

TOBACCO & VAPING Resources

TOBACCO

The tobacco epidemic is one of the biggest public health threats the world has ever faced, killing over 8 million people a year around the world. More than 7 million of those deaths are the result of direct tobacco use while around 1.3 million are the result of non-smokers being exposed to second-hand smoke. All forms of tobacco use are harmful, and there is no safe level of exposure to tobacco.

WHAT IS VAPING?

Vaping works by using a device that heats up a liquid to produce an aerosol that users then inhale into their lungs. The vaping liquids are unregulated and may contain various chemicals such as nicotine, tetrahydrocannabinol (THC), cannabidiol (CBD), pharmaceutical drugs, heavy metals, or other substances. If you would like to learn more about vaping and the current outbreak, the CDC is a good resource.

WHAT TO CONSIDER WHEN VAPING AND USING TOBACCO?

Vaping, tobacco use, and nicotine pouches may be associated with socializing and bonding in certain contexts, important to college students. Although some individuals believe that these products provide temporary stress relief or relaxation, nicotine products have been linked to **ANXIETY, DEPRESSION, AND MOOD DISORDERS**. You may be thinking, "I'm too stressed to quit smoking right now?". Smoking may lessen the symptoms of withdrawal, but it doesn't lessen anxiety.

Tobacco products pose serious risks to your health, including lung damage, respiratory issues, cardiovascular problems, and an increased risk of certain cancers. Nicotine in these products is highly addictive, leading to dependency and difficulty quitting. Regular use of these products can create a significant financial burden over time. Vaping and tobacco use can harm others through secondhand exposure, affecting the health and well-being of those around you.

EXPLORING PERSONAL GOALS AND VALUES

Consider how vaping, tobacco use, and nicotine

pouches align with your overall health and well-being goals. Reflect on alternative strategies for stress relief and relaxation. Evaluate if using these products align with your personal growth goals, values, and aspirations. Consider healthier habits that promote personal growth and well-being.

SUPPORT AND RESOURCES

Utilize the resources available to you on Grounds, such as those at **STUDENT HEALTH AND WELLNESS** like:

- **Medical Services** providers can meet with you to discuss the health impacts of tobacco use and vaping.
- **Counseling and Psychological Services (CAPS)** therapists and psychiatric providers can discuss the mental well-being impacts of tobacco use and vaping.
- **WahooWell** offers free, confidential, one-on-one meetings with a well-being facilitator. In these meetings, students can discuss tobacco use and vaping.

Students should seek guidance from healthcare professionals to discuss habits in a supportive and non-judgmental environment. Even minimal efforts over time can yield positive results.