

## E-Cigarettes Pose a New Danger to our Youth



While cigarette smoking among those under 18 has fallen, the use of other nicotine products, including e-cigarettes, has taken a drastic leap. A new generation of Americans is at risk of nicotine addiction. For tobacco companies, e-cigs have the potential to make smoking commonplace and socially acceptable once again. The marketing of these products in a wide range of flavors has helped make them appealing to young people.

### What is an E-Cigarette and how does it work?

Electronic cigarettes (also called e-cigarettes or electronic nicotine delivery systems) are battery-operated devices designed to deliver nicotine with flavorings and other chemicals to users in vapor instead of smoke. Most e-cigarettes consist of three different components, including:

- a cartridge, which holds a liquid solution containing varying amounts of nicotine, flavorings, and other chemicals
- a heating device (vaporizer)
- a power source (usually a battery)

In many e-cigarettes, puffing activates the battery-powered heating device, which vaporizes the liquid in the cartridge. The resulting aerosol or vapor is then inhaled (called "vaping").

E-cigarettes are designed to simulate the act of tobacco smoking by producing an appealing flavored aerosol that looks and feels like tobacco smoke and delivers nicotine but with less of the toxic chemicals produced by burning tobacco leaves. There is very little scientific data to support the belief that e-cigarettes can be used as effective smoking cessation aids. It is possible that they could perpetuate the nicotine addiction and interfere with quitting.

***Although they do not produce tobacco smoke, e-cigarettes still contain nicotine and other potentially harmful chemicals. Nicotine is a highly addictive drug, and recent research suggests nicotine exposure may also "prime the brain" to become addicted to other substances***

Some users refill their own cartridges, which may be dangerous because it involves dealing with potentially dangerous concentrations of nicotine. Refill bottles contain up to 7 grams of nicotine. The fatal dose of nicotine in adults is estimated at 30-60 mg while for children, it is estimated at only 1- mg or approximately 4 drops of a maximum strength

refill solution. Cartridges used by some e-cigarettes could be filled with substances other than nicotine, thus possibly serving as a new and potentially dangerous way to deliver other drugs. People are smoking marijuana out of e-cigarettes right out in the open with little or no fear of getting caught.

***Testing of some e-cigarette products found the vapor to contain known carcinogens and toxic chemicals (such as formaldehyde and acetaldehyde), as well as potentially toxic metal nanoparticles from the vaporizing mechanism.***

*(article continues on page 2)*

## *Here is what we know about E-cigarette use among youth ....*

- A recent survey supported by the FDA and The Centers for Disease Control and Prevention shows current e-cigarette use among high school students has risen from 1.5% in 2011 to 16% in 2015 (an over 900 % increase)!!
- In 2013-2014, nearly 80% of current youth tobacco users reported using a flavored tobacco product in the past 30 days- with the availability of appealing flavors consistently cited as a reason for use.
- A recent study showed that students who have used e-cigarettes by the time they start 9<sup>th</sup> grade are more likely than others to start smoking tobacco products within the next year (Rigotti, 2015).

**Anecdotal Data from the HVCASA region**- staff at our area schools are reporting increased use of e-cigs. Youth are telling their parents "they are inhaling strawberry flavored vapor", parents are uneducated about the dangers and that these products contain nicotine. The devices are being used to inhale other illegal substances; they can be hidden up shirt sleeves and they are odorless.

## What prevention work is being done

The following new FDA (Food and Drug Administration) rules will go into effect in August of 2016 in an effort to restrict youth access by.....



- \*Not allowing products to be sold to persons under the age of 18 (in person and online)
- \*Requiring age verification by photo ID
- \*Not allowing the selling of covered tobacco products in vending machines
- \*Not allowing the distribution of free samples
- \*Other requirements are being put into place regarding ingredients, and review of products and health warnings; a first step towards enabling the FDA to regulate these products

## **Vendors: Know the Law!**

### **CT Law Facts 2016**

Effective January 1, 2016, no person in this state may sell, offer for sale, or possess with intent to sell an electronic nicotine delivery system or vapor product unless such person has obtained an electronic nicotine delivery system certificate of dealer registration.

- The cost of registration is \$400 and must be renewed annually by February 28<sup>th</sup>.
- The application cost is \$75
- The certificate issued by the Department of Consumer Protection must be posted in a "prominent location adjacent to electronic nicotine delivery system products or vapor products".

### **Sources**

- \*National Institute on Drug Abuse
- \*U.S Food and Drug Admin.
- \*The Centers for Disease Control



*This edition of access*  **focuses on Asset# 7 Community Values Youth**

HVCASA knows that a highly effective approach to prevention focuses on identifying, enhancing and capitalizing on the strengths/assets of individual young people and the communities within which they live. Research from Search Institute identifies **40 Developmental Assets** that have a powerful, positive impact on young people. These concrete, common sense assets positively influence the choices young people make and thus reduce risky behaviors.

## 8 Asset Categories :



**Support:** Young people need to be surrounded by people who love, care for, appreciate, and accept them.



**Empowerment:** Young people need to feel valued and valuable. This happens when youth feel safe and respected.



**Boundaries and Expectations:** Young people need clear rules, consistent consequences for breaking rules, and encouragement to do their best.



**Constructive Use of Time:** Young people need opportunities—outside of school—to learn and develop new skills and interests with other youth and adults.



**Commitment to Learning:** Young people need a sense of the lasting importance of learning and a belief in their own abilities.



**Positive Values:** Young people need to develop strong guiding values to help them make healthy life choices.



**Social Competencies:** Young people need the skills to interact effectively with others, to make difficult decisions, and to cope with new situations.



**Positive Identity:** Young people need to believe in their own self-worth and to feel they have control over the things that happen to them.

One asset that our local prevention councils like to focus on, found under the category of **Empowerment**, is **asset #7 Community Values Youth**. Think about the community in which you live and ask yourself the following questions...

Do the young people around me have the opportunities to participate, serve, lead, and make decisions within the community? Do they feel the community supports them? If the answer to these questions is "not always" or "not enough", it may be time to make some changes.

**Everyone deserves a voice!** Set a goal to create an environment in which you and other adults take time to listen to young people, spend time with them, and give credit to their opinions.

### *How do we do this?*

In your home and family: Ask your child's opinion about something in the news. Listen carefully, without interrupting. Discuss the topic (agreeing to disagree if necessary).

In your neighborhood or community: Serve on a community committee and seek out young people's feedback about specific issues. Let them know you greatly appreciate their presence and participation. Encourage civic groups to include young people in critical conversations.

In your school or youth program: Engage the young people in your school or program as leaders and decision makers. Get their input on school board or program directors decisions. Invite them to discuss their experiences with the school board or program directors.



## In the Spotlight

**In this segment, HVCASA shines the spotlight on individuals who are doing good prevention work in their community.**

HVCASA wishes to acknowledge the dedication and continuous commitment of Hilda Maria Valdespino. Originally, Hilda came to us on the recommendation of Sheila Levine who had been heading up the Bethel Community Care Coalition for a long time and felt that a change in leadership would be good for the coalition. Allison Fulton remembers that as soon as Hilda came to their first meeting, she knew the BCCC was

going to be in good hands. Hilda was the Director of the Bethel Teen Center at a time when they were relocating and really getting creative with off-site activities and adventures. She was also running her own successful business, *Inspired Learning, LLC* and was simply one of those people in the community who knew everyone, enjoyed contributing, and shared her heart and soul.

After a short time as the chair of BCCC, Hilda joined the Board of Directors at HVCASA, and later became the treasurer. Hilda was a very engaged and active board member, attending almost 100% of HVCASA

functions, and 100% of our Board meetings! Even after moving across the country this past February to serve AmeriCorps as a "Volunteer In-Service to America (VISTA) at Community Action of Skagit County (helping people find gainful employment), Hilda still skyped in to monthly meetings. We cannot begin to thank her appropriately for her kind, authentic and selfless contribution to our communities and all the people whose lives she has so generously touched.



### **From the desk of Allison Fulton, Executive Director....**

All too often, we prevention people attend meetings where the main topic of discussion is more sad news about the negative consequences of substance use disorders- I think this is why we like using the Search Institute Youth Attitudes and Behaviors Survey and their information about "building assets" as a way of improving the lives of young people. It is refreshing to learn about good things that impact people in healthy ways!

More assets means more protective factors, more protective factors means less substance use (along with a whole list of other risky behaviors). One thing that is not really examined in the Search data is the amount of time young people spend in nature. I know what it does for me personally, which is why I make it part of my daily life -one way or another. (cont'd on next page)



*(In photo- Allison's grandson Hayden with camp counselor Dan at Pratt Nature Center in New Milford)*

(cont'd)

There is some interesting research available about the effects of being out in natural surroundings. You don't really even have to be "doing" anything. Just walking in nature, looking at the scenery and smelling the air in a natural setting can have a positive effect on brain chemistry! When asked to identify how they felt out in nature, most young people reported feeling calm, peaceful, and more creative. In our region, we have been trying so hard to reduce the stress that young people experience. It is the main reason they indicate when asked why they use substances. They are attempting to relax and de-stress.

Perhaps one thing we should recommend- in the nicest of ways - is that they take a hike.

For more interesting info on the positive effects of nature on the brain, visit:

<http://ngm.nationalgeographic.com/2016/01/call-to-wild-text>

<http://college.usatoday.com/2015/07/09/study-nature-good-for-mental-health/>

[http://well.blogs.nytimes.com/2015/07/22/how-nature-changes-the-brain/?\\_r=0](http://well.blogs.nytimes.com/2015/07/22/how-nature-changes-the-brain/?_r=0)

## Upcoming Events

<b>August 9 5-6:30 p.m.</b>	HVCASA Teen Advisory Board Kick-off Meeting
<b>September</b>	Developmental Asset Survey administration at Region One School District; grades 8, 10, 12
<b>September 8 12-2:00 p.m.</b>	HVCASA Annual Meeting at the Leir Center, Ridgefield
<b>October 13</b>	Coalition Rally with CADCA trainer Teresa Bishop
<b>October 22 10-2:00 p.m.</b>	DEA National Take Back Day
<b>October 26</b>	HVCASA/Drug-Free Schools Committee Legislative Breakfast

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