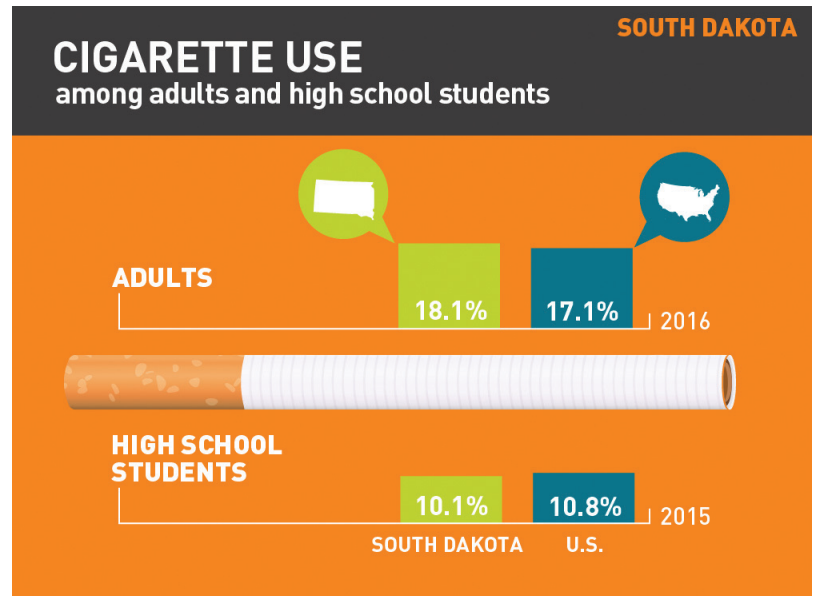
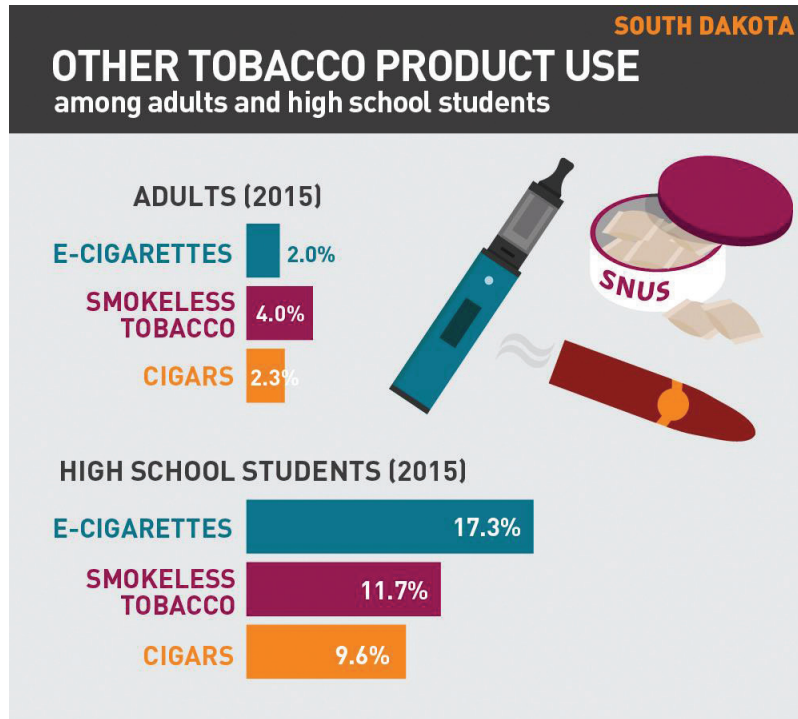


ADDRESSING THE USE OF E-CIGARETTES AND OTHER VAPING PRODUCTS

The rapid uptake of e-cigarettes and other vaping devices has suddenly reversed a trend of declining teen tobacco use in South Dakota. In 2015, nearly one in five (17.3%) high school students used e-cigarettes, while about one in ten (10.1%) of high school students smoked traditional cigarettes.^[1] This toolkit provides tools and resources to help South Dakota communities, schools, and healthcare professionals who are working to address the use of e-cigarettes and other vaping products.



Infographic courtesy of Truth Initiative^[1]



Infographic courtesy of Truth Initiative^[1]

E-CIGARETTES AND OTHER VAPING PRODUCTS

E-cigarettes are battery-operated devices that heat a liquid and convert it into an aerosol, which is then inhaled and delivers nicotine, flavors, and other chemicals to its user.^[2] E-cigarettes go by many different names—“e-cigs”, “e-hookahs”, “mods”, “vape pens”, “vapes”, and “electronic nicotine delivery systems (ENDS)” —just to name a few. The aerosol produced by e-cigarettes almost always contains nicotine, which is the highly addictive drug found in traditional tobacco products like cigarettes, cigars, and other tobacco products. Some e-cigarettes are being marketed as containing no nicotine have still been found to contain nicotine.^[3] The

use of products containing nicotine poses a threat to youth, pregnant women, and unborn babies.^[2] Not only is nicotine addictive, but it is also harmful to adolescent brain development, dangerous for pregnant women’s health, and toxic to developing fetuses.^[3]

SCHOOLS & EDUCATORS

Addressing the Use of E-cigarettes and other Vaping Products

Tobacco-free spaces are a proven way to prevent youth tobacco use and protect students, faculty, and visitors from secondhand smoke. Tobacco-free school policies are one way to address increasing popularity of e-cigarettes and other vaping devices among youth.

WHAT CAN YOU DO?

Strengthen and review current policy.

- **K-12 Tobacco Prevention Toolkit** – South Dakota Tobacco Control Program – rethinktobacco.com/about/#toolkits-poster
- **Model Tobacco-Free School Policy** (PDF) – Associated School Boards of South Dakota
doh.sd.gov/prevention/assets/ASBSDSampleTobaccoPolicy.pdf

Promote health messaging throughout school.

- **Create Tobacco-Free Schools** – American Lung Association
lung.org/our-initiatives/lung-force/communities-in-action/create-tobacco-free-schools.html
- **E-Cigarettes, “vapes”, and JUULS: What Schools Should Know** (PDF) – American Lung Association
lung.org/assets/documents/stop-smoking/e-cigarettes-schools.pdf
- **E-Cigarettes, “vapes”, and JUULS: What Teens Should Know** (PDF) – American Lung Association
lung.org/assets/documents/stop-smoking/e-cigarettes-teens.pdf
- **Addressing Student Tobacco Use in Schools: Alternative Measures** (PDF) – American Lung Association
publichealthlawcenter.org/sites/default/files/resources/Addressing-Student-Tobacco-Use-in-Schools-2019.pdf
- **CTP’s Exchange Lab – Free print and digital materials, such as posters** – U.S. FDA – digitalmedia.hhs.gov/tobacco/
- **Be Tobacco Free SD** – Tobacco Free Campuses & Schools – befreesd.com/
- **Teachers and Parents: That USB Stick Might Be an E-Cigarette Poster** (PDF) – CDC
cdc.gov/tobacco/basic_information/e-cigarettes/pdfs/parent-teacher-ecig-508.pdf
- **E-Cigarettes Shaped Like USB Flash Drives: Information for Parents, Educators, and HealthCare Providers** (PDF) – CDC – cdc.gov/tobacco/infographics/youth/pdfs/e-cigarettes-usb-flash-508.pdf

Provide educational materials and lesson plans that address e-cigarette products.

- **Know the Risks: A Youth Guide to E-cigarettes** – CDC
cdc.gov/tobacco/basic_information/e-cigarettes/youth-guide-to-e-cigarettes-presentation.html
- **Tobacco Industry-Sponsored Youth Prevention Program in Schools** (PDF) – CDC
voorheesville.org/site/handlers/filedownload.ashx?moduleinstanceid=538&dataid=1802&FileName=Tobacco%20industry%20sponsored%20youth%20prevention%20programsCDC.pdf
- **Tobacco Use Prevention Through Schools: Guidelines and Strategies** – CDC cdc.gov/healthyschools/tobacco/strategies.htm
- **HECAT: Module T (Tobacco-Use Prevention Curriculum)** (PDF) – CDC cdc.gov/healthyyouth/hecat/pdf/hecat_module_t.pdf
- **The Tobacco Prevention Toolkit** – Stanford Medicine – med.stanford.edu/tobaccopreventiontoolkit.html
- **E-cigarette Prevention: Catch My breath** – CATCH (Coordinated Approach to Child Health)
catchinfo.org/modules/e-cigarettes/
- **smokeSCREEN: A smoking Prevention Videogame** – play2PREVENT – smokescreengame.org/
- **Lesson Plan: Vaping and JUULing** – Twin Cities Medical Society – panmn.org/teachers/
- **Taking Down Tobacco** – Campaign for Tobacco-Free Kids – takingdowntobacco.org/about
- **The Real Cost of Vaping** (grades 9-12) – Scholastic and FDA – scholastic.com/youthvapingrisks/?eml=snp/e/20181116////FDA/////&ET_CID=20181116_SNP_FDA_ACQ_24449&ET_RID=1414772458
- **Get Smart about Tobacco: Health and Science Education Program** (grades 3-7) – Scholastic
scholastic.com/get smart about tobacco/

Share resources for quitting tobacco.

- See **Quitting Resources** section

Issue an advisory to parents.

- See **Parents & Adults** section

PARENTS & ADULTS

Addressing the Use of E-cigarettes and other Vaping Products

Parents and adults don't always have the answers and sometimes we need to help start the conversation about health topics we're not familiar with, like e-cigarettes. Use the resources found below, if you need a little help.



WHAT CAN YOU DO?

Provide a smoke-free environment, including e-cigarettes.

- **Going Smoke-Free Matters (PDF)** – CDC
[cdc.gov/tobacco/infographics/policy/pdfs/going-smokefree-matters-home-infographic.pdf](https://www.cdc.gov/tobacco/infographics/policy/pdfs/going-smokefree-matters-home-infographic.pdf)

Educate yourself, then talk to your kids, family, and friends.

- **Teachers and Parents: That USB Stick Might Be an E-Cigarette Poster (PDF)** – CDC
[cdc.gov/tobacco/basic_information/e-cigarettes/pdfs/parent-teacher-ecig-508.pdf](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/pdfs/parent-teacher-ecig-508.pdf)
- **Talk with your teen about e-cigarettes: A tip sheet for parents (PDF)** – U.S. Surgeon General
[e-cigarettes.surgeongeneral.gov/documents/SGR_ECig_ParentTipSheet_508.pdf](https://www.e-cigarettes.surgeongeneral.gov/documents/SGR_ECig_ParentTipSheet_508.pdf)
- **Quick Facts on the Risks of E-Cigarettes for Kids, Teens, and Young Adults** – CDC
[cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html)
- **Juuling: What Pediatricians and Families Need to Know (PDF)** – American Academy of Pediatrics
[aap.org/en-us/Documents/AAP-JUUL-Factsheet.pdf](https://www.aap.org/en-us/Documents/AAP-JUUL-Factsheet.pdf)
- **4 Things Parents Need to Know about JUUL and Nicotine Addiction** – Truth Initiative
truthinitiative.org/news/4-things-parents-need-know-about-juul-and-nicotine-addiction
- **What is JUUL?** – Truth Initiative – truthinitiative.org/news/what-is-juul
- **Parents: Facts on Teen Drug Use** – National Institute on Drug Abuse for Parents
teens.drugabuse.gov/parents
- **E-Cigarettes Shaped Like USB Flash Drives: Information for Parents, Educators, and HealthCare Providers (PDF)** – CDC – [cdc.gov/tobacco/infographics/youth/pdfs/e-cigarettes-usb-flash-508.pdf](https://www.cdc.gov/tobacco/infographics/youth/pdfs/e-cigarettes-usb-flash-508.pdf)
- **South Dakota E-Cigarette Regulations** – Public Health Law Center
publichealthlawcenter.org/resources/us-e-cigarette-regulations-50-state-review/sd
- **Vaping: What You Need to Know and How to Talk with Your Kids (PDF)** – Partnership for Drug-Free Kids
drugfree.org/download/what-you-need-to-know-how-to-talk-to-your-kids-about-vaping/
- **E-Cigarettes, “vapes”, and JUULs: What Parents Should Know (PDF)** – American Lung Association
lung.org/assets/documents/stop-smoking/e-cigarettes-parents.pdf

Share resources for quitting tobacco.

- See **Quitting Resources** section

HEALTH PROFESSIONALS

Addressing the Use of E-cigarettes and other Vaping Products

WHAT CAN YOU DO?

Educate patients on the harms of nicotine and e-cigarette use.

- **Health care professionals: educate your young patients about the risks of e-cigarettes** (PDF) – CDC e-cigarettes.surgeongeneral.gov/documents/SGR_ECig_Health_Care_Provider_Card_508.pdf
- **Know The Risks E-Cigarettes and Young People** – CDC – e-cigarettes.surgeongeneral.gov/default.htm
- **Juuling: What Pediatricians and Families Need to Know** (PDF) – American Academy of Pediatrics aap.org/en-us/Documents/AAP-JUUL-Factsheet.pdf
- **The Impact of E-Cigarettes on the Lung** (PDF) – American Lung Association lung.org/assets/documents/stop-smoking/impact-of-ecigarettes-on-lung.pdf

Provide resources to parents about talking to their teens.

- **Talk with your teen about e-cigarettes: A tip sheet for parents** (PDF) – CDC e-cigarettes.surgeongeneral.gov/documents/SGR_ECig_ParentTipSheet_508.pdf
- **Teachers and Parents: That USB Stick Might Be an E-cigarette** (PDF) – CDC cdc.gov/tobacco/basic_information/e-cigarettes/pdfs/parent-teacher-ecig-508.pdf
- **E-Cigarettes Shaped Like USB Flash Drives: Information for Parents, Educators, and HealthCare Providers** (PDF) – CDC – cdc.gov/tobacco/infographics/youth/pdfs/e-cigarettes-usb-flash-508.pdf
- **Parents: Facts on Teen Drug Use** – National Institute on Drug Abuse for Parents – teens.drugabuse.gov/parents

Share resources for quitting tobacco.

- See **Quitting Resources** section

YOUTH

WHAT CAN YOU DO?

Educate yourself and others on the harms of nicotine and e-cigarette use.

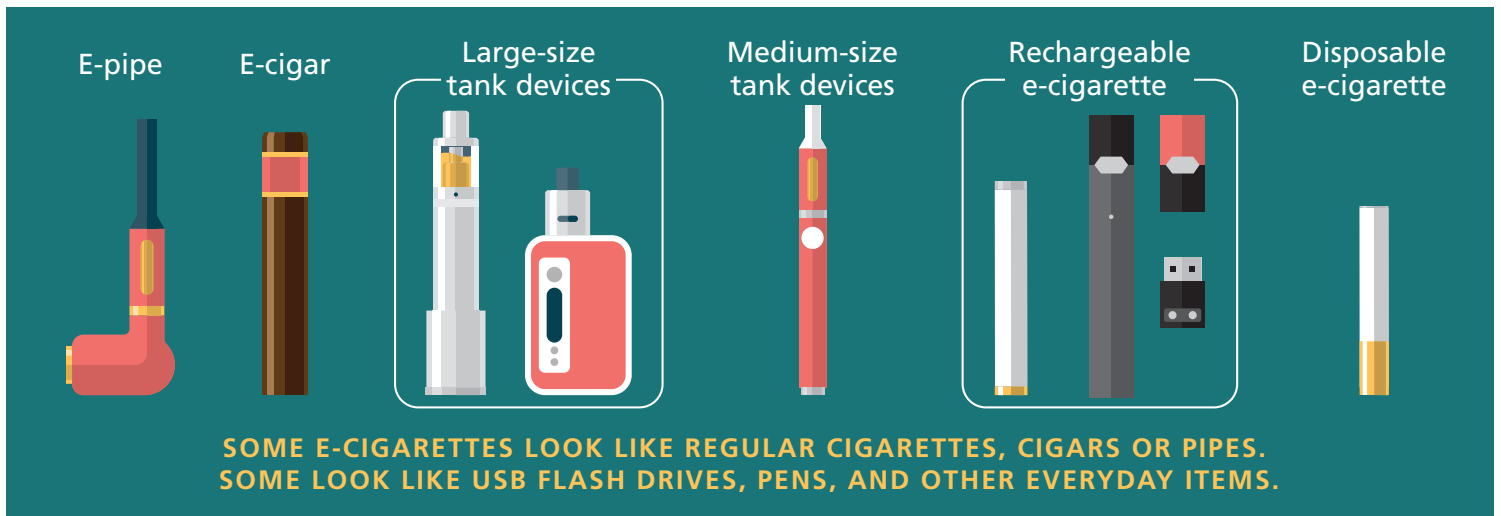
- **Electronic Cigarettes** – CDC – cdc.gov/tobacco/basic_information/e-cigarettes/index.htm
- **Electronic Cigarettes- What's the Bottom Line?** (PDF) – CDC cdc.gov/tobacco/basic_information/e-cigarettes/pdfs/Electronic-Cigarettes-Infographic-508.pdf
- **Know The Risks: E-Cigarettes & Young People** – U.S. Surgeon General – e-cigarettes.surgeongeneral.gov/default.htm
- **Quick Facts on the Risks of E-Cigarettes for Kids, Teens, and Young Adults** – CDC cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html
- **E-Cigarettes** – Truth Initiative – truthinitiative.org/topics/tobacco-products/e-cigarettes
- **Rethink Tobacco** – South Dakota Tobacco Control Program – rethinktobacco.com/about/
- **The Impact of E-Cigarettes on the Lung** (PDF) – American Lung Association lung.org/assets/documents/stop-smoking/impact-of-ecigarettes-on-lung.pdf
- **E-Cigarettes, “vapes”, and JUULS: What Teens Should Know** (PDF) – American Lung Association lung.org/assets/documents/stop-smoking/e-cigarettes-teens.pdf

Advocate for tobacco-free properties.

- **K-12 Tobacco Prevention Toolkit** – SD Tobacco Control Program – rethinktobacco.com/about/#toolkits-poster
- **Tobacco-Free Policy Resources** – Tobacco Free Youth Recreation – tobaccofreeparks.org/materials.html

Share resources for quitting tobacco.

- See **Quitting Resources** section



Infographic courtesy of Centers for Disease Control and Prevention^[3]

LEARN MORE ABOUT E-CIGARETTES AND NICOTINE

- **Electronic Cigarettes** – Centers for Disease Control and Prevention (CDC) [cdc.gov/tobacco/basic_information/e-cigarettes/index.htm](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/index.htm)
- **Electronic Cigarettes: What's the Bottom Line?** (PDF) – CDC [cdc.gov/tobacco/basic_information/e-cigarettes/pdfs/Electronic-Cigarettes-Infographic-508.pdf](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/pdfs/Electronic-Cigarettes-Infographic-508.pdf)
- **Health Risks of Nicotine for Youth** – MN Department of Health health.state.mn.us/divs/hpcd/tpc/topics/nicotine.html
- **E-cigs 2.0: The Next Generation** (JPG) – Association for Nonsmokers – Minnesota ansrmn.org/wp-content/uploads/2018/04/Ecigs2.0-fact-sheet-front-jpg
- **Know The Risks: E-Cigarettes & Young People** – U.S. Surgeon General – [e-cigarettes.surgeongeneral.gov/default.htm](https://www.e-cigarettes.surgeongeneral.gov/default.htm)
- **Know the Risk** – U.S. Surgeon General – [e-cigarettes.surgeongeneral.gov/knowtherisks.html](https://www.e-cigarettes.surgeongeneral.gov/knowtherisks.html)
- **Fact Sheet** (PDF) – U.S. Surgeon General – [e-cigarettes.surgeongeneral.gov/documents/2016_SGR_Fact_Sheet_508.pdf](https://www.e-cigarettes.surgeongeneral.gov/documents/2016_SGR_Fact_Sheet_508.pdf)
- **E-Cigarettes: Facts, Stats and Regulations** – Truth Initiative truthinitiative.org/news/e-cigarettes-facts-stats-and-regulations
- **6 Important Facts about JUUL** – Truth Initiative – truthinitiative.org/news/6-important-facts-about-juul
- **“The Real Cost” Campaign** - U.S. Food and Drug Administration (FDA) [fda.gov/TobaccoProducts/PublicHealthEducation/PublicEducationCampaigns/TheRealCostCampaign/ucm20041242.htm](https://www.fda.gov/TobaccoProducts/PublicHealthEducation/PublicEducationCampaigns/TheRealCostCampaign/ucm20041242.htm)
- **The Impact of E-Cigarettes on the Lung** (PDF) – American Lung Association [lung.org/assets/documents/stop-smoking/impact-of-e-cigarettes-on-lung.pdf](https://www.lung.org/assets/documents/stop-smoking/impact-of-e-cigarettes-on-lung.pdf)

QUITTING RESOURCES

Share resources for quitting tobacco with youth and adults.

- **SD QuitLine** – SD Tobacco Control Program – sdquitline.com/
- **Smokefree Teen** – U.S. Department of Health and Human Services – teen.smokefree.gov/

CONTACT:

South Dakota Department of Health
Tobacco Control Program
615 E. 4th St.
Pierre, SD 57501-1700
605-773-3737



SOUTH DAKOTA
DEPARTMENT OF HEALTH

To find your regional contact:

SD Tobacco Control Program – doh.sd.gov/prevention/tobacco/local-coordinators.aspx

SOURCES:

1. <https://truthinitiative.org/tobacco-use-south-dakota>
2. https://www.e-cigarettes.surgeongeneral.gov/documents/2016_SGR_Fact_Sheet_508.pdf
3. https://www.cdc.gov/tobacco/basic_information/e-cigarettes/pdfs/Electronic-Cigarettes-Infographic-508.pdf