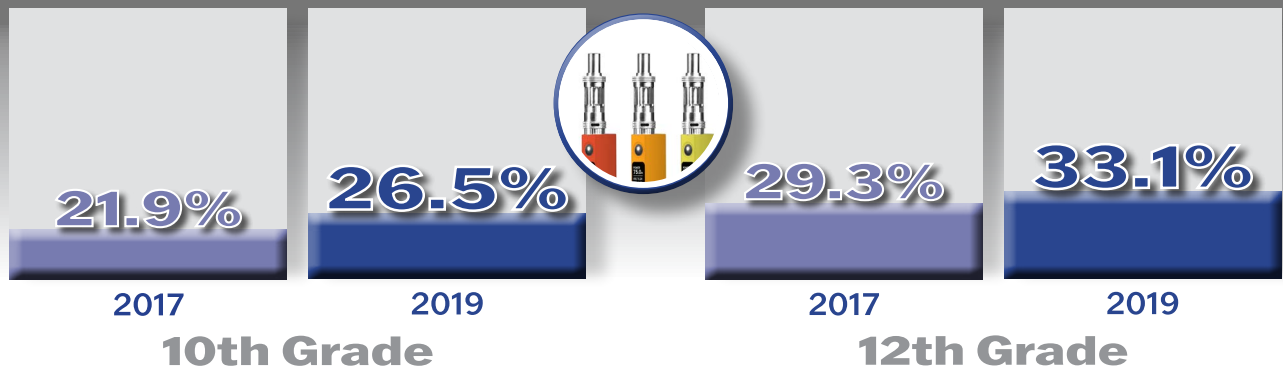


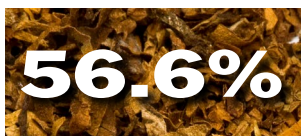
# Many adolescents turn to nicotine to alleviate stress, anxiety, and depression, but it may be making them feel worse.

1

Vaping/e-cigarette use of 10th and 12th graders has gone up since 2017. <sup>2</sup>



Vaping Substances Used in the Past Year <sup>2</sup>



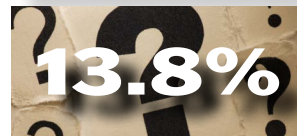
**56.6%** Nicotine



**2.0%** Other Substance



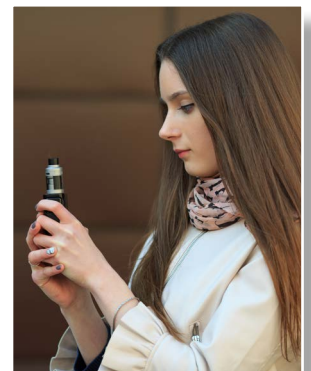
**46.6%** 'Just Flavoring'



**13.8%** 'I Don't Know'



**26.6%** Marijuana



Research shows that many teens and young adults don't realize that the flavors they use actually can contain nicotine, an addictive compound found in tobacco. <sup>3</sup>

1: <https://truthinitiative.org/research-resources/emerging-tobacco-products/colliding-crises-youth-mental-health-and-nicotine-use>

2: [https://www.pccd.pa.gov/Juvenile-Justice/Pages/Pennsylvania-Youth-Survey-\(PAYS\)-2019.aspx](https://www.pccd.pa.gov/Juvenile-Justice/Pages/Pennsylvania-Youth-Survey-(PAYS)-2019.aspx)

3: <https://teens.drugabuse.gov/6-vaping-bad-you-even-if-it-s-just-flavoring>

# Community Education Talking Points

## Talking Point 1: PA Tobacco Prevention

Current e-cigarette users have double the odds of having a diagnosis of depression than people who have never vaped. <sup>1</sup>

- The common misconception that nicotine relieves stress, anxiety, and depression, may be rooted in the cycle of nicotine withdrawal. Since these are symptoms of nicotine withdrawal, using nicotine temporarily reduces them. <sup>2</sup>

Maintaining tobacco prevention and cessation funding is critical to preventing death and disease as well as reducing healthcare costs. <sup>3</sup>

- Currently, less than 5% of Tobacco Settlement dollars are allocated to tobacco use prevention and cessation. <sup>3</sup>
- For every dollar spent on tobacco prevention, states reduce tobacco-related healthcare expenditures and hospitalizations by up to \$55. <sup>3</sup>

1: <https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2756260>

2: <https://truthinitiative.org/research-resources/emerging-tobacco-products/colliding-crises-youth-mental-health-and-nicotine-use>

3: <https://pactonline.org/program-funding/>

## Talking Point 2: Adolescent Use In

Research shows that many teens and young adults don't realize that the flavors they use actually can contain nicotine, an addictive compound found in tobacco. <sup>2</sup>

- \_\_\_\_\_ students who vape 'just flavoring'. <sup>1</sup>
- E-cigarettes are also advertised using the same themes and tactics that have been shown to increase adolescent initiation of other tobacco products. They come in various flavors, including fruit, candy, mint, and menthol. <sup>3</sup>
- The nicotine in e-cigarettes and other tobacco products can also prime the adolescent brain for addiction to other drugs. <sup>4</sup>
- Studies show that non-smoking adolescents who use e-cigarettes are more likely to try conventional cigarettes in the future than non-smoking adolescents. <sup>4</sup>



1: [https://www.pccd.pa.gov/Juvenile-Justice/Pages/Pennsylvania-Youth-Survey-\(PAYS\)-2019.aspx](https://www.pccd.pa.gov/Juvenile-Justice/Pages/Pennsylvania-Youth-Survey-(PAYS)-2019.aspx)

2: <https://teens.drugabuse.gov/6-vaping-bad-you-even-if-it-s-just-flavoring>

3: [https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html)

4: <https://e-cigarettes.surgeongeneral.gov/knowtherisks.html>



To access statistics relevant to your county, check out the current PA Youth Survey (PAYS) data here: [LINK](#)

**Start Taking Action.**  
**Protect Our Children.**

Scan this code to access our vaping information toolkit.

**Learn More.**  
**PAStart.org**

 Commonwealth Prevention Alliance

