

# N SMOKE FREE SIGNALS NEWSLETTER

*This is a free notification service that provides the latest on commercial and traditional tobacco news, events, topics and successes.*

Friday, January 22, 2021



## MISSION AND CORE VALUES

TO PROVIDE COMMERCIAL TOBACCO SECONDHAND SMOKE AWARENESS AND RESOURCES TO NEW MEXICO TRIBAL COMMUNITIES, IMPROVING HEALTH OUTCOMES

## WELCOME TO OUR BIMONTHLY NEWSLETTER

As the cold winds continue to blow, Smoke Free Signals would like to welcome you to our January bimonthly newsletter. We strive to provide content about secondhand smoke prevention and free resources that will support your smoke-free and vape-free initiatives.

## HIGHLIGHTS

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**Impact of E-Cigarettes  
Among Teenagers**

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**RESOURCES: Talk To Your  
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**FREE RESOURCES!**

## Impact of E-Cigarettes Among Teenagers

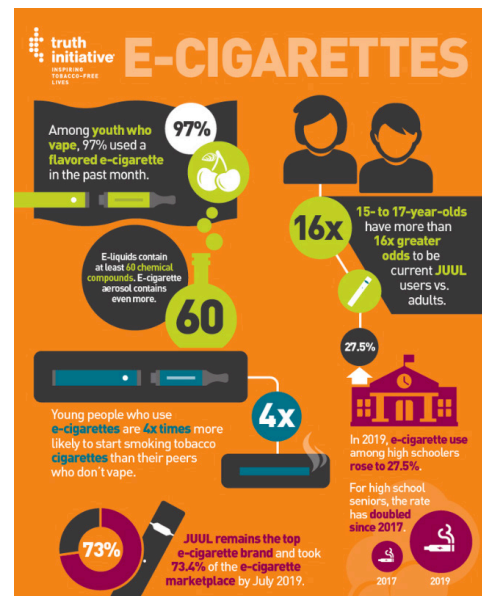
As the future caretakers of culture and traditions, it's important that teenagers learn to take care of their health. With the increase of e-cigarette use among high school students there is a higher risk of secondhand smoke exposure in schools and at home. E-cigarette usage rate have increased 27.5% among high school students overall, and have doubled for high school seniors since 2017. This increase in vaping leads to higher risk for teenagers to develop respiratory illnesses. It's essential that teenagers learn the health of utilizing e-cigarettes.

### Health Risks for Teenagers

- ◇ Harms brain development, which continues growth until about age 25.
- ◇ Impacts learning, memory, and attention. Vaping can affect school performance.
- ◇ Increases risk for future addiction to other drugs.
- ◇ Increases the likeliness to use regular cigarettes and become addicted to nicotine.
- ◇ E-cigarettes contain cancer-causing chemicals, such as acetaldehyde and formaldehyde.
- ◇ Teenage-appealing flavors have been linked to lung disease.

### Reasons To Quit Vaping

- ◇ Being vape-free lengthens and improves quality of life.
- ◇ Your mental health, including confidence will improve.
- ◇ Save money.
- ◇ Take back control of your life.
- ◇ School performance will improve.
- ◇ Setting a great example.
- ◇ Friends and family.
- ◇ Breathing during exercise will improve.



For more information visit:

<https://truthinitiative.org/research-resources/emerging-tobacco-products/e-cigarettes>

[https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/pdfs/OSH-E-Cigarettes-and-Youth-What-Parents-Need-to-Know-508.pdf](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/pdfs/OSH-E-Cigarettes-and-Youth-What-Parents-Need-to-Know-508.pdf)

## RESOURCES: Talk To Your Teenager About E-Cigarettes

Speaking to teenagers may be a challenge, but continue to remind them that they are not alone during their quitting journey. If they have never used e-cigarettes before, continue to educate awareness about the risks of utilizing vaping devices. Education is the best tool for prevention, especially during adolescent development. **CLICK THE IMAGES TO LEARN MORE.**

**KNOW THE RISKS**  
E-CIGARETTES & YOUNG PEOPLE

**Talk with Your Teen About E-cigarettes: A Tip Sheet for Parents**

### BEFORE THE TALK

#### Know the facts.

- Get credible information about e-cigarettes and young people at E-cigarettes.SurgeonGeneral.gov.

#### Be patient and ready to listen.

- Avoid criticism and encourage an open dialogue.
- Remember, your goal is to have a conversation, not to deliver a lecture.
- It's OK for your conversation to take place over time, in bits and pieces.

#### Set a positive example by being tobacco-free.

- If you use tobacco, it's never too late to quit. For free help, visit [smokefree.gov](http://smokefree.gov) or call 1-800-QUIT-NOW.



**E-cigarettes and Youth: What Parents Need to Know**

**WHAT ARE E-CIGARETTES?**

Electronic cigarettes (e-cigarettes) are battery-powered devices that deliver nicotine, flavorings, and other ingredients to the user. Using e-cigarettes is sometimes called "vaping." E-cigarettes do not create harmless "water vapor" – they create an aerosol that can contain harmful chemicals.

### HOW MANY YOUTH ARE USING E-CIGARETTES?

- E-cigarettes have been the most commonly used tobacco product among U.S. youth since 2014.
- In 2020, CDC and FDA data showed that at least 3.6 million U.S. youth, including about 1 in 5 high school students and about 1 in 20 middle school students, used e-cigarettes in the past 30 days.

### WHAT ARE THE RISKS FOR YOUTH?

- Most e-cigarettes contain nicotine, which is highly addictive. Nicotine exposure during adolescence can:
  - Harm brain development, which continues until about age 25.
  - Impact learning, memory, and attention.
  - Increase risk for future addiction to other drugs.
- Young people who use e-cigarettes may be more likely to go on to use regular cigarettes.
- Many e-cigarettes come in kid-friendly flavors – including mango, fruit, and crème – which make e-cigarettes more appealing to young people.
- E-cigarette aerosol is not harmless. It can contain harmful substances, including:
  - Nicotine
  - Cancer-causing chemicals
  - Volatile organic compounds
  - Ultrafine particles
  - Flavorings that have been linked to lung disease
  - Heavy metals such as nickel, tin, and lead



**READY TO QUIT?**

Join the almost 250,000 people quitting vaping with This is Quitting.

**JOIN NOW**

**VAPING & THE NEW FACE OF TOBACCO IN NEW MEXICO YOUNG PEOPLE**

**E-CIGS OUTPACE & REPLACE OTHER TOBACCO PRODUCTS**

**1 IN 4 NEW MEXICO HIGH SCHOOL YOUTH VAPE**

PERCENT OF HIGH SCHOOL YOUTH WHO USE ...

Year	Cigarettes, Cigars & Spit Tobacco	E-Cigs & Hookah	All Tobacco Use
2003	34%	0%	34%
2017	21%	13%	33%

Source: 2003-2017 New Mexico YRBS. Hookah question added in 2011. e-cigarette n=2015.

**ELECTRONIC NICOTINE DELIVERY SYSTEMS KEY FACTS**

**Youth use of ENDS continues to rise rapidly in the U.S.**

From 2011 to 2014, **past 30-day use** of e-cigarettes increased

- 9x** for high school students (1.5% to 13.4%)
- and more than **6x** for middle school students (0.6% to 3.9%)

**Nearly 2.5 million** U.S. middle and high school students were **past 30-day e-cigarette users** in 2014

including about **1 in 7** high school students.<sup>1</sup>

In 2013, more than a quarter of a million (263,000) middle and high school students who had never smoked cigarettes had ever used e-cigarettes.<sup>2</sup>

**Most adult ENDS users also smoke conventional cigarettes, which is referred to as "dual use."**

In 2012/2013, 1.9% of adults were **past 30 day e-cigarette users**, including **9.4%** of conventional cigarette smokers.<sup>1</sup>

Among adult **past 30 day e-cigarette users**, **76.8%** were also current cigarette smokers (i.e., "dual users") in 2012/2013.<sup>1</sup>

**Nicotine poses dangers to pregnant women and fetuses, children, and adolescents. Youth use of nicotine in any form, including ENDS, is unsafe.<sup>4,5</sup>**

- Nicotine is highly addictive.<sup>1</sup>
- Nicotine is toxic to developing fetuses and impairs fetal brain and lung development.<sup>4,5</sup>
- Pollicinings have resulted among users and non-users due to ingestion of nicotine liquid, absorption through the skin, and inhalation.<sup>1</sup> E-cigarette exposure calls to poison centers increased from one per month in September 2010 to 215 per month in February 2014, and over half of those calls were regarding children ages 5 and under.<sup>6</sup>
- Because the adolescent brain is still developing, nicotine use during adolescence can disrupt the formation of brain circuits that control attention, learning, and susceptibility to addiction.<sup>1</sup>
- According to the Surgeon General, the evidence is already sufficient to warn pregnant women, women of reproductive age, and adolescents about the use of nicotine-containing products such as smokeless tobacco, dissolvables, and ENDS as alternatives to smoking.<sup>7</sup>

U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention

[www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)

# FREE Resources

## FREE Window Decals

Everyone shares the same air. Why not share the Smoke-Free and Vape-Free cause with others! Keep your home and vehicle safe by letting others know that your home and vehicle are Smoke-Free and Vape-Free. Request your **FREE** window decal at [SmokeFreeSignals@gmail.com](mailto:SmokeFreeSignals@gmail.com)



**This is a  
Smoke-Free and  
Vape-Free Vehicle**



**This is a  
Smoke-Free and  
Vape-Free Home**

## FOLLOW US ON SOCIAL MEDIA!



Stay active with Smoke Free Signals by following us on our Social Media platform! We keep our page current with the latest news, activities, and initiatives. We also share prevention tips and facts about the dangers of secondhand smoke. Stay up-to-date with Smoke Free Signals TODAY and follow us on Facebook [\*\*@Smoke Free Signals!\*\*](https://www.facebook.com/SmokeFreeSignals)

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