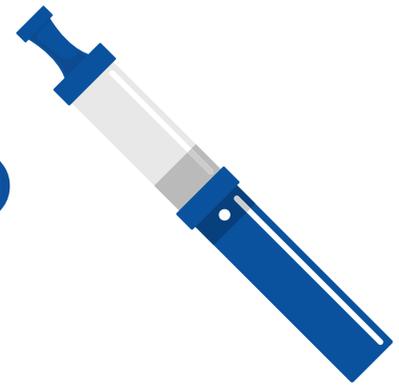


# Electronic Nicotine Delivery Systems (ENDS) and Young People



Concerned about the use of electronic nicotine delivery systems (ENDS) - also known as e-cigarettes or vaping devices - among your patients? Seeking effective strategies to address this and effectively communicate risks to your young patients and their support system?

E-cigs, vapes, e-hookahs, vape pens, Juuls, and pods - electronic nicotine delivery systems - go by many different names that are constantly evolving, and just like their names, the research, risks and associated impact are evolving as well. In recent years, vaping has grown significantly and poses a threat to our nation's progress in reducing tobacco use. In particular, adolescent vaping has significantly increased - with **studies** showing that nearly one in three high school seniors use vaping products and 45% of high school seniors reporting that they have engaged in some form of vaping (NIH, 2020). Youth with behavioral health conditions are more susceptible to trying e-cigs or vaping devices owing to the belief, created through predatory marketing campaigns, that these products are safer than traditional combustible commercial cigarettes.

This resource guide is intended to provide behavioral health providers with information and tools to better facilitate conversations about the risks of vaping with young people and their support systems while promoting strategies for cessation. While some resources were developed for other key youth-serving stakeholders, they can be helpful in crafting your messaging during patient visits, talking with the youth support system about the role they can play in supporting cessation, and in working beyond the four walls of a clinic to best assist young people in living healthy lives.

For general resources and information on the facts of how e-cigs, vaping and electronic nicotine delivery systems (ENDS) work, the risks and how to prevent initiation:

- **Know the Risks: E-Cigarettes & Young People** translates the U.S. Surgeon General's first report on electronic cigarettes and the impact on youth into a fact-sheet.
- **Quick Facts on the Risks of E-cigarettes for Kids, Teens, and Young Adults - CDC** provides all the information and key facts to know about electronic cigarettes.
- **FDA's Youth Tobacco Prevention Plan** provides an overview of the agency's role in curbing tobacco use among youth.
- **E-cigarettes & Vaping: What Parents Should Know - American Lung Association** provides quick facts for parents and caregivers on the facts.
- **Adolescent Vaping: The New National Addiction Crisis** provides an overview of the epidemic from the National Council for Behavioral Health.



## For toolkits and guides to help you address vaping with your patients

- **Know the Risks: A Youth Guide to E-cigarettes** is a guide developed by the CDC to educate youth on the risks, factors that lead to use and what they can do to avoid all tobacco products.
- **The Vape Talk** offers guide to having productive conversations about the dangers of vaping and nicotine dependence.
- **Reducing Vaping Among Youth and Young Adults** is an evidence-based resource guide from the Substance Abuse and Mental Health Services Agency that offers resources and service delivery models for behavioral health providers.





## Programs and campaigns to refer young people to if they are interested in learning more about the facts of vaping and resources to support cessation

- **Real Cost Campaign - FDA** provides the real facts so young people can make their own decision.
- **This is Quitting Youth Program** is a free mobile program to from Truth Initiative to help young people quit vaping.
- **SmokeFree Teen: Quit Vaping** provides resources and information for those interested in quitting.



## Programs for school-based health centers, schools and community members to support prevention and cessation among young people

- **N-O-T: Not On Tobacco – Proven Teen Smoking and Vaping Cessation Program** is taught by a trained or certified adult to help teens quit by addressing total health.
- **INDEPTH: An Alternative to Teen Nicotine Suspension or Citation** is a free education program available for any school or community to establish to help teens make healthier choices.
- **Parents Against Vaping (PAVe) Parent Toolkit** is tailored to educating parents on vaping facts and risks and informing them on how they can play a role in preventing initiation or supporting cessation among their teen.
- **Catch My Breath: Youth Vaping Prevention Program** is an evidence- based youth e-cigarette, JUUL, and vape prevention program specific to grades 5-12 to be taught by teachers, tobacco prevention educators, counselors, nurses, and other public health advocates.
- **The Real Cost of Vaping: Understanding the dangers of teen e-cigarette use** for educators to have conversations with students to begin changing the norms around vaping.



## Fact sheets and infographics can be printed and displayed on clinic walls, distributed to young people, or shared on social media

- **FDA Youth Vaping Risks** is a fact sheet on the epidemic and common myths.
- **Teachers and Parents: That USB Stick Might Be an E-cigarette** is an infographic highlighting key information.
- **E-Cigarette Use Among Youth and Young Adults: Surgeon General Fact Sheet** provides details on devices, current patterns and trends, and risks.



## Videos tailored to adults and can be shown to parents, colleagues and partners to use when appropriate

- **CDC/OSH and Tobacco Control Network Youth E-Cigarette Microlearning** spotlights remarks from Brian King, PhD, MPH (CDC Office of Smoking and Health) to public health practitioners, providers and educators on the role they can play in the e-Cigarette epidemic.
- **Don't Get Hacked by Vaping – CDC Media Campaign Resource Center (MCRC)** brings the real cost, including addiction, to life.



- **Bedroom** – **CDC Media Campaign Resource Center (MCRC)** is tailored for adults and parents to highlight how youth are a specific target of the commercial tobacco industry.
- **Get Your Head Out of the Cloud** is from the Ad Council and tailored to adults and parents on the facts of e-cigarettes and vaping.
- **Know the Risks** is a media campaign from CDC consisting of social media vignettes and videos to use with a variety of audiences.



## Research Articles & Reports provide in depth detail and data on current use patterns, and behaviors

- **Electronic Cigarettes and Youth - Campaign for Tobacco-Free Kids**
- **E-cigarette Use Among Middle and High School Students — United States, 2020**
- **U.S. Adults' Perceptions About the Harms of Nicotine in Electronic Vapor Products on the Adolescent Brain, United States, 2016 – 2017**
- **Investigating the Attitudes of Adolescents and Young Adults Towards JUUL: Computational Study Using Twitter Data**
- **Youth self-reported exposure to and perceptions of vaping advertisements**

## Clinical Practice Highlight: SBIRT (Screening, Brief Intervention & Referral to Treatment)

- **Through the Haze: What Clinicians Can Do to Address Youth Vaping** provides preliminary clinical guidance on how to address vaping among youth with a specific focus on screening and assessment, counseling, and pharmacotherapy.
- **Improving Adolescent Health: Facilitating Change for Excellence in SBIRT** is a change package, or a practical guide that outlines a framework for implementing adolescent SBIRT within primary care.

## Local Examples: State-Based Youth Tobacco Initiatives

- **Kick Butts Generation (KBG)** — Delaware
- **Tobacco Resistance Unit (TRU)** — Pennsylvania
- **FACT** — Wisconsin
- **RAZE** — West Virginia

If you have resources/information on this topic that you'd like us to include in this guide, please email us at [BHtheChange@TheNationalCouncil.org](mailto:BHtheChange@TheNationalCouncil.org).

