



Deerfield Valley  
Community Partnership

Working for a Healthier  
Community

# The Valley Prevention News

March 2016

## Clearing the Air- The Truth about E-Cigarettes

**Electronic Nicotine Delivery Systems (ENDS)** come in a variety of products commonly known as: e-cigarettes, e-hookahs, hookah pipes, vape pens, and e-cigars. ENDS are battery-powered devices that produce an inhalable aerosol from a heated liquid typically containing nicotine, propylene glycol, glycerin and other chemicals.

Of recent concern, vapor pens are being used by teens to vaporize hash oil, the resin from marijuana plants. Vape pens are virtually indistinguishable from a high-end e-cigarette, so make it easy to hide marijuana use.

ENDS are currently unregulated with no testing, labeling, or manufacturing standards.

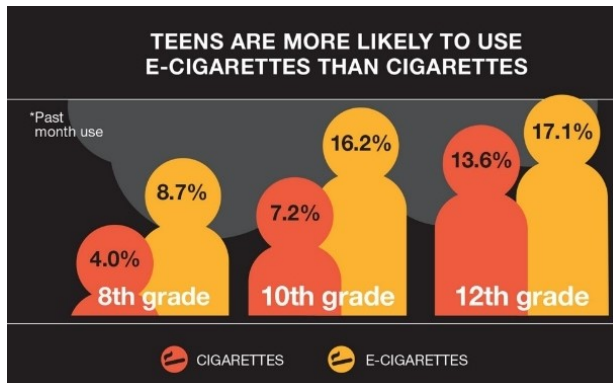
Youth and adult ENDS use is increasing rapidly, as is the marketing for these items. The vapor produced by ENDS contains nicotine and youth use of nicotine in any form is dangerous. In addition, adults must quit smoking cigarettes completely to realize any potential cessation benefits of ENDS.

A growing number of adults and youth are using electronic cigarettes, which provide a relatively new way to deliver the addictive substance nicotine without burning tobacco. Many questions exist about the long-term health effects of these products.

Electronic Nicotine Delivery Systems (ENDS) covert harm includes their potential to lead to initiation of regular cigarette use among non-smokers and relapse among former smokers. No evidence exists that they help smokers to quit and eighty-four (84) percent of e-cigarette users are also using combustible tobacco, a habit that is not recommended by cessation specialists. In addition, ENDS can delay quitting and/or diminish the chances a smoker will quit, and it can discourage smokers from using proven cessation methods. As ENDS are unregulated and as the vapor from the aerosol enters the atmosphere, their use can expose children and adolescents, and non-smokers to second-hand aerosol vapor that is not just water.

National Institute of Drug Abuse research has shown that use of ENDS leads to initiation of nicotine use among youth.

According to the 2014 National Youth Tobacco Survey, among middle and high school electronic cigarette users, between 2011-2013, the number of never smoking youth who used an e-cigarette increased three-fold. In that same time frame, over ¼ of a million never smoking youth used e-cigarettes, and the intention to smoke cigarettes was higher among e-cigarette users. ENDS are manufactured in thousands of flavors that appeal to teens, including such flavors as cotton candy and gummy bears.



More information and citations on the data presented above can be found at the following links:  
[www.drugabuse.gov](http://www.drugabuse.gov)  
<http://www.surgeongeneral.gov/library/reports/50-years-of-progress/>  
[http://www.cdc.gov/tobacco/data\\_statistics/surveys/nyts/](http://www.cdc.gov/tobacco/data_statistics/surveys/nyts/)

## Substance Abuse Prevention Education in the Windham Southwest Supervisory Union

Some community members have inquired regarding our drug and alcohol prevention program for our students. We are happy to inform about the nationally acclaimed awareness and prevention curriculum, the *Michigan Model for Health™*. The model is a comprehensive, skills-based curriculum that shares our goal of helping young people live happier and healthier lives.

Jen Nilsen, a University of Vermont graduate in Education, teaches the curriculum in the WSSU. Using a building-block approach to health education, the *Michigan Model for Health™* addresses the major youth health risk behaviors at every grade level, with age-appropriate instructional activities. Jen teaches from 6 to 8 classes in each grade for grades 5 through 8 in Halifax, Readsboro, Stamford and Twin Valley. The curriculum activities focus on short-term and long-term goals that build self-esteem allowing students to build skills for healthy choices.



Fifth and sixth graders learn to set goals, deal with stress, measure the dangers of drug use (tobacco, marijuana, and alcohol), and assess the advertising strategies used by the media for marketing alcohol and tobacco. For instance, they become aware that marketing agencies incorporate celebrities in their ads for alcohol and tobacco, suggesting that smoking and drinking promote glamour,



wealth and popularity. Advertisements further target youth in ads for cigarettes and e-cigarettes by offering flavors like mint, cherry, and fruit.

In grades 7 and 8, the curriculum details more specifically the dangers and consequences of drug use (tobacco, marijuana, and alcohol) and, additionally, prescription drugs. Students investigate the ingredients of these substances and their short and long-term physical effects. In addition to reviewing the 5<sup>th</sup> and 6<sup>th</sup> grade curriculum, they learn refusal skills like how to avoid riding with an impaired driver. They promote drug free messages to families and friends, including creative pamphlets with drug free messages that they read to the 5<sup>th</sup> and 6<sup>th</sup> graders.

Jen feels that one of the most important aspects of her work in the classrooms is that students are given the opportunity to ask questions in a safe setting and get informative answers from a professional trained in drug and alcohol prevention.

For more information on the Michigan Model Curriculum:

[http://www.emc.cmich.edu/EMC\\_Orchard/michigan-model-for-health](http://www.emc.cmich.edu/EMC_Orchard/michigan-model-for-health)

Top Photo Right: (from left to right): Darian Wade, Eric Longe, and Mauricio Nebelski working with Jen.

Top Photo Left: Jamie Cook investigating alcohol advertising tactics.

Interested in meeting other parents to discuss navigating your "Twins and Teens" through the many challenges and choices they will make on the road to healthy adulthood?  
Call Cindy @ \*802-464-2202 or email: [info@dvcp.org](mailto:info@dvcp.org).

**TVMHS Students Receive 2016 Prevention Champion Award**

The Twin Valley Pride group was recognized at the statehouse with the 2016 Prevention Champion award for their passionate commitment to preventing drug and alcohol use and other risk behaviors. The award was sponsored by Prevention Works VT!- a statewide group focused on building a unified statewide voice for substance abuse prevention.

The Twin Valley High School Pride group has been working to prevent substance abuse among their peers for the past 10 years. This group of students dedicate their time to not only educating their local peers, they have also present-ed workshops at both the state and national level. Throughout these years, the group has created social norms campaigns, implemented many substance free activities, participated as members of the local coalition, created community wide awareness campaigns, participated in Sticker Shock, sponsored awareness activi-ties, hosted assembly speakers, implemented a school Wellness Day, attended conferences and trainings, and have most importantly served as amazing role models.



Photo: Left to right-Back Row: Morgan Wheeler, Logan Park, Nick Nilsen, Jack Lyddy. Left to Right-Front Row: Kassidy Walkowiak, Caitlin Hunt, Brett Swanson, Willie Queenie, and Grace Russell

Current Pride members missing from the photo: Justin Hicks, Hailey Howe, Kendell Howe, Olivia Genella, Chase Spiegel, and Advisor- Cindy Hayford.

The Prevention Champion Award acknowledges all of the present and past members of the Pride Group for all of the excellent work they have done.



**Steering Committee & Program Staff:**

- Carrie Blake
- Dawn Borys
- Courtney Burrows
- Bob Edwards
- Keli Gould
- Cindy Hayford
- Andy Hauty
- Dario Lussardi
- Karen Molina
- Jen Nilsen
- Shelley Park
- Helena Queenie
- Lynn Redd
- Rebecca Sweeney

**Upcoming Coalition Meeting Dates**

- April 25, 2016**
- May 23, 2016**
- June 20, 2016**

*Dinner is served at 5:30 Meeting 6:00-7:30pm*

*Please Join Us!*

*Everyone is Welcome Please RSVP to: info@dvcp.org or 464-2202*

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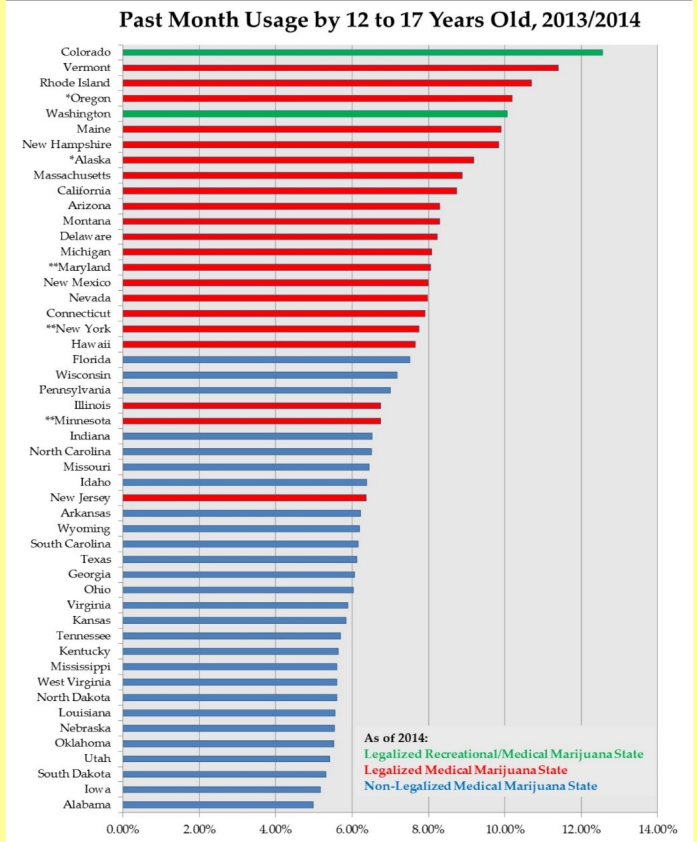
[www.dvcp.org](http://www.dvcp.org)



**From the Coordinator's Desk... Latest Update on Colorado:**

The recent National Survey on Drug Use and Health (NSDUH) shows that Colorado now leads the country in past-month youth marijuana use, after legalizing marijuana in 2012. The state was in third place in 2012-2013, and in fourth place in 2011-2012. According to the survey, in the two year average (2013/2014) since Colorado legalized recreational marijuana, youth past month use increased 20 percent compared to the two year average prior to legalization (2011/2012). Nationally youth past month marijuana use declined 4 percent during the same time.

\*It is important to note that the *Blue lines are Non-Legalized or Non-Medical Marijuana States.* Youth marijuana use in those states is lower than those states with Legalized Recreational or Medical Marijuana.



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