

# YOUR MOUTH, YOUR CHOICE: THE LINK BETWEEN ORAL HEALTH AND VAPING

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## Southwest High School



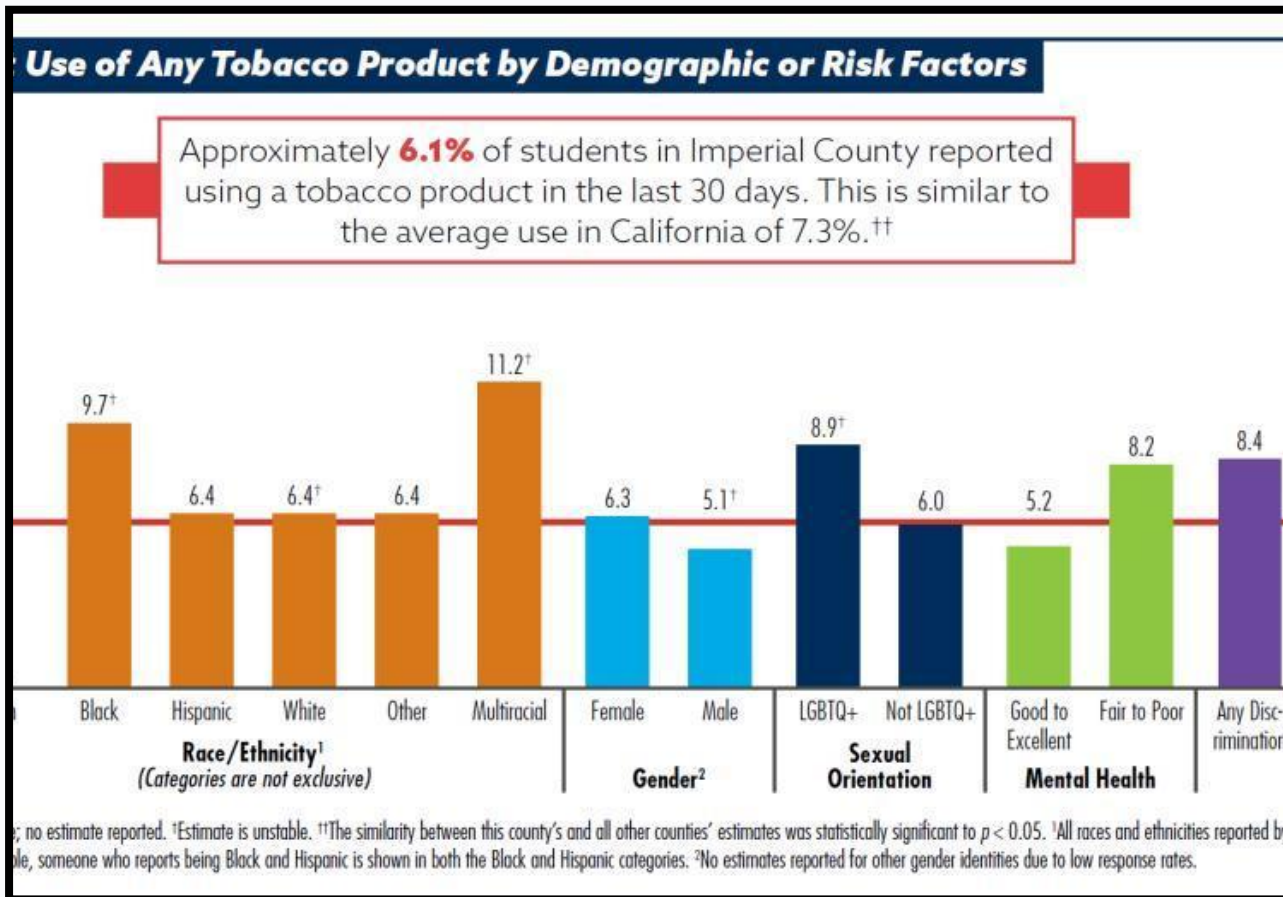
Health Science and Medical  
Technology: Dental Assistant



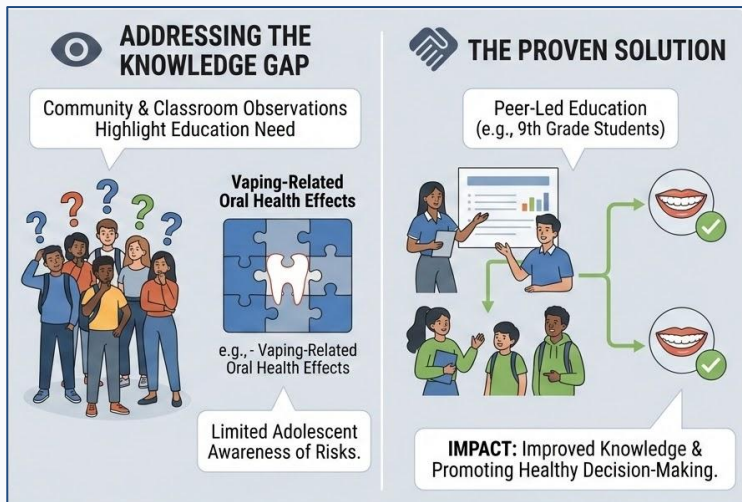
# Background



Youth vaping remains a significant public health concern.



# Background



Community observations, classroom experiences, and literature highlighted a need for oral health education.



Partnered with HOSA: Future Health Professionals and school stakeholders to address the gap in awareness regarding vaping-related oral health effects.

# Objectives



Increase student knowledge regarding the oral health risks of vaping.



Promote healthy decision-making among adolescents.



Develop engaging and evidence-based health education activities.

# Methods



Implemented a student-led health education project for 9th grade students.



Created interactive lessons, scavenger hunts, games, and discussions.



Used pre- and post-assessments to evaluate learning outcomes.



Integrated community and research-based resources.



# Findings and Outcomes



Students demonstrated improved knowledge regarding vaping and oral health.



Learning objectives were met through active participation.



Deliverables included lesson plans, educational materials, assessment tools, and student activities.

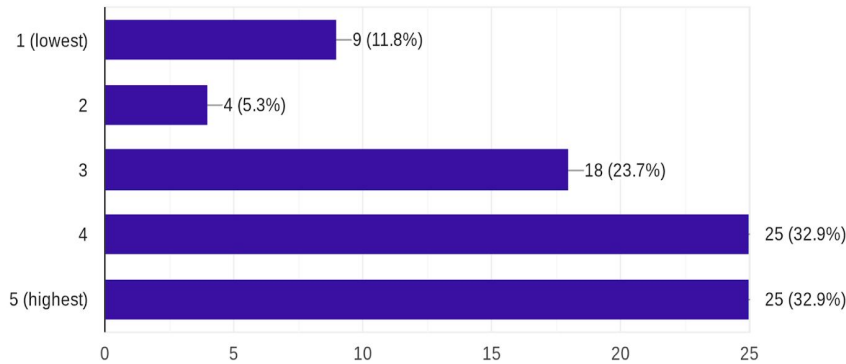


Positive feedback supported the effectiveness of the project.

# Findings and Outcomes

How would you rate your understanding of the effects on tobacco and nicotine on your oral/dental health?

76 responses



Lesson evaluation	
Do you believe there is a connection between vaping and smoking to one's oral/dental health? Why or why not?	
Pre lesson post lesson 12/16/2025	post lesson 1/7/2026
Yes	There is a connection between vaping and smoking to one's oral/dental health because both smoking and vaping harm oral health.
	I do believe there is a connection between vaping and smoking to one's oral dental health because they are really similar.
I don't have a reason	Yes, because they can both ruin someones oral/dental health.
ldk	yes because the chemicals could also darken your teeth
no	yes, they both can damage teeth
Yes	yes because when you take tobacco it goes into your mouth and causes yellow teeth
no	I don't really believe in such a thing, since they both are the same thing, just one is electric and one is raw.
I don't think there is a connection because vaping is water	yes because there both bad.
	yes because there both bad.
Yes because yes	if people use those then it can effect your health because it can go in your lungs and body
yes, this is because after so much use, it affects the person's oral/dental health and them in general	Yes because once you smoke it starts messing with ur oral health.
Yes	Yes because the smoke is in direct contact with the gums and teeth
cuz it's smoking	yes beacus eyour teeth become yellow
No	Yes, there's a significant connection: both smoking and vaping harm oral health, causing dry mouth, gum disease, decay, and cancer risk.
yes because it touches your teeth	I believe that smoking/vaping well takes an advantage to peoples oral/dental health. Mainly because of when you see someone who smokes often or has been for a long time, you notice that their teeth start to darken down to a yellow hue and their gums soon have purple-ish colors.
yess because its the same thing.	Yes
yes because it smells bad and yeah	i think there is because you can smell the smoke on their breath.
Yes, because it will ruin there teeth	I do believe that there is a connection between smoking and vaping to one oral health because they both damage the enamel and cause oral problems as-well as other diseases.
Yes because smoking usually affects your mouth area and your health.	Yes, I believe there is a connection because both cause bad dental health, and also cause distress.

# Sustainability



Materials can be reused in future HOSA and health science classes.



Student leaders can continue peer education efforts.



The project may be expanded through community partnerships and outreach activities.

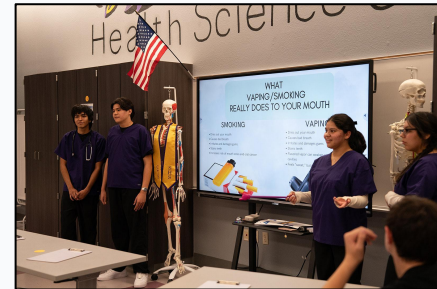
# Lessons Learned



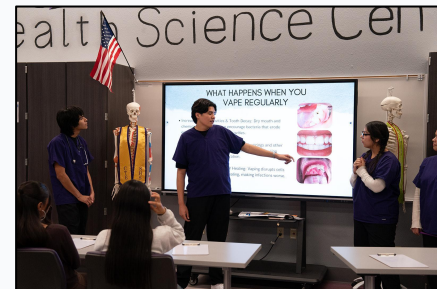
Interactive learning increases engagement.



Peer-led health education can positively influence awareness.



Early prevention and evidence-based messaging are essential for adolescent health promotion.



# Achievements in Health Education



**Bronze Medal**  
**California HOSA State**  
**Leadership Conference**  
**Ontario, California**



**Competitors**  
**HOSA: Future Health**  
**Professionals International**  
**Leadership Conference**  
**Indianapolis, Indiana**



# Achievements in Health Education



Recognition by the  
Imperial County  
Board of Supervisors



Recognition by the  
Central Union  
High School District  
Board of Trustees

# References

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# References

For more detailed information and artifacts:

## [View Project Portfolio](#)

HOSA: Future Health Professionals | Health Education

**YOUR MOUTH, YOUR CHOICE:**  
THE LINK BETWEEN VAPING  
AND ORAL HEALTH

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TARGET AUDIENCE: 9<sup>TH</sup> GRADERS  
NUMBER OF PARTICIPANTS: 52

1<sup>ST</sup> CLASS: 28 2<sup>ND</sup> CLASS: 24

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