



**Cancer
Council**
ACT

Vaping

**-Youth Worker Practice
Network Meeting-**

10 November 2023



Acknowledgement of Country

We acknowledge the Traditional Custodians of country throughout Australia and their connections to land, sea and community.

We pay our respect to their Elders past, present and future.

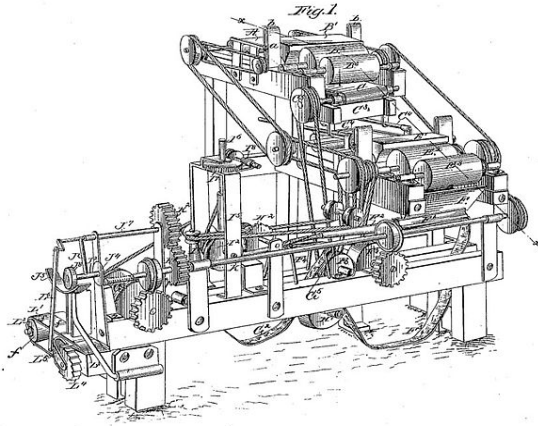
Overview

- History of smoking and vaping
- Vaping equipment
- Statistics on e-cigarette usage
- Reasons for young people taking it up
- Common misconceptions
- Current research and information on health risks
- Practical tips
- Resources



Background: History and legislation

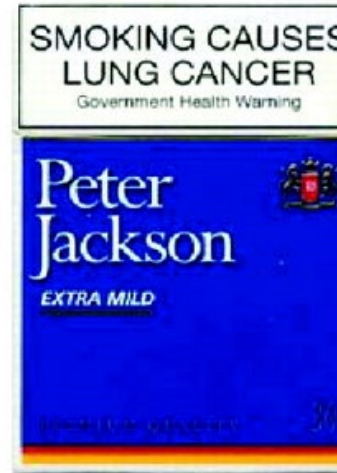
Smoking and vaping history



1890



1960



1990s

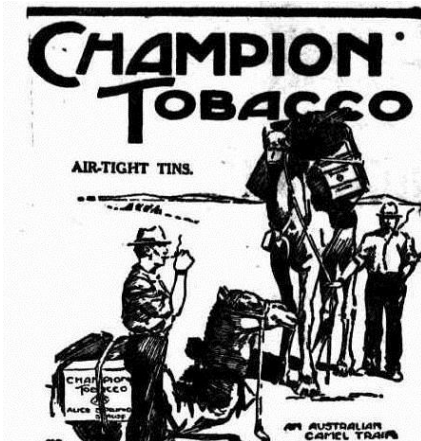


2006



2009

1920



1980-1990



2003



2008



Nicotine delivery devices are **not new** and are **constantly evolving**

What is a vape?

A standard vape taken apart showing:

- Battery (blue, center)
- Mouthpiece (black, bottom right)
- Cartridge containing vape fluid (yellow, top)



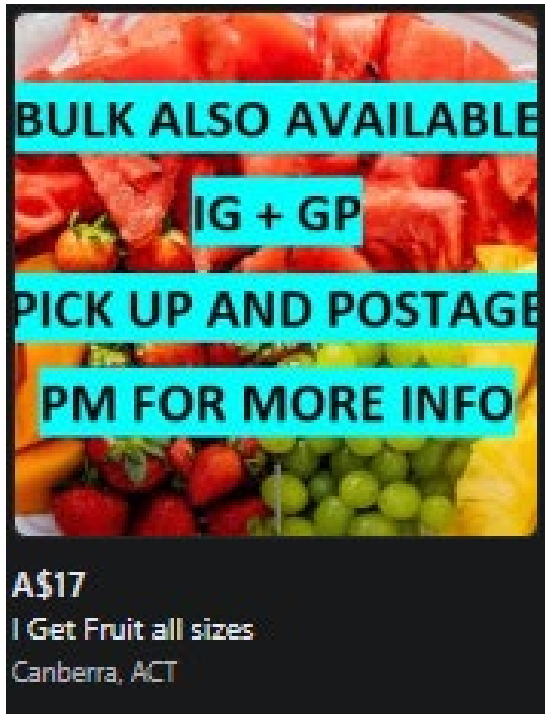
Supplied: Celine Kelso, University of Wollongong

What do children vape?



Children mostly vape disposable pods which contain nicotine and flavours

How much do e-cigarettes cost?



Ranges from \$15 - \$45

Getting a drop off (drop) costs an additional \$5 - \$10

Shipping ranges from \$0 - \$10

E-cigarette labelling and control⁸

E-cigarettes have **not** been tested and approved as safe or effective by the TGA. This means:

E-liquid might not be labelled properly or safely packaged

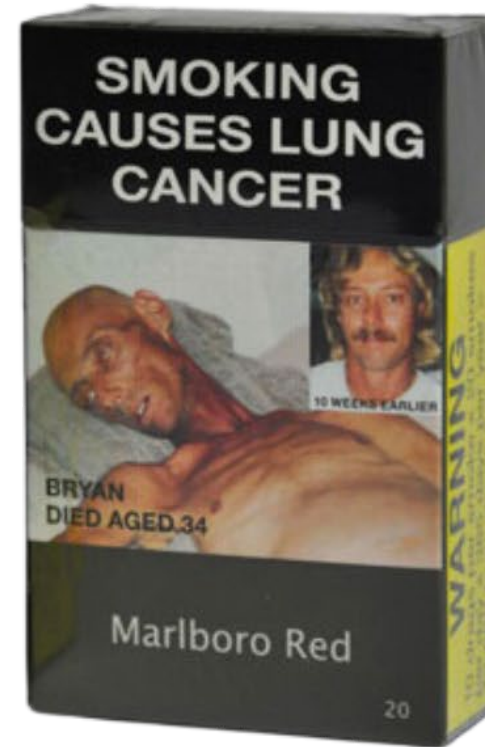
E-liquid and e-cigarettes labelled “nicotine-free” are still likely to contain nicotine.

Some devices shed heavy metals due to poor manufacturing controls

Some flavouring chemicals break down over time and, when heated, create an unknown chemical mix

Flavourings have not been tested for inhalation safety. Some can cause DNA damage.

How much nicotine is in an e-cigarette?



What are the dangers of vaping?

The health harms associated with vaping include:

- Nicotine addiction
- Intentional and unintentional poisoning
- Acute nicotine toxicity causing seizures
- Burns and injuries
- Lung injury
- Indoor air pollution
- Environmental waste and fires
- Dual use with cigarette smoking – increasing exposure to harmful toxins.

While the **long-term health effects are unclear**, we do know vaping is an **aerosol made up of toxic particles**

Banks E, Yazidjoglou A, Brown S, Nguyen M, Martin M, Beckwith K, Daluwatta A, Campbell S, Joshy G. Electronic cigarettes and health outcomes: systematic review of global evidence. Report for the Australian Department of Health. National Centre for Epidemiology and Population Health, Canberra: April 2022.

Laws and regulations



Nicotine-free



Nicotine



Proposed changes in 2023

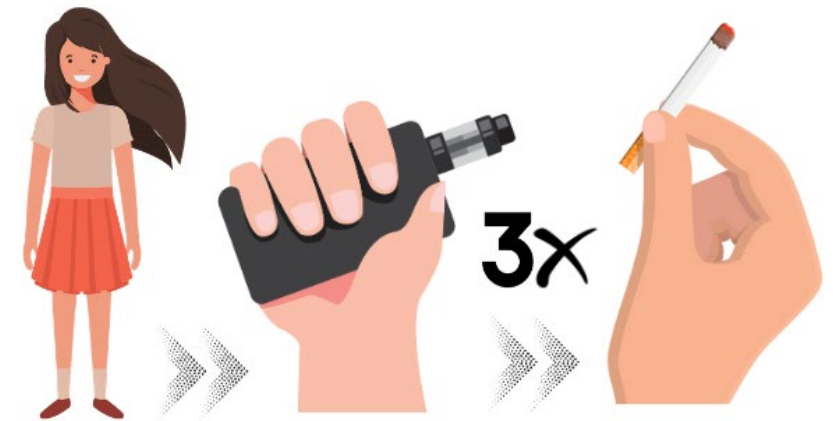
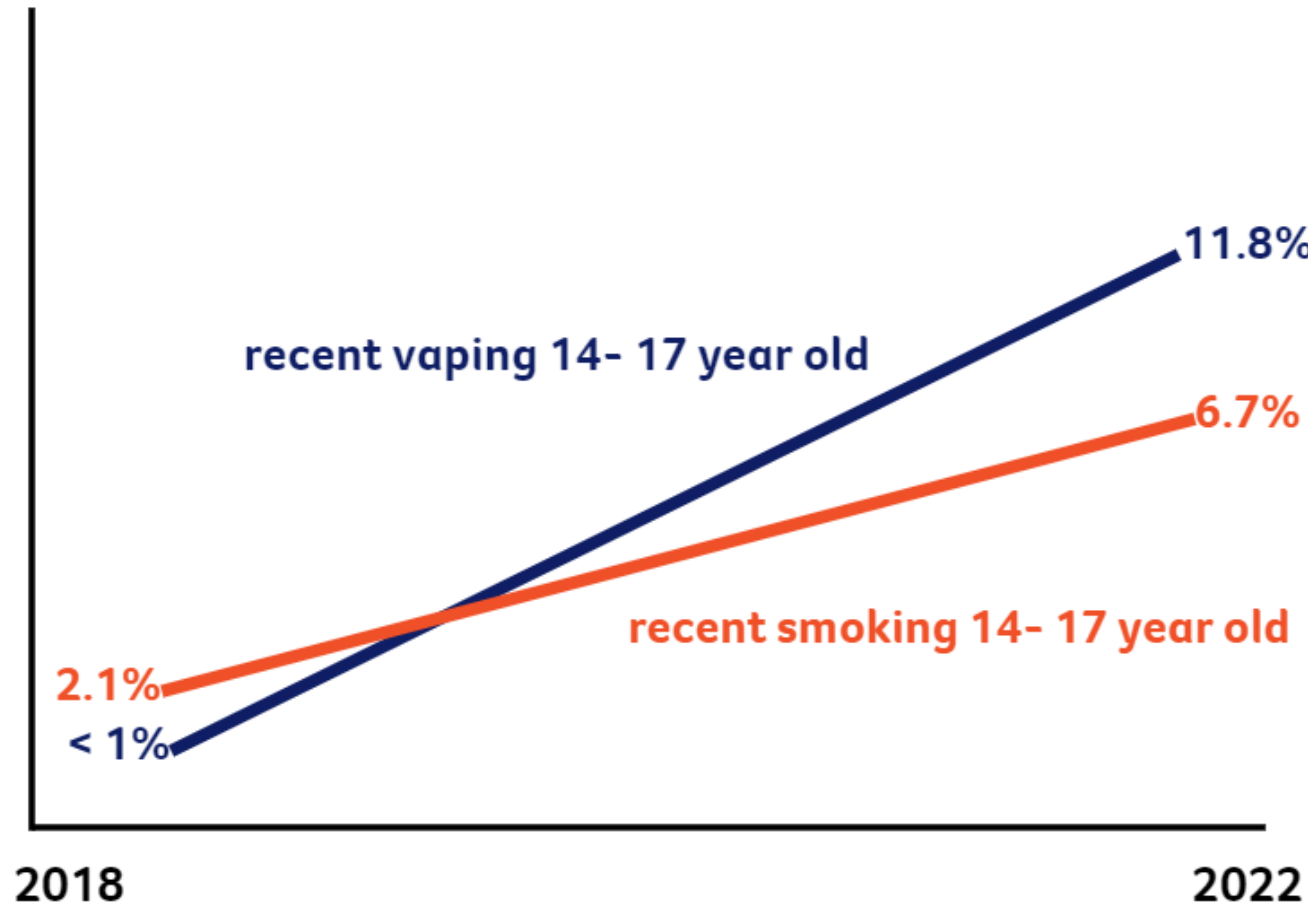


Laws and policies are **always evolving** as new products and delivery methods are created



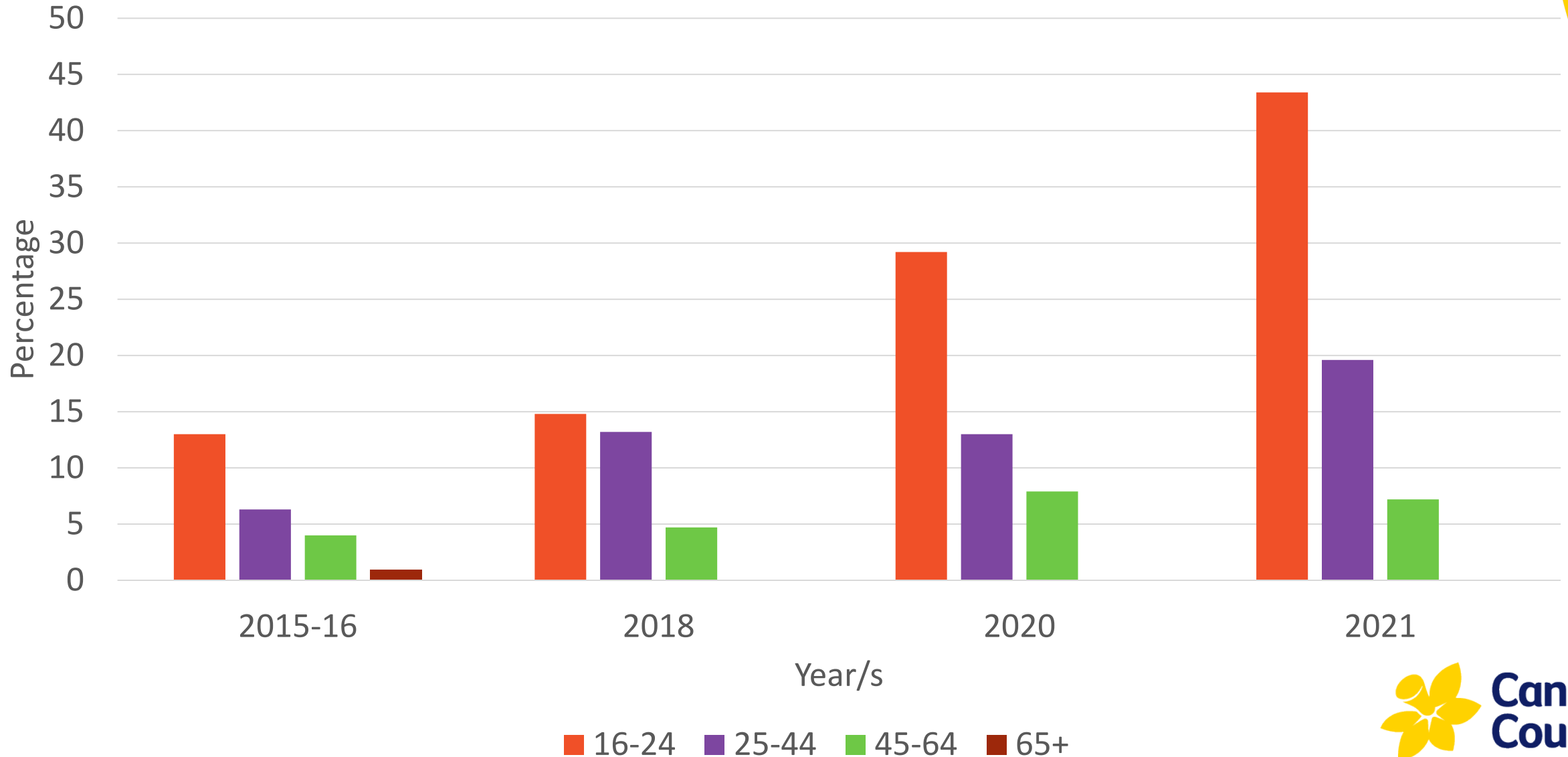
E-cigarette and Vape use in Young People

Australian teens – recent smoking & vaping

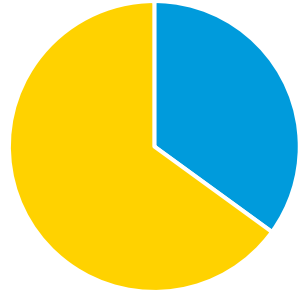


Smoking rates are rising for the first time in two decades alongside increasing vaping

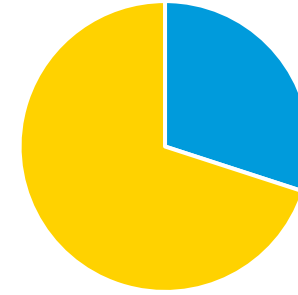
Proportion of adults aged 16+ who have ever used e-cigarettes, by age group. ACT General Health Survey²



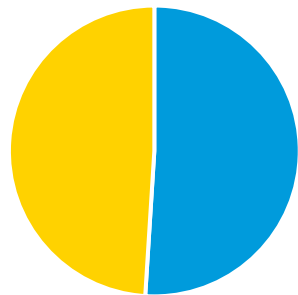
NSW Vaping Statistics – Generation Vape



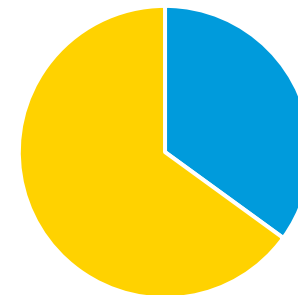
35% of young people 14-17 have tried vaping



70% of young people who have vaped were under the age of 16 when they first tried vaping



51% of 14–17-year-olds who have vaped have used a vape knowing it contained nicotine



35% of children who have not vaped are susceptible to vaping

Why do children use e-cigarettes?

Curiosity

Product characteristics

- Flavors
- Concealability
- Vape tricks

Family and/or friend use

- Peer pressure
- Friends/ family sharing devices

Replacing cigarettes

They believe that vaping:

- Is cool
- Will make them popular
- Helps with mental health

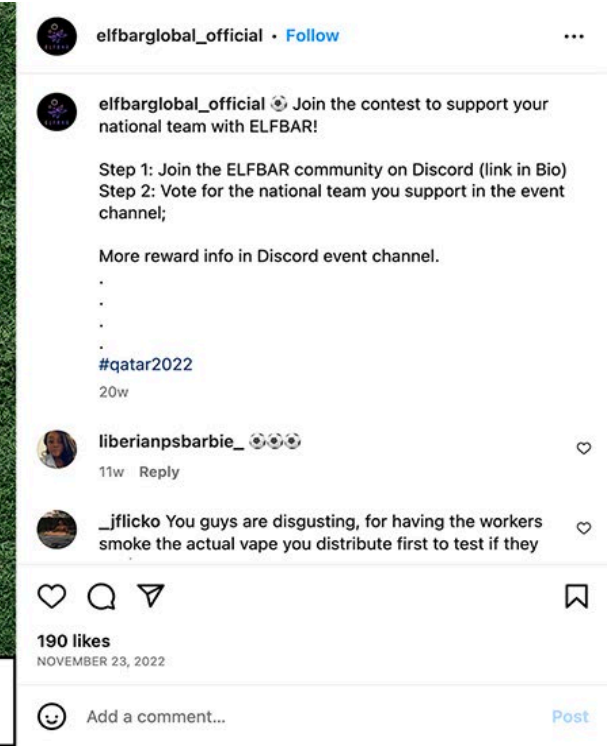
It feels good

Upgraded Taste & Classic Look

Pen-style CIGALIKE with pure and smooth tastes delivers a wholly fresh, superior experience over the 1st generation of e-cigs.



20 Flavours to Choose From Not Just Tobacco & Menthol



21+ Existing Smokers & Vapers ONLY
WARNING: This product may contain nicotine.
Nicotine is an addictive chemical.



Youth workers: Addressing vape use

The Vape Use Continuum

Do not vape



Resilient



Vulnerable

Vape



Opportunistic



Committed



Dependent

Vulnerable Non-Vapers



Talking to children about smoking and vaping

Be confident with the facts

Have a plan of what you want to talk about

Pick a neutral location

Gauge their mood

Have a respectful conversation

Seize the moment

Develop refusal skills



Committed Vapers

I just bought my first vape! I can't wait to let my friends try.



I vape with my friends, and sometimes alone when I am stressed.

I know that vaping is unhealthy and addictive, but I think it makes me look cool.

Dependent Vapers

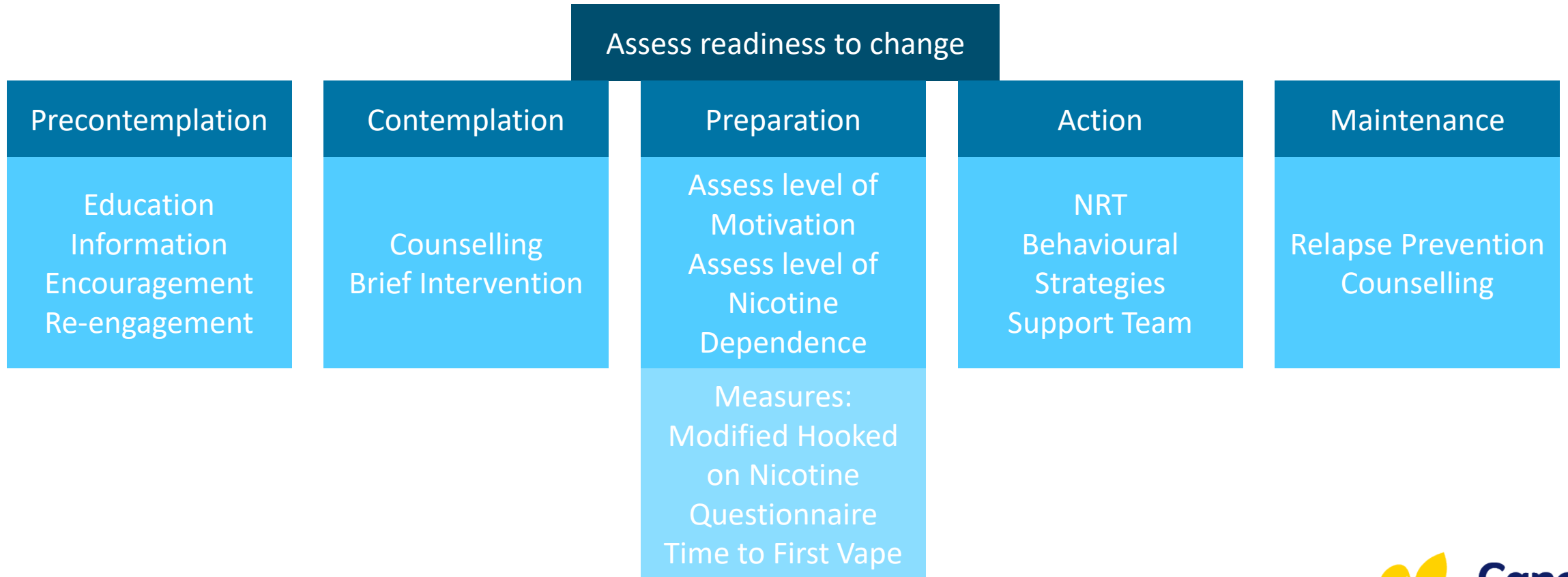
I know that I am dependent on my vape, but I don't know how to Quit.



The first thing I do in the morning is vape.

I wouldn't encourage my mates to start vaping, but I'm not going to stop them if they already vape.

Readiness to Change Flowchart for Adolescents & Young Adults¹³



Ask, Advise, Help⁴

Ask whether your client vapes, and document this.

Advise all clients not to vape in a clear, non-confrontational, personalized way.

Advise them on the best way to quit.

Help by offering referral to behavioral intervention.

Motivations for stopping vaping^{5,11,12}

Health

Financial

Social

Academic

Taste

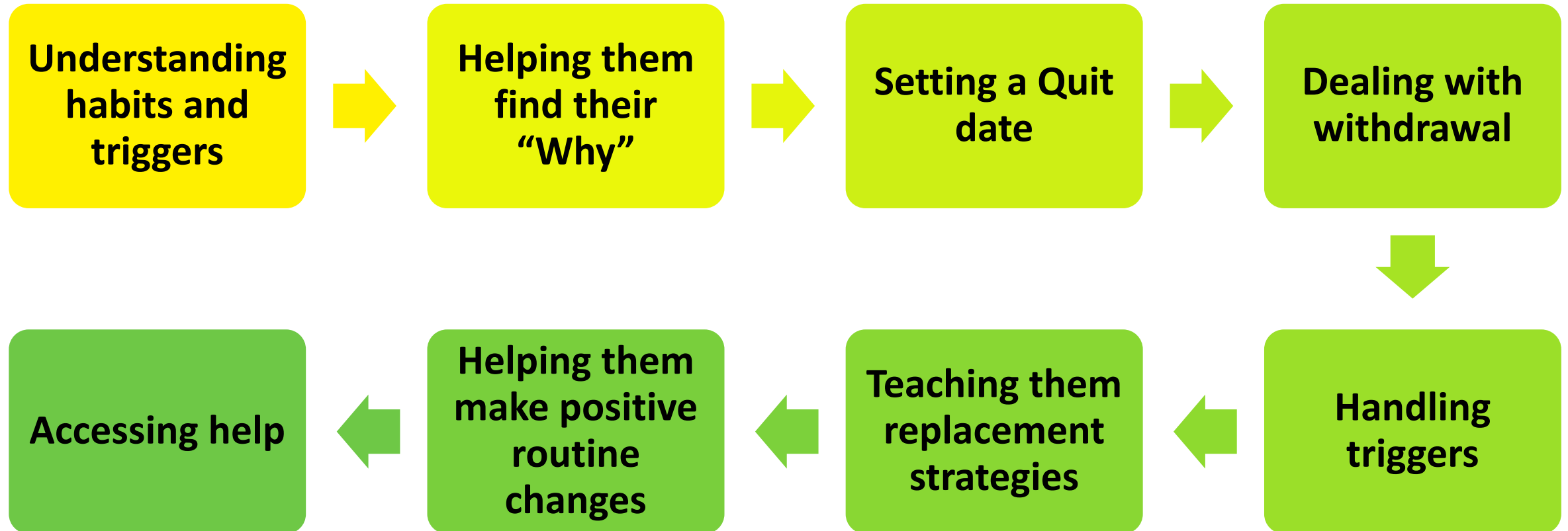
Dependence
on vaping

Frequency
of use

Using what the research tells us:

Children perceive differences in extent of harms based on variables such as perceived quality of vapes, nicotine vs non-nicotine vapes	→	Emphasise that all vapes are harmful
Children want to avoid developing or exacerbating mental health issues	→	Focus on the mental health impacts of dependence on nicotine
Children feel uncomfortable to hear they are breathing in corrosive chemicals when vaping	→	Increase awareness of the chemicals in vapes and what they are usually used for
When communicating about vaping, make it look and sound like young peoples' content	→	Use their language Try to understand their perspective Utilize available stories from other young people to highlight the harms of vaping

Smoking and vaping cessation for children





Youth workers: Support in the ACT

For ACT CSO staff:

ACT Health has created a 2-hour TQI accredited course to educate teachers of students in year 7 & 8.

The course also includes a parent resource with key facts about vaping, health impacts, and conversation starters.

HOW TO BOOK:
HEALTH.ACT.GOV.AU/vaping



Clinician's Guide to Supporting Adolescents and Young Adults Quit Vapes

Focusing on screening, assessment and pharmacotherapy
using the 5As brief intervention framework.



The Sydney
children's
Hospitals Network

Resources

TQI 2023

ACT Government

VAPING, YOUTH & HEALTH

ONLINE PROFESSIONAL LEARNING COURSE

2 HOURS FREE HIGH SCHOOL TEACHERS

BOOK NOW

THIS TQI ACCREDITED COURSE WILL
Increase teacher knowledge of the issues surrounding vaping including health harms, nicotine addiction, environmental concerns, and the local regulatory context, via an engaging eLearning course.

THE COURSE PROVIDES
Curriculum linked resources that are highly flexible, allowing teachers to create effective learning environments that engage students and promote critical and creative thinking.

THE COURSE ALSO INCLUDES
A parent/carer resource and a subject matter expert video which teachers are encouraged to share with families. The parent resource includes key facts about vaping, health impacts and conversation starters to facilitate ongoing conversations at home.

The self paced eLearning course is free, TQI approved (2hrs) and designed for teachers working with students in years 7 and 8.

THE COURSE WILL:

- Build teacher knowledge and confidence in using specially designed classroom resources in a high school setting.
- Promote an understanding how content aligns with the Australian Curriculum v9 in Maths, Science and Personal Development, and Health and Physical Education.

<https://www.health.act.gov.au/about-our-health-system/healthy-living/healthy-childrens-learning-hub>

For ACT CSO staff:

NGO support in the ACT;

Cancer Council ACT – prevention team

tobaccocontrol@actcancer.org.au

02 6257 9999

ATODA ACT

Questions



Thank you for participating.

