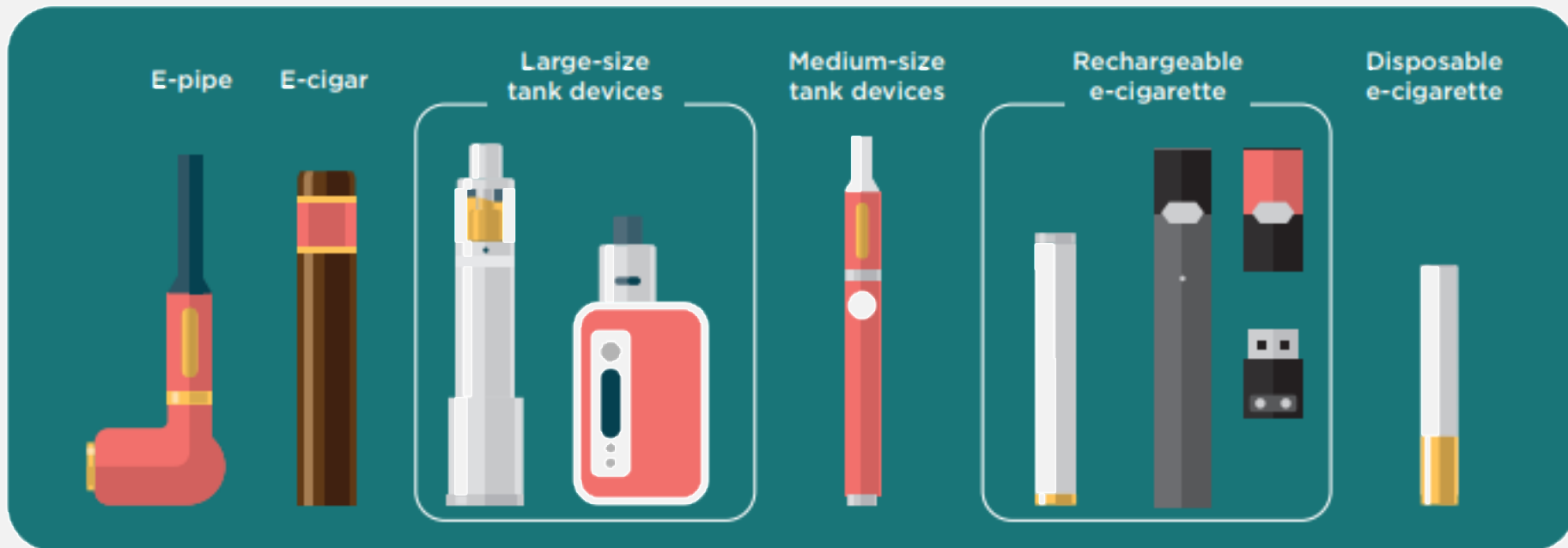


VAPING AND E-CIGARETTES

Vape products, also known as electronic cigarettes, e-cigarettes, tanks, or mods, are battery-powered devices that people use to inhale an aerosol. The aerosol typically contains nicotine, flavorings, and other chemicals



MANY YOUNG PEOPLE AND ADULTS THINK VAPING IS HARMLESS, BUT . . .



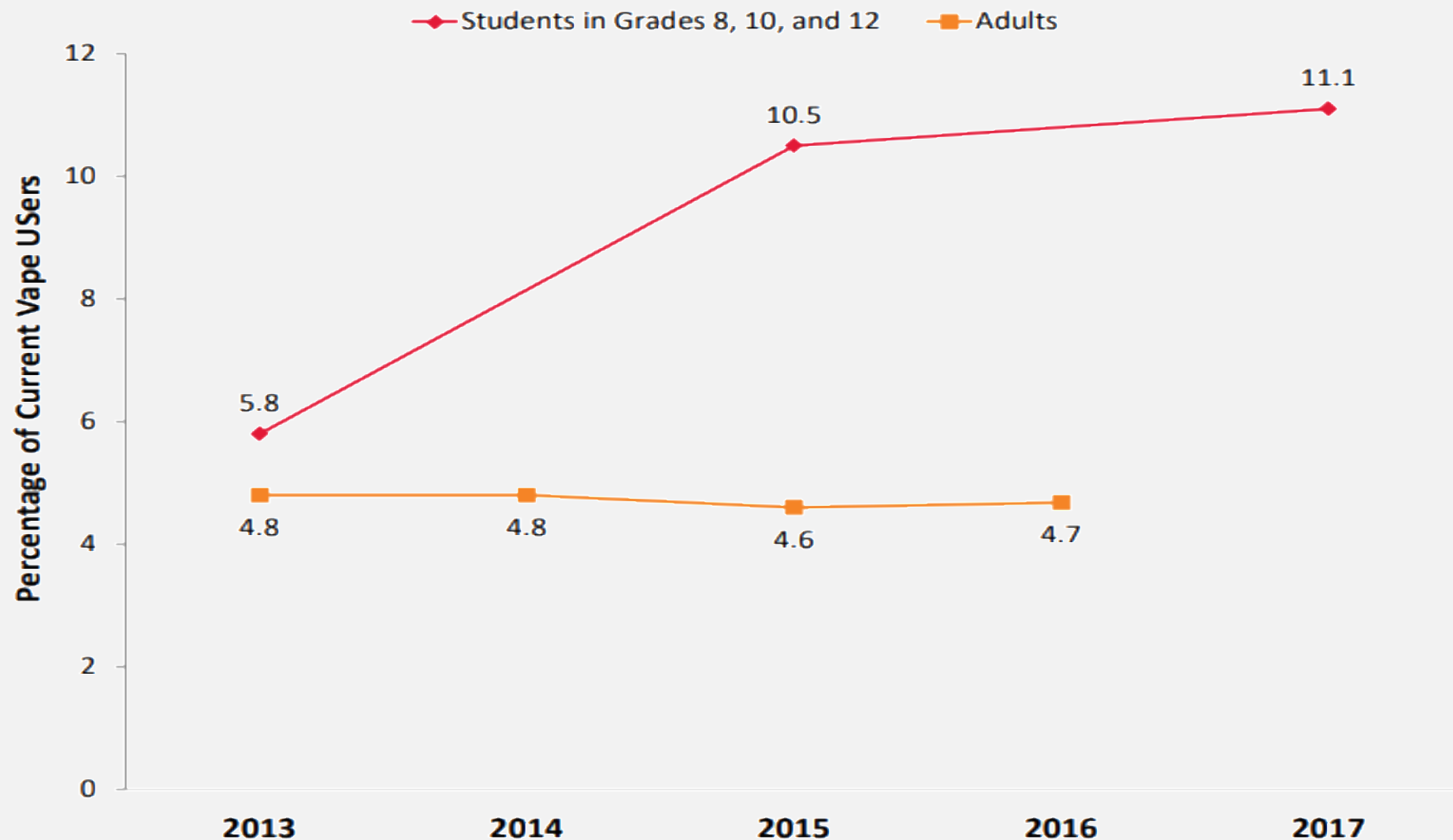
Nicotine use during adolescence can disrupt brain development and affect attention, learning, and susceptibility to addiction.

- Bright colors and tasty flavors make these products seem more like candy than addictive substances
- More than 80% of kids who use tobacco and other drugs began with flavored substances.
- Nicotine primes the brain for addiction and does long term harm to brain development.
- Adolescent E-cigarette users are 6 times more likely to transition to cigarettes as adults.
- Besides nicotine, e-cigarette aerosol can contain substances that harm the body.
- Flavors can damage the cells and increase the risk of cardiovascular disease.



Vape Product Use Over Time

Figure 1. Current use of vape products among Utah adults and students in grades 8, 10, and 12 by year, 2013–2017

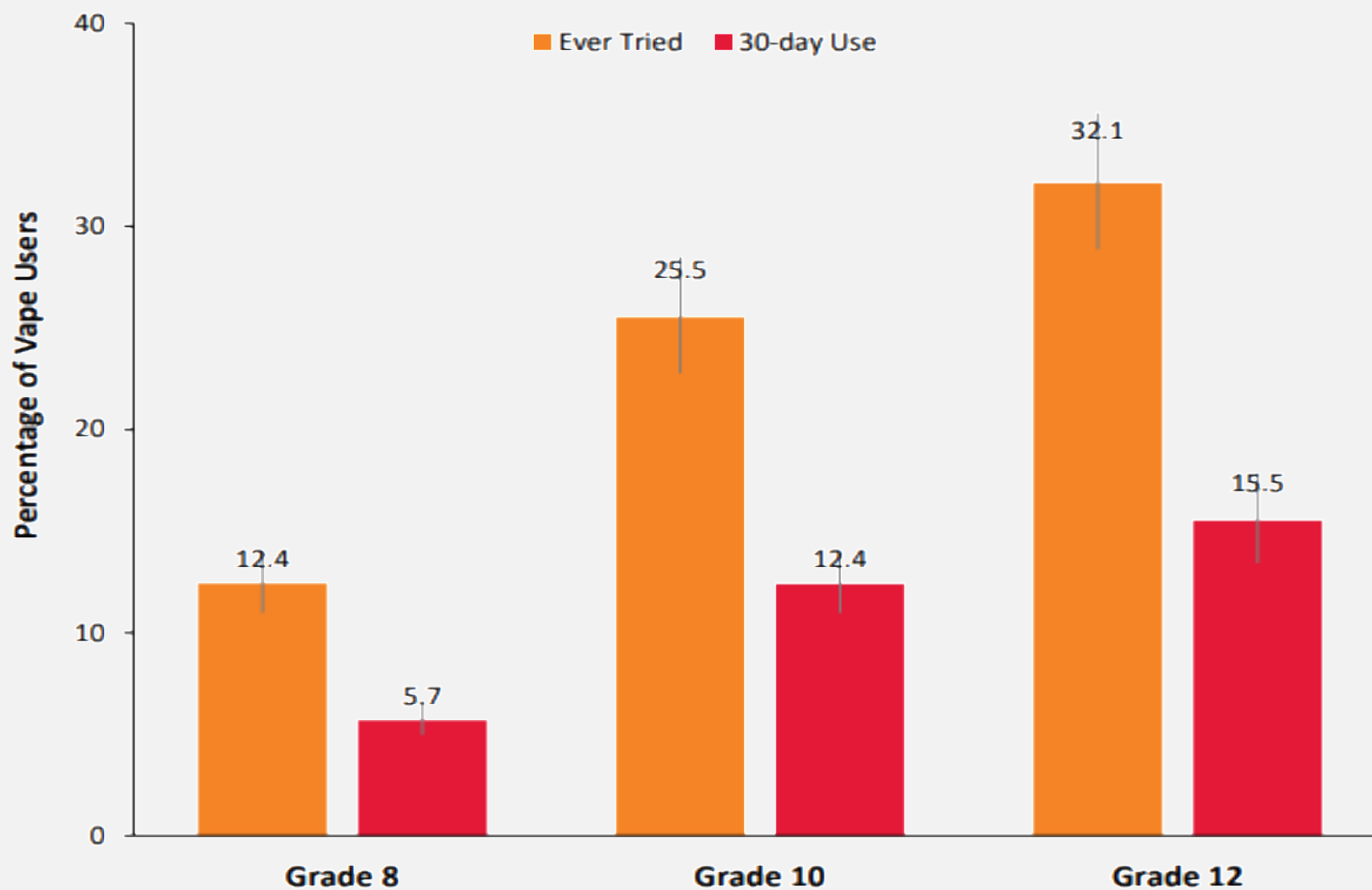


Sources: Adults - Utah Behavioral Risk Factor Surveillance System; Students - Utah Prevention Needs Assessment



Vape Experimentation and Use Among Students

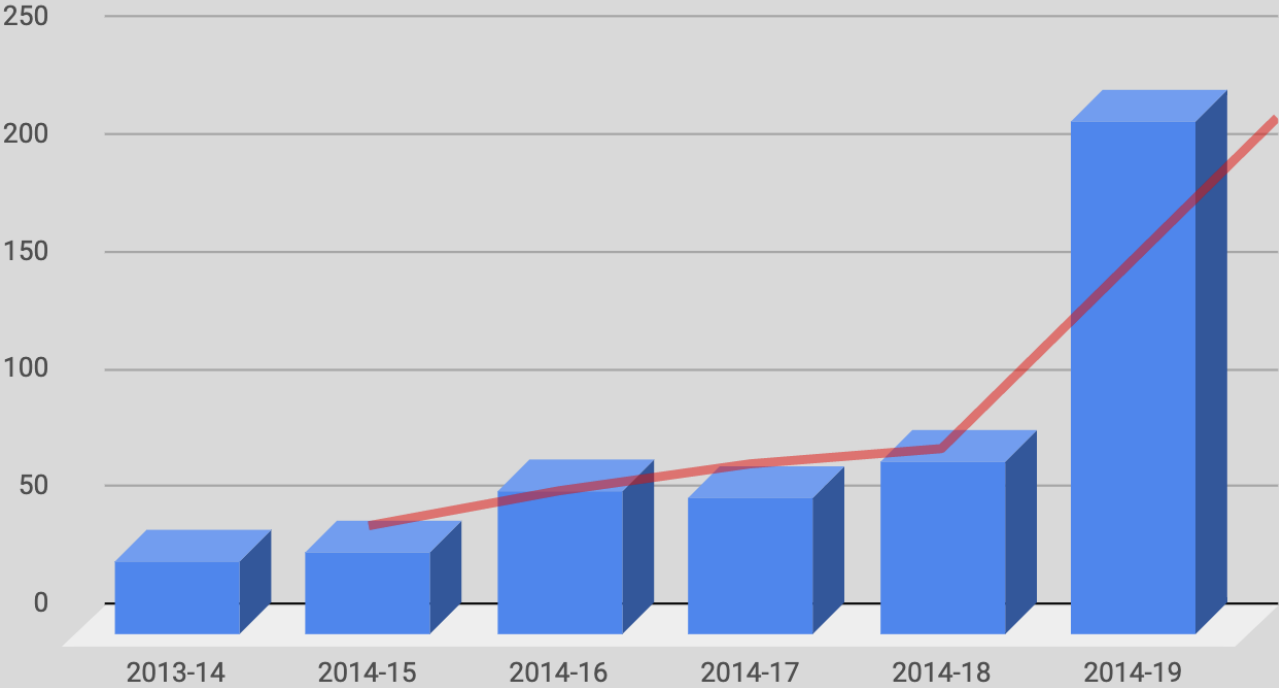
Figure 2. Vaping experimentation and current use of vape products among Utah students in grades 8, 10, and 12 by grade, 2017



Source: Utah Prevention Needs Assessment

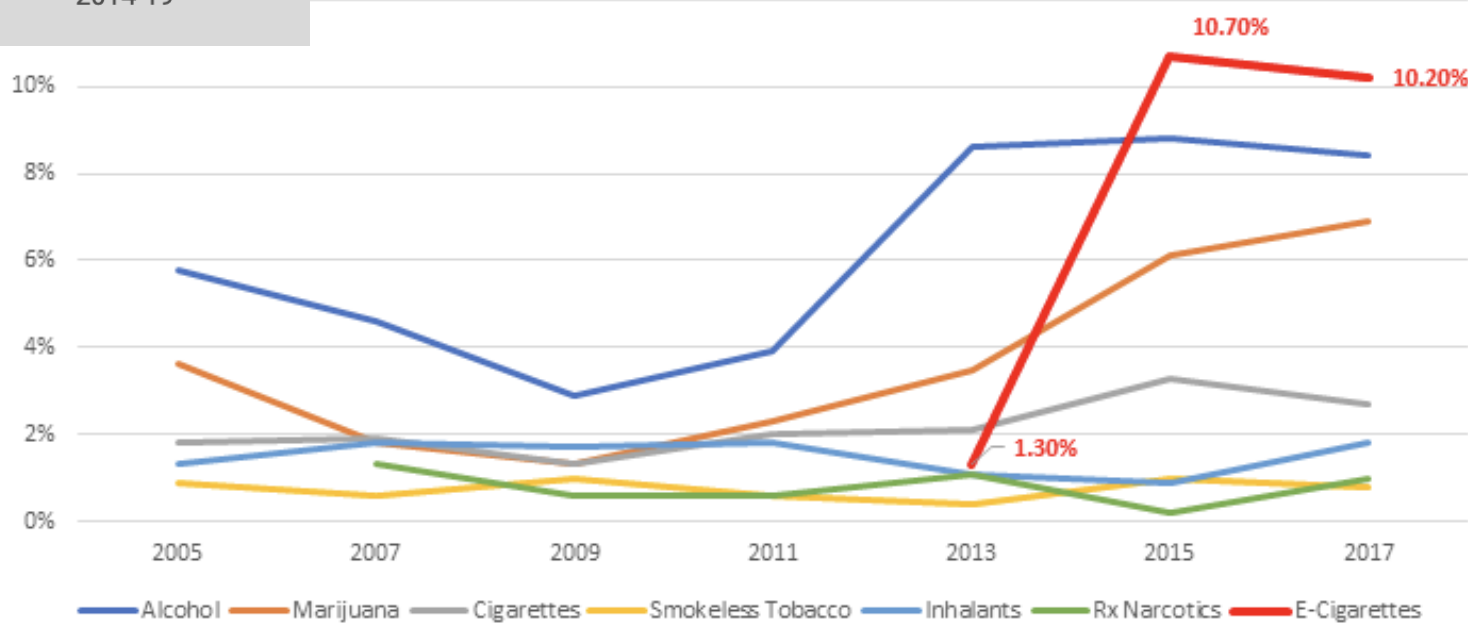


District Tobacco Violations 2013-2019

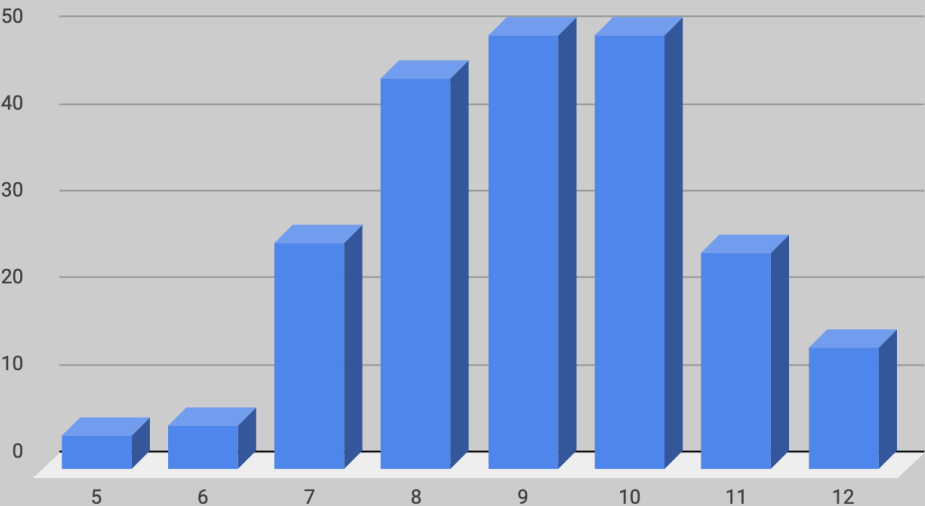


Vaping in Schools

Alpine School District Priority Substances
30-Day Use, All Grades



Trends for Vaping Violations for 2018-19 by Grade Level



WHY ARE KIDS VAPING?

- Popular thing to do – role models glamorize vaping
- Peer Pressure
- Stress Reliever – Anxiety, depression, lack of meaningful relationships.
- Don't know or believe the consequences.
- Parents don't know it is wrong

Many youth and young adults are concerned about the growing vaping trend among their peers.



CDC Recommendation	Strategies
Increase the unit price of tobacco products	<div> <input type="checkbox"/> Add a tobacco excise tax </div>
Conduct mass-media education campaigns in combination with other community interventions	<div> <input type="checkbox"/> An effective state-level, mass-reach health communication intervention delivers strategic, culturally appropriate, and high-impact messages through sustained and adequately funded campaigns that are integrated into a comprehensive state tobacco control program. </div>
Mobilize the community to restrict minors' access to tobacco products in combination with additional community interventions	<div> <input type="checkbox"/> Strengthen local laws directed at retailers <input type="checkbox"/> Address advertising and marketing that are appealing to young people <input type="checkbox"/> Reduce access to flavored tobacco products by young people and ensure that products being sold are free from impurities. <input type="checkbox"/> Implement strategies to increase the perception of risk associated with e-cigarette use. </div>

VAPING/E-CIGARETTE COMMITTEE

The Committee included:

- Legislators from the Education, Judiciary, Health & Human Services, and Rev. & Tax Interim Committees.
- Division of Substance Abuse and Mental Health
- Division of Juvenile Justice Services
- Utah State School Board
- Commission on Criminal and Juvenile Justice
- School Boards' and Superintendents' Associations
- Department of Health
- Tobacco Prevention and Control Program

Other Interested groups who attended meetings and provided input:

- Federal Drug Enforcement Administration
- Capstone Strategies
- Canyons, Jordan, Alpine School Districts
- American Cancer Society
- Salt Lake County Health Department
- Utah PTA
- Students Against Electronic Vaping (SAEV)



RECOMMENDATIONS:

**A BROAD STATE WIDE PLAN MADE UP OF
BOTH**

**LEGISLATIVE AND NON-LEGISLATIVE
SOLUTIONS**



Potential Legislative Solutions:

- Sen. Christensen's bill – imposes an excise tax on the sale of e-cigarette products. Adds necessary definitions for vaping products and clarifies that all vaping and nicotine dispensing devices and products are illegal.
- Education Bill – Adds vaping and e-cigarettes to the Botvin curriculum and adds a Botvin curriculum component to elementary school. Establish clearer, consistent penalties for young people caught vaping. Establishes a plan at each school to strengthen students and promote positive behaviors such as: pro-social interventions, opportunities for connectiveness, service opportunities, clubs, or programs.
- Regulation – addressing the problems with vape shops attracting and soliciting and selling to minors.
- Resolution - to encourage the local health departments to cap the number of vape shops in an area.
- Access – A bill that addresses the easy access of vape products.



Potential Non-Legislative Solutions:

- The State Board of education is adding vaping and e-cigarettes to their health curriculum for all grades beginning in 2nd grade.
- LEAs – Local districts can provide clearer training for staff. They can review and improve their restorative justice measures.
- The Utah Department of Health is working on a state wide public awareness campaign to help parents and other adults understand the dangers of vaping.
- Students are working with their schools to get good information to their classmates and reduce the “cool” factor of vaping.



Education Plan

I. Establish clearer, consistent penalties for vaping

- Clarify definitions for vaping devices, nicotine delivery systems. (legislation)
- E-cigarettes, vaping devices and products will be confiscated, tested, and destroyed. (legislation)
- Schools will consistently implement restorative justice measures. (LEAs)
- Parents participate in interventions at school (an online option will be provided for parents). (legislation)
- Utah State Board of Education will recommend best practices for interventions. (USBE)
- LEAs will provide clearer training for all employees. (LEA)

II. Student awareness and education

- Strengthen vaping and e-cigarette information to the health curriculum for all grades beginning in 2nd grade. (USBE)
- Add vaping and e-cigarettes to Botvin curriculum. Add an elementary component. (USBE and an increase in appropriations)
- State – wide public awareness campaign. (Department of Health)
- Positive peer influence. (Students)



Education Plan

III. Prevention

- Each school will create a plan to strengthen students and promote positive behaviors such as: pro-social interventions, opportunities to help students feel included and increase connectiveness. This plan could include clubs, programs, pro-social opportunities, service opportunities, etc. The plan would be created by the school with the help of students and approved by the School Community Council. (legislation)
- A specialist at each school would administer the program and be paid a \$3,000 stipend. (legislation)
- Local School Boards approve each school's plan, monitor progress, review annually and insure compliance to the State Board. (LEAs)



QUESTIONS?

