



COMMUNITY PRESENTATIONS

All parents and community members welcome.

Presentation followed by Q&A with panel consisting of public health nurses, doctors, substance use clinicians, and SD83 administrators.

JANUARY 22 — SICAMOUS

6:30 - 8PM Eagle River Secondary Gym

JANUARY 29 — ARMSTRONG

6:30 - 8PM Pleasant Valley Secondary Library

FEBRUARY 5 — ENDERBY

6:30 - 8PM A.L. Fortune Secondary School

FEBRUARY 12 — SALMON ARM

6:30 - 8PM District Education Support Centre

Welcome and Shape of Evening



- INTRODUCTIONS
- VAPING 101
- TRENDS AND UPDATES
- RESOURCES FOR PARENTS AND SCHOOL
- PANEL AND DISCUSSION



What are vapour products?



- Commonly called: E-cigarettes, vapes, vape pens, box mods, pod mods, tanks, ENDS
- Come in a variety of different shapes and sizes
- They are devices that heat a liquid and deliver an aerosol (NOT water vapour!!!)
- They may or may not have nicotine
- They do not contain tobacco and do not involve combustion

What are youth vaping?



1. Refillable Vape Pod

2. Refillable Pod

3. Refillable Pod

4. Prefilled Pod

5. Disposable E-Cig

6. Cartridge E-Cig

7. Refillable Cartomizer

8. Refillable Cartomizer

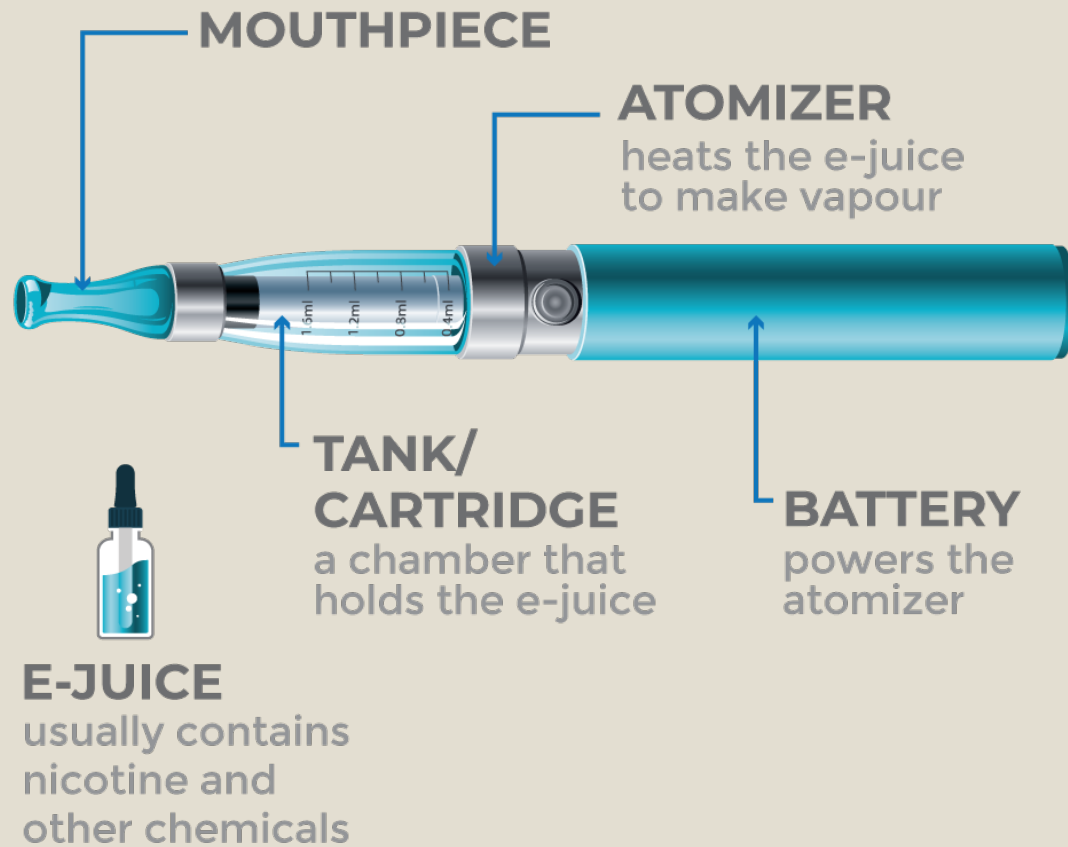
9. Box Vape Mod

10. Box Vape Mod

11. Tube Vape Mod



What is a Vape made of?



What's in the vaping liquid?



Contents of Vaping Liquid (e-liquid, e-juice)



A carrier solvent

Usually
propylene glycol
and/or glycerol



Flavours

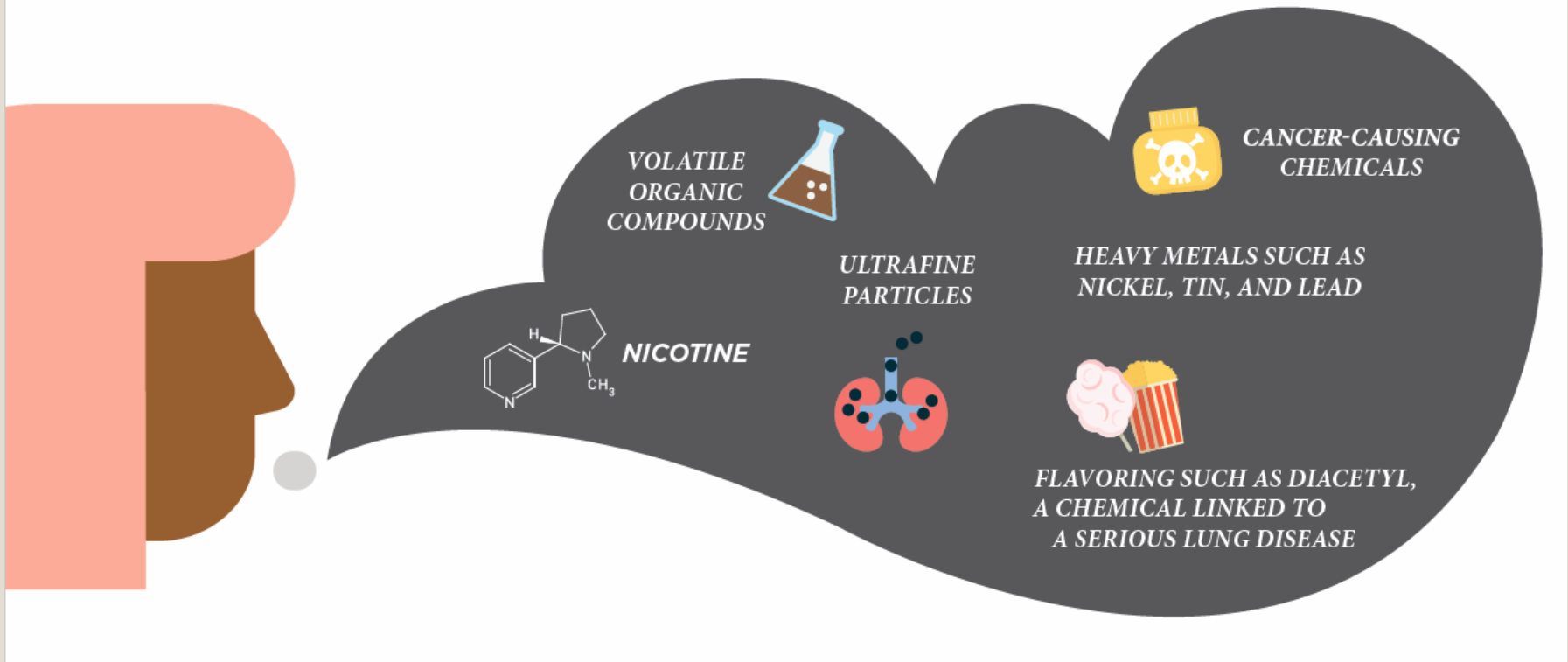
Consists of
chemicals



Nicotine (possibly)

Levels can vary

What's in the Aerosol?



Cigs in a Pod

(Stanford Medicine, Tobacco Prevention Kit, October 2019)



1 Pack of Cigarettes
≈20 mg of nicotine



=20
CIGARETTES



1 JUUL pod
≈41.3 mg of nicotine



≈41
CIGARETTES



1 PHIX pod
≈75 mg of nicotine



≈75
CIGARETTES



1 Suorin pod
≈90 mg of nicotine



≈90
CIGARETTES

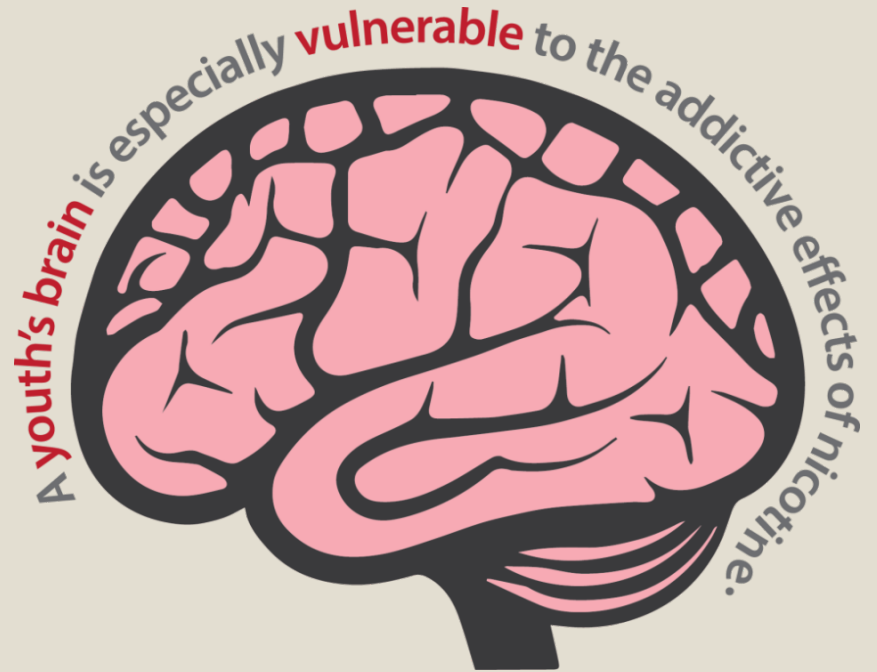


Addiction



What is Nicotine?

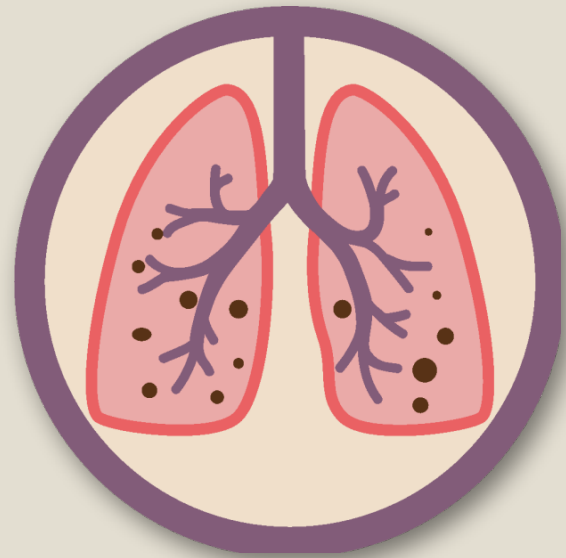
- A highly addictive drug
- Increases heart rate and blood pressure
- Nicotine can affect brain development
- Affects mood, memory and concentration
- Those exposed to nicotine prior to age 25 are more likely to form a lifelong nicotine addiction



The Health Costs

● Vaping can cause...

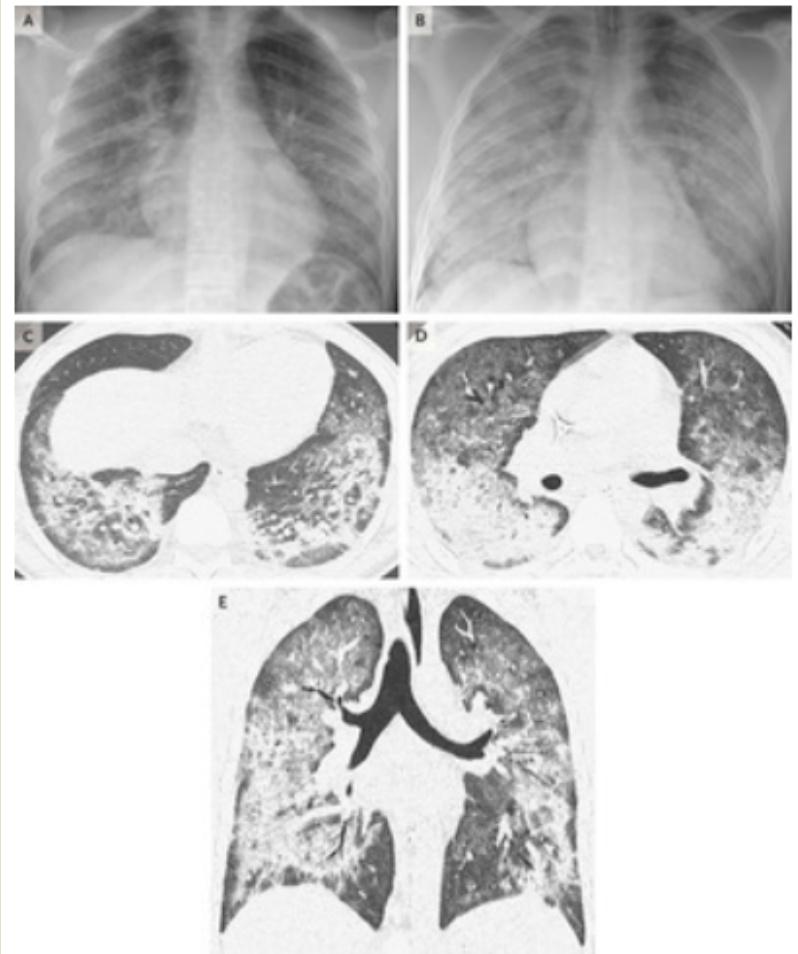
- Abdominal pain
- Nausea, vomiting, diarrhea
- Increased coughing
- Wheezing
- Inflammation of the lungs
- Shortness of breath
- fever



Harms of Vaping: “EVALI”



E-cigarette (or)
Vaping
Associated
Lung
Injury



Harms of Vaping: “EVALI”

Vaping-related illnesses rise in Canada and U.S.



Cases now reported in every U.S. state

Thomson Reuters · Posted: Dec 05, 2019 6:03 PM ET | Last Updated: December 5, 2019



U.S. health officials on Thursday reported one new case and one more death from a respiratory illness tied to vaping over a two-week period, bringing the number of deaths to 48. (Aliaksandr Barouski/Shutterstock)

'Is he going to need new lungs?' Doctors detail first case of near-fatal vaping related injury in Canada

The 17-year-old London, Ont. high school student developed life-threatening bronchiolitis obliterans, also known as 'popcorn worker's lung'



This chest X-ray of a 17-year-old Ontario boy was taken two days after he was hospitalized with a vaping-related lung injury. *Canadian Medical Association Journal*

Harms of Vaping: “EVALI”

SYMPTOMS

- *shortness of breath*
- *cough*
- *chest pain*
- *abdominal pain*
- *fever*

Texas Mom Speaks Out After Almost Dying from Vaping-Related Illness: 'My Lungs Were Full of Fluid'

"You have no idea of how precious [lungs] are until they aren't yours anymore," Sherie Canada wrote

By [Claudia Hamata](#) September 20, 2019 11:52 AM



Harms of Vaping: “EVALI”

DEFINITION

- History of vaping 90 days prior
- Pulmonary infiltrates on imaging
- Absence of infection on initial work-up
- No evidence in medical history of alternative plausible diagnosis

(As of Jan 7, 2020)

CANADA:

15 Cases (3 in BC)

12 Admitted to hospital

0 Deaths

USA:

2602 cases

57 deaths

Harms of Vaping: “EVALI”



● Potential Links?

- Association with marijuana containing e-juices
- Association with non commercial products

● Is Vitamin E Acetate the culprit?

- Found in lung biopsies of 48/51 EVALI cases, and in 0/99 healthy controls

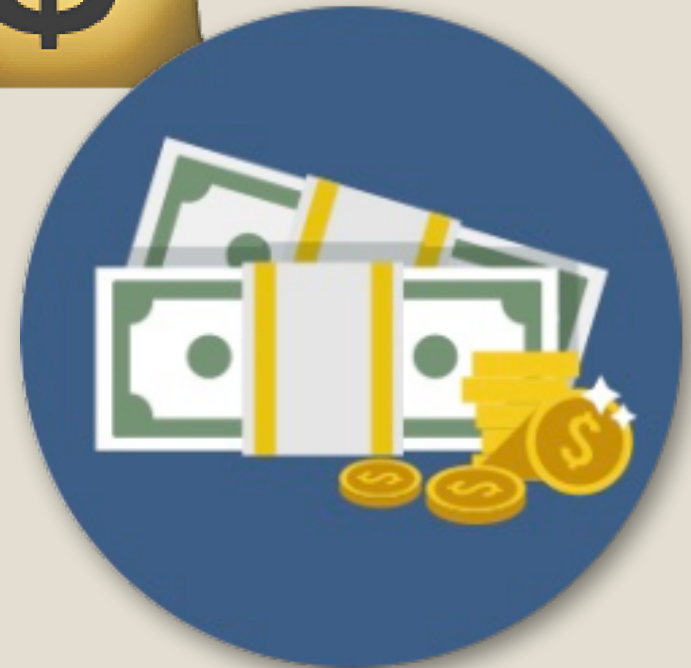


The Monetary Costs

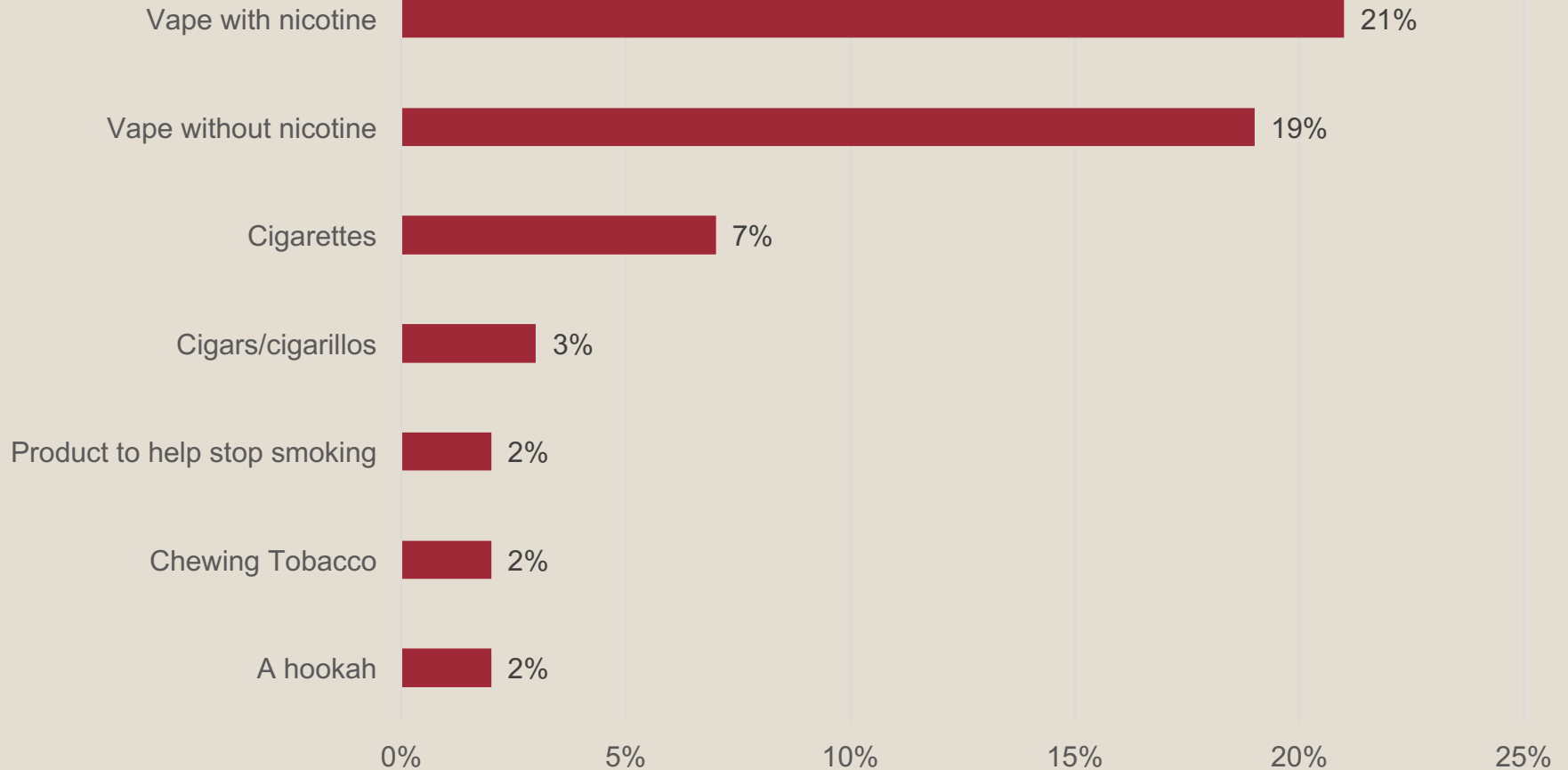
● **Vaping daily can cost...**

- **\$5 a day**
- **\$150 a month**
- **\$1800 a year**

**What would you do
with \$1800???**

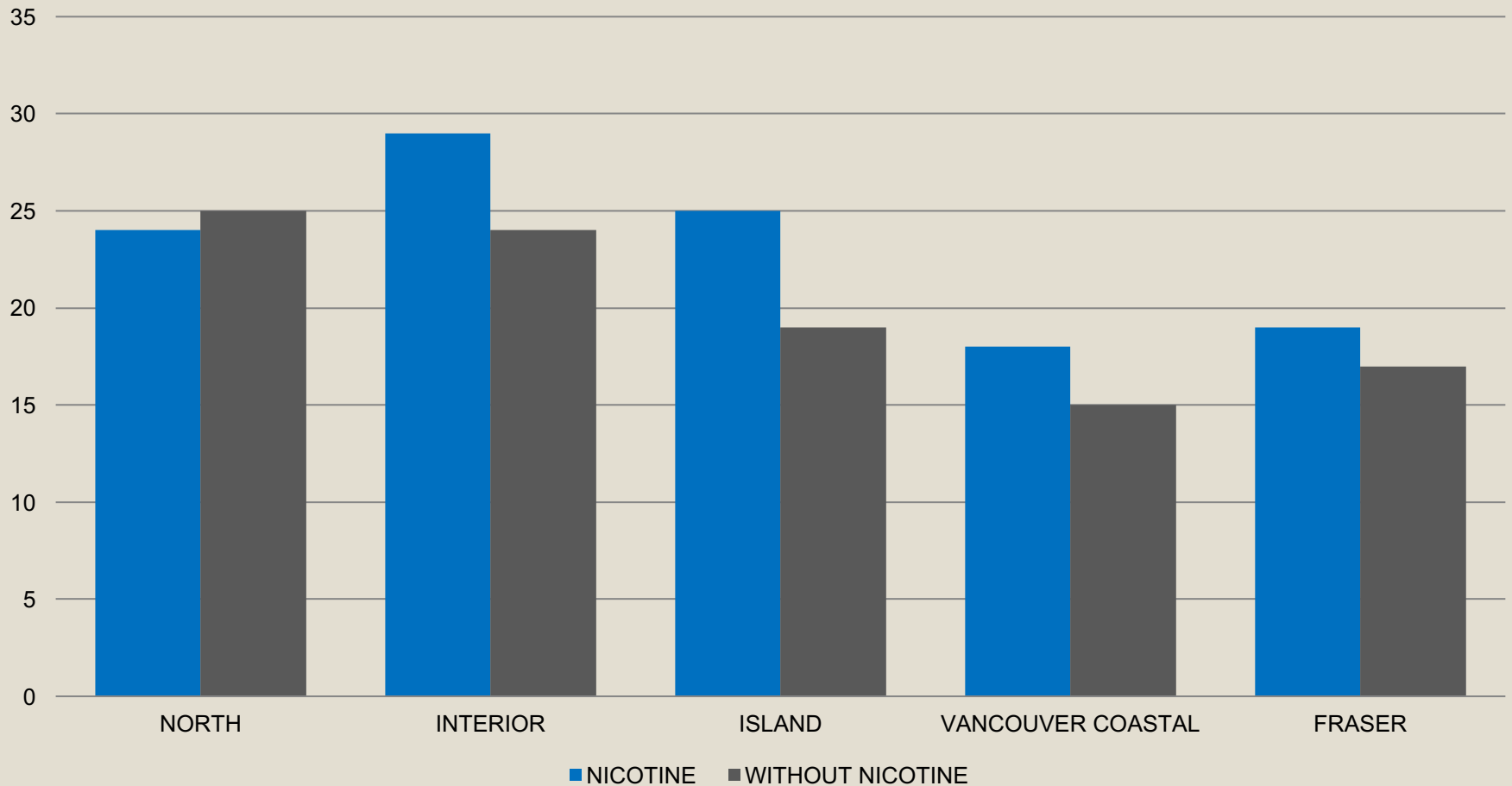


2018 BC Adolescent Health Survey



2018 BC Adolescent Health Survey by Region

VAPING IN THE PAST MONTH



The Law



In Canada, there are laws around how vaping products are sold.

In British Columbia, you must be 19 years or older to buy vaping products

In Canada, vaping is treated the same as smoking:

- Illegal to sell vapes/products to those under the age of 19
- They cannot be openly displayed or advertised in any all ages retail locations
- Locations for vaping are subject to the 6 metre buffer zone around all public doorways, open windows, and air intakes
- No vaping on school properties, hospital properties (some exceptions), work places, restaurants or vehicles with someone younger than age 16



New Proposed Regulatory Action

Vapour Products Intentions Paper, BC Ministry of Health, December 2019

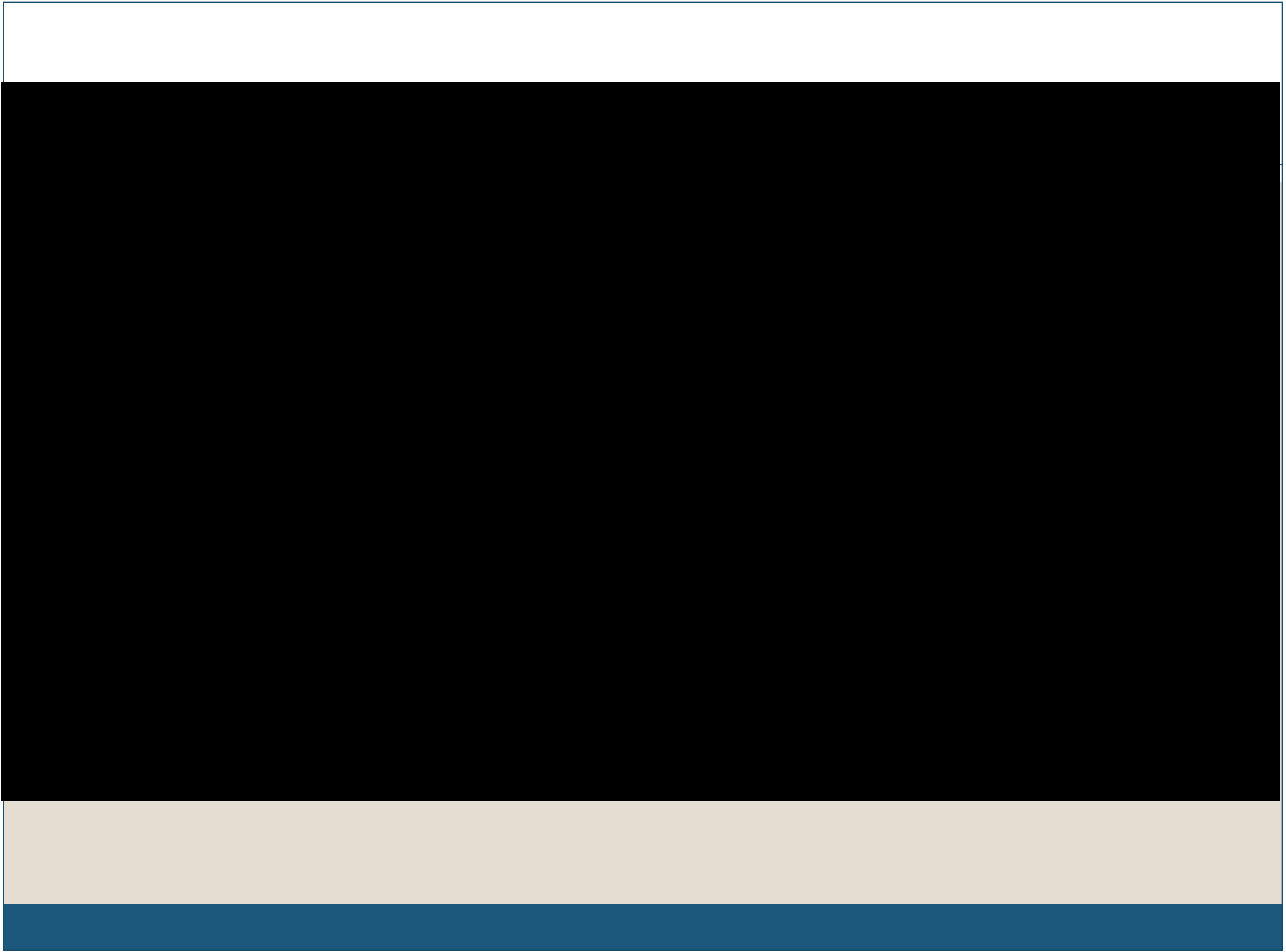


1. Regulate nicotine content in vapour products
2. Restrict the sale of flavoured vapour products
3. Implement new labelling requirements – plain packaging and health warnings
4. Strengthen restrictions on public advertising
5. Enhance compliance and enforcement
6. Increase provincial sales tax on vapour products
7. Create a Youth Advisory Committee to support and advise on youth vaping
8. Distribute BC Lung Vaping Toolkit info to all schools
9. Launch a ‘stop vaping’ youth social awareness campaign
10. Enhance QuitNow resources for youth wanting to quit

Key Messages



- Long-term health impacts of vaping are unknown
- Vaping is not harmless
- Most vapour products contain nicotine
- Nicotine exposure in youth impacts brain health and can lead to nicotine addiction
- Vapour products contain chemicals that are known carcinogens
- Let's dialogue on solution strategies to address youth vaping and address this public health concern





Resources



- BC Lung Association- [Vaping Resources](#)
- First Nations Health Authority: [“E-Cigarettes: What you need to know to stay healthy”](#)
- Health Canada – [Risks of Vaping](#)
- Interior Health Tobacco Resources
- Interior Health Toolkit – [Vaping](#)
- McCreary Centre Society, [Results of the 2018 BC Adolescent Health Survey](#), *pg. 48*.
- QuitNow – [“E-Cigarettes and Vaping”](#)
- Stanford University [“Tobacco Prevention Toolkit”](#)