



VAPING IN OUR COLLEGE COMMUNITY

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Picot Question

How does juuling affect the health of college students who do juul compared to the students who don't juul over their 4 years of college?





What is Juuling?

Juuling is a form of vaping using an electronic device to create an aerosol that is then inhaled. Juuls, which were originally created as an alternative to combustible cigarettes, are used with liquid-containing pods; when heated up in the Juul, the liquid is converted into an aerosol, which is then inhaled into the lungs.

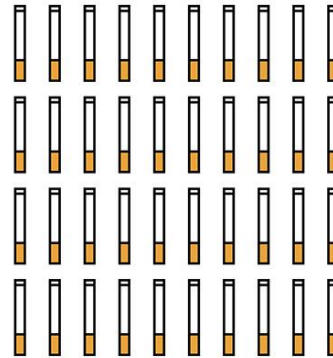




What is in a Juul?

- The Juul consists of two main parts, the device and pod.
- The liquid in the Juul pod is a salt based nicotine formula.
- The formula in a single Juul pod contains a mixture of glycerol and propylene glycol, benzoic acid, and nicotine.
- They also contain a flavorant, which is available in a wide variety of flavors.

WARNING:
This product contains
nicotine. Nicotine is an
addictive chemical.



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1-2
packs of
cigarettes, or

20-40
cigarettes
are equal to

1
juul pod

Source Vox.com



Why is it so popular amongst College kids?

College age students ages 18-24 are more likely to try vaping products due to stress, peer pressure, and popularity. Many companies market to the youth population because they are more vulnerable and susceptible to trying new things. Also, vaping causes individuals to feel more relaxed and less anxious which is what most college students want to feel before a big exam and while studying. Many college students who use e-cigarettes are under the pretense that vaping is safer alternative to smoking.





How does JUULing affect Schooling?

- The use of a Juul, can contribute to a slower development of the brain. This can impact a college student while they are in class. The student may experience difficulties when trying to concentrate and pay attention to the class. They may also, have trouble remembering topics discussed in class. These consequences can have a negative impact on the student's grades.
- Juuls are associated with behavior risks. Due to this risk, a student may skip class to partake in risky activities.



Brain Damage

The Prefrontal Cortex is responsible for

- Decision Making
- Emotions
- Impulse Control

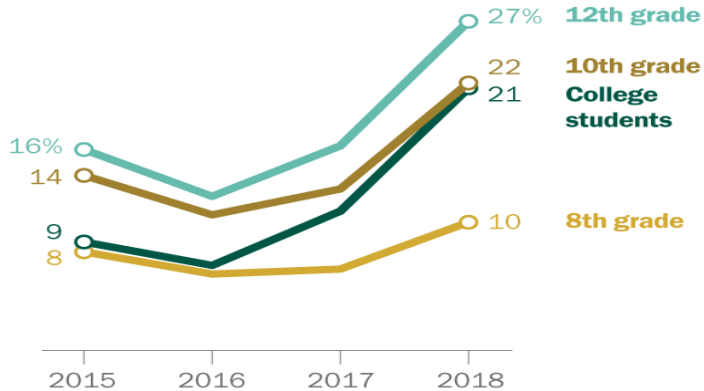




Charts and Statistics

Growing shares of U.S. secondary school, college students vape regularly

% who reported any vaping during the last 30 days

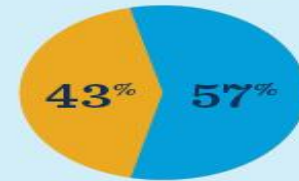


Note: Pre-2017 survey asked about “any vaping.” Data after 2017 based on separate questions about vaping nicotine, marijuana, and just flavoring.

Source: University of Michigan Monitoring the Future survey.

PEW RESEARCH CENTER

IN A SURVEY OF 951 COLLEGE STUDENTS...



HAVE NEVER used a JUUL
HAVE used a JUUL

Occasional User

40%

Moderate User

9%

Heavy User

8%

90%

of JUUL users **DID NOT** smoke combustible cigarettes before JUULing

3%

of users reported the reason was to **QUIT SMOKING** traditional cigarettes



How does juuling affect the human body?

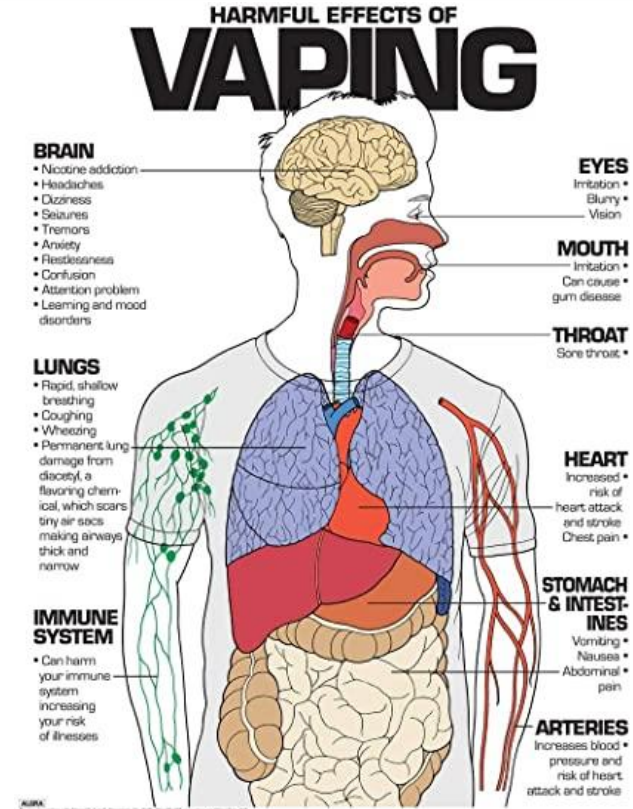
Short Term Effects

- Shortness of breath
- Sore Throat
- Coughing
- Nausea



Long Term Effects

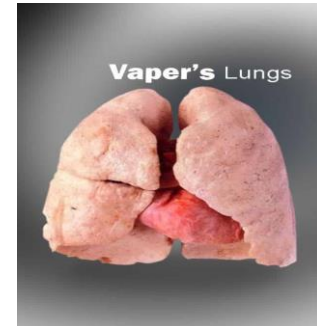
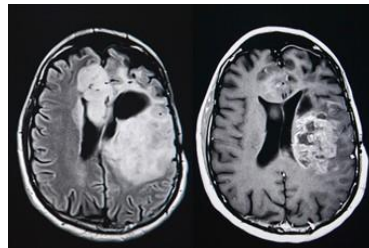
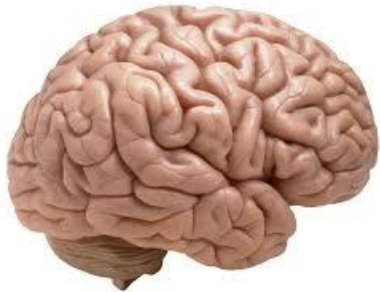
- Lung disease
- Diabetes
- Heart Disease
- Pneumonia





Lung & Brains before & after

- The lungs of a college student who does not vape or do any other kind of smoking should look pink and plump.
- The brain should appear smooth and have an adequate amount of blood flow.
- The lungs of a college student who uses vape products look healthy but with further investigation the lungs begin to form pockets and blebs which can lead to lung cancer and collapsed lungs.
- The brain of a student is slowly becoming damaged in the prefrontal cortex.





Ways to quit juuling

- You can access a program by texting “DITCHJUUL” to 88709 or enrolling in the free, digital quit programs
- Seek support
- Find other productive activities to do
- Keep going even if you fail the first time
- Know the facts about nicotine





Take Home

The take home message for college students who use JUUL or any other e-cigarette products is that the chemicals used in these products are harmful and addictive. Excessive vaping can possibly lead to lung cancer. The high amounts of nicotine found in these products give a satisfying, rewarding, and pleasurable feel but it can also cause tachycardia, hyperinsulinemia, and suppression of appetite. Continuing the use of nicotine will only diminish your health and cause harm in the future, which is why it is important to quit now and find a safer way to cope.





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