

"Vaping" and Student-Athletes:

What NYS Coaches need to know.

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Setting Expectations: What this Presentation is NOT.

There are significant legal issues with several aspects of the manufacture, import, availability, and marketing of these products.

This presentation does not address the ethics of legalization for any substance, or the legal age of their use.

This presentation does not address the legality of chemical compound trademarks or import status for any product.



E-Cigarette Use: An Overview

E-cigarettes are the most commonly used tobacco product among U.S. youth, according to the YRBS Youth Risk Behavior Survey, released annually by the CDC.

Key Data:

In 2024, 5.9% (1.63 million) of US middle and high school students currently used e-cigarettes.

Middle school: 3.5% (410,000 students)

High school: 7.8% (1.21 million students)



Flavored E-Cigarettes: Sweet Poison

The Appeal to Youth: Flavor / Personality / Fun

Key Fact:

87.6% of youth e-cigarette users use flavored products.

Common flavors: Fruit, candy, and mint.

Availability of flavored vapes is among the top reasons youth try e-cigarettes.



Health Concerns: Harmful Substances

Besides Nicotine, what else is in these vapes?

- E-cigarette aerosol can contain cancer-causing chemicals.
- Heavy metals (nickel, tin, lead)
- Volatile organic compounds.
- Flavorings like diacetyl, linked to lung disease.

International manufacturing processes are not regulated by US Agencies.



Deadly Substances: Diacetyl

“Popcorn Lung” sounds too innocent? Try Bronchiolitis Obliterans.

DIACETYL - Artificial flavoring known for fake buttery flavor.

Banned in 2016 by EU / Removed from US use in 2007.

Flavor and Extract Manufacturers Association Decision

Bronchiolitis Obliterans - Causes scarring of the air sacs in lung tissue.
Leads to thickening and narrowing of the airways.



Vaping and Lung Injury: What is EVALI?

In 2019, the U.S. Centers for Disease Control & Prevention began looking into an outbreak of e-cigarette/vaping, product use-associated lung injury (EVALI) or vaping-associated pulmonary injury (VAPI). By February 2020, there had been more than 2,800 hospitalizations and 68 deaths from EVALI across the United States.

Tetrahydrocannabinol (THC)-containing products was linked to most EVALI cases. So was Vitamin E acetate, an additive in vape cartridges e-liquids.



Health Concerns: Nicotine and the Developing Brain

Nicotine is highly addictive and can harm brain development
which continues until about age 25.

It can impair attention, learning, mood, and impulse control.
Adolescents who use nicotine may be at increased risk for
future addiction to other drugs.



Health Concerns: Vaping and Mental Health

What is the Vaping - Mental Health Connection?

- The most common reason students give for using e-cigarettes is "I am feeling anxious, stressed, or depressed".
- Nicotine addiction and withdrawal can worsen these feelings.
- Youth may use tobacco products to relieve their symptoms, leading to a cycle of addiction.

Quitting nicotine is shown to lower anxiety, depression and stress.



What Can Coaches Do?: Stay Vigilant

Actionable Steps

Be aware of the prevalence and health risks of vaping.
YES- Your students have SEEN IT USED or TRIED IT.

Educate students about the dangers of e-cigarettes and nicotine.
Promote a healthy, tobacco-free environment.

Understand the resources available to help students quit.



Resources and Support: Where to Find More Information

Online Resources for Everyone

CDC.GOV- US Center for Disease Control

FDA.GOV- US Food and Drug Administration

NY State DOH: Guide to E-Cigarettes and Vaping

NY State Center for School Health - Vaping Info/Help Center

