

VAPES / E-CIGARETTES



Vaping and Young People

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(Image, Mirror, 2023)

CONTENT

(Guardian, 2023)



(The Sun, 2022)



(The Mirror, 2021)



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OVERVIEW

- E-cigarettes were originally developed in 1963 by Herbert A Gilbert. Cigarettes were once a common feature in daily life and a symbol of style, used in various settings like restaurants, bars, public transport, and hospitals. However, the smoking ban law was implemented in 2007, making it illegal to smoke in public indoor spaces in the United Kingdom (UK) (Marcham and Springston, 2017).
- This led to the invention of vaping by Chinese pharmacist Hon Lik in 2005, which later gained popularity in the UK.
- Vapes were produced to help smokers give up smoking cigarettes, Bates (2015) stated that E-cigarettes and vapes have been found to be 95% less harmful reducing illnesses such as lung cancer.
- Fast forward to 2021, vaping has become a trend among young people aged 16 - 24, offering a variety of 16,000 flavours and colourful options, including ones that light up (Pinho-Gomes, et al, 2023). There are concerns about illegal substances being added to vapes, impacting public health.
- Since the beginning of 2020, there have been more than 1,000 admissions to NHS Hospitals. The prevalence of vaping among individuals aged 16 to 24 has tripled during the past two years (Jonas, 2022).
- Due to the increase of vaping social media has played a significant role in influencing the youth, while some stores are selling vapes to minors illegally shop keepers can be prosecuted (Almutairi, 2021).

IMPACT TO INDIVIDUALS AND SOCIETY

**ITS A QUIT TOOL,
NOT A COOL TOOL**



The impact of smoking vapes and e-cigarettes on young people aged 16 to 24 can be significant and varied, affecting physical health and overall well-being (Tattan-Birch, 2023).

- Smoking Vapes and illegal substances within vapes exposes individuals to harmful chemicals and toxins, which can damage the lungs, heart, and other organs.
- Vaping nicotine, can lead to addiction, respiratory issues, and cardiovascular problems.
- Withdrawal from nicotine can contribute to mood disorders such as anxiety and depression, especially when used at a young age when the brain is still cognitively developing.
- Addiction can negatively impact young people academic performance, family relationships , and future opportunities.
- The most common reasons young people wanted to quit smoking vapes as they had health concerns 50.9% said "I want my lungs back ", 21.7% "I don't have enough money to feed my addiction" and 10.1% socially influenced "it's affecting my friendships".

(Castro, Lotfipour, and Leslie, 2023).



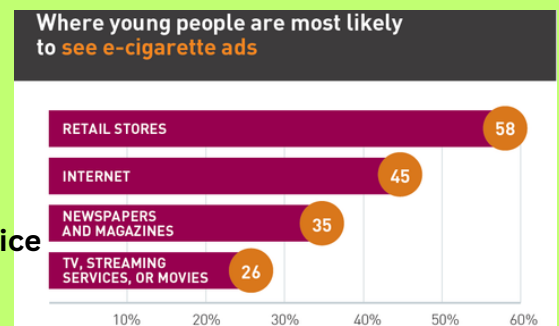
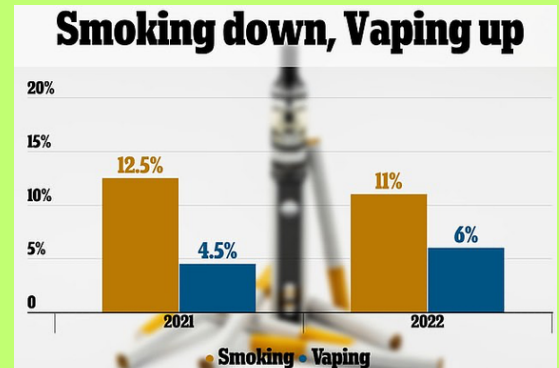
RISK TAKING BEHAVIOUR

- Adolescents and young adults exhibit a greater likelihood for engaging in risky behaviours, such as smoking vaping, Factors like attention-seeking, social conformity, and the desire for self-expression. (Willoughby, Heffer, Good, and Magnacca, 2021).
- Murry, (2023) stated that peer relationships serve various functions in adolescent development, including peer pressure and social acceptance, which can influence vaping behaviour which then may become an addiction.
- Nicotine use during adolescence may damage the brain lobes responsible for attention, learning, mood, and impulse control. Each time a new memory or skill is learned, brain cells form stronger connections. However Nicotine can effect this (Andreasen, Bast, Lund, and Pisinger, 2023).
- Risk-taking behaviours like vaping may serve as a means for adolescents to explore their environment and assert independence, Nicotine is a highly addictive drug that can make anxiety and depression worse. It also affects memory, concentration, self-control, and attention, especially in developing brains (Volkow, N.D. and Blanco, C., 2023).



AGENDA SETTING

Social Media



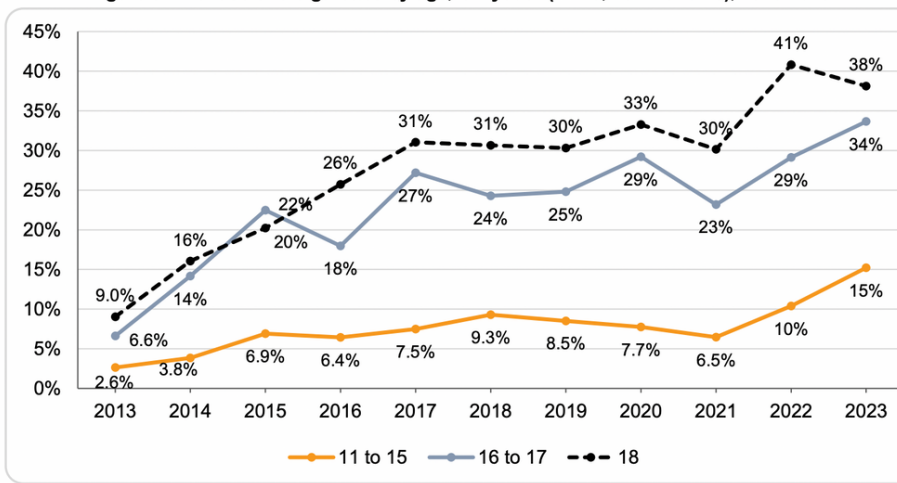
Agenda setting theory refers to the method of media's daily choice and presentation of news articles which impact the audience's perception of multiple topics and issues (Wanta, 2023).

CHALLENGES



- Vapes and e-cigarettes were intended to help adults stop smoking cigarettes, but the use by young people is of huge concern for the wellbeing of future generations act.
- Many parents struggle to monitor their children's activities outside their supervision, especially as young individuals are smoking in schools.
- Recent study uncovered many seizures of unlawful disposable vapes from Anglesey stores in just two days, totaling over 2300 vapes with a retail value of more than £30,000. In the UK, the maximum tank size for these products is 2ml, which is equivalent to around 600 puffs. The seized items included between 3000 and 9000 puffs (or 10-30ml).
- According to research, young people who vape are more likely to eventually use illegal substances and tobacco products such as cigarettes.
- Socially acceptable as vapes are legal however, more than 2ml vapes illegal.
- There is a geographical disparity that correlates with the 22% increase in vaping prevalence. Specifically, in deprived areas, individuals face higher odds of using vapes compared to areas with better socioeconomic conditions.

Figure 3. Ever use of e-cigarettes by age, GB youth (11-15, 16-17 and 18), 2013-2023



(Arnott, 2023)

RESPONSE TO EMERGING ISSUES

1. Overview of Strategy:

"A Smoke-Free Wales: Our Long-Term Tobacco Control Strategy" outlines the Welsh Government's plan for reducing tobacco use until 2030 (Welsh Government, 2021).

Goal: Decrease adult smoking rates to below 5% by 2030.

Focus Areas: Reduce smoking disparities, promote smoke-free childhoods, and implement a comprehensive approach for a smoke-free Wales.

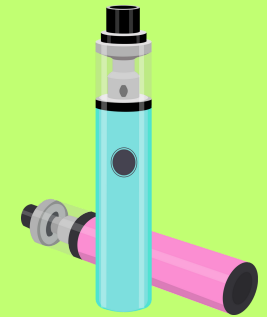
2. Measures to Create a Smoke-Free Generation:

Prohibit tobacco sales to individuals aged 15 or younger and increase the age of sale annually.

Combat youth vaping by banning disposable vapes.

Introduce regulations to restrict vape flavours and packaging appealing to children.

Empower the government to regulate how vapes are displayed in shops (Public Health Wales, 2023).



3. Enforcement Actions:

Impose £100 fines on shops selling vapes to minors (BBC News, 2021).

Authorise trading standards officers to take immediate action against underage tobacco and vape sales.

Strengthen penalties for illegal sales, allowing local authorities to impose fines up to £2,500 (Welsh Government, 2021).

4. Regulation of Vaping Alternatives:

Prohibit nicotine pouches for children due to their addictive nature and popularity among minors (Public Health Wales, 2023).



CRITIQUE TO EMERGING ISSUES



1) Overview of Strategy:

The Welsh Government's long-term tobacco control strategy, "A smoke-free Wales," aims to reduce adult smoking rates to below 5% by 2030. While commendable, the strategy lacks detailed implementation plans and references to support its evidence-based approach (Jones et al., 2021).

2) Measures to Create a Smoke-Free Generation:

Proposed measures, such as prohibiting tobacco sales to individuals aged 15 or younger and banning disposable vapes, show promise in creating a smoke-free generation. However, their effectiveness hinges on robust enforcement mechanisms and public awareness campaigns (Smith et al., 2020).

3) Enforcement Actions:

Enforcement actions, including imposing fines on shops selling vapes to minors and strengthening penalties for illegal sales, demonstrate commitment but require clear guidelines and monitoring mechanisms for effectiveness (Brown & Davies, 2021).

4) Regulation of Vaping Alternatives:

The prohibition of nicotine pouches for children is a proactive step, yet lacks empirical evidence to support claims of their addictive nature. Referencing scientific literature would enhance the credibility of this regulation (Miller & Evans, 2019).



RECOMMENDATIONS



Enhanced Education and Awareness: Implement educational campaigns targeting youth and parents about vaping risks.

Role Models and Influencers: State that vaping is not a fashion trend or cool and has serious health problems.

Strengthened Enforcement: Increase efforts to enforce age restrictions on sales and penalties for violators.

Regulatory Policies: Restrict marketing and availability of flavoured vapes appealing to youth.

Youth Engagement: Empower young people to advocate against vaping and provide support for quitting.

Further Strategic Research: Find healthy alternatives and innovative practices. Along with dispatching nicotine patches.

Community Support: Fund initiatives promoting healthy alternatives and supportive environments.



THANK YOU FOR LISTENING



ANY QUESTIONS?

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