



Tobacco Use Prevention Education (TUPE)

Mt. Diablo Unified School District
December 8, 2021



What We'll Cover

- Introduction: Tobacco use among adolescents and overview of tobacco use prevention education
Emily Justice, TUPE Manager Contra Costa County Office of Education
- District Updates
Linda Pete, Assistant Director, Student Services
- Video: TUPE at Diablo View Middle School
- Addressing student tobacco and other substance use
Megan Potmesil, Counselor & TUPE Co-coordinator, Riverview Middle School

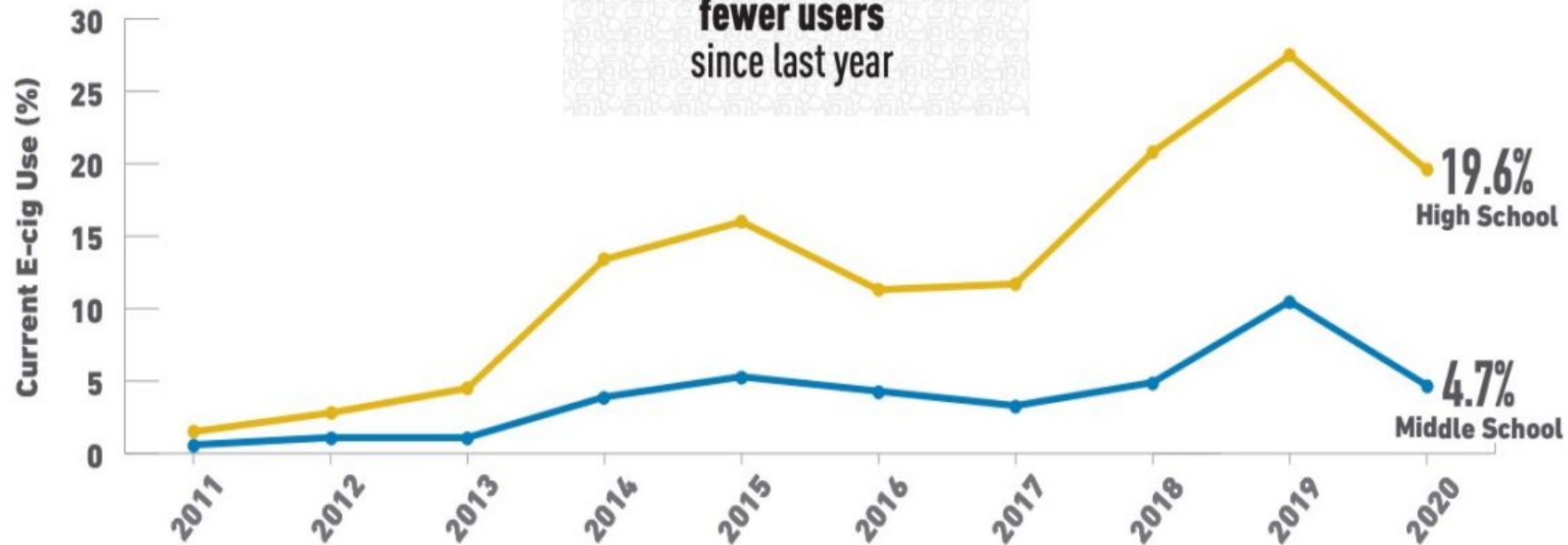
2020

National Youth Tobacco Survey

Findings show a sharp decline in youth e-cigarette use with

1.8 Million

fewer users since last year

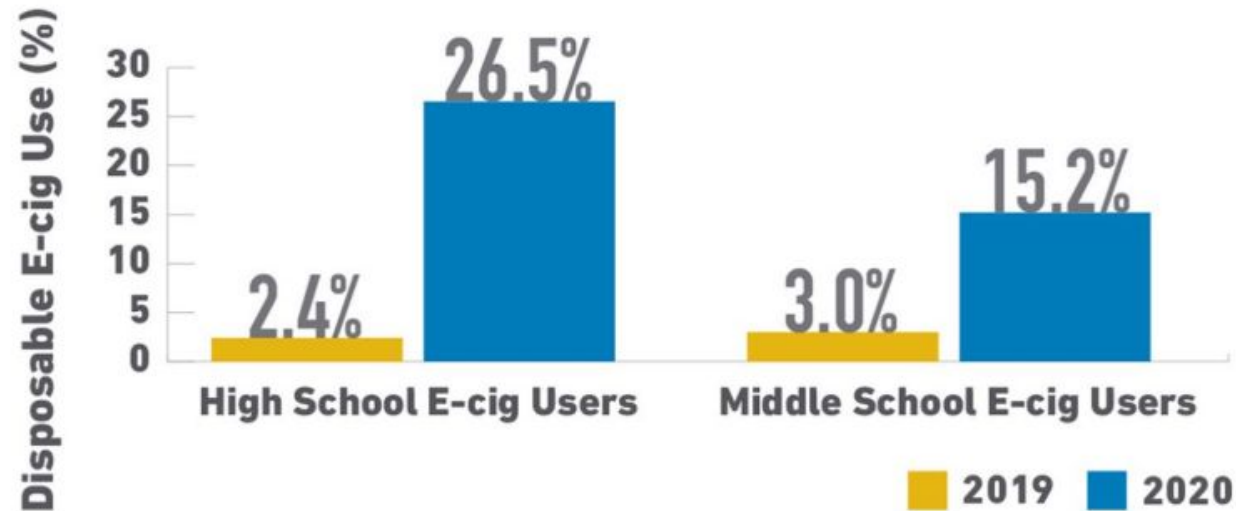


Wang TW, Neff LJ, Park-Lee E, Ren C, Cullen KA, King BA. E-cigarette Use Among Middle and High School Students — United States, 2020. MMWR Morb Mortal Wkly Rep 2020;69:1310-1312.

2020

National
Youth
Tobacco
Survey

Disposable e-cig use **SURGED**

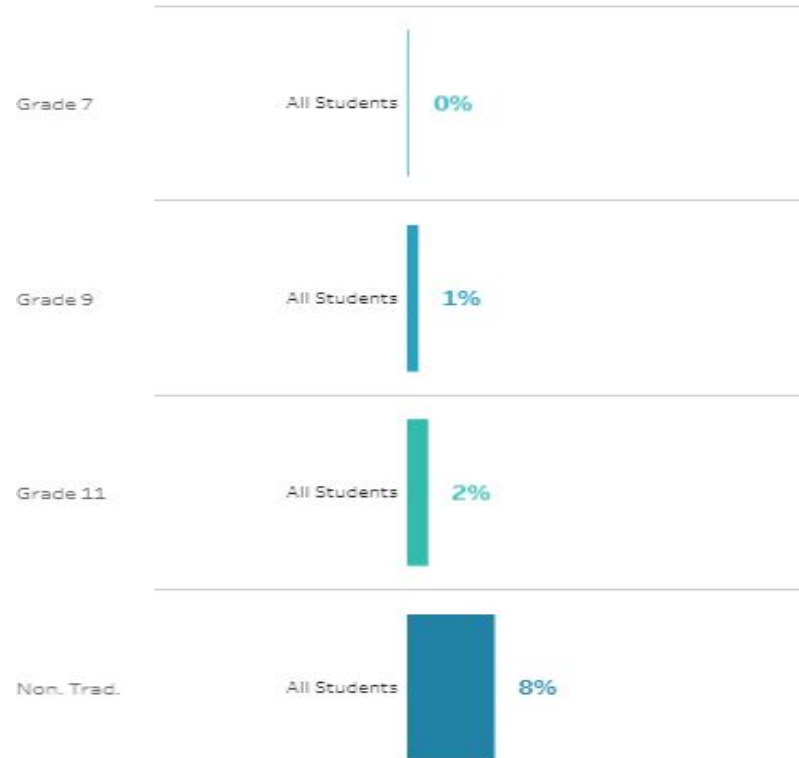


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Mt. Diablo Unified | Most Recent Data (2019-20)

Current cigarette smoking | One or more days in the past 30 days

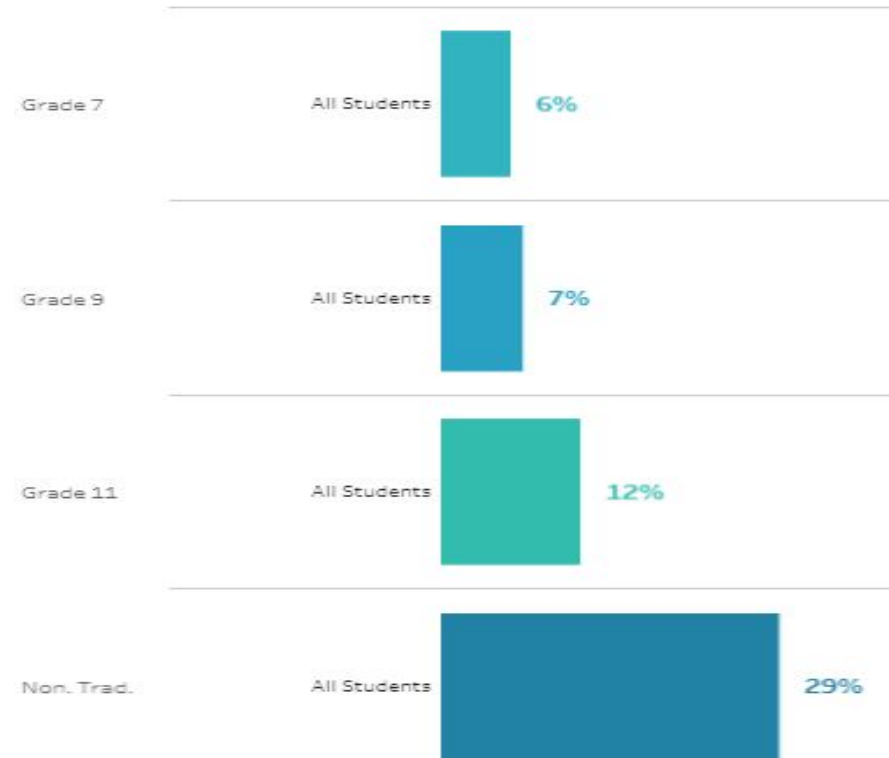
Results based on: All Students



Mt. Diablo Unified | Most Recent Data (2019-20)

Current electronic cigarette use | One or more days in the past 30 days

Results based on: All Students



2019-20 Mt. Diablo Unified School District
Healthy Kids Survey Results

Hidden in Plain Sight



Hidden in Plain Sight



Pod Systems



Closed Systems



Open Systems



Disposables



Cigarettes in a Pod

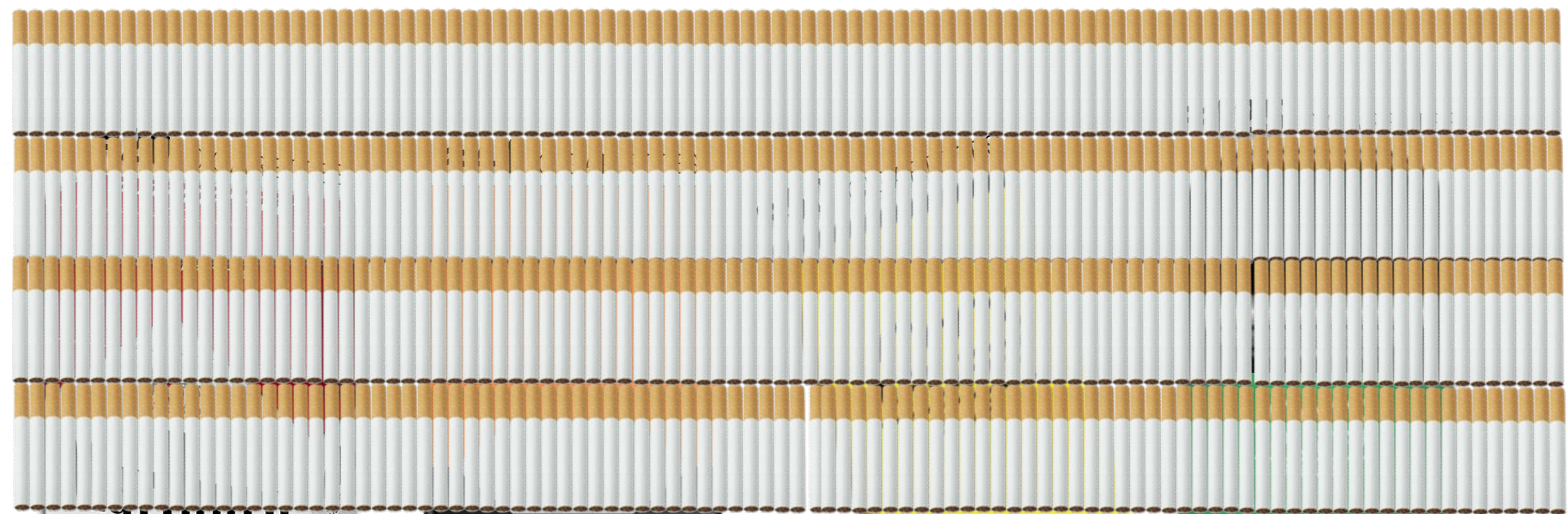
1 Pack of Cigarettes
≈20 mg of nicotine

1 Juul Pod
= 0.7 mL
≈41.3 mg of nicotine

1 Disposable
ex. Puff Bar, Wave Bar
= 1.3 mL
≈50 mg of nicotine

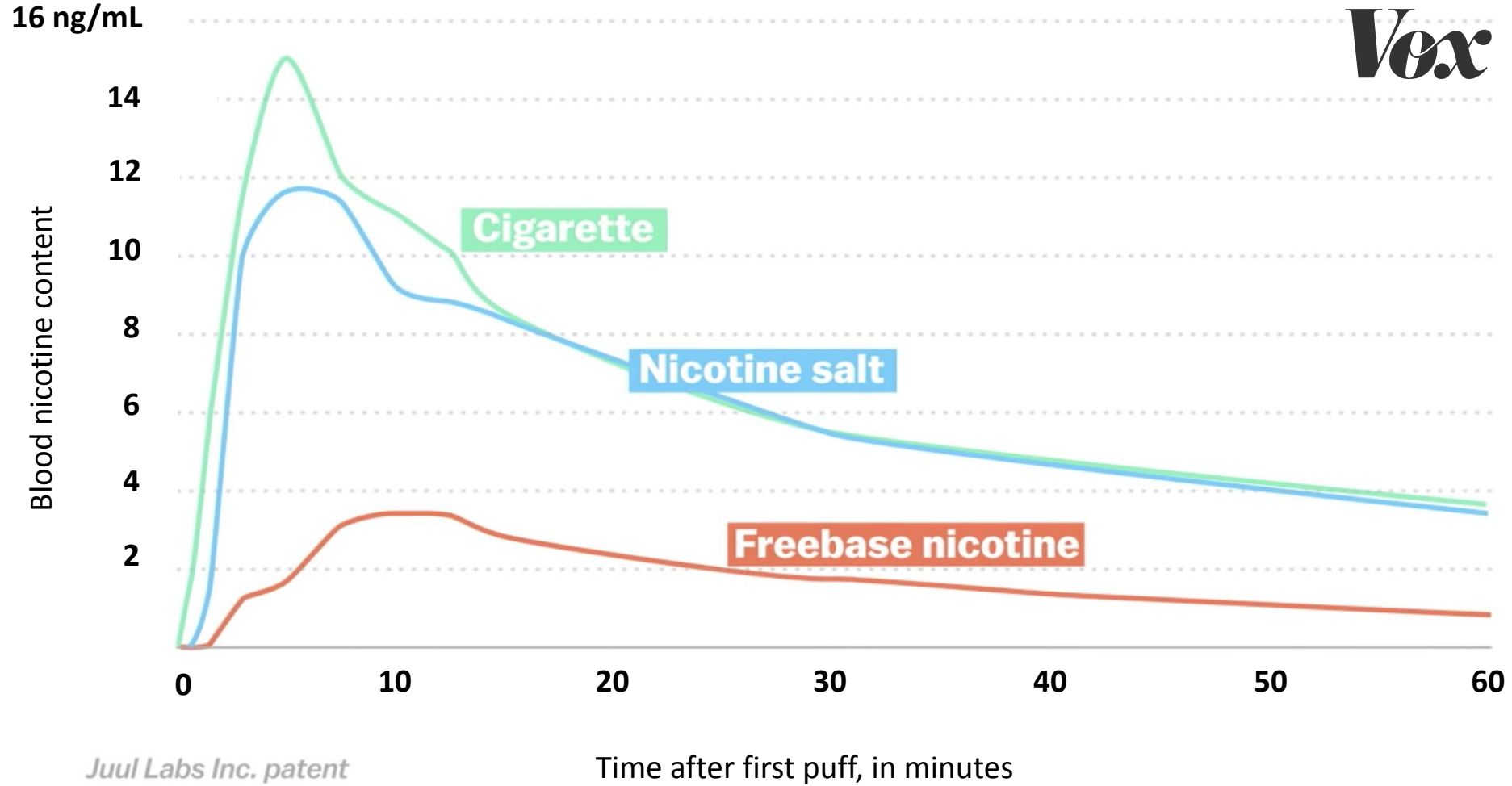
1 Disposable - Plus
ex. Puff Bar Plus
= 2.5 mL
≈125 mg of nicotine

1 Disposable - Max
ex. Flum, Hyde Retro
= 8 mL
≈400 mg of nicotine



~400
CIGARETTES

BLOOD NICOTINE CONTENT OVER TIME



Adolescents who vaped were

4X

more likely to report cigarette smoking.

TUPE PROGRAM COMPONENTS

Student Services



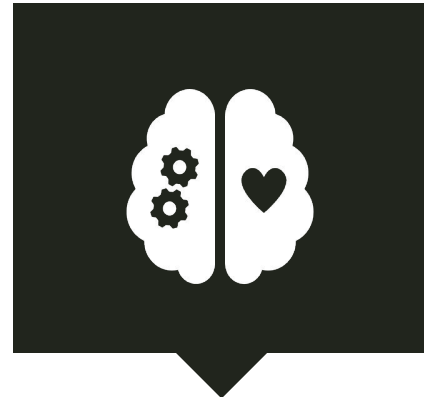
Classroom-based
Curriculum



Youth
Development-
Peer-to-Peer
Education



Intervention &
Cessation



Staff
Professional
Development



Family &
Community
Engagement



Harm Reduction

Student will develop a plan to help make those decisions they see as beneficial

Alternative to suspension



**Brief
Intervention**

For students that have low dependence levels

Student will receive assistance in weighing the personal costs and benefits of use

Experimentation phase

Student will take an active role in decisions about their use

Are unsure about changing their use

Thank you!

