

# August 2018 Newsletter



**Did You Know... that one Pod is Equal to 20 Cigarettes (1 full pack)!!!!**  
**\*\*\*Juuls deliver nicotine 1.25-2.7 times faster than other e-cigs and cigarettes**



## What is a Juul?

A Juul is an e-cigarette device that looks similar to a USB flash drive and can be charged in a computer. It is easy for high school students to be discreet about using this device and easily hide it from parents and teachers because it can be mistaken for a school use material.

**How it works:** A Juul consist of a long vaporizer that looks like a USB flash drive and a “pod” that is disposable. The pods come in different flavors such as mint, strawberry, cotton candy, etc. and each pod contains nicotine juice. The device heats the pod juice which is inhaled by the user.

Youth are getting away with Juuling because it is a small product that is easy to use anywhere and everywhere. Youth can use them in public, the bathrooms, the classrooms, or at their house without risking getting caught by their teachers or parents. They can blow the smoke into their shirts, backpacks, etc. and because of its sweet-smelling vapor, it doesn't get noticed.

## What is an e-cigarette?

They are known by many different names such as “e-cigs”, “vapes”, “vape pens”, etc. Some of these devices are made to look like regular cigarettes; however, some resemble pens, USB drives, etc.

**How it works:** Users inhale an aerosol (produced by heating the liquid that contains nicotine, flavoring, and other chemicals) into their lungs, then exhale the cloud of smoke when they are done. It is hard for consumers to know exactly which chemicals are in their e-cigarette products.

**\*\*\*E-cigarettes can be used to smoke marijuana and other drugs without being known by the public**

## Public Health Concerns Relating to Juuls and E-Cigarettes:

E-Cigarettes are the most popular tobacco product for youth

Exposure to nicotine can delay/harm brain development (brain doesn't stop developing until the 20's)

- In a study done in April of 2018 on Youth aged 12-17 years old, there was an average of 38% of youth that recognized a Juul product... 18% said they have seen a Juul being used at school
- 5.2% of 12-14 years olds that participated in the study said they have used a Juul
- 7.8% of 15-17 year olds that participated in the study said they have used a Juul (it was 7.0% in Nov 2018)
- 30% of 12-17 years olds said they have used marijuana with a Juul or e-cigarette

## How are Youth obtaining these products?

Most youth have reported buying these products at a physical retail store (underage), some have said they receive them during social settings, and although a few youth have reported they have purchased the products online, a high percentage of youth have been successful with the purchase online without verification of age.

## What you can do to stop the use of Juuls and E-cigarettes in Youth:

- ✓ Become educated on what these products look like and smell like
- ✓ Be aware of the amount of time your children/students spend in the bathrooms, hallways, etc.
- ✓ Know the signs and symptoms of getting a “nicotine buzz” and withdrawal
  - Some nicotine withdrawal symptoms are irritability, depression, headaches, weight gain
  - Some signs of a nicotine buzz are calmness or more energy, decreased appetite, drop in skin temperature, etc.

**\*\*Lots of youth believe that E-cigarettes and Juuls are equally, but mostly less harmful and addictive than regular cigarettes.**



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Information for this newsletter was provided by Piedmont Community Services, Campaign for Tobacco-Free Kids, U.S. Department of Health and Human Services, The Public Health Law Center, and CADY Inc. (Communities for Alcohol and Drug-Free Youth)