



The Kinship Connection

For grandparents raising grandchildren

The Vaping Epidemic

Dear Grandparents,

My name is Chris Zellers, the interim, Family and Community Health Sciences (FCHS) Educator hired by Rutgers Cooperative Extension to fill the vacancy left by Marilou Rochford's retirement.

I am excited to bring my knowledge and passion for nutrition and wellness education to RCE of Cape May County.

Having worked with Marilou through the years, as a consultant educator for FCHS, I am familiar with both the FCHS programs and the needs of the community.

For the past 20 years, the Grandparents Raising Grandchildren Support Group has been offering support and direction for grandparents raising grandchildren in Cape May County. Today, the goals remain the same, to strengthen family relationships, provide educational programs, identify community resources, and improve the quality of life for our families.

Please know I am committed to continue to grow this program to meet your needs and look forward to meeting all of you.

Chris Zellers, MPP

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There is a new danger lurking in the United States that many parents, grandparents and caregivers are unaware of...**VAPING**.

Children as young as eight years old are falling prey to this new villain and youth see it as safe despite the rising statistics supporting its harmfulness.

The vaping epidemic has become the latest fad that adults are struggling to catch up with compared to their youthful counterparts.

Social media promotion to children has assisted the leading vape producer JUUL to increase its usage from 2017-2018 amongst High School students — 78% in just one year and 50% amongst middle school students in that same year.

At our September meeting, we will take an in depth look at vaping devices and how to be 'in the know' when Atlantic Prevention Resources, Regional Youth Coordinator, Carlo Favretto, Jr. presents, "*Don't get Vaped in*".

This newsletter provides an overview of what will be presented using current, evidence based information and education to help keep you and your grandchildren safe from the harms of vape products.

Source: (http://tobacco.stanford.edu/tobacco_main/publications/JUUL_Marketing_Standford.pdf).

Vape Device – also known as an e-cigarette or electronic cigarette is a non-combustible nicotine delivery product.

What is Vaping- The inhaling and exhaling of aerosol referred to as vapors from E-Cigarettes or Electronic Smoking Devices.

E-cigarettes are not an FDA approved way to quit smoking.

A little background...

In 1964 Surgeon General Terry assembled a committee to conduct a comprehensive review of the scientific literature on cigarette smoking which was encouraged and supported by President John F. Kennedy.

In 1965 Congress required all cigarette packages distributed in the United States to carry a health warning, and since 1970 this warning is made in the name of the Surgeon General. This warning highlights the risk involved in smoking cigarettes.

Fast forward to the 21st century and the introduction of e-cigarettes or vape products that currently do not contain warnings, just as cigarettes did not originally have a warning prior to 1965.

There is an entirely new generation being 'hooked' on vaping products just as there was a generation hooked on cigarettes. How many people do you know, maybe including yourself that say "we just didn't know how bad cigarettes were for us back then"?

History really does repeat itself and vaping is the perfect example of history repeating itself.

Source: <http://edition.cnn.com/US/9705/tobacco/history/>

Current Day...

The JUUL product is being sold and promoted as a smoking cessation program. However, in April of 2015 when JUUL was very new, one of their Research and Development Engineers was quoted in Verge as saying, "We don't think a lot about addiction here because we're not trying to design a cessation product at all... anything about health is not on our mind."

In 2018, JUUL social media promotion focused on the switching/satisfaction theme offering that JUUL is a smoking cessation device following harsh criticism around JUUL's efforts to target youth and its extremely large growth in the area of youth usage.

So why doesn't the FDA crack down on JUUL and other vape products? Much like cigarettes it will take the burden of proof to show that vape products are harmful.

Studies are being completed to try to catch up with the vaping epidemic and Congress has started investigating as reports of increased youth medical issues surface and lawsuits are filed on behalf of injured teens.

The news media is covering vaping and new findings on a daily basis ranging from exploding devices to legislation being offered to stop sales and the target advertising to minors.

On September 18, our discussion will provide education to assist you with being an informed caregiver who won't allow your family to "Get Vaped In".

Sources:

1.) www.theverge.com/2015/4/21/8458629/pax-labs-e-cigarette-juul

2.) http://tobacco.stanford.edu/tobacco_main/publications/JUUL_Marketing_Stanford.pdf

Nicotine in any form is highly addictive, including vape usage.

Nicotine affects the development of brain circuits that control attention and learning. Other risks include mood disorders and permanent problems with impulse control—failure to fight an urge or impulse that may harm oneself or others.

Nicotine damages growth in the brain, can cause rashes if absorbed through the skin and if ingested by a young child can cause vomiting, nausea or even death.

Source: Drug Abuse.com

Second Hand Vaping

You might not realize that the person in the restaurant table behind you is vaping because the device is usually not recognizable, but it is illegal to use a vape device indoors in the state of New Jersey and in many other states it is quickly becoming illegal.

In New Jersey, vaping indoors is included in the Clean Air Act and vaping in New Jersey was banned by law in 2010. This includes all beaches and parks in New Jersey which became smoke and vape free in January of 2019. Lawmakers are starting to take heed of the ill and unknown effects of vaping in public places.

While the research is still not completely conclusive there is evidence that even though there is not always a 'smoke' or 'vaper' given off by second hand vaping there is still toxins coming from the devices being put in the air.

Many young adults, ages up to 25, think that vaping is just water vapor. However, there are chemicals in vape products just like the toxic chemicals in cigarettes. Also, research is being done on the effects of vaping illicit drugs in vape devices.

Schools are having a hard time keeping vape devices from inside the school and inside the class room. It's important to remember that young brains are still developing and nicotine and other substances can adversely affect the development of a young brain.

If you suspect a young person in your care is using a vape device you should try to become as educated as possible about the devices both in public and private areas.

Helping a young person understand that vape devices do contain nicotine and other chemicals may be helpful to them understanding true information verses false facts they are hearing in school from friends and on social media.

Cessation programs that offer supportive counseling are shown to be the best way to quit tobacco use.

Cape Assist has a Quit Center in Cape May County that can provide cessation to those in need, they may be reached at 609-522-5960 or quitcenter@capeassist.org.

Services at Cape Assist are free.

Vape Product Facts

If a person uses a tank vape device and buys liquid vape there is no regulation on how much nicotine is in that liquid.

The legal age to purchase a vape device is 21 in New Jersey, however, people of legal age often buy for underage youth.

Vapes contain Nicotine, Flavorings, Carcinogenic Chemicals, and Diacetyl.

Vape devices are frequently altered to be used for Marijuana consumption.

Vaping products contain Nicotine Salts which deliver a higher concentration of nicotine than nicotine liquids.

Youth believe that vaping is just water vapor- it is NOT!

Vape devices look like every day products such as USB port or pens.

Vape flavors resemble candy and ice cream flavors to entice youth to try the product.

Vape advertising has been shown to be targeting youth to hook a new generation on nicotine products.

JUUL users are 4 times more likely to smoke cigarettes within 18 months compared to non JUUL users.

A single JUUL pod is equal to about 20 cigarettes in nicotine or one pack of cigarettes.

Clothing companies have developed clothes to help youth conceal JUUL and other vape devices.

Devices come in kid attractive looks and some compare JUUL to the iPhone craze.

E-cigarette devices have been known to explode, even killing people.

E-cigarettes contain heavy metals, volatile organic compounds and ultrafine particles.

Grandparents Raising Grandchildren Support Group

A program of Rutgers Cooperative Extension of Cape May County Family & Community Health Sciences provides educational and social support to grandparents residing in Cape May County who are primary caregivers for their grandchildren.

The group meets the third Wednesday of the month except in June and July.

Upcoming Programs:

September 18 - *Don't get Vaped In*
Carlo Favretto, Jr., Youth Program Coordinator, Atlantic Prevention Resources

October 16 - *Managing Family Relationships*
Lori Jalkiewicz, Program Director, Foster, Kinship and Adoption Services, ACENDA

November 20 - *Surrogate Office Services*
CMC Surrogate Dean R. Marcolongo, Esq.

December - Special Holiday Program

For more information about the **Grandparents Raising Grandchildren Support Group**, please call **(609) 465-5115 Ext. 3609**

The Kinship Connection is published for grandparents raising grandchildren. The Grandparents Raising Grandchildren Support Group and all of Rutgers Cooperative Extension's educational programs are offered without regard to race, religion, color, national origin, gender, sexual orientation, or disability.

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