

Smoking & Vaping

Awareness Training 2024

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What is LANDED?



Working in Lanarkshire, we provide **drug**, **alcohol**, **sexual health**, **cannabis** and **tobacco** information to young people using informal & peer education approaches.

Our services: Stalls, Workshops, Staff Training, Volunteering Opportunities (16-22).

Connect with us...

 /LandedPeerEd

 @LANEDPeer

 www.landed.info

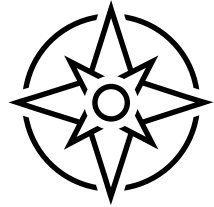
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The Compass

- Take a post-it.
- Write down something you want get from today's training.
- Complete as many as you like.
- Stick it to the compass.



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ACTIVITY

ICE BREAKER

- Who are you?
- Where do you work?
- Why are you here?



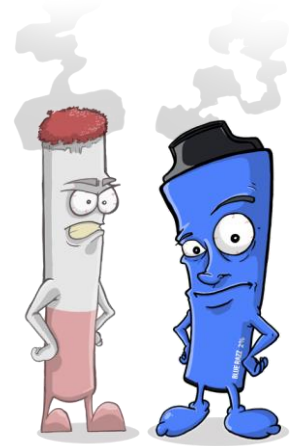
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Training Outline

What we will cover today...

- Icebreaker & Housekeeping
- Why should we care about smoking?
- Why do people smoke?
- Nicotine addiction cycle
- What is **tobacco**?
- What is an **e-cigarette/vape**?
- Chemicals found in **tobacco & vapes**
- How smoking affects the body
- Smoking & medication/ mental health medication
- Smoking & pregnancy
- Second-hand smoking
- **Cigarettes, e-cigarettes & the law**
- Benefits of quitting smoking
- Nicotine Replacement Therapy (NRT)
- Local Stop Smoking Services (SSS)
- Evaluation & further reading



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Why should we care about smoking?

Smoking is the leading cause of **preventable death in the world.**

Tobacco kills more than 7 million people each year.

More than 6 million of those deaths are the result of direct tobacco use while **around 890 000 are the result of non-smokers being exposed to second-hand smoke.**

The World Health Organisation (WHO)

In Scotland there are approx. 10,000 smoking-related deaths annually.

Alcohol-related deaths - 1,254

Drug-related deaths - 1,330

Smoking costs society approximately £1.1 billion annually.

How can we help?

Around **two thirds (66%) of smokers said they started smoking regularly before the age of 18**, and 40% under the age of 16.

68% of Scottish smokers report they would like to stop smoking.

ASH SCOTLAND

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Why do people smoke?



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Why do people vape?

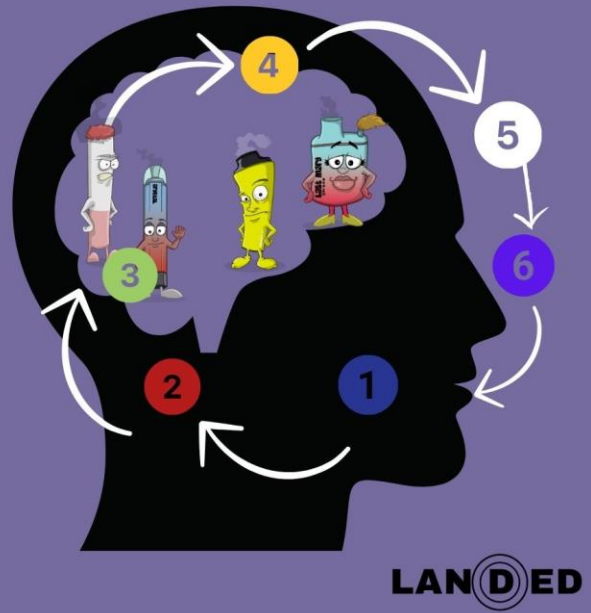
So far, our survey has found that the **TOP THREE** reasons people vape are:

- I am addicted
- It relaxes me
- I like the flavours and taste



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The development of nicotine dependence



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What is Tobacco?

- Tobacco is a product made from the leaves of a tobacco plant by *curing* them.
- (Curing is the drying and colour changing process tobacco has to go through before it can be consumed)



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Types of Tobacco

- There are many different forms of tobacco and ways to consume it.

Snuff, pipe, rolling, chewing, cigarettes, cigars, shisha & dissolvable

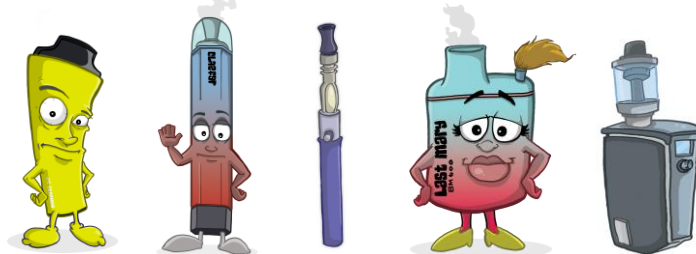


LAN DIED






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What is a vape?

- E-cigs, vapes or vaporisers are electronic cigarettes.
- They aim to resemble cigarettes but they do not burn tobacco.
- E-cigs come in many different shapes, sizes and colours.
- The most popular with young people in 2023 are disposables.



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<p>E-cigarette devices vary greatly and are evolving rapidly</p> <p>There is also a variety of “generations” of e-cigarettes that differ according to technology and how they are designed to be used.</p>	<p>Vape pens</p> <p>These enable users to vary e-liquid formulations according to their preferences. Some use pre-filled cartridges while others allow users to refill them.</p> 
<p>Cig-a-likes</p> <p>These are disposables that have the look and feel of conventional cigarettes. This may renormalise smoking.</p> 	<p>Tank systems</p> <p>These enable users to vary almost every element of the user experience, including e-liquid formulations and battery power.</p> 
<p>Disposables</p> <p>These are the latest version of disposable e-cigarettes, often shaped like pods, but are meant to be discarded after the e-liquid has been used. They are available in a wide variety of flavours and are also concealable.</p> 	<p>Pods</p> <p>These are the newer generation of e-cigarettes. Because this generation often uses nicotine salts, these provide higher doses of nicotine without a harsh sensation. The device often looks like USB sticks allowing users (e.g. young people or students) to conceal them.</p> 

Source: WHO Report on the global tobacco epidemic, 2021. Addressing new and emerging products

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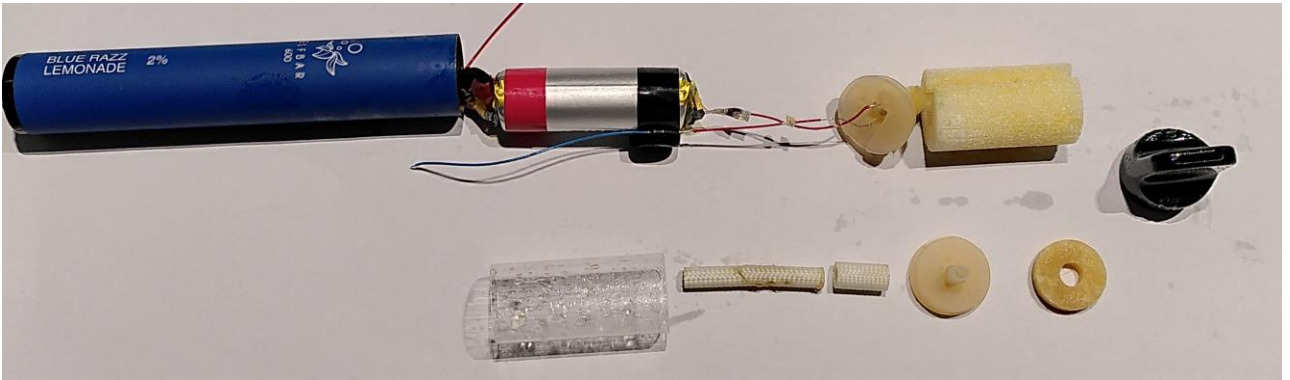
VIDEO



HOW DO
ECIGS WORK?



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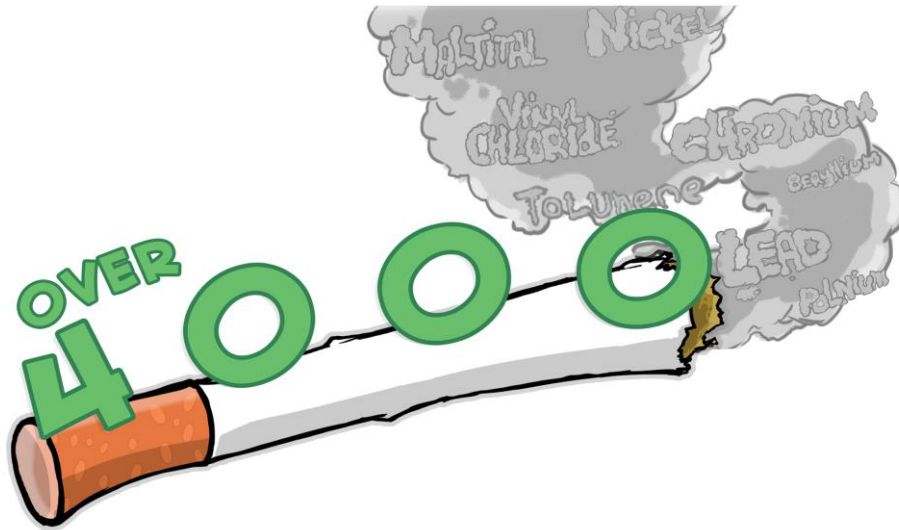
ACTIVITY

WHAT'S IN TOBACCO & VAPES?

The logo for LANDED, featuring the word "LANDED" in a bold, black, sans-serif font. The letter "D" is enclosed within a circular graphic element consisting of two concentric circles.

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Chemicals in tobacco...



Plus thousands more...

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Chemicals in tobacco...

Acetanisole,	Anisyl Acetate,	Bornyl Acetate,	Cassia Bark Oil,	Costus Root Oil,
Acetic Acid,	Anisyl Alcohol,	Buchu Leaf Oil,	Cassie Absolute and Oil,	Cubeb Oil,
Acetoin,	Anisyl Formate,	1,3-Butanediol,	Castoreum Extract, Tincture and Absolute,	Cuminaldehyde,
Acetophenone,	Anisyl Phenylacetate,	2,3-Butanedione,	Cedar Leaf Oil,	para-Cymene,
6-Acetoxydihydroaspirane,	Apple Juice Concentrate,	1-Butanol,	Cedarwood Oil Terpenes and Virginiana,	1-Cysteine,
2-Acetyl-3-Ethylpyrazine,	Apricot Extract and Juice Concentrate,	2-Butanone,	Cedrol,	Dandelion Root Solid Extract,
2-Acetyl-5-Methylfuran,	Asafetida Fluid Extract And Oil,	4(2-Butenylidene)-3,5,5-Trimethyl-2-Cyclohexen-1-One,	Celery Seed Extract, Solid, Oil, And Oleoresin,	Davana Oil,
Acetylpyrazine,	Ascorbic Acid,	Butter, Butter Esters, and Butter Oil,	Cellulose Fiber,	2-trans, 4-trans-Decadienal,
2-Acetylpyridine,	1-Asparagine Monohydrate,	Butyl Acetate,	Chamomile Flower Oil And Extract,	delta-Decalactone,
2-Acetylthiazole,	1-Aspartic Acid,	Butyl Butyrate,	Chicory Extract,	gamma-Decalactone,
Aconitic Acid,	Balsam Peru and Oil,	Butyl Butyryl Lactate,	Chocolate,	Decanal,
d-Alanine,	Basil Oil,	Butyl Isovalerate,	Cinnamaldehyde,	Decanoic Acid,
Alfalfa Extract,	Bay Leaf, Oil and Sweet Oil,	Butyl Phenylacetate,	Cinnamic Acid,	1-Decanol,
Allspice Extract,	Beeswax White,	Butyl Undecylenate,	Cinnamonyl Acetate,	2-Decenal,
Oleoresin,	Beet Juice Concentrate,	3-Butylideneephthalide,	Cinnamyl Alcohol,	Dehydromenthofurrolactone,
And Oil,	Benzaldehyde,	Butyric Acid,	Cinnamyl Cinnamate,	Diethyl Malonate,
Allyl Hexanoate,	Benzaldehyde Glyceryl Acetal,	Cadinene,	Cinnamyl Isovalerate,	Diethyl Sebacate,
Allyl Ionone,	Benzoic Acid, Benzoin,	Caffeine,	Cinnamyl Propionate,	2,3-Diethylpyrazine,
Almond Bitter Oil,	Benzoin Resin,	Calcium Carbonate,	Citral,	Dihydro Anethole,
Ambergris Tincture,	Benzophenone,	Camphene,	Citronella Oil,	5,7-Dihydro-2-Methylthieno(3,4-D)Pyrimidine,
Ammonia,	Benzyl Alcohol,	Cananga Oil,	di-Citronellol,	Dill Seed Oil and Extract,
Ammonium Bicarbonate,	Benzyl Benzoate,	Cananga Oil,	Citronellyl Butyrate,	meta-Dimethoxybenzene,
Ammonium Hydroxide,	Benzyl Butyrate,	Capsicum Oleoresin	Citronellyl Isobutyrate,	para-Dimethoxybenzene,
Ammonium Phosphate Dibasic,	Benzyl Propionate,	Caramel Color,	Citronellyl Isobutyrate,	2,6-Dimethoxyphenol,
Ammonium Sulfide,	Benzyl Salicylate,	Caramel Color,	Civet Absolute,	Dimethyl Succinate,
Allyl Alcohol,	Bergamot Oil,	Caraway Oil,	Citronellyl Isobutyrate,	3,4-Dimethyl-1,2-Cyclopentanedione,
Amyl Butyrate,	Bisabolene,	Carvone,	Citronellyl Isobutyrate,	3,5-Dimethyl-1,2-Cyclopentanedione,
Amyl Formate,	Anisyl Phenylacetate,	1-Carvone,	Citronellyl Isobutyrate,	3,7-Dimethyl-1,3,6-Octatriene,
Amyl Octanoate,	Black Currant Buds Absolute,	beta-Caryophyllene,	Citronellyl Isobutyrate,	4,5-Dimethyl-3-Hydroxy-
alpha-Amylcinnamaldehyde,	Borneol,	beta-Caryophyllene Oxide,	Citronellyl Isobutyrate,	
Amyrin Oil,		Cascarilla Oil and Bark Extract,	Citronellyl Isobutyrate,	
trans-Anethole,			Citronellyl Isobutyrate,	
Angelica Root Extract, Oil and Seed Oil,			Citronellyl Isobutyrate,	
Anise,			Citronellyl Isobutyrate,	
Anise Star, Extract and Oils,			Citronellyl Isobutyrate,	

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VIDEO

TOBACCO CHEMICALS



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Chemicals in vapes...



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The Latest Vaping Information

- Current research suggests that **vapes are less harmful** when compared to smoking tobacco.
- However, **vapes should not be used by non-smokers or young people.**
- Developing a nicotine addiction, or habit of vaping through the **use of vapes from a young age might lead to young people taking up smoking in the future.**
- Using a vape without fully stopping smoking does not provide health benefits.
- Recent studies suggest that e-cigarettes are health-harming, specifically, **they can negatively impact heart, oral and lung health, and raise your blood pressure.**
- Disposable vape bars can contain over 20 cigarettes worth of nicotine.



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Vapes & The Environment



- Vapes are classed as **waste electrical and electronic equipment (WEEE)**. Meaning, they should be disposed of at a recycling centre – not in general waste.
- It's estimated that **over 7.7 MILLION** disposable vapes are sold in the UK **PER WEEK!**
- Around **5 MILLION** of these vapes are thrown away instead of recycled (that's 8 a second).
- Incorrect disposal can result in the release of plastic, electronic and hazardous chemical waste.
- We have a responsibility to ensure these devices are disposed of correctly.

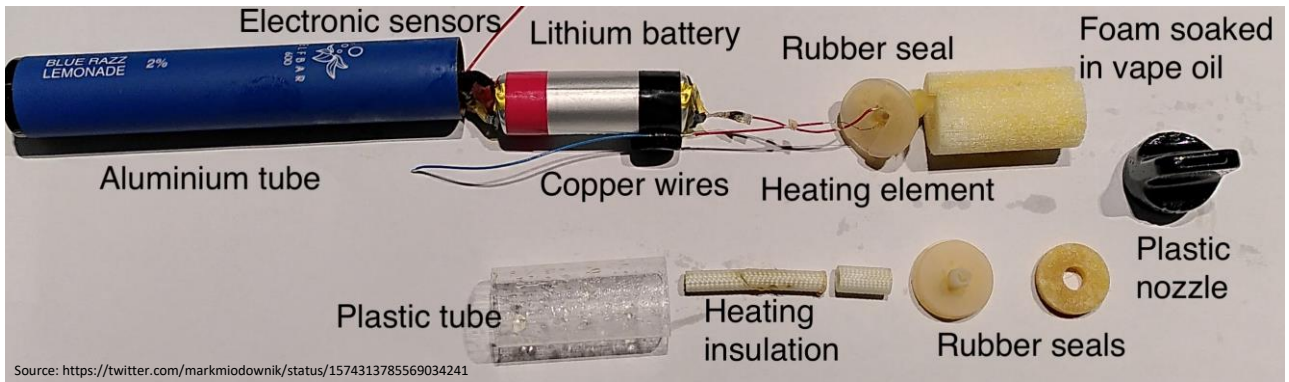


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Source: ElfBar



Source: <https://twitter.com/markmiodownik/status/1574313785569034241>

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Single-use vapes could take around ONE THOUSAND years to decompose in landfill.

Do not throw them away.



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So, how do I recycle my vape? Do not throw them away.

Recycle the cardboard packaging in blue bin

Put stickers, packets and rubber stoppers in general waste

Put used vape in a vape recycle bin



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Vaping & Young People

- Disposable vapes come in hundreds of different flavours and colours.
- They are easy to use and highly addictive.
- Young people who vape may be at an increased risk to smoke tobacco in the future.
- Young people are less likely to get caught vaping by parents/teachers/carers compared to smoking.
- At the moment, advertisements for them are very visible, eye-catching and enticing to young users.
- They are not exclusively sold in shops with a tobacco licence.
- It is an offence to sell vape products to anyone under the age of 18 in Scotland. The Challenge 25 policy should be in place.
- **Reports of underage sale of vape products should be reported to Trading Standards.**



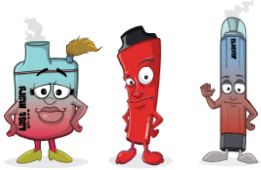
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Vaping – What can we do?

EDUCATE

Organisational Change

- ✓ Train Staff
- ✓ Update your smoking policy alongside staff
- ✓ Clear signage
- ✓ Designated Vaping/Smoking area
- ✓ Vape recycling scheme
- ✓ Information posters & leaflets
- ✓ Report underage sale to Trading Standards



INFORM

With Service Users

- ✓ Space for dialogue
- ✓ Involve them in policy change
- ✓ Informal education
- ✓ Community clean-up
- ✓ Positive Smoke/Vape-Free Role Models
- ✓ Peer Education
- ✓ Signpost to SSS



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DON'T SMOKE?

DON'T VAPE!



VAPING APPEARS TO BE LESS HARMFUL THAN SMOKING. BUT, IT IS NOT RISK-FREE.

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Vapes should not be used by young people or non-smokers.

The long-term effects of vaping are currently unknown.

Vaping can harm your heart, lungs, mouth and raise your blood pressure.

Most vapes/e-cigs contain nicotine, which is *highly addictive*.

Disposable vapes are *extremely* harmful to the environment.



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VAPING HARM REDUCTION

THERE IS NO SAFE WAY TO VAPE.
BUT, YOU CAN KEEP YOURSELF SAFE-ER BY FOLLOWING HARM REDUCTION ADVICE.

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Don't share your vape with friends.

Dispose of your vape correctly. Don't throw it away.

When vaping, avoid taking long, deep puffs.

If your vape tastes burnt, stop using it.

Buy vapes from reputable shops to decrease the chances of buying an illegal or fake one.

Cut down on how often you vape to reduce your nicotine dependence.

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ACTIVITY

TOBACCO & THE BODY

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Smoking causes cancer in many other parts of the body, including the:

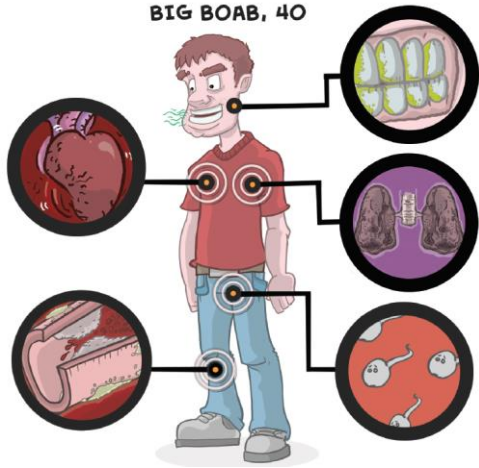
- lungs
- mouth
- lips
- throat
- voice box (larynx)
- Oesophagus
- bladder
- kidney
- liver
- stomach
- pancreas

Smoking also damages your lungs, leading to conditions such as:

- chronic obstructive pulmonary disease (COPD)
- bronchitis
- emphysema
- pneumonia
- asthma

Smoking damages the heart and can lead to:

- coronary heart disease
- heart attack
- stroke
- damaged blood vessels
- cerebrovascular disease (damaged arteries that supply blood to your brain)



VIDEO

SMOKING IS AWESOME

Have you heard about the link between tobacco smoke and its effect on some mental health medications?



WWW.IMPACT.SCOT



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The effect of Smoking on Mental Health Medications



Tobacco smoke stimulates an enzyme in the liver which breaks down medication in the blood stream more quickly than in a non-smoker.

- Taken from the “**Maudsley Prescribing Guidelines in Psychiatry**”, 12th edition 2015
- Includes **5** antipsychotics, **4** antidepressants, **1** tranquilizer and **1** antiepileptic (used to treat bipolar disorder) which are commonly prescribed.

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This means that the medication listed below can be up to 50% less effective if you smoke...

Medication	Type	Prescribed for..	Common Brand Names
Benzodiazepines	Tranquillizer	Reduce anxiety, prevent seizures, muscle relaxant	Valium, Temazepam, Xanax
Carbamazepine	Anticonvulsant	Epilepsy, Bipolar Disorder	Tegretol, Tegretol PR, Carbagen
Chlorpromazine	Antipsychotic	Schizophrenia, Mania/hypomania, severe anxiety (short-term)	Thorazine and Largactil
Clozapine	Antipsychotic	Schizophrenia	Zaponex, Denzapineand Clozaril.
Duloxetine	Antidepressant	Depression, anxiety and nerve pain	Cymbalta, Yentreve
Fluphenazine	Antipsychotic	Schizophrenia	Prolixin, Permitil
Fluvoxamine	Antidepressant	Depression, obsessive-compulsive disorder	Luvox, Faverin
Haloperidol	Antipsychotic	Schizophrenia, paranoid psychoses, mania	Haldol
Mirtazapine	Antidepressant	Major depressive disorders	Zispin
Olanzapine	Antipsychotic	Schizophrenia, Bipolar disorder	Zalasta, Zyprexa
Tricyclic antidepressants	Antidepressants	Depression, migraine, OCD, recurrent headaches	Tryptizol, Anafranil, Prothiaden, Sinequan

Even paracetamol, warfarin, insulin, methadone, caffeine and beta blockers can be impacted.

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The effect of Smoking on Mental Health Medications

- On stopping smoking, levels of the enzyme will return to normal over 2-4 weeks and the **concentration of medication in the blood stream will increase.**
- On starting smoking again this process will **reverse.**

It is important that the individual is able to discuss this with their prescriber before they make a quit attempt, so that the prescriber can advise the individual in the context of their own condition.

FOR MORE INFORMATION VISIT
WWW.IMPACT.SCOT

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Smoking & Pregnancy

- **Smoking when pregnant is like blowing smoke on your baby's face...**
- If you choose to smoke during pregnancy you and your baby could be at risk of:
 - ✓ Possibility of premature birth
 - ✓ A miscarriage
 - ✓ Birth defects
 - ✓ Breathing problems (bronchitis, asthma & pneumonia)
 - ✓ In 2018, 27% of pregnant women in the most deprived SIMD quintile smoked at booking, compared to 3.5% in the least deprived SIMD quintile.

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ACTIVITY

**SMOKE AROUND
THE HOUSE**

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Second Hand Smoke

- There are two types of second hand smoke:
 - Sidestream smoke** - smoke given off by burning tobacco
 - Mainstream smoke** - smoke exhaled by smokers
- 85% of SHS is invisible & odourless and spreads very easily around the home.
- Even when a cigarette is extinguished second hand smoke can remain in a room for up to 5 hours.
- The chemicals from second hand smoke can cling to fabrics and be transferred through touch
- In the UK around 2 million children are estimated to be regularly exposed to SHS in the home.
- The home is now the main source of exposure to SHS for children.
- If you need to smoke, protect others and

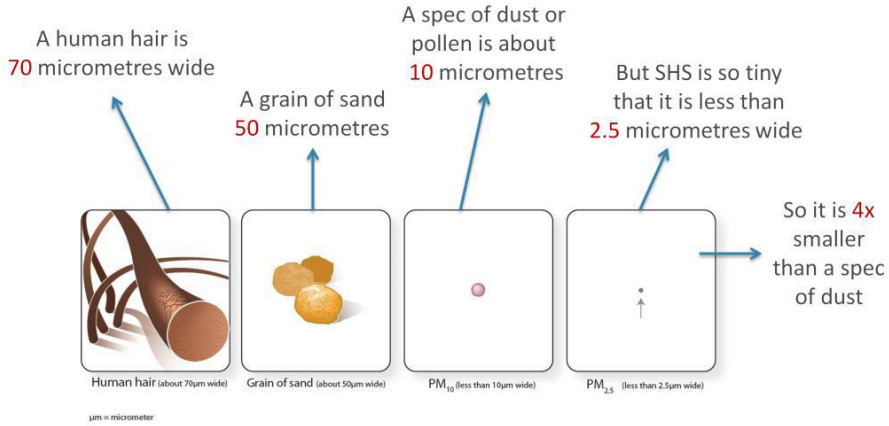


TAKE IT RIGHT OUTSIDE



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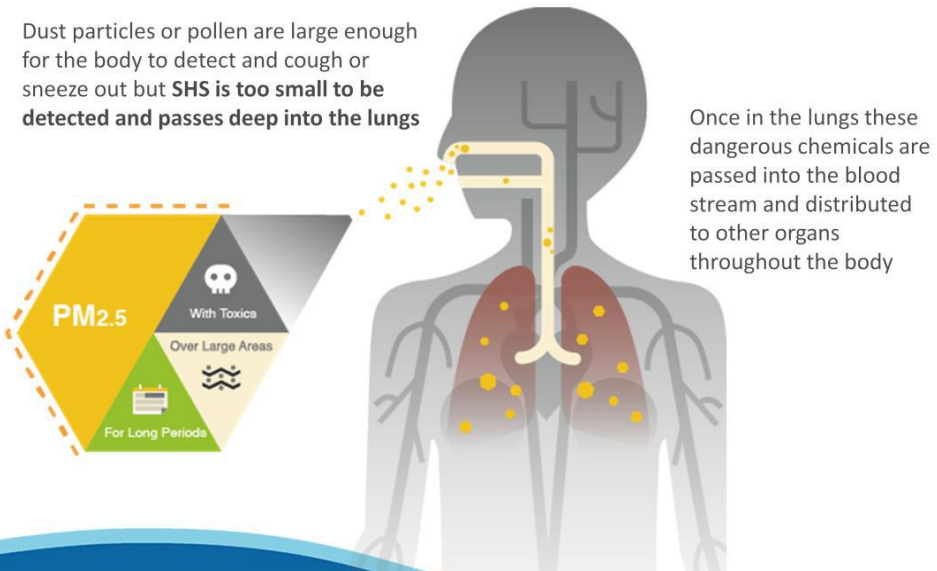
Just how tiny is a SHS particle?



ashscotland.org.uk @ASHScotland

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Dust particles or pollen are large enough for the body to detect and cough or sneeze out but **SHS is too small to be detected and passes deep into the lungs**



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ACTIVITY

CIGS & THE LAW

LAN  ED

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WANT TO QUIT?

Here's one way you can. . .

NICOTINE REPLACEMENT THERAPY

NRT is a medication that provides you with a low level of nicotine, without the *tar*, carbon monoxide and other *poisonous chemicals* present in tobacco smoke.

Most of these products are available **FOR FREE** on the NHS and to access them you just have to speak to a GP, Pharmacist or someone from [Quit Your Way Scotland](#).



QUIT YOUR WAY
with our support

NHS
Lanarkshire

LAN  ED

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Nicotine Withdrawal

Nicotine is out of your body a few days after you quit smoking. **Nicotine** withdrawal symptoms peak 2 to 3 days after you quit, and are gone within 1 to 3 months.

Cravings for **nicotine** usually only last around 5-15 minutes. So, try to find something to distract you during this time.

The physical symptoms:

- sweating
- headaches
- restlessness
- tremors
- difficulty sleeping
- waking at night
- increased appetite
- abdominal cramps
- digestive issues, including constipation

• The psychological symptoms :

- a strong craving for nicotine
- irritability or frustration
- low mood
- difficulty concentrating
- anxiety
- mood swings
- food cravings

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The health benefits of stopping smoking start within hours of putting out the last cigarette.

Time since quitting	Health benefits of quitting
20 mins	Pulse returns to normal
8 hours	Nicotine is reduced by 90%. Carbon monoxide levels in blood reduced by 75%. Circulation improves.
24 hours	Carbon monoxide and nicotine almost eliminated from the body. Lungs begin to clear.
48 hours	All traces of nicotine are removed from the body. Ability to taste and smell improves greatly.
72 hours	Breathing is easier. Bronchial tubes begin to relax and energy levels increase.
2-12 weeks	Circulation improves.
1 month	Physical appearance improves – skin loses its grey tone and becomes less wrinkled.
3-9 months	Coughing and wheezing is reduced.
1 year	Excess risk of heart attack reduces by half.
10 years	Risk of lung cancer falls to about half of a smoker.
15 years	Risk of a heart attack falls to the same of someone who has never smoked.

Source: NHS Smokefree Website

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Tobacco Free Charter

• Over 400 organisations have pledged action to help create a tobacco-free Scotland.

- The aim of Scotland's Charter for a Tobacco-free Generation is to:
- inspire organisations to take action to reduce the harm caused by tobacco;
- raise awareness of the goal of creating a tobacco-free generation of Scots by 2034 and;
- support organisations whose work impacts on children, young people and families to address tobacco issues.



Sign Posting



If you think some of your service users might need specialised support you can sign post them to the following organisations:

QUIT YOUR WAY
with our support



Educational Resource Shop

Welcome to our online catalogue of resources! Each of our educational resources is designed alongside our volunteers, partner organisations and young people who use our service to make sure they are relevant, interesting, engaging and up-to-date. Our staff regularly use these resources to teach young people (and staff) across Lanarkshire about different health-based topics.

Feel free to browse the resources below. If you would like to enquire about a product or place an order, [contact us](#).

Please note: Every Activity Board is made to order, therefore there can be an up to three-week turnaround from order to delivery depending on staff and printer availability.



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The Compass

- Have we managed to meet your aims & expectations for today?
- Take a look at the compass and remove post-its you feel have been achieved.
- Leave the ones on that still have to be met.



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Connect with us.



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