



VENTURA COUNTY
PUBLIC HEALTH
A Department of Ventura County Health Care Agency

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VENTURA COUNTY PUBLIC HEALTH

Tobacco Education and Prevention Program

Yaderi Salazar Ortega
Community Services Coordinator

Learning objectives

- ✓ Briefly the origin of tobacco
- ✓ Addiction
- ✓ Toxic chemicals
- ✓ The adolescent brain
- ✓ Knowing the signs and identifying the health risks of electronic nicotine delivery systems
- ✓ Electronic devices
- ✓ Secondhand smoke and thirdhand smoke

Tobacco



Production

Tobacco production began in the 19th century.

It is used traditionally for trade and ceremony in the Americas

Tobacco is grown and processed, and then added to other ingredients to create products such as cigarettes and chew.



Health Effects

- A natural component of tobacco is nicotine, which is a highly addictive stimulant.
- When nicotine is first used, pleasure is felt. Over time, the user needs nicotine just to feel "normal".
- When smoking tobacco, we inhale carbon monoxide, cyanide and carcinogens that have been shown to cause heart and lung disease, as well as various forms of cancer.



Environmental Effects

- Tobacco production requires considerable use of pesticides, which, along with fertilizers, end up in the soil and waterways.
- In certain regions, heavy deforestation occurs to harvest the wood needed to cure, package and roll tobacco plants.
- Cigarette butts are the world's leading source of litter.



Increased Dependency (Addiction)

Tobacco companies design their products to maximize dependence (addiction).

This way, they keep their customers and increase their profits. (\$\$\$\$\$\$)

More nicotine

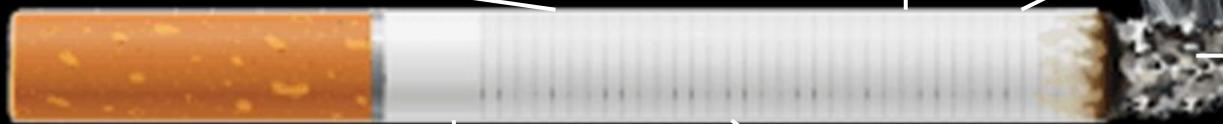
Tobacco companies control the administration and amount of nicotine, thus guaranteeing addiction.

Flavorings

The added flavors mask the harshness of the smoke and increase the appeal of the products to new users, especially young people.

Bronchodilators

The added chemicals expand the airways of the lungs, making it easier for tobacco smoke to enter the lungs.



Menthol

Menthol is a flavoring that produces a cooling and anesthetic sensation in the throat to reduce irritation and facilitate the passage of smoke..

Ammonia compounds

Ammonia compounds are added to increase the speed at which nicotine reaches the brain.

Sugars and acetaldehyde

Added sugars make it easier to inhale tobacco smoke and form acetaldehyde, which enhances the addictive effects of nicotine.



Toxic Chemicals Found in Cigarettes



Acetone



Cadmium



Butane



Benzene



Arsenic



Formaldehyde



Carbon monoxide

The adolescent brain: A work in progress



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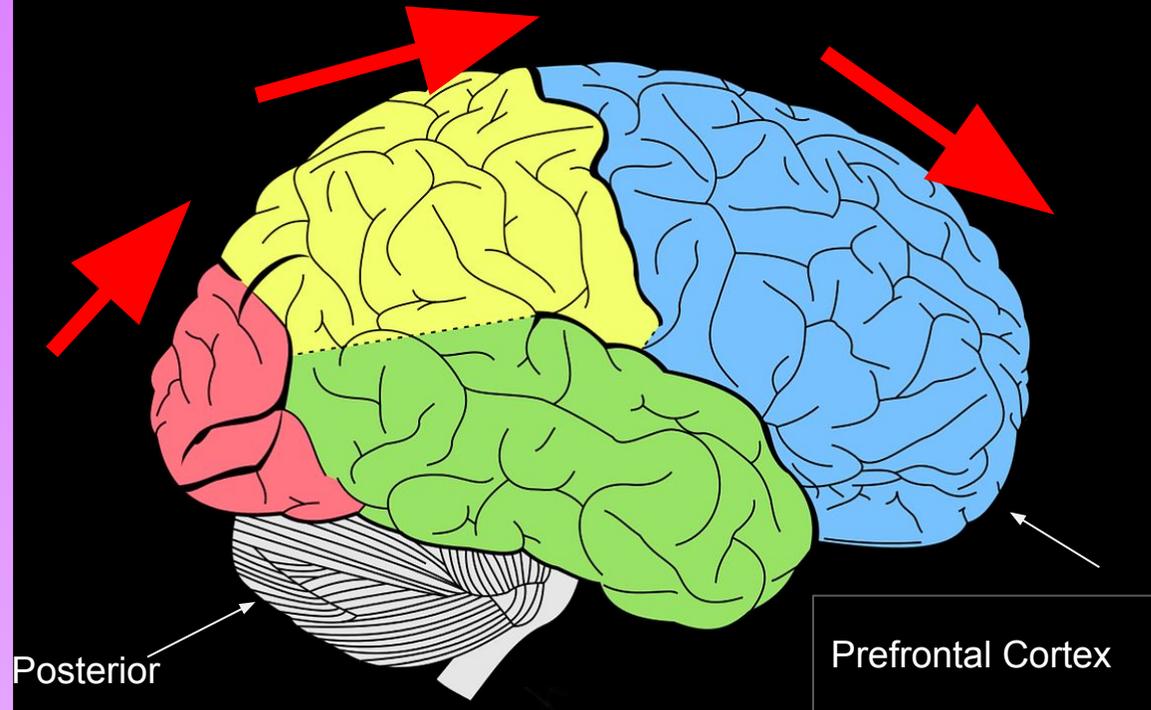
The teenage brain and drugs

tobaccopreventiontoolkit.stanford.edu

NICOTINE =
Addiction



Credit: NIDA.NIH.gov, Canva.com



Credit: Pixabay.com

Signs and Indicators

Electronic Cigarettes

- Sweet smells
- Increased thirst
- Decreased sense of taste
- Nosebleeds
- Acne
- Pneumonia
- Finding unfamiliar USB drives, battery chargers or spare parts
- Red and irritated eyes



Common withdrawal symptoms

- Irritability, sadness
- Restlessness, feeling anxious
- Depressed, annoyed, or moody
- Trouble sleeping and concentrating
- Desire to smoke (nicotine)
- Feeling hungrier or gaining weight
- Nicotine addiction can be a source of stress.
- Inhaling too much nicotine can cause poisoning.**



Credit: https://e-cigarettes.surgeongeneral.gov/documents/2016_SGR_ECig_FAQ_508.pdf

Image: <https://www.vapingfactcheckvc.org/>

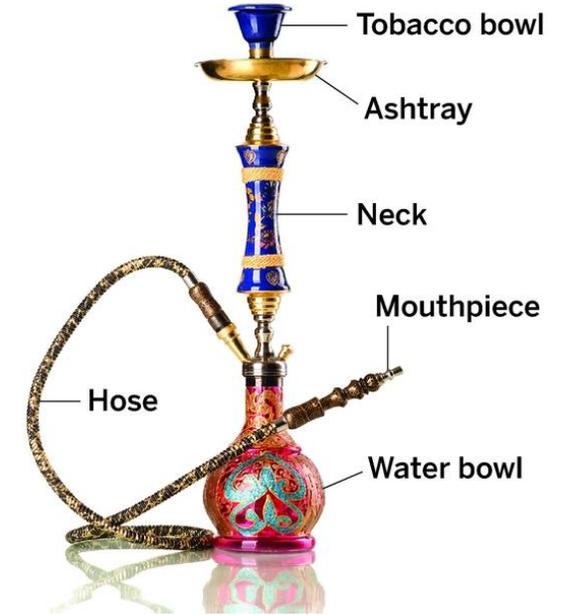


Charger

Flavored products and flavors - Small Cigars and the Pipe +



E-Juice



Chemical substances in vaping

Propylene glycol



Acetone



Ethylbenzene



Formaldehyde



Nicotine



Rubidium



SHORT-TERM HEALTH EFFECTS MAY INCLUDE +:

- DRY MOUTH
- IRRITATION OF THE MOUTH
- SORE THROAT
- MOUTH ULCERS
- DRY CUTS
- DIZZINESS
- NAUSEA
- HEADACHE
- ALLERGIC REACTIONS

TOBACCO INDUSTRY'S **Poster Child**

EIGHTY-FIVE PER CENT OF SMOKERS START BEFORE THEIR 16TH BIRTHDAY.
DON'T BECOME A TOBACCO INDUSTRY POSTER CHILD.



Smoke is Smoke... Benefits of living in a smoke-free home

- What is secondhand smoke?
- **Tobacco**
- **Vaping**
- **Marijuana**
- How does secondhand smoke enter your home?
- There is no risk-free level of exposure to secondhand smoke.
- Secondhand smoke harms you and your family.
- Benefits of smoke-free housing
- What can you do about it?



- Smoking cessation resources: www.kickitca.org
English: 1-800-300-8086
Spanish: 1-800-600-8191



Secondhand smoke

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Nicotine

Heavy
Metals

Ultrafine
particles

Cancer-causing
chemicals

Volatile organic
compounds

Thirdhand smoke

tobaccopreventiontoolkit.stanford.edu



Nicotine & other chemicals

References

□ Stanford University, Tobacco Prevention Toolkit

<https://med.stanford.edu/tobaccopreventiontoolkit.html>

□ Centers for Disease Control and Prevention

<https://www.cdc.gov/tobacco/campaign/tips/spanish/dejar-fumar/medicamentos/7-sintomas-comunes-de-abstinencia/index.html>

□ National Geographic

<https://www.nationalgeographic.es/nuevo-biomaterial-hecho-con-huesos-de-oliva-que-podria-sustituir-plastico>

□ Kick it California

https://kickitca.org/?gclid=EAlaIQobChMIoZKqvuHB-AIVICctBh1qvQJ2EAAAYASAAEgJIxuD_BwE

Questions?



Credito a la imagen: <https://sellingenergy.com/faqs/>

Thank you!

PROGRAMA DE EDUCACIÓN & PREVENCIÓN DEL TABAQUISMO

**Call it quits
¡libérese!**

805-201-STOP (7867)
callitquits@ventura.org


VENTURA COUNTY PUBLIC HEALTH
A Division of Ventura County Health Care Agency


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Freedom
FROM SMOKING™

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Tobacco Education and Prevention Program

Yaderi Salazar Ortega
Ventura County Public Health
Tobacco Education and Prevention Program
2240 E. Gonzales Rd, Suite 220
Oxnard, CA 93036
(805) 981-6633 desk phone
(805) 201- STOP (7867) Call it Quits Line
yaderi.salazar@ventura.org

Vicky Gonzales
Coordinadora del Programa
Ventura County Public Health
A Division of Ventura Health Care Agency
Tobacco Education and Prevention Program
(805) 981-6656
(805) 677-5220 Fax
Vicky.Gonzales@Ventura.org

PROGRAMA GRATUITO PARA DEJAR DE FUMAR



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Inscríbese hoy para recibir el apoyo de nuestros amables y expertos asesores. Servicios disponibles en español, inglés, chino, coreano y vietnamita. ¡Tenemos muchos recursos para ayudarle!

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PROGRAMA DE MENSAJES DE TEXTO
MATERIALES DE AUTOAYUDA**

Horarios
Lunes a viernes, de 7am a 9pm
y sábado, de 9am a 5pm

**¡Llame ahora!
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www.kickitca.org

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