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CACY COMMUNICATOR

VOLUME 2, ISSUE 5

FEBRUARY 2015

CACY'S Core

Purpose: To provide tobacco, alcohol, violence and drug prevention information, education and coordination by bringing together schools, parents, government, law enforcement, agencies, business and community members who work toward making our county a healthier, safer place to live.



Not One Puff (NOP) Program

NOP is a new, free service available through CACY. Pregnant and parenting teens can receive smoking prevention and cessation services. Referrals from agencies or individuals can be sent, faxed or called in to CACY, attention Tracee Anderson. Please include name, age, address and telephone number of potential participant. Date of birth or projected birth date of baby is also needed.

High Levels of Formaldehyde in E-Cigarette Vapor

Researchers found that e-cigarettes operated at high voltages produce vapor with large amounts of formaldehyde-containing chemical compounds.

Formaldehyde is used for a range of purposes, from household products to preserving dead bodies, and the US government has classified it as a carcinogen.

Researchers analyzed the vapor produced by the e-cigarettes and found dangerous levels of formaldehyde. In fact, they found that the formaldehyde that a user would be exposed to from high-voltage e-cigarette use is five to 15 times more than the exposure from smoking normal cigarettes.

When used at low voltage

(3.3V), e-cigarettes did not create any formaldehyde-releasing agents. However, the nanoparticles that were found can cause inflammation in the lungs and increase a user's risk of cardiovascular and respiratory disease.

Co-author of the study, James Pankow, a professor of chemistry at Portland State University in Oregon said, "A lot of people make the assumption that e-cigarettes are safe and they are perfectly healthy after using for a year. The hazards of e-cigarettes, if there are any, may be seen 10 to 15 years from now when they start to appear in chronic users."

Currently FDA regulates cigarettes, cigarette tobacco, roll-your-own tobacco and smokeless tobacco. Proposed newly "deemed" products

would include electronic cigarettes, cigars, pipe tobacco, certain dissolubles that are not "smokeless tobacco," gels, and waterpipe tobacco.

Once the proposed rule becomes final, the FDA will be able to use powerful regulatory tools, such as age restrictions and rigorous scientific review of new tobacco products and claims to reduce tobacco-related disease and death.

David Peyton, co-author of the study, said, "I think this is just one more piece of evidence amid a number of pieces of evidence that e-cigarettes are not safe."



Link Between Youth Hookah Use and Illicit Drugs

A recent study indicates youth hookah use is increasing and hookah users are likely to be abusing other substances such as, alcohol, marijuana and cigarettes.

The study, published in the journal, Pediatrics surveyed a random sample of 15,000 high school seniors throughout 48 states across the United States. It shows from 2010-2012, the average annual prevalence of hookah using seniors in high school was 18%. Results suggest cigarette smoking is one of the strongest and consistent risk factors for hookah use. Other risk factors were life-

time alcohol use, lifetime marijuana use, lifetime use of other illicit substances and weekly income from job. These risk factors are reciprocal for hookah, meaning that using hookah increases the likelihood of marijuana, alcohol and cigarettes.



Studies show that the **chemicals produced during one hookah smoking session of 45 to 60**

minutes can equal those produced by smoking 10 or more cigarettes. Hookah use generates carcinogens, such as benzene, and has been linked to lung cancer and loss of lung function. Hookah tobacco and smoke also contain many toxic agents that can cause clogged arteries and heart disease. Hookah users often share mouth pieces, which adds the risk of oral infections and viruses.

One way to reduce youth hookah use is by educating young people about the harmful health effects associated with hookah smoking.

Resources



“Start the Talk” Underage Drinking Interactive Tool

<http://www.samhsa.gov/underagedrinking/>

The Partnership at Drugfree.org

<http://www.drugfree.org/>

Drug Free Action Alliance

<https://www.drugfreeactionalliance.org/>

Start Talking

<http://starttalking.ohio.gov/Parents.aspx>

National Institute on Drug Abuse

<http://www.drugabuse.gov/>

Too Smart to Start

<http://www.toosmarttostart.samhsa.gov/Start.aspx>

Smart Bet— Problem Gambling

<https://www.drugfreeactionalliance.org/smart-bet>

KnowBullying App

http://store.samhsa.gov/apps/bullying/?WT.mc_id=EB_20140815_KNOWBULLYINGAPP

CDC Hookah Fact Sheet

http://www.cdc.gov/tobacco/data_statistics/fact_sheets/tobacco_industry/hookahs/index.htm