

Childhood Use of Tobacco/Vaping and Other Related Risk Behaviors

And How to Conduct
Preventive Measures at Home

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tobacco free
LANCASTER COUNTY



Lincoln-Lancaster County
Health Department



Agenda & Learning Goals

- What is Vape?
- Trends
- Why do Youth Vape?
- Signs of Vaping
- Health Impacts
- Prevention, Talking With Youth About Vaping
- Resources



What is Vape?





A



B



A



B



A



B



A



B



A



B



A



B



A



B



A



B



E-cigarettes & Vaping

E-cigarettes are NOT currently an FDA-approved cessation device

- An e-cigarette is a battery - powered electronic device.
- Function:
 - Heats a liquid to produce an aerosol (often called vapor) that users inhale.
- Components:
 - Battery
 - Heating Element/ Atomizer
 - Cartridge/ Reservoir
 - Mouthpiece



Common Device Types



Pod Devices



Disposables



Box Mods



Vape
Pens/Others

Stealth Vape Devices





What's in "E-Juice"?

Nicotine (nicotine salt)

Highly addictive, % varies, free base nicotine + acid = lower pH, less harsh

Vegetable Glycerin

Humectant, suppositories
Higher content means more vapor

Propylene Glycol

Humectant, antifreeze
Higher content means more throat hit

Flavors & Dyes

Lung injury, diacetyl "popcorn lung"



Why is This Important

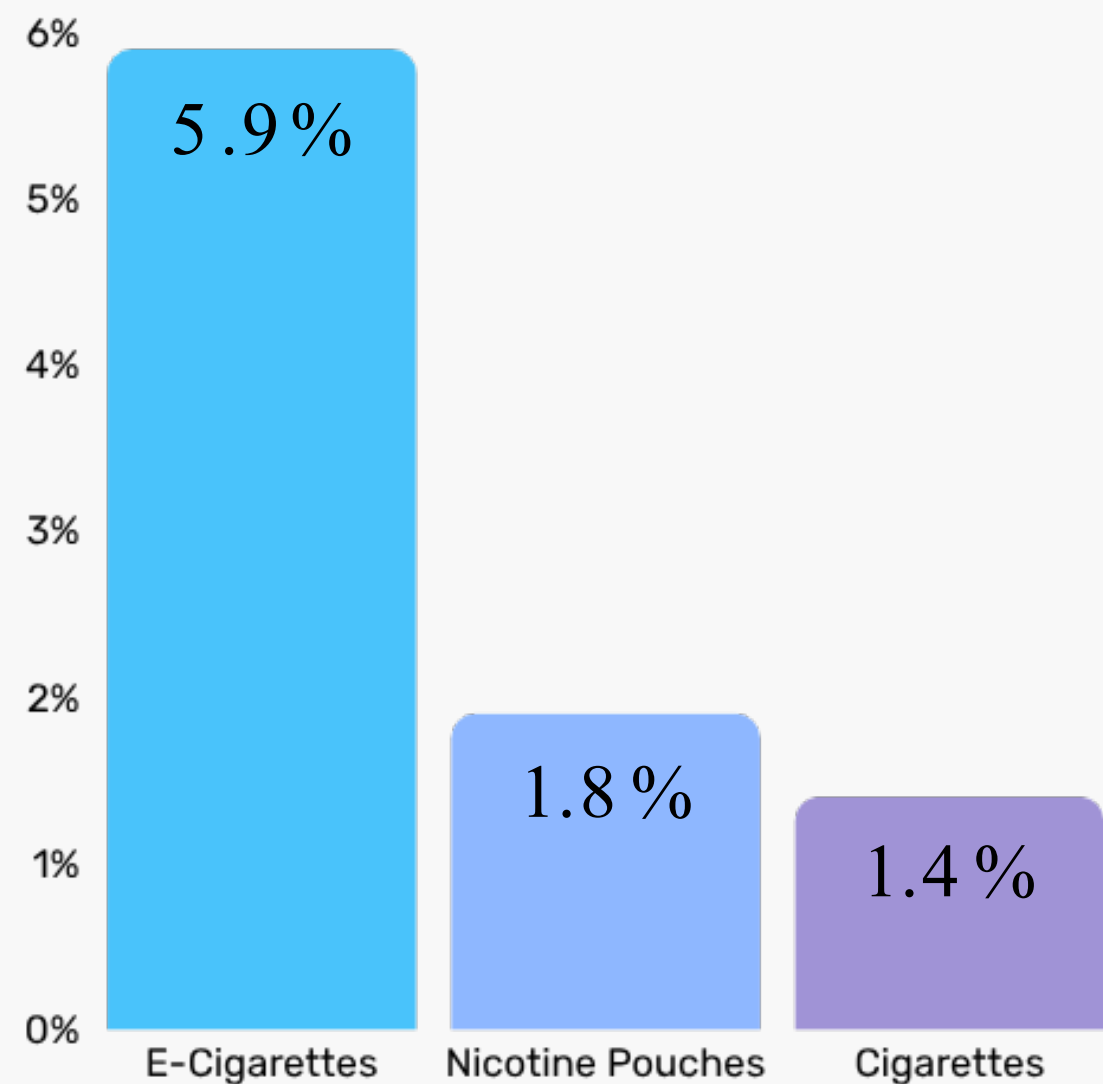
- Be in the know - You know '6 7'
- Be on the lookout - It's easier if you know what you are looking for
- Be able to start a conversation - "That's a cute pen... can I take a closer look?"



Trends

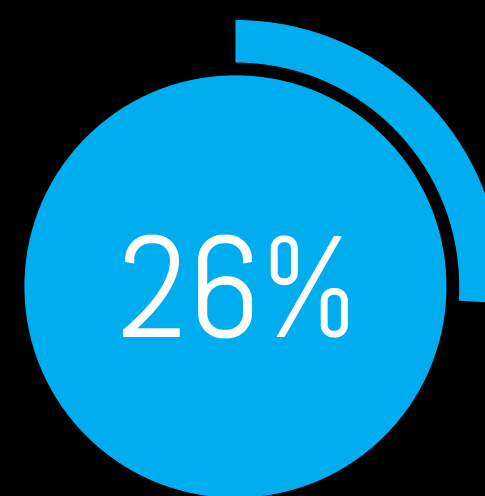
Nationally

Most Common Products Among Middle and High School Students

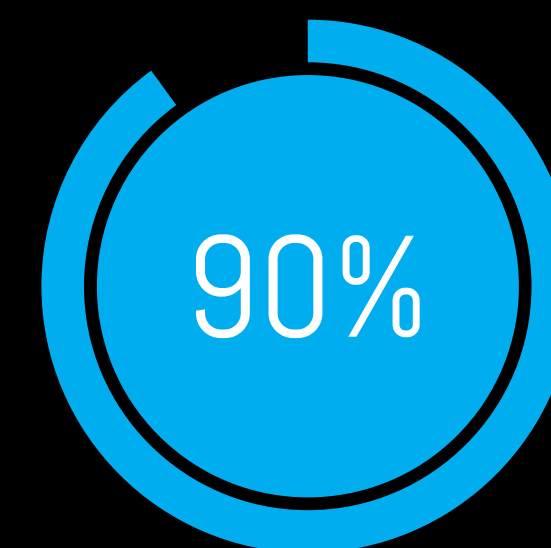


HALF A MILLION FEWER students used tobacco products in 2024 compared to 2023, largely due to reduction in e-cigarette use.

Among those who reported current e-cigarette use:



USE DAILY

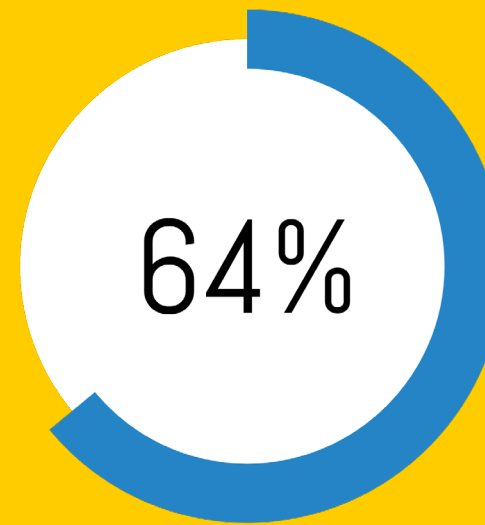


USE FLAVORED PRODUCTS
(fruit, candy, mint)

National Youth Tobacco Survey
2024

Youth Tobacco Product Use Drops to Lowest Level in Past 25 Years! (NYTS, 2024)

Locally

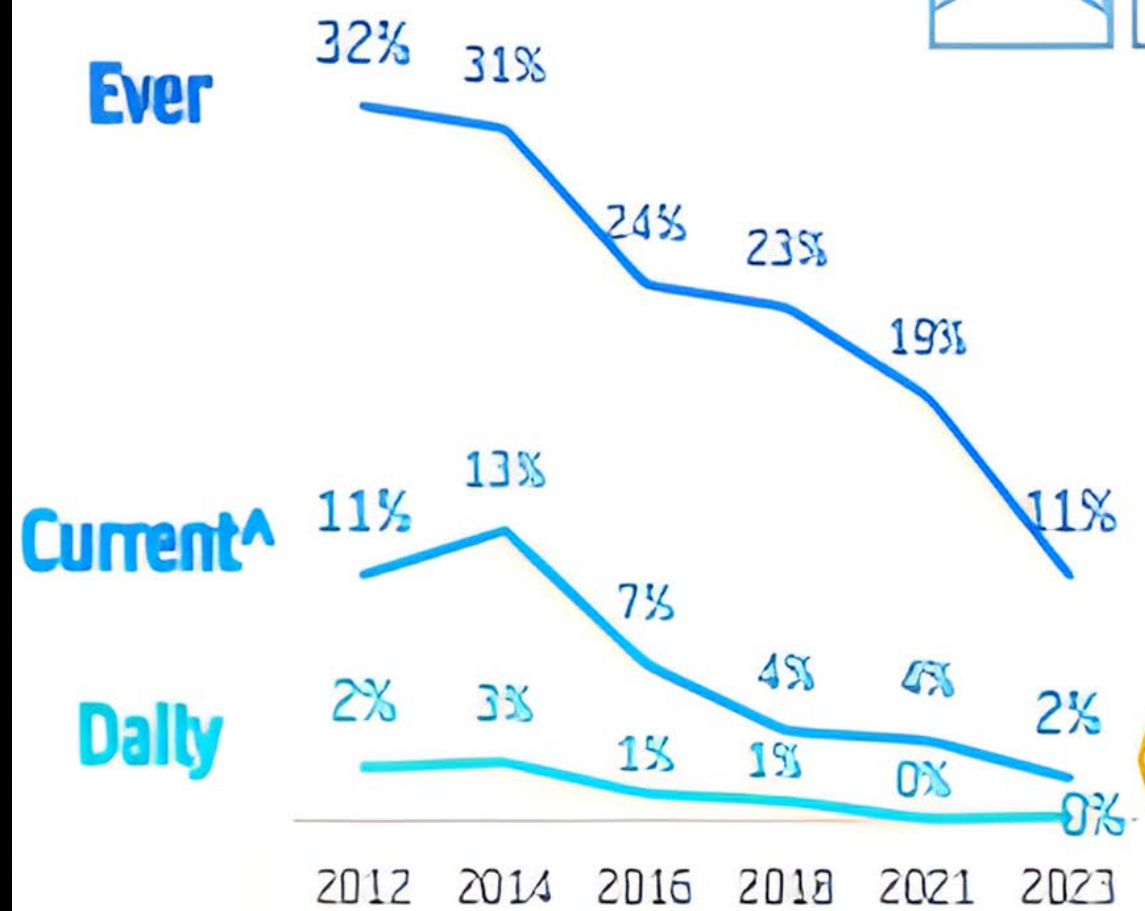


REPORTED THEY TRIED TO QUIT IN THE PAST YEAR.

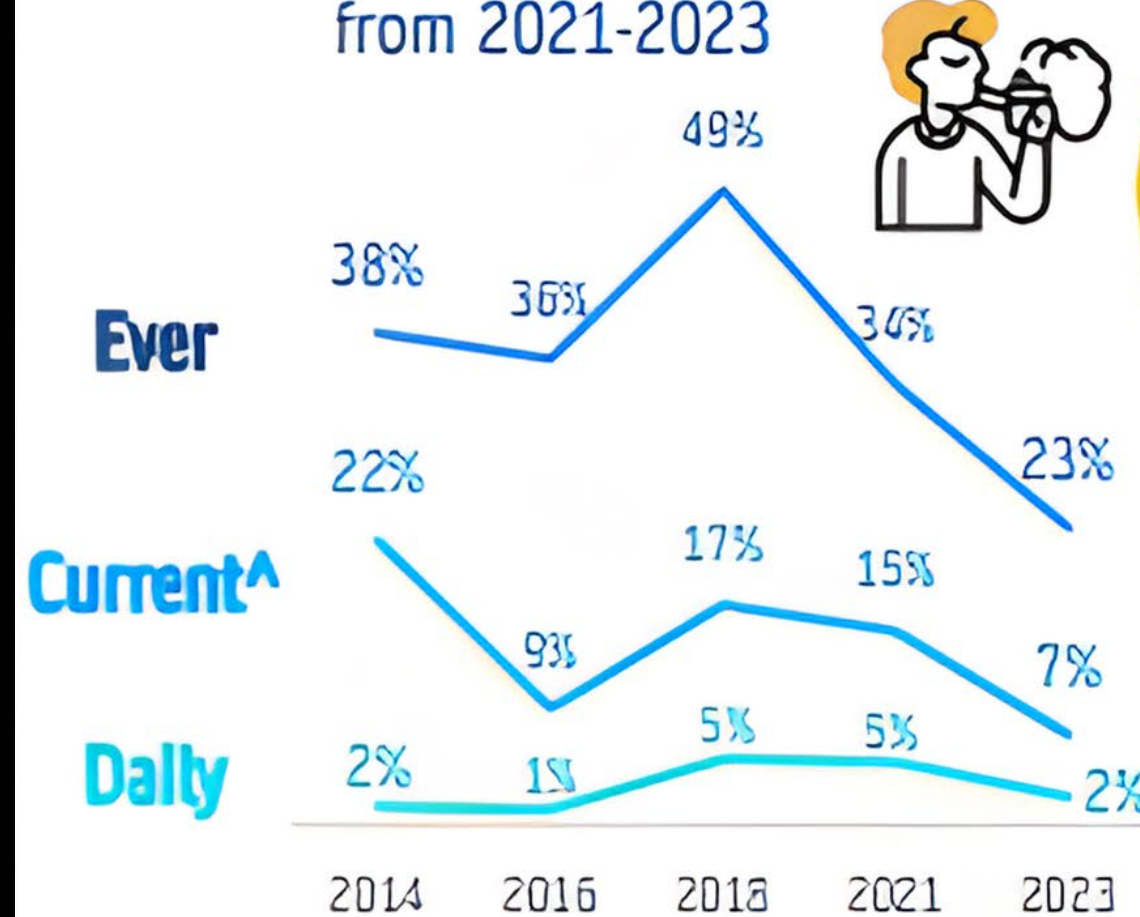
Higher among:

- Hispanic students (85%)
- Frequent users (79%)
- Female students (76%)

Cigarette use among Nebraska students continues to decline.



Ever, current, and daily use of **electronic vape products^B** declined from 2021-2023



Being bullied or teased, poor mental health, and feeling unsafe at or on the way to/from school correlated to increased likelihood of vape use.



[NE YRBS 2023](#)

[NE Adolescent Health Report - NDE 2023](#)

Only 4% of students tried their first cigarette before age 13

-- the lowest in a decade. (YRBS, 2023)

Why is This Important

- You are doing a great job - parents, teachers, educators!
- What's the norm? - Not everyone is 'doing it'.
- Continuous and frequent attempts to quit ongoing - be patient, kind, supportive
- Watch out for adverse conditions e.g. bullying



Why do Youth Vape?

Youth Reasons for EVER TRYING an E-Cigarette (NYTS, 2021)



Youth Reasons for CURRENT E-Cigarette Use (NYTS, 2021)



Why is This Important

- Friends matter - be friends with the parents of your children's friends
- Curiosity is good - great! Channel it right
- Mental health is strongly linked to tobacco use, including vaping
- Cycle of addiction



Signs of Vaping

Potential Signs of Nicotine Use



Behavioral

- frequent restroom breaks
- covering mouth/nose with clothing
- easily irritable, mood swings
- difficulty focusing
- changes in sleep pattern
- changes in spending habits



Physical

- coughing
- nosebleeds
- fatigue easily
- headaches
- more GI symptoms -
appetite, nausea,
weight loss



Environmental

- pods/cartridges
- cords
- scents

Withdrawal: Other signs

Onset: 30min–4hrs (cravings, stress)

Peak: 1–3 days (irritability, poor sleep)



Mental/Psychological symptoms

- Feeling irritable, frustrated
- Feeling sad or down
- Feeling anxious
- Having trouble thinking clearly or concentrating
- Mood swings
- Having intense cravings (15 - 20 mins)

Physical symptoms

- Headaches/ dizziness
- Coughing
- Sweating
- Restlessness
- Tremors/ J ittery
- Difficulty sleeping, feel tired
- Stomach ache/ cramps
- Digestive issues, constipation
- Increased appetite

Withdrawal Timeline

	0-24 hours	1-3 Days	1 Week	2-4 Weeks	4+ Weeks
Cravings	Light Orange	Red	Red	Light Orange	White
Irritability/Mood Swings	White	Red	Red	Light Orange	White
Anxiety/Restlessness	White	Red	Red	Light Orange	White
Depression/Low Mood	White	Light Orange	Red	Light Orange	Light Orange
Headaches	Light Orange	Red	Light Orange	White	White
Fatigue/Sleep Problems	Light Orange	Red	Red	Light Orange	White
Brain Fog/Trouble Focusing	White	Light Orange	Red	Light Orange	White
Coughing	White	Light Orange	Red	Red	Light Orange
Appetite Increase	White	Light Orange	Red	Red	Light Orange

Source: <https://www.healthline.com/health/quit-smoking/nicotine-withdrawal-timeline>

Source: <https://www.webmd.com/smoking-cessation/understanding-nicotine-withdrawal-symptoms>

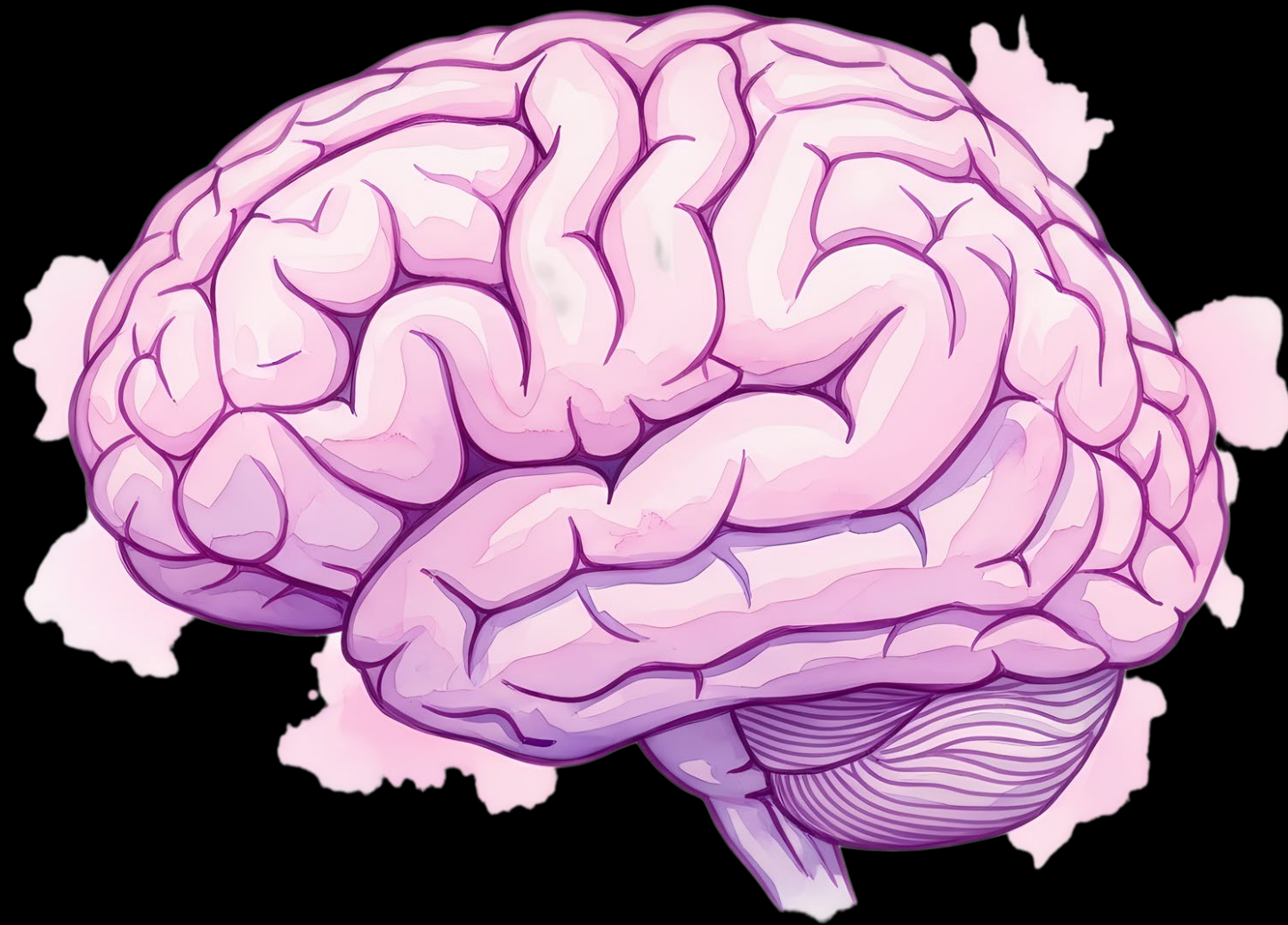
Why is This Important

- Pre-quitting: Observation, not spying.
- During quitting: Understanding, not undermining
- Post-quitting: Restart, not rebuke



Health Impacts

Brain Development



Nicotine disrupts learning, memory, attention, & focus.

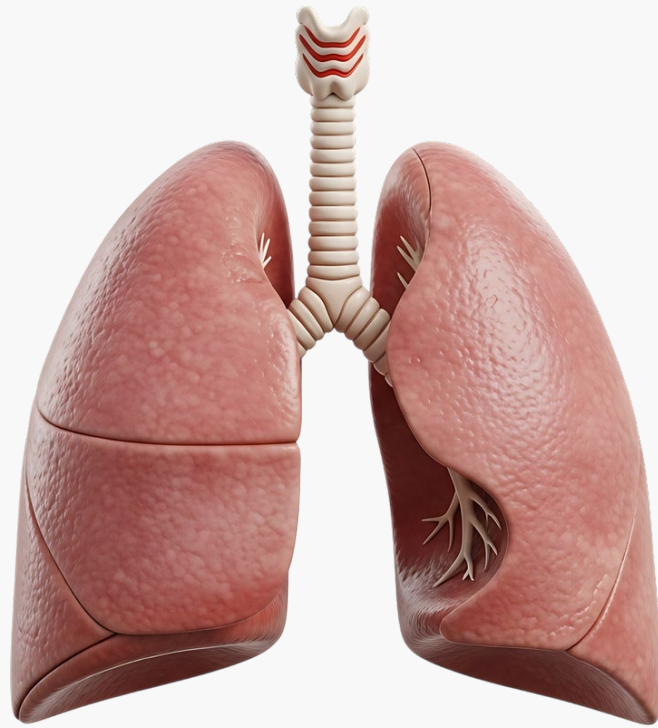
Nicotine hijacks and overstimulates the brain's reward system, increasing addiction risk and reducing motivation for other rewards.

Normal brain development is impacted, affecting impulse control, decision-making, & emotions.

Potential long-term impairment in mood regulation, focus, learning, & increased vulnerability to other addiction.

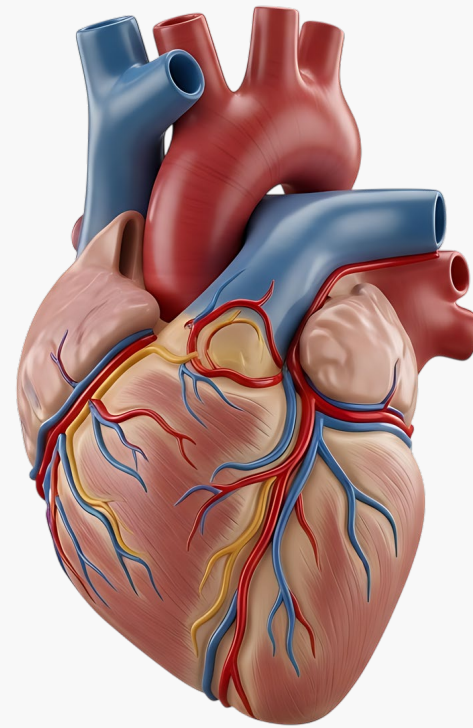
[National Institutes of Health / NIDA \(2023\) – Vaping and the Teen Brain](#)
[Centers for Disease Control and Prevention \(CDC, 2024\) – E-Cigarettes and Youth](#)
[Frontiers in Neuroscience \(2024\) – Nicotine Use During Late Adolescence Linked to Hippocampal Changes](#)
[Frontiers \(2020\) – Long-Term Effects of Nicotine on the Adolescent Brain,” Neuropharmacology, PMC](#)
[ScienceDirect \(2024\) – The Adverse Effects of Vaping in Young People](#)
[“Short- and Long-Term Consequences of Nicotine Exposure During Adolescence.”](#)

Physical Health Effects



Lungs & Breathing

- Lung inflammation & airway irritation
- Chronic cough or shortness of breath
- Asthma flare-ups or severe attacks
- Acute lung injury (EVALI)
- Increased risk of COPD
- Possible lung cancer risk
- Collapsed lung (pneumothorax)



Heart & Circulation

- Increased heart rate
- Increased blood pressure
- Damaged blood-vessel function
- Cardiovascular inflammation
- Oxidative stress
- Hypertension
- Long-term heart/lung strain



Other Physical Effects

- Burns or explosions
- Nicotine poisoning
- Low birth weight & preterm birth
- Mouth and throat irritation
- Gum inflammation
- Enamel erosion
- Reduced immune defense
- Slower healing & illness recovery
- Sleep disturbance
- Decreased exercise tolerance
- Decreased endurance

Why is This Important

- Safer is not safe - children do not need to pick between cigarettes or vapes
- There's A LOT we still do not know



Prevention & Talking With Youth
About Vaping

**What doesn't
work...**

- SHAME
- ANGER
- FEAR
- DISGUST

**What does
work...**

- UNDER -REACTING
- OPEN COMMUNICATION
- COMPASSION
- SCRIPTING/PRACTICE

1

I statements

2

**Sandwich
Technique**

SANDWICH TECHNIQUE



Talking with your youth about vaping

Something positive

Your value/concern

Something positive



Emerging Products

Resources

Youth



[Nebraska Tobacco Quitline](#)

1-800-QUIT-NOW (784-8669)
1-855-DÉJ ELO-YA (335-3569)

For 18 and under
[Text "Start My Quit" to 36072 or call 855-891-9989](#)



[This is Quitting \(Ex Program\) Textline](#)

Lancaster County: GHOSTVAPE to 88709
Nationally: DITCHVAPE to 88709

smokefreeTeen

 smokefreeTXT

[Teen.SmokeFree.gov](#)

Text QUIT to 47848
quitSTART App
Quit planning and live chat



[Not for Me](#)

Self-guided, mobile friendly version of the Not On Tobacco smoking and vaping cessation program offered by American Lung Association.

Parents



**TOBACCO
EDUCATION
RESOURCE
LIBRARY**

[FDA Tobacco Education Resource Library](#)

Tips, videos, articles, and links to more resources.



[Campaign for Tobacco -Free Kids](#)

Tips for talking with youth about tobacco, latest news and data, advocacy materials.



[Parents Against Vaping e-cigs \(PAVe\)](#)

Resources for parents to help your child quit, advocacy, latest research and medical resources, and webinar recordings.



[Truth Initiative Parent](#)

Text "QUIT" to (202) 899-7550 for free advice, tips, and inspiration for parents of youth who vape. This program was developed by the Truth Initiative in partnership with Mayo Clinic. Visit [BecomeanEx.org](#).

QUESTIONS?



Thank YOU!

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