

Live Well, Be Well

Title: Let's talk the Great American Smokeout

Introduction

Welcome to Live Well, Be Well! A podcast where we speak candidly about all things wellness! My name is Kate Monte and my pronouns are she/her/hers, and I'm Paola Laris and my pronouns are she/her/hers and we are Well-Being Peer Educators at UC San Diego. We both are holistically trained, but have a focus of Alcohol, Tobacco, and Other Drugs.

On this episode of Live Well Be Well, we'll be discussing the Great American Smokeout Event and information on vaping and E-cigarette usage. (Paola)

So we hope you get inspired, we hope you feel connected, and we hope you discover new ways to live your best life. Let's get started! (Kate)

- First exposure experience (high school)
 - Personal (Paola) - highschool
 - Personal (Kate) - seeing it at mall kiosks/advertisements on tv about flavors
- Data about smoking/vaping (Paola)
 - Among youth and young adult e-cigarette users aged 13-25, more than half (55.9%) used another tobacco product in addition to e-cigarettes.
 - Misconceptions about e-cig purpose (Kate)
- JUULs were used originally to quick tobacco/nicotine usage, but people now a days go straight to use JUULs and other e- cigarette
- Many people think that vaping is less harmful than cigarettes but in reality it isn't, it is equally as addictive and harmful.
- Differences between smoking and vaping (Paola)
 - Smoking produces more toxins which are present in the inhalation. Due to the harshness of the inhalation and the content present in the leaves of tobacco or nicotine, each inhalation brings in less of these substances as compared to vaping. The vaping inhalation is less harsh, which allows for a larger intake increasing the amount of

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substance inhaled. The vape juice also is more highly concentrated on average than the leaves.

- Effects/Impacts on health (mental, physical) (Kate)
 - Acute nicotine exposure can be toxic and hard to monitor when vaping. The throat becomes irritated with smoking, which naturally makes the user stop, but this isn't present in vaping, so consumption is continued.
 - Common effects: damaged lungs/teeth (reminder covid, try to be healthy as possible with good hygiene), physical early aging, , cancer-causing, increased risk of heart issues (disease, stroke, heart attacks, high blood pressure)
 - Vaping = relatively new so not much research on it so be aware of the unknown side effects
- How to quit (Paola)
 - Make the Decision to Quit
 - Understand Your High-Risk Times
 - Stock Up on Supplies
 - Oral substitutes like gum etc.
 - Pick a Quit Date
 - Let People Know
- Resources (Kate)
 - UCSD SHS and HPS actually provides a smoking cessation program!
 - You can make in person appointment at (858) 822-5926
 - But wait, what if you're quarantining and don't want to go outside?
 - You can call the California Smokers' Helpline at (800) NO-BUTTS.
 - (800) 662-8887
 - They even offer counseling in other languages!
 - Great American Smokeout event

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- The Great American Smokeout is next Thursday, November 19th. This day was created by the American Cancer Society to bring awareness to the effects of smoking and vaping. Myself and the other ATOD Peers will be facilitating a week of education, awareness, and healthy alternatives to smoking or vaping. (Paola)
- We will have two Up in Smoke Workshops, a Youtube Live Habit Rewiring Workshop, and an in-person "Work your Butt off" fitness class with Recreation.
- Check out our instagrams @ucsdhps and @ucsdwpe to get all the details about the week.

Closing

(Paola) So that concludes this episode of Live Well Be Well! If you like what you heard and would like to learn more about topics related to health and well-being, there's much more to come!

(Kate) Stay tuned for our next episode of Live Well, Be Well. Until next time, be kind, be true, be you. And remember, to be well is to live well.

- Please be mindful of what you say and how you present yourself. This is a department-sponsored podcast so we need to ensure that we're professional and that the content is aligned with our goals of promoting health and wellness as it relates to behaviors, attitudes, and perceptions.
- Please *do not* use explicit language or advocate for or suggest engagement in unhealthy behaviors (e.g., Inappropriate: "one of the ways that I like to destress and relax is smoking cannabis and drinking a 6 pack" → Appropriate: "one of the ways that I like to destress and relax is by taking a warm bath, listening to my favorite music, and drawing")
- **Once you have recorded, please send me the file (rdellacqua@ucsd.edu) and I will insert the opening and closing music and make any edits as needed.**
 - **If you misspeak or make any mistakes along the way, not to worry, I can edit it out. Just say something like "Renee please edit out that last bit...I'm going to repeat that"**
- Have fun with this! When you have fun and enjoy what you're saying, it'll radiate through your voice!

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