Healthy Futures: An Alternative-to-Suspension Curriculum

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2020 CALIFORNIA SCHOOL-BASED HEALTH CONFERENCE
OCTOBER 7, 2020
Agenda

- E-Cigarette/Vape Usage
  - National Trends
  - EVALI
  - COVID-19
- Overview of Healthy Futures
- Evaluation & Wrap-Up
E-Cigarette/Vape Usage
Nationwide Trends

Monitoring the Future 2019

• 42,531 Students from 396 public and private schools participated in the 2019 survey.
• Represent 8\textsuperscript{th}, 10\textsuperscript{th}, and 12\textsuperscript{th} graders
TEEN VAPING CLIMBS SIGNIFICANTLY*

*Both Nicotine and Marijuana (THC)

DAILY NICOTINE VAPING ¹
Measured for the first time in 2019

NICOTINE VAPING
Past month use

2017 2018 2019

8th graders 10th graders 12th graders

1.9% 6.9% 11.7%

25.5% 19.9% 9.6%

8th graders 10th graders 12th graders


2019 Past Month Nicotine Vaping Equates to:

1 IN 4 – 12TH GRADERS • 1 IN 5 – 10TH GRADERS • 1 IN 10 – 8TH GRADERS

To view information on other drugs from the 2019 Survey visit:
TOBACCO AND NICOTINE: VAPING THREATENS PROGRESS

NICOTINE – DAILY USE

Daily Smoking

Daily Nicotine Vaping measured for the first time in 2019

<table>
<thead>
<tr>
<th>Grade</th>
<th>8th graders</th>
<th>10th graders</th>
<th>12th graders</th>
</tr>
</thead>
<tbody>
<tr>
<td>Smoking</td>
<td>0.8%</td>
<td>1.3%</td>
<td>2.4%</td>
</tr>
<tr>
<td>Vaping</td>
<td>1.9%</td>
<td>6.9%</td>
<td>11.7%</td>
</tr>
</tbody>
</table>

*Significant decline from 2018 (3.6%)

CIGARETTE SMOKING (PAST MONTH) DECLINES OVER PAST TEN YEARS

<table>
<thead>
<tr>
<th>Year</th>
<th>8th graders</th>
<th>10th graders</th>
<th>12th graders</th>
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</thead>
<tbody>
<tr>
<td>2009</td>
<td>25%</td>
<td>20%</td>
<td>15%</td>
</tr>
<tr>
<td>2014</td>
<td>15%</td>
<td>10%</td>
<td>5%</td>
</tr>
<tr>
<td>2019</td>
<td>5%</td>
<td>3.4%</td>
<td>2.3%</td>
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</tbody>
</table>

*Significant decline from 2018 (7.6%)

TO VIEW MORE RESULTS ON VAPING VISIT:
TEEN VAPING CLIMBS SIGNIFICANTLY*

TEENS REPORT REASONS FOR VAPING

- To experiment – to see what it's like: 60%
- Because it tastes good: 40%
- To have a good time with my friends: 30%
- To relax or relieve tension*: (increased by more than 1/3) 25%
- To feel good or get high*: 20%
- Because of boredom – nothing else to do: 15%
- Because it looks cool: 10%
- Because I'm "hooked" – I have to have it*: (more than doubled) 5%
- To help me quit regular cigarettes: 3%
- Because regular cigarette use is not permitted: 1%

*Up significantly from 2018

To view information on other drugs from the 2019 Survey visit:
Vaping in the News

As of February 18, 2020

• 2,807 people with lung injuries (EVALI)
• 68 deaths in 29 states and the District of Columbia, and two U.S. territories (Puerto Rico and U.S. Virgin Islands)
  • Youngest was 15 years old

Among 2,807 patients with data on age (as of January 14, 2020)

• 15% under 18 years old;
• 37% are 18 to 24 years old
Younger patients, ages 13-17 years, were significantly more likely to obtain THC and nicotine products from informal sources than were adults (as of January 17, 2020):

• 94% of EVALI patients acquired THC-containing products only from informal sources

• 42% of EVALI patients acquired nicotine-containing products only from informal resources
Going Smoke-free or Vape-free
Reducing Your Risks for COVID-19

Just In: Association Between Vaping, Smoking, and COVID-19

Young people who ever used e-cigarettes 5x more likely to be diagnosed with COVID-19

Young people who ever used e-cigarettes plus conventional cigarettes 7x more likely to be diagnosed with COVID-19

Going smoke-free or vape-free is strongly encouraged during the COVID-19 pandemic.

Please familiarize yourself with the information below which explains how smoking or vaping puts you at greater risk for COVID-19.

There is a section on this page for quit resources in case you or someone you know is ready to go smoke-free or vape-free.

Click here for more on this research study.
Overview of Healthy Futures
TPT Core Team

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Founder  
Executive Director

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Co-Founder  
Director of Curriculum Development

Ira Sachnoff, MA  
Co-Founder  
Director of Training & Dissemination

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Project  
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Anabel Razo, BA  
Project  
Co-Coordinator, Evaluation & Research
Youth Action Board
Special Thanks to Our Funders

TOBACCO-RELATED DISEASE RESEARCH PROGRAM

California Department of EDUCATION

CVS Health FOUNDATION

Stanford Children’s Health
Lucile Packard Children’s Hospital Stanford
On the Website

Healthy Futures Overview

INTRODUCTION FOR EDUCATORS

Comparison of Healthy Futures Curriculums

<table>
<thead>
<tr>
<th></th>
<th>1 Hour</th>
<th>2 Hour</th>
<th>4 Hour</th>
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<tbody>
<tr>
<td>Check-in</td>
<td></td>
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<tr>
<td>Pre-Assessment</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Where Are You At?</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
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<tr>
<td>Informational Slides</td>
<td>✓</td>
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<tr>
<td>Warm Up Questions</td>
<td>✓</td>
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Healthy Futures Goals

- Provide awareness/education to students caught vaping
- If students are interested in changing habits, provide referrals for future support
## Comparing Curricula

### Comparison of Healthy Futures Curriculums

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<td><strong>Discussion</strong></td>
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<tr>
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<td><strong>Reflection Sessions:</strong></td>
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<td>Health</td>
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<td>Brain</td>
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<td>Messaging</td>
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<td>✓</td>
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<tr>
<td>Cost</td>
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<td>✓</td>
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<td><strong>Check-out</strong></td>
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<tr>
<td>Group Activity</td>
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Using the Curricula

- “Where Are You At?” Worksheets
- Healthy Futures Handbook
- Informational Slides
“Where Are You At?” Part 1

- “Please tell me why you picked that number”
- “Tell me more”
- “Now, why didn’t you pick a lower number?”
- “What will it take for you to go to a [2-3 numbers higher]?”
- “Thank you for sharing. Do you have any questions before we continue with the presentation?”
Healthy Futures Handbook

Next Steps

What do you enjoy most when you see advertisements for e-cigarettes/vapes?

What might be some problems if you only believed the positive messages about e-cigarettes/vapes?

What would be difficult about not vaping while with a group of friends who vape and believe it's no big deal?

What would be some of the benefits to being one of the first people in your friend group to quit?

Healthy Futures Handbook

Name: ______________

Your Brain

What would your brain might have?

What do you think are some downsides to vaping? For example, it makes your brain feel (think) ___?
## Healthy Futures Handbook

### Health Effects

<table>
<thead>
<tr>
<th>Question</th>
<th>Benefits</th>
<th>Drawbacks</th>
</tr>
</thead>
<tbody>
<tr>
<td>What are some health benefits to vaping?</td>
<td>🌟</td>
<td></td>
</tr>
<tr>
<td>What are some negative health consequences of vaping?</td>
<td></td>
<td>△</td>
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<tr>
<td>What do you think you would miss feeling, if you took a break from vaping for a few days?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>How might your body positively respond to taking a break from vaping?</td>
<td></td>
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### Making Your Momentum

<table>
<thead>
<tr>
<th>Activity</th>
<th>Question</th>
</tr>
</thead>
<tbody>
<tr>
<td>Continuing How Much You Vape</td>
<td>What do you see as your next step? When can you complete it by?</td>
</tr>
<tr>
<td>雀起 with your financial goals</td>
<td>What do you need in order to complete that step?</td>
</tr>
<tr>
<td>Calculate how much you spend on vapes in a year. Make a list of three important things you could afford with this amount of money.</td>
<td>What might be some barriers that keep you from completing that step? How will you manage them?</td>
</tr>
<tr>
<td>What are some financial drawbacks to quitting?</td>
<td>How do you think that you will feel when you complete that next step?</td>
</tr>
<tr>
<td>How would not spending money on e-cigarettes/vapes benefit you?</td>
<td>Who can you ask for support to complete this step?</td>
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### Your Plan

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Healthy Futures
Informational Slides
Health Effects

The Body When Vaping
- Nicotine makes your heartbeat faster.
- Aerosol (nicotine, flavors, etc.) damages your lungs.
- Nicotine increases your acid reflux.

No Fun in the Lungs
- Inflammation and irritation of the Airways.
- Destruction of Air Gases in the Lungs.
- Weaker Immune Response to Infection.

A Hit to the Heart
- Risk for Blood Clotting.

Risk for Heart Attack
- Family History
- Booster
- Cigarette
- NOPE!
- GOOD NEWS:
  - Risk goes down immediately after you stop smoking or using e-cigarettes.

Cigs in a Pod
- ALL PODS CONTAIN HIGH LEVELS OF NICOTINE
- <20% Cigarette smoke
- Full of nasty stuff
- Higher risk of smoking

What’s in that Pod?
- Cancer, a deadly threat, found in Juul’s nicotine-vaping liquids.
What are the long-term health effects of vaping?
The Body When Vaping

tobaccopreventiontoolkit.stanford.edu

1. Nicotine makes your heartbeat faster
2. Aerosol damages the vessels in your circulatory system

Nicotine rewires and turns your brain against you

Aerosol (nicotine, flavors, etc.) damages your lungs

Nicotine increases your acid reflux
No Fun in the Lungs

Inflammation and Irritation of the Airways

Destruction of Air Sacs in the Lungs

Weaker Immune Response to Infection
A Hit to the Heart

tobaccopreventiontoolkit.stanford.edu

Aerosol Impairs Blood Vessel Function

↑ Risk for Blood Clotting

↑ Stiff Blood Vessels = ↓ Blood Flow Throughout Your Body
Cigs in a Pod

tobaccopreventiontoolkit.stanford.edu

1 Pack of Cigarettes
≈20 mg of nicotine

1 JUUL pod
≈41.3 mg of nicotine

1 Puff bar
≈50 mg of nicotine

1 Suorin pod
≈90 mg of nicotine

ALL PODS CONTAIN HIGH LEVELS OF NICOTINE

≈20 CIGARETTES

≈41 CIGARETTES

≈50 CIGARETTES

≈90 CIGARETTES
Your Brain

Drugs Affect the Brain
1. Stimulates the “reward pathway”
2. Copies the natural chemical messengers (neurotransmitters)

Understanding Addiction as a Disease (Waist21)

The Brain on Nicotine

Increasing Addictiveness

Brain: Wrap-Up
What do you think it means to be addicted?
1. Stimulates the “reward pathway”

2. Copies the natural chemical messengers (neurotransmitters)

Image Credit: NIDA and NIH via Wikimedia Commons
The Brain on Nicotine

tobaccopreventiontoolkit.stanford.edu

Image Credit: By United States: National Institute of Health via Wikimedia Commons
Menthol cools and numbs the throat to reduce irritation and make smoke feel smoother.

Ammonia Compounds: Adding ammonia compounds increases the speed with which nicotine hits the brain.

Increased Nicotine: Tobacco companies control the delivery and amount of nicotine to ensure addiction.

Flavorings: Added flavors mask the harshness of smoke and make products more appealing to new users, especially young people.

Bronchodilators: Added chemicals expand the lungs’ airways, making it easier for tobacco smoke to pass into the lungs.

Sugars & Acetaldehyde: Added sugars make tobacco smoke easier to inhale and form acetaldehyde, which enhances nicotine’s addictive effects.

Menthol: Menthol cools and numbs the throat to reduce irritation and make smoke feel smoother.

Nicotine Salts: Behave like ammonia compounds, but also hide the harshness of nicotine.
Messaging

Why do you think people start vaping?

Why Flavors?

Science News

Widely used e-cigarette flavoring impairs lung function

Date: May 23, 2018
Source: American Thoracic Society

E-cigarette flavorings may increase heart disease risk, study finds.

Who’s the Target Audience?

Social Media Targeting

Truth About Menthol

Use of flavors not allowed in cigarettes, except for menthol.

Nearly 9 in 10 African-American smokers aged 12 and older use menthol cigarettes.

Messaging: Wrap-Up
Cost

Alex goes through one pod during the school week. How much does Alex spend in a month?

How Much Does Vaping Cost You?

https://tinyurl.com/TPT-COST

tobacco-prevention-toolkit.stanford.edu

What is Vaping Costing You?

Cost: Wrap-Up

tobacco-prevention-toolkit.stanford.edu
Text “DITCHJUUL” to 887-09

• Daily quitting tips

• Designed with feedback from teens and college students who have tried to quit, or have successfully quit
How to Quit Vaping

Quitting vapes can be easier when you prepare in advance and have a plan. Find out what you can do to get ready to quit.

Your First Day Without Vaping

The first day without your vape can be hard, but there are ways to make it easier. Get through your quit day with these five steps.

Deal With Vape Cravings

Dealing with cravings is one of the hardest parts of quitting vaping. Try these tips and strategies for managing cravings.
California Smoker’s Helpline

1-844-8-NO-VAPE

1-844-866-8273
My Life, My Quit

https://mylifemyquit.com

Text “Start My Quit” to 855-891-9989

QUIT WHEN YOU WANT, HOW YOU WANT.

TEXT 855.891.9989

START MY QUIT
“Where Are You At?” Part 2

1. On a scale from 1 to 10 (where 1 means not ready and 10 means very ready), how ready are you to change your e-cigarettes/pod vapes? Circle below.

2. What sentence best describes where you are at now with regards to changing your e-cigarettes/pod vapes? (Circle one)
   a. Not interested in making any changes.
   b. I may consider cutting back.
   c. I want to cut back.
   d. I want to quit.

3. One goal I have for myself in the next 30 days is...

4. Help I may need to accomplish that goal is...

“Where Are You At?” Part 2

“I noticed you selected a higher number? What brought about this change?”

“What do you see as the next steps for you?”
Wrap-Up

• Thank the student for attending

• Offer additional, free resources if the student feels they might want them

• Refer student to the school’s designated TUPE individual (if there is one)
  • NOTE: Find out who this is before conducting Healthy Futures.
Evaluation & Wrap-Up
Follow us on Social Media!

@TobaccoPrevToolkit
@CanPrevToolkit

@StanfordTPT
@StanfordCAPT

Don’t forget to tag us in any pictures that you post!
Contact

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