

Healthy Choices: Understanding the Impact of Vape Produce Use on College Students' Health and Well-Being



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Today's Agenda

1. Vape Product Quiz and Video
2. Previous Vape Product Research at UH Manoa
3. Current BASICS and Vape Product Cessation Support
4. Future Directions-JUUL Grant and UHM Tobacco Cessation Campaign

What are some reasons students start vaping?

- A. Friends are doing it
- B. Flavors
- C. Stress
- D. All of the above



What is true about e-cigarettes? They are...

- A. Electronic nicotine delivery devices
- B. Advertised and targeted to youth
- C. A fire hazard
- D. All of the above

HEALTH PROMOTION PROGRAM

QUIT VAPING

WE KNOW IT'S HARD,
BUT DO IT FOR YOUR
FURBABY

YOU GOT THIS

We Can Help

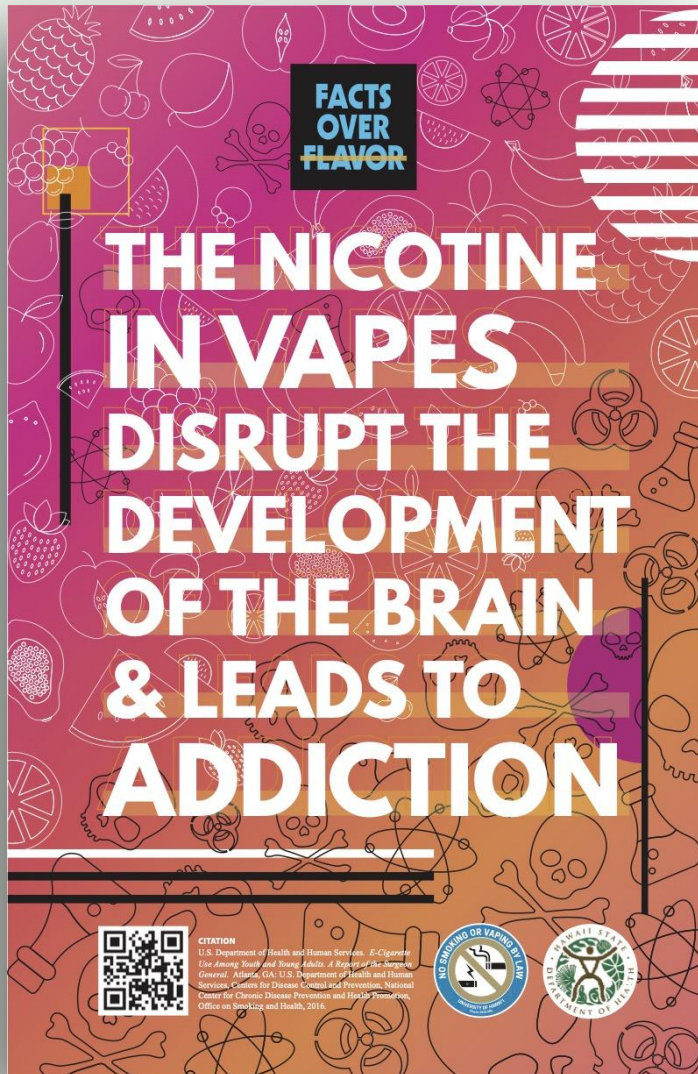
ASK ABOUT OUR ONGOING EDUCATIONAL SESSIONS & SHORT TERM COUNSELING

For more information call **Health Promotion** at (808) 956-3574 or visit us in **QLCSS, Room 406.**

HAWAII TOBACCO QUITLINE
1-800 QUIT-NOW
HawaiiQuitline.org | 1-800-784-8668

The poster features a young boy with dark curly hair, wearing an orange shirt, smiling and holding a white dog with orange ears. The background is a stylized illustration of a tropical beach at night with palm trees and a starry sky. The text is arranged in a circular and rectangular layout with various colors and fonts.

Which of these is an effect of nicotine?



A. Makes e-juice sweeter

B. Causes comas

C. Primes the brain for addiction

D. All of the above

How does vaping affect the heart?

- A. Increases heart rate
- B. Constricts blood vessels
- C. Increases risk of heart disease

D. All of the above



What are some withdrawal symptoms of vaping?

- A. Difficulty sleeping
- B. Excessive thirst
- C. Difficulty concentrating
- D. All of the above



True or False: If someone vapes around you, you can have health consequences, too.

A. True

B. False

FACTS OVER FLAVOR

**THE TRUTH IS...
NOW
IS THE TIME TO
QUIT
the
NIC***

QUIT FOR COVID

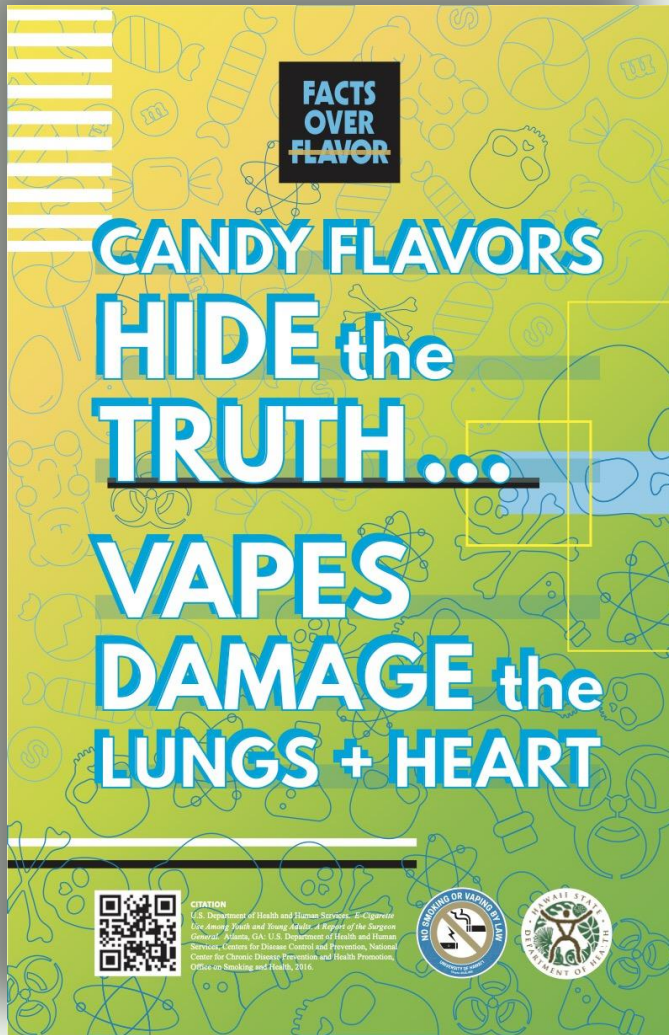
*QUIT the NIC - Call or search Hawaii Tobacco Quitline, 1-800-QUIT-NOW.

SCAN ME

CITATION
U.S. Department of Health and Human Services. *E-Cigarette Use Among Youth and Young Adults: A Report of the Surgeon General*. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2016.

NO SMOKING OR VAPING HERE

HAWAII STATE DEPARTMENT OF HEALTH



True or False: If you become addicted to nicotine at a young age, you are more likely to try and become addicted to other substances (i.e. alcohol, opioids, cocaine, etc.) down the road.

A. True

B. False

If it's so dangerous, why do students vape?

- The nicotine in tobacco products is the most addictive drug known to man, more addictive than heroin, cocaine, or alcohol.
 - One Juul pod is equivalent to 2-3 packs of cigarettes
 - Most vape product users want to quit but feel they can't
 - Aggressive Marketing
- Tobacco companies target specific vulnerable groups, including highschool and college students



The Impact of Vape Products Use



2020-2021 Qualitative Vape Product Research Study at UH

- Majority of participants identified that peer influence was the primary reason they started to vape and is also a primary barrier to cessation.
- All study participants had one or more failed quit attempts. Many felt discouraged that they can't stop using vape products.
- Most identified vape use as a habit, rather than recognizing it as a physical dependence on nicotine.
- Participants recognized negative mental and physical health effects of using e-cigarettes.
- Many participants stated they would have benefited from support when attempting to quit rather than quitting alone.

2025 UHM Vape Product Survey



Only 30% of UHM students were aware of the University's Vape Cessation Program

- 34% of UHM Students surveyed report they have used vape products
- 24% of UHM Students surveyed are current* vape product users
- 76% of UHM Students who vape are dependent** on nicotine

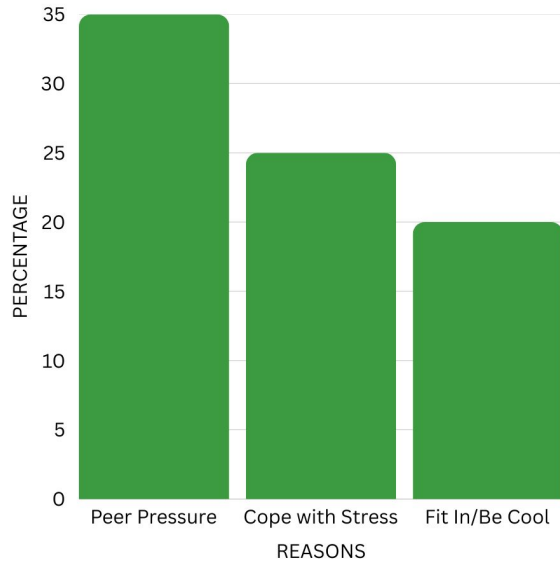
N = 475 UH Manoa Students

*Current use is defined as use within the past 30 days

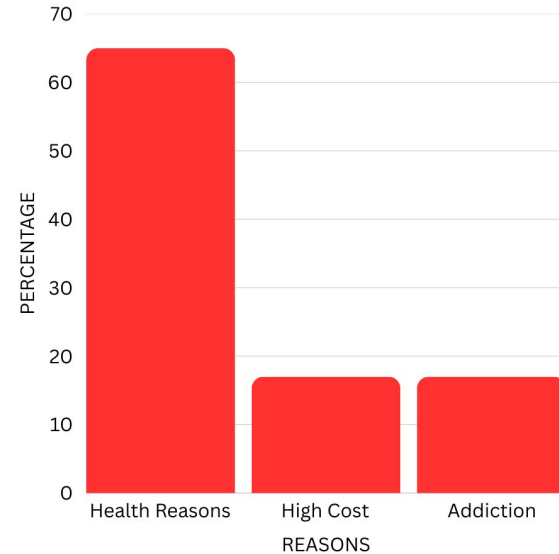
**Nicotine dependency is defined as use tobacco use one or more times a day

2025 UHM Vape Product Survey

Top 3 Reasons UHM Students Start Vaping



Reasons UHM Students Stop Vaping



- UHM Students surveyed report peer pressure as the main reason people start vaping
- UHM Students surveyed report health concerns as the main reason people stop vaping
- UHM Students surveyed report addiction as a major barrier to quitting vaping

Brief Alcohol Screening and Intervention for College Students (BASICS)

- Typically two sessions over the span of two weeks
 - Each session about 1-2 hours
 - Session 1 - Intake and Screening
 - Session 2 - Goals, resources, referrals, conversation
- Referrals
 - Student Housing (sanctioned)
 - Conduct Office (sanctioned)
 - Counseling Center (walk-in)
 - Student Health Clinic (walk-in)
 - Faculty (walk-in)

Quit Da Vape

- Free vaping cessation for UHM Students
- Structure sessions that will provide one-on-one coaching to help students develop a quit plan tailored to their needs.
- Provide students with information on the health risks of vaping, nicotine addiction, and strategies for quitting.
- Guidance on managing stress, anxiety, and triggers without relying on vaping.
- Tools and strategies to monitor cravings, triggers, and successes.

NO
VAPE

JUUL Grant Initiative: UH Manoa Vape Product Cessation Campaign

This Initiative is a collaborative effort between UH Manoa and the Hawaii State Department of Health-Tobacco Prevention and Education Program. This multi-year project is designed to:

- 1. Raise Awareness and Outreach:** Engage students and raise awareness about vape product cessation programs. Provide campus-wide outreach driven by peer educators.
- 2. Research and Data Gathering:** Gather data on tobacco use patterns, attitudes towards tobacco, and awareness of existing cessation resources among the student population. Conduct research to monitor students' cessation efforts and their use of nicotine replacement therapy (NRT).
- 3. Training and Dissemination of Information:** Create impactful messages that resonate with students and focus on the benefits of quitting the use of tobacco products.
- 4. Promote Campus and Community Resources:** Host workshops, seminars, and establish peer-led support groups and ambassador programs to encourage a tobacco-free lifestyle.

