



Vaping PPW prevents:

- E-cigarette use
- Cigarette smoking
- Alcohol use
- Marijuana use
- Illegal drug use

Vaping PPW promotes:

- Sports & physical activities
- Healthy eating
- Getting adequate sleep
- Setting multiple health goals
- Positive self-identity



What is Vaping PPW?

- ❖ Vaping Prevention Plus Wellness (PPW) is the country's only single-session screening and brief intervention designed to promote active, healthy and e-cigarette use-free lifestyles among youth.
- ❖ Vaping PPW is an easy to use evidence-informed program that prevents e-cigarette use and promotes protective physical activity, sports, healthy eating and sleep habits.
- ❖ Vaping PPW targets naturally motivating peer and desired future images to increase personal goal setting to improve multiple wellness behaviors and positive identity.
- ❖ Vaping PPW is highly flexible and can be implemented to youth individually or in groups using a script and PowerPoint slides.



VAPING PREVENTION PLUS WELLNESS (PPW)

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Vaping Prevention Plus Wellness (PPW)

*Preventing E-cigarette Use
by Promoting Wellness
Lifestyles among Youth*



Protecting Youth from Multiple Health Risks

- Research indicates that most US youth experience multiple co-existing health risks and problems, like physical inactivity, unhealthy eating, lack of sleep, and e-cigarette and other substance use.
- Vaping PPW is specifically designed to address these risks in a single program and setting, to cost-effectively improve the “whole health” of youth.
- Vaping PPW screens youth for their current health habits, provides feedback and positive image messages, and helps them set multiple health behavior goals to avoid vaping and increase protective wellness habits.

“Vaping PPW is an evidence-informed intervention adopted from the SPORT Prevention Plus Wellness program which is listed on the federal government’s National Registry of Evidence-based Programs and Practices (NREPP), Blueprints for Healthy Youth Development and other evidence-based program registries.

We know you will find it an easy, enjoyable and effective way to promote resilient fit, healthy and e-cigarette use-free lifestyles among your youth.”

*Chudley Werch, PhD,
President
Prevention Plus Wellness,
LLC*



Vaping PPW Program & Training

- ✚ The **Vaping PPW Program** includes a manual with scripts to provide an individual or group lesson, digital downloads with PowerPoint slides and reproducible program materials, optional web-based resources, and a built-in pre-post program evaluation.
- ✚ **Onsite and Online Training Workshops** allow professionals and youth leaders to quickly gain knowledge, skills and confidence to implement, or train others to implement, the Vaping PPW program to youth.