

Important information parents should know about about e-cigarettes & vaping.

An electronic cigarette or e-cigarette is a handheld electronic device that tries to create the feeling of tobacco smoking. It works by heating a liquid to generate an aerosol, called a vapor, that the user inhales, which is commonly called "vaping." The liquid in the e-cigarette is usually made of nicotine, propylene glycol, glycerin, other chemicals and flavorings. There is no regulation or quality control on these devices.

1. Vaping is illegal under the age of 18.

- A. Vaping among US youth is a major public health concern. As an example, incidents office referrals for vaping at Arrowhead HS have increased by over 50% during the last year. E-cigarette use among US high school students has increased by 900% from 2011 to 2015.
- B. Vaping is not permitted on school grounds and also constitutes an athletic code violation. The citation from the Waukesha County Sheriff's Department for the offense is over \$100.
- C. When asked, most Arrowhead students caught vaping report they started using e-cigarettes in middle school. Many youngsters purchase e-cigarettes online by simply clicking on the order form "I am 18-years old or older."
- D. Companies promote these products through television, radio, and social media advertisements that use celebrities, sexual content, and claims of independence to glamorize these addictive products. Flavors including rainbow candy, peanut butter & jelly, strawberry milkshake, etc. make e-cigarettes particularly appealing to youth.

2. Vaping is not safe.

- A. The long-term effects of chronic inhalation of e-cigarettes are not known and the levels of toxic and carcinogenic compounds may vary. The child and young adult brain have increased vulnerability to the negative consequences of nicotine exposure including addiction, gateway drug for other addictive substances, reduced impulse control, deficits in attention and cognition, and mood disorders.
- B. Ingestion of the e-cigarette liquids containing nicotine could cause acute toxicity and possibly death if the contents are consumed.
- C. Harvard researchers found common flavoring substances found in vape liquid caused permanent, and sometimes fatal scar buildup in the lungs. These flavoring chemicals, 2,3-pentanedione and diacetyl, systematically destroys the lungs' smallest airways, resulting in a lung condition known as bronchiolitis obliterans, or "popcorn lung."

To prevent and reduce the use of e-cigarettes by children and young adults, we need to work together as parents, teachers, administrators, law enforcement, and health care providers to advise our youth against the dangers of nicotine and discourage smoking or vaping, in any form. Thank you for your concern and cooperation.

Sincerely,

Liesl Ackley, North Lake Superintendent
Lynn Davies, Stone Bank Superintendent
Mark Lichte, Lake Country Superintendent
Laura Myrah, Arrowhead Superintendent
Ron Russ, Merton Superintendent
Glenn Schilling, Hartland-Lakeside Superintendent
Melissa Thompson, Swallow Superintendent
Jeff Weiss, Richmond Superintendent
Kathleen Phelan, MD, AHS Medical Advisor
Kristi Kirk, AHS District Nurse

Sources and Resources:

<https://e-cigarettes.surgeongeneral.gov/>

<https://drive.google.com/file/d/0B9BkgAQOnMwpYTFoYmVxZFRYWWTZSb2huVE1RaG9RS0ZzZVhB/view?usp=sharing>

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<http://www.foxnews.com/health/2017/07/20/popcorn-lung-are-people-who-vape-at-risk.html>