

Students Who Smoke or Vape: A Red Flag for Supports

Deb Drandoff, Director

Prevention, Youth, and Treatment Services

Educational Service District 112

Tobacco Use and Behavioral Health



- 70% of substance abuse treatment clients are tobacco users, making nicotine dependence the **most common substance use disorder**



- Recent study showed recovering alcoholics who smoke are twice as likely to **relapse** within three years, than those who do not smoke (Goodwin, 2015)



- Smokers pay the price:
 - Tobacco related illness is the **leading cause of death** for those in Recovery

More on Tobacco Use and Behavioral Health 2



- People with serious mental illness have a **25 year shorter life span** than the general population

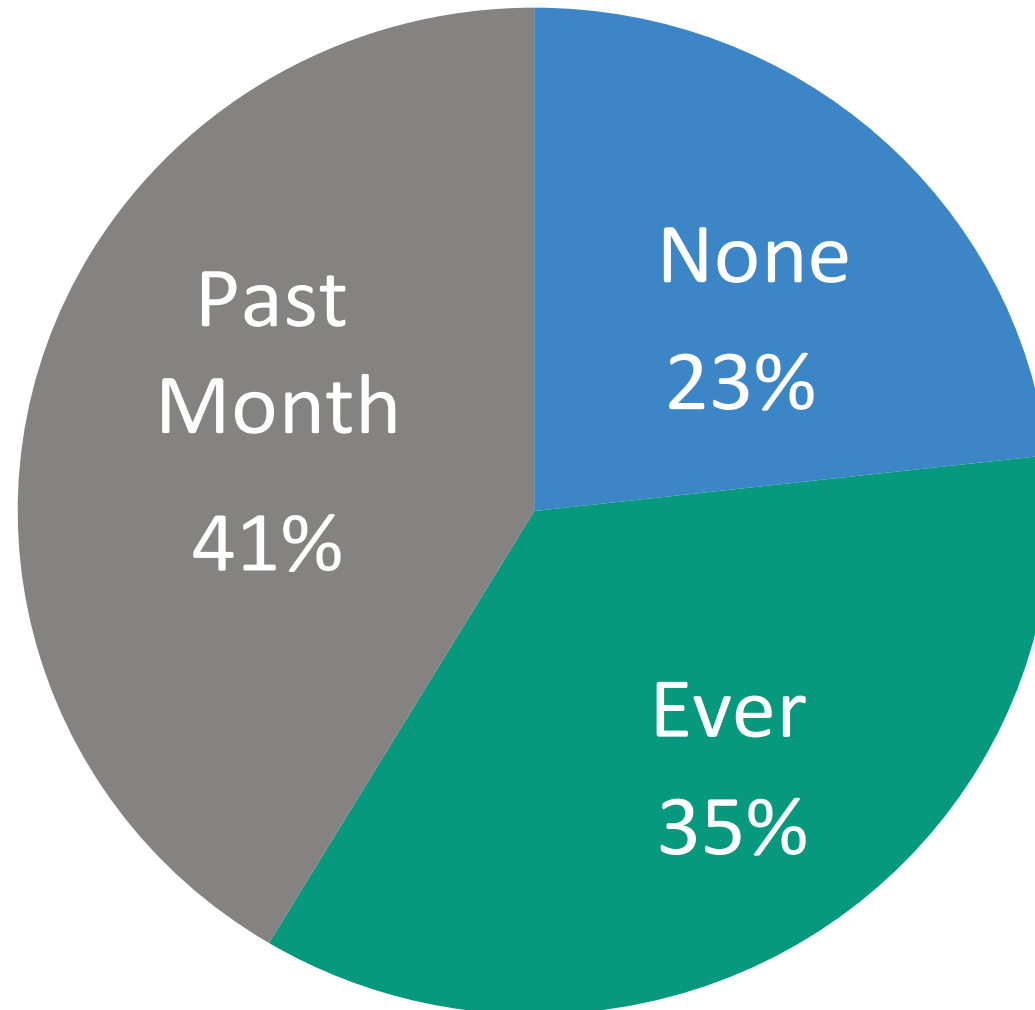


- 40-70% of adults with **mental health disorder** use tobacco, compared to 17% of the general population



- This population has:
 - 2x Cardiovascular disease
 - 3x Respiratory disease
 - 3x Cancers

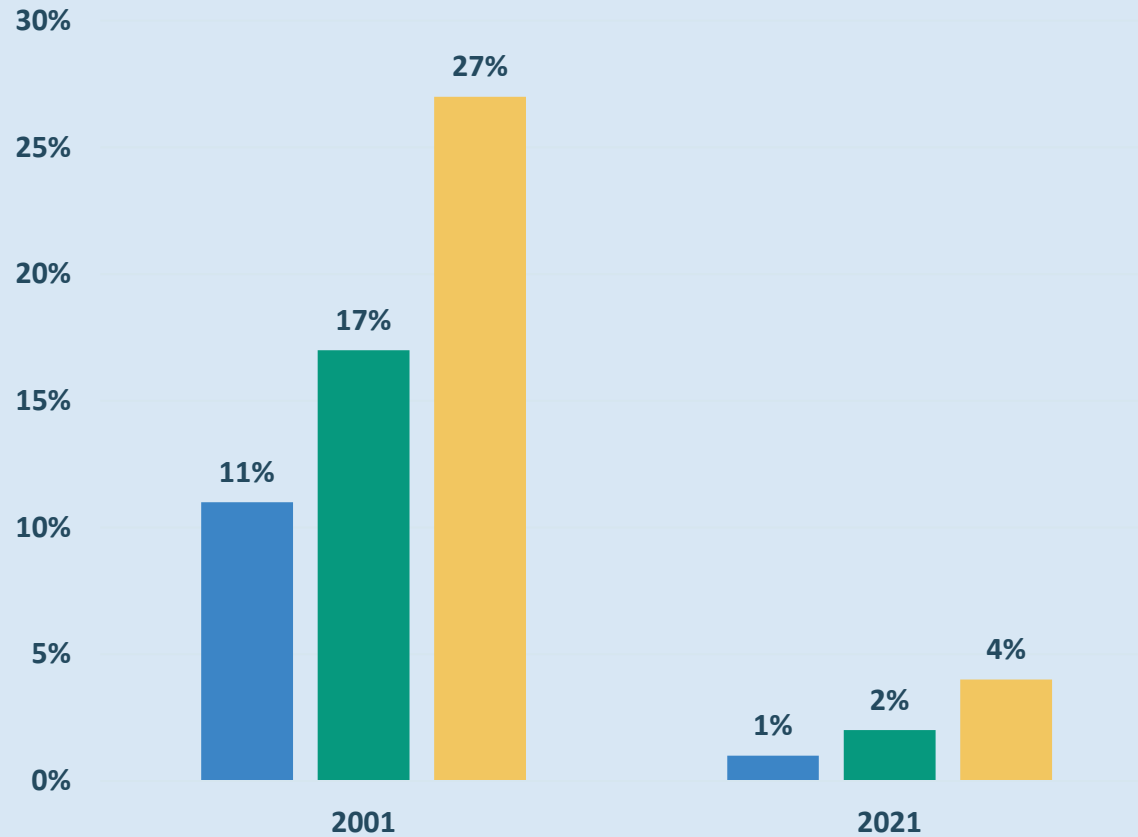
Current Smokers by Mental Illness and Substance Abuse Disorder History



*Lasser, et al, JAMA, 2008

We've come a long way...

Tobacco Use Rates: 2001-2021



Tobacco use rates as of 2021

8th grade – 1% down from 11% in 2001

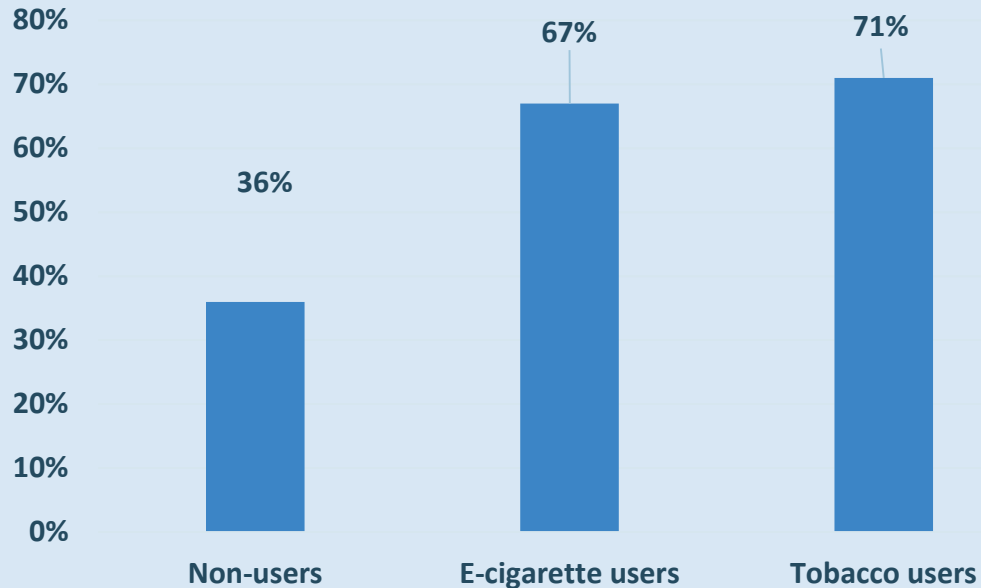
10th grade – 2% down from 17% in 2001

12th grade – 4% down from 27% in 2001

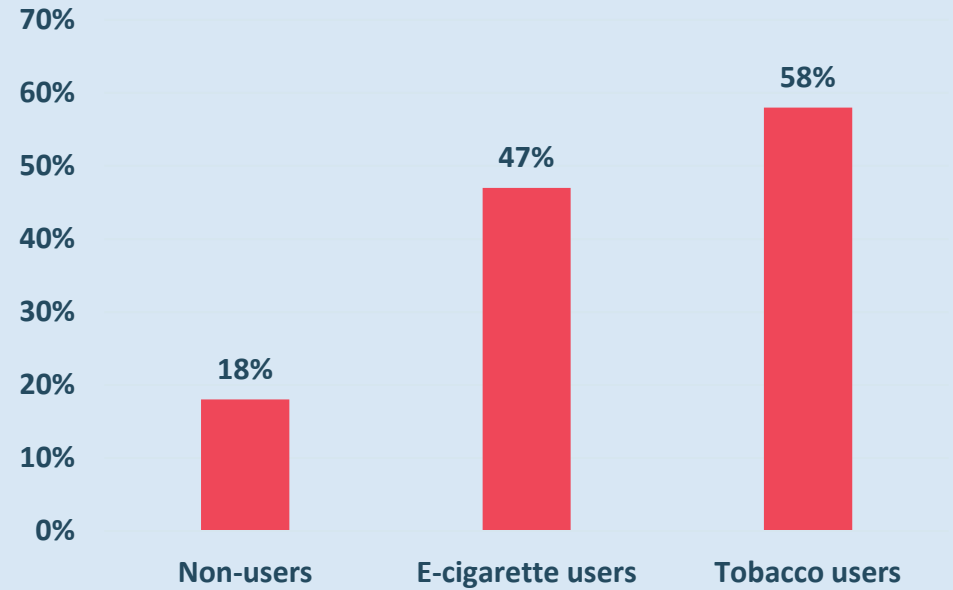
Why do we need to address youth tobacco use?

2021 HYS 10th graders – 2% report tobacco use, 8% report e-cigarette use

Percentage of Youth Reporting Depression Symptoms



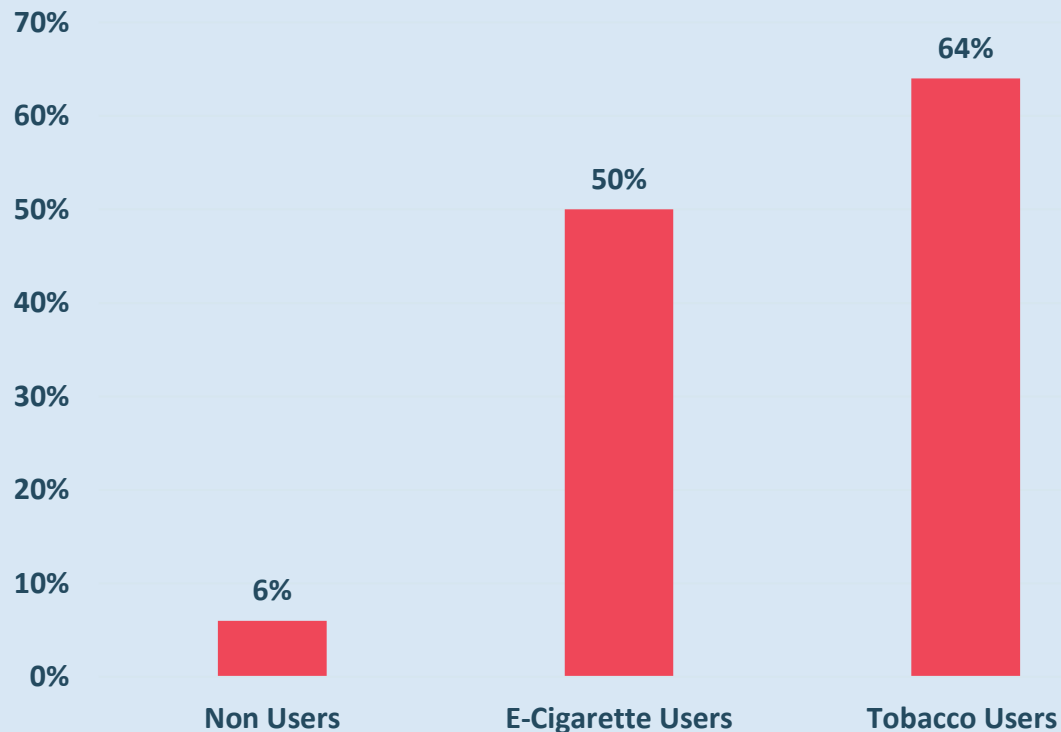
Percentage of Youth Reported Contemplating Suicide



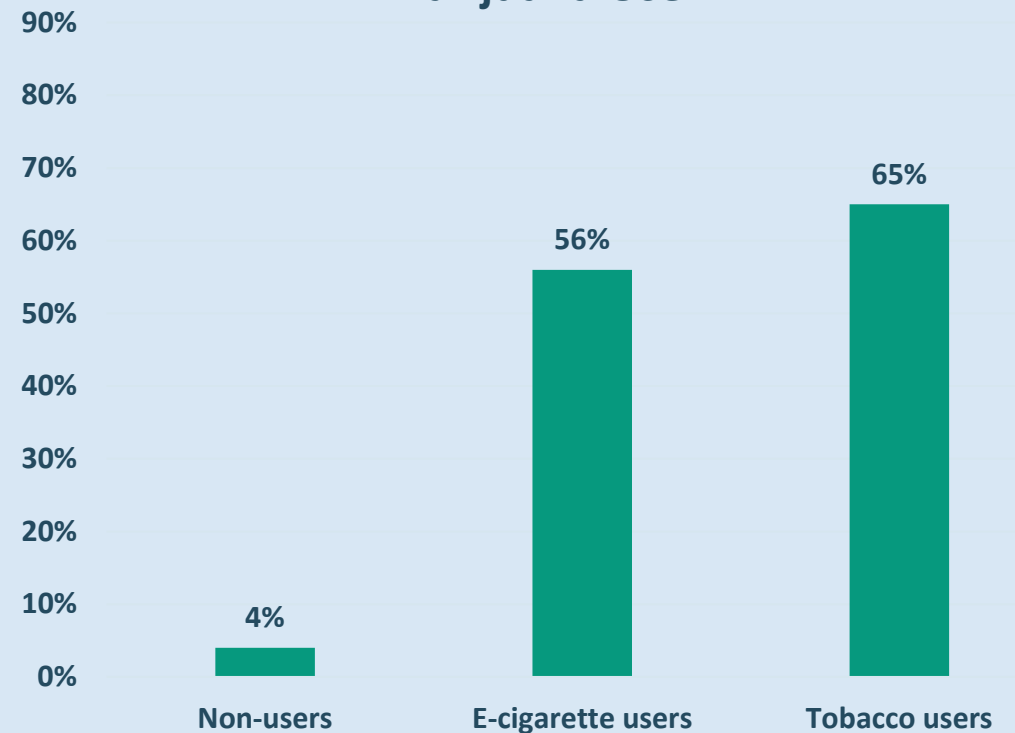
Why do we need to address youth tobacco use?

2021 HYS 10th graders – 2% report tobacco use, 8% report e-cigarette use

Percentage of Youth Reporting Using Alcohol



Percentage of Youth Reporting Marijuana Use



Nicotine Effects Receptor Activation

Increase
arousal

Heighten
attention

Influence
stages of
sleep

Produce
states of
pleasure



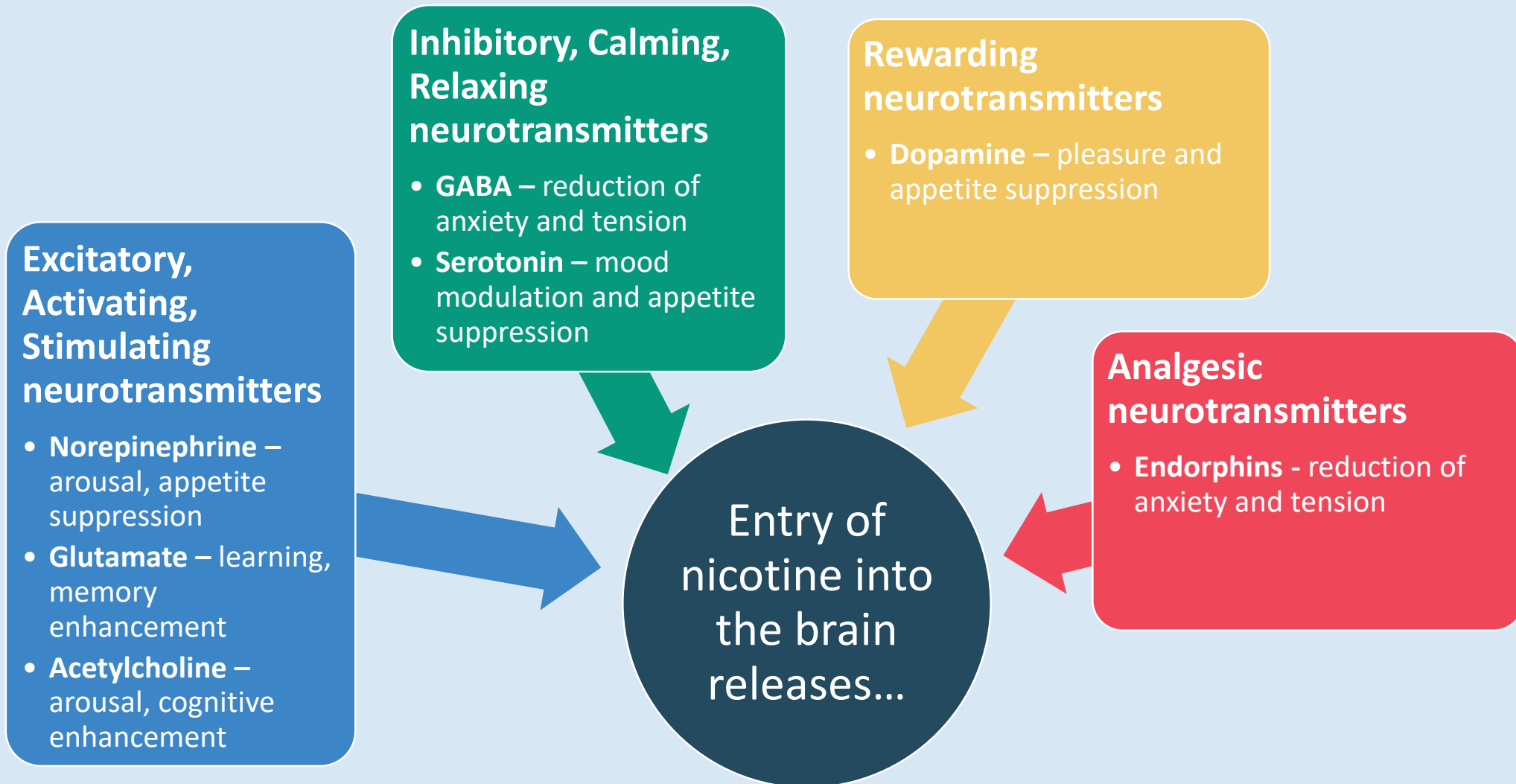
Decrease
fatigue

Decrease
anxiety

Reduce pain

Improve
cognitive
function

Nicotine Neurochemistry



Nicotine Effects Withdrawal Symptoms

Mentally
sluggish

Inattentive

Insomnia

Boredom and
dysphoria



Fatigue

Anxiety

Increase pain
sensitivity

Worsen
cognitive
function

Big Ideas: Recommendations For Schools



Reframe thinking of tobacco/vape violations from a discipline issue to a student of concern



Combine tobacco and alcohol/other drug policy and add vape devices




Minimize time out of school




Screen all youth caught using tobacco or vape products for substance use or mental health assessment or referral needs




Resources




[Washington Healthy Youth Survey data](#)




[Washington state resource website for vaping and schools](#)




[Washington Department of Health Tobacco Prevention](#)



[Center for Disease Control and Prevention \(CDC\) Youth Tobacco Prevention resources](#)



[US Food and Drug Administration \(FDA\) Youth Tobacco Prevention resources](#)



[Campaign for Tobacco Free Kids](#)