



THE VAPING EPIDEMIC

A Toolkit for Parents in Southern Nevada



“ I wish I
**KNEW
MORE**
BEFORE ”
I STARTED.

Dear parents:

The Southern Nevada Health District is working with parents of middle and high school students in Clark County to share information about tobacco electronic vapor products and cessation resources for students.

This toolkit contains information that can help you learn more about vaping and the impact it can have on your child, as well as resources for quitting tobacco use.

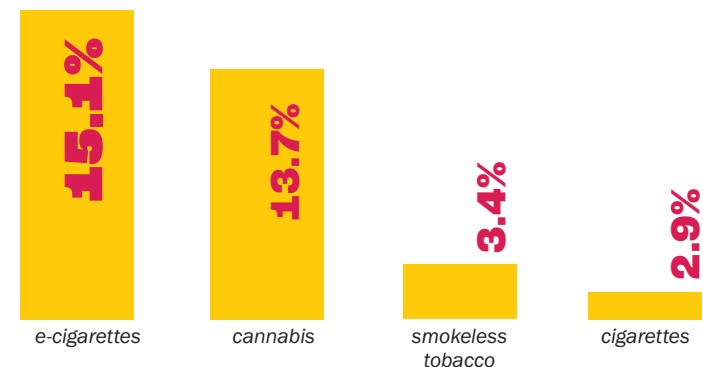


Learn more:
GetHealthyClarkCounty.org

KNOW THE FACTS

- Evidence shows that **the vape industry illegally markets to youth**, targeting teens to create lifelong addictions. In fact, **~90% of all adult smokers began smoking at or before age 18.**
- **290,000+ high school students** currently smoke combustible cigarettes nationwide. However, e-cigarettes are the most popular tobacco product used by middle and high school students.
- In 2023, **12.7% of high school students and 8% of middle school students** in Clark County reported using e-cigarettes in the last 30 days.

Tobacco & Cannabis Use Among Nevada High School Students



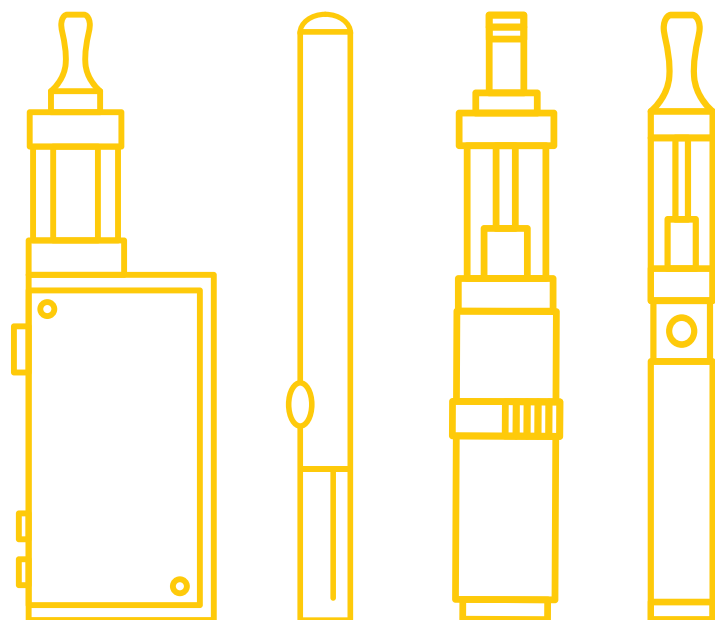
THE GOOD NEWS

- It is important to note that most teens—3 out of 4 high school students—**don't use tobacco products.**
- In 2021, more than 65% of students who used tobacco reported **seriously thinking about quitting.**

WHAT ARE ELECTRONIC VAPOR PRODUCTS?

Electronic vapor products are known by many different names. They are sometimes called “**e-cigarettes,**” “**e-hookahs,**” “**mods,**” “**vape pens,**” “**vapes,**” “**tank systems,**” and “**electronic nicotine delivery systems (ENDS).**”

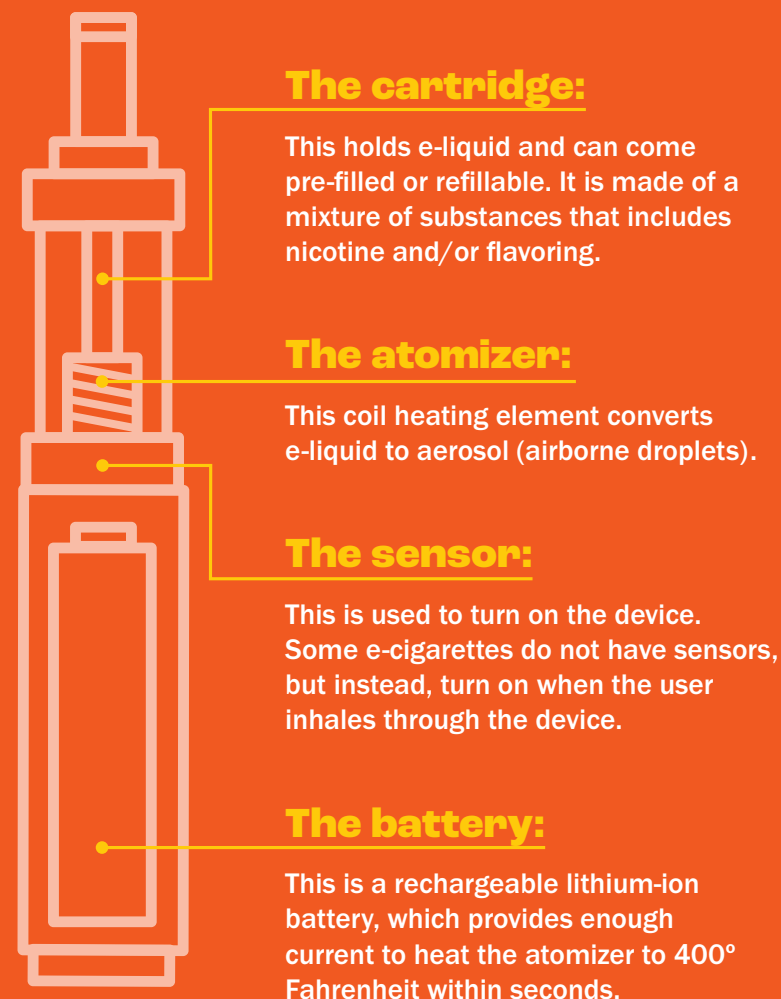
Electronic vapor products come in many shapes and sizes. Some e-cigarettes are made to look like regular cigarettes, cigars, or pipes. Others resemble pens, USB sticks, and other everyday items.



Sources:
CDC https://www.cdc.gov/tobacco/basic_information/e-cigarettes/about-e-cigarettes.html

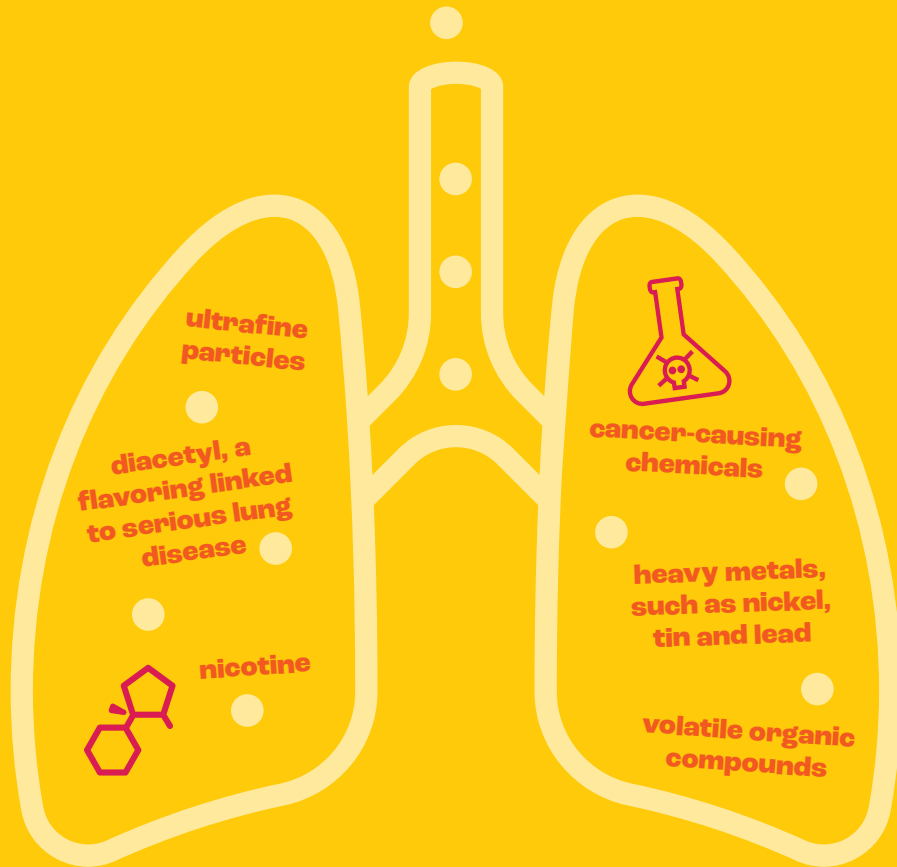
HOW DO THEY WORK?

Many people think e-cigarettes create harmless water vapor—this isn't the case! **E-cigarettes produce an aerosol made of tiny particles, which the user inhales.**



WHAT IS IN E-CIGARETTE VAPOR?

The aerosol that users breathe and exhale from an e-cigarette can **contain a number of harmful substances**:



It's difficult for consumers to know exactly what electronic vapor products contain.

ABOUT FLAVORING

Bright, colorful packaging, sweetened flavors, and fun names often target youth to try vaping products. In fact, **flavored products are often the first tobacco products youth and young adults ever use.**

Youth who use flavored tobacco products are more likely to become chronic smokers, experience nicotine addiction, and cause damage to their developing brains.



Learn more about flavoring:
attractingaddictionnv.com



How could you not want to

“**TRY IT?**”



CANNABIS

Cannabis is a psychoactive drug derived from the Cannabaceae (hemp) plant family. The words cannabis, marijuana, hemp, and hash are interchangeable terms.

Vaping cannabis is not safer than smoking it. The way that the marijuana product is heated can expose users to EVALI (E-Cigarette or Vaping Product-Use Associated Lung Injury), harmful cancer-causing chemicals, and marijuana poisoning. Products like vaporized concentrated waxes and oils may also contain more THC.

Nevada is 1 of 24 states to legalize recreational marijuana, increasing use among state residents. In Nevada, more than 1 in 7 high school students currently use cannabis.

Cannabis use may cause damage and physical changes to a teen's brain. As brain development continues until around their mid-20s, this damage can be permanent.

Sources:

<https://cannabisfactsnevada.org/en/demographic/teachers-and-school-officials/>
<https://www.unr.edu/public-health/research-activities/nevada-youth-risk-behavior-survey>
<https://www.cdc.gov/marijuana/health-effects/teens.html>

Signs of Use

Noticing behavior changes may prevent the negative impact marijuana can have on students' lives. The following are changes that could indicate substance abuse or other problems that need to be addressed:

- **Lack of concern with hygiene and appearance**
- **Unusual mood changes and disinterest in hobbies and extracurricular activities**
- **Stressful or difficult peer relationships**
- **Lowered academic success**
- **Appear to be unusually happy and giggly**
- **Uncoordinated movement**
- **Bloodshot or red eyes**
- **Forgetfulness**
- **Regular use of eye drops, incense, perfume, or other odor eliminating products**
- **Strange smells on clothes and personal items**
- **Possessing drug paraphernalia or items that support drug use**



Learn more about cannabis:
CannabisFactsNevada.org



SIGNS YOUR TEEN IS VAPING

To keep youth safe from the dangers of vaping, parents should be aware of these warning signs:

- Shortness of breath
- Throat clearing
- Chest pain
- Smoker's cough
- Lung infections
- Difficulty tasting
- Dry mouth
- Drinking more
- Craving more salt or spice
- Mouth sores
- Changes in eating habits
- Nausea or vomiting
- Weight loss
- Nosebleeds
- Dry eyes
- Skin damage
- Sleep disturbance
- Seizures
- Behavior changes, mood swings, agitation, or withdraw
- Increased sensitivity to caffeine or jitteriness
- Secretive attitude
- Unknown deliveries or increased spending
- An unexplained sweet scent
- White vapor or smoke
- Frequent bathroom pass requests
- Unusual packages or items such as batteries, chargers, USB drives, cartridges, small highlighters, or pens
- Residue on surfaces, especially glass



“ You feel fine
**UNTIL YOU
DONT.** ”

HEALTH BENEFITS OF QUITTING

Many teens use nicotine in an attempt to alleviate depression, stress, or anxiety. However, using tobacco products may make these symptoms worse. Quitting is associated with lower levels of anxiety, depression, and stress, as well as improved positive mood and quality of life, compared with continuing to smoke.

<i>After Quitting</i>	<i>Health Benefits</i>
Minutes	Heart rate drops.
24 hours	Nicotine level in the blood drops to zero.
Several days	Carbon monoxide level in the blood drops to the level of someone who doesn't smoke.
1 to 12 months	Coughing and shortness of breath decrease.
1 to 2 years	Risk of heart attack drops sharply.
3 to 6 years	Added risk of coronary heart disease drops by half.
5 to 10 years	Added risk of mouth, throat, and voice box cancers drops by half. Risk of stroke decreases.
10 to 15 years	Added risk of lung cancer drops by half. Risk of bladder, esophagus, and kidney cancers decreases.
15 years	Risk of coronary heart disease drops to close to that of someone who does not smoke.
20 years	Risk of mouth, throat, and voice box cancers drops to close to that of someone who does not smoke. Risk of pancreatic cancer drops to close to that of someone who does not smoke. Added risk of cervical cancer drops by half.

MY LIFE, MY QUIT

The My Life, My Quit program is a free and confidential service developed for teens who want help quitting tobacco, including electronic vapor products. All My Life, My Quit tobacco treatment specialists complete extensive training on adolescent cognitive and psychosocial development.

By enrolling, teen participants receive:

- Five one-on-one coaching sessions, usually scheduled every 7-10 days. Coaching helps teens develop a quit plan, identify triggers, practice refusal skills, and receive ongoing support for changing behaviors.
- Self-help and educational materials designed for teens, with input from teens.
- Support by phone, text message, or online chat.
- Call **1-855-891-9989**
- Text **Start My Quit** to **36072**



Learn more about quitting:
www.nv.mylifemyquit.org

Sources:

https://www.cdc.gov/tobacco/quit_smoking/how_to_quit/benefits/index.htm

<https://truthinitiative.org/research-resources/targeted-communities/3-ways-vaping-affects-mental-health>

HOW YOU CAN HELP

Share Information

If your teen asks you about tobacco or seems interested in quitting, here is some information you can share:

- Nicotine addiction can happen quickly.
- The longer someone uses nicotine, the more addicted they are likely to become, and the harder it will be to stop.
- The My Life, My Quit program is a free and confidential service developed for teens who want help quitting all forms of tobacco, including electronic vapor products.
Call 855-891-9989 or text “Start My Quit” to 36072

Be Supportive

When changing any behavior, it can take several attempts to establish a new routine. Slipping back into the old behavior is a natural part of the process. Continue to provide support and help the teen by encouraging them to restart their quit attempt.

You cannot force anyone to change their behavior, but you can support their plan. Ask what your teen needs from you and how you can help.

Set A Good Example

Adolescents are influenced by the behaviors modeled by adults, especially tobacco use. In fact, youth smoke more frequently when they are associated with others who smoke or who have a pro-smoking attitude.

As pro-smoking environments influence youth uptake of smoking, parents must set a good example to prevent tobacco use among teens. The Nevada Tobacco Quitline is a FREE cessation service available to Nevada residents. The program provides one-on-one coaching and nicotine replacement therapy (patched, gum, or lozenges) for qualified individuals. Coaches will determine if you are eligible for nicotine replacement therapy.

For free help to quit smoking or vaping, contact the Nevada Tobacco Quitline.

**Call 1-800-QUIT-NOW
(1-800-784-8669)**

Text QUITNOW to 333888

Visit gethealthyclarkcounty.org



My life is

WORTH IT.



-  **For conversation tips and resources that can help teens quit vaping, visit www.LetsTalkVaping.com.**
-  **For more information on free tobacco cessation resources available to youth, visit www.mylifemyquit.org.**
-  **To obtain additional assistance please contact the Southern Nevada Health District Tobacco Control Program at **702-759-1270** or TobaccoProgram@snhd.org.**



www.gethealthyclarkcounty.org

GET MOVING. EAT BETTER. LIVE TOBACCO-FREE.

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