

Webinar Summary

Although teen cigarette smoking has dropped to historic lows, rates of electronic cigarette use is more than double that of regular cigarettes. The U.S. surgeon general has declared adolescent nicotine use a pediatric epidemic. This webinar will provide participants with an overview of current research on rates of nicotine and tobacco use with respect to age and race/ethnicity and the effects of nicotine on the adolescent brain. All cigarette smoking including, electronic cigarette use, or smokeless tobacco use have associated health risks. Participants will obtain an understanding of how nicotine use often accompanies other drug use and therefore, needs to be addressed as part of all substance use disorder treatments. Participants will be provided ideas for implementing effective evidence-based strategies for use with teens.

Participant Questions & Presenter Responses

Q1	<i>How many teens use tobacco via more than one method?</i>
Response 1	According to the National Youth Tobacco Survey (CDC, 2012; Arrazola et al., 2015) almost half (47%) of high school and middle school tobacco users use two or more types of tobacco products.
Q2	<i>How does “hookah” compare to smoking a cigarette?</i>
Response 2	A typical hookah session delivers 125 times the smoke, 25 times the tar, 2.5 times the nicotine, and 10 times the carbon monoxide compared to cigarettes. The pattern of hookah use differs from cigarette use as it is typically used in a group setting for approximately one hour session. (See Eissenberg, T., & Shihadeh, A., 2009)

Participant Questions & Presenter Responses (continued from Page 1)

Q3	<i>Clients have told me they use e-cigarettes to vape nicotine-and drug-free flavored liquid that does not contain nicotine. Does using the non-nicotine vapes promote graduation to nicotine products, either combustible or non-combustible?</i>
Response 3	Yes the electronic cigarette can be used with liquid that does not contain nicotine. There is emerging evidence that the users of electronic cigarettes are more likely initiate combustible cigarette use in the future. (See Leventhal, A. M., Strong, D. R., Kirkpatrick, M. G., Unger, J. B., Sussman, S., Riggs, N.R., & Audrain-McGovern, J., 2015; Primack, B. A., Soneji, S., Stoolmiller, M., Fine, M. J., & Sargent, J. D., 2015; Wills, T. A., Knight, R., Sargent, J. D., Gibbons, F. X., Pagano, I., & Williams, R. J., 2016; Barrington-Trimis, J. L., Urman, R., Berhane, K., Unger, J. B., Cruz, T. B., Pentz, M. A., & McConnell, R., 2016)
Q4	<i>Can teens legally purchase and use Hooka at age 18 like other tobacco products?</i>
Response 4	It is legal in some states to buy Hooka at age 18; other states have raised the legal age to 21.
Q5	<i>If someone starts smoking in their teens, how can that affect the ability to quit smoking as an adult?</i>
Response 5	Eighty percent of tobacco use begins before age 18 and continues into adulthood (USDHHS, 2012). Smoking a few cigarettes during teen years increases the chance of becoming dependent on nicotine and leads to a 16-fold increase in the risk of smoking as an adult (See Chassin et al., 1990).
Q6	<i>Do we know what the correlation is between alcohol use and cigarette/e-cigarette use?</i>
Response 6	These studies are just coming out. So far, evidence demonstrates that e-cigarette use is associated with alcohol consumption and drinking problematically. (See Hershberger, A. R., Karyadi, K. A., VanderVeen, J. D., & Cyders, M.A., 2016; Hughes, K., Bellis, M. A., Hardcastle, K. A., McHale, P., Bennett, A., Ireland, R., & Pike, K., 2015)

Participant Questions & Presenter Responses (continued from Page 2)

Q7	<i>Why is nicotine replacement therapy (NRT) and Bupropion not effective with youth?</i>
Response 7	The safety and effectiveness of smoking cessation medications with individuals under the age of 18 has not been established. Little research has been done to evaluate the safety and efficacy of medications used for smoking cessation in this population. No medications are FDA approved to treat adolescent smoking under age 18.
Q8	<i>Is it possible to overdose on nicotine?</i>
Response 8	It is possible to overdose on nicotine. It is important to protect children and animals from the e-liquids containing nicotine.
Q9	<i>E-cigarette smokers do not recognize themselves as “vapers” but as “mod” user. What other names do they use to refer to themselves?</i>
Response 9	You are correct. We changed our study’s recruitment materials because “vaper” was not capturing the population of adult smokers who also use electronic cigarettes. I believe “mod” user refers to modified tobacco product user. Some smokers identify as e-cig users or “vapers.”
Q10	<i>How many teens are smoking liquid THC through e-cigarettes?</i>
Response 10	Almost 6% according to the Monitoring the Future Report. (See Johnston, L. D., O’Malley, P. M., Miech, R. A., Bachman, J. G., & Schulenberg, J. E., 2016)

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