

Special points of interest:

- Vaping peaked in September of 2019
- Adolescents are more likely to vape than smoke cigarettes.
- Be an advocate! Speak up! Check out the Tobacco Free Youth Campaign. <https://www.tobaccofreekids.org/>
- CDC.gov Guidelines and information on Covid-19

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Quit the Vape!

The COVID-19 pandemic has made the choice of quitting vaping and smoking cigarettes important, now more than ever, better yet, don't start!.

Vaping instead of smoking cigarettes is not a health choice, it's like saying; "I am going to try and loose weight , so instead of eating chocolate chip cookies everyday, I will eat oat-meal cookies everyday." Vaping and smoking nicotine or THC will still be putting your health at risk and putting you at risk for

addiction as well. According to the CDC (Center for Disease Control) the nicotine in one JUUL pod is equal to one pack of cigarettes.

We know the adverse effects that smoking cigarettes has; lung and heart disease, increased cancer risks and a weakened imunes system. We still do not know all the long term effects of vaping and the damage it can cause. We do know it is harmful. The CDC has documented 68 deaths related to vaping

and 2800 hospitalizations where patients reported difficulty in breathing, fever and chest pains.

You can quit. Check out the resources below to find out how.



How Do You Social Distance?

The CDC (Center for disease Control) says that we should practice social distancing when out in public and remain 6 feet apart from people outside of our household. Staying connected to family and friends outside of the house can be a challenge.

Technology makes it possible with Facetime, on line gaming

and various social media, but don't forget to unplug. Having a balance is key!

Get outside, go for a hike, walk the dog or have lunch outdoors and soak up the sun. You could even connect with a friend on your phone or tablet and have a lunch together. Get crafty, take a virtual tour of a museum, you

just might get inspired. Look up a recipe and get in touch with your inner baker or chef. Challenge a sibling or a parent to see who can get the most steps in a day.

Keep moving and stay connected, your mental and physical well being matter!





Stay Ahead of Substance Abuse

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PMP is a community coalition comprised of members from the Council Bluffs/Omaha Metro and surrounding area. We are committed to providing education and increasing awareness to help individuals and communities stay ahead of substance abuse.

Our Vision:

- ◆ Empowering people to take action against substance abuse

To become a member or find out more about Prevention Means Progress check out our website:
http://preventionmeansprogress.org/?page_id=1493



Resources

Quit Vaping

- [Teen.SmokeFree.gov/quit-vaping](https://teen.smokefree.gov/quit-vaping)
- [Truth Initiative: This is Quitting](#)
- [National Jewish Health: My Life, My Quit](#)

Quit Smoking

- 1-800 QUIT NOW: call to get free support
- [Smokefree.gov](https://smokefree.gov): a National Cancer Institute website with tools and tips to help you quit smoking
- [Centers for Disease Control and Prevention](#)
- [Truth Initiative: Quit Smoking and Vaping Tools](#)
- [North American Quitline Consortium](#): Find quitline services by state
- <https://yourlifeiowa.org/>

Helpful websites

- <https://www.tobaccofreekids.org/>, be an advocate! Speak Up!
- <https://www.cdc.gov/> Know the facts!

Social Distance 2020

- [Family Food and Fun at Home](#)
- [Go Nebraska Kids](#), family-fun resources of games and activities for staying active, powered by CHI Health

<https://www.samicone.com/things-for-teens-to-do-while-stuck-at-home/> This mom has some incite to some great ideas.

Metropolitan Museum of

Art: Though the Met Gala was cancelled this year, you can still have a peak, The Costume Institute Conversation Lab, which is one of the institution's 26 online exhibits.

Georgia Aquarium: Sea-dwellers like African penguins and Beluga Whales are the stars of this aquarium's live