

Bibliography for School/ Parent and Parent Council Vaping Discussions 2024

Knowledge Check

1. E-cigarette promotion is pervasive in the digital world: The “shared environment” of today’s youth ; Nicotine & Tobacco Research, ntab114.; Published: 09 June 2021; Renee D Goodwin; <https://academic.oup.com/ntr/advance-article/doi/10.1093/ntr/ntab114/6295294>
2. Bates, C., & Rowell, A. (2004). Tobacco Explained...The truth about the tobacco industry...in its own words. UCSF: Center for Tobacco Control Research and Education. Retrieved from <https://escholarship.org/uc/item/9fp6566b>

Let’s Talk about Nicotine

1. Centers for Disease Control and Prevention. (2014). Notes from the field: Calls to poison centers for exposures to electronic cigarettes—United States, September 2010–February 2014. *Morbidity and Mortality Weekly Report*, 63(13), 292–293. Retrieved from <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6313a4.htm>

What’s the big deal? Vapes are ‘safer’ than smoking....right?

- Electronic Cigarette Use and Myocardial Infarction. Cureus. 2023 Nov 6;15(11):e48402. eCollection 2023 Nov. Talal Alzahrani
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10700683/>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10700683/pdf/cureus-0015-00000048402.pdf>
- Alert: Public Health Implications of Electronic Cigarette Waste; American Journal of Public Health (AJPH); Published Online: October 10, 2018, Yogi Hale Hendlin; <https://ajph.aphapublications.org/doi/full/10.2105/AJPH.2018.304699>
- [E-cigarettes are creating a new source of pollution \(truthinitiative.org\)](https://truthinitiative.org) research conducted in 2020.
- [E-Cigarette, or Vaping, Products Visual Dictionary \(cdc.gov\)](https://www.cdc.gov)
- The Evidence of Electronic Cigarette Risks Is Catching Up With Public Perception; JAMA NetwOpen.2019;2(3):e191032.;Glantz<https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2729460>
- Cardiovascular Effects of Exposure to Cigarette Smoke and Electronic Cigarettes: Clinical Perspectives From the Prevention of Cardiovascular Disease Section Leadership Council and Early Career Councils of the American College of Cardiology [http://refhub.elsevier.com/S0828-282X\(22\)00503-7/sref67](http://refhub.elsevier.com/S0828-282X(22)00503-7/sref67)
- Hahn J, Monakhova YB, Hengen J, et al. Electronic cigarettes: overview of chemical composition and exposure estimation. Tob Induc Dis. 2014;12(1):23. Published 2014 Dec 9. doi:10.1186/s12971-014-0023-6
- Vaping Illnesses Linked to Vitamin E Acetate, CDC Says; <https://www.nytimes.com/2019/11/08/health/vaping-illness-cdc.html>
- Vaping-Induced Lung Injury; <https://www.nejm.org/doi/full/10.1056/NEJMe1912032>

- Alert: Public Health Implications of Electronic Cigarette Waste; American Journal of Public Health (AJPH); Published Online: October 10, 2018, Yogi Hale Hendlin; <https://ajph.aphapublications.org/doi/full/10.2105/AJPH.2018.304699>
- [E-cigarettes are creating a new source of pollution \(truthinitiative.org\)](https://truthinitiative.org) research conducted in 2020.
- [How Is Our Prefrontal Cortex Faring in this Toxic Era? | MedPage Today](#)

Vaping leads to smoking

1. Rotermann, M., & Gilmour, H. (2022, July 20). *Health Reports: Correlates of vaping among adolescents in Canada*. Statistics Canada. Retrieved from <https://www150.statcan.gc.ca/n1/pub/82-003x/2022007/article/00003-eng.htm>.
2. [Vaping in early teens linked to persistent and heavier smoking | BMJ](#)
3. <https://www.hopkinsmedicine.org/health/wellness-and-prevention/does-vaping-lead-to-smoking#:~:text=Nicotine%20in%20any%20form%20is,tobacco%20products%20such%20as%20cigarettes>
4. Banks E, Yazidjoglou A, Brown S, Nguyen M, Martin M, Beckwith K, Daluwatta A, Campbell S, Joshy G. Electronic cigarettes and health outcomes: systematic review of global evidence. Report for the Australian Department of Health. National Centre for Epidemiology and Population Health, Canberra: April 2022.
5. [E-cigarette use among early adolescent tobacco cigarette smokers: testing the disruption and entrenchment hypotheses in two longitudinal cohorts](#) Doi 10.1136/tc-2022-057717
Journal: *Tobacco Control*
6. <https://openresearch-repository.anu.edu.au/handle/1885/262914>

Adolescence a Vulnerable Developmental Stage

1. A longitudinal analysis of e-cigarette use and cigar, little cigar or cigarillo initiation among youth and youth adults: 2017-2019. *Drug Alcohol Depend.* 2021 Jun 23;226:108821. Online ahead of print. Hair EC, Kreslake JM, Mowery P, Pitzer L, Schillo B, Vallone DM. <https://www.sciencedirect.com/science/article/abs/pii/S0376871621003161>
2. Depressive Symptoms and Cigarette Smoking in Adolescents and Young Adults: Mediating Role of Friends Smoking. *Nicotine & Tobacco Research*, ntab046. Published: 15 March 2021
Christian W Mendo, Marine Maurel, Isabelle Doré, Jennifer O'Loughlin, Marie-Pierre Sylvestre
3. AHS Resources for Youth and general Mental Health [AMH Practice Resources | Insite \(albertahealthservices.ca\)](#)
4. Kids Help Phone [Need help now? Text us. - Kids Help Phone](#)
<https://academic.oup.com/ntr/advance-article-abstract/doi/10.1093/ntr/ntab046/6171237>
5. Association of genetic liability to smoking initiation with e-cigarette use in young adults: A cohort study. *PLoS Med.* 2021 Mar 18;18(3):e1003555. eCollection 2021 Mar.
Jasmine N Khouja, Robyn E Wootton, Amy E Taylor, George Davey Smith, Marcus R Munafò
<https://journals.plos.org/plosmedicine/article?id=10.1371/journal.pmed.1003555>
6. Who, me? Optimism bias about US teenagers' ability to quit vaping
Addiction. 2021 Apr 23. Online ahead of print. Kiersten Strombotne, Jody Sindelar, John Buckell

<https://onlinelibrary.wiley.com/doi/10.1111/add.15525>

7. Increased smoking and e-cigarette use among Irish teenagers: A new threat to Tobacco Free Ireland 2025 ERJ Open Research 2021 Published online August 26, 2021. Salome Sunday, Joan Hanafin, Luke Clancy
<https://openres.ersjournals.com/content/early/2021/08/19/23120541.00438-2021>
8. Protecting children and adolescents against the risks of vaping
Paediatr Child Health. 2021 Sep 17;26(6):358-374. eCollection 2021 Oct.
Nicholas Chadi, Ellie Vyver, Richard E Bélanger
<https://academic.oup.com/pch/article/26/6/358/6372121>
9. Predatory Industry
<https://www.timescolonist.com/opinion/trevor-hancock-the-tobacco-industry-is-lethal-and-needs-to-be-stamped-out-8105979>

In 2019, past-30-day vape users were asked where they usually get their vaping devices.

1. [Canadian Tobacco and Nicotine Survey \(CTNS\): summary of results for 2019 - Canada.ca](#)
2. Canadian Cancer Society NNSW Message <https://www.newswire.ca/fr/news-releases/la-semaine-nationale-sans-fumee-a-lieu-du-21-au-27-janvier-2024-au-canada-841113786.html>

Influences on Trying Vaping & new emerging nicotine products targeting youth

1. E-cigarette susceptibility among U.S. middle and high school students: National Youth Tobacco Survey Data Trend Analysis, 2014-2018; Prev Med. 2020 Nov 30;106347. Online ahead of print.; Katherine A Margolis, Sapna K Thakur, Anh Nguyen Zarndt, Catherine B Kemp, Rebecca Glover-Kudon; <https://www.sciencedirect.com/science/article/abs/pii/S0091743520303789>
2. Effect of a 'tobacco-free nicotine' claim on intentions and perceptions of Puff Bar e-cigarette use among non-tobacco-using young adults Tobacco Control Published Online First: 25 October 2021.; Julia Chen-Sankey, Ollie Ganz, Andrew Seidenberg, Kelvin Choi ;
<https://tobaccocontrol.bmj.com/content/early/2021/10/24/tobaccocontrol-2021-056957>
3. Adolescent perceptions of E-cigarette use and vaping behavior before and after the EVALI outbreak; Prev Med. 2021 Jan 7;106419. Online ahead of print.; Afaf F Moustafa, Daniel Rodriguez, Alexa Mazur, Janet Audrain-McGovern;
<https://www.sciencedirect.com/science/article/abs/pii/S0091743521000037>
4. Ontario Tobacco Research Unit (OTRU). (2015). *Project news, June 2015*. Newsletter. Retrieved from http://otru.org/wp-content/uploads/2015/06/ecig_newsletter_web_june.pdf
5. [Michael Khoury](#), MD, [Cedric Manhiot](#), PhD, [Chun-Po Steve Fan](#), PhD, [Don Gibson](#), NP, [Karen Stearne](#), BSc, [Nita Chahal](#), NP, [Stafford Dobbin](#), MD, [Brian W. McCrindle](#), MD MPH CMAJ
Reported electronic cigarette use among adolescents in the Niagara region of Ontario; *August 9, 2016 vol. 188 no. 11* First published July 18, 2016, doi: 10.1503/cmaj.151169

6. Johnston, L. D., O'Malley, P. M., Miech, R.A., Bachman, J. G., & Schulenberg, J. E.; (2016). Monitoring the Future national results on adolescent drug use: Overview of key findings, 2015. Ann Arbor, Mich.: Institute for Social Research, the University of Michigan.

'Tobacco Free' nicotine products targeting youth

1. [What you need to know about new synthetic nicotine products \(truthinitiative.org\)](https://truthinitiative.org/what-you-need-to-know-about-new-synthetic-nicotine-products)
2. A House of Commons e-petition has been launched calling for federal government action on nicotine pouches. The petition was initiated by Sameer Murji from Markham, Ontario. The petition can be signed at this link:
<https://www.ourcommons.ca/petitions/en/Petition/Details?Petition=e-4734>
3. [Synthetic-Nicotine-3.15.22.pdf \(resphealth.org\)](https://respehealth.org/synthetic-nicotine-3.15.22.pdf)
4. [0420.pdf \(tobaccofreekids.org\)](https://tobaccofreekids.org/0420.pdf)
5. Study reported oral pouches as non-genotoxic, non-cytotoxic, and non-mutagenic [38]. An interesting study by Dawler et al. studied the diversity among oral tobacco products and reported the ability of these products to cause a high range of carcinogenic effects to users due to the presence of nicotine and tobacco-specific nitrosamines (TSNAs) [39].

Are Vapes Really a Good Way to Quit Smoking?

1. Hedman, L., Galanti, M. R., Ryk, L., Gilljam, H., Adermark, L. (2021). Electronic cigarette use and smoking cessation in cohort studies and randomized trials: A systematic review and meta-analysis. TobaccoPrevention & Cessation, 7(October), 62. <https://doi.org/10.18332/tpc/142320>
2. A pragmatic randomised comparative trial of e-cigarettes and other nicotine products for quitting or long-term substitution in smokers; Nicotine & Tobacco Research, ntab266.; Published: 20 December 2021 Kylie Morphett, Doug Fraser, Ron Borland, Wayne Hall, Natalie Walker, Chris Bullen, Coral Gartner <https://academic.oup.com/ntr/advance-article/abstract/doi/10.1093/ntr/ntab266/6470892>
3. [Do Vaping Products Actually Help Smokers Quit? | MedPage Today](#)
4. e-Cigarettes Used by Adolescents to Try to Quit Smoking Are Associated With Less Quitting: A Cross-Sectional Analysis of the National Youth Tobacco Survey. Journal of Adolescent Health Stanton A.Glantz. <https://www.sciencedirect.com/science/article/abs/pii/S1054139X22007066>
5. Conflicting evidence – for adults who want to quit smoking and all other methods have failed; caveat must switch completely to vaping
<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD010216.pub8/full>

What does the law say?

1. [Reducing smoking and vaping – rules and enforcement | Alberta.ca](#)
2. [*Tobacco and vaping reduction strategy 2023-2028 \(alberta.ca\)](#)
3. For more information email tobaccovapingenforcement@ahs.ca, or call the [Environmental Public Health Program](#).

School Responsibilities

- 1 Youth.gov (n.d.). Risk and Protective Factors. Available from: <https://youth.gov/youth-topics/substance-abuse/risk-and-protective-factors-substance-use-abuse-and-dependence>
- 2 Canadian Students for Sensible Drug Policy (2018). Sensible Cannabis Education: A Toolkit for Educating Youth. Available at: <https://cssdp.org/youthtoolkit/>
- 3 [Teachers' Vaping Toolkit | Alberta Health Services](#)
- 4 [Healthier Together Schools](#)
- 5 [Get ideas that work - Take Action - Healthier Together Schools](#)
- 6 Quitting Vaping (QUASH)
<https://apps.apple.com/ca/app/quash/id1549719119?form=MY01SV&OCID=MY01SV>
- 7 Quitting Smoking (Crush the Crave)
<http://www.crushthecrave.in/>
- 8 Talking Pot with Youth DrugSafe.ca (process works for any substance)
- 9 AHS Tobacco Smoking and Vaping Enforcement Program

Contact your Public Health Inspector to [make a complaint or request service](#).

10. Restorative Justice in Schools

[Practices and policies for implementing restorative justice within schools - Document - Gale Academic OneFile](#)

[New Directions in Restorative Justice - Google Books](#)

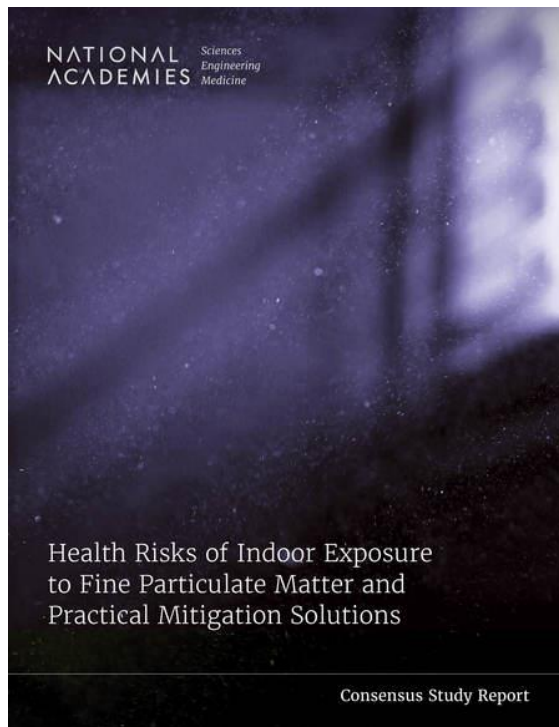
[The Effect of School Conditions on the Use of Restorative Justice in Schools - Allison Ann Payne, Kelly Welch, 2018 \(sagepub.com\)](#)

11. Physicians for a Smoke Free Canada <https://smokefree.ca>

Parent Responsibilities

1. Household vaping bans and youth e-cigarette use Addiction . 2024 Jan;119(1):74-83. Epub 2023 Sep 15. Jeremy Staff, Jessica M Mongilio, Jennifer L Maggs, Mike Vuolo, Brian C Kelly
<https://onlinelibrary.wiley.com/doi/10.1111/add.16335>
2. Source: Canadian Students for Sensible Drug Policy (2018). Sensible Cannabis Education: A Toolkit for Educating Youth. Available at: <https://cssdp.org/youthtoolkit/>
3. Youth.gov (n.d.). Risk and Protective Factors. Available from: <https://youth.gov/youth-topics/substance-abuse/risk-and-protective-factors-substance-use-abuse-and-dependence>
4. [Talking with Teens: 7 Expert Tips \(parentandteen.com\)](#)

5. [Youth Communication \(parachute.ca\)](https://parachute.ca)
6. Talking Pot with Youth [DrugSafe.ca](https://drugsafe.ca) (process works for any substance)
7. Canadian Students for Sensible Drug Policy (2018). Sensible Cannabis Education: A Toolkit for Educating Youth. Available at: [Resources - CSSDP](#)
8. [Second and Third Hand Smoke/Vape Aerosol and Wildfire Smoke](#)



FINAL BOOK NOW AVAILABLE

Health Risks of Indoor Exposure to Fine Particulate Matter and Practical Mitigation Solutions

Schools, workplaces, businesses, and even homes are places where someone could be subjected to particulate matter (PM) – a mixture of solid particles and liquid droplets found in the air. PM is a ubiquitous pollutant comprising a complex and ever-changing combination of chemicals, dust, and biologic materials such as allergens. Of special concern is fine particulate matter (PM_{2.5}), PM with a diameter of 2.5 microns (<0.0001 inch) or smaller. Fine PM is small enough to penetrate deep ...

[\[read more\]](#)

[BUY THIS BOOK](#)

[DOWNLOAD FREE PDF](#)