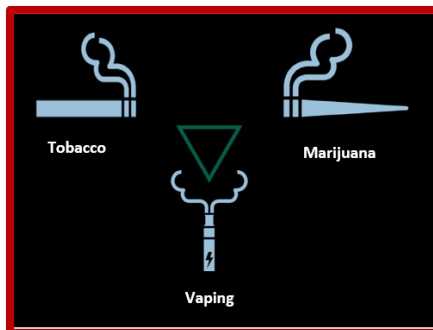


The Triangulum: Tobacco-Vaping-Marijuana

Protecting Youth with TUPE Funds

What is the Triangulum?

- ▶ The “Triangulum” is a framework for understanding how the collective impact of tobacco, marijuana, and vaping harms youth
- ▶ Voters approved Propositions 99 and 56 to protect Californians from addiction, lung diseases, and health problems related to tobacco use. But, the positive outcomes achieved by these laws may be rolled-back because of the popularity of electronic vaping devices (e-cigarettes, vapes, etc.)ⁱ
- ▶ Tobacco and marijuana companies use advertising, social media, and flavored products to make vaping seem desirable and normal. “Normalizing” vaping is harmful because it could hook a new generation on nicotine and lead to more marijuana use by youth.ⁱⁱ



The Triangulum, Youth and Vaping

- ▶ Tobacco use by high school students sharply increased when companies that make electronic vaping devices began selling flavored nicotine products that appeal to youthⁱⁱⁱ
- ▶ Youth also use electronic devices to vape marijuana^{iv}. Many schools and Local Educational Agencies funded by TUPE report students are vaping THC on campus
- ▶ Youth who live near stores that sell electronic vaping devices and products, are more likely to vape^v. Black, Latino, and Southeast Asian youth are at higher risk because Triangulum industries often use advertising to target these communities^{vi, vii}

This resource will help schools and other Local Educational Agencies understand:

- ▶ The links between products and devices sold by Triangulum industries: tobacco, vaping, and marijuana (THC)
- ▶ How the Triangulum harms youth
- ▶ How to use TUPE funds to prevent the vaping and co-use of marijuana and tobacco

**Tobacco-Use Prevention
Education Office:**

tupe@cde.ca.gov | tupeca.org

What is Tobacco-Marijuana Co-Use?

Use of marijuana and at least one tobacco product within the last 30 days.

- ▶ Blunts and spliffs (products that contain both tobacco and marijuana) are common forms of co-use
- ▶ Some youth vape tobacco to cut down on marijuana use

For more information, contact the TUPE Office

Tackling the Triangulum with TUPE Funds

The Tobacco Education Research Oversight Committee's (TEROC) Master Plan and policy letters identify areas where California's tobacco laws and marijuana laws overlap:

- ▶ All vaping devices are considered tobacco products, whether used for liquid, vaporized nicotine or marijuana (California Business and Professions Code Section 22950.5, California Health and Safety Code Section 104495)
- ▶ Emissions from vaping devices are subject to the same restrictions on secondhand exposure as tobacco smoke^{viii}

Under the guidance provided by TEROC, schools and other Local Educational Agencies that implement tobacco education programs may also use their TUPE grants to protect youth from vaping marijuana and marijuana and tobacco co-use^{ix}:

- ▶ **Instruction:** Educate students and school staff; engage and inform families
- ▶ **Data and Reporting:** Collect data on marijuana vaping and marijuana-tobacco co-use with surveys, focus groups, and other evidenced-based methods
- ▶ **Interagency Partnerships:** Collaborate on activities and share information with local agencies and community-based organizations
- ▶ **Youth Development:** Youth Development may include service learning projects which focus on media influences and healthy choices, and other peer-led efforts

Avoiding Conflict of Interest

It is becoming more common for marijuana businesses to offer donations to schools. But, Local Educational Agencies that receive TUPE grants are prohibited from accepting funding, materials, or services from the tobacco, vaping, and marijuana industries – even if the purpose of the donation is to support prevention and cessation efforts^x.

This policy helps to ensure that TUPE grant recipients are able to implement effective programs.

Marijuana and Youth: Learning Outcomes and Health Risks

Now that adult-use is legal under California law, many youth see marijuana advertising and retailers in their neighborhoods and may believe using marijuana is not harmful.

But, research shows our brains don't fully develop until age 25. Youth who vape marijuana and co-use tobacco and marijuana are at higher risk for:

- ▶ Memory loss
- ▶ Getting lower grades
- ▶ Skipping classes
- ▶ Dropping out of school
- ▶ Anxiety and paranoia
- ▶ Addiction
- ▶ Breathing and lung problems

<https://www.cdph.ca.gov/Programs/DO/le/tstalkcannabis/Pages/youth.aspx>

Young e-cigarette users are 3.5x more likely to use marijuana.



Resources

Prevention and Education

- ▶ Tobacco free CA (<https://tobaccofreeca.com/>)
- ▶ The Cannabis/Marijuana Awareness & Prevention Toolkit (<https://med.stanford.edu/cannabispreventiontoolkit.html>)

Cessation

- ▶ Quit Vaping Help: California Smokers Helpline (<https://www.novapes.org/>)
- ▶ The EX Program (<https://truthinitiative.org/what-we-do/quit-smoking-tools>)
- ▶ Know the Risks: Aps and Resources to Quit Vaping and Tobacco (<https://static1.squarespace.com/static/5914b24d1b631bf77cd25ed5/t/5e7cfade084ec5d3f78aa/bc/1585250222412/Know+the+Risks+Quit+Guide.pdf>)

Health and Learning Outcomes

- ▶ Marijuana: How Can it Affect Your Health? (<https://www.cdc.gov/marijuana/health-effects.html>)
- ▶ Outbreak of Lung Injury Associated with the Use of E-Cigarette, or Vaping, Products (https://www.cdc.gov/tobacco/basic_information/e-cigarettes/severe-lung-disease.html)
- ▶ Is it Possible to Overdose on Marijuana? (<https://www.cdc.gov/marijuana/faqs/overdose-bad-reaction.html>)
- ▶ What You Need to Know About Marijuana Use in Teens (<https://www.cdc.gov/marijuana/factsheets/teens.htm>)

Research

- ▶ The Triangulum: Tobacco, Marijuana, and E-Cigarettes (<https://www.trdrp.org/highlights-news-events/triangulum-webcast-may-26-2016.html>), (<https://trdrp.org/files/triangulum/phil-gardiner-slides.pdf>)
- ▶ Getting it Right from the Start: Principles for a Public Health & Equity Approach to Cannabis Regulation (<https://gettingitrightfromthestart.org/policy-brief-principles-of-regulation/>), (<https://gettingitrightfromthestart.org/>)
- ▶ The Link Between Marijuana and E-Cigarettes (https://truthinitiative.org/sites/default/files/media/files/2019/12/Marijuana_FactSheet_final.pdf)
- ▶ Reasons for Marijuana and Tobacco Co-use Among Young Adults: A Mixed Methods Scale Development Study (<https://pubmed.ncbi.nlm.nih.gov/28792283/>)
- ▶ The Truth Initiative Marijuana Fact Sheet (https://truthinitiative.org/sites/default/files/media/files/2019/12/Marijuana_FactSheet_final.pdf)

TEROC Proposition 99 and 56 Guidance:

- ▶ The Tobacco Education Research Oversight Committee (TEROC) (<https://www.cdph.ca.gov/Programs/CCDPHP/DCDIC/CTCB/Pages/TobaccoEducationAndResearchOversightCommittee.aspx>)

State of California Tobacco, Vaping, and Marijuana Prevention

- ▶ California Department of Education, Tobacco-Use Prevention Education Office (<https://www.cde.ca.gov/ls/he/at/tupe.asp>), (tupeca.org)
- ▶ California Department of Public Health, California Tobacco Control Program (<https://tcfor.catcp.org/index.cfm?fuseaction=websites.home>)
- ▶ Tobacco-Related Disease Research Program (<https://www.trdrp.org/>)
- ▶ Let's Talk Cannabis (<https://www.cdph.ca.gov/programs/do/letstalkcannabis/pages/letstalkcannabis.aspx>)

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- ⁱ Tobacco Education Research Oversight Committee. 2016. The Triangulum: Tobacco, Marijuana, and Electronic Smoking Devices. <https://www.cdph.ca.gov/Programs/CCDPHP/DCDIC/CTCB/Pages/TobaccoEducationAndResearchOversightCommittee.aspx>.
- ⁱⁱ California Department of Public Health. 2015. State Officer's Report on E-Cigarettes: A Community Health Threat. <https://www.cdph.ca.gov/Programs/CCDPHP/DCDIC/CTCB/CDPH%20Document%20Library/Policy/ElectronicSmokingDevices/StateHealthEcigReport.pdf>.
- ⁱⁱⁱ Tobacco Education Research Oversight Committee. The Triangulum: Tobacco, Marijuana, and Electronic Smoking Devices. <https://www.cdph.ca.gov/Programs/CCDPHP/DCDIC/CTCB/CDPH%20Document%20Library/TEROC/Position/TEROCPositionStatementTheTriangulum.pdf>
- ^{iv} Tobacco Education Research Oversight Committee. The Triangulum: Tobacco, Marijuana, and Electronic Smoking Devices. <https://www.cdph.ca.gov/Programs/CCDPHP/DCDIC/CTCB/CDPH%20Document%20Library/TEROC/Position/TEROCPositionStatementTheTriangulum.pdf>
- ^v Giovinco, Daniel P. 2016. "Association Between Electronic Cigarette Marketing Near Schools and E-cigarette Use Among Youth." J Adolesc Health. 59(6):609-611. <https://pubmed.ncbi.nlm.nih.gov/27720358/>
- ^{vi} U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, Office on Smoking and Health. 1998. Tobacco Use Among U.S. Racial/Ethnic Minority Groups—African Americans, American Indians and Alaska Natives, Asian Americans and Pacific Islanders, and Hispanics: A Report of the Surgeon General. <https://www.fda.gov/media/86497/download>.
- ^{vii} U.S. Department of Health and Human Services, Centers for Disease Control and Prevention. 2020. African Americans and Tobacco Use. <https://www.cdc.gov/tobacco/disparities/african-americans/>
- ^{viii} California Department of Public Health. 2020. California's Statewide Smoke-Free Air Laws & Restrictions <https://www.cdph.ca.gov/Programs/CCDPHP/DCDIC/CTCB/CDPH%20Document%20Library/Policy/SecondhandSmoke/SHSLawsBrochure.pdf>
- ^{ix} Tobacco Education Research Oversight Committee. The Triangulum: Tobacco, Marijuana, and Electronic Smoking Devices. <https://www.cdph.ca.gov/Programs/CCDPHP/DCDIC/CTCB/CDPH%20Document%20Library/TEROC/Position/TEROCPositionStatementTheTriangulum.pdf>
- ^x K-12 Dive. 2019. As 'Green Wave' Spreads, Marijuana Funds Create New Dilemmas for Education Leaders. <https://www.k12dive.com/news/as-green-wave-spreads-cannabis-funds-create-new-dilemmas-for-education-1/564977/>
- ^{xi}The Truth Initiative. 2019. Marijuana Fact Sheet. https://truthinitiative.org/sites/default/files/media/files/2019/12/Marijuana_FactSheet_final.pdf