

# Preventing Youth Vaping

## What's the Problem?

- Over 5,700 kids start vaping every day. Nearly 40% of kids have vaped at least once. Youth who vape e-cigarettes are four times more likely to start smoking regular cigarettes.

- E-cigarettes are the most commonly used tobacco product among youth, and JUUL has become the most popular brand among teens. One JUUL pod contains as much nicotine as a pack of cigarettes.



**THC OIL CARTRIDGES**

- It's not just nicotine - vaping is estimated to be as much as 30% of California's marijuana market.
- Both nicotine and THC (the active ingredient in marijuana) are addictive and unsafe for teens; they impact adolescent brain development.

- Marijuana has surpassed alcohol as the first substance juvenile offenders in San Diego County report trying (often before age 13), and only 14% of them believe it's harmful.

- **A national health alert regarding severe lung disease associated with vaping, resulting in hundreds of hospitalizations and several deaths, was issued by the CDC on August 30, 2019.**

- **A health advisory urging everyone to refrain from vaping was issued by the CA Department of Public Health on September 24, 2019.**

**IF YOU'VE HEARD VAPING IS SAFE**



**YOU'VE HEARD WRONG**



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## How you can help prevent youth vaping:

→ According to public health research, reducing access and availability are effective ways to prevent alcohol, tobacco, marijuana and other drug use among youth.

- ✓ Be a role model. If you smoke or vape, seek cessation resources. Talk with your kids about the dangers of smoking and vaping.
- ✓ Support local policies that reduce youth access and exposure to tobacco and marijuana, including Tobacco Retail Licensing (currently in Vista), Smoke Free Outdoor Dining (currently in Carlsbad and Oceanside), and Smoke Free Multi-Unit Housing laws.
- ✓ Notify local authorities if you suspect a retailer is selling to minors under the legal age of 21.
- ✓ Support alcohol and drug prevention efforts in your community. Join a coalition like the North Coastal Prevention Coalition.

## More information and resources:

Vista Community Clinic Tobacco Control Programs  
[northcoastalpreventioncoalition.org/programs/tc/](http://northcoastalpreventioncoalition.org/programs/tc/)

San Diego County Tobacco Free Communities Coalition  
[smokefreesandiego.org/about/coalition/](http://smokefreesandiego.org/about/coalition/)

San Diego County Marijuana Prevention Initiative  
[www.mpisdcounty.net](http://www.mpisdcounty.net)

American Lung Association  
[www.lung.org/stop-smoking/vape-talk](http://www.lung.org/stop-smoking/vape-talk)

Truth Initiative  
[Truthinitiative.org/our-top-issues/vaping-issue](http://Truthinitiative.org/our-top-issues/vaping-issue)

Tobacco 21  
[Tobacco21.org](http://Tobacco21.org)

The mission of the North Coastal Prevention Coalition is to reduce the harm of alcohol, tobacco, marijuana and other drugs in the cities of Carlsbad, Oceanside and Vista through community action, education, support and collaboration.

Vista Community Clinic serves as the fiscal agent for NCPC grants and contracts.  
Funded in part by the County of San Diego, HHS, Behavioral Health Services.

For more information, call 760-631-5000 x7174 or visit  
[www.northcoastalpreventioncoalition.org](http://www.northcoastalpreventioncoalition.org)

or

