advance community health and hope by providing access to premier health services and education for those who need it most.

E-cig/Vaping Information & Youth Prevention Strategy

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What are we up against?



Tobacco Products= cigarettes, cigars, smokeless tobacco, electronic smoking devices (vaping), e-liquids



Electronic Smoking Devices (ESD): battery operated device that heats a liquid into an aerosol that the user inhales and exhales

All essentially the same thing:

| | |
|---------|-----------|
| VAPE | E-Cig |
| PEN | Diffusing |
| JUULING | Tank |
| MOD | |

The Vape Family Tree: 4 Generations!



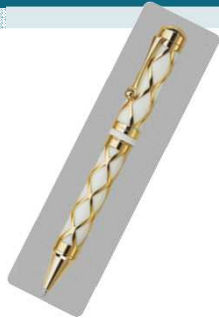
Electronic Smoking Device (ESD)

They made these look **DIFFERENT** so **YOUTH** don't **THINK** they're using...



THIS

School Supplies or Electronic Smoking Device?



School Supplies or Electronic
Device?



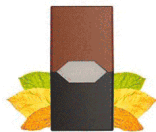
WHY do YOU think
they look SO similar
to school supplies?



**WARNING: This product contains nicotine.
Nicotine is an addictive chemical.**



Every



= 1.23 pack of cigarettes



"If someone hit their JUUL and was like, 'Oh, man, this flavor is awesome,' and handed it to their friend who had never tried it, they definitely would try it," he said. (Bowen, 19)



OTHER drugs could be in ANY vape/e-liquid



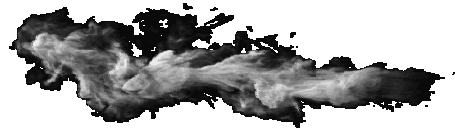
JUUL- COMPATIBLE THC PODS

**STOP
and
THINK**

**How might other
drugs affect
YOU?**



What do you think are in these devices? Do you know that there are addictive substances in them? How do you think the flavors are made?



**Propylene Glycol,
Vegetable
Glycerin & other
things that have
never been
approved to be
inhaled**

**Chemicals
that create
flavors**

Nicotine

WOULD YOU SPRAY HAIR SPRAY INTO YOUR MOUTH?

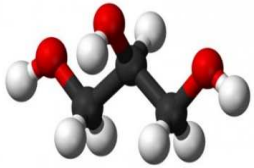


VS



AEROSOL **X** *NOT* WATER VAPOR

PG and VG



Never been approved to be inhaled

Humectants

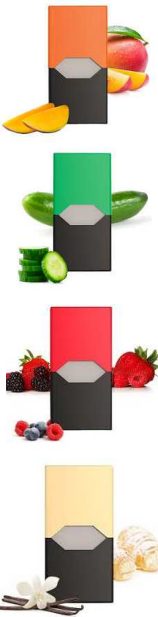
Maintains moisture in certain products

Benzoic acid

Nicotine salts

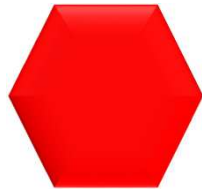
Over 15,500 Flavors to GET YOUTH HOOKED

TARGETING YOUTH- New Buyers



CHEMICALS THAT CREATE FLAVORS

Ingestion vs Inhalation



The chemicals that make your green apple jolly rancher have **NEVER** been approved to be **INHALED** into your lungs

The flavoring industry has estimated that over a thousand flavoring ingredients have the potential to be respiratory hazards due to possible volatility and irritant properties (CDC)



Respiratory issues
Irritation
Lung Scarring
Bronchiolitis obliterans
Chronic cough

List of *prop 65* carcinogens or reproductive toxins inhaled or emissions in secondhand smoke

Lead

Old paint



Toluene
Paint thinner



Nicotine

Reproductive toxin

**Harmful to brain
development**

Formaldehyde
Embalming fluid



**Car
exhaust**



Cadmium *used in batteries,
fungicides ,fertilizers, welding
metal coatings, plastics etc.

Nicotine and the Brain

Pre Frontal Cortex (decision maker) continues developing until 25-27 years old



Increased vulnerability to addiction when you introduce addictive substances

HIGHLY ADDICTIVE



Do you have young kids in the house/siblings? What if they got a hold of e-juice in your room?



Signs to look for

Parents, Teachers or maybe you are a student concerned for a friend!

Does the room smell like Bath and Body Works?

Have you noticed changes in mood, irritability or attention?

Have you noticed signs of nausea or headaches?

Have you seen any empty pods in the house or trash can?

What are they viewing on social media? YouTube?



Symptoms

Breathing symptoms: trouble catching their breath, coughing, chest pain

Gastrointestinal symptoms: nausea, vomiting, diarrhea, abdominal pain

Non-specific symptoms: feeling tired, fever, weight loss

E-cigarette, or vaping, products should never be used by youths, young adults, or women who are pregnant

Adults who do not currently use tobacco products should not start using e-cigarette, or vaping, products.

There is no safe tobacco product, and the use of any tobacco products, including e-cigarettes, carries a risk.

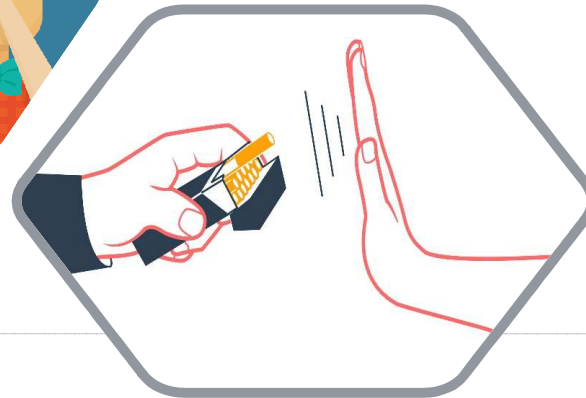
What we are doing: Policy Change

Create an environment where tobacco use/smoking/vaping becomes...

Less Desirable

Less Acceptable

Less Accessible



REDUCING YOUTH ACCESS TO PRODUCTS

Tobacco Retail Licensing Programs

1. Stores pay an additional fee that pays for the city to conduct youth purchase surveys (compliance checks).
2. If a store sells to someone under 21...it will result in fines and/or license suspension or revocation.
3. Tobacco retailers are more likely to work to ensure there are no illegal sales when they know there will be compliance checks that result in financial consequences.

Vista has a TRL!



WHAT YOU CAN DO!

Tell Your Local
Leadership What
You Want

- Call, email or send a letter
- Attend a City Council meeting and speak
- Comment using a City App like **My Oceanside** or **ACCESS VISTA**



Volunteer with
Vista Community
Clinic

- Sign up to learn more and we will contact you when action is needed