

BREATHING *matters*

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YOUTH VAPING DURING A PANDEMIC

Since Breathe New Hampshire has not had the opportunity to visit schools due to COVID-19, we were very interested to have input on the topic of youth vaping and how the stress and anxiety of this past year has impacted their choice to start vaping, vape more frequently or possibly even quit. We asked community partners to share feedback to the following questions.

During the past 3-6 months have you discussed vaping with youth/teens?

All participants responded yes, they had discussed vaping at various levels.

Pediatrician: I talk about vaping all the time with my patients.

Rebecca: My job at the high school is to meet with kids who are currently vaping and have gotten caught on campus.

Leah: I have provided group trainings as well as discussed vaping one on one.

Liz: We have discussed vaping with two CADY Youth programs, the Junior Action Club and the Youth Advisory and Advocacy Council. We also discussed vaping through the Lion's Quest Curriculum in 5 local schools, 5th-8th grade.

Chuck: Always do each and every visit with pre-teens and adolescents.

Have any individuals indicated they tried vaping for the first time this school year?

Rebecca: Yes, I had 5 new clients new to vaping.

Leah: Yes, a kid I meet with said that she was peer pressured at the park to try vaping.

Janeth: Yes, at a younger age than youth in the past.

Liz: I have not heard any individual state that they have tried vaping for the first time this school year.

Pediatrician: Others have tried vaping for the first time, often borrowing from friends and then using whatever is offered, different types if that's what friends will share.

Out of those that currently vape, did anyone indicate they were vaping more frequently this past year?

Responses to this question were split.

Leah, Liz and Chuck: No, no change, had not heard any youth say they are vaping more frequently.

Rebecca: Yes, all my kids were using heavily this past year due to the pandemic and stress.

Janeth: Yes, they had more down time and isolation.

Greg: Yes, some did say they were vaping more often.

In addition to vaping, have any youth/teens stated that they use more than one nicotine product or also use another substance?

Pediatrician: Many seem to use marijuana as well.

Leah: No, I do not know of any youth that started to use marijuana or any drug that they were not using previously.

Liz: No, but I have heard an 8th grader say that they "don't believe vaping is bad" because they "know someone who vapes and they are fine."

Rebecca: Many of the kids are also vaping marijuana.

Continued on Page 2

Have any youth/teens that you work with shared that they quit vaping, tried to quit or want to quit?

Pediatrician: Interesting thing to me is that with parents and kids both being home for a lot of the year, it feels like many more parents have 'caught' their kids vaping or found vaping supplies and called their kids out - which has led to good discussion and many teens actually trying to quit. Barring those who were caught, most seem to have no desire to quit and don't seem to understand the addictive qualities.

Leah: Yes, many expressed that they noticed signs that vaping might be upsetting them physically.

Janeth: Tried and constantly struggle with hopelessness because they go back to their ways. There are more frequent videos of other teens or young looking influencers using it. Argumentative attitude if they sell it, it must be safe.

Rebecca: Yes, I do have most of my kids that want to stop or at least lessen their use.

Our Contributors

- Pediatrician:** Anonymous, MD, Practicing in southern New Hampshire
- Liz:** Elizabeth Brochu, M.Ed., C.P.S. Youth Services Director, Substance Misuse Prevention Coordinator, CADY, Inc.
- Chuck:** Charles Cappetta, MD, General Pediatrics, Nashua
- Leah:** Leah Elliott, LICSW, CPS, Director of Social and Emotional Wellness, Boys and Girls Club of Greater Nashua. SADD Nashua High School South
- Rebecca:** Rebecca Lerner, Student Assistance Program Counselor (SAP), Nashua High School North
- Greg:** Greg Williams, Substance Misuse Prevention Coordinator, North Country Health Consortium
- Janeth:** Janeth Orozco Sanchez, Director, Teen Individual Services, Boys and Girls Club of Greater Nashua



LIVING WITH COPD: VENTURING OUT INTO THE COVID-19 WORLD

In May, we spoke with Louise Hobden, Breathe New Hampshire Board of Directors Member, volunteer, and individual living with COPD about her experience venturing out after more than a year at home because of the pandemic. Now that she's fully vaccinated she shared how she felt leaving home for the first time and what she's looking forward to.

How did it feel leaving your home for the first time?

Scary. Home is my safety zone. I have control there. In the outside world there is so much unknown and I don't know what to expect. It's also difficult because you have no way to know if others that you come into contact with in public are vaccinated, and I'm afraid that because people are vaccinated they have a false sense of safety and are relaxing their mask wearing too soon.

Describe your experience going out to dinner at a restaurant?

Disappointing. It's such a different experience. Everyone is leery of each other. There are partitions separating people and of course, everyone is in masks. The social interaction is non-existent. Even the servers are in masks so it's very strange.

Having been home for so long it was shocking to see masked faces, aisle signs and plexiglass in stores.

You recently ventured to Mohegan Sun in Connecticut. What was that like going to another state?

At Mohegan Sun they follow very strict COVID-19 protocols. Masks must be worn at all times, and they enforce it. There are partitions and spacing between every seat and a limited number of people at game tables. No socialization. You can't even sit next to the person you're with.

What would you tell others that have had a similar experience to you this past year?

It's time to start getting out. Call and meet up with a friend. Many restaurants have outdoor seating. Things are very different than how they were prior to March 2020, but it's important to venture out and start getting used to how life is now, that it's changed. It does take some getting used to.

Now that you have left home, and even left NH, what are you looking forward to next?

The thought of going out is still not as exciting right now. It's just not the same obviously. However, I still look forward to leaving the house and going to some of the places I did before the pandemic. Also, after being home for so long I need a big change of scenery. We booked a cruise this fall to the Panama Canal. Everyone is required to be vaccinated and it will be great to travel again with my husband. I'm also looking forward to traveling to see my family for the holidays.



TOBACCO - FEDERAL REGULATION UPDATE

• December 27, 2020 “The Preventing Online Sales of E-cigarettes to Children Act”

Part of the Federal omnibus spending package, coronavirus relief for fiscal year 2021, includes legislation amending the definition of “cigarette” in existing laws covering delivery sales and shipments of cigarettes, roll-your-own tobacco and smokeless tobacco. For the first time, these laws will cover e-cigarettes. **Reminder:** To date, no e-cigarette has been approved by the FDA for sale as a cessation product or for any other therapeutic purpose.

• April 29, 2021 Proposed Menthol Flavor Ban

The FDA is working toward issuing proposed product standards within the next year to ban menthol as a flavor in cigarettes and ban all flavors (including menthol) in cigars. Banning menthol—the last allowable flavor—in cigarettes and banning all flavors in cigars will help save lives.

Note: Menthol ban does not impact vapes, smokeless tobacco or dissolvable products.



• Breathe NH signed on to a letter asking the Biden Administration to launch a Global Tuberculosis Initiative.

LEGISLATIVE UPDATE:

- Breathe NH supported an increase to the state budget to allocate funding for a Community Health Worker in each Regional Health Network.
- Breathe NH supported a state budget that increases tobacco control funding by \$220,000 per year to provide prevention and cessation resources to youth under age 18.



BAG THE BUTTS™



- Organize a neighborhood or community cleanup.
- Free Bag the Butts™ toolkits available year-round.

Contact us at:
info@BreatheNH.org

FUN PASS

Buy a 2021 Fun Pass coupon book and save big on summer fun! **On sale for only \$30**, (first class shipping included), get deals and discounts to more than 75 favorite New England family attractions! The Story Land coupon alone pays for the cost of the book! There are so many great places to go like Davis Farmland, Whale's Tale Water Park, LEGOLAND Discovery Center Boston, zip lines, museums, adventure parks and amusement parks.

Many coupons admit a child 12 and under free or at a discounted rate with a paying adult, or they are BOGO (Buy One, Get One Free). Offers and deals vary by attraction. How much can you save? Go to www.breathenh.org/fun-pass to see.

The Fun Pass can be used as a road map to explore new places in New England and create family memories to last a lifetime. All proceeds support Breathe New Hampshire's critical mission of preventing lung disease and improving the quality of life for those with lung disease.



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SAVE THE DATE:

- Eager Breather's Cruise - Sept. 9, 2021
- Fairways for Airways Golf Tournament - Sept. 20, 2021



For more information or to donate your car visit
<https://www.careasy.org/nonprofit/breathenh>

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PLANNED GIVING

KNOW THE FACTS

I want to support my favorite charity, but I won't be helping my loved ones if I do.

There are many myths around planned giving and how one can not only support their favorite charities but also provide for their loved ones. The great thing about wills and trusts is they allow you to be very specific with your wishes. You can choose to leave a specific dollar amount to a local charity, a percentage of your assets, or your family members can be provided for first and the remainder goes to charity. There is no one size fits all approach.

If you are considering your options we suggest you talk to a financial planner who can best help you plan for the future that puts your mind at ease.

Want to include Breathe NH in your will or trust?

Use this language with your attorney or trusted financial planner:

"I hereby bequeath the sum of \$_____ (or _____%) of my estate to Breathe New Hampshire, 145 Hollis Street, Unit C, Manchester NH."



VU BACK TO SCHOOL 2021

- Vaping Unveiled™
What Everyone Needs to Know.
- Learn the latest on this issue.
- Virtual and in-person programs will be available.

Plan Now For Back to School This Fall

Call 603.669.2411 or email info@BreatheNH.org for more information.