

90975R



NEW ZEALAND QUALIFICATIONS AUTHORITY
MANA TOHU MĀTAURANGA O AOTEAROA

QUALIFY FOR THE FUTURE WORLD
KIA NOHO TAKATŪ KI TŌ ĀMUA AO!

Level 1 Health 2021

90975 Demonstrate understanding of issues to make health-enhancing decisions in drug-related situations

Credits: Four

RESOURCE BOOKLET

Refer to this booklet to answer the questions for Health 90975.

Check that this booklet has pages 2–4 in the correct order and that none of these pages is blank.

YOU MAY KEEP THIS BOOKLET AT THE END OF THE EXAMINATION.

RESOURCE A: New vaping laws in New Zealand (November 2020)

The new law:

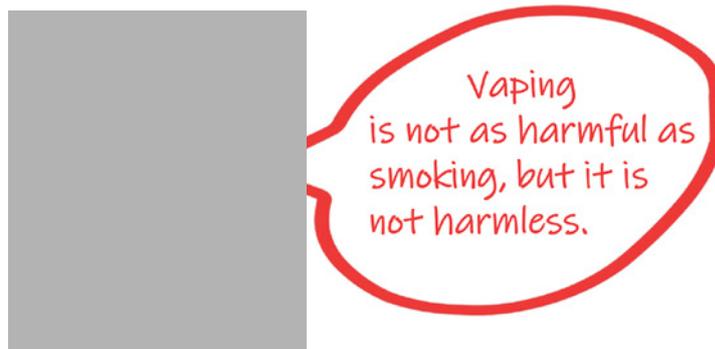
- bans the sale of vaping products to those under the age of 18
- prohibits advertising the products and encouraging people to buy them in-store
- limits the sale of all flavours to specialist stores, including online retailers, with shops like dairies, supermarkets, and petrol stations restricted to mint, menthol, and tobacco
- allows speciality stores to continue offering loyalty points and discounts
- bans vaping in cars with children
- enables all retailers to display products in-store
- provides a framework for regulations to be set where people are allowed to vape in or outside premises
- introduces a safety system, which would allow the Ministry of Health to recall products, suspend them, and issue warnings.

Source adapted from: <https://www.nzherald.co.nz/nz/vaping-law-passes-advertising-banned-flavours-restricted-and-illegal-for-under-18s/3CKFKAGDMW6YOASIRJW2GLNYZ4/>

RESOURCE B: Extract from the Youth19 vaping fact sheet

What is vaping?

Vapes or electronic-cigarettes (e-cigs) are battery-powered devices that heat e-liquid and create a vapour that users breathe in. There is evidence that switching from smoking to vaping can reduce harm and help smokers to quit.

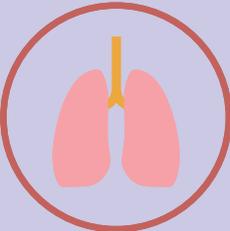


Concerns around vaping are that the long-term effects are not known, and that it could lead to smoking among young people. Also, e-liquids generally contain nicotine, which is addictive, and may affect brain development in adolescents. For these reasons, the Ministry of Health warns against e-cigarette use by non-smokers, particularly young people.

Source (adapted): <https://www.fmhs.auckland.ac.nz/assets/fmhs/faculty/ahrg/docs/2020/2020-vaping-fact-sheet.pdf>

RESOURCE C: The negative effects of vaping

THE NEGATIVE EFFECTS OF VAPING



RESPIRATORY DISTRESS

Additives common in vape pods can cause coughs, chest pains, asthma, cancer, and other lung damage.



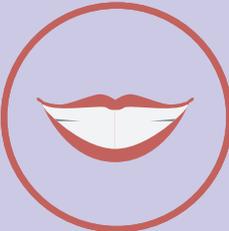
FEELING UNWELL

Vaping can cause nausea, dizziness, and light-headedness. These are also symptoms of withdrawal when stopping vaping.



FEEL-GOOD CHEMICALS

Nicotine and marijuana-based vape pods release dopamine and serotonin chemicals. Nicotine can also keep you awake and cause sleep problems.



TOOTH AND GUM PROBLEMS

As well as cavities and inflammation, vaping can bring on mouth sores, sore throat, and gum bleeding.

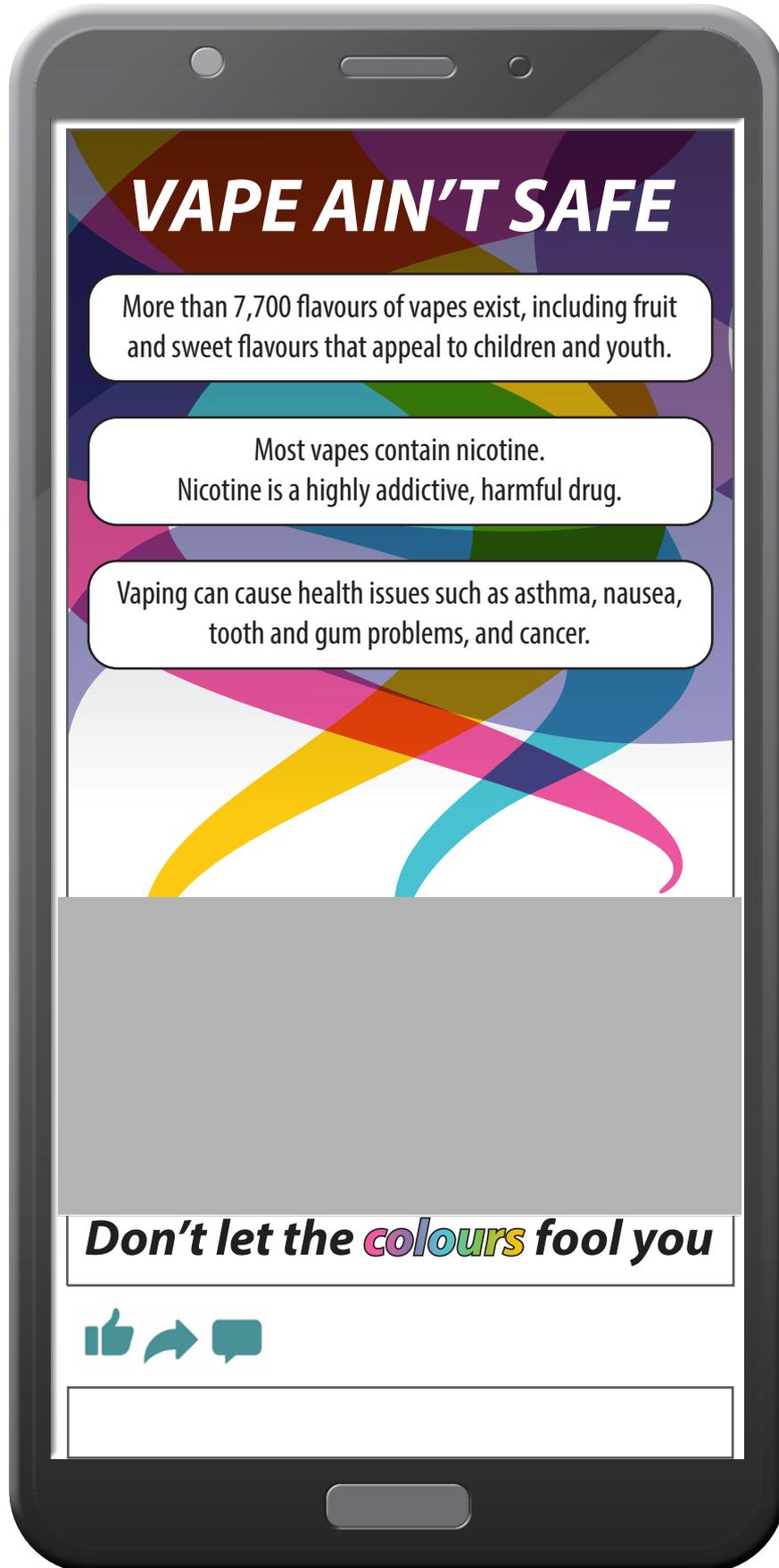


HEART PROBLEMS

Vaping causes blood pressure to rise, increasing the risk of heart palpitations, heart attack, heart disease, and stroke.

Source (adapted): <https://www.druganddevicewatch.com/2019/11/01/how-does-vaping-affect-your-body/>

RESOURCE D: 'Vape Ain't Safe' post on social media



Source (data): <https://smchd.org/vapeaware/vape-poster-2/>

Source (images): smartboy10/iStockphoto <https://www.istockphoto.com/vector/e-cigarettes-or-vapers-gm917000466-252301848>