

CPPAC Meeting

1.8.2020

Worcester Technical HS

Guest:

Joshua Niroula,

Public Health Prevention Specialist,

from the Worcester Division of

Public Health/ Central MA Regional Public Health Alliance

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(508) 799-8531

Mission of CPPAC- Ed Dumphy

Introductions

Minutes will be approved next meeting

CPPAC Co-Chair nominations, 2 year and 1 year with 2 year extension available.

Nicole Caligiuri, nominated and approved.

One additional chair space open.

Joshua Niroula

Prevention Specialist

Worcester Division of Public Health- Worcester area

Tobacco Control Program

Substance use Prevention Grant Manager.

- Why we are here

- We care about the youth of our city
- Reviewing the current trends in e-cigarette use
- Information regarding other products
- In 2018 20.8% HS student were using e-cigarettes 30 days. Cigarettes 6.4%, conventional products 11.4%
- E-cigarettes are the most popular, and is a current public health crisis.
- WPS high school students: 2015 35%, 2017 10%, 2019 13%
- Current usage in WPS HS is 17.5%
- PERCEPTION OF HARM: slight risk has been in a decline, moderate to great risk has been inclining to 61%- this is good- if students are thinking it is harmful, they will be less likely to use.
- Nicotine, but we can't be sure how much nicotine. It is not regulated.
- Introducing any substances during adolescence will increase the likelihood of developing an addiction. Will smoke more, and have a harder time quitting. Industries target youth with sweet, cheap, and easy to access products.
- More money into advertising. The more money spent on advertising, the more usage
- Flavors appeal to youth, and are sweet and fruity. Imaging mirrors that of candy
- Younger people are more likely to use flavored products. 80% of youth reported that the fun, fruity flavors were the primary reasons they tried vaping in the first place.
- Juul is the company that is most utilized by youth. They did not card for internet purchases, and the state has a case pending against them currently.

- MA has the strictest tobacco law in the country currently, Flavored vaping products can only be sold at DOR licensed smoking bars in the state, but half of the 25 bars are in Worcester.
- Vaping 101
 - Inhaling and exhaling the aerosol (often called vapor) produce an aerosol which can contain heavy metals and chemicals.
 - Rechargeable and disposable modules are available. Flavoring and liquids look like juice boxes and are flashy and visually appealing.
 - E-cigarettes can be used to vape other substances, including marijuana
 - Secondhand vape is also unsafe
 - More research is needed to fully understand the long-term health effects. “Less harmful” does not mean safe.
 - 14 million youth have been exposed to secondhand vape, and this is not only dangerous, but is normalizing the behavior.
 - Highly concentrated nicotine content (one pod is equal to 20 cigarettes)
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- What we can do
 - Educate ourselves to be aware of what these products look like, and what they smell like.
 - Educate kids on what these products are, and why they should be avoided.
 - Make use of vaping prevention resources.
 - The state is campaigning to equate vaping with smoking
 - Provide the kids in your life with information.
 - Dispel myths with information
 - Educate kids on the motivations of the tobacco industries
 - Ask about what they see and what they think about it
- Q/A
- Additional resources
 - Thisisquitting.com
 - 1800-quit-now
 - Getoutraged.org
 - niroulaj@worcesterma.gov 508-799-8531 ext 33180

Ask Maureen what the required curriculum is for Health, and how the vaping health crisis is addressed. What resources can be integrated to educate students about the dangers of vaping (alongside with smoking hazards)

Is there a prescription disposal location? Dept of Public Health (25 Meade St, Worcester, MA 01610), UMass outside the pharmacy, Police Station, CVS.

Are Grant funds available for school systems to educate? The state grants are specific in nature, and do not include school funding.

Next meeting is March 11 Brian Allen Budget.
May 13 Maureen Benienda and Sue O’Neill

Meeting adjourned 8:10pm