



TOBACCO PREVENTION NEWSLETTER

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Did you know?
words of encouragement & positive affirmations can help motivate an individual during their quit journey?

What words of encouragement & positive affirmations can you share?

[Learn more about how to support a quitter here](#)

WHAT HAPPENED OVER THE QUARTER

May Mental Health Awareness Month



[La Plata County Suicide Prevention](#) shared the importance of bringing awareness to Mental Health in May.

Learn how Vaping and Mental Health are related.

[Click here to read!](#)

[click here](#)

Tobacco Prevention Presentations in Our Communities

The San Juan Basin Public Health Tobacco Prevention Coordinator recently presented to Bayfield Middle School students and parents on the harms of vaping, how to talk about it, and cessation support available in the student.

These presentations are available to the public upon request. Please reach out to Emilia Majewski (emajewski@sjbpublichealth.org) for more information.



Start the Conversation:

How to Talk with Young People About Vaping, JUULS, and Other Electronic Nicotine Devices

Emilia Majewski
SJBPH
(she/her/hers)



Start the Conversation Training: How to talk to young people about vaping, JUULs, & E-cigarettes

Community Training Opportunity!!

If you would like to have the Tobacco Coordinator Train people in your organization or you'd like to host a community training, please reach out to Emilia.

emajewski@sjbpublichealth.org

Narcan: Educate & Activate Events

Young People in Recovery has hosted four naloxone education sessions throughout La Plata County since March. As more harm reduction events are hosted in Southwest Colorado, SJBPH will be there with resources & information for tobacco use and cessation. To stay up-to-date on events follow ROAR La Plata on their Instagram.

[clicking here](#)



Summer Programming Guide

A list of summer opportunities for young people ages 12-24 in La Plata County. Healthy relationships and social events are a powerful tool in preventing substance use - including tobacco/vaping. This guide was created in partnership with the ROAR Coalition and La Plata Youth Services to increase awareness of summer opportunities for young people in the area.

[Click here to view](#)



READING SPACE



Synthetic Nicotine - a Loophole for Flavored Nicotine Products

- Manufacturers of vapes & e-cigarettes are finding new loopholes to provide sweet flavored synthetic nicotine products (due to flavor bans happening).
 - Synthetic nicotine: created in a lab and not derived from tobacco plants
 - Regulated by the FDA
- Is it safe?
 - NO. Still contains nicotine
 - Not enough research has been done yet to understand the levels of toxicity
 - But nicotine is known to threaten to addict more young people and can disrupt formation of brain circuits for youth that control attention, learning, and susceptibility to addiction.

[link: https://truthinitiative.org/research-resources/emerging-tobacco-products/what-synthetic-nicotine-and-what-does-it-mean-youth](https://truthinitiative.org/research-resources/emerging-tobacco-products/what-synthetic-nicotine-and-what-does-it-mean-youth)

Colorado House Bill on Tobacco/Nicotine Vape Flavor Ban Not Passed

- May 10, 2022, Colorado Senate committee voted against HB22-1064, which would've banned the sale of most flavored nicotine products in CO.
- However the U.S. Food and Drug Administration (FDA) has proposed banning menthol from cigarettes and all flavors from cigars.
- Coalition called, Flavors Hook Kids, vowed to try for the bill next year.
- The bill would help decrease initiation of tobacco/nicotine vape products among youth and decrease the amount of youth addicted to tobacco/nicotine products.

[link: https://www.denverpost.com/2022/05/10/colorado-flavored-tobacco-ban-dies/](https://www.denverpost.com/2022/05/10/colorado-flavored-tobacco-ban-dies/)



For more information visit:

[Flavors Hook Kids](#)

 [click here](#)

Secondhand Smoke (Vapes, Cigarettes, & Cigars)

- Secondhand smoke (SHS) is the combination smoke from the burning end of a cigarette and the smoke breathed out by smokers.
- Did you know that most exposure to SHS and vapor occurs in homes and outdoor workplaces? One can also be exposed in outdoor public places (patios, main street) and also in cars.
- No matter where one is exposed, SHS and vapor can cause serious health issues. No level of exposure is safe.



Learn more:

About SHS in CO

[\(link\)](#)

SHS Facts - CDC

[\(link\)](#)

Electronic Tobacco/Nicotine Products & E-Juice are Hazardous Waste

Best Practices for Safe Disposal:

- Check with your state and local environmental agencies for rules and guidance about e-cigarette and e-liquid waste disposal.
- Turn off the device and remove the rechargeable battery before disposal. If the device isn't yours, have the user do this.
- Store all items--especially rechargeable batteries--in a cool, temperature-controlled environment and in a container that is sealed and clearly labeled for hazardous waste.
- Never throw rechargeable batteries into the trash. Keep them in a separate container for hazardous waste.
- Deliver the sealed container of e-cigarette waste to a local hazardous waste facility at least every 90 days.
- Do not rinse e-cigarette items, such as spent cartridges, to remove the liquid nicotine residue. That water will become hazardous waste, and you will need to store and dispose of the water properly.
- Handle used and discarded cartridges carefully to avoid unintentional exposure to unused nicotine. Do not throw them away in the regular trash.
- Always be careful handling products. Liquid nicotine can be absorbed through the skin and cause accidental poisoning.



- Improper storage and disposal of E-Cigarettes/Vapes and Nicotine Juice can hurt the environment.
- Nicotine juice can seep into the ground or water and become a danger for wildlife and humans.
- E-cigarette + vape batteries can also seep into water; they are also capable of exploding and being a fire hazard which makes it worrisome in areas that face higher levels of drought.
- Just how Cigarette butts can cause a fire, unfortunately so can electronic smoking devices + products.

FDA Safe Disposal Information [\(Click here\)](#)

Truth Initiative Information [\(Click here\)](#)

Guidance for Storage Disposal in Schools [\(Click here\)](#)

PARENT RESOURCES

Clickable
links

TOBACCO FREE COLORADO

www.TobaccoFreeCO.org

SMOKE FREE GOV

www.SmokeFree.gov

FORWARD TOGETHER COLORADO

www.ForwardTogetherCO.org



QUIT SUPPORT

COLORADO QUITLINE (25 YEARS+)

Call 1-800-QUIT-NOW (1-800-784-8669) OR visit:

www.COQuitLine.org to use their chat feature

MY LIFE MY QUIT (12-25 YEARS)

Text 'Start my Quit' to 36072 OR

visit: www.MyLifeMyQuit.com to use their chat feature

NATIVE AMERICAN QUIT SUPPORT

Call 855-5AI-QUIT or Chat online by visiting:

www.CO-AmericanIndian.quitlogix.org

BABY AND ME

www.babyandmetobaccofree.org



NEXT NEWSLETTER:

September 30, 2022

To sign up, email Emilia

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