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?

There is no safe tobacco product, and the use of any tobacco products, including e-cigarettes, carries a risk.  (CDC, 2019)
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!

- Vape Sr. AKA: Cig-a-likes
- Vape II AKA: Vape pen
- Vape III AKA: Mod “Box Mod”
- Vape IV AKA: JUUL
They made these look DIFFERENT so YOUTH don’t THINK they're using...
School Supplies or Electronic Smoking Device?
WHY do YOU think they look SO similar to school supplies?
“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?

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

THE TOBACCO INDUSTRY HAS A KIDS MENU.

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KIDS WANT CANDY. THE TOBACCO INDUSTRY WANTS CUSTOMERS.
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

- **Formaldehyde**
  - Embalming fluid

- **Toluene**
  - Paint thinner

- **Car exhaust**

- **Nicotine**
  - Reproductive toxin
  - Harmful to brain development
  - 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

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 Want 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