Vaping & E-Cigarette Alert

A collaborative publication of the Weston Board of Health and the Weston Public Schools

In light of the recent alerts, actions and news items about the issue of vaping and the use of e-cigarettes, including Gov. Baker's declaration of a public health crisis and banning of all sales of vapes and vape products in the Commonwealth of Massachusetts, and the statement by the American Medical Association against the use of e-cigarettes for all people, we are providing you with this Alert to let you know some of the most up-to-date information available. This Alert also contains invitations to several community events to address this issue, and resources for you and your family. We encourage you to review this material, and several of the excellent resources listed below.

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What are E-Cigarettes?

- E-cigarettes are electronic devices that heat a liquid and produce an aerosol, or mix of small particles in the air.
- E-cigarettes come in many shapes and sizes. Most have a battery, a heating element, and a place to hold a liquid.
- Some e-cigarettes look like regular cigarettes, cigars, or pipes. Some look like USB flash drives, pens, and other everyday items. Larger devices such as tank systems, or "mods," do not look like other tobacco products.
- E-cigarettes are known by many different names. They are sometimes called "e-cigs," "e-hookahs," "mods," "vape pens," "vapes," "tank systems," and "electronic nicotine delivery systems (ENDS)."
- Using an e-cigarette is sometimes called "vaping" or "JUULing."

Source:
https://www.cdc.gov/tobacco/basic_information/e-cigarettes/pdfs/Electronic-Cigarettes-Infographic-p.pdf

What's the Bottom Line on the Risks of E-cigarettes for Kids, Teens, and Young Adults?

- The use of e-cigarettes is unsafe for kids, teens, and young adults.
- Most e-cigarettes contain nicotine. Nicotine is highly addictive and can harm adolescent brain development, which continues into the early to mid-20s, and lung function.
- E-cigarettes can contain other harmful substances besides nicotine.
- The brain of youth and young adults are more vulnerable to the negative consequences of nicotine exposure. The effects include addiction, primed for use of other addictive substances, reduced impulse control, deficits in attention and cognition, and mood disorders.
- Confirmed cases of severe lung disease associated with e-cigarette use.

What do we do now? *Two Important Community Events*

What Are You Puffing? Vaping and Our Youth

Monday October 28 - 7:00 pm
Weston High School Auditorium

A workshop on Vaping and e-cigarette use open to all interested community members. Join us for the latest information on this issue, along with resource sharing. Facilitated by the Massachusetts Partnerships for Youth

Organizing Meeting *The Weston Prevention Task Force*

Wednesday November 13 - 7:00 pm
Location TBA

A meeting of any and all interested community members to clarify the issue, identify the needs, and develop the resources to address this serious public health risk.

Link to video of May 2019 Weston Parent workshop -

Vaping Awareness Parent Education - Dr Elizabeth Booma The Resilience Project

https://weston.vod.castus.tv/vod/?video=6c98561f-a9cc-4a65-875a-5ad72ad48f53&nav=recent

If you don't use, don't start. If you want to stop, see page 2

Need Help Now?

Please go to page 2 for a list of resources on preventing use, help for people who want to quit or help loved ones quit, and up-to-date information on e-cigarettes, vaping and "juuling"

Resources

The following resources may be of help to assist people in stopping the use of e-cigarettes, or in preventing the onset of such use. We urge you to spend some time looking through these resources and seeking assistance either for yourself or for loved ones who may already be impacted by this issue.

Help if you want to stop…

- **This is Quitting** - a free resource from Truth Initiative for teens and young adults-
  - Text **DITCHJUUL** to **88709** to sign up, or click on link below:

https://truthinitiative.org/thisisquitting

- My Life, My Quit - free resource to help youth quit vaping from National Jewish Health.
  - Call or text "start my quit" to 1.855.891.9989 or visit www.mylifemyquit.com for real-time coaching.

- Become a Smoke-Free Teen - online resources including Smokefree text, quitSTART app, online expert consult, sponsored by the US Department of Health & Human Resources
  - https://teen.smokefree.gov/

- **Become an Ex** - comprehensive quitting program for all ages with customized quit plan, text messages for support, online resources, including for parents trying to help a child. Developed by The Mayo Clinic in partnership with Truth Initiative
  - https://www.becomeanex.org/

- Your pediatrician or health care provider

- See your school nurse, Health Education teacher, or Youth Counselor for support and referral.

For more information or to share ideas and resources, please feel free to contact…

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More information for all, especially for parents/guardians…

The New Look of Nicotine Addiction is a MA Department of Public Health (DPH) 2-minute video to educate parents about the harms of vaping.
https://www.youtube.com/watch?v=e_VqeXf2P8A

How to Talk to Your Teen About Vaping Education (American Addiction Society)

How to Talk with Teenagers about Vaping (New York Times)

Nicotine Addiction From Vaping Is a Bigger Problem Than Teens Realize (Yale Medicine)

Latest information - updated info on Juuls - 9/23

https://truthinitiative.org/research-resources/emerging-tobacco-products/latest-information-juul-8-important-things-know

https://truthinitiative.org/research-resources/emerging-tobacco-products/what-are-long-term-effects-vaping

Upcoming Events...

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The Bottom Line

We want all of our children to be healthy-please ask for help if you need it for yourself, a friend, or your child.