

BREATHING *matters*

A PUBLICATION OF BREATHE NEW HAMPSHIRE | WINTER 2023

A VIEW FROM THE FRONT LINES

A discussion with Karen O'Brien, 6th Grade School Counselor at Hudson Memorial School about the current vaping environment.

In your role what was an early indication that there was an issue with middle school students vaping and how long ago was this?

We have experienced issues with vaping in school for numerous years. In 2018, our Leadership students identified vaping as a concern in their school community. From this information we connected with Breathe NH and have hosted numerous parent and student presentations.

If a student is found vaping or in possession of vape products on school premises, how does your school assist a student and their parents? How has this process evolved over time?

Students who are found in possession of tobacco (vaping) products receive in school or out of school suspension, Vape Educate Lessons and Referral to SRO, School Resource Officer.

Over the past four years, what youth vaping trends have you seen in your school community? Are there vape products and devices that seem to appeal more than others?

We noticed an increase in students found to be vaping for several years. This school year has not experienced as many referrals, but we have had students with THC/Marijuana vaping paraphernalia.

What is the most effective way to communicate with parents/guardians about vaping? And what tips would you give them about talking to their children?

We push out information to students through Red Ribbon Week, posters and individual conversations. We have hosted several parent nights but do find attendance is minimal.

Perhaps posting on school social media would provide information without the commitment to attend an evening.

Do you believe there is a key vaping prevention message that resonates with middle school students?

Our Leadership students have used the message equating the misinformation with vaping to that of marketing of tobacco prior to the link with cancer. They have talked about the marketing being directed at youth through the flavored vape juice and how this promotes addiction to nicotine for future.

There are so many things for young people to deal with these days. We know the past couple of years have been especially challenging for many of them. Where do you think vaping fits into this?

I believe vaping continues to be a primary concern, students who are struggling may turn to substances like vaping to assist in managing their issues and just exacerbate their problems.

Anything else you want to share on the topic from your perspective?

We have found our partnership with Breathe NH a useful tool to educate our community on the concerns of vaping.

EXAMPLES OF VAPING PRODUCTS GEARED TOWARD KIDS





MY LIFE MY QUIT

Free, confidential help to quit vaping, smoking or chewing for youth under 18

Text 36072 • Call 855.891.9989
mylifemyquit.com

LEGISLATIVE UPDATE

Breathe NH will monitor a variety of bills during the 2023 legislative session. This will include the following topics of interest to the organization and our constituents:

- Removing the exemption for premium cigars from the tobacco tax.
- Changes to the taxation of tobacco and nicotine products.
- Establishing greenhouse gas emission reduction goals for the state and establishing a climate action plan.
- Changes to the administration of non-academic surveys in schools, like the Youth Risk Behavior Survey.
- Alterations to the way the vaccine and pharmaceutical products are purchased, promoted or distributed by the state.
- Vaccination clinics at schools.



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

PROUD TO SUPPORT FUTURE LEADERS IN MEDICINE.

Mary C. Manning, known as Mrs. Charles B. Manning in Manchester, was a past vice president and director of Breathe New Hampshire, among other titles, who gave her time, talent, and financial support for more than 40 years. The scholarship was established to continue her legacy and help support public health students.

The 2022 recipient of the \$500 Mary C. Manning Scholarship is Katherine Anderson of Moultonborough, New Hampshire. Katherine is studying Nursing at Plymouth State University.



Deadline for the 2023 Scholarship application is September 15, 2023.
For more information visit breathenh.org/resources/scholarship

STAY ACTIVE THIS WINTER!

Workout to Go

A Sample Exercise Routine from the National Institute on Aging at NIH



As the cold winter days keep you indoors, keep moving with Workout to Go!

A sample exercise routine from the National Institute of Aging at NIH.

Contact Breathe NH for a free booklet.

2023 EVENTS - SAVE THE DATE!

Eager Breather's Fresh Air Day Cruise™

Thursday, September 7, 2023
Lake Winnepesaukee



Fairways for Airways Golf Classic™

Monday, September 18, 2023
Lake Winnepesaukee Golf Club,
New Durham, NH

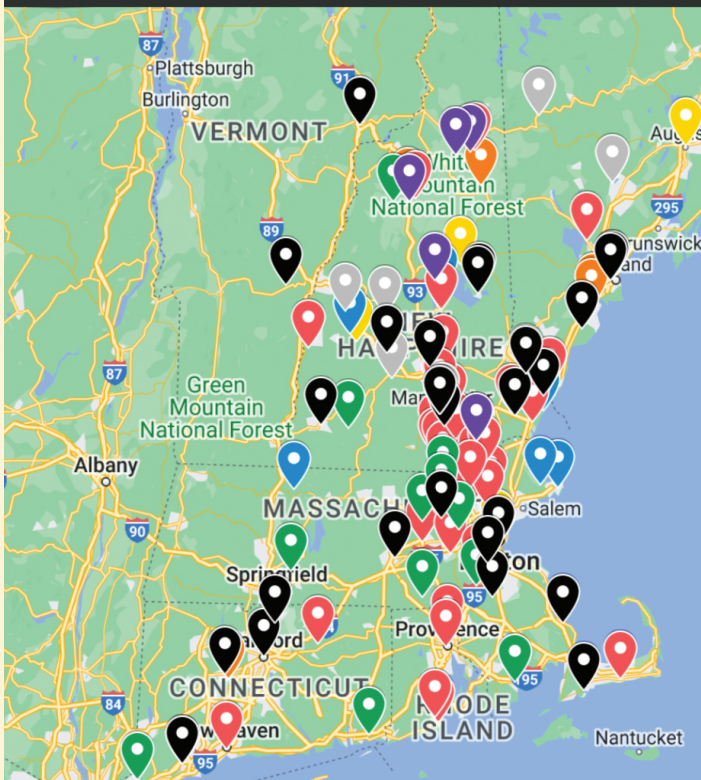
Register online:

BreatheNH.org/events/golf-classic

BUY A 2023 FUN PASS COUPON BOOK & SAVE!

Breathe NH Fun Pass Attraction Map

This map was made with Google My Maps. Create your own.



For only \$40 (includes free 1st class shipping), save up to \$2,000 at more than 100 favorite New England family attractions including Story Land, Mount Washington Cog Railway, Lost River, Davis Farmland, Southwick's Zoo, Pats Peak, Ragged Mountain, Whale's Tale, Altitude Trampoline Park, and many more. There are 18 NEW attractions in the book!

Most coupons admit a child 12 and under free or at a discounted rate 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. Check out our new map of the attractions: <https://www.breathenh.org/fun-pass/attraction-map>.

Did you know that you can offer a Fun Pass fundraiser? Offering a Fun Pass fundraiser is an easy and convenient way to earn funds for your school, organization, moms group, and more. For more information and fundraising promotional materials, contact us at info@breathenh.org.

ORDER YOUR FUN PASS TODAY!

Go online to BreatheNH.org/fun-pass or call our office at 603-669-2411.



Tucker, a Junior at a local high school, has been volunteering weekly at Breathe New Hampshire.

He was instrumental in putting together the Fun Pass interactive map which is now available on our website.

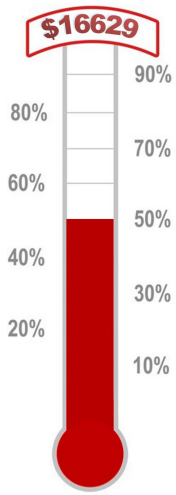
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There's still time to support us in reaching our goals.

Donations help continue educational programming and advocacy efforts ensuring healthy lungs for everyone in the Granite State. Donate now at BreatheNH.org.

\$32,500

Our goal

Thank You!

Thanks to local support, we've raised 51% of our goal

CLIMATE CHANGE AND YOUR HEALTH, YOUR VOICE

The Earth's climate has changed many times during the planet's history, with events ranging from ice ages to long periods of warmth. Climate change is a change in the normal climate conditions. There are a lot of factors that contribute to the Earth's climate, and scientists agree that Earth has been getting warmer for the past 100 years because of human activities (burning fuel, power plants, driving cars) that produce greenhouse gases.

By the year 2100 most of New Hampshire could expect 50 to 60 days a year to be above 90 degrees unless steps are taken to lower emissions and control the amount of greenhouse gas emitted, according to the 2021 NH Climate Assessment Report published by UNH. There will be greater fluxes in temperature and rainfall, and more severe and frequent heat waves.

Climate affects our health. For example, research shows the expanding pollen season may have an impact on allergies and asthma (NH DHHS). People living with COPD, asthma, allergies and other chronic respiratory conditions may be triggered more often or more severely. Healthy people may have an increased risk of developing lung disease.



As Breathe New Hampshire expands climate-related education, resources, and advocacy your story and voice are at the center of this work.

WE WANT TO HEAR FROM YOU!

Send us your questions, concerns and ideas regarding climate and impact on respiratory health.

Contact us at 603.669.2411 or info@BreatheNH.org