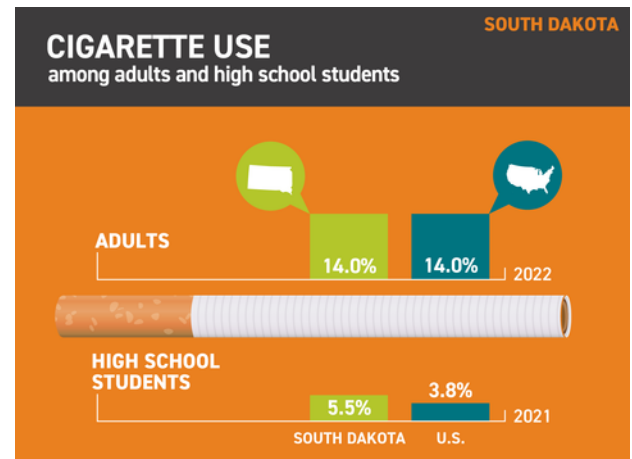


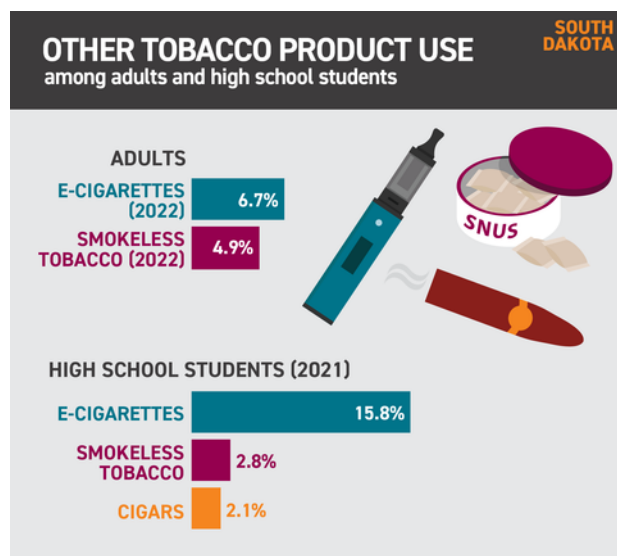
ADDRESSING THE USE OF E-CIGARETTES AND OTHER VAPING PRODUCTS

The rapid uptake of e-cigarettes and other vaping devices has suddenly reversed a trend of declining teen tobacco use in South Dakota. In 2021, 15.8% of high school students reported using e-cigarettes, while 5.5% of high school students smoked traditional cigarettes.^[1] This toolkit provides tools and resources to help South Dakota communities, schools, and healthcare professionals who are working to address the use of e-cigarettes and other vaping products.



Infographic courtesy of Truth Initiative^[1]

E-CIGARETTES AND OTHER VAPING PRODUCTS



Infographic courtesy of Truth Initiative^[1]

E-cigarettes are battery-operated devices that heat a liquid and convert it into an aerosol, which is then inhaled and delivers nicotine, flavors, and other chemicals to its user.^[2] E-cigarettes go by many different names—“e-cigs”, “e-hookahs”, “mods”, “vape pens”, “vapes”, and “electronic nicotine delivery systems (ENDS)”—just to name a few. The aerosol produced by e-cigarettes almost always contains nicotine, which is the highly addictive drug found in traditional tobacco products like cigarettes, cigars, and other tobacco products. Some e-cigarettes are being marketed as containing no nicotine have still been found to contain nicotine.

^[3] The use of products containing nicotine poses a threat to youth, pregnant women, and unborn babies.^[2] Not only is nicotine addictive, but it is also harmful to adolescent brain development, dangerous for pregnant women’s health, and toxic to developing fetuses.^[3]

SCHOOLS & EDUCATORS

Addressing the Use of E-cigarettes and other Vaping Products

Tobacco-free spaces are a proven way to prevent youth tobacco use and protect students, faculty, and visitors from secondhand smoke. Tobacco-free school policies are one way to address increasing popularity of e-cigarettes and other vaping devices among youth.

WHAT CAN YOU DO?

Strengthen and review current policy.

- [Understanding Vaping and Other Tobacco Product Use Among Youth](#) (PDF) – Centers for Disease Control and Prevention (CDC)
- [Schools Supporting Students to Quit Tobacco Use as an Alternative to Suspension: Lessons from the Field](#) (PDF) – CDC
- [Vaping Prevention & Education](#) – U.S. Food & Drug Administration (FDA)
- [K-12 Tobacco Prevention Toolkit](#) – South Dakota Tobacco Control Program
- [Model Tobacco-Free School Policy](#) (PDF) – South Dakota Tobacco Control Program
- [Tobacco Free Campuses & Schools](#) – Quit Tobacco SD

Promote health messaging throughout school.

- [Vape Free School](#) – American Lung Association
- [Teachers and Parents: That USD Stick Might Be an E-Cigarette Poster](#) (PDF) – CDC
- [E-Cigarettes Shaped Like USB Flash Drives: Information for Parents, Educators, and HealthCare Providers](#) (PDF) – CDC

Provide educational materials and lesson plans that address e-cigarette products.

- [Tobacco Industry-Sponsored Youth Prevention Program in Schools](#) (PDF) – CDC
- [How Schools Can Help Students Stay Tobacco Free](#) – Tobacco Free Kids
- [HECAT: Module T \(Tobacco-Use Prevention Curriculum\)](#) (PDF) – CDC
- [The Tobacco Prevention Toolkit](#) – Stanford Medicine
- [E-cigarette Prevention: Catch My breath](#) – CATCH (Coordinated Approach to Child Health)
- [smokeSCREEN: A smoking Prevention Videogame](#) – play2PREVENT
- [Taking Down Tobacco](#) – Campaign for Tobacco-Free Kids

Share resources for quitting tobacco.

- See [Quitting Resources](#) section

Issue an advisory to parents.

- See [Parents & Adults](#) section

PARENTS & ADULTS

Addressing the Use of E-cigarettes and other Vaping Products

Parents and adults don't always have the answers and sometimes we need to help start the conversation about health topics we're not familiar with, like e-cigarettes. Use the resources found below, if you need a little help.



WHAT CAN YOU DO?

Provide a smoke-free environment, including e-cigarettes.

- [Going Smoke-Free Matters](#) (PDF) – CDC

Educate yourself, then talk to your kids, family, and friends.

- [E-cigarettes and Youth: What Parents Need to Know](#) (PDF) – CDC
- [Teachers and Parents: That USB Stick Might Be an E-Cigarette Poster](#) (PDF) – CDC
- [Talk with your teen about e-cigarettes: A tip sheet for parents](#) (PDF) – U.S. Surgeon General
- [Vaping: What You Need to Know](#) - Teen Health
- [Juuling: What Pediatricians and Families Need to Know](#) (PDF) – American Academy of Pediatrics
- [4 Things Parents Need to Know about JUUL and Nicotine Addiction](#) – Truth Initiative
- [What is JUUL?](#) – Truth Initiative
- [Parents & Educators: Information on Teen Drug Use](#) – National Institute on Drug Abuse
- [E-Cigarettes Shaped Like USB Flash Drives: Information for Parents, Educators, and HealthCare Providers](#) (PDF) – CDC
- [South Dakota E-Cigarette Regulations](#) – Public Health Law Center
- [Talk to Your Child About Vaping](#) – American Lung Association

Share resources for quitting tobacco.

- See [Quitting Resources](#) section

HEALTH PROFESSIONALS

Addressing the Use of E-cigarettes and other Vaping Products

WHAT CAN YOU DO?

Educate patients on the harms of nicotine and e-cigarette use.

- [E-cigarettes and Youth: What Health Care Providers Need to Know](#) (PDF) – CDC
- [Tracking E-Cigarette Use: Guidance for Health Professionals](#) - American Lung Association
- [E-Cigarette Use Among Youth](#) – CDC

Provide resources to parents about talking to their teens.

- [Tips on Talking to Your Kids](#) – Tobacco Free Kids
- [Parents & Educators: Information on Teen Drug Use](#) – National Institute on Drug Abuse

Share resources for quitting tobacco.

- See [Quitting Resources](#) section

YOUTH

WHAT CAN YOU DO?

Educate yourself and others on the harms of nicotine and e-cigarette use.

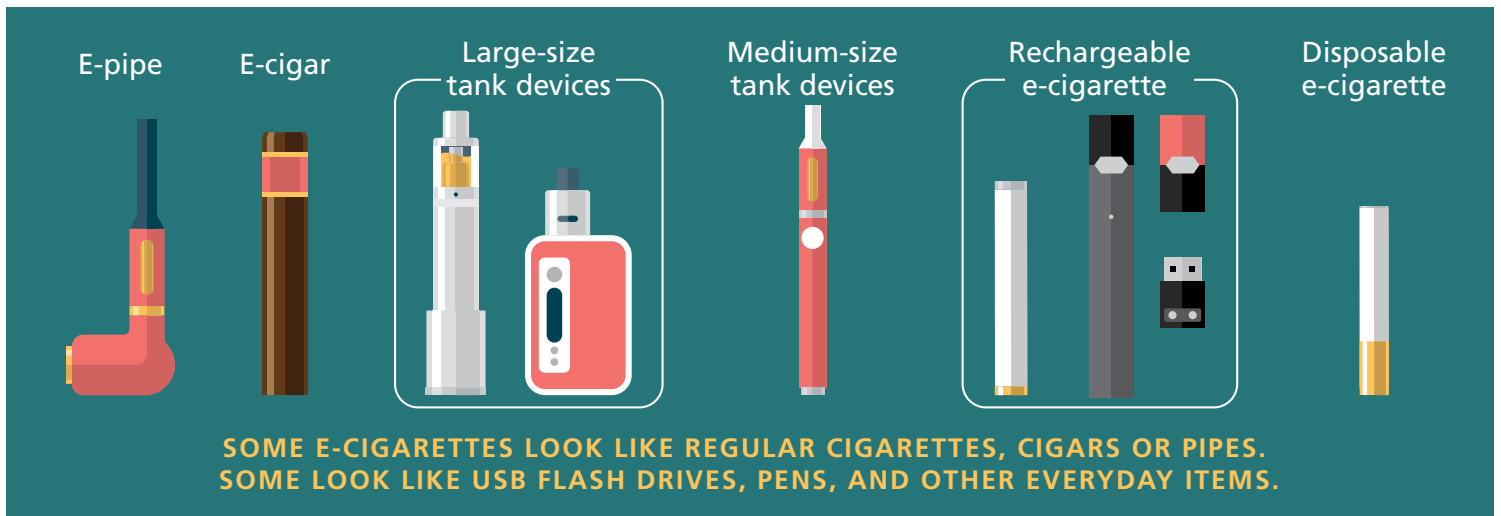
- [Electronic Cigarettes](#) – CDC
- [Quick Facts on the Risks of E-Cigarettes for Kids, Teens, and Young Adults](#) – CDC
- [E-Cigarettes](#) – Truth Initiative
- [Quit Tobacco SD](#) – South Dakota Tobacco Control Program

Advocate for tobacco-free properties.

- [K-12 Tobacco Prevention Toolkit](#) – South Dakota Tobacco Control Program
- [Tobacco-Free Policy Resources](#) – Tobacco Free Youth Recreation

Share resources for quitting tobacco.

- See [Quitting Resources](#) section



Infographic courtesy of Centers for Disease Control and Prevention^[3]

LEARN MORE ABOUT E-CIGARETTES AND NICOTINE

- [Electronic Cigarettes](#) – CDC
- [Electronic Cigarettes: What's the Bottom Line?](#) (PDF) – CDC
- [Health Risks of Nicotine for Youth](#) – Minnesota Department of Health
- [E-Cigarettes, Vapes, and other Electronic Nicotine Delivery Systems \(ENDS\)](#) - FDA
- [E-Cigarette Use Among Youth](#) – CDC
- [E-Cigarettes: Facts, Stats and Regulations](#) – Truth Initiative
- [6 Important Facts about JUUL](#) – Truth Initiative
- [“The Real Cost” Campaign](#) – U.S. Food and Drug Administration (FDA)

QUITTING RESOURCES

Share resources for quitting tobacco with youth and adults.

- [SD QuitLine](#) – South Dakota Tobacco Control Program
- [Quit Guide](#) – SD Quitline
- [Ex Program](#) – Truth Initiative
- [SmokefreeTXT for Teens](#) – Smokefree
- [Smokefree Teen](#) – U.S. Department of Health and Human Services (HHS)

CONTACT:

South Dakota Department of Health

[Tobacco Control Program](#)

615 E. 4th St., Pierre, SD 57501-1700

605-773-3737



SOURCES:

1. <https://truthinitiative.org/tobacco-use-south-dakota>
2. <https://www.cdc.gov/tobacco/e-cigarettes/youth.html>
3. <https://www.fda.gov/media/178151/download>