

NORTHEAST COLORADO HEALTH DEPARTMENT'S

TOBACCO PREVENTION PROGRAM

2019-2020
SCHOOL
YEAR

Today's hope is...
tomorrow's future.

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Tobacco Introduction

Why Tobacco:

- Smoking remains the single largest preventable cause of death and disease in the world.
- The northeast region of Colorado is more than double the state average with men who use smokeless tobacco.
- JUUL usage is on the rise and is especially popular among teenagers, youth, and young adults according to the Centers of Disease Control and Prevention.



Tobacco Prevention:

Preventing tobacco use among youth is critical to ending the tobacco epidemic in the United States. Tobacco use is started and established primarily during adolescence.

- Each day in the United States, more than 3,800 youth aged 18 years or younger smoke their first cigarette or try JUUL.
- If smoking and vaping continue at the current rate among youth, 5.6 million of today's Americans younger than 18 will die early from a smoking/vaping-related illness. 1 of every 13 Americans aged 17 years or younger will die early from a smoking/vaping-related illness.
- Every day 2,100 youth and young adults become daily smokers. Youth use of tobacco in any form is unsafe.

Tobacco-Free Schools

Keeping Students Healthy for Years to Come.

- Tobacco-free school policies protect kids from secondhand smoke and discourage them from smoking.
- Children spend nearly **1,000 hours** at school each year. The ability to breathe clean, smoke-free air is important for healthy schools and communities.

Prevention

NCHD provides assistance with:

- Strengthening Tobacco Free School Policy
- Alternatives to Suspension
- Staff, Student and Parent Tobacco Education
- Cessation Resources

The Colorado teen vaping rate is more than double the national average.



Keep kids healthy, both now and in the future, by supporting tobacco free schools.

Vaping: What you need to know!

The Basics:

Vaping-the act of inhaling a vaporized liquid from an electronic device- is the latest trend in tobacco use. It is alarmingly prevalent among today's teens, these devices go by many names including e-cigarettes, JUUL, vaporizers, and vape pens. JUUL is the most popular choice among youth.

On the Rise:

Vaping prevalence is rising rapidly among teens and young adults in Colorado and across the country. The past year alone, vaping among high schoolers has increased **78%**. In fact, they are the most commonly used tobacco product among both middle school and high school students.

Health Risk:

Though some may claim vaping is healthier than traditional tobacco use, that doesn't mean that vaping is safe, especially for young people. Studies have shown that the aerosol vapor from vape products can contain dangerous toxins, including heavy metals and chemicals known to cause cancer and other disease.

Effects on Adolescents:

Vaping causes greater health risks for adolescents. Nicotine, the addictive ingredient in cigarettes, is also in most vape products and 100 percent of JUULs. The chemical has a negative impact on adolescent brain development, causing lasting behavioral impairments, including effects on working memory and attention.

A BIG PROBLEM... a small device.

Smoke-Free Communities

Clearing the Air

Strengthening smoke-free protections makes our communities healthier. The Colorado Clean Indoor Air Act was passed by the state legislature in 2006. Within nine years of when the public smoking restrictions took effect, the number of adult smokers in Colorado **dropped by nearly 100,000.**

In 2019, Colorado updated the law to address vaping by prohibiting vaping in most public indoor settings. The updated law removed exemptions for hotels and small businesses. It also increased the distance from building entrances where people can smoke or vape from **15 feet to 25 feet.**

What's the problem?

Coloradans are still exposed to dangerous secondhand smoke in public places. Even outside, exposure to secondhand smoke and vapor could be bad for nonsmokers' health.

Secondhand smoke can cause a number of health problems in infants and children, including more frequent and severe asthma attacks, respiratory infections, ear infections, and sudden infant death syndrome (SIDS).

As in adults, it can cause coronary heart disease, stroke, and lung cancer. There is conclusive evidence that in addition to nicotine, most e-cigarette products contain and emit numerous potentially toxic substances.

What is the solution?

Passing smoke-free policies is an important step in creating healthy environments. According to the Federal Centers for Disease Control, the only way to fully protect nonsmokers from secondhand smoke is to reduce smoking in homes, work sites and public places.

As an added bonus, smoke-free environments help encourage tobacco users to smoke less or quit.

Additionally, studies consistently show that youth and young adults who live in communities with strong smoke-free protections are less likely to smoke.

Youth Movement

Brush Junior Main Street Youth stepped up to the challenge of passing a smoke-free park policy in their own city. According to the group, the vaping and Juul usage in their schools is very high among their peers. They did not feel that students received adequate education on tobacco and nicotine. They also felt that the consequences were not sufficient for violators. Brush Junior Main Street Youth were willing to take action to help decrease smoking prevalence and prevent other youth from becoming addicted.



After discovering the passion that the Brush Junior Main Street Youth had about their community, the Northeast Colorado Health Department (NCHD) educated them on emerging trends such as JUUL, the dangers of using tobacco and the policies that can protect their communities from the harms of tobacco and nicotine.

The second step of the process was the youth conducted a park assessment to obtain evidence on the impact of tobacco use in their city. During the assessment, pictures of the parks were taken and recommendations on where to place smoke free signs were determined.

The next step in the process was community interviews. The youth interviewed elected city officials, recreation leaders, teachers, business owners, community members and the police department to see where their community's readiness was for policy change.

Once it was determined that the community was ready for change, the youth put together the information and data that they collected. The students then created their own Brush specific smoke free signs and presented to the city council. The youth then planned a community celebration in honor of passing Smoke Free Parks and Outdoor Spaces in Brush, Colorado.

**We want to work with your youth on
tobacco prevention and policy!**

State Projects

Colorado expands the Smoke-Free Law to provide new protections for workers, residents and visitors.

In 2019 , the Colorado Legislature updated the Colorado Clean Indoor Air Act (passed in 2006) to expand smoke-free protections.

Starting July 1, 2019:

- Vaping will not be allowed in indoor public places, including in all bars and restaurants.
- People will have to stand at least 25 feet from entrances while smoking or vaping.
- All hotel and motel rooms will be smoke and vape-free.
- All business will be smoke and vape-free.
- Common areas of assisted living facilities will be smoke and vape-free.

Nicotine vapor products are dangerous for the user and expose bystanders to second-hand pollution that is not safe to breathe. These can include cancer causing chemicals, heavy metals, and nicotine.



HELP make sure
your community
is protected!

Cessation

Nicotine is just as addictive as heroin and cocaine and is extremely hard to quit. It takes the average smoker several quit attempts before they are successful. Studies have shown that smokeless tobacco users have a harder time quitting than cigarette smokers because of the higher amounts of nicotine. It is not easy to quit but it is possible. Although smoking is on the decrease, vaping is on the rise with youth. Colorado youth vape at **twice the national average and at the highest rate of 37 states surveyed.**

The Northeast Colorado Health Department has resources to help with the quit process. We provide Quitkits to clinics and community members, links to apps, and online web services for both youth and adults. NCHD also offers the Baby and Me Tobacco Free Program through our WIC educators. Baby and Me Tobacco Free is a program that provides parents with a \$25 voucher per month to purchase diapers for a child during the first year of life. To be eligible for this program, the parent has quit using tobacco and maintains being tobacco free.



smokefreeteen

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Rocky Mountain Center for Health Promotion and Education

www.rmc.org

State Tobacco Education and Prevention Partnership

www.colorado.gov/pacific/cdphe/A35-tobacco

Colorado Department of Public Health and Environment

www.colorado.gov/cdphe

Tobacco Free CO

www.tobaccofreeco.org

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