

BREATHING

matters

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VAPING: ONE COLLEGE STUDENT'S PERSPECTIVE

By: Brenae Dubis

In 2020, I was a senior in high school who wrote my personal thoughts on the increasingly popular vaping issue that was spanning across New Hampshire and America as a whole. It is now 2022 as I write this as a current sophomore in college. Even though two years have passed since my last article, I must unfortunately say that vaping has continued to rob students via their wallets, and their health—both physically and mentally.

For some, this marks year 4-5 of being addicted to vaping. It is important to not blame the individuals, as it is truly not their fault. E-cigarettes (vapes) were and still are accessible, affordable, and discreet. In the state of New Hampshire, the age for purchasing tobacco products (including vapes) was not increased to the age of 21 until the summer of 2020. This accessibility to teens made it so much easier to start. Flashback to being in high school, it was more common than not to go into the bathrooms and have it smell typical to

a carnival. That “carnival” was the vaping flavors of cotton candy, fruit punch, and even cinnamon rolls! Though these flavors might seem harmless, most teens continue to be unaware of the harmful chemicals and addictive nicotine inside them. The media rarely mentions vaping anymore. We must continue to raise awareness on resources to aid students in quitting, as well as continue to share the message that vaping is just as harmful as typical cigarette smoking.

The most exciting part of a typical school day in my life is when a lecture ends and everyone floods out of their classes to head to their next class for the day. You may see your friends passing by, but you may also begin to see large vape clouds being expelled from the student's mouths. In class, if you happen to hear a quiet whistling sound, it is not a dog whistle. It is someone vaping. The high content of nicotine in vape juice makes it very hard to quit. I know many peers who have tried to quit vaping, but they have not yet been successful due to the withdrawal effects. The more someone vapes, the more their brain and body gets used to having nicotine, and thus it is much harder to go without it. Withdrawal effects experienced when quitting vaping can include but are not limited to: irritability, anxiety, and malaise.

I find it imperative that we educate the youth on how harmful vaping can be, similar to how kids are taught at a young age that cigarette smoking is harmful. We will not know the long term effects of vaping for a long time. Whatever they may be, our focus will have to be shifted to treatment of vaping-related illnesses. It is my hope that teens become informed on the harmful effects of vaping. It really takes a village to educate the youth, and I truly believe that vaping will eventually be viewed as a fad of the past.

Brenae Dubis is from New Hampshire, and is an incoming Junior at the University of Rhode Island in the Doctor of Pharmacy Program. Ms. Dubis is also a volunteer at Breathe New Hampshire. Her family has been impacted with several different lung conditions, which has inspired her to take action and help others.



**Free, confidential help
to quit vaping and other
tobacco for youth
under 18**

**Text 36072
Call 855.891.9989
mylifemyquit.com**

SERVICE LEARNING PROJECT SPOTLIGHT



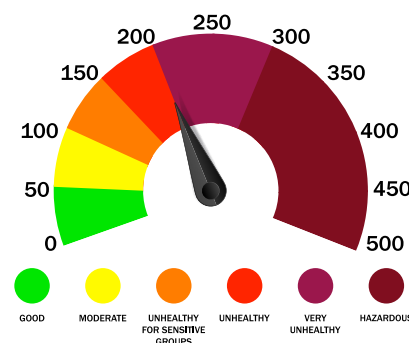
Thank you to Raymond Coalition for Youth for participating in Bag the Butts™ this spring during their annual Operation Raymond Clean Up community service day.

Take advantage of nice weather this summer and organize a community clean-up at a local park, trail or neighborhood school and Bag the Butts™. Contact Breathe NH to get started and request a free toolkit: info@BreatheNH.org

AIR QUALITY ALERTS

Did you know that you can find out the air quality forecast in NH?

Knowing whether the air quality where you are is healthy or unhealthy can help you take steps to protect your health. Learn more at AirNow.gov and des.nh.gov or contact the NH Department of Environmental Services' Air Quality Information Line at **(800) 935-SMOG**.



CHECK OUT THESE UPCOMING EVENTS!

For more information or to register for any of these events please visit: breathenh.org/events

Eager Breather's Fresh Air Day Cruise™

Thursday, September 8, 2022
Lake Winnepesaukee
\$25 per person

This event is designed for individuals living with COPD or other chronic lung conditions, their family members, caregivers, and healthcare providers. Please join us for a leisurely cruise aboard the M/S Mt. Washington on beautiful Lake Winnepesaukee and enjoy lunch, entertainment, and an on board wellness fair.



Breathing Matters Respiratory CME Conference

Monday, October 17, 2022
Grappone Conference Center,
Concord, NH
\$125 per person
6 CME credits
Breakfast and Lunch provided

This conference is ideal for all healthcare professionals involved in the care and management of patients with respiratory conditions. Topics covered include: disparities in lung health, pulmonary rehabilitation, Tobacco Use Disorder, LDCT Screenings, Climate and more.

Thank You to our Event Registration Sponsor:



Fairways for Airways Golf Tournament

Monday, September 19, 2022
Lake Winnepesaukee Golf Club

Registration for a foursome includes: green fees for four, hole sponsorship (company logo at one of 18 tees or holes and on website and listed in event program), cart rental, curbside bag drop, light breakfast, on-course snacks, official event gift item and lunch. A brief awards ceremony that includes a raffle and silent auction will take place immediately after play is completed.



LEGISLATIVE UPDATE

FEDERAL POLICY

As a member of Breathe America Alliance, Breathe New Hampshire signed on to the following letters:

- January 2022: A letter to the Food & Drug Administration Acting Commissioner that expressed concern over the FDA's authorization of the second most popular brand of e-cigarette, R.J. Reynolds' Vuse Solo with tobacco flavor (and a lack of a decision on the Vuse Solo menthol flavor). The FDA had stated that these pods are appropriate for the protection of public health. The network vehemently disagreed.
- February 2022: A letter to ranking members of the Subcommittee on Labor/Health & Human Services/Education, along with 62 member organizations of the National Heart, Lung & Blood Institute (NHLBI) Constituency Group. Encouraging members to finalize an FY 2022 omnibus appropriation bill to include a robust investment in the National Institutes of Health and at least \$3.94 billion for the National Heart, Lung, and Blood Institute (NHLBI).

And in May 2022, Breathe New Hampshire along with several state partners signed on to a letter to Senator Jeanne Shaheen to thank her for her continued support for the Centers for Disease Control and Prevention's (CDC) National Asthma Control Program (NACP). The letter asked that her appropriations request for FY23 include funding for the NACP at \$40 million.

NH Policy

- **SB 430-FN-A** relative to health and human services.
• **1/26/22 Breathe NH Action - Remote sign in SUPPORT (of original bill)**
5/12/22 Sen. Bradley moved Nonconcur with the House Amendment
- **HB 1210** relative to exemptions from vaccine mandates
- **1/26/22 Breathe NH Action - Remote sign in OPPOSE**
5/5/22 Senate recommends *Refer to Interim Study*.
- **HB 1591-FN** eliminating the enforcement division of the liquor commission.
1/19/22 Breathe NH Action - Remote sign in OPPOSE
2/16/22 House recommends *Refer to Interim Study*
- **HB 1639** relative to the youth risk behavior survey in schools.
4/18/22 Breathe NH Action - Remote sign in OPPOSE.
Breathe NH joined other organizations on a combined letter to the Senate Education Committee opposing HB 1639.
5/17/22 Committee of Conference

Are you concerned about issues affecting lung health, such as teen vaping, climate or other respiratory conditions? Share your story, make your voice heard and get involved with our Breathe Action Team. Learn more about our policy issues at: breathenh.org/get-involved/advocacy.



BUY A 2022 FUN PASS COUPON BOOK & SAVE!

For only \$35 (free 1st class shipping included), get deals and discounts at more than 90 New England family attractions! Plan a visit to Story Land, LEGOLAND Discovery Center Boston, Davis Farmland, Mount Washington Cog Railway, Whale's Tale, Water Country, Water Park of New England, zip lines, trampoline parks, whale watches, museums, and more!

Most coupons admit a child 12 and under free with a paying adult. Story Land offers a BOGO (Buy One, Get One Free) so with just that one coupon, you cover the cost of the entire book. Offers and deals vary by attraction. How much can you save? Go to: www.breathenh.org/fun-pass. Order today!

Purchasing a Fun Pass is a triple win! You save money AND, you are supporting Breathe New Hampshire, and local attractions too.



145 Hollis Street, Unit C, Manchester, NH 03101

800.835.8647 | 603.669.2411

info@BreatheNH.org | BreatheNH.org



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The quality of the air we breathe both indoors and outdoors has an impact on our individual health, particularly our respiratory health. As Breathe New Hampshire dedicates more resources to air quality and climate, we want to hear from you. What issues impacting your family or your local community do you feel BNH should be addressing? Email info@BreatheNH.org and share your thoughts.

BREATHE NEW HAMPSHIRE WELCOMES MARYANNE FERGUSON AS NEW PRESIDENT & CEO



Before joining Breathe New Hampshire, Maryanne most recently served as Executive Director at Summerhill Assisted Living and Memory Care in Peterborough, New Hampshire. Prior to Summerhill Maryanne was Executive Director of Monadnock Collaborative and Pilot Health, agencies working to provide social and support services for all populations in both the Monadnock Region and Sullivan County.

In her career, Maryanne worked at Cheshire Medical Center in Keene, New Hampshire where she engaged worksites, restaurants and schools to provide healthy programs for their employees, patrons and students, including tobacco cessation, healthy food options and active living initiatives. Maryanne worked with Breathe New Hampshire as part of that public health initiative.

“I’m honored to be part of an organization doing such meaningful work promoting healthy lungs and supporting those living with lung disease.”

Maryanne holds a Master in Public Administration from Norwich University and a Bachelor of Science in Health Science from Keene State College.