

'ŌPIO FACTS IN HAWAI'I

- Native Hawaiian middle schoolers (grades 6-8) use e-cigarettes more than the general middle school population in Hawai'i (15.5% vs. 10.3%)
- One-third of Native Hawaiian high schoolers (grades 9-12) have tried e-cigarettes, which is more than the general high school population in Hawai'i (33.9% vs. 28.8%)
- Most teens and young adults in Hawai'i get vape products from their family and friends
- 8 in 10 youth who use tobacco products started with a flavored product
- Most vape flavors sold in Hawai'i are flavored like fruit, candy, and local juices that target keiki

(Flavors Hook Kids Hawaii, 2023; HIPHI, 2019; YRBS, 2023)



Myth	Fact
Vapes do not contain nicotine	Vapes have nicotine (up to 50mg), a very addictive chemical that can harm brain development
Vapes are better for the environment than cigarettes	When not thrown away properly, vapes leak harmful chemicals like nicotine salts, which can hurt the 'āina, wai, animals and kanaka
Vaping is "healthier" than cigarettes	The e-liquids in vapes have nicotine and other harmful chemicals that can cause health and growth problems

Vape e-liquid

Local Juices



MAHALO TO OUR PARTNERS:

Coalition for a Tobacco-Free Hawai'i Island
 Hāmākua-Kohala Health Center
 Hawai'i Island Tobacco-Free Partnership
 Hawai'i Public Health Institute



A vaping resource for caregivers of keiki

'A'OLE PUHI UULA



polhi.org

HOW VAPES WORK

- A heating element turns the e-liquid into an aerosol
- The aerosol has very small particles that are inhaled deeply into the lungs
- The aerosol contains nicotine, flavoring, and other chemicals
- E-liquid flavors have diacetyl which is a chemical linked to serious lung disease
- Benzene, which is found in car exhaust, is among the many harmful chemicals found in vapes
- Vape e-liquid can have dangerous metals, like nickel, tin, and lead
- Vapes can look like:
 - Highlighters, pens, toys, earbud case, or as a hoodie drawstring



SIGNS YOUR KEIKI MAY BE VAPING

- Unknown packages or things bought online
- Sweet or fruity smells
- Changes in mood or behavior
- Being more irritable or restless
- Wanting strong flavors because their taste buds are damaged
- Coughing or trouble breathing
- Drinking more water than usual

TALKING POINTS

- Vape companies get kids to use their products by making candy and fruit e-liquid flavors and fun designs
- Vaping can cause problems like mood swings, addiction to nicotine, and trouble focusing
- One cigarette has about 20 puffs. Some vapes can have up to 50,000 puffs
- The brain continues to develop until age 25, using nicotine can alter the brain's development
- Often seen as containing hazardous materials, components within vapes make them very difficult to safely dispose of
- Third hand vape - toxic chemicals are left behind on surfaces after vaping and can be inhaled or consumed by those around you (including keiki and pets)



Learn More at
polhi.org/tobacco

TALK ABOUT VAPING/SMOKING WITH YOUR KEIKI

HO'OMĀKAUKAU - BEFORE THE TALK

- Know the facts
- Be patient and ready to listen
- Set a positive example by being tobacco-free

KŪKĀKŪKĀ - START THE TALK

- Choose the right moment and a private, safe place for the conversation
- Start the conversation with an open mind and try not to get angry or make anyone feel bad
- Appreciate and acknowledge your keiki's feelings
- Ask for support from a tobacco treatment specialist (TTS) or the keiki's doctor

HO'OMAU - CONTINUE TO TALK

- Keep talking about this and have more than one conversation/talk
- Keiki might feel more comfortable talking about it as time goes by
- Give keiki tools and information to help them learn or stop vaping
- Stay informed about new nicotine products keiki might use