



TOBACCO
CONTROL
STRATEGIES

FOR MISSISSIPPIANS
WITH DISABILITIES

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INSTITUTE FOR DISABILITY STUDIES
THE UNIVERSITY OF SOUTHERN MISSISSIPPI

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TCS News

Tobacco Cessation Information for All Mississippians, Including People with Disabilities

“State of Lung Cancer” 2019 Report

The American Lung Association’s 2019 “State of Lung Cancer” report presents a snapshot of state-by-state examination of lung cancer statistics and measures.

Check out how Mississippi ranks here:

<https://www.lung.org/our-initiatives/research/monitoring-trends-in-lung-disease/state-of-lung-cancer/>

FDA-Approved Nicotine Replacement Therapies (NRT)

Adults using e-cigarettes to quit smoking should not return to conventional smoking. Rather, they should consider utilizing FDA-approved nicotine replacement therapy (NRT) treatments.

<https://smokefree.gov/tools-tips/how-to-quit/using-nicotine-replacement-therapy>

E-cigarettes: Fueling a Growing Youth Epidemic



The use of e-cigarettes, especially among youth and teens, has rapidly increased in the past decade. This usage has become a growing health concern, as the nicotine vapor produced by e-cigarettes can damage the brain and nervous system of both children and teens. It has also been shown to harm the developing fetus in expecting mothers. Understanding the full long-term health effects of e-cigarettes still requires some further research; however, sufficient evidence exists to caution against using such devices, especially at a young age.

Youth are turning to e-cigarettes in growing numbers.

- **E-cigarettes are becoming the first form of nicotine use for middle- and high-school students.** Many students who have never smoked are adopting e-cigarettes as a perceived “safe” form of nicotine use. In 2018, indicated that over 3.6 million youth in the United States (including 1 in 5 high school students and 1 in 20 middle school

students) had used e-cigarettes that previous month (CDC, 2019)

- **E-cigarette advertisements are appealing to youth.** Exposure to e-cigarette marketing (both in print and online) is increasing rapidly. Many of these companies also market their products in flavors that may appeal to a younger audience, such as candy and dessert flavors.

Nicotine in any form is a known health risk.

- **Nicotine is highly addictive.** The nicotine contained in e-cigarette liquid is identical to nicotine found in traditional cigarettes. E-cigarette use can result in nicotine addiction and even using conventional cigarettes as an additional nicotine source.
- **Nicotine is highly toxic.** Nicotine use during adolescence can disrupt the development of the brain structures that control attention, learning, and susceptibility to addiction. Nicotine use in any form, e-cigarettes or otherwise, is unsafe for youth.
- **Poisonings and death have occurred from exposure to liquid nicotine.** Poisoning has occurred in both e-cigarette users and non-users, from absorbing the nicotine through the skin, inhaling, or swallowing e-cigarette liquid. Nationally poison control emergencies for exposure to liquid nicotine have greatly increased, with a majority of them involving children under 6 years old (MSDH, 2019).

Overview of THC Vaping & Vitamin E Acetate



Marijuana, which is also referred to as “weed”, “pot”, “dope”, or “cannabis”, is the dried flowers and leaves of the cannabis plant. Marijuana contains tetrahydrocannabinol (THC), a psychoactive compound that creates a “high” sensation, as well as other active but not mind-altering compounds like cannabidiol (CBD).

The CDC has identified vitamin E acetate as a suspected chemical for people with e-cigarette/vaping associated lung injury (EVALI). Vitamin E acetate is utilized as an additive thickening agent in THC-containing vaping products. Recent CDC laboratory testing of bronchoalveolar lavage (BAL) fluid samples (fluid samples collected from the lungs) from 29 patients with EVALI submitted to CDC from 10 states found vitamin E acetate in all of the samples.

THC was identified in 82% of the BAL samples, and nicotine was identified in 62% of the samples. The CDC also tested a range of other chemicals that might be found in vaping products, including:

- Plant oils
- Petroleum distillates (i.e., mineral oil)
- Medium-chain triglyceride (MCT) oil
- Terpenes (type of organically produced compounds)

None of these chemicals of concern were detected in the BAL fluid samples that were tested.”

The CDC advises against the use of THC-containing vaping products. The CDC also recommends that people should not buy any type of e-cigarette/vaping products from non-commercial sources like friends, or family, or in-person or online dealers. While it appears that vitamin E acetate is associated with EVALI, the contribution of other chemicals of concern to EVALI is still under investigation.

As of late November 2019, approximately 2,300 EVALI cases have been reported to the CDC across 49 states (all except Alaska), Washington D.C., and two United States territories (Puerto Rico and U.S. Virgin Islands). As of November 20, 2019, 47 deaths have been confirmed in 25 states and D.C.; the CDC will continue to work closely with FDA, states, public health partners, and clinicians over the course of this outbreak investigation.

Resources In this Issue:

1. https://www.cdc.gov/tobacco/basic_information/e-cigarettes/severe-lung-disease.html
2. https://www.cdc.gov/tobacco/basic_information/e-cigarettes/severe-lung-disease/need-to-know/index.html
3. https://msdh.ms.gov/msdhsite/_static/43,0,94,705.html
4. <https://www.healthline.com/health/cbd-vs-thc>
5. https://www.cdc.gov/tobacco/basic_information/e-cigarettes/pdfs/OSH-E-Cigarettes-and-Youth-What-Educators-and-Coaches-Need-to-Know-20190327-508.pdf?s_cid=osh-stu-feature-b2s-2019-002

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<https://usmids.org/home/tobacco-control-strategies/>



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