

# VAPING 101

## INFORMATION FOR COACHES

All youth are at risk of using these products



### COACHES - YOU INFLUENCE YOUTH

Coaches are important role-models for youth. What you do and say about using vaping products impacts how youth think about and use these products.

Studies show that when a coach smokes, young players are more likely to believe that smoking is acceptable. When coaches and sports leaders show that they support being free from smoking and vaping, youth remember, and are more likely to feel positively towards being smoke/vape free.<sup>1</sup>

#### **Vaping among youth is becoming widespread and is an issue in our communities**

More and more youth are experimenting with or regularly using vaping products. This surging popularity is thought to be due to: increased availability, a variety of appealing flavoured products, and the enhanced design and technology of newer vape devices.

#### **All youth are at risk of using vaping products**

Vaping is gaining popularity among PEI youth, with 39.3% of high school students reporting they had used an e-cigarette in the past 30 days (2019)<sup>2</sup>

#### **Vaping & Sport**

Nicotine is a powerful stimulant that has a long association with sport, particularly baseball. Research shows that athletes often believe that consuming nicotine can help control weight, improve reaction time and concentration, and help with relaxation.<sup>1</sup> However, the majority of research studies on this topic do not support the idea that nicotine has any performance-enhancing effect for athletes.<sup>1</sup>

## REASONS WHY YOUTH VAPE

Evidence has shown there are many reasons why youth vaping, including:

- o increased availability
- o a variety of appealing flavoured products (e.g., fruit, candy, mint)
- o trendy devices – vaping products have evolved with enhanced design and technology
- o friends are vaping (they want to fit in)
- o curiosity and/or boredom
- o thinking vaping is harmless
- o the “hit” they get from nicotine makes them feel pleasure
- o a sense of rebellion - some vape in places they are not allowed as it is easy to hide the vaping device
- o thinking vaping will help them quit or cut down on smoking. <sup>1</sup>



## NEGATIVE HEALTH RISKS OF VAPING

Vaping impacts your health. The toxic chemicals in the vaping liquid (e-juice), can lead to short-term and long-term health effects.

Potential short-term health effects of vaping

- o coughing and wheezing
- o inflammation of the lungs
- o increased heart rate <sup>1</sup>

Potential long-term health effects of vaping  
Studies suggest that vaping could lead to similar diseases as smoking, though likely at a reduced rate. Some of the ingredients in vaping liquid are known carcinogens (linked to causing cancer).<sup>1</sup>

Vaping is a new trend. For this reason, we don't have the research we need to fully understand the long-term health effects; however, studies are currently being done.

## NEGATIVE HEALTH EFFECTS OF NICOTINE

Nicotine is highly addictive and causes physical dependence because it triggers the brain to feel pleasure. When vaping, nicotine reaches the brain rapidly. Over time, a tolerance is developed, and higher amounts of nicotine are needed to get the same level of pleasure.

Nicotine also causes increased heart rate, blood pressure, constriction of blood vessels, altered brain waves and muscle relaxation.

Children and youth are highly susceptible to the negative effects of nicotine as their brains are still developing. Our brains continue to develop until about the age of 25 years. Using nicotine-containing products (such as e-cigarettes) before the brain is fully developed can affect one's memory, mood, concentration and impulse control. <sup>1</sup>



## RISK OF INJURIES OR FIRES

The batteries used in vaping products are made of Lithium-ion and can explode causing injury and fires. Proper use, storage, handling, and charging

## VAPING VERSUS SMOKING

Vaping is not a healthy choice for anyone who does not smoke.

Youth often view smoking as unhealthy, smelly or 'nasty,' but do not think of vaping in the same way.

For people who smoke, vaping may be a less harmful alternative to cigarettes. Vaping liquid (e-juice) contains fewer toxic chemicals than tobacco because it is not burned.

“Less harmful” does not mean vaping is harmless. <sup>1</sup>

## VAPING TO QUIT SMOKING

Many people try vaping to quit smoking. However, we don't know if vaping actually helps people quit. However, e-cigarettes have not been approved as a smoking cessation aid in Canada. Studies looking into this are limited and no firm conclusions have been drawn.

Vaping, may in fact prolong smoking. People often report using vaping and tobacco products together. This practice may keep people smoking longer than they intended.

For quitting smoking, healthcare providers recommend:

- o nicotine replacement therapy (NRT)
- o prescription cessation medications
- o behavioural support and/or counselling for tobacco cessation <sup>1</sup>

The PEI Smoking Cessation Program helps PEI residents who wish to stop smoking or using other tobacco products by: covering 100% of the cost of nicotine replacement therapy (NRT) products (i.e., nicotine gum, lozenges, patches, and inhalers) and specific smoking cessation prescription medications

For more information visit:  
[www.princeedwardisland.ca/quitsmoking](http://www.princeedwardisland.ca/quitsmoking)  
or call: 902-368-4319

## VAPING LEADING YOUTH TO SMOKE

Vaping products have the potential to normalize smoking. The research in this area is emerging and indicates youth who vape may be at an increased risk of using tobacco, compared to those who do not vape. Further research is needed to understand the relationship between the rise in youth smoking tobacco and the rise in youth vaping <sup>4</sup>

## LEGISLATION TO PROTECT YOUTH

In 2018, Health Canada legalized nicotine-containing vaping products to allow access by adults.

Since 2018, Canadian and international public health organizations have recommended legislation to restrict marketing to youth. They have also recommended that governments uphold or enhance existing smoking regulations.

Canada banned flavoured tobacco products to reduce the appeal to youth. However, flavourings are still permitted in vaping products. There are currently over 7,000 flavours on the market. Research commissioned by Health Canada found that 37% of teenagers said they started vaping because of the flavours.<sup>5</sup>

## FEDERAL LEGISLATION

Health Canada's Tobacco and Vaping Products Act (TVPA) was enacted on May 2018 to regulate the manufacture, sale, labelling and promotion of tobacco and vaping products.

This federal act:

- o Prohibits the sale of vaping products to those under 18 years of age
- o Prohibits promotion of vaping products that are appealing to youth, such as candy and dessert flavours

## PROVINCIAL LEGISLATION

The Tobacco and Electronic Smoking Device Sales and Access Act:

- o Prohibits the sale of vaping products to those under 21 years of age\*
- o Regulates store displays of vaping products
- o Bans the use of vaping products in all public spaces where tobacco smoking is banned. This includes school property.
- o Restricts the sale of vaping products to tobacconist shops\*

\*Effective March 2020

## MUNICIPAL LEGISLATION

Some municipalities, such as Stratford, have amended their smoking bylaws to prohibit vaping in all areas where smoking is banned.

## REFERENCES

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