

## Vaping: New Tools to Help Students Quit

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### Objectives

Describe trends in student nicotine use

List health effects of vaping

Review challenges in helping youth quit vaping

Identify resources for helping youth quit vaping




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### Types of Nicotine and Tobacco Products

Combustible	Electronic Products	Non-Combustible
Cigarettes	Electronic Cigarettes	Smokeless tobacco
Cigars	Heated Tobacco Products	Snuff
Hookah		Dissolvable Products




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Poll Question # 1–  
Are youth vaping  
more or less  
frequently during  
the pandemic?

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National Youth  
Tobacco Survey  
  
2020 Data



CDC, 2020: [https://www.cdc.gov/tobacco/data\\_statistics/surveys/nyts/index.html](https://www.cdc.gov/tobacco/data_statistics/surveys/nyts/index.html)

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So What is  
Vaping?

E-Cigarette, or Vaping, Products



- The act of inhaling and exhaling an aerosol
- Can be tied to nicotine or other drug use
- Devices can have pre-filled pods or not
- E-Liquid consists of many ingredients




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## Products Come in a Variety of Shapes and Sizes



- They continue to evolve
- Products include tank systems, rechargeable e-cigarettes, and disposables
- The CDC has produced a helpful guide to the types of products available:

[https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/pdfs/ecigarette-or-vaping-products-visual-dictionary-508.pdf](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/pdfs/ecigarette-or-vaping-products-visual-dictionary-508.pdf)

CDC, 2021. [https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/pdfs/ecigarette-or-vaping-products-visual-dictionary-508.pdf](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/pdfs/ecigarette-or-vaping-products-visual-dictionary-508.pdf)




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## Vaping Produces an Aerosol, Not Water Vapor



Aerosols can contain harmful substances




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## Vaping: Is It Bad for You?

While some argue the use of e-cigarettes instead of combustible tobacco **by adults** may decrease certain health risks, the medical community is clear:

**It is unsafe for adolescents to vape!**



NAJEM, 2018. <https://e-cigarettes.surgeongeneral.gov/>

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## E-Cigarettes and Vaping: Risks Specific to Adolescents



- Nicotine dependence
- Impact on brain development
- Switching to other nicotine products like cigarettes
- Vaping other substances like cannabis

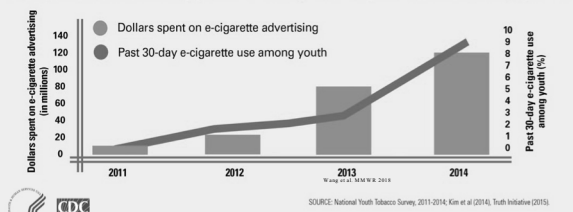


CDC, 2019: <https://www.cdc.gov/tobacco/youth-tobacco-use/index.html>; NASM, 2019: <https://e-cigarettes.surgeongeneral.gov/>

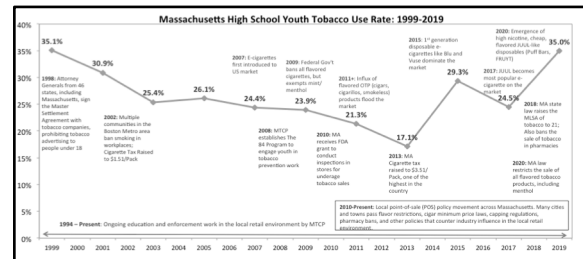
## E-cigarette Advertising Associated with Increased Use by Youth



### E-cigarette use among youth is rising as e-cigarette advertising grows

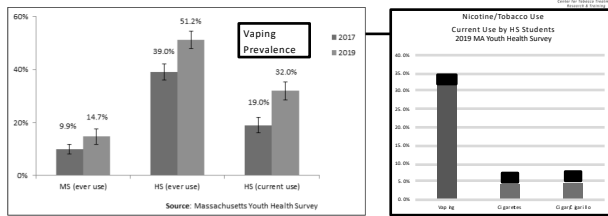


## High School Tobacco Use in Massachusetts: 1999-2019





## Vaping Rates are High among MA Youth



Note: "Current use" is defined as "use during the previous 30 days"  
The 2019 MA Youth Health Survey (YHS) data are provisional and subject to revision until they have been thoroughly reviewed and received final approval.



**Poll Question #2 – Why do you think youth start vaping?**

## Why Do Youth Start Vaping? They are Curious!

Reason Given for E-Cig Use (Middle and High school students)	Ever Used E-Cigs	Current User E-Cig
I was curious about them	55.3%	56.1%
Friend/family member used them	30.8%	23.9%
Available in flavors	22.4%	22.3%
I can use them to do tricks	21.2%	22.0%
I can use them unnoticed	13.9%	14.5%
Peer pressure	10.7%	8.9%
Trying to quit other tobacco product	5.5%	2.8%



NYTS 2019; Wang et al, 2019



### State and Federal Regulations Impacting Youth and Vaping

**Massachusetts: An Act Modernizing Tobacco Control - 2019**

- Restricts sale of ALL flavored tobacco and nicotine products
- Restricts the sale of vapes/e-cigarettes with nicotine content greater than 35 mg per ml to adult-only
- Adds an excise tax on e-cigarettes and all vaping products

**Federal law raised the minimum legal sales age for all tobacco products from 18 to 21 nationwide in 2019**

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### Challenges in Getting Youth to Quit Vaping

Many do not think it is harmful, or think it is less harmful than other tobacco use	Youth may not think they are addicted, and they underestimate the amount of nicotine in vapes	Friends are doing it; it becomes part of their social life
Novelty (started because they were curious)	Other risk-taking behaviors and substance use (vape THC)	Believe it helps relieve stress

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### Symptoms You May See in Youth


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## Helping Your Students Quit Using Nicotine & Tobacco

Be available for questions and support. There are many resources to help you give accurate and up to date information.

Display materials about vaping and health effects.

Encourage youth to sign up for one of the free coaching programs: My Life, My Quit; or This is Quitting.

Check in/follow up - schedule a quick check a week or so after referring.



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\*The following questions ask about your use of any vaping devices containing nicotine and/or tobacco, or use of any tobacco products.\*

	Circle one
1. Have you ever tried to QUIT using, but couldn't?	Yes No
2. Do you vape or use tobacco NOW because it is really hard to quit?	Yes No
3. Have you ever felt like you were ADDICTED to vaping or tobacco?	Yes No
4. Do you ever have strong CRAVINGS to vape or use tobacco?	Yes No
5. Have you ever felt like you really NEEDED to vape or use tobacco?	Yes No
6. Is it hard to keep from vaping or using tobacco in PLACES where you are not allowed to, like school?	Yes No
7. When you HAVEN'T vaped or used tobacco in a while (or when you tried to stop using):	
a. did you find it hard to CONCENTRATE because you couldn't vape or use tobacco?	Yes No
b. did you feel more IRITABLE because you couldn't vape or use tobacco?	Yes No
8. did you feel a strong NEED or urge to vape or use tobacco?	Yes No
9. did you feel NERVOUS, restless, or anxious because you couldn't vape or use tobacco?	Yes No

References: 1. Thomas, K.E., Johnson, M., & O'Connor, R. (2010). Smoking abstinence for nicotine dependence: the United States. In: J. E. Pierce, A. J. Coombs, & J. E. Pierce (Eds.), The Science of Tobacco Use and Dependence (pp. 101-110). London: Academic Press.

## Helping Students Understand Their Dependence: The Hooked on Nicotine Checklist

- Each yes response scores 1 point
- Any yes response indicates some loss of autonomy to nicotine use - consider referral if student is open
- The higher the score, the higher extent of loss of autonomy to nicotine use

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## Youth Resource: My Life, My Quit



Call or text  
"Start My Quit" to  
**1-855-891-9989**

mylifemyquit.com

- Designated coaching model for youth 12-17 trying to quit
- Developmentally appropriate cessation needs
- Specifically trained Youth Coach Specialists for all youth participants
- Can access assistance through coaching calls, texts, or the online program



**Contact your Quitline to discuss options for youth treatment!**

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## Youth Resource: This is Quitting

- Program of the Truth Initiative
- Free text program for youth and young adults 13 - 24 trying to quit
- Users receive at least 4 weeks of messages focused on building skills and confidence before and after their quit date



"This is Quitting"  
Customized for  
Massachusetts Youth  
and Young Adults



**National Program:**

**DITCHVAPE to 88709**




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## MTCP Resources

### Massachusetts Tobacco Cessation and Prevention Program (MTCP)

MTCP is dedicated to reducing the health and economic burden of tobacco use in the Commonwealth of Massachusetts.

Make smoking history.

The Massachusetts Tobacco Cessation and Prevention Program has free resources for both youth and adults




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## MTCP New Look of Nicotine Addiction Toolkit

Available at :  
**GetOutraged.org**



Toolkit: Addressing Student Use of  
E-Cigarettes and other Vaping Products




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## MTCP School Nurses and Counselors Guide

Four-page guide to help school personnel assist students with vaping cessation which includes:

- HONC Assessment tool
- Talking points on nicotine dependence
- Assessing readiness to quit
- Assisting with triggers and cravings

Available at the MA Health Promotion Clearinghouse:  
[mass.gov/maclearinghouse](https://mass.gov/maclearinghouse)

**VAPING CESSATION**  
A GUIDE FOR SCHOOL NURSES AND COUNSELORS TO HELP YOUTH WHO VAPES

**STAFF'S GUIDE**

The purpose of this guide is to provide school personnel with information on how to assist students who are struggling with vaping cessation. This guide is intended to be used by school personnel who are working with students who are struggling with vaping cessation. It is not intended to be used by students who are struggling with vaping cessation.

**HOW TO USE THIS GUIDE**

This guide contains information related to the following topics: how to identify students who are struggling with vaping cessation, how to assess their readiness to quit, how to provide support and resources, and how to monitor their progress. This guide is intended to be used by school personnel who are working with students who are struggling with vaping cessation.

**ASSESSING STUDENT READINESS**

Readiness to quit is a key factor in determining whether a student is ready to quit. This guide provides information on how to assess a student's readiness to quit. It includes a list of questions that can be used to assess a student's readiness to quit. The HONC tool is a key factor in determining whether a student is ready to quit. It includes a list of questions that can be used to assess a student's readiness to quit.

Question	Yes	No
1. Have you tried to quit before?	27%	27%
2. Do you ever have trouble quitting?	27%	27%
3. Do you ever have trouble staying away from vaping?	27%	27%
4. Do you ever have trouble staying away from vaping?	27%	27%
5. Do you ever have trouble staying away from vaping?	27%	27%
6. Do you ever have trouble staying away from vaping?	27%	27%
7. Do you ever have trouble staying away from vaping?	27%	27%
8. Do you ever have trouble staying away from vaping?	27%	27%
9. Do you ever have trouble staying away from vaping?	27%	27%
10. Do you ever have trouble staying away from vaping?	27%	27%

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## DPH and MA Health Promotion Clearinghouse Resources

Available for order or download at:  
[mass.gov/maclearinghouse](https://mass.gov/maclearinghouse)  
Search "Vaping"

Materials can be downloaded for use in other states

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10. Do you ever have trouble staying away from vaping?	27%	27%

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## Student Brochure

Brochure includes:

- Tips for quitting
- Ideas for dealing with cravings
- Health effects of vaping
- Text and phone resources for help with quitting

Soon available at the MA Health Promotion Clearinghouse:  
[mass.gov/maclearinghouse](https://mass.gov/maclearinghouse)

**QUITTING VAPING**  
INFORMATION FOR YOUTH

**HELPFUL TIPS:**

- Make a plan for quitting.
- Get support from friends and family.
- Use resources like the HONC tool.
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**HEALTH EFFECTS OF VAPING:**

Vaping can cause serious health problems, including lung disease, heart disease, and addiction. It can also cause other health problems, such as asthma, bronchitis, and sinusitis. Vaping can also cause other health problems, such as asthma, bronchitis, and sinusitis. Vaping can also cause other health problems, such as asthma, bronchitis, and sinusitis.

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## DPH Public Info Campaign for Youth



**Facts. No Filters.**  
Get the facts about the real dangers of  
vaping and get help to quit.

Available at:  
**[mass.gov/facts-no-filters](https://mass.gov/facts-no-filters)**




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## Training Resources

UMass Medical School offers an accredited Tobacco Treatment Specialist Program as well as an online, self-paced course called "Basic Skills for Working with Tobacco Users." Both include information on tobacco use disorder and dependence, counseling techniques that are helpful in working with tobacco/nicotine users, information on pharmacotherapy. For more information reach out to [cttrt@umassmed.edu](mailto:cttrt@umassmed.edu) or visit <https://www.umassmed.edu/tobacco/training>




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## Thank you!

Please reach out to me with any questions:

**Caroline Cranos**  
**[Caroline.cranos@umassmed.edu](mailto:Caroline.cranos@umassmed.edu)**




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