

Vaping 101

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Kentucky Public Health
Prevent. Promote. Protect.



Youth E-cigarette Initiation and Use



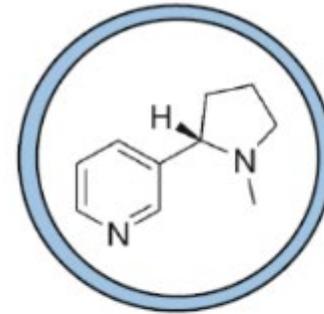
Advertising



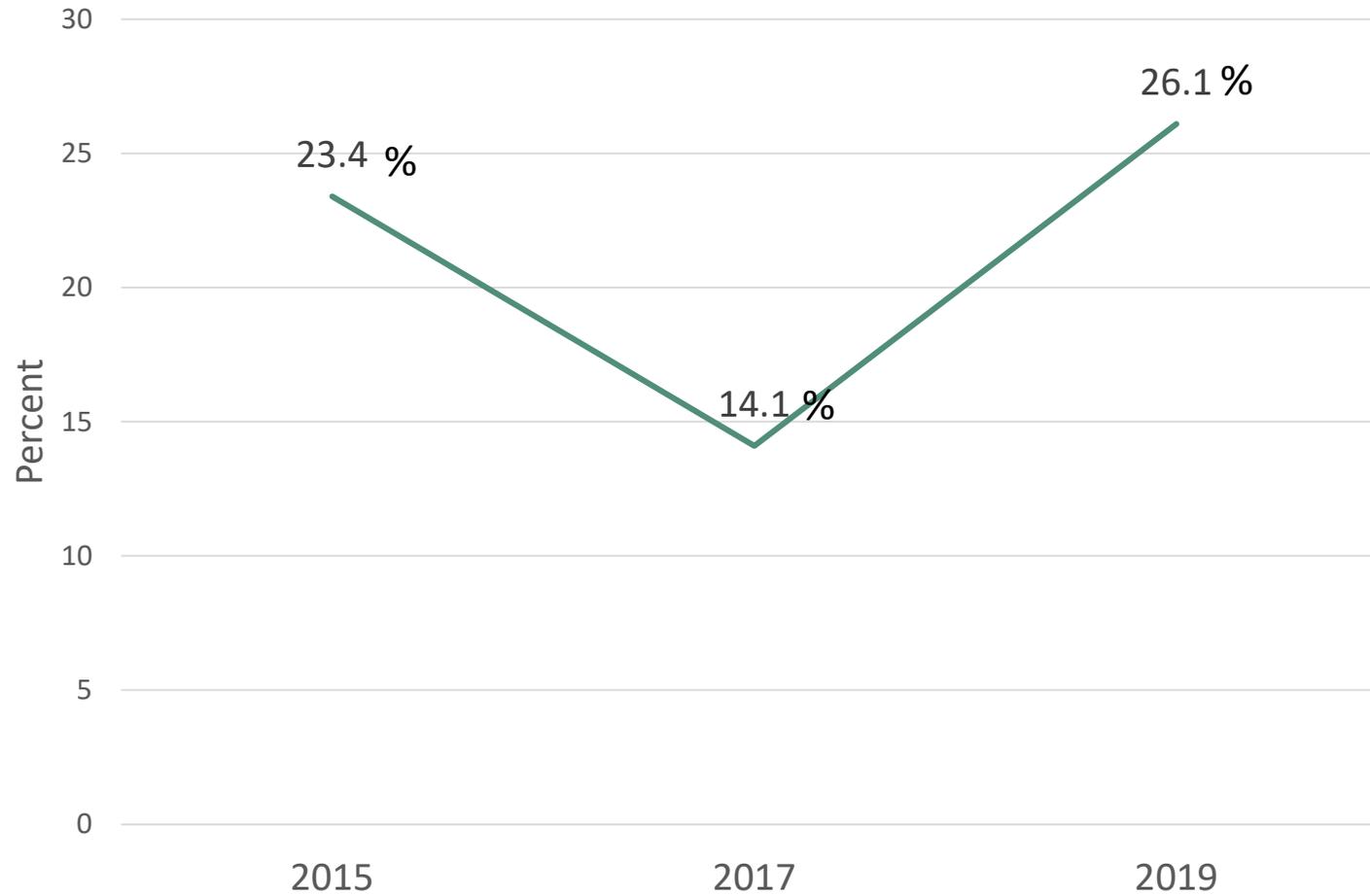
Flavors



Nicotine

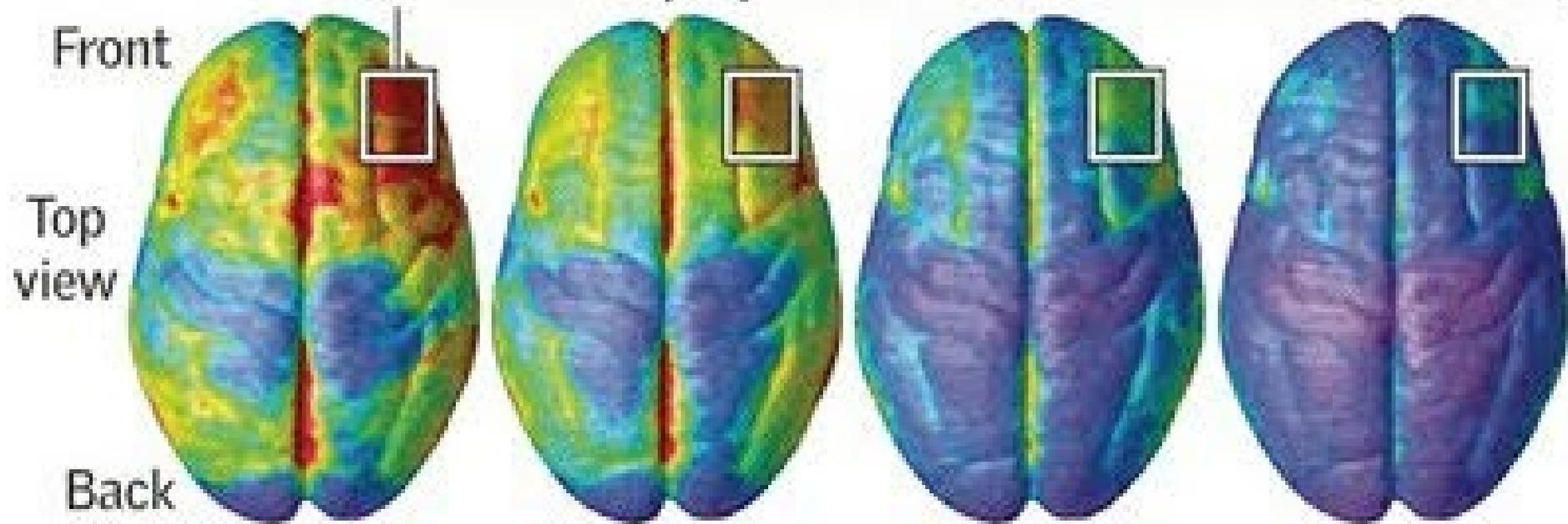


Current Youth E-Cigarette Use

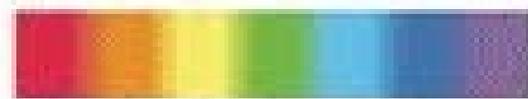


5-year-old brain Preteen brain Teen brain 20-year-old brain

Dorsal lateral prefrontal cortex ("executive functions")



Red/yellow: Parts of brain less fully mature



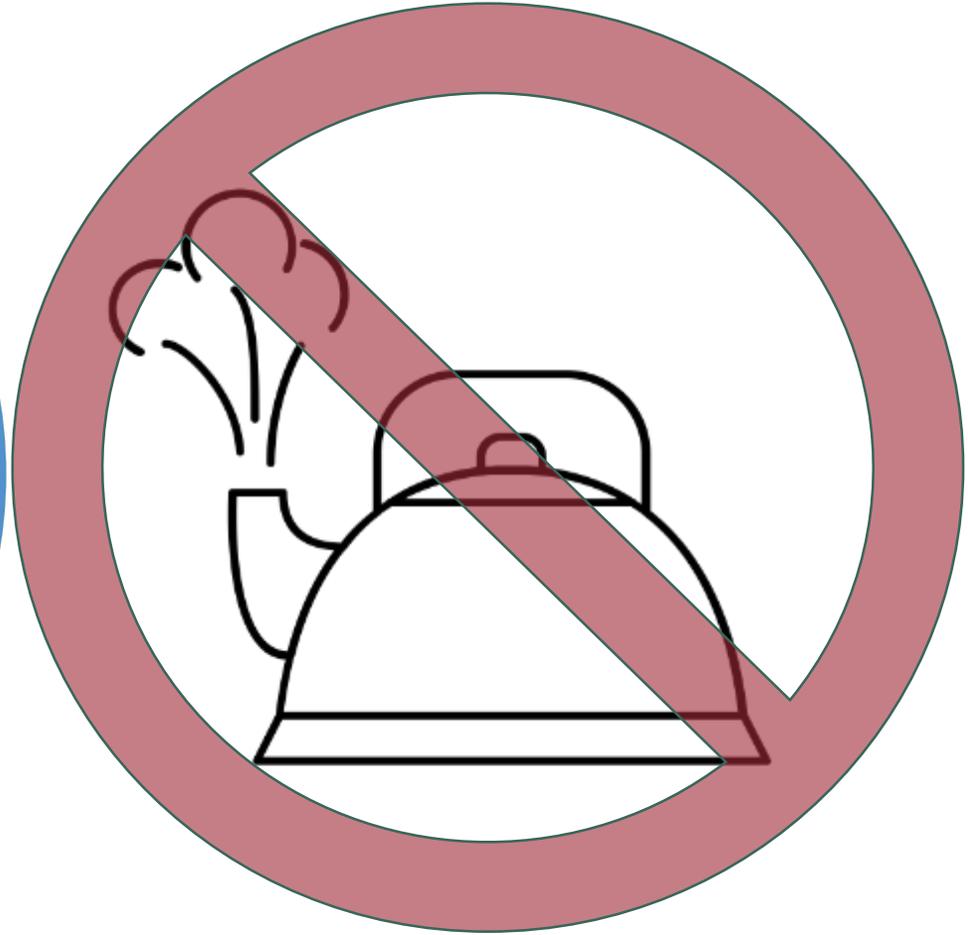
Blue/purple: Parts of brain more fully matured

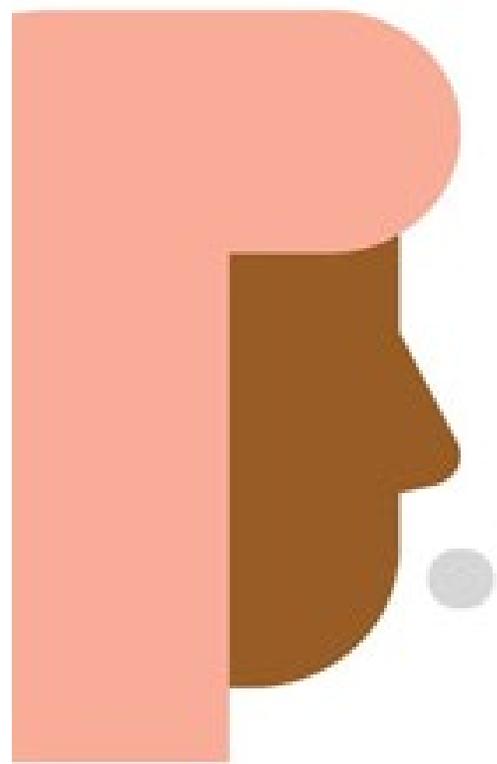
*Sources: National Institute of Mental Health;
Paul Thompson, Ph.D., UCLA Laboratory of
Neuro Imaging*

Thomas McKay | The Denver Post

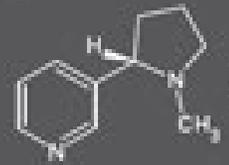


It's an Aerosol, Not a Vapor





VOLATILE ORGANIC COMPOUNDS



NICOTINE

ULTRAFINE PARTICLES



CANCER-CAUSING CHEMICALS

HEAVY METALS SUCH AS NICKEL, TIN, AND LEAD



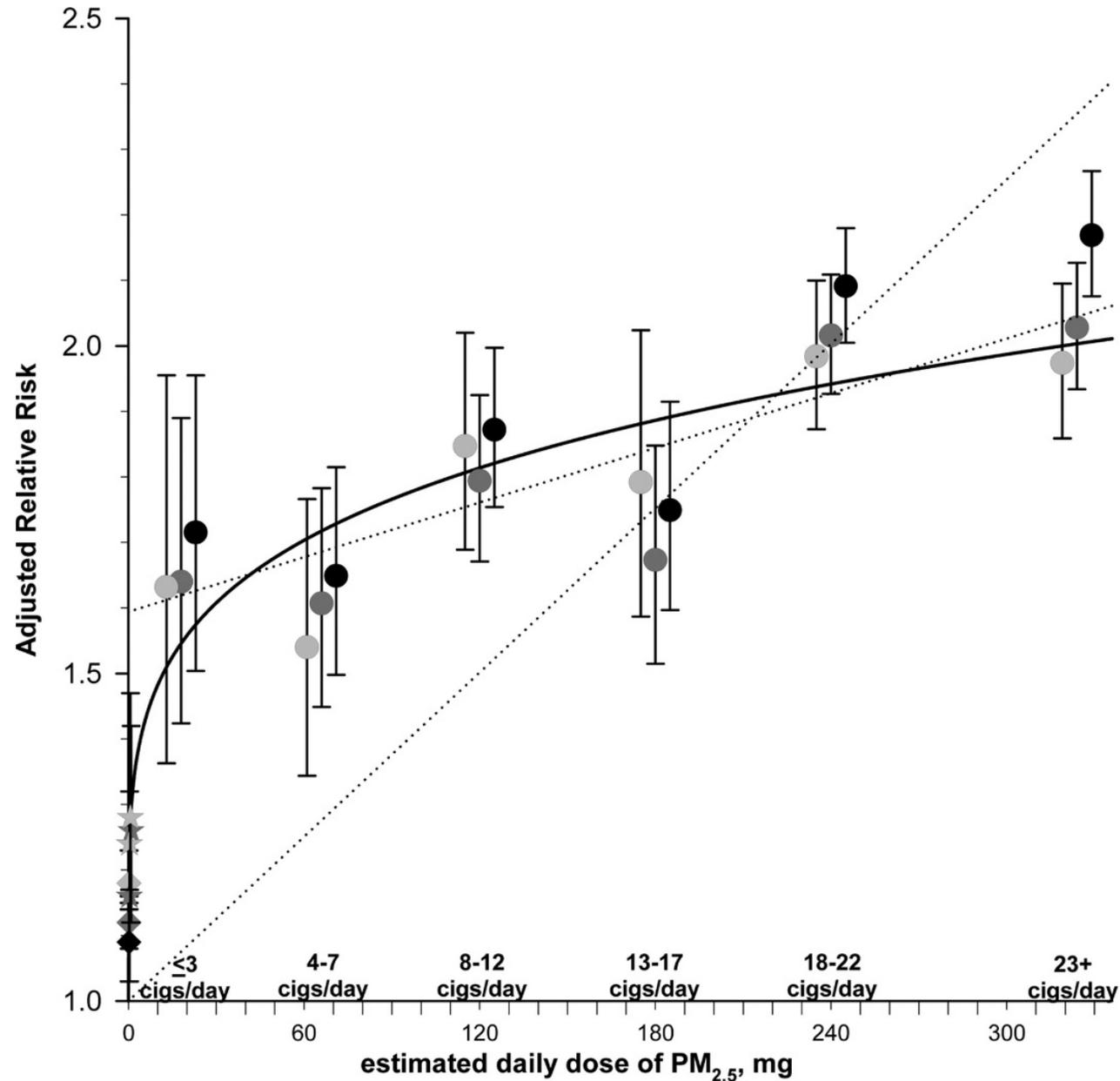
FLAVORING SUCH AS DIACETYL, A CHEMICAL LINKED TO A SERIOUS LUNG DISEASE

But aren't e-cigarettes 95% less harmful?

“A limitation of this study is the lack of hard evidence for the harms of most of the products on most of the criteria.”

Nutt DJ, Phillips LD, Balfour D, et al. Estimating the harms of nicotine-containing products using the MCDA approach. *Eur Addict Res.* 2014;20(5):218–225.

80% risk with three cigarettes or less per day



Pope et al. "Cardiovascular mortality and exposure to airborne fine particulate matter and cigarette smoke. *Circulation*. 2009 Sep 15; 120(11);941-8.

This Is Quitting



- Ages 13 to 24
- Automated texts
- Text **KENTUCKY** to **88709** or visit TruthInitiative.org/ThisIsQuitting

My Life My Quit



- 17 and under
- Live support by text, call, or online chat
- Visit MyLifeMyQuit.com or text **START MY QUIT** to **855-891-9989**

Quit Now Kentucky



- All ages
- Live support by call or online chat
- Text **QUITKY** to **797979**, call **1-800-QUIT-NOW** or visit QuitNowKentucky.org

Nicotine Replacement Therapy



Nicotine patch



Nicotine nasal spray



Nicotine gum



Nicotine inhalers



Nicotine lozenges

Marijuana Treatment



Text “HOPE” to 96714
Call 1-833-8KY-HELP

- Behavioral interventions such as cognitive-behavioral therapy, contingency management, motivational enhancement therapy, and multidimensional family therapy have demonstrated efficacy in the treatment of individuals who report problematic use of THC- or nicotine-containing products and should be considered in consultation with a behavioral health professional.

Thank you!

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