

# Youth-Led Advocacy: A Cultivator of Growth

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Franklin County  
**Public Health**



# Let's make a Lego Cheeseburger



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# Presentation Agenda

- Tobacco and Nicotine 101
- Nicotine and ACEs
- Art Advocacy Project
- Environmental Tobacco Prevention Project
- PACEs

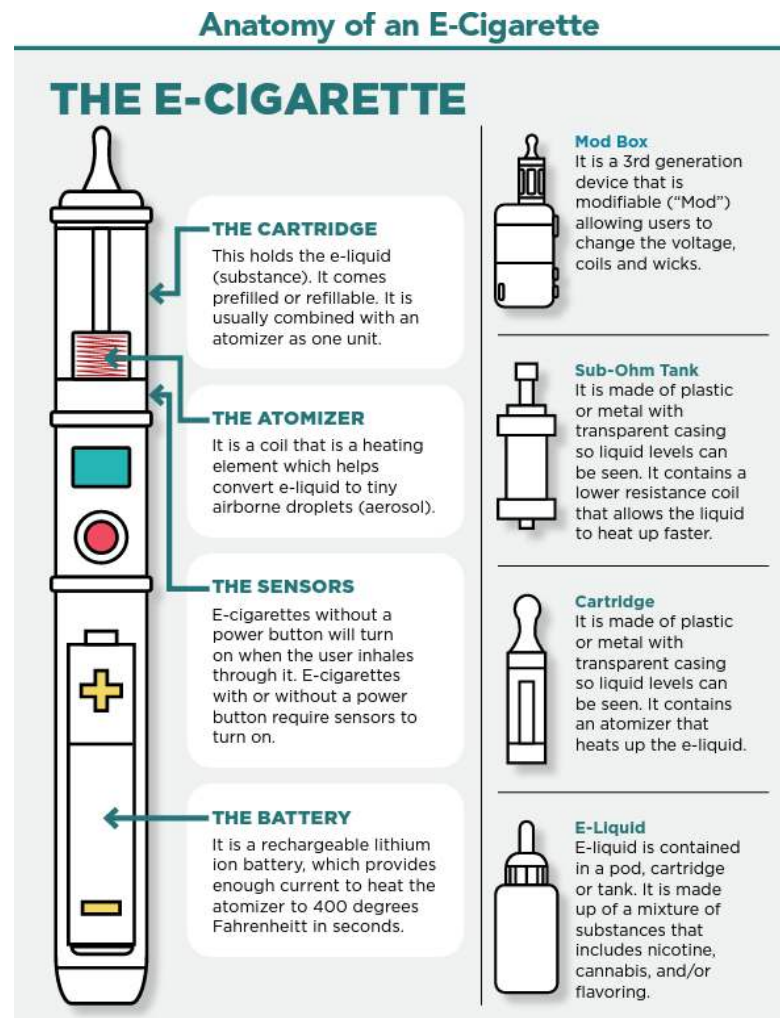


# Types of Tobacco



# What's in a vape?

- Most common devices for youth today: disposable vapes
- Most youth vape flavored tobacco products
- Vapes have more nicotine than cigarettes
- Currently, there are limited recycling opportunities in Franklin County for used vapes



E-cigarette, or vaping, products visual dictionary. Centers for Disease Control & Prevention.  
[https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/pdfs/ecigarette-or-vaping-products-visual-dictionary-508.pdf](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/pdfs/ecigarette-or-vaping-products-visual-dictionary-508.pdf)

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# CIGS IN AN E-CIG

1 Pack of Cigarettes  
= ~22mg of Nicotine

1 JUUL Pod  
= ~41.3mg of Nicotine

1 Flum Float  
= ~400mg of Nicotine

1 Elf Bar  
= ~650mg of Nicotine



AMOUNT OF NICOTINE IN

**~20**  
CIGARETTES

AMOUNT OF NICOTINE IN

**~37**  
CIGARETTES

AMOUNT OF NICOTINE IN

**~363**  
CIGARETTES

AMOUNT OF NICOTINE IN

**~590**  
CIGARETTES

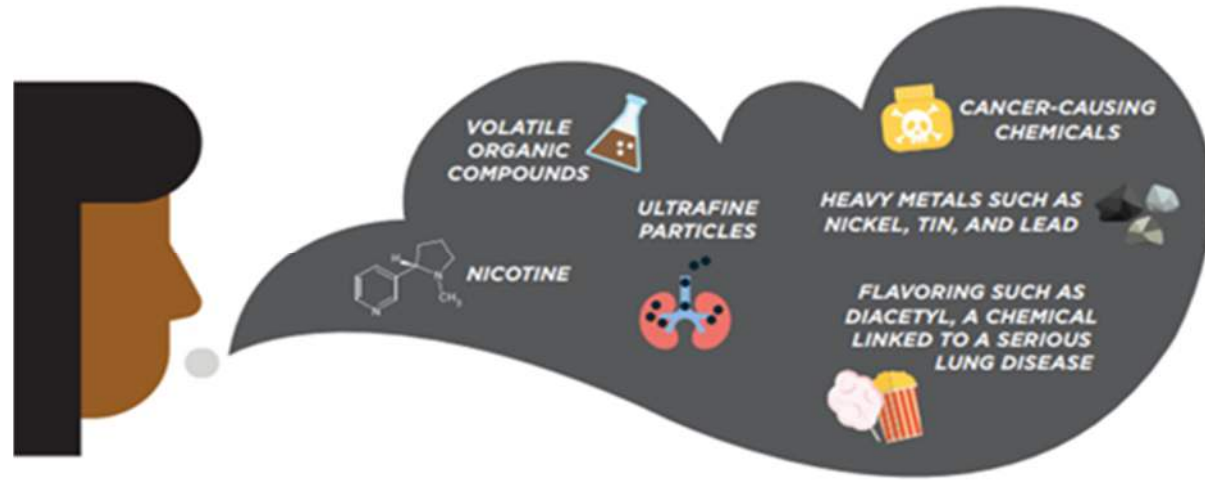




# Smoke Exposure

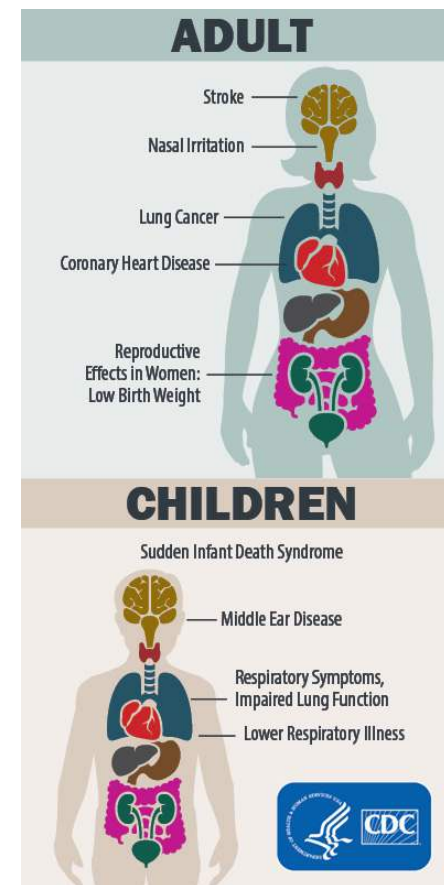
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- **Firsthand smoke**- smoke inhaled from a tobacco product.
- **Secondhand smoke**- exposure to the smoke breathed out by a smoker, or the smoke emitted from the burning end of a tobacco product.
- **Thirdhand smoke**- chemicals from smoke in the air that settle on surfaces in a room.
  - i.e. clothing, countertops, tables, furniture, carpet, etc.



# Impacts of Secondhand Smoke on Kids

- Low birth weight
- Sudden Infant Death Syndrome (SIDS)
- Respiratory infections
- Ear infections
- Strep throat
- Asthma
- Wheezing, coughing, shortness of breath



<https://www.cdc.gov/tobacco/secondhand-smoke/health.html#:~:text=Children%20who%20are%20exposed%20to,symptoms%2C%20and%20slowed%20lung%20growth.>

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True or False:

Most students don't vape.

**True**

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# Tobacco Use by Youth in 2024



- 5.9% of middle and high school students reported current e-cig use.
- From 2023 to 2024, current e-cig use declined among middle and high school students overall (from 7.7% to 5.9%;  $p < 0.05$ ).



How does  
tobacco impact  
you?

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# Nicotine and ACEs

- Children who have at least 1 parent who smokes will have a 38% chance of becoming smokers in their teen and adult lifetime.
  - In addition, they are almost 3 times as likely as a child whose parents who do not smoke (13%).
- Female children are 4 times as likely to develop nicotine dependencies if they live in a home with a female parent who smokes.



# Nicotine and ACEs

- 90% of adult smokers in the US started smoking before age 18.
- The brain is not fully formed until age 25.
  - The planning and decision-making center is the last to grow.
  - Kids' brains search for a feeling of instant pleasure, making them more vulnerable to nicotine use.





What was your favorite  
activity as a child?



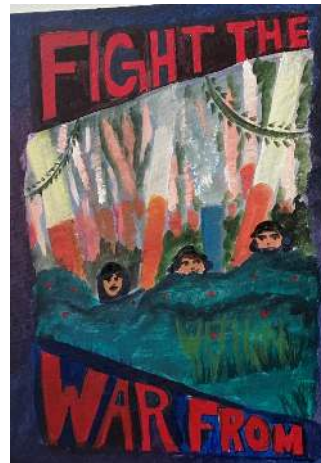




# Art Advocacy Project

We collaborated with Reynoldsburg High School-Summit Campus.

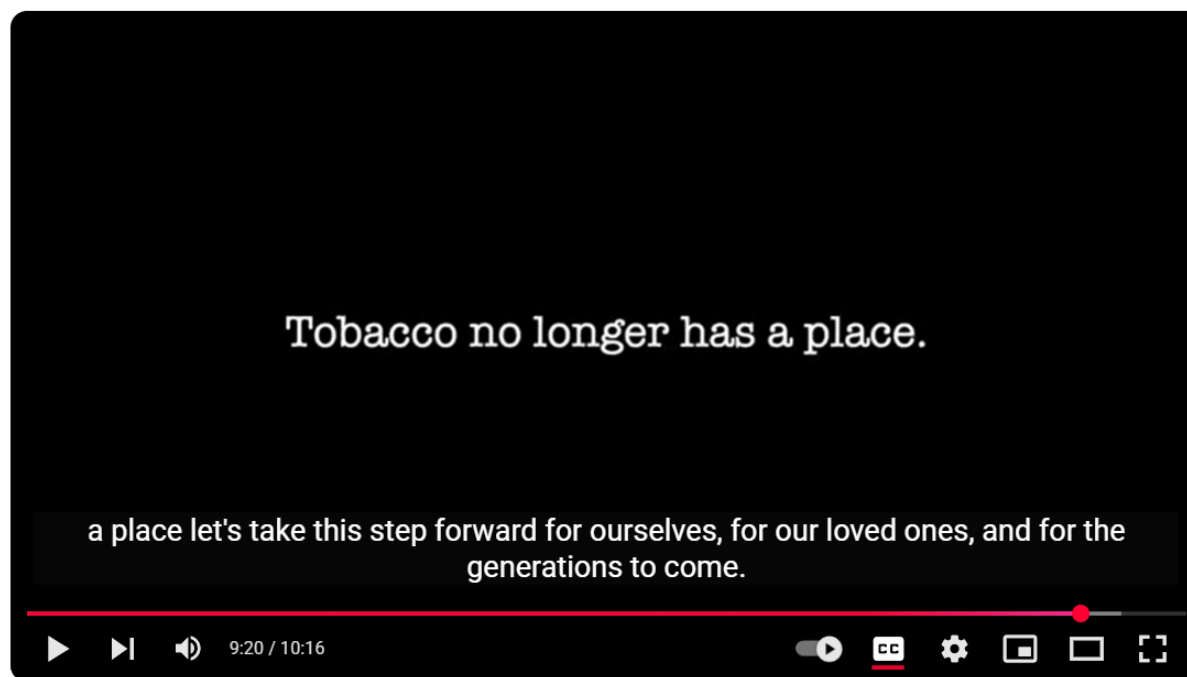
- Three projects have been completed since 2022.
- So far, approximately 70 students have participated in the program.
- Two documentaries continue to be used for training events.





# Youth Documentary

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## Youth Voices: A Call for Transformation



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# Environmental Tobacco Project



## Dublin Youth ACT Council Partnership

- Students decided to focus on educating their peers about the environmental impact of vaping.
- Educational activities will be supported with vape collection boxes.
- Students who voluntarily surrender vapes will be given amnesty and provided cessation resources.



# Vape Collection Boxes Pilot Project

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- Two boxes will be hung at Dublin Scioto High School.
- Hazardous waste removal will be provided by Environmental Enterprises Inc.
  - \$1,000 contract.
- Following the pilot project, a partner organization from the Dublin ACT Coalition will pay for future waste removal.





# Plan Your Next Steps in Youth Advocacy

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# PACEs

**Creating positive experiences is important for children. Making time and space for these Protective and Compensatory Experiences (PACEs) with the children in your life is one way to ensure they thrive.**



## **The 10 PACEs**

- Unconditional love
- At least one best friend
- Helping others
- A social group
- A mentor outside of family
- One or more hobbies
- Enough food and a clean, safe living space
- Learning opportunities
- Engaging in sports
- Routines and fair rules







# Advocacy Day 2025

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# Break-Out Groups

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## The 10 PACEs

- Unconditional love
- At least one best friend
- Helping others
- A social group
- A mentor outside of family
- One or more hobbies
- Enough food and a clean, safe living space
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# Join the Vaping Task Force!

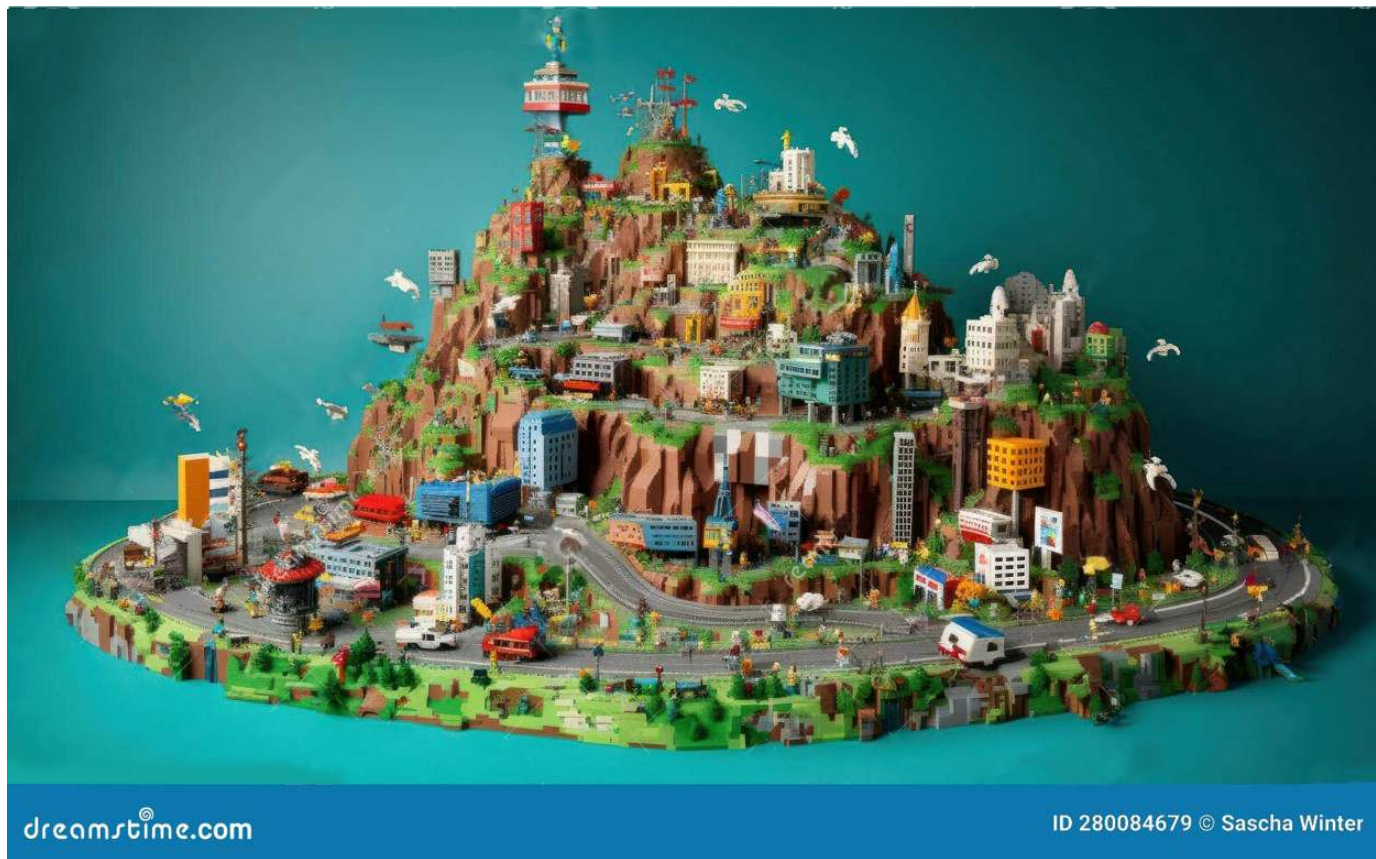
We are a coalition of Franklin County residents and professionals dedicated to reducing the negative impact of vaping and electronic nicotine delivery systems (ENDS) by:

- Preventing youth initiation of ENDS.
- Promoting quit attempts for youth and adults.
- Raising awareness in Franklin County.
- Reducing the impact of e-waste from ENDS.





# Beyond the Cheeseburger





# Thank you!

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