Severe Lung Illness Linked to Use of Vaping Products

Clark County Board of Health

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Vaping Devices

• Electronic cigarettes – or e-cigarettes — are also called vapes, JUULs, e-hookahs, vape pens, mods, tanks or electronic nicotine delivery systems (ENDS).

• Using an e-cigarette product is commonly called vaping.

• E-cigarettes work by heating a liquid to produce an aerosol that users inhale into their lungs.

• The liquid can contain: nicotine, tetrahydrocannabinol (THC) and cannabinoid (CBD) oils, flavoring agents, and other substances and additives.
National Data – What We Know

- At least 530 cases of lung injury reported from 38 states and 1 U.S. territory.
- Seven deaths have been confirmed in 6 states in California (2), Illinois, Indiana, Kansas, Minnesota, and Oregon.
- Sex and age data on 373/530 cases.
  - Nearly three fourths (72%) of cases are male
  - Two thirds (67%) of cases are 18 to 34 years old
  - 16% of cases are under 18 years and 17% are 35 years or older
National Data – What We Know

- All reported cases have a history of e-cigarette product use or vaping.
- No consistent evidence of an infectious cause.
- The suspected cause is a chemical exposure.
- Most patients have reported a history of using e-cigarette products containing THC.
- Many patients have reported using THC and nicotine.
- Some have reported the use of e-cigarette products containing only nicotine.
National Data – What We Don’t Know

• The specific cause of these lung injuries.

• The investigation has not identified any specific e-cigarette or vaping product (devices, liquids, refill pods, and/or cartridges) or substance that is linked to all cases.
## Washington Cases as of September 23

<table>
<thead>
<tr>
<th>County</th>
<th>Month Illness Occurred</th>
<th>Count and Age Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mason</td>
<td>Sep 2019</td>
<td>1 (20-29 years old)</td>
</tr>
<tr>
<td>King</td>
<td>Aug 2019</td>
<td>1 (10-19 years old)</td>
</tr>
<tr>
<td>King</td>
<td>Sep 2019</td>
<td>1 (30-39 years old)</td>
</tr>
<tr>
<td>Snohomish</td>
<td>Aug 2019</td>
<td>1 (20-29 years old)</td>
</tr>
<tr>
<td>Spokane</td>
<td>Aug 2019</td>
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</tbody>
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Youth Vaping
Fall 2018: over 230,000 students participated
Over 900 schools administered the survey,
All 39 Washington counties and 228 school districts.
Washington State - Good News

• The percentage of teens reporting cigarette smoking in 2018 was $< \frac{1}{2}$ of what it was in 2008.
  • 8th graders, down from 7% to 3%
  • 10th graders, down from 14% to 5%
  • 12th graders, down from 20% to 8%
Washington State - Bad News

- E-cigarette/vapor product use increased significantly between 2016 and 2018.
  - 8th grade, up from 6% to 10%
  - 10th grade, up from 13% to 21%
  - 12th grade, up from 20% to 30%
Youth who vape are more likely to smoke cigarettes and use marijuana.

- 9 out of 10 people who smoke start by age 18.
- Among 10th graders who reported using vapor products in the past 30 days, 56% of reported vaping nicotine; and about 21% reported vaping THC (marijuana)
- 55% of 10th grade youth who vaped also reported using marijuana in 2018, compared to 7% of those who do not vape.
- 16% of 10th grade youth who vaped also reported smoking cigarettes, compared to 1% of those who do not vape.
Youth do not perceive vapor product use as risky and find the products accessible.

- Only about one-third (35%) of 10th grade youth perceived great risk of harm from using electronic cigarettes regularly, although 74% perceived great risk from smoking one or more packs of cigarettes daily.

- 68% of 10th graders reported borrowing their vapor products, asking someone to purchase them, or getting them from a family member.
The vaping epidemic has reversed decades of progress reducing youth nicotine use. We have failed to prevent a new generation of nicotine use.
Clark County Youth Vaping

See handouts
• Until we know more, refrain from using vaping products.

• Anyone who has recently used a vaping device and develops symptoms such as cough, shortness of breath, or chest pain, should promptly see a healthcare provider.

• Anyone who uses a vaping product should not buy these products (e.g., products with THC or CBD oils) off the street, and should not modify or add any substances to these products not intended by the manufacturer.

• Youth, young adults and pregnant women should not use vaping products.

• Anyone who used e-cigarettes containing nicotine to quit cigarette smoking should not return to smoking cigarettes.

• Anyone using tobacco or vaping products and attempting to quit should use evidence-based treatments, including counseling and FDA-approved medications; those needing help should contact their health care provider.