We will begin at 12:10 p.m.

Be respectful and open to others.

Please type your questions in the Q&A box and comments into the chat box for our moderators.

Today's session will be recorded and will be posted to our Living Well Wednesday web page at www.ksre.k-state.edu/fcs/livingwellwed/

Donna Gerstner
LiveWell Finney County CDDR and E-Cig Prevention Grant Coordinator
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It’s not so Kool To JUUL

Donna Gerstner, CPRP, AFO, TTS

Oct. 4th Kansas Extension Presentation
YOUTH TOBACCO USE IN KANSAS

Updated 2023

Nearly nine out of ten current smokers start smoking by age 18, and 96 percent start by age 26. Youth tobacco use has negative health consequences including addiction and lifelong chronic disease. More than 60,000 Kansans currently under 18 years of age will ultimately die prematurely from smoking. Although we have seen a decline in the use of conventional cigarettes among Kansas youth, 4.6 percent of Kansas high school students still smoke, and products targeting youth, including electronic vapor products (EVPs), highlight the continued need for youth tobacco control and prevention programs.

Any Tobacco Use

About one in seven (14.9%) Kansas high school students report using at least one of the following tobacco products: Cigarettes, E-cigarettes, Cigars, Smokeless Tobacco.

Flavored Vape Use

Roughly 9 out of 10 (90.0%) high school students who vaped reported that their first electronic vapor product they used was flavored to taste like an alcoholic drink, chocolate, or other sweets, fruit, menthol, or mint.

Use of Multiple Tobacco Products

Among Kansas youth who use tobacco, more than one third (35.3%) use two or more* tobacco products.

Tobacco-21

Research has shown that raising the minimum legal sale age for tobacco products from 18 to 21 (“Tobacco-21”) will likely prevent or delay use of tobacco among youth. Tobacco-21 was enacted at the federal level in December 2019.

*Among students who ever used electronic vapor products. All Hispanic students are included in the Hispanic category. All other races are non-Hispanic. Missing data indicates fewer than 10 students in the subgroup. The graph contains weighted results.
Reasons Why Youth Use EVPs

When asked to report the main reason they have used e-cigarettes, the three most common reasons selected by Kansas high school students who have ever or currently use e-cigarettes were:

- Friend or family member uses (40.2%)
- Available in flavors, such as mint, candy, fruit, or chocolate (19.7%)
- Less harmful than other forms of tobacco (7.7%)

Other reported reasons included using e-cigarettes to quit using other tobacco products, easier to get than other forms of tobacco, and costs less than other forms of tobacco.

Conventional and EVPs

Fewer than a fifth (17.2%) of Kansas high school students have ever tried conventional cigarettes (even one or two puffs), and 4.6% currently smoke conventional cigarettes.

Over one third (34.2%) of Kansas high school students have ever tried EVPs, and 14.4% currently use EVPs.

Use of Conventional Cigarettes Among Youth who Currently Use EVPs

About one in four (25.7%) Kansas high school youth who use EVPs also currently use conventional cigarettes (called "dual use"). In addition, both youth who formerly used and youth who never used conventional cigarettes are also using EVPs. This shows the need to be vigilant of products targeting youth.

For more information, visit k dhe.ks.gov/tobacco and resiststobacco.org.
YOUTH VAPING AND MENTAL HEALTH IN KANSAS

Updated 2023

Nearly nine out of ten current smokers start smoking by age 18, and 98 percent start by age 26. Youth tobacco use has negative health consequences including addiction and lifelong chronic disease. More than 60,000 Kansans currently under 18 years of age will ultimately die prematurely from smoking. Although we have seen a decline in the use of conventional cigarettes among Kansas youth, 4.6 percent of Kansas high school students still smoke and products targeting youth, including electronic vapor products (EVPs), highlight the continued need for youth tobacco control and prevention programs.

**EVP Use**
Over a third (34.2%) of Kansas high school students have ever tried EVPs, and 14.4% currently use e-cigarettes.

- **Current Use**
- **Ever Use**

<table>
<thead>
<tr>
<th>Kansas High School Students (%)</th>
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</thead>
<tbody>
<tr>
<td>0%</td>
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</table>

**Depression**
More than half (50.4%) of Kansas high school students who currently use EVPs report symptoms of depression.

Between a quarter to a third (29.1%) of Kansas high school students who have never used EVPs report symptoms of depression.

**Most Common EVP Flavors**
When asked which EVP flavor was used to initiate use, the three most common flavors selected by Kansas high school students who have ever or currently use EVPs were:

- **Fruit (14.3%)**
- **Menthol (7.5%)**
- **Mint (5.1%)**
Suicidal Behavior

Youth who currently use e-cigarettes are more likely to self-harm (42.5%), consider (42%), plan (37.5%), and attempt (28.6%) suicide than youth who have never used e-cigarettes.

<table>
<thead>
<tr>
<th>Behavior</th>
<th>Never Used EVPs</th>
<th>Currently Use EVPs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Attempted Suicide</td>
<td>11%</td>
<td>28.6%</td>
</tr>
<tr>
<td>Planned Suicide</td>
<td>9.3%</td>
<td>37.5%</td>
</tr>
<tr>
<td>Considered Suicide</td>
<td>12.1%</td>
<td>42%</td>
</tr>
<tr>
<td>Self-Harmed</td>
<td>14.9%</td>
<td>42.5%</td>
</tr>
</tbody>
</table>

Current Substance Use

Nearly eight out of ten (77%) Kansas high school students who currently use e-cigarettes also report substance use, such as alcohol or marijuana.

Almost one in ten (9%) Kansas high school students who have never used e-cigarettes report substance use.

- Currently Use Alcohol: 8.5% (67.3% never use), 1.4% (53.8% never use)
- Currently Use Marijuana: 1.4% (53.8% never use)

Youth who currently use e-cigarettes are more likely to use alcohol (67.3%) or use marijuana (53.8%) than youth who have never used e-cigarettes.

References:
4. 2013 Kansas Youth Risk Behavior Survey, Kansas Dept Department of Education.
### What's in E-Cig Aerosol?

<table>
<thead>
<tr>
<th>Propylene glycol</th>
<th>Chlorobenzene</th>
<th>Benzo(ghi)perylene</th>
</tr>
</thead>
<tbody>
<tr>
<td>Glycerin</td>
<td>Crotonaldehyde</td>
<td>Acetone</td>
</tr>
<tr>
<td>Flavorings (many)</td>
<td>Propionaldehyde</td>
<td>Acrolein</td>
</tr>
<tr>
<td>Nicotine</td>
<td>Benzaldehyde</td>
<td>Silver</td>
</tr>
<tr>
<td>NNN</td>
<td>Valeric acid</td>
<td>Nickel</td>
</tr>
<tr>
<td>NNK</td>
<td>Hexanal</td>
<td>Tin</td>
</tr>
<tr>
<td>NAB</td>
<td>Fluorine</td>
<td>Sodium</td>
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<tr>
<td>NAT</td>
<td>Anthracene</td>
<td>Strontium</td>
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<tr>
<td>Ethylbenzene</td>
<td>Pyrene</td>
<td>Barium</td>
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<tr>
<td>Benzene</td>
<td>Acenaphthylene</td>
<td>Aluminum</td>
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<tr>
<td>Xylene</td>
<td>Acenaphthene</td>
<td>Chromium</td>
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<td>Toluene</td>
<td>Fluoranthene</td>
<td>Boron</td>
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<tr>
<td>Acetaldehyde</td>
<td>Benz(a)anthracene</td>
<td>Copper</td>
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<td>Formaldehyde</td>
<td>Chrysene</td>
<td>Selenium</td>
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<td>Naphthalene</td>
<td>Retene</td>
<td>Arsenic</td>
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<tr>
<td>Styrene</td>
<td>Benzo(a)pyrene</td>
<td>Nitrosamines,</td>
</tr>
<tr>
<td>Benzo(b)fluoranthe</td>
<td>Indeno(1,2,3</td>
<td>Polycyclic aromatic</td>
</tr>
<tr>
<td>ne</td>
<td>cd)pyrene</td>
<td>hydrocarbons</td>
</tr>
</tbody>
</table>

**Other Elements:**
- Cadmium
- Silicon
- Lithium
- Lead
- Magnesium
- Manganese
- Potassium
- Titanium
- Zinc
- Zirconium
- Calcium
- Iron
- Sulfur
- Vanadium
- Cobalt
- Rubidium
Where Else Can You Find These Chemicals?

- **Propylene glycol**: Antifreeze
- **Acetone**: Nail Polish Remover
- **Ethylbenzene**: Paints, Pesticides
- **Formaldehyde**: Embalming
- **Nicotine**: Cigarettes
- **Rubidium**: Fireworks
It’s an Aerosol, Not a Vapor
Indoor Surfaces
Thirdhand Smoke

Nicotine & other chemicals
“It’s much safer than cigarettes.”
Nicotine harms the part of the brain that controls attention, learning, mood and impulse control.
Popular Vape Products owned by Tobacco Giants
Youth Tobacco Use in the U.S.

2020 National Youth Tobacco Survey

Findings show a sharp decline in youth e-cigarette use with 1.8 Million fewer users since last year.

However, due to alarming increases since 2011, the number of current youth e-cig users remains concerningly high: 3.6 Million.
Teens who use Vape are 4xs more likely to start smoking cigarettes.
You can’t really know where you are going if you don’t know where you’ve been.
- Maya Angelou

Good news! Tons of progress!

73% decrease

Source: CDC, National Youth Tobacco Survey
Thank you for attending!

Please take a few seconds to complete our Living Well Wednesday Survey.

Scan the QR code with your camera phone or follow this link:

Recordings of presentations and handouts will be posted on our Living Well Wednesday website.
www.ksre.k-state.edu/fcs/livingwellwed/

Join us next month on November 1st for Teen Stress & Anxiety: How Worried do Parents Need to Be?

Find your local Extension Office at ksre.k-state.edu