

It's not so Kool to JUUL

We will begin at 12:10 p.m.

PRESENTER



Donna Gerstner
LiveWell Finney County CDDR and E-Cig
Prevention Grant Coordinator

Today's Guide for A Healthy Conversation

Be respectful and open to others.

Please type your questions in the Q&A box and comments into the chat box for our moderators.

Today's session will be recorded and will be posted to our Living Well Wednesday web page at www.ksre.k-state.edu/fcs/livingwellwed/

**LIVING WELL
WEDNESDAY**

K-State Research and Extension Webinar Series

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It's not so Kool To JUUL

Donna Gerstner, CPRP, AFO, TTS

Oct. 4th Kansas Extension Presentation



YOUTH TOBACCO USE IN KANSAS

Updated 2023

Nearly nine out of ten current smokers start smoking by age 18, and 98 percent start by age 26.¹ Youth tobacco use has negative health consequences including addiction and lifelong chronic disease.² More than 60,000 Kansans currently under 18 years of age will ultimately die prematurely from smoking.³ Although we have seen a decline in the use of conventional cigarettes among Kansas youth, 4.6 percent of Kansas high school students still smoke,⁴ and products targeting youth, including electronic vapor products (EVPs), highlight the continued need for youth tobacco control and prevention programs.

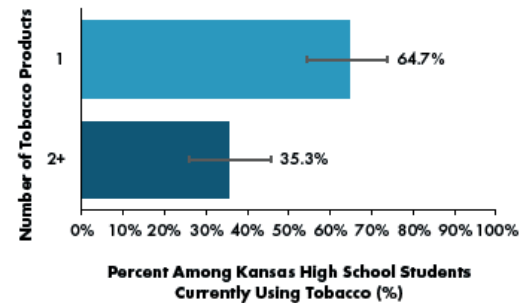
Any Tobacco Use⁴

About **one in seven** (14.9%) Kansas high school students report using at least one of the following tobacco products: Cigarettes, E-cigarettes, Cigars, Smokeless Tobacco



Use of Multiple Tobacco Products⁴

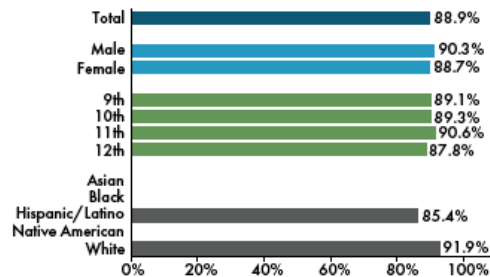
Among Kansas youth who use tobacco, **more than one third** (35.3%) use **two or more*** tobacco products.



*Tobacco products reported include cigarettes, e-cigarettes, cigars and smokeless tobacco.

Flavored Vape Use

Roughly **9 out of 10** (90%) high school students who vape reported that their first electronic vapor product they used was flavored to taste like an alcoholic drink, chocolate, or other sweets, fruit, menthol, or mint.



Percentage of High School Students Who Reported the First Electronic Vapor Product They Ever Used Was Flavored to Taste like an Alcoholic Drink, Chocolate or Other Sweets, Fruit, Menthol, or Mint, * by Sex, Grade, and Race/Ethnicity, 2021

*Among students who ever used electronic vapor products. All Hispanic students are included in the Hispanic category. All other races are non-Hispanic. Missing bar indicates fewer than 30 students in the subgroup. This graph contains weighted results.

Tobacco-21

Research has shown that raising the minimum legal sale age for tobacco products from 18 to 21 ("Tobacco-21") will likely prevent or delay use of tobacco among youth.⁵ Tobacco-21 was enacted at the federal level in December 2019.

Reasons Why Youth Use EVPs⁴

When asked to report the main reason they have used e-cigarettes, the three most common reasons selected by Kansas high school students who have ever or currently use e-cigarettes were:

Friend or family member uses (40.2%)

Available in flavors, such as mint, candy, fruit, or chocolate (10.7%)

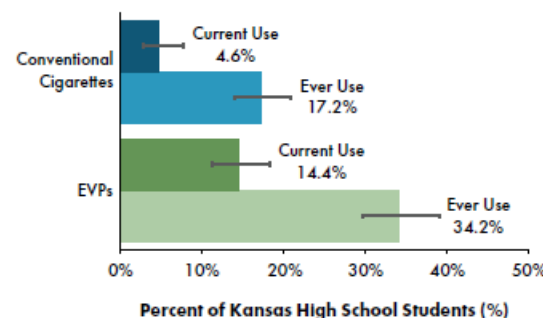
Less harmful than other forms of tobacco (7.7%)

Other reported reasons included using e-cigarettes to quit using other tobacco products, easier to get than other forms of tobacco, and costs less than other forms of tobacco.

Conventional and EVPs⁴

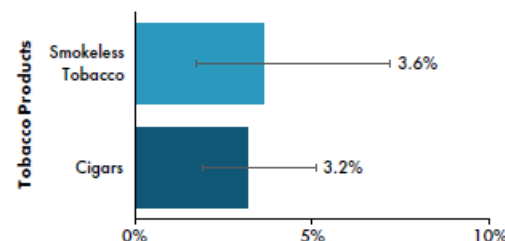
Fewer than a fifth (17.2%) of Kansas high school students have ever tried conventional cigarettes (even one or two puffs), and **4.6% currently smoke conventional cigarettes.**

Over one third (34.2%) of Kansas high school students have ever tried EVPs, and **14.4% currently use EVPs.**



Kansas High School Students Who Currently Use Other Tobacco Products⁴

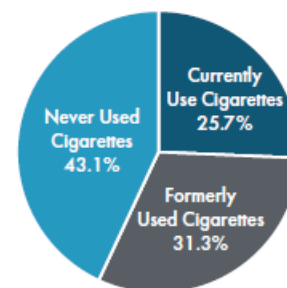
Kansas youth are also currently using other types of tobacco products, including **smokeless tobacco** and **cigars**.



Prevalence of Current Use of Other Tobacco Products (%)

Use of Conventional Cigarettes Among Youth who Currently Use EVPs⁴

About one in four (25.7%) Kansas high school youth who use EVPs also currently use conventional cigarettes (called "dual use"). In addition, both youth who formerly used and youth who **never used conventional cigarettes** are also using EVPs. This shows the need to be vigilant of products targeting youth.



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References:

- Office of the Surgeon General. The Health Consequences of Smoking – 50 Years of Progress: A Report of the Surgeon General. Rockville, MD: U.S. Department of Health and Human Services, 2014.
- Office of the Surgeon General. Preventing Tobacco Use Among Youth and Young Adults: A Report of the Surgeon General. Rockville, MD: U.S. Department of Health and Human Services, 2012.
- Campaign for Tobacco-Free Kids. The Toll of Tobacco in Kansas. Washington, DC: Campaign for Tobacco-Free Kids, 2023.
- 2021 Kansas Youth Risk Behavior Survey, Kansas State Department of Education.
- Institute of Medicine. Public Health Implications of Raising the Minimum Age of Legal Access to Tobacco Products. Washington, DC: The National Academies Press, 2015.



For more information, visit kdhe.ks.gov/tobacco and resisttobacco.org.

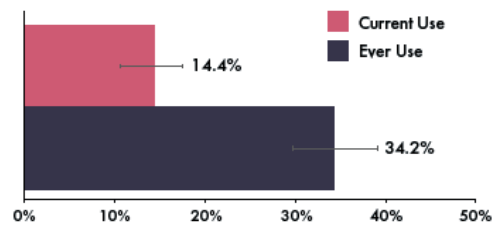
YOUTH VAPING AND MENTAL HEALTH IN KANSAS

Updated 2023

Nearly nine out of ten current smokers start smoking by age 18, and 98 percent start by age 26.¹ Youth tobacco use has negative health consequences including addiction and lifelong chronic disease.² More than 60,000 Kansans currently under 18 years of age will ultimately die prematurely from smoking.³ Although we have seen a decline in the use of conventional cigarettes among Kansas youth, 4.6 percent of Kansas high school students still smoke,⁴ and products targeting youth, including **electronic vapor products (EVPs)**, highlight the continued need for youth tobacco control and prevention programs.

EVP Use⁴

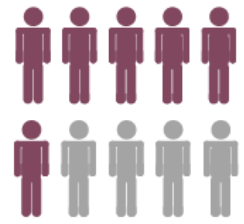
Over a third (34.2%) of Kansas high school students have **ever tried** EVPs, and **14.4%** **currently use** e-cigarettes.



Kansas High School Students (%)

Depression⁴

More than half (60.4%) of Kansas high school students who **currently use** EVPs report **symptoms of depression.**



Between a quarter to a third (29.1%) of Kansas high school students who have **never used** EVPs report **symptoms of depression.**



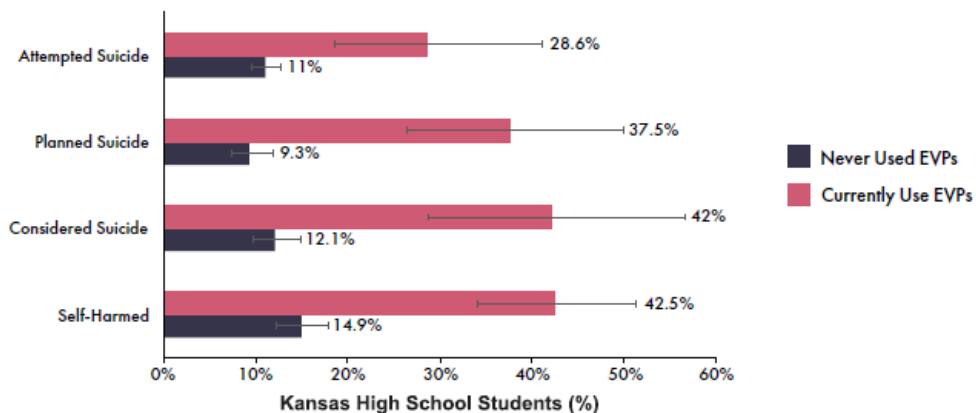
Most Common EVP Flavors⁴

When asked which EVP flavor was used to initiate use, the three most common flavors selected by Kansas high school students who have ever or currently use EVPs were:

- Fruit (14.3%)**
- Menthol (7.5%)**
- Mint (5.1%)**

Suicidal Behavior⁴

Youth who currently use e-cigarettes are more likely to **self-harm** (42.5%), **consider** (42%), **plan** (37.5%), and **attempt** (28.6%) suicide than youth who have never used e-cigarettes.

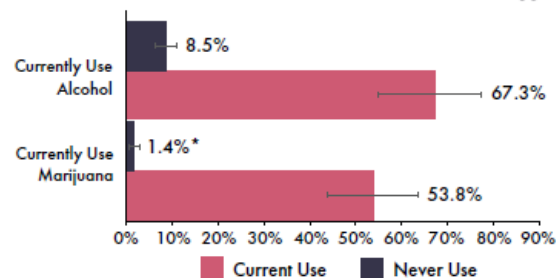


Current Substance Use⁴

Nearly **eight out of ten** (77%) Kansas high school students who **currently use** e-cigarettes also report **substance use**, such as alcohol or marijuana.



Almost **one in ten** (9%) Kansas high school students who **have never used** e-cigarettes report **substance use**.



Youth who currently use e-cigarettes are more likely to **use alcohol** (67.3%) or **use marijuana** (53.8%) than youth who have never used e-cigarettes.

*This percentage may be statistically unreliable. Interpret with caution.

What's in E-Cig Aerosol?

- Propylene glycol
- Glycerin
- Flavorings (many)
- **Nicotine**
- **NNN**
- **NNK**
- NAB
- NAT
- **Ethylbenzene**
- **Benzene**
- Xylene
- **Toluene**
- **Acetaldehyde**
- **Formaldehyde**
- **Naphthalene**
- **Styrene**
- **Benzo(b)fluoranthene**

- Chlorobenzene
- **Crotonaldehyde**
- **Propionaldehyde**
- Benzaldehyde
- Valeric acid
- Hexanal
- Fluorine
- Anthracene
- Pyrene
- Acenaphthylene
- Acenaphthene
- Fluoranthene
- **Benz(a)anthracene**
- **Chrysene**
- Retene
- **Benzo(a)pyrene**
- **Indeno(1,2,3-cd)pyrene**

- Benzo(ghi)perylene
- **Acetone**
- **Acrolein**
- Silver
- **Nickel**
- Tin
- Sodium
- Strontium
- Barium
- Aluminum
- **Chromium**
- Boron
- Copper
- **Selenium**
- **Arsenic**
- Nitrosamines,
- Polycyclic aromatic hydrocarbons

- **Cadmium**
- Silicon
- Lithium
- **Lead**
- Magnesium
- Manganese
- Potassium
- Titanium
- Zinc
- Zirconium
- Calcium
- Iron
- Sulfur
- Vanadium
- **Cobalt**
- Rubidium

Where Else Can You Find These Chemicals?

Propylene glycol → Antifreeze



Acetone → Nail Polish Remover



Ethylbenzene → Paints, Pesticides



Formaldehyde → Embalming



Nicotine → Cigarettes



Rubidium → Fireworks



It's an Aerosol, Not a Vapor





SHS

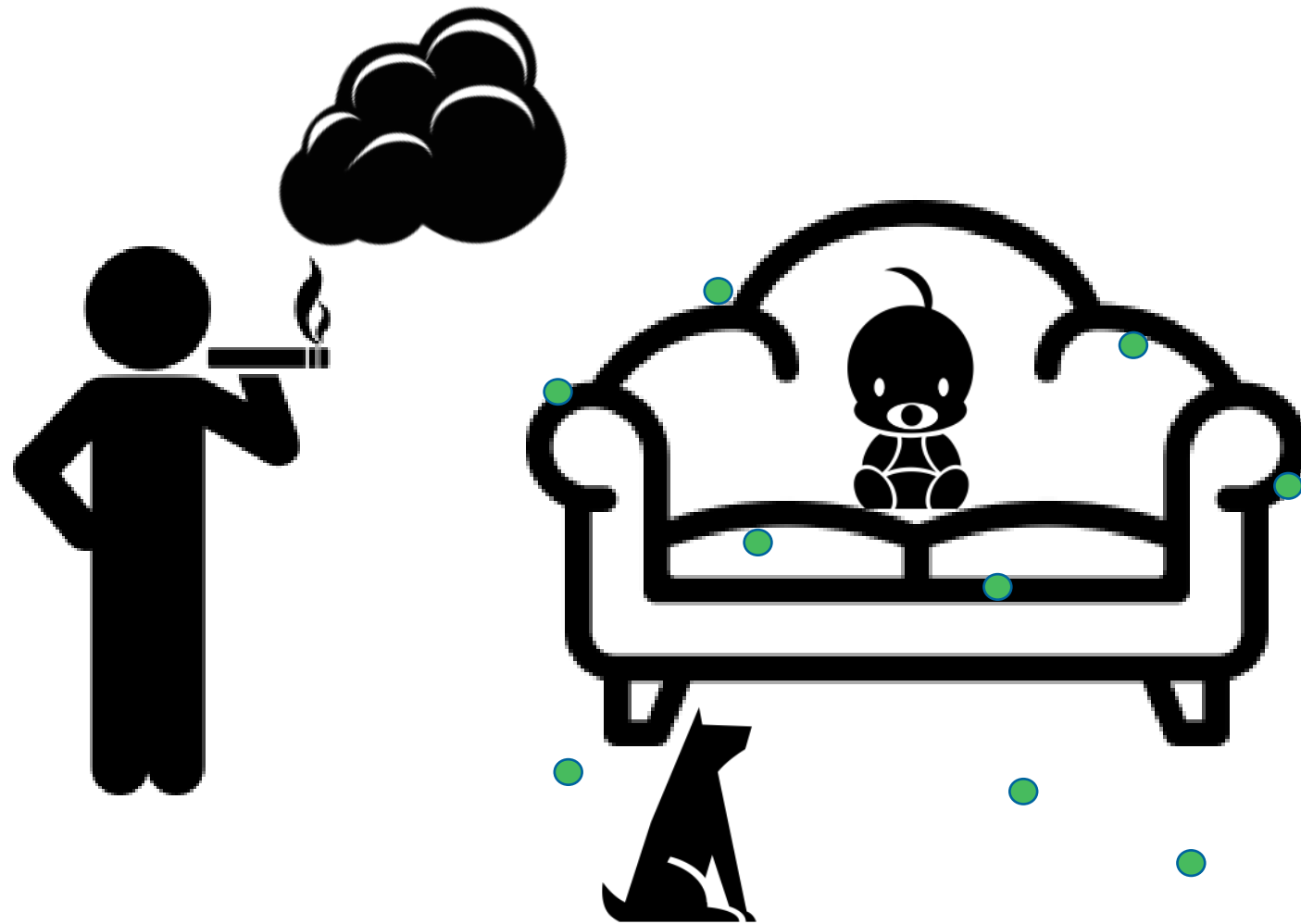
THS



Indoor Surfaces



Thirdhand Smoke



Nicotine & other chemicals



“It’s much safer than cigarettes.”



Patient's death is possibly the first in the U.S. related to vaping

[AOL.com](#)

2 days ago



Teen lung diseases linked to vaping, Minnesota Health Department reports

[Star Tribune](#)

14 hours ago



22 people have been hospitalized with vaping-linked breathing problems. Doctors do...

[NBC News](#)

15 hours ago



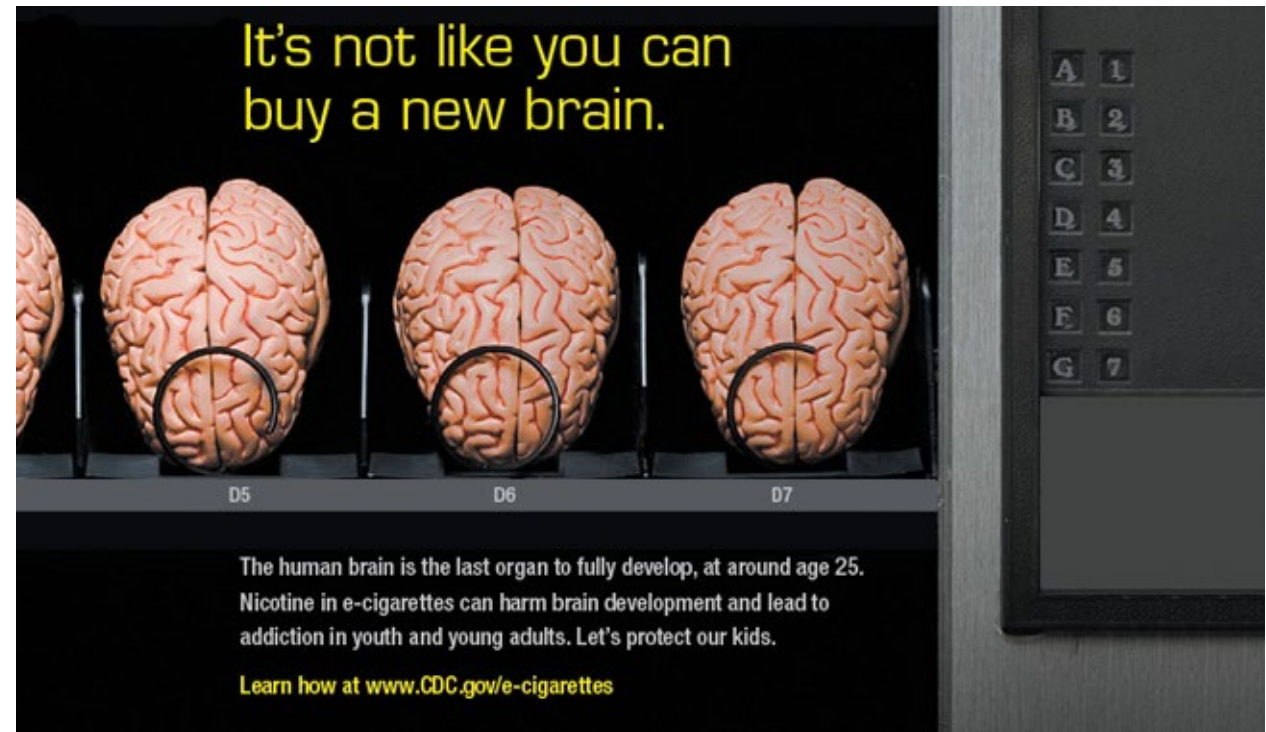
College student's lung collapses after smoking Juul pods: 'Like I was having a heart attack'

[Yahoo Finance](#)

20 hours ago

Nicotine = Brain Risks

Nicotine harms the part of the brain that controls attention, learning, mood and impulse control.



Popular Vape Products owned by Tobacco Giants



Youth Tobacco Use in the U.S.

2020 National Youth Tobacco Survey

Findings show a sharp decline
in youth e-cigarette use with
1.8 Million
fewer users
since last year

However, due to **alarming
increases** since 2011,
the number of current
youth e-cig users remains
concerningly high:
3.6 Million



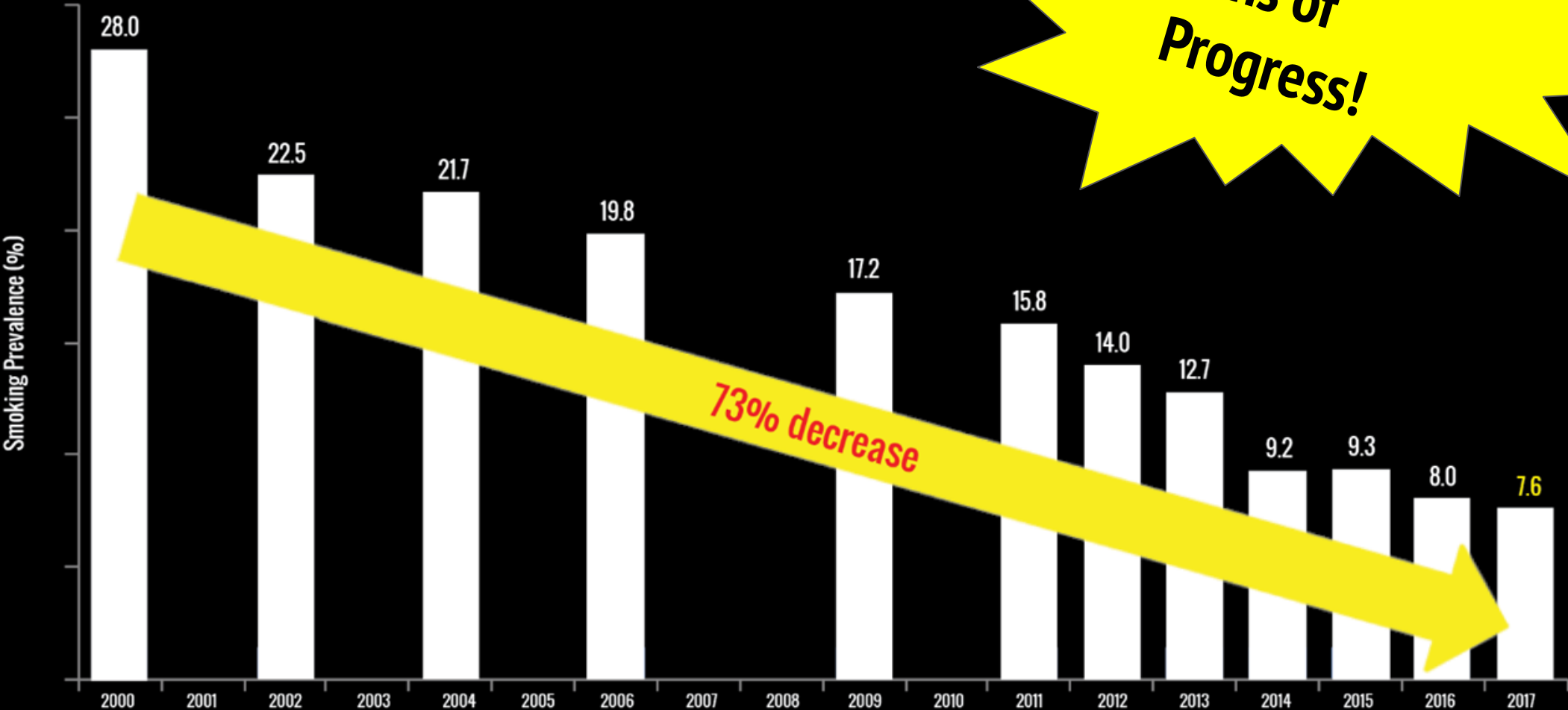
Teens who use Vape are 4xs more likely to start smoking cigarettes.





**You can't really know where you are going if
you don't know where you've been.
- Maya Angelou**

U.S. High School Smoking Rate (2000-2017)



**Good news!
Tons of
Progress!**

Source: CDC, National Youth Tobacco Survey

THANK YOU FOR ATTENDING!

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How Worried do
Parents Need to Be?**

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