

Addressing the Youth Vaping Epidemic: A Case Study

Janice Balmer, MHS

**Public Health
Consultant/Project
Manager**

**Community Health
Council of Lebanon
County**

June 2023

Why are You Here?

Today's Objectives:

Describe the youth vaping epidemic, quantitatively and qualitatively

Evaluate resources and activities YOU can access to address youth vaping in your community

Create a strategy to implement an anti-vaping work team/coalition in your community

How Serious is the Vaping Problem?

Nationally, in 2022:

- 14.1% of high school students and 3.3% of middle school students reported current e-cigarette use.
- Among current e-cigarette users, 42.3% reported using e-cigarettes frequently, including 46.0% of high school students and 20.8% of middle school students.
- Daily use: 30.1% of high school students; 11.7% of middle school students—*Cooper et al. 2022*

Compared to state counterparts, more Lebanon County 10th and 12th graders reported vaping and e-cigarette use in the last 30 days—*PAYS 2021*

Of those students who had used marijuana, pot, hash, or weed (past 30 day) on 10-19 occasions, 75.2% also reported being sad or depressed on most days of the prior year—*PAYS 2021*

What's Behind the Vape?

A Quick Story

- Bren and the Lebanon County Youth Advisory Board (YAB)

Complementary Research

- Javed S, Usmani S, et al. **A Scoping Review of Vaping, E-Cigarettes and Mental Health Impact: Depression and Suicidality** (*full citation at end*)

Setting the Stage: Key Players

School Districts: Administrators and Students

Community Health Council of Lebanon County

National Groups—American Heart Association,
American Lung Association

Local Partners—Prevention, Intervention, Support
Services (SAP), Judiciary

***LEBANON COUNTY YOUTH TOBACCO
& VAPING COALITION***

Now
What?

We need a strategy!

- Apply the social ecological public health model



Source: <http://www.cdc.gov/violenceprevention/overview/social-ecologicalmodel.html>

STRENGTH in PARTNERSHIP



Lebanon County Tobacco & Vaping Coalition Mission: to provide tobacco/vaping awareness, education, and addiction support services to Lebanon County youth and the community.

Method: unite partner resources and existing programs to provide *coordinated* support to schools and community.

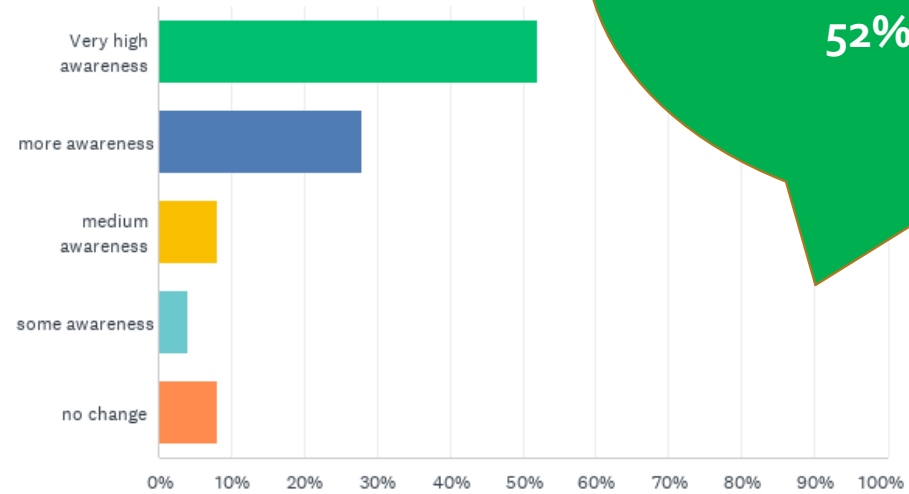
Notable Progress

Early Success (End of Year 2):

- **5/6 Districts Active**
- **Initial Policy Reviews, Change in Way Offenders Dealt With** (high school level)
- **Prevention (Catch My Breath)—2,091 students this SY** (double Year 1)
- **Intervention (InDepth, NOT)—100+ students this SY** (roughly double Year 1 outcome)
- **Student Changes in Attitudes, Awareness** (see next slide)
- **Judiciary Support**
- **Community Awareness—mixed results**

RESULTS:
AFTER TAKING
THIS CLASS

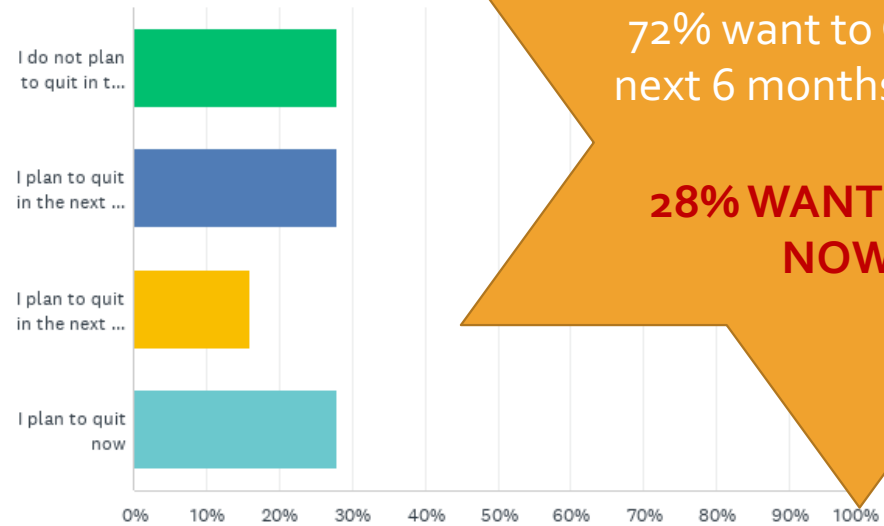
*How aware are you
about how your
smoking behavior
affects your life
and your future?*



92% had increased awareness.
52% Very High!



RESULTS:
AFTER TAKING
THIS CLASS
*Are you interested
in quitting vaping?*



72% want to Quit in the next 6 months or sooner.
28% WANT TO QUIT NOW!!!

Reality Check: Always Hurdles

- District Participation—Need 1 More District to Adopt Strategy. Need Intervention Classes at Middle Schools. Must Focus on Elementary Kids
- Funding
- Adjusting Strategy and Interventions to Respond to Student Need
 - Vaping THC+ opioids
 - Incorporating a Proven App for Cessation Support
 - Better Options/Integration with School MH Supports – Address Drug Use+MH
- Parent Education, Community Buy-In

Summary

Did We Achieve Session Objectives?

- Describe the youth vaping epidemic, from both a quantitative and qualitative perspective
- Discuss how to evaluate resources and activities you can access to address vaping in your community
- Discuss how to create a strategy to implement an anti-vaping work team/coalition in your community

What Haven't We Talked About?

References

Center for Disease Control (CDC, 2021) . Youth Risk Behavior Surveillance System. [YRBSS | DASH | CDC](#)

Cooper M, Park-Lee E, Ren C, Cornelius M, Jamal A, Cullen KA. *Notes from the Field: E-cigarette Use Among Middle and High School Students — United States, 2022*. MMWR Morb Mortal Wkly Rep 2022;71:1283–1285. DOI: <http://dx.doi.org/10.15585/mmwr.mm7140a3>

Javed S, Usmani S, Sarfraz Z, Sarfraz A, Hanif A, Firoz A, Baig R, Sharath M, Walia N, Chérrez-Ojeda I, Ahmed S. **A Scoping Review of Vaping, E-Cigarettes and Mental Health Impact: Depression and Suicidality**. J Community Hosp Intern Med Perspect. 2022 May 2;12(3):33-39. Doi: 10.55729/2000-9666.1053. PMID: 35711397; PMCID: PMC9195082. [Scoping Review of vaping – Search Results – PubMed \(nih.gov\)](#)

PA Youth Survey (2021). [State Reports_State of Pennsylvania Profile Report.pdf \(pa.gov\)](#)

Socio-Ecological Model. <http://www.cdc.gov/violenceprevention/overview/social-ecologicalmodel.html>