



# New Hampshire Partners Against Youth Vaping in Schools

Dear School Partners,

Over the past three years, New Hampshire schools have seen an epidemic rise in the number of students using electronic vaping products (e-cigarettes, e-cigars, e-pipes, e-hookahs, hookah pens, heated cigarettes, JUUL products and other vaping devices). The New Hampshire Partners Against Youth Vaping in Schools, a network of community partners, was formed to provide outreach and education about new/emerging tobacco products. The network created a Vape/E-Cigarette Resource List to support your work with communities, families, and students to stop the epidemic rise in adolescent vaping.

2017 NH Youth Risk Behavior Survey: <https://www.cdc.gov/healthyyouth/data/yrbs/index.htm>

- Almost one-quarter (24%) of all high school-aged youth reported using vaping products in the past 30 days (the US average is 13%).
- First-time use of these products increases each year, resulting in about 30% of high-school seniors regularly using these products.
- Current vaping product use is triple that of cigarette smoking for high school-aged youth.

Key Points:

- The amount of nicotine in one “pod” vaping cartridge is more than a pack of cigarettes (20 cigarettes = one pack).
- Most vaping products contain nicotine, and is a highly addictive substance, which is especially harmful to the development of an adolescent’s brain.
- Use of vaping products as an adolescent, increases the likelihood of long-term nicotine addiction to other tobacco products.
- Vaping is the act of inhaling and exhaling aerosol from a device that contains varying amounts of toxic chemicals, besides nicotine that can harm the body.
- Vaping products have caused explosions and fires due to defective batteries, resulting in severe bodily injuries.
- Manufacturers of these products engage in marketing tactics directed at youth such as social media promotions for products that are available in thousands of flavors that appeal to youth.

The NH Partners Against Youth Vaping in Schools are ready to serve as a resource in addressing this serious public health risk. Thank you for all you do for NH Youth.

## NH Partners Against Youth Vaping in Schools

Breathe New Hampshire

Department of Health and Human Services

Division of Public Health Services, Tobacco Prevention and Cessation Program

Division for Behavioral Health, Bureau of Drug and Alcohol Services, Prevention and Education Services

Department of Education, Bureau of Student Wellness,

Greater Manchester Regional Public Health Network / Makin it Happen

Life of an Athlete / New Hampshire Interscholastic Athletic Association

Lakes Region Partnership for Public Health

Tobacco Free New Hampshire Network

Nashua Prevention Coalition

Northern New England Poison Center

August 2019

# Vape/E-cigarettes Resource List

## Information:

### **NH Partner Websites on (vape/e-cigarettes)**

- Breathe New Hampshire: <https://www.breathenh.org/lung-health/e-cigarettesvaping>
- Department of Health and Human Services, Division of Public Health Services, Bureau of Population Health and Community Services, Tobacco Prevention and Cessation Program <https://www.dhhs.nh.gov/dphs/tobacco/e-cigarettes.html>
- Northern New England Poison Center <https://www.nnepc.org/national-news/what-is-juuling>

### **U.S. Surgeon General - Knowing the Risks: E-cigarettes and Young People**

- An informational website for youth and adults that includes a fact sheet, video, frequently asked questions and a parent tip sheet.  
<https://e-cigarettes.surgeongeneral.gov>

### **CDC Centers for Disease Control and Prevention: Quick Facts on the Risks of E-cigarettes for Kids, Teens, and Young Adults**

- [https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/teacher-parent/pdfs/parent-teacher-ecig-p.pdf](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/teacher-parent/pdfs/parent-teacher-ecig-p.pdf)
- [https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html)
- [https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/youth-guide-to-e-cigarettes-presentation.html](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/youth-guide-to-e-cigarettes-presentation.html)

### **Truth Initiative - <https://truthinitiative.org/research-resources/topic/emerging-tobacco-products>** Safer ≠ Safe

videos: <https://www.youtube.com/playlist?list=PLDVVQDN6OECnkDWTaZoMIZH81376hREHF>

### **Smokefree.gov: Smokefree teens - <https://teen.smokefree.gov/>**

### **Still Blowing Smoke: <https://stillblowingsmoke.org/>**

### **Tobacco Free California: Video of vape devices that look like other common things. [https://www.youtube.com/watch?time\\_continue=24&v=fjDP8rTktWw](https://www.youtube.com/watch?time_continue=24&v=fjDP8rTktWw)**

### **Juulers Against Juul (6 minute YouTube Video done by youth) <https://youtu.be/7EsNG7RcStQ>**

## Programs:

### **Breathe New Hampshire - Vaping Unveiled Program**

This free program provides youth, teens, community members, parents and educators the opportunity to learn more about the impact of vaping, Juuling and nicotine addiction on youth, including the latest trends in NH. <https://breathenh.org/programs/vaping-unveiled>

## **CATCH My Breath Youth E-cigarette & JUUL Prevention Program**

A school based prevention program with lesson plans for middle school (grades 5/6 & 7/8) and high school (grades 9-12) teachers as well as a new service learning project.

<https://catchinfo.org/modules/e-cigarettes>

## **Campaign for Tobacco Free Kids –JUUL and Youth: Risking E-cigarette Popularity**

- Fact sheets on JUUL, including information about the devices, use among youth, health concerns, marketing and helping students stay tobacco free.

<https://www.tobaccofreekids.org/assets/factsheets/0394.pdf>

<https://www.tobaccofreekids.org/assets/factsheets/0153.pdf>

- **Taking Down Tobacco** –is a comprehensive youth advocacy-training program. It empowers youth to create change. <https://www.takingdowntobacco.org>

## **MD Anderson Center, ASPIRE Program**

- An online interactive program aimed to motivate teens to be tobacco free with videos, animations and interactive activities. Students can earn a certificate of completion upon finishing the program.

<https://www.mdanderson.org/about-md-anderson/community-services/aspire.html>

## **Stanford Medical Tobacco Prevention Toolkit**

- A toolkit for teachers with in-classroom units and lesson plans on e-cigarettes, tobacco & nicotine. Additional tools due out by end of 2019.

<http://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs.html>

## **Scholastic and FDA**

- The Real Cost of Vaping – understanding the dangers of teen e-cigarette use

<http://www.scholastic.com/youthvapingrisks/>

## **Quit Services: Phone/Apps/Text:**

**NH Tobacco Helpline:** 1-800-QUIT-NOW or [www.QuitNowNH.org](http://www.QuitNowNH.org)

**Truth Initiative:** E-Quit Phone App for (youth and parents) Text: **“DITCHJUUL” to 88709**

Users can also enroll in This is Quitting or BecomeAnEX®, free digital quit programs

<https://truthinitiative.org/research-resources/quitting-smoking-vaping/quitting-e-cigarettes>

**Smokefree.gov:** phone app and text message sign up

<https://teen.smokefree.gov/become-smokefree/quitstart-app>

<https://teen.smokefree.gov/become-smokefree/smokefreeteen-signup>



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**PRESS RELEASE**  
**FOR IMMEDIATE RELEASE**  
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## **As Research Indicates an Epidemic of Youth E-Cigarette Use in NH, State Law Amended to Restrict Youth Use of Vaping Devices**

**Concord** – Highlighting a growing epidemic among adolescents in New Hampshire, e-cigarettes are now the tobacco product most commonly used by youth in the state. According to the 2017 NH Youth Risk Behavior Survey (YRBS), 24 percent of high school-aged youth reported having used electronic vaping products (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens) in the past 30 days. This compares to the national average of 13%.

“The dramatic increase of e-cigarette use among youth in New Hampshire over the past few years puts a new generation at risk for nicotine addiction,” said Tricia Tilley, Department of Health and Human Services, Division of Public Health Services Deputy Director. “Youth use of any tobacco product, including e-cigarettes, promotes nicotine addiction. All of us interact with youth every day, and we need to do everything we can to address the escalating risk of nicotine addiction for youth. This work requires the participation of parents, educators, health care providers, retailers and policy makers.”

[House Bill 511](#), which recently became law, amends sections of NH RSA 126-K, *Youth Access to and Use of Tobacco Products*. These amendments:

- Modify the definitions of electronic smoking devices and liquids;
- Clarify that all tobacco product devices, e-cigarettes, or e-liquids are prohibited in any public education facility or grounds; and
- Allow minors who have a registry identification card under [RSA 126-X Use Of Cannabis for Therapeutic Purposes](#) to use devices and prescribed medications away from school grounds.

These changes reflect that keeping all tobacco products, including e-cigarettes, out of the hands of youth is sound public policy. They will ensure that communities, schools, and law

enforcement have the tools they need to restrict access to tobacco and electronic devices that can harm adolescent development.

The DHHS [Tobacco Prevention and Cessation Program](#) can assist schools with these changes. For this assistance, additional information, or to set up a school or community presentation, contact the NH Tobacco Prevention and Cessation Program at [TPCP@dhhs.nh.gov](mailto:TPCP@dhhs.nh.gov) or (603) 271-6891.

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