

# **ELECTRONIC NICOTINE DELIVERY DEVICES (E-CIGARETTES, ‘VAPES’ ‘JUULS’)**

## **RESOURCES FOR PARENTS AND EDUCATORS**

### **Science News for Students**

<https://www.sciencenewsforstudents.org/article/concerns-explode-over-new-health-risks-vaping>

This site has a well researched series of articles that look at vaping from a variety of issues, including toxicology, health, behavior, chemistry, and body functions. [High school](#) level discussions of how the chemicals in vaping can impact the brain, the lungs, immunity, etc., or the trend of high school vapers becoming heavy smokers of traditional cigarettes, for example.

### **Boston University’s “Behind the Vapor”**

<http://www.bu.edu/research/articles/behind-the-vapor/>

This is a GREAT resource for discussions on vaping. There is a high quality student-created video that interviews [college students](#) and faculty on the pros, cons and unknowns as well as the social side of vaping.

Note:1. Occasionally, a student will use a word like ‘bullsh\*t’; frankly, it probably adds credibility among that audience.

2. One professor interviewed discussed the research on the negative physiological impact of vaping on lung cells. Another social and behavioral science professor does discuss vaping as a safer alternative to traditional cigarettes in that it does satisfy the behavioral elements of nicotine addiction that patches and gum do not provide, such as the physical act of smoking in social settings. When discussing this with teens, I would point out that that may be true for people already addicted to nicotine, but not an advantage for those who have never smoked. Even without nicotine, the chemicals being inhaled are still toxic.

### **Still Blowing Smoke**

<http://stillblowingsmoke.org/>

This site conveys most of its messaging through mixed media, with videos of [young teens](#) talking about how they get away with vaping in school and at home, and the social pressure to vape. There are great visuals of the way vaping is target marketed to teens and ‘sold’ to the public much the way cigarette smoking was decades ago, promoting it as sexy and sophisticated, with side by side ads that will surprise you in their similarity. This site also does a great job of identifying Big Tobacco as the ‘man behind the curtain’, selling old vices in new devices.

### **Northern New England Poison Center**

[www.nnepc.org](http://www.nnepc.org)

Search ‘e-cigarette’ on the NNEPC website and you’ll find a variety of informational and instructional materials. There are blog posts, fact sheets, a webinar and a high school level curriculum which includes a Jeopardy game. All of the materials are free downloads in the NNEPC ‘store’. Remember, you can also call the NNEPC hotline 24/7 for information and emergencies.

## E- Cigarette Use Among Youth and Young Adults, A Report of the Surgeon General

[https://e-cigarettes.surgeongeneral.gov/documents/2016\\_SGR\\_Full\\_Report\\_508.pdf](https://e-cigarettes.surgeongeneral.gov/documents/2016_SGR_Full_Report_508.pdf)

## Centers for Disease Control and Prevention

[https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/index.htm](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/index.htm)

## US Food and Drug Administration

The USFDA has established some guidelines for ENDDs and liquid nicotine solutions. You can find them here.

<https://www.fda.gov/TobaccoProducts/Labeling/ProductsIngredientsComponents/ucm456610.htm>

## RESOURCES FROM PRESENTATION

### Peer-reviewed Journal Articles

[Tobacco Use Among Middle and High School Students — United States, 2011–2016](#) CDC, MMWR

[Vapors produced by electronic cigarettes and e-juices with flavorings induce toxicity, oxidative stress, and inflammatory response in lung epithelial cells and in mouse lung.](#) NIH.gov

[Hidden Formaldehyde in E-Cigarette Aerosols](#) NEJM

[Measuring smoking-related preoccupation and compulsive drive: Evaluation of the obsessive compulsive smoking scale](#) Northwestern.edu

[Nicotine Replacement Therapy: An Overview](#) International Journal of Health Sciences

### Marketing

[THE WAR OVER VAPING'S HEALTH RISKS IS GETTING DIRTY](#) Wired.com

[THIS MIGHT JUST BE THE FIRST GREAT E-CIG](#) Wired.com

[Juul FAQs](#) juulvapor.com

[PuffIt2](#) legalbud.com

[Athena](#) Sailingoverblog.com

### Cannabis use

[HOW TO HELP YOUR FRIENDS THAT ARE SMOKING CANNABIS FOR THE FIRST TIME](#) flmmcc.com

[Weed Vape Pen for Weed, Wax, Oil](#) testedweed.com

### Resources

[NH DHHS Electronic Nicotine Delivery Devices](#) www.dhhs.nh.gov