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## NEWS RELEASE

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### **Cannabis Use in Vaping Devices on the Rise in Youth**

BISMARCK, ND – Nationwide, vaping has been increasing since its introduction in 2007 and is the most commonly used tobacco product among youth. Roughly 21 percent of North Dakota high school students identify as current vaping product users (ND Youth Risk Behavior Survey, 2017). The North Dakota Department of Health (NDDoH) is encouraging parents and guardians to have conversations with the youth in their life to prevent the use of vaping products.

Vaping devices are not currently approved by the Food and Drug Administration (FDA) and are considered unsafe for youth. Also, vaping devices can be used for other substances – not just nicotine. [Research](#) recently released by the Centers for Disease Control and Prevention’s (CDC) Office on Smoking and Health reveals that nearly 1 in 11 U.S. middle and high school students used cannabis in a vaping device in 2016.

Parents play a powerful role in supporting the behavioral health of their kids – including the prevention of substance use and abuse. Parents Lead is a North Dakota program providing parents with information, resources and tools to build four key skills:

1. **Talk:** Have ongoing conversations with your kids about e-cigarettes and vaping, including your family values around substance use. To learn more about the harmful effects of vaping, visit the North Dakota Department of Health, Tobacco Prevention and Control Program, at [www.ndhealth.gov/tobacco](http://www.ndhealth.gov/tobacco).
2. **Monitor:** Set clear household rules and consequences; keep tabs on where your child is and with whom; educate yourself on what vaping products look like so you can be more aware of what your child and his/her friends are doing. Visit <http://bit.ly/TobaccoProducts> to learn more about what vaporizers, e-cigarettes and other electronic nicotine delivery systems look like.
3. **Be a Role Model:** Set a positive example by being tobacco-free. For more information on resources and information available to help quit tobacco and vaping products containing nicotine, visit [www.ndhealth.gov/ndquits](http://www.ndhealth.gov/ndquits).
4. **Support:** Be present; provide consistent and ongoing support and encouragement. The influence you have on your kids is more dependent on a trusting relationship than how much authority you have over them.

The mission of the North Dakota Department of Health’s Tobacco Prevention and Control Program is to improve and protect the health of North Dakotans by reducing the negative health

and economic consequences of the state's number-one cause of preventable disease and death – tobacco use. Visit [www.ndhealth.gov/tobacco](http://www.ndhealth.gov/tobacco) for more information.

For more information on Parents Lead, visit [www.parentslead.org](http://www.parentslead.org). Parents Lead is an evidence-based prevention program that provides parents and caregivers with a wide variety of tools and resources to support them in creating a safe environment for their children that promotes behavioral health. Professionals working with youth and parents can also access resources at [www.parentslead.org/professionals](http://www.parentslead.org/professionals).

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