

An aerial photograph of a city, likely Las Vegas, featuring a large body of water with a marina, a prominent stadium with a blue and white facade, and a dense urban landscape with various buildings and parking lots. The sky is bright blue with some light clouds. A diagonal shadow is cast across the left side of the image.

# Youth Leaders for Tobacco Control

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# Agenda

- ❑ Introduction
- ❑ Y.L.T.C goals
- ❑ The rise of E-Cigarettes
- ❑ How you can support us

# About Us

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- Ava Carbonara
- Victor Sandoval
- Jakarta Robinson
- Kimberly Morales



# About Youth Leaders for Tobacco Control

- Youth Leaders for Tobacco Control, or YLTC, is a youth-driven coalition that fights against the rise of teenage nicotine addiction.
- Examples of our Youth Leader activities:
  - Educating ourselves and others on the dangers of tobacco and vaping products.
  - Attending and speaking at City Council meetings.
  - Hosting cigarette butt clean-ups & other events.
  - Presenting to local stakeholders.



# E-Cigarettes

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Also referred to as e-cigs, vapes,  
mods, JUULS, and ENDS  
(electronic nicotine delivery  
systems)



E-pipe



E-cig

A collection of five Puff Bar disposable e-cigarette packs. From left to right: Café Latte (yellow/gold), Pomegranate (red), O.M.G. (orange/red), Pink Lemonade (pink), and Tobacco (brown/gold). Each pack features the Puff Bar logo and a warning label at the bottom.

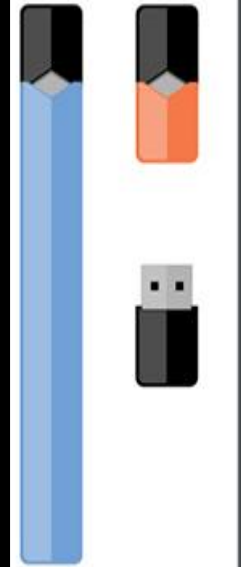
WARNING: This product contains nicotine. Nicotine is an addictive chemical.

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

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

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



rechargeable e-cigarette



Disposable e-cigarette

## Puff Bars: The New Trend

- Uses nicotine salts.
- Designed for one-time use.
- Not subject to the new federal policy regulating flavored e-cigarettes.
- Since Puff Bars are marketed as disposable with only minimal disposal instructions, they're likely to be littered.

# Flavors

- Flavors enhance the appeal of e-cigarettes.
- 97% of all youth who vape use flavored e-cigarettes.
- Adults are more likely to report using tobacco flavor alone. Whereas, youth are more likely to report using fruit and candy.



# E-Cigarettes are the most commonly used tobacco product among youth

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- In 2018, more than **3.6 million** middle and high school students used e-cigs in the past 30 days.
  - **4.9%** middle school students
  - **20.8%** high school students
  - More than **8 out of 10** current youth e-cig users use flavored e-cigs



# How Nicotine Affects the Brain

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- **The Brain is still growing until the age of 25.**
  - **Therefore, teenagers are especially vulnerable to addiction.**
  - **Nicotine consumption can result in long-term negative effects on the brain.**
  - **Nicotine can also prime the teenage brain for more deadly addictions.**

# Other Health Effects

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- E-Cigarettes produce an aerosol, not a vapor.
  - This aerosol contains deadly chemicals.
- These aerosols can also contain toxic heavy metals such as nickel, tin, and lead.
- Even acute nicotine exposure can be dangerous.
  - Some children have been poisoned by absorbing e-cigarette liquid.
- EVALI (e-cigarette or vaping product use-associated lung injury)

# Vaping & Covid-19

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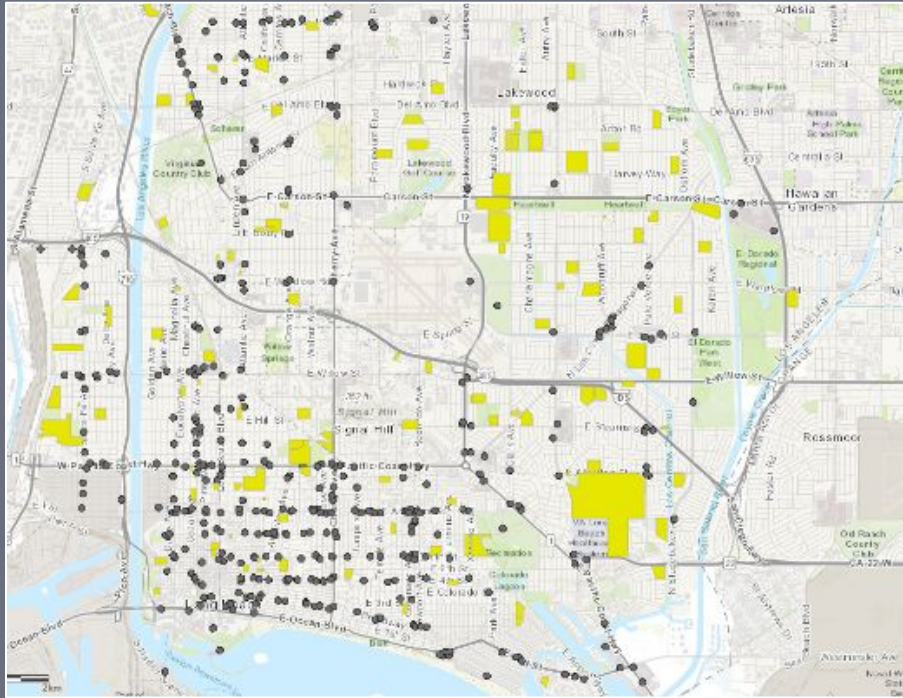
- Youth who vape are 5-7 times more likely to be infected than those who do not smoke.
- Smoking weakens the lungs, leaving them vulnerable to viruses like Covid-19.

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# Real Stories & Experiences

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# Long Beach Tobacco Retailers & Schools



- Tobacco retailers target youth and POC.
- Higher density of tobacco retailers in districts with higher % of latinx and black youth.
- Other targeted youth groups:
  - LGBTQ+
  - Low-Income

# Flavor Ban & Tobacco Policy

- **SB 793 Bill**
  - California bill to prohibit sale of all flavored tobacco.
  - Referendum funded by tobacco industry.
- **Long Beach Ordinance**
  - Renewal of current flavored tobacco ordinance.

# Quitting Resources

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Text "Quit Smoking" to 66819

Text "Quit Vaping" to 66819

Smoking: 1-800-QUIT-NOW

1-800-784-8669

Vaping: 1-844-8-NO-VAPE

1-844-866-8273

Sources: [cdc.gov](https://www.cdc.gov), [nobutts.org](https://www.nobutts.org),  
[longbeach.gov](https://www.longbeach.gov)



- Leadership Skills
- Team Building
- Travel Opportunities
- Resume & College Application Building
- Positively Impact our Community!

# Youth Leaders for Tobacco Control



Next Virtual Meeting - February 03, 2021  
3:30pm - 5pm

Join Zoom Meeting  
<https://longbeach-gov.zoom.us/j/98050708093?pwd=dEVlTUh6ckhOaFFZdHZMQnlaakthZz09>

A beach scene with several tall palm trees in the foreground. In the background, there are modern buildings and a clear blue sky. The text "Thank You!" is overlaid in large white letters, with a horizontal line underneath it. Below the line, the text "- Youth Leaders for Tobacco Control" is written in a smaller white font.

# Thank You!

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- Youth Leaders for Tobacco Control