



**American  
Heart  
Association®**

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# More needs to be done

- The US Surgeon General has estimated that nearly 6 million children will die prematurely in adulthood if current trends continue.
- 10,000 kids now under 18 and alive in Vermont will ultimately die prematurely from smoking.
- **T21 is predicted to reduce smoking-related deaths by 10%. With T21 in Vermont, that's 1,000 kids saved – a whole high school.**

# We need to implement T21 as soon as possible, youth use is escalating

- The Monitoring the Future Survey showed that in 2018, e-cigarette use by high school students was the largest one-year increase seen for any substance in the history of the survey.
- The FDA commissioner is forecasting that overall youth tobacco use in the National Youth Tobacco Survey that is currently in the field might be as high as 40%, largely driven by e-cigarette initiation.

# T21 is a prevention policy that reduces access by eliminating social sources – older kids

- About half of VT e-cigarette users under 18 borrowed or got them from someone who was over 18. Nearly 1 in 5 bought them online (10%) or in a store (8%).  
*YRBS 2017*
- Two-thirds of 10<sup>th</sup> grade students and nearly half of 8<sup>th</sup> grade students say it's easy to get cigarettes. *TFK*
- Older youth smokers (18-20 years) are the major supplier of cigarettes for younger kids. More 18-19 year olds in high school means younger kids have daily contact with students who can legally purchase.

# The supply of e-cigarettes by older kids is significantly impacting VT schools

Jay Nichols, Executive Director, Vermont Principals Assn:

“The number of young people that are ‘juuling’ and using other nicotine-based products in other ways is causing huge problems for school leaders and educators.”

Chris Mosca, BFA St. Albans principal:

“The use of e-cigarettes and vaping has been harmful to our educational environment. It is difficult to detect and the substances are highly addictive.”

# Chris Oleks, Principal Stowe High School

“E-cigarette and vaping abuse, and in particular, the use and abuse of Juul devices, has led to several disruptions to the learning environment at our school. Immense amounts of administrative and counseling department time have been spent in investigating abuses of our school's policies, researching and deploying anti-vaping curricular assistance to our students and parents, and conducting follow-up to ensure that our students are not continuing to abuse these substances, and others.”

# School nurse- Diane Kirson-Glitman RN

## Essex High School and CTE:

“... Now, with vaping and juul these nicotine delivery devices, that may not produce significant vapor or smoke are being used in classrooms, locker rooms, bathrooms and hallways. The products are being used by athletes, high flyers, and generally across all demographic and achievement lines. Students as young as 14 in my school admit to using juul and continue to believe it is not harmful.

Vape devices drop out of pockets while students are seeking care in the health office. Teachers find students using juul in classes, in the bathrooms and all over the school. The technology that makes the use difficult to detect add to the thrill. Some of the devices can be hacked for other substances and complicate our substance abuse issues.”

# Gar Smith, School Prevention Coordinator, South Burlington

“...We have 18 and over students in our school that run a profitable business with our younger students by selling pods and other nicotine liquids. In the South Burlington community our middle school students ride busses with our high school students. So now we have 18 year old students selling to an audience of 11-13 year olds. This happening every day.

There have been instances of violence connected to this drug, more than one. Notably in the first month of school there was one student who confronted another student about selling him a half empty pod. This led to 3 boys ganging up on the 1 and beating him up, breaking ribs, and being intervened with by our state’s justice system. All 4 boys were freshmen, age 14.”



# Mike McRaith, Principal, Montpelier High School

“Adding a highly addictive element like nicotine to any of the latest trends and fads takes advantage of a vulnerability that teens have, and though the teens might want to be “done with” the fad at some point, as is the case with e-cigarettes, the fad isn’t done with them.”

# Another concern -- E-cig transition to combustible tobacco products

- Youth who use e-cigarettes are four times more likely to transition to combustible cigarettes – JAMA
- E-cigarette use increases the frequency and intensity of cigarette smoking in the future – 2018 National Academy of Sciences, engineering and Medicine Report
- E-cigarette use is strongly associated with the use of other tobacco products among youth – 2016 U.S. Surgeon General's Report