

UNDERSTANDING YOUTH VAPING IN NEW HAMPSHIRE: FACTS FOR PARENTS AND CAREGIVERS

OCTOBER 2022

SPOTLIGHT FACTSHEET

Helping parents and caregivers understand why youth use electronic nicotine delivery systems (e-cigarettes, or vapes) in New Hampshire

Electronic nicotine delivery systems (ENDS), more commonly referred to as vapes or e-cigarettes, are popular among our youth. Here are some reasons why:

- **Using vapes can go undetected.** Youth can vape without creating smoke or a strong odor, and vape devices can easily be overlooked as gadgets or school supplies. Some common types, including pouches, are pictured below:



(Sourced from Breathe New Hampshire)¹

- **Youth often believe vaping is less harmful** than other forms of nicotine or tobacco use.
- **Vapes are available in flavors** that appeal to youth, like candy, fruit, mint and menthol.
- **Many youth are influenced by friends or family members** who use nicotine products.

What You Should Know About ENDS, E-cigarettes, or Vapes

- Most e-cigarettes contain nicotine, which is a powerful stimulant and highly addictive. Many have higher levels of nicotine than cigarettes.
- E-cigarettes come in several popular brand names like Juul, Puff Bar, Air Bar, Mylé, Hyde, Suorin Drop, blu, logic, and Vuse.
- There are several common types of e-cigarettes:
 - » Disposables: These come in many colors and flavors, have quickly risen in popularity among youth, and are used and discarded. They often contain about the same amount of nicotine as a pack of cigarettes. Examples: Puff Bar, Air Bar, Mylé, Hyde.
 - » Refillables: Sometimes called “tanks,” “mods,” or “pens,” these can be repeatedly refilled with any e-liquids the user chooses.
 - » Pod-based devices: These use small replaceable caps that come pre-filled with e-liquid. Examples: Juul, Vuse.
- Some e-cigarettes can be filled with liquid tetrahydrocannabinol (commonly known as THC), which is the chemical in cannabis that creates a “high”. This type of device is commonly referred to as a “dab pen.”

**By 12th grade,
60.9% of students
reported using a
vape product.²**

Youth E-cigarette Use in New Hampshire

- About half of high school students in New Hampshire report having tried vaping, according to the 2019 Youth Risk Behavior Survey.
- From 2017 to 2019, frequent vape use (using on 20 or more days of the previous 30) climbed from 5.7% in 2017 to 13.5% in 2019 - more than doubling in just two years. 9.5% of high school students in New Hampshire reported using an e-cigarette or vape DAILY.³

Health and Other Risks to Youth

- Young brains don't fully develop until age 25, and nicotine affects the brain receptors involved in addiction. This makes it more likely that youth who use ENDS will become nicotine-dependent and increase the risk of developing other substance use disorders later in life.⁴
- Youth who vape are more likely to start smoking cigarettes in the future.⁵
- According to the Truth Initiative report (truthinitiative.org), nicotine use can worsen symptoms of anxiety and depression in users of all ages.⁶
- E-cigarettes can damage a young person's growing body, impacting the heart, lungs, immune system, and digestive system, among other known risks.⁷
- E-cigarette, or Vaping Product, Use Associated Lung Injury (EVALI) is a serious, sometimes-fatal or life-altering medical condition connected to vaping.⁸

What To Do If A Child Is Vaping:

- **Understand that many young people experiment** with substances they perceive as low-risk such as e-cigarettes, cannabis, or alcohol. Understand if your child is experimenting or if they are dependent on nicotine.
- **Take a deep breath and keep your cool.** Try not to blame your child; you are on the same team and they likely don't think what they're doing is harmful.
- **Talk, do not lecture.** Ask questions about your child's experiences and beliefs. Be supportive and listen to their answers.
- **Share the facts about vaping.** Educate yourself, so you are a valid source of information and can respond to your child's concerns.
- **Work with your child's school.** Many schools have Student Assistance Program Counselors who offer guidance, resources, and counseling to you and your child.
- **Contact your child's primary care provider.** Your pediatrician can help your child make a plan to quit or cut back and help with withdrawal symptoms through nicotine replacement therapies like patches or gum.
- **Visit [Save Your Breath NH](#)** - an anti-vaping health campaign for youth offering scientific facts about vaping and motivation to quit.
- **Contact [My Life, My Quit](#),** a FREE and confidential service designed to help youth quit. Services are available via text and phone.



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RESOURCES AND SUPPORT

The Partnership @drugfreeNH

drugfreeNH.org: A safe place to gather and learn about local strategies and activities to prevent substance misuse.

New Hampshire Tobacco Prevention and Cessation Program

<https://www.dhhs.nh.gov/tobacco-prevention-and-cessation-program-tpcp>: Resources and access to adult and youth tobacco treatment services.

New Hampshire Education Department

<https://nhdoe.instructure.com/courses/37/modules>: Resources for educators on ENDS use in schools and best practices for discipline.

Breathe New Hampshire

<https://www.breathenh.org/programs/vaping-unveiled>: Detailed information on ENDS usage among youth through their Vaping Unveiled resources.

- 1 Accessed on July 14, 2022: <https://www.breathenh.org/programs/vaping-unveiled>
- 2 Accessed June 30, 2022: <https://www.education.nh.gov/sites/g/files/ehbemt326/files/files/inline-documents/2019nhgraphs.pdf>
- 3 Accessed September 19, 2022: <https://www.education.nh.gov/sites/g/files/ehbemt326/files/files/inline-documents/2019nhtrendreport.pdf>
- 4 Accessed June 30, 2022: https://truthinitiative.org/research-resources/harmful-effects-tobacco/nicotine-and-young-brain?utm_source=Truth+Initiative+Mailing+List&utm_campaign=f8c52ff0ad-Newsletter_2022_06_09&utm_medium=email&utm_term=0_c91fd8a5c5-f8c52ff0ad-82382793
- 5 Truth Initiative. Nicotine And The Young Brain. https://truthinitiative.org/sites/default/files/media/files/2022/06/Nicotine_Factsheet_FINAL_061722.pdf Accessed September 19, 2022
- 6 Accessed June 30, 2022: <https://truthinitiative.org/research-resources/emerging-tobacco-products/colliding-crises-youth-mental-health-and-nicotine-use>
- 7 <https://www.usatoday.com/story/sponsor-story/beasley-allen/2019/12/02/vaping-negatively-impacts-student-athletes-health/4298607002/> Accessed: September 19, 2022
- 8 Accessed June 30, 2022: <https://www.yalemedicine.org/conditions/evali#:~:text=EVALI%20is%20a%20serious%20medical,vapor%20that%20can%20be%20inhaled.>