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SAFE Glen Cove Coalition: Urging Parents to Discuss Dangers of Vaping with their Children Before School Starts

According to the Centers for Disease Control and Prevention (CDC), from 2016 to 2020, rates of e-cigarette use by teens increased by 73 percent. The CDC also found that, currently, 2.1 million youth use e-cigarettes and thousands start vaping daily- a trend doctors are desperate to see reversed. Now is the time before school begins to engage teens in the “Vape Talk”.

Easily recognized as one of the most popular substance use trends among teens, vaping is the act of inhaling and exhaling an aerosol, often referred to as vapor, produced by an e-cigarette, vape pen, or similar device. These devices contain flavored e-liquids, nicotine and/or marijuana. Although initially created to help existing smokers quit, enticing flavors such as mango, mint and tutti frutti have attracted young people and non-smokers to the products. Vaping’s popularity has by far eclipsed that of smoking cigarettes among today’s adolescents.

Research shows that vaping is dangerous, highly addictive and harmful to a child’s health and brain development. And like other addictions, it’s easier for youth to never start than try to stop. According to the American Lung Association (ALA), 1 JUUL pod is equal to 20 cigarettes. Additionally, E-cigarettes contain nicotine and toxic chemicals that can cause lung and cardiovascular disease. It is important to know that vaping is not safe. Thousands of illnesses and even several dozen deaths have been linked to vaping. For the sake of their health, teens and parents alike should be educated about vaping and its potential for harm.

Parents play a significant role in protecting their child from the dangers of vaping and nicotine dependence. The ALA has a guide that parents are encouraged to use for the “Vape Talk” to maintain an open line of communication using tips and suggestions as a framework for having a productive conversation.

The American Lung Association is the leading organization working to save lives by improving lung health and preventing lung disease. To learn more please visit www.americanlung.org, or for the Vape Talk Conversation Guide please visit <https://www.lung.org/quit-smoking/helping-teens-quit/talk-about-vaping/conversation-guide>.

The New York State Smokers’ Quitline assists thousands of New Yorkers every year in their attempts to break free from smoking and other tobacco the service is free and confidential. Call 1-866-NYQUITS (1-866-697-8487) or visit them at: <https://www.nysmokefree.com/>.

SAFE is the only alcohol and substance abuse prevention, intervention, and education agency in the City of Glen Cove. Its Coalition is concerned about tobacco use and vaping seeking to educate and update

the community regarding its negative consequences in collaboration with Carol Meschkow, Manager-Tobacco Action Coalition of Long Island. To learn more about the SAFE Glen Cove Coalition please follow us on ww.facebook.com/safeglencovecoalition or visit www.safeglencove.org.