

Dangerously Deadly Habit

When I was asked to think about a problem in Hawaii, I thought of teens and young adults using e-cigarettes, also known as vaping. A lot of teens and young adults think vaping makes them look cool or popular but really they are just damaging their health and well being. According to KITV Island news the state of Hawaii is ranked the highest nationally for the amount of high schoolers who vape. The state of Hawaii's high school teens vape twice as much as youth nationally. Using an e-cigarette can increase the risk of high blood pressure, diabetes, respiratory diseases, take more than 10 years off of the users life span, and can hurt brain development.¹ It's not just a problem in Hawaii its a nationwide issue. 23 people have died nationally because of the e-cigarettes.²

The state of Hawaii's teens are adopting the habit of vaping at frightening rate so that means that vaping might make a new generation addicted to nicotine and prone to getting vaping related illnesses. From 2011-2015 the amount of middle and high school students using e-cigarettes increased by 900 percent, so if it increased that much in 4 years than where will we be in 50 years? ³ E-cigarettes play a role in this too, some e-cigarettes are specifically marketed for children. These children who are vaping now are going to become adults who vape encouraging their children to do so also. If we don't solve this problem now in 50 years we will have a disturbingly high amount of unhealthy people in Hawai'i.

This problem could be solved by launching an anti e-cig campaign. I believe it would work because there was an anti smoking campaign in the state of Florida that was effective. The evidence that it was effective is that it increased the number of people participating in programs to quit smoking. Also it cut the youth smoking rate in half sense the campaign started in 2010. The campaign showed television advertisement about the serious health issues of people who smoke.⁴ If an anti smoking campaign was effective in the state of Florida then an anti vaping campaign might be effective in the state of Hawaii. Another solution that I propose is to implement harsher punishment for youth who vape and their parents. Parents who allow their underage children to use e-cig and other products containing nicotine should be fined. That would decrease the number of parents allowing their children to have this unhealthy habit.

Mr.Chings vision was to help and provide for those in need. That is why he donated the profits from his Kukui Gardens project to charity. Teens and young adults that use e-cigarette or want to use e-cigarettes are in that category. An Anti e-cigaret campaign requires commercials and print ads. A commercial needs a set, actors,

someone needs to think of an idea for it and someone needs to contact a television station to air the commercial. All of those things cost money. The philosophy of the Clarence T.C. Ching foundation is to donate money to a project designed to help people. I am sure he would be in support of legislation that requires punishes guardians of those who are underage and using nicotine products. Mr. Ching was a sickly child because of this he would know how important health is and taking care of your body.

If we act now then we could save this and future generations from the serious health issues that can occur by using e-cigarettes. If the teens and young adults quit vaping now then they could spend the rest of their life having fun instead of being in the hospital or dying too soon. We need to launch an attention grabbing campaign to show the dangers of vaping and also find a way to punish parents who are putting their children and their health at risk.

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