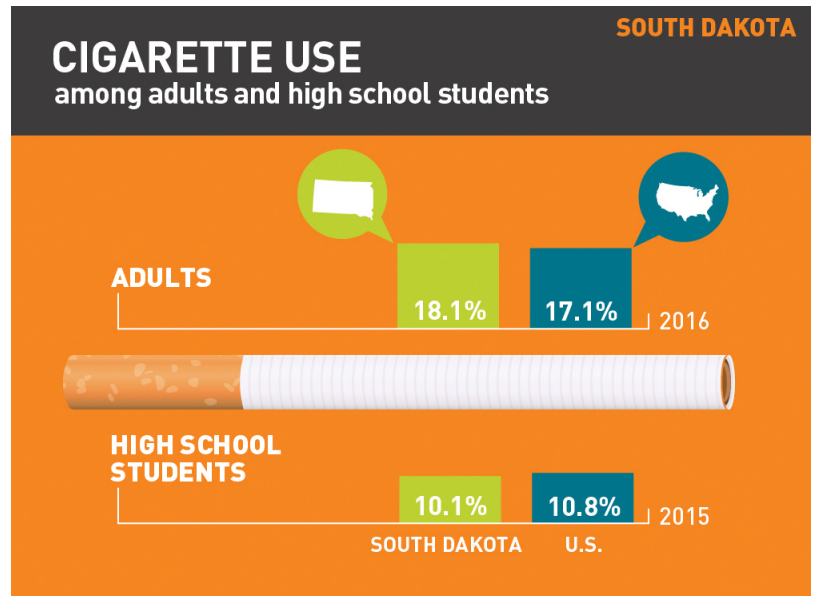
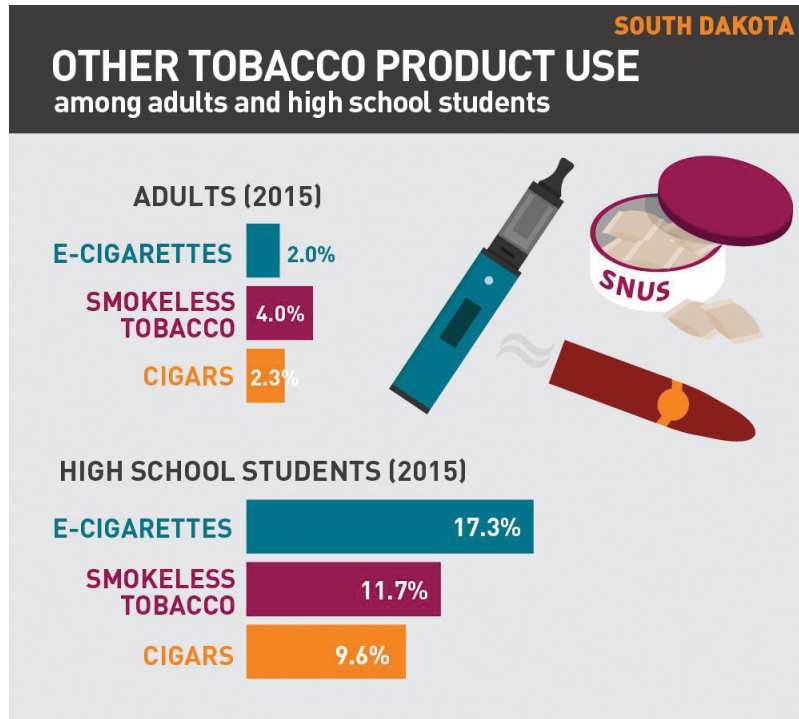


# ADDRESSING THE USE OF E-CIGARETTES AND OTHER VAPING PRODUCTS

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.<sup>[1]</sup> 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<sup>[1]</sup>



Infographic courtesy of Truth Initiative<sup>[1]</sup>

## 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.<sup>[2]</sup> 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.<sup>[3]</sup> The

use of products containing nicotine poses a threat to youth, pregnant women, and unborn babies.<sup>[2]</sup> 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.<sup>[3]</sup>

# 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
- [Model Tobacco-Free School Policy](#) (PDF) – Associated School Boards of South Dakota

#### **Promote health messaging throughout school.**

- [Create Tobacco-Free Schools](#) – American Lung Association
- [E-Cigarettes, “vapes”, and JUULS: What Schools Should Know](#) (PDF) – American Lung Association
- [E-Cigarettes, “vapes”, and JUULS, What Teens Should Know](#) (PDF) – American Lung Association
- [Addressing Student Tobacco Use in Schools: Alternative Measures](#) (PDF) – Public Health Law Center
- [CTP’S Exchange Lab – Free print and digital materials, such as posters](#) – U.S. FDA
- [Be Tobacco Free SD](#) – Tobacco Free Campuses & Schools
- [Teachers and Parents: That USB Stick Might Be an E-Cigarette Poster](#) (PDF) – CDC
- [E-Cigarettes Shaped Like USB Flash Drives: Information for Parents, Educators, and HealthCare Providers](#) (PDF) – CDC

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

- [Know the Risks: A Youth Guide to E-cigarettes](#) (PDF) – CDC
- [Tobacco Industry-Sponsored Youth Prevention Program in Schools](#) (PDF) – CDC
- [Tobacco Use Prevention Through Schools: Guidelines and Strategies](#) – CDC
- [HECAT: Module T \(Tobacco-Use Prevention Curriculum\)](#) (PDF) – CDC
- [The Tobacco Prevention Toolkit](#) – Stanford Medicine
- [E-cigarette Prevention: Catch My breath](#) – CATCH (Coordinated Approach to Child Health)
- [smokeSCREEN: A smoking Prevention Videogame](#) – play2PREVENT
- [Lesson Plan: Vaping and JUULing](#) – Twin Cities Medical Society
- [Taking Down Tobacco](#) – Campaign for Tobacco-Free Kids
- [The Real Cost of Vaping](#) (grades 9-12) – Scholastic and FDA
- [Get Smart about Tobacco: Health and Science Education Program](#) (grades 3-7) – Scholastic

#### **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

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

- [Teachers and Parents: That USB Stick Might Be an E-Cigarette Poster](#) (PDF) – CDC
- [Talk with your teen about e-cigarettes: A tip sheet for parents](#) (PDF) – U.S. Surgeon General
- [Quick Facts on the Risks of E-Cigarettes for Kids, Teens, and Young Adults](#) – CDC
- [Juuling: What Pediatricians and Families Need to Know](#) (PDF) – American Academy of Pediatrics
- [4 Things Parents Need to Know about JUUL and Nicotine Addiction](#) – Truth Initiative
- [What is JUUL?](#) – Truth Initiative
- [Parents: Facts on Teen Drug Use](#) – National Institute on Drug Abuse for Parents
- [E-Cigarettes Shaped Like USB Flash Drives: Information for Parents, Educators, and HealthCare Providers](#) (PDF) – CDC
- [South Dakota E-Cigarette Regulations](#) – Public Health Law Center
- [Vaping: What You Need to Know and How to Talk with Your Kids](#) (PDF) – Partnership for Drug-Free Kids
- [E-Cigarettes, “vapes”, and JUULs: What Parents Should Know](#) (PDF) – American Lung Association

#### **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
- [Know The Risks E-Cigarettes and Young People](#) – CDC
- [Juuling: What Pediatricians and Families Need to Know](#) (PDF) – American Academy of Pediatrics
- [The Impact of E-Cigarettes on the Lung](#) (PDF) – American Lung Association

### **Provide resources to parents about talking to their teens.**

- [Talk with your teen about e-cigarettes: A tip sheet for parents](#) (PDF) – CDC
- [Teachers and Parents: That USB Stick Might Be an E-cigarette](#) (PDF) – CDC
- [E-Cigarettes Shaped Like USB Flash Drives: Information for Parents, Educators, and HealthCare Providers](#) (PDF) – CDC
- [Parents: Facts on Teen Drug Use](#) – National Institute on Drug Abuse for 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.**

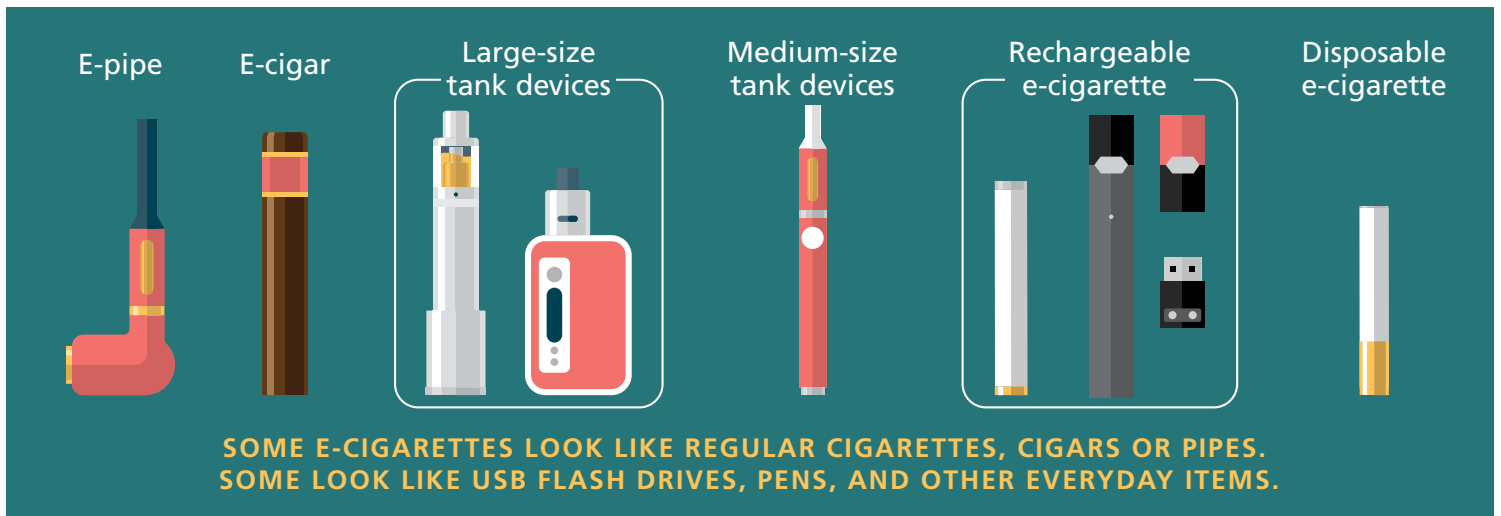
- [Electronic Cigarettes](#) – CDC
- [Electronic Cigarettes- What's the Bottom Line?](#) (PDF) – CDC
- [Know The Risks: E-Cigarettes & Young People](#) – U.S. Surgeon General
- [Quick Facts on the Risks of E-Cigarettes for Kids, Teens, and Young Adults](#) – CDC
- [E-Cigarettes](#) – Truth Initiative
- [Rethink Tobacco](#) – South Dakota Tobacco Control Program
- [The Impact of E-Cigarettes on the Lung](#) (PDF) – American Lung Association
- [E-Cigarettes, “vapes”, and JUULS, What Teens Should know](#) (PDF) – American Lung Association

### **Advocate for tobacco-free properties.**

- [K-12 Tobacco Prevention Toolkit](#)—South Dakota Tobacco Control Program
- [Tobacco-Free Policy Resources](#)—Tobacco Free Youth Recreation

### **Share resources for quitting tobacco.**

- See [Quitting Resources](#) section



Infographic courtesy of Centers for Disease Control and Prevention<sup>[3]</sup>

## LEARN MORE ABOUT E-CIGARETTES AND NICOTINE

- [Electronic Cigarettes](#) – Centers for Disease Control and Prevention (CDC)
- [Electronic Cigarettes: What's the Bottom Line?](#) (PDF) – CDC
- [Health Risks of Nicotine for Youth](#) – Minnesota Department of Health
- [E-cigs 2.0: The Next Generation](#) (JPG) – Association for Nonsmokers – Minnesota
- [Know The Risks: E-Cigarettes & Young People](#) – U.S. Surgeon General
- [Know the Risk](#) – U.S. Surgeon General
- [Fact Sheet](#) (PDF) – U.S. Surgeon General
- [E-Cigarettes: Facts, Stats and Regulations](#) – Truth Initiative
- [6 Important Facts about JUUL](#) – Truth Initiative
- [“The Real Cost” Campaign](#) - U.S. Food and Drug Administration (FDA)
- [The Impact of E-Cigarettes on the Lung](#) (PDF) – American Lung Association

## QUITTING RESOURCES

Share resources for quitting tobacco with youth and adults.

- [SD QuitLine](#) – South Dakota Tobacco Control Program
- [Smokefree Teen](#) – U.S. Department of Health and Human Services

## CONTACT:

South Dakota Department of Health

[Tobacco Control Program](#)

615 E. 4th St.

Pierre, SD 57501-1700

605-773-3737



To find your regional contact:

[Regional Tobacco Prevention Coordinator](#) – South Dakota Tobacco Control Program

## SOURCES:

1. <https://truthinitiative.org/tobacco-use-south-dakota>
2. [https://e-cigarettes.surgeongeneral.gov/documents/2016\\_SGR\\_Fact\\_Sheet\\_508.pdf](https://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](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/pdfs/Electronic-Cigarettes-Infographic-508.pdf)