



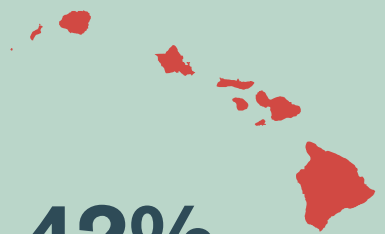
HAWAI'I YOUTH VAPING AT EPIDEMIC LEVELS

Electronic Smoking Devices (ESDs), also known as e-cigarettes have grown in popularity among school-aged kids nationwide. The U.S. Surgeon General reports that e-cigarette use among youth is a public health concern. The U.S. Food and Drug Administration (FDA) states that teenage vaping or the use of e-cigarettes is now at an “epidemic proportion.” Hawai'i youth are adopting this dangerous trend by using e-cigarettes or vapes, at an alarming rate. **VAPING IS THREATENING TO CREATE A NEW GENERATION OF YOUTH ADDICTED TO NICOTINE.**



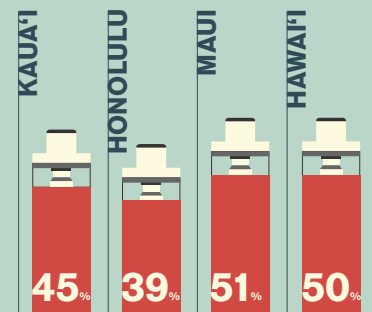
HAWAI'I HIGH SCHOOL TEENS VAPE 2X AS MUCH AS YOUTH NATIONALLY

26% OF HAWAI'I HIGH SCHOOL YOUTH vs 13% OF U.S. HIGH SCHOOL YOUTH.¹²



42%
OF HIGH SCHOOL STUDENTS AND

27%
OF MIDDLE SCHOOL STUDENTS HAVE TRIED USING E-CIGARETTES²



VAPING BY HIGH SCHOOL STUDENTS IN 3 OF 4 COUNTIES EXCEEDED THE STATE AVERAGE OF 42%²

¹2017 NATIONAL YOUTH RISK BEHAVIORAL SURVEY

²2017 HAWAI'I YOUTH RISK BEHAVIOR SURVEY (YRBS)

WHAT ARE E-CIGARETTES?

THE E-CIGARETTE INDUSTRY USES FALSE ADVERTISING WHEN IT SAYS THAT E-CIGARETTES HAVE “HARMLESS WATER VAPOR.”

RESEARCH SHOWS THAT E-CIGARETTE VAPOR CAN CONTAIN CARCINOGENS SUCH AS:

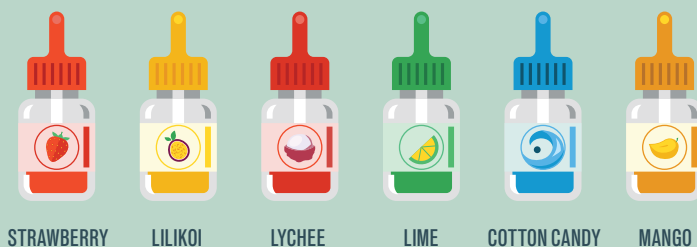
ARSENIC
 CADMIUM BENZENE
 LEAD CHROMIUM
 NICKEL



E-cigarettes are battery-powered smoking devices that operate by heating a liquid solution to produce an inhalable aerosol, often mistaken as water vapor. That is why using an e-cigarette is known as “vaping.”

There are over 700 e-cigarette companies on the market. E-cigarettes go by many names and come in a variety of shapes and sizes, some specifically marketed to children.

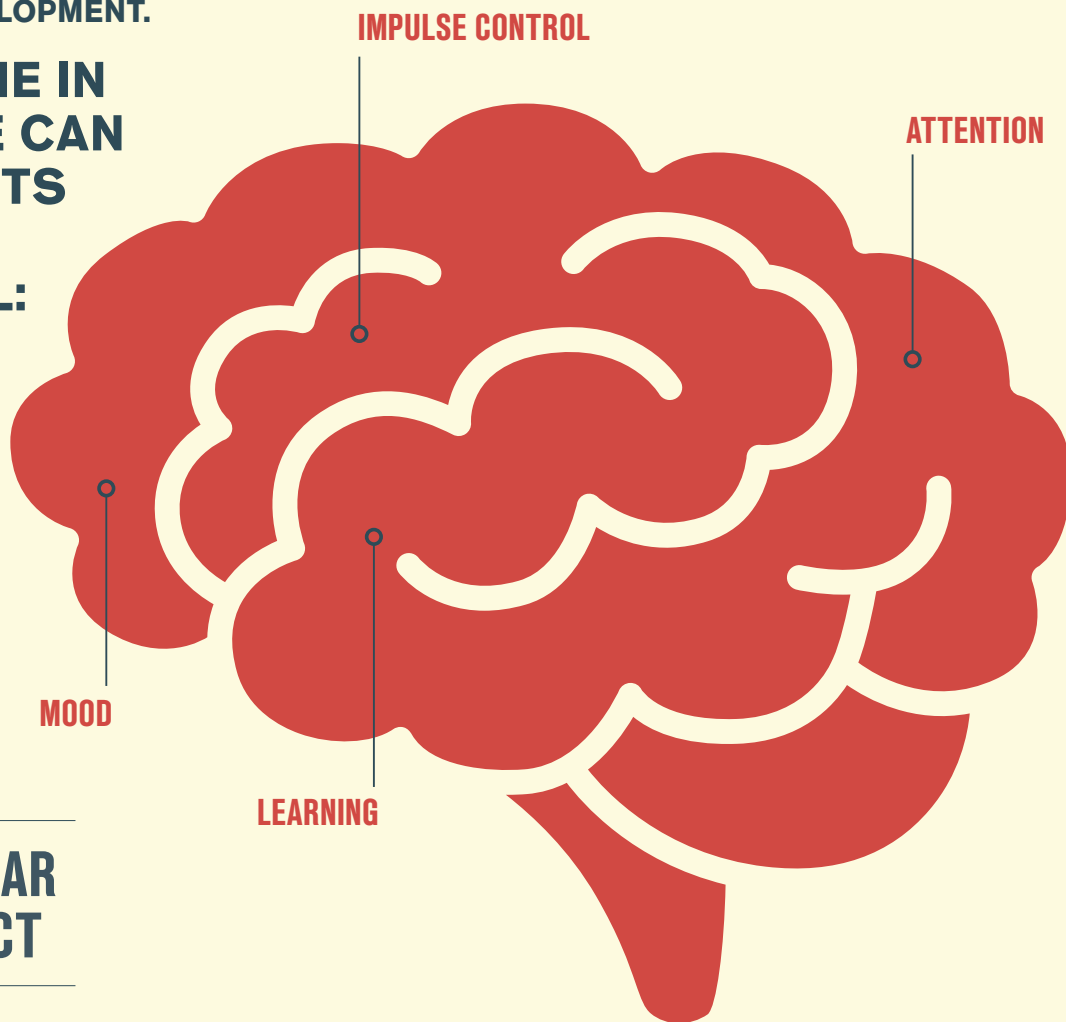
25% OF HIGH SCHOOL YOUTH SAID THE AVAILABILITY OF FLAVORS IS A REASON THEY USE E-CIGARETTES³



TOBACCO PRODUCT USE IN ANY FORM INCLUDING E-CIGARETTES IS UNSAFE FOR YOUTH

NICOTINE IS HIGHLY ADDICTIVE & CAN HARM BRAIN DEVELOPMENT.

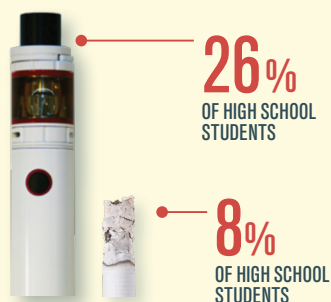
USING NICOTINE IN ADOLESCENCE CAN HARM THE PARTS OF THE BRAIN THAT CONTROL:



E-CIGARETTES ARE NOW

THE MOST POPULAR TOBACCO PRODUCT

AMONG YOUTH



HAWAII YOUTH VAPE **3X AS MUCH AS THEY SMOKE CIGARETTES**²



9% OF U.S. TEENS ARE VAPING MARIJUANA⁴

When children use e-cigarettes, they may be exposed to the **highly addictive chemical nicotine**. Among its effects on the body, nicotine interferes with normal brain and lung development.

Addiction to nicotine can make it very difficult to stop using e-cigarettes and other tobacco products. Children who use e-cigarettes or are exposed to the vapor, have higher rates of asthma and ear, nose, and throat infections when compared to youth who are not exposed to the vapor.

²2017 HAWAII YOUTH RISK BEHAVIOR SURVEY (YRBS)

⁴2016 NATIONAL YOUTH TOBACCO SURVEY

EDUCATOR TIPS

TALK TO YOUR STUDENTS ABOUT VAPING

With the tremendous increase of youth using e-cigarettes and the intense marketing on local radio and online, it may seem that vaping is a safe alternative to cigarettes, but these products can cause serious health effects.

EDUCATOR TIP

DO NOT ACCUSE YOUR STUDENTS OF VAPING.

WHAT DO YOU KNOW ABOUT VAPING?

DO YOU HAVE FRIENDS THAT VAPE?

HAVE YOU SEEN ADVERTISEMENTS FOR VAPING PRODUCTS?

PEOPLE HAVE DIFFERENT REASONS FOR VAPING, DO YOU KNOW WHY SOME OF YOUR FRIENDS CHOOSE TO VAPE?

- ✓ Recognize that your students may already have first-hand observations or experiences to have opinions about vaping.
- ✓ Be positive, ask open-ended questions rather than repeat negative statements.
- ✓ Share YOUR concerns with your students, they will appreciate your care, even when speaking about products with potential harm.

EDUCATORS CAN:

- ✓ Learn about the different types of e-cigarettes and the risks of vaping for young people.
- ✓ Develop, implement, and enforce tobacco-free school policies.
- ✓ Teach youth about the risks of vaping.

HERE ARE THREE E-CIGARETTE CURRICULA THAT WERE DESIGNED USING THE NATIONAL HEALTH EDUCATION STANDARDS AND THE HEALTH EDUCATION CURRICULUM ANALYSIS TOOL

SCHOLASTIC PREVENTION PROGRAM: Get Smart about Tobacco | scholastic.com/get_smart_about_tobacco

CATCH PREVENTION PROGRAM: CATCH My Breath | catchinfo.org/modules/e-cigarettes

STANFORD TOBACCO PREVENTION TOOLKIT | med.stanford.edu/tobaccopreventiontoolkit/E-Cigs.html

CONSEQUENCES

KNOW THE RISKS, KNOW THE LAWS

Since 2016, Hawai'i State law has prohibited the sale or furnishing of tobacco products including ESDs and e-liquids to anyone under 21 years of age. It is also illegal for anyone under 21 to possess or use tobacco products or e-cigarettes. There is a \$500.00 fine for anyone who furnishes tobacco or e-cigarette products to anyone under the age of 21 (§712.1258 and §321.212 Hawai'i Revised Statutes).

VAPING COULD MEAN TROUBLE AT SCHOOL

Hawaii schools treat vaping devices as tobacco products, and they are considered contraband. Youth may be suspended or expelled for having them at school.

FOR ADDITIONAL RESOURCES & REFERENCES, VISIT:

HEALTHYHAWAII.COM/TOBACCO-FREE/VAPING



FOR MORE INFORMATION, CONTACT:
Hawai'i State Department of Health
Chronic Disease Prevention and Health Promotion Division
Tobacco Prevention and Education Program
1250 Punchbowl Street
Honolulu, Hawai'i 96813
(808) 586-4613

NONDISCRIMINATION IN SERVICES
The Department of Health provides access to its programs and activities without regard to race, color, national origin/ancestry-including language, age, sex-including gender identity or expression, sexual orientation, color, religion, or disability.

Write or call the Hawai'i State Department of Health's Affirmative Action Office at P.O. Box 3378, Honolulu, Hawai'i 96801-3378 or at (808) 586-4614 (voice/TRS) within 180 days of a problem.

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VAPING AND YOUTH: RESOURCES FOR PARENTS, EDUCATORS AND OTHERS WORKING WITH YOUTH

LOCAL RESOURCES

Hawaii State Department of Health provides educational resource guides on e-cigarettes for parents, educators and youth influencers - HawaiiNoVape.org

Coalition for a Tobacco Free Hawaii - 808NoVape.org and FlavorsHookKidsHi.org

CDC OFFICE ON SMOKING AND HEALTH (CDC/OSH) E-CIGARETTES RESOURCES

The CDC has a variety of materials with information specific to e-cigarettes and young people, links to infographics, fact sheets, an e-cigarettes and youth toolkit for partners, and a new presentation to educate youth on e-cigarettes - www.cdc.gov/tobacco/basic_information/e-cigarettes/index.htm

SCHOOL-BASED E-CIGARETTES PREVENTION CURRICULUM

Evidence-based youth e-cigarette prevention curricula and materials

FDA Center for Tobacco Products lesson plan and activity - The Real Cost of Vaping: Understanding the Dangers of Teen E-Cigarette Use, developed in collaboration with Scholastic - www.scholastic.com/youthvapingrisks/?eml=snp/e/20181116/////FDA/////&ET_CID=20181116_SNP_FDA_ACQ_24449&ET_RID=1414772458

The Stanford Medical School Tobacco Prevention - Toolkit module on E-Cigs/Vapes and Pods - <https://med.stanford.edu/tobaccopreventiontoolkit.html>

The University of Texas Health Science Center at Houston - Catch My Breath Youth E-Cigarette and JUUL Prevention Program - <https://catchinfo.org/wp-content/uploads/2018/10/CATCH-My-Breath-One-Pager.pdf>

E-CIGARETTES CESSATION RESOURCES FOR YOUTH

The Hawaii Tobacco Quitline Youth Program - <https://hawaiiquitline.org> or call 1-800-QUIT-NOW

The Truth Initiative launched a youth/young-adult focused E-cigarette Quit Program. Youth and young adults can access the e-cigarette quit program by texting "DITCHJUUL" to 88709. Parents and other adults looking to help young people quit should text "QUIT" to (202) 899-7550.

The National Cancer Institute's SmokefreeTeen website includes information on: How To Quit Vaping - <https://teen.smokefree.gov/quit-vaping>

VIDEOS FOR EDUCATORS

Campaign for Tobacco Free Kids:
The Rise of Vaping
www.takingdowntobacco.org/main/vaping

University of North Carolina:
The Health Effects of E-Cigarettes
<http://news.unchealthcare.org/news/2018/november/e-cigarettes-are-not-without-health-effects>

PARENT RESOURCES

P.A.V.E. Parents Against Vaping E-Cigarettes -
www.parentsagainstvaping.org