

Electronic Nicotine Delivery Systems (ENDS) and Youth's Health 101

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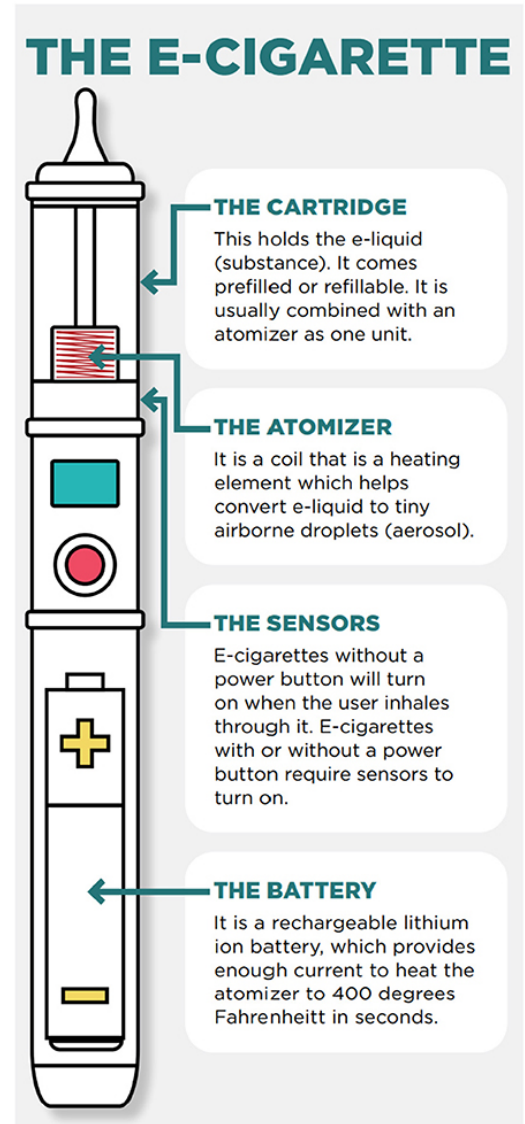
Presentation Objectives

1. Articulate the health consequences of vaping on users' health
2. Discuss the trends of youth vaping/e-cigarettes in Nebraska and why it is a public health challenge.
3. Describe different approaches including available resources to assist with opening discussion with youth about vaping.



What are Electronic Nicotine Delivery Systems (ENDS)?

- They are battery-operated devices that people use to inhale an aerosol, may contain nicotine, flavorings, and other chemicals
- ENDS are also known as e-cigarettes, vapes, mods, vape pens, e-cigs, and tank systems



National Institute on Drug Abuse. (2020). Vaping Devices (Electronic Cigarettes) DrugFacts.
<https://nida.nih.gov/publications/drugfacts/vaping-devices-electronic-cigarettes>

Centers for Disease Control and Prevention. (2023). About Electronic Cigarettes (E-Cigarettes).
https://www.cdc.gov/tobacco/basic_information/e-cigarettes/about-e-cigarettes.html

More on E-cigarettes

There are currently over 250 e-cigarette brands in the market

They can look like cigarettes, cigars or pipes, or even everyday items like pens or USB memory sticks

Some are promoted as safer alternatives to traditional cigarettes, but there is no evidence that they are safe



What Does the ENDS Aerosol Contain?

- The ENDS aerosol contains toxic chemicals such as formaldehyde and acetaldehyde
- The aerosol contains metal particles that are released from the heating mechanism
- Most e-cigarettes contain nicotine



Health Effects of Vaping

- Lung damage from ingredients such as propylene glycol and vegetable glycerin
- Dangerous chemicals produced from ENDS can cause lung and heart disease
- Acrolein, found in e-cigarettes can cause lung injury and COPD



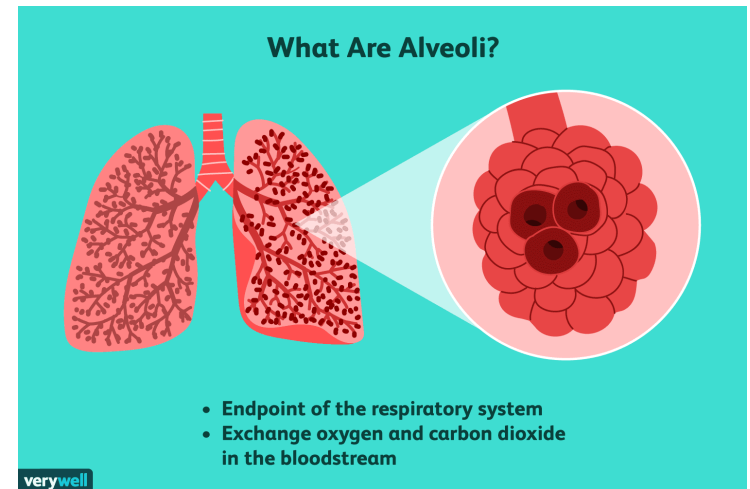
EVALI Outbreak

E-cigarette, or vaping, product use-associated lung injury (EVALI)

- Caused by substances in vaping products
- Vitamin E acetate

Symptoms include chest pain, weight loss, chills, abdominal pain, etc.

From Summer 2019 to February 2020, 2,800 people were hospitalized and 68 people died



How Addictive are E-cigarettes?

- They contain nicotine which is a highly addictive substance
- Studies have found that e-cigarettes are more addictive than traditional cigarettes



Youth Vaping in Nebraska

14.1% of youth in Nebraska reported currently using e-cigarettes in 2022

Rates of e-cigarette use decreased for 2023 in the United States

E-cigarette use among youth continues to be a public health concern



Youth are Interested in Using E-cigarettes

25.3% of youth in Nebraska that have never used an e-cigarette have thought about trying it

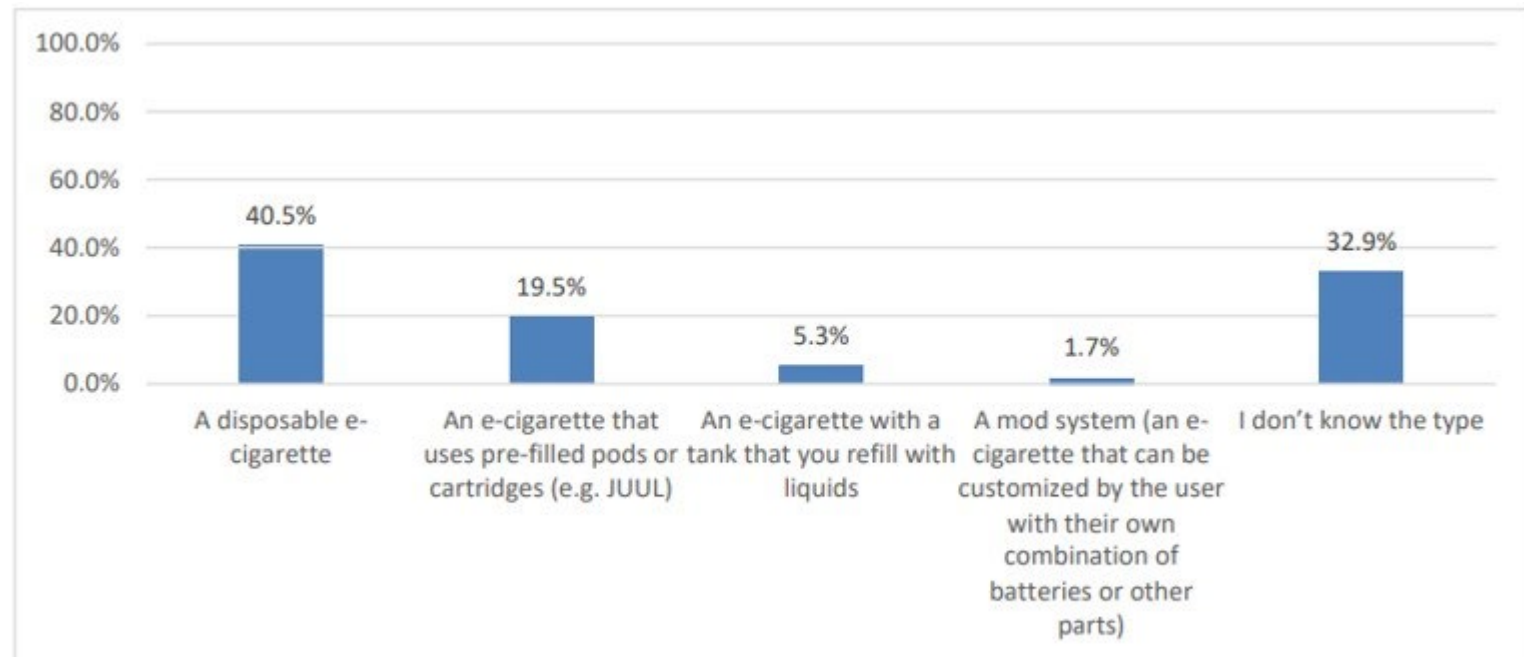
Males and female youth expressed similar interest in trying e-cigarettes

Hispanic/Latino youth reported a higher interest in using e-cigarettes



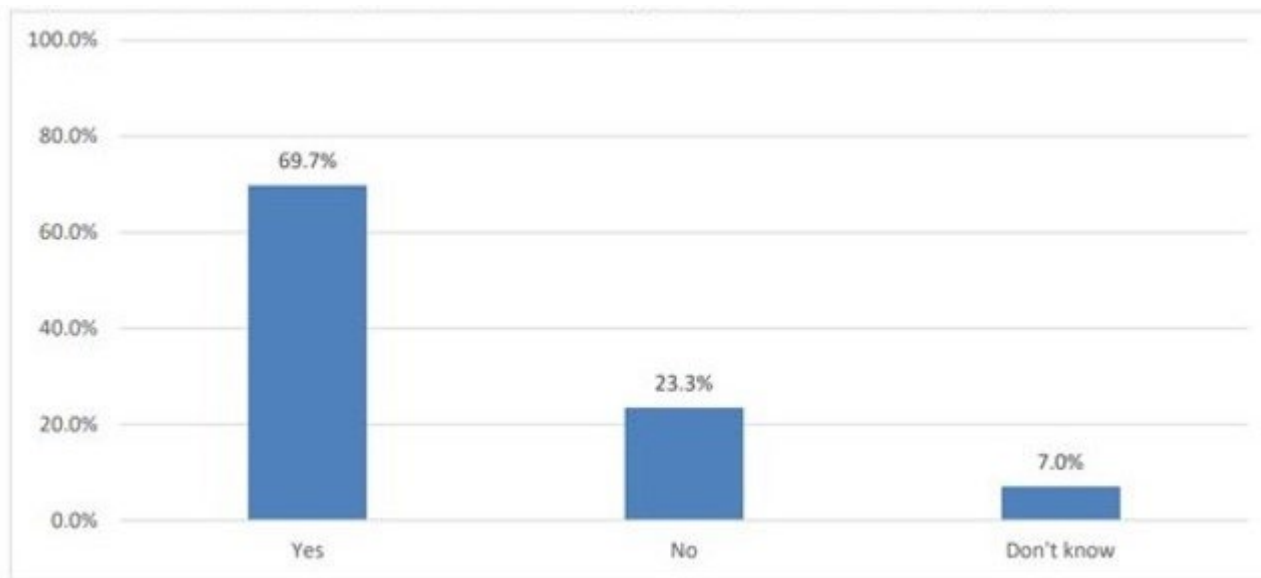
Types of E-Cigarettes Students Used in 2022

Types of E-Cigarettes Students Have Used, Nebraska YTS 2022 (n=78)



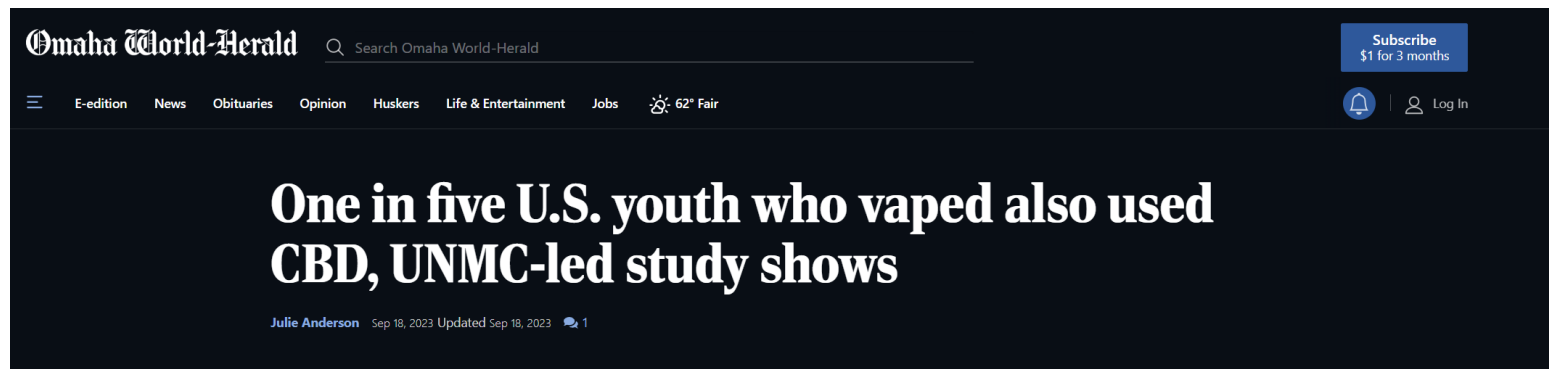
Students' Frequency of Nicotine Use in E-cigarettes

Students' Frequency of Nicotine Use in E-Cigarettes, Nebraska
YTS 2022 (n=79)



Other Substances Used in E-cigarettes

Of youth that used e-cigarettes, 18.8% reported having vaped marijuana



How to Talk with Young People about Vaping, JUULs, and Other Electronic Nicotine Devices



NYTS
2023

More than **2.1 million**

youth currently use e-cigarettes,

with a decline in high school students currently using e-cigarettes in 2022-2023

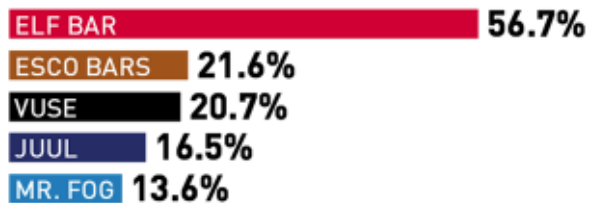
Among youth who reported current use of e-cigarettes:

More than **1 in 4**



use e-cigarettes daily

The most popular brands include disposable and cartridge-based products, and the most commonly reported products were:



Almost

9 out of 10



use flavored e-cigarettes

Source: FDA (2023). Results from the Annual National Youth Tobacco Survey



The Other Side of the Data

- 90% of high schoolers and 95.4% of middle schoolers currently **do not use e-cigarettes.**
- In Nebraska, 85.9% of youth do not currently use.
- Nebraska, High School Youth Risk Behavior Survey, 2022 found that 57.3% of youth who use e-cigarettes have tried to quit using these products.
- Kids Count Data Center (Annie E. Casey Foundation) reports 95% of youth can share ideas or talk about things that really matter with their parents.



Being Trusted Adults

- Approachable
- Open to answering questions
- Accurate information



Goals for Trusted Adult Conversations

- Engage a young person's critical thinking and prior knowledge
- Allow the conversation to continue moving forward and not shut down
- Listen with curiosity, not an agenda (build trust)



Reflect Before Talking to a Young Person

- Reflect on your personal point of view.
- Reflect on your ability to be a role model.
- Reflect on what kind of trust and relationship you already have.
- Reflect on the context.



Use OAR to Guide the Conversation



Open-ended
questions



Affirmations



Reflective
listening





Start the Conversation:

How to Talk with Young
People about Vaping,
JUULs, and Other
Electronic Nicotine Devices



What else can we do?

Join local efforts



for a great state of health





Talk with Your Teen About E-cigarettes: A Tip Sheet for Parents



<https://www.cdc.gov>



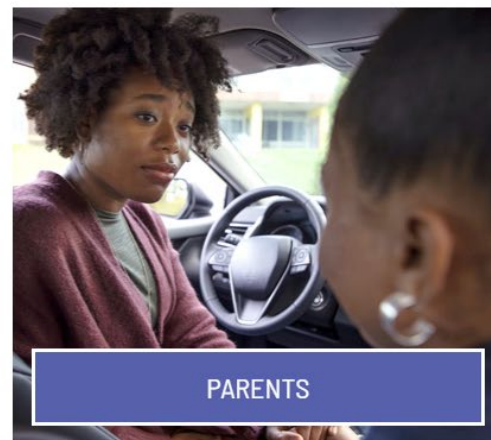
FDA's Vaping Prevention and Education Resource Center



https://digitalmedia.hhs.gov/tobacco/educator_hub

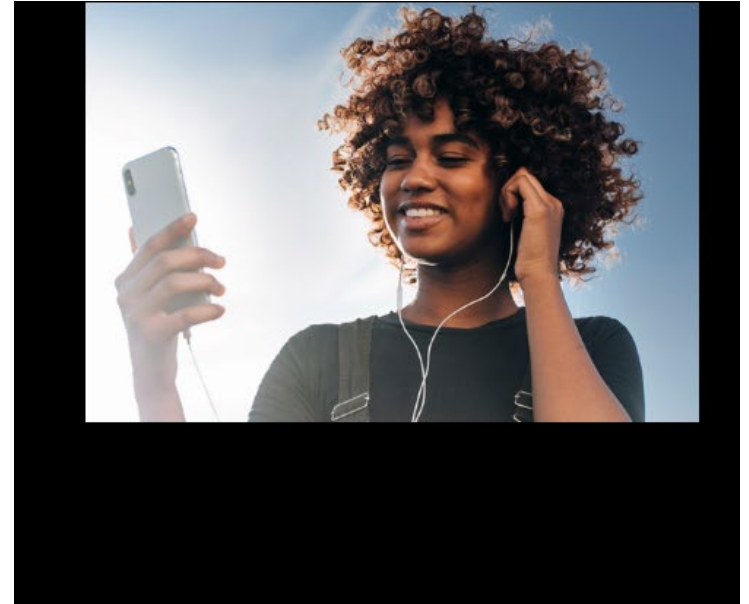


FDA's Vaping Prevention and Education Resource Center



Quitting Resources for Youth

- Online chat
- Quit Builder Tool
- Quizzes and Surveys
- Information about nicotine
- SmokefreeTXT for teens
- quitSTART App



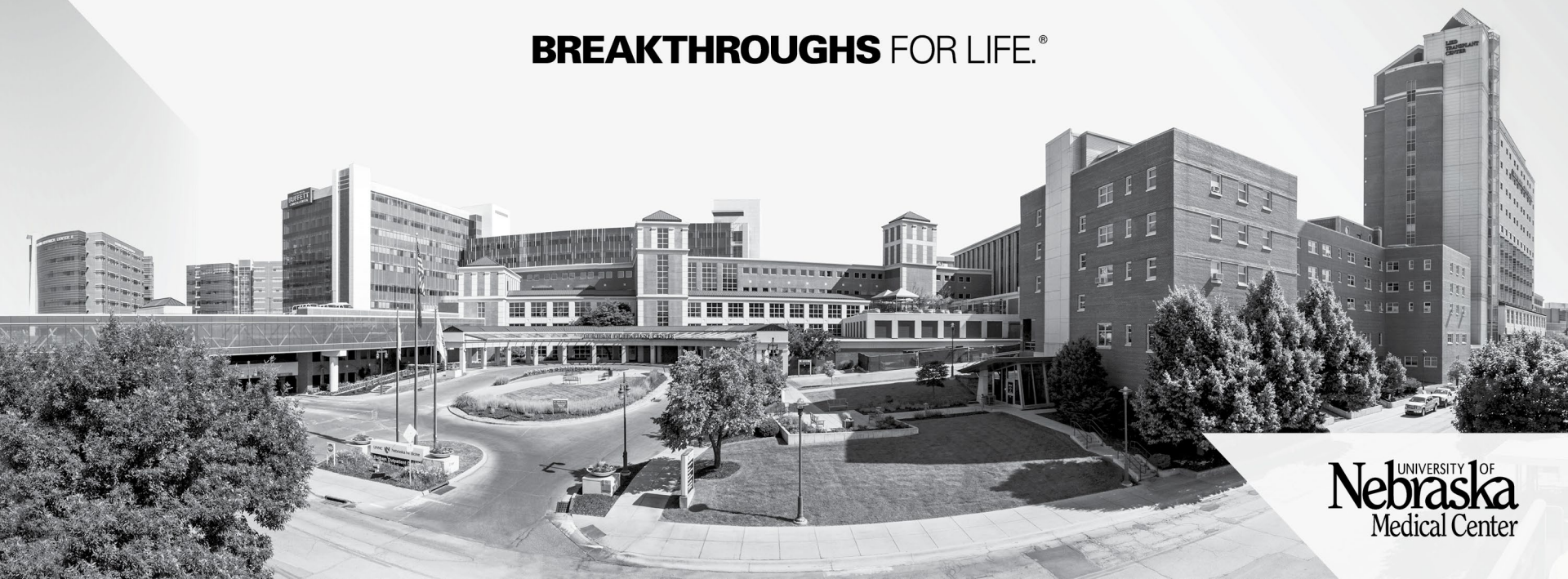
<https://teen.smokefree.gov/therealcost>





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