

# BREATHING *matters*

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## The Growing Challenge of Nicotine Use at School

*A continuation of the discussion about youth, e-cigarettes and nicotine addiction started in Breathing Matters Summer 2017 and Winter 2018.*

**A** year ago, Granite State schools had a handful of issues with youth vaping on campus. Now, according to school resource officers and principals, they catch students and confiscate devices every week.

Krystal Kebler is a health teacher at Iber Holmes Gove Middle School in Raymond, who collaborated with Breathe New Hampshire to pilot the CATCH My Breath program this year, to prevent youth vaping and nicotine addiction.

“When I graduated high school, vaping was starting,” she said. “I wanted to know more about it as a health major in college.” Kebler didn’t find much in textbooks. “In the health field, information can be outdated in months.”

Through the Raymond Coalition for Youth (RCFY), dedicated to reducing youth substance abuse, she met Breathe NH’s Policy and Program Manager Kim Coronis.

### Prevention program piloted

“Kim provided me an amazing toolkit, the CATCH My Breath program. It followed state standards and with my principal’s permission, I piloted it in my classes,” Kebler said.

Interactive modules include examining “e-juice” ingredients, the liquid nicotine that is heated in electronic nicotine delivery systems or ENDS and “vaped” (inhaled), producing vapor.

“We learned some of the ingredients cause DNA and reproductive cell mutations. Some kids find this scary. Often I hear, ‘If I can’t pronounce the ingredients I’m not putting it in my body.’” (However, there is no law requiring manufacturers to list ingredients.)

“Students are unaware of the potential consequences. They see parents vaping and it smells good, and students believe this is a tool to help quit smoking. But they don’t understand that e-cigarettes contain nicotine, and that it’s addictive. They’re inspired by vaping tricks they see on YouTube, such as ‘dragon breath.’” Some have older siblings who vape.

“We look at websites so students can see how expensive the habit can be,” Kebler continued. “One said, ‘That’s money I could use for my soccer cleats.’” Another part of the curriculum is seeing how products are marketed—with kid-friendly images and flavors.

### Schools face enforcement challenges

In high schools, kids “Juul” when a teacher’s back is turned. Juuls are the size of a thumb drive, with “pods” containing nicotine salts on the end. One Juul pod contains the nicotine equivalent of 200 puffs on a cigarette, or an entire pack.

Some schools have resorted to having teachers monitor bathrooms; students are hiding vapes in the ceiling tiles.

Ten-day suspension, removal from sports teams: these are some of the consequences when students are caught vaping in school, because e-cigs and Juuls are considered drugs. But there is no statewide policy.


*Nicotine Use at School* Continued on page 2

To help communities understand the dangers of youth nicotine addiction, Breathe New Hampshire developed a new program—Vaping Unveiled™. At one program, a school resource officer said a student wouldn't graduate with his class because of too many suspensions due to his nicotine addiction.

### Lack of resources for addicted youth

Susan Morrison, M.Ed is with the NH DHHS Division of Public Health Services Tobacco Prevention & Cessation Program. "Anyone age 18 or older can call the quit line and receive counseling and nicotine replacement therapy (NRT)," she said. But only counseling is available to those under 18. The Quit Now NH line is 800-QUIT-NOW (800-7848-669).

NRT drugs such as Chantix warn: "More studies must be done on younger people taking Chantix to make sure the drug is both safe and effective. Chantix (varenicline) is not approved for children or teenagers."

To learn more about the dangers of vaping and nicotine addiction in youth, or to offer Vaping Unveiled™ in your community, see BreatheNH.org, follow us on Facebook, or call 603-669-2411. 

## TAKING ACTION FOR THE ENVIRONMENT



**B**ecause cigarette butts are the world's greatest environmental litter problem (World Health Organization), taking years to decompose and containing toxic chemicals, each spring around Earth Day Breathe New Hampshire enlists volunteers to "bag the butts"—clean up trash and cigarette litter.

They look like cotton but cigarette filters are actually thin plastic fibers. Besides being unsightly, they're dangerous to kids and wildlife. Every day up to 10 billion cigarette butts are disposed of around the world. Breathe NH distributes toolkits with everything needed.

On April 13, Breathe NH hosted a clean-up of Veteran's Memorial Park in Manchester. City Year NH sent 60 people to help and other volunteers came by. About 6,300 cigarette butts were picked up (in a park that is posted as nonsmoking), along with other trash.

This year for the first time, we contracted with TerraCycle in New Jersey to recycle cigarette litter, at no cost to us. TerraCycle turns the plastic fibers into pellets used for molding into items such as park benches.

### Thank you!

Other groups taking action to Bag the Butts™ include: Raymond Coalition for Youth, Pembroke Academy Key Club, and DaVita Kidney Care in Bedford. It's always a good time to bag butts—for toolkits contact Breathe NH.

*Special thanks to the NH Tobacco Prevention & Cessation Program for their sponsorship, and to Howe Riley Howe for their generous donation to the program.*

## CATCH MY BREATH

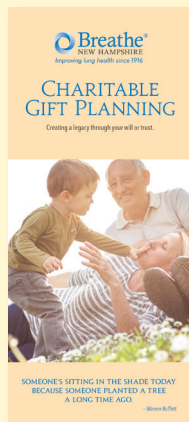
**T**his is a free prevention program for kids 11 to 18 (sixth to twelfth grades) to help them avoid nicotine addiction via e-cigarettes. Students learn about their effects, nicotine addiction, examine deceptive advertising techniques, and practice saying no to peer pressure.

"One reason I absolutely recommend the program is because they



stay current. Since fall they've added material on Juuling, for example. Textbooks can't keep up," teacher Krystal Kebler said. To offer CATCH My Breath in your school, contact Kim Coronis at 603-669-2411.

## A CHARITABLE BEQUEST IS...



### a gift through your will or trust that helps protect lung health for future generations.

Placing Breathe New Hampshire in your will or trust helps ensure the organization will continue to advance its vital mission to eliminate lung disease and improve the quality of life for those living with lung disease for years to come.

- It's quick and easy, and we provide sample language
- Your gift can be any size, a fixed dollar amount or a percentage of your estate
- Changes can be made at any time
- You don't lose access to assets you may need in your lifetime
- You can make a gift in honor of a loved one

To receive a free copy of *How to Make a Will That Works*, call Cindy Rybczyk at 603-669-2411.

### UPDATE ON COPD PROGRAMS

**C**hronic obstructive pulmonary disease or COPD (actually a group of diseases including emphysema and chronic bronchitis) is a lung condition affecting more than 65,000 Granite Staters. While there is no cure, with timely diagnosis and treatment, those with COPD can continue to live active and productive lives. COPD is an important focus for Breathe New Hampshire. Here's a wrap-up of our activity for the first half of 2018.

#### **Patients Empowered at May Workshop**

About 30 people with COPD and caregivers attended a COPD Patient Empowerment Workshop at the Nashua Senior Activity Center on May 23.

Presented in partnership with Southern New Hampshire Health, the 5-hour session featured Breathe NH board member Albee Budnitz, MD, FACP, FCCP as the main presenter on chronic obstructive pulmonary disease.

Social workers Brenda Smith and Renee Carey-Schindler taught a session on coping mechanisms for living with a chronic illness. Other presentations included medication management, nutrition, and using oxygen.

One attendee noted, "Wonderful workshop. Covered many aspects and needs for COPD patients." Others said the program could have been longer because they wanted even more information.

#### **NH COPD Plan 2.0**

On April 11 we convened 23 COPD Plan stakeholders (respiratory therapists, pulmonologists, nurses, patients) at the Breathe NH office to talk about a plan refresh. The New Hampshire COPD Plan was created in 2014 (one of the first in the nation), and released in 2015, but a lot has happened since then. We've learned more about COPD, what we might accomplish, and what we may have overlooked.

The first presentation was an examination of Phase 1 Pulmonary Rehabilitation at Southern New Hampshire

Health, and the challenges of how to reduce readmissions, presented by Director of Pulmonary and Cardiac Rehab at SNHH Brenda Baird, RN.

Helen Pervanas, PharmD, RPh reviewed a study she did with Massachusetts College of Pharmacy and Health Sciences about the proper use and effectiveness of inhaled COPD medications.

Work continues this summer. The refreshed plan will include the most current statewide COPD data.

#### **At the Finish Line with Team Orange**

Team Orange kicked off this year during National Pulmonary Rehabilitation Week (March 11-17) and ran through May. This 12-week program encourages those

living with a lung condition to move more, so they can breathe and feel better. Eleven teams from hospitals, pulmonary rehabilitation groups and residential care facilities exercised regularly and logged their minutes in friendly competition.

In our seventh year of Team Orange (the color for COPD

awareness), 270 people participated. New to the program this year were Greenbriar and Courville, both of Nashua. Returning teams were: Elliott Air Ducks, Winded Warriors of Southern New Hampshire Health, Monadnock Easy Breathers, Cheshire Katz, Dartmouth Team Clementine, Portsmouth Pulmonary Rehab, Aynsley Place, Courville of Manchester and Concord Hospital.



*Thank you to our presenting sponsor, Southern New Hampshire Health, and our T-shirt sponsor, Exeter Hospital. Their continued support allows us to enhance the program yearly and add more sites.*



### Your Ticket to the Best Values in New England!

Give the gift of family time at New England's favorite attractions with the 2018 Breathe New Hampshire Fun Pass—for only \$35!

**You get coupons to more than 100 family attractions worth \$2,000!**

Enjoy Story Land, York's Wild Kingdom, Legoland Discovery Center Boston, Edaville Family Theme Park, and many more.

Go to [www.BreatheNH.org/fun-pass](http://www.BreatheNH.org/fun-pass) to see how much you can save. Call 603-669-2411 or go online to order. Free first class shipping!

Proceeds support our critical mission of eliminating and preventing lung disease and improving the quality of life for those with lung disease.

145 Hollis Street, Unit C, Manchester, NH 03101

800.835.8647 | 603.669.2411  
info@BreatheNH.org | BreatheNH.org



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## SAVE THESE DATES

Thursday, September 6 | Eager Breather's Fresh Air Day Cruise  
Monday, September 24 | Fairways for Airways Golf Classic  
Thursday, November 1 | Night of Thanks



**CHECK OUT OUR NEW WEBSITE!**  
**BreatheNH.org**

## RUSTY YARD ORNAMENT OR TAX DEDUCTION?

It's your choice. Donate that driveway clunker to Breathe NH. Free pick-up at your convenience, even if it doesn't run. Call 800-835-8647 or go online: [BreatheNH.org/support-us/donate-your-car](https://BreatheNH.org/support-us/donate-your-car).



**A Lifetime  
& a Legacy  
of Service**

**D**r. Albee Budnitz has recently retired from a 40-year career in pulmonology and internal medicine. Among the many awards he's received is the Dr. Robert Kerr Award, Breathe New Hampshire's highest award. Most recently, the NH Governor's Council on Physical Activity and Health presented him with the Outstanding Achievement Award in June. He is also chair of the Tobacco Free NH Network.

Reflecting on his years of work, he said, "I still feel strongly that our 'job' is a 'calling,' where the number-one job is taking care of the person in front of you. It's a responsibility and a joy to give back to your community.

"I feel in the present healthcare environment, going into the community and doing community action and public health, can help prevent a big issue for providers: burnout."

Dr. Budnitz also has a passion for helping future physicians.

"I greatly enjoy working with these next-generation healthcare providers (HCPs)—docs, nurse practitioners. Medical students are exciting, incisive, and keep me on my toes. They also bring fresh perspective and ideas when we go to community groups."

To ensure lung health and support future generations, Dr. Budnitz has made a gift to Breathe NH as a member of the Dr. Robert B. Kerr Legacy Society. This is a society of members who have provided for Breathe NH in their estate plans, named after our founder.

"Albee" will continue as a Breathe NH volunteer, including on our Eager Breather's Fresh Air Day Cruise as medical officer, where he brings medical students (photo).

*Gift planning, including giving via a will, life insurance, or appreciated stock, may offer tax benefits. To receive a copy of our Charitable Gift Planning guide, contact Cindy Rybczyk at 603-669-2411.*