



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

Tuesday, September 27, 2022

# VENTURA COUNTY PUBLIC HEALTH

## Tobacco Education and Prevention Program

---

**Yaderi Salazar Ortega**  
**Community Services Coordinator**

# Learning objectives

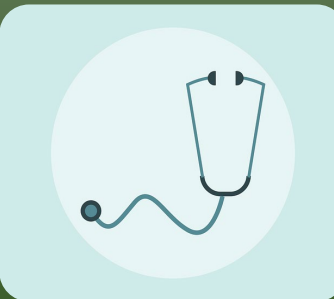
- ✓ Briefly the origin of tobacco
- ✓ Addiction
- ✓ Toxic chemicals
- ✓ The adolescent brain
- ✓ Knowing the signs and identifying the health risks of electronic nicotine delivery systems
- ✓ Electronic devices
- ✓ Secondhand smoke and thirdhand smoke

# Tobacco



## Production

Tobacco mass production of tobacco 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.*



Tobacco Prevention Toolkit

Division of Adolescent Medicine Stanford visit: [tobaccopreventiontoolkit.stanford.edu](http://tobaccopreventiontoolkit.stanford.edu)

# Toxic Chemicals Found in Cigarettes



Acetone



Cadmium



Butane



Benzene



Arsenic



Formaldehyde



Carbon monoxide

# The adolescent brain: A work in progress



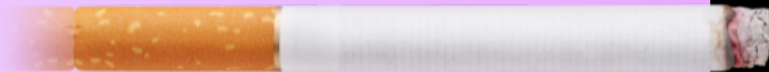
STANFORD  
UNIVERSITY



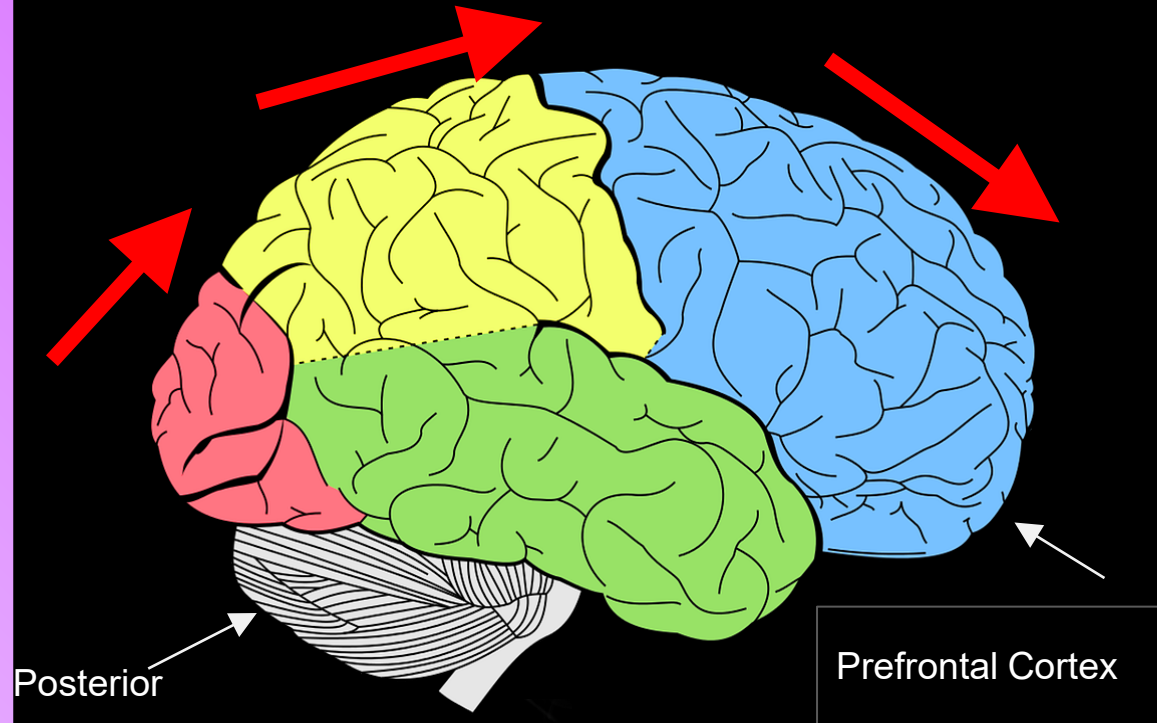
# The teenage brain and drugs

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](https://e-cigarettes.surgeongeneral.gov/documents/2016_SGR_ECig_FAQ_508.pdf)

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









Suorin





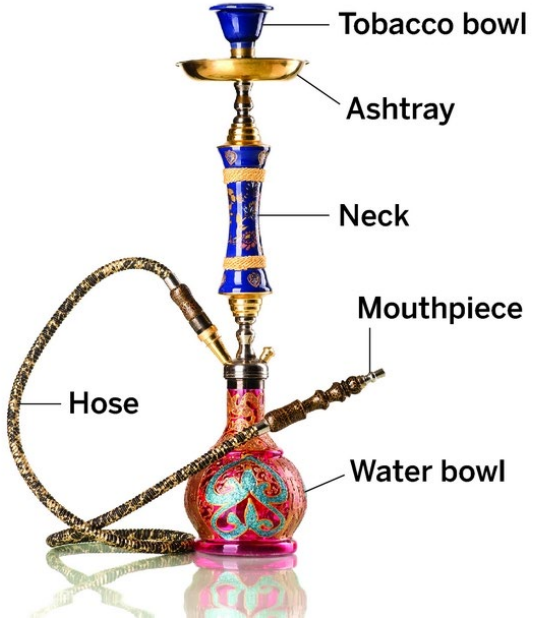
Charger

# Flavored products and flavors - Small Cigars and the Pipe +



Cigar Images Courtesy of Legacy®

## 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



# 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](http://www.kickitca.org)  
English: 1-800-300-8086  
Spanish: 1-800-600-8191

**KICK/IT**  
California

# Secondhand smoke

[tobaccopreventiontoolkit.stanford.edu](http://tobaccopreventiontoolkit.stanford.edu)



Nicotine

Heavy  
Metals

Ultrafine  
particles

Cancer-causing  
chemicals

Volatile organic  
compounds

# Thirdhand smoke

[tobaccopreventiontoolkit.stanford.edu](http://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-AIVICctBh1qvQJ2EAAYASAAEgJlxfD\\_BwE](https://kickitca.org/?gclid=EAlaIQobChMIoZKqvuHB-AIVICctBh1qvQJ2EAAYASAAEgJlxfD_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

  
AMERICAN LUNG ASSOCIATION  
*Freedom*  
FROM SMOKING™

Financiado por Ventura County Tobacco Settlement Program  
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](mailto: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](mailto:Vicky.Gonzales@Ventura.org)

**PROGRAMA GRATUITO PARA DEJAR DE FUMAR**



## Duplique sus posibilidades de dejar de fumar

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!

**ASESORÍA POR TELÉFONO  
PROGRAMA DE MENSAJES DE TEXTO  
MATERIALES DE AUTOAYUDA**

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

**¡Llame ahora!  
1-800-600-8191**

**KICK IT**  
California

Inscríbese en línea  
[www.kickitca.org](http://www.kickitca.org)

© 2016A11 California. Material financiado por el Departamento de Salud Pública de California y por el F. California