

In This Issue:

- The dangers of e-cigarettes and vaping
- Where PTA stands with vaping and flavored tobacco
- Vaping facts parents need to know
- VIDEO: Talking to teens about vaping

THE DANGERS OF E-CIGARETTES AND VAPING

The American Cancer Society (ACS) first released a position statement on e-cigarettes in February 2018. At that time, the ACS emphasized that no young person should start using any tobacco product, including e-cigarettes. This updated position statement replaces all previous ACS statements on e-cigarettes and guides the organization's tobacco control and cessation efforts.

According to the Centers for Disease Control and Prevention (CDC), the use of any tobacco product by youth is unsafe, including electronic cigarettes. Amid the widespread use of e-cigarettes and popularity of certain products among youth, the Food and Drug Administration (FDA) implemented a policy prioritizing enforcement against the manufacture, distribution, and sale of certain unauthorized flavored prefilled pod or cartridge-based e-cigarettes.

E-cigarettes pose a threat to the health of users and the harms are becoming increasingly apparent. In the past few years, the use of these products has increased at an alarming rate among young people in significant part because the newest, re-engineered generation of e-cigarettes more effectively delivers large amounts of nicotine to the brain. The long-term risks of exclusive use of e-cigarettes are not fully known but evidence is accumulating that e-cigarette use has negative effects on the cardiovascular system and lungs. These are two factors that impact a person's susceptibility to COVID-19.

- The ACS encourages young people currently using any prefilled pod or cartridge-based e-cigarette products to ask for help in quitting and to quit as soon as possible.
- Beginning smoking, switching to smoking, or reverting to smoking exposes the user to potentially devastating health effects.
- The ACS encourages adolescent users who find it difficult to quit to ask for help from health care professionals.



- Parents should learn all they can about e-cigarette use and be prepared to help their children get the assistance they need.

According to the CDC, comprehensive implementation of evidence-based strategies at the national, state, and local levels, in coordination with FDA regulation, can prevent and reduce youth tobacco product use.

Additional Resources:

- [CDC Report on E-Cigarette Use Among Middle and High School Students](#)
- [American Cancer Society Position Statement on Electronic Cigarettes](#)

WHERE PTA STANDS WITH VAPING AND FLAVORED TOBACCO

In June of 2020, California State PTA members passed a resolution to advocate for regulation of e-cigarettes and other “vaping” products, treatment for youth addicted to nicotine, and education of the public on the health effects of vaping.

Read the full resolution [here](#).

Further information on vaping and flavored tobacco from California State PTA:

- [Nine Things You Need to Know About Vaping](#)
- [Statement From California State PTA Regarding Ban on Flavored Tobacco Products](#)
- [California State PTA Announces Support for Measures that Prohibit or Regulate E-Cigarette Use Among Children and Youth](#)



VAPING FACTS PARENTS NEED TO KNOW

Statistics about E-cigarette Use among U.S. Youth

- Among middle and high school students, 3.6 million were current users of e-cigarettes in 2020.
- More than 8 out of 10 current youth users of e-cigarettes use flavored e-cigarettes, with fruit, mint, candy, and menthol flavors among the most commonly used.
- According to a 2013-2014 survey, 81 percent of current youth e-cigarette users cited the availability of appealing flavors as the primary reason for use.



Vaping Is Less Harmful Than Smoking, but It's Still Not Safe

E-cigarettes heat nicotine, flavorings and other chemicals to create an aerosol that you inhale. As of Jan. 21, 2020, the Centers for Disease Control and Prevention (CDC) confirmed 60 deaths in patients with e-cigarette, or vaping, product use associated lung injury. The cases appear to predominantly affect people who modify their vaping devices or use black market modified e-liquids, including using products containing THC.

Research Suggests Vaping Is Bad for Your Heart and Lungs

Nicotine is the primary agent in both regular cigarettes and e-cigarettes, and it is highly addictive. It causes you to crave a smoke and suffer withdrawal symptoms if you ignore the craving. There are many unknowns about vaping, including what chemicals make up the vapor and how they affect physical health over the long term. People need to understand that e-cigarettes are potentially dangerous to your health. Emerging data suggests links to chronic lung disease and asthma, and associations between dual use of e-cigarettes and smoking with cardiovascular disease.

Electronic Cigarettes Aren't the Best Smoking Cessation Tool

Although they've been marketed as an aid to help you quit smoking, e-cigarettes have not received Food and Drug Administration approval as smoking cessation devices. A recent study found that most people who intended to use e-cigarettes to kick the nicotine habit ended up continuing to smoke both traditional and e-cigarettes. The CDC advises adults who use e-cigarettes for smoking cessation to weigh the risks and benefits and consider use of other FDA-approved smoking cessation options.

A New Generation Is Getting Hooked on Nicotine

Among youth, e-cigarettes are more popular than any traditional tobacco product. Johns Hopkins medical experts indicated there are four reasons e-cigarettes may be particularly enticing to young people.

- Many teens believe that vaping is less harmful than smoking.
- E-cigarettes have a lower per-use cost than traditional cigarettes.
- Vape cartridges are often formulated with flavorings such as apple pie and watermelon that appeal to younger users.
- Both youth and adults find the lack of smoke appealing. With no smell, e-cigarettes reduce the stigma of smoking.

Resources:

- [Five Truths You Need to Know About Vaping](#)
- [CDC: Facts About E-Cigarettes](#)
- [Vaporizers, E-Cigarettes, and other Electronic Nicotine Delivery Systems \(ENDS\)](#)
- [How the FDA is Regulating E-Cigarettes](#)

VIDEO: TALKING TO TEENS ABOUT VAPING

Click the image below to watch a video that can help you start a conversation with your teenager about vaping.



TAKE ACTION!

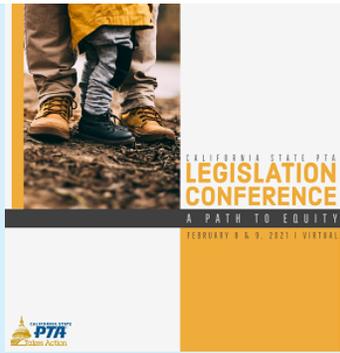
**Apply For a Senior
Scholarship by Feb. 1**

**Save the Date for
Legislation Conference 2021**

**Host Your Own
PTA STEAM Experience**



If you know a student who might be interested in applying for one of our two senior scholarships, act fast, because the application deadline is February 1!
APPLY NOW



Our annual Legislation Conference, themed "A Path to Equity," will be all-virtual next year! Join us Feb. 8-9 and learn about matters that are important to California's children and families.
REGISTER NOW



Building science literacy is important. One way to engage families in discovery is by hosting a PTA STEAM Experience – either in person or virtually – using our new toolkit.
LEARN MORE

This message was sent to cmea@calmusiced.com by californiastatepta@capta.org
2327 L Street, Sacramento, CA, 95816

VerifiedUnsubscribe™ [Unsubscribe](#) | [Manage Subscription](#) | [Forward Email](#) | [Report Abuse](#)



This is a Test Email only.

This message was sent for the sole purpose of testing a draft message.