

INDEPTH

Intervention for Nicotine Dependence, Education, Prevention, Tobacco and Health (INDEPTH) Training for Students



Teen tobacco use has long been linked to lifelong dependency, with 9 out of 10 cigarette users claiming they picked up their first cigarette before the age of 18. The introduction of e-cigarettes has amplified the problem: Over the course of just one year, vaping's popularity grew from 2.1 million in 2017 to 3.6 million in 2018, prompting the U.S. Surgeon General to declare e-cigarette use among our youth an epidemic.

HOW INDEPTH WORKS

The goal of every program is to educate students about nicotine dependence and cravings and ultimately guide them through the process of identifying their own reasons for chewing, smoking or vaping tobacco products.

INDEPTH TRAINING SESSIONS

- **Session 1: Getting the Facts:** Breaks down the program for participants
- **Session 2: Nicotine Dependence:** Explains the harmful effects of nicotine and tobacco products
- **Session 3: Alternatives:** Helps teens understand their urges and identify healthy alternatives to replace tobacco use
- **Session 4: Past, Present, Future:** Talks about next steps and how to avoid future tobacco-related problems



E-CIGARETTES & VAPING: WHAT SCHOOLS SHOULD KNOW

Today's threats to lung health include what the U.S. Surgeon General has called a youth vaping epidemic. We are moving swiftly to bring medical expertise to the conversation, create new programs for teens and schools, advocate for federal regulation and help people end their addiction to vaping.

Because, when you can't breathe, nothing else matters®.
-American Lung Association

MOST COMMON REASONS KIDS VAPE INCLUDE¹:



55% "Curious about them"

31% Use by a "friend or family member"

22% Availability of "flavors such as mint, candy, fruit or chocolate"

ABOUT THESE PRODUCTS

- E-cigarettes or vapes heat e-liquid, typically containing nicotine, that produces a chemical-filled aerosol.
- Many e-liquids or e-juice come in flavors including fruit and mint making them appealing to kids.
- JUUL, which looks like a USB flash drive and produces minimal visible aerosol is popular among teens. JUUL pods—which contain e-liquid—contains the same amount of nicotine as a pack of cigarettes, making them highly addictive.



QUESTIONS?

Email Bryan Bilse at
bilsebr@lodi-schools.wi.org



Lodi Community
Action Team (LCAT)



www.LodiAction.org

@LodiAction

SOURCE FOR ALL INFORMATION:
www.lung.org/INDEPTH



¹ Centers for Disease Control and Prevention. Tobacco Product Use and Associated Factors Among Middle and High School Students — United States, 2019. Morbidity and Mortality Weekly Report. December 6, 2019; 68(SS12):1-23.