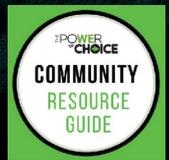


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Vaping Report



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HEALTH ADVISORY FOR THE PUBLIC ABOUT VAPING

While 82% of our local District 203 & 204 high school youth said they had not vaped in the last 30 days on the anonymous 2018 Illinois Youth Survey, 18% vaping is still a concern. It is not legal to purchase e-cigarettes and vaping products in Illinois for those under 21; it is a health hazard that increases risk of long-term addiction; it is a behavior seen in a number of lung conditions resulting in hospitalizations and deaths; and more. Rafael Rivera, PHD, MBA, Deputy Director, Prevention Services, Illinois Department of Human Services, Division of Substance Use Prevention and Recovery, Bureau of Prevention Services, issued a message in September regarding vaping. Dr. Rivera's message contained the following advisory from the Centers for Disease Control and Prevention

CDC HEALTH ALERT ON OUTBREAK OF SEVERE PULMONARY DISEASE LINKED WITH VAPING

1. **While this investigation is ongoing**—if you are concerned about these specific health risks, consider refraining from using e-cigarette products.
2. **Regardless of the ongoing investigation, anyone who uses e-cigarettes should not buy these products off the street (e.g., e-cigarette products with THC, other cannabinoids) and should not modify e-cigarette products or add any substances to these products that are not intended by the manufacturer.**
3. **Regardless of the ongoing investigation, e-cigarette products should not be used by youth, young adults, pregnant women, or adults who do not currently use tobacco products.** If you use e-cigarette products, monitor yourself for symptoms (e.g., cough, shortness of breath, chest pain) and promptly seek medical attention if you have concerns about your health. CDC and FDA will continue to advise and alert the public as more information becomes available.

RESOURCES FOR YOU

- Surgeon General
- Food & Drug Administration
- National Institute on Drug Abuse
- The Power of Choice
- Campaign for Tobacco-Free Kids
- Centers for Disease Control and Prevention
- The Center for Tobacco Policy and Organization

IN PARTNERSHIP WITH

The Power of Choice is a project of 360 Youth Services, Naperville School District 203, Indian Prairie School District 204, Naperville Police Department, KidsMatter and District 203 and 204 Parents. Survey and data analysis provided by Center for Prevention Research and Development (CPRD) at the University of Illinois.

POWER OF CHOICE CONTACT

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FUNDING

Funded in whole or in part by the Illinois Department of Human Services, Division of Substance Use Prevention and Recovery through a grant from the Substance Abuse and Mental Health Services Administration.

WHAT IS THE POWER OF CHOICE?

The Power of Choice is a substance use prevention campaign supporting students, schools and parents, focused on building resiliency and providing education to increase the number of students making healthy choices regarding substance use.

The Power of Choice is a collaborative project led by 360 Youth Services in District 203 and 204 Middle and High Schools



FDA RECOMMENDATIONS CONCERNING E-CIGARETTE PRODUCTS AND CESSATION PRODUCTS

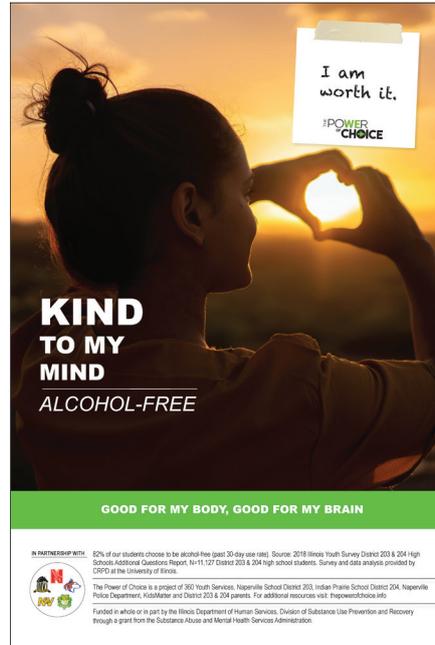
1. Adult smokers who are attempting to quit should use evidence-based treatments, including counseling and FDA-approved medications. If you need help quitting tobacco products, consult your doctor.

2. If you are concerned about harmful effects from e-cigarette products, call your local poison control center at: 1-800-222-1222.

3. We encourage the public to submit detailed reports of any unexpected tobacco or e-cigarette-related health or product issues to the FDA via the online Safety Report Portal: <https://www.safetyreporting.hhs.gov>

The Power of Choice's winning 2019-2020 theme voted on by students is "I Am Worth It." Students chose words and designs for the five posters to be displayed in Districts 203 and 204 during the school year.

The Fall poster is up in the high schools. For the majority of students, being alcohol- and vape-free is part of who they are.



Connect with us on social media!



HOW TO KEEP TALKING WITH YOUR TEEN ABOUT VAPING RISKS

PARENT CONVERSATIONS ABOUT SUBSTANCE USE DECREASE LIKELIHOOD OF USE

Be prepared. Research to gather credible information about e-cigarettes and teens to be ready to talk vaping.

Be a listener. Teens sometimes share stories about substance use of others, giving parents the chance to listen. While not approving of a behavior, avoid criticizing their friends who may be using. This may give your teen a feeling of safety for times when they want to talk honestly with you. If they need help figuring out what to do about potential substance use, they'll be more likely to trust you'll help lovingly.

When to bring it up. A sit down can feel confrontational vs. driving by a vape shop or seeing someone vaping. Ask what they know, share if needed, and tell them you care they are aware of the risks.

A Few Signs of Vaping

Sweet scents: Instead of unpleasant cigarette smoke, the aerosols emitted secondhand from vaping might smell like bubble gum, candy, bakery items, citrus, mint. If there's no candy being consumed or candles in use, it may be vape aerosol. The scent can also be completely odorless.

Spare parts: Trash bins may have interesting items: unfamiliar tech-looking devices, USB drives, cartridges, pods, wires, cotton balls or wicks, dropper bottles, atypical batteries and battery chargers, and empty vials.

Requesting bathroom breaks at the same time of the day, every day. Students who have formed a dependence on nicotine can feel irritable without periodic use during the day. They may ask a teacher to use the bathroom every day, during the same window of time.



20 minutes outdoors can release mood-enhancing endorphins and boost energy, focus, and recall by 20%