

FOR IMMEDIATE RELEASE

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SAFE Glen Cove Coalition: Start Early Conversations with Teens about Vaping

The cloud of smoke from our parents' cigarettes is mostly likely not a topic of concern to today's pre-teens and teens because it's all about flavored liquid cartridges in colorful vape pens and similar paraphernalia. While parents of tweens and teens are becoming more familiar with e-cigarettes, simultaneously the vaping trend continues to escalate.

A recent article published by the American Psychological Association discussed the 2023 National Youth Tobacco Survey whereby 10 percent of U.S. high school students use e-cigarettes, the most used tobacco product among youths. Between 2022 to 2023, there was a decrease in use for high school students from 14 to 10 percent, however there was an increase in current overall tobacco product use among middle school students. Additionally, almost 9 out of 10 current e-cigarette users (89.4%) used flavored e-cigarettes, with fruit flavors being the most popular, followed by candy, desserts, or other sweets; mint; and menthol. The cooling effect of Mint and menthol are easier to start and hard to quit.

It is difficult to identify vape use if a teen was using the product, evidence for a parent might be finding a vape device or cartridge, or a sudden sweet smell, either in the house or the teen's car that can't be pinpointed to anything else.

It's been long known that nicotine products are harmful especially to adolescents. Another concern with vaping is youth can develop EVALI, which stands for e-cigarette or vaping use-associated lung injury and can happen with even first-time use and can lead to hospitalization. The cartridges that have nicotine or marijuana are based in oil. Our bodies are made of water and process materials that are water based, not oil-based and water and oil don't mix. When you are inhaling something from an e-cigarette that is oil-based, it causes the lung to get very angry and inflamed. Additionally, the adolescent

Researchers maintain vaping typically begins between the ages of 11 and 18 with the average age of a new smoker at 13. It is very important for parents to start a positive, open and frank dialog. It's never too early to encourage your children to make healthy choices and aspire to "Live SAFE".

For help Quitting contact the American Lung Association- Lung Helpline at: 800-Lung-USA or the New York State Smokers' Quitline at 866-NY-QUITS (866-697-8487).

SAFE, Inc. 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. For more information, please visit the Vaping Facts and Myths Page of SAFE's website to learn more about how vaping is detrimental to your health at www.safeglencove.org. To learn more

about the SAFE Glen Cove Coalition please visit: <http://www.safeglencove.org/> and follow us on our website at: www.facebook.com/safeglencovecoalition.