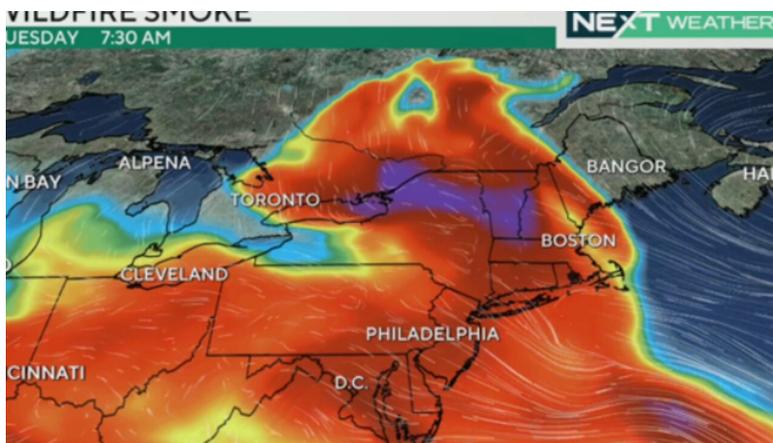


# BREATHING *matters*

A PUBLICATION OF BREATHE NEW HAMPSHIRE | SUMMER 2025

## WILDFIRE ACTIVITY RISES IN NH, THREATENING AIR QUALITY AND LUNG HEALTH



Credit: CBS News

New Hampshire experienced a 24% increase in wildfires in 2024, with nearly double the acreage burned compared to 2023, according to the NH Department of Natural and Cultural Resources. While the number of fires has remained steady—averaging over 200 annually—shifting weather patterns have led to more intense fire conditions, particularly in the fall. Prolonged dry spells, reduced snowpack, and lower relative humidity are contributing factors, all linked to climate change. While fire damage to property is a concern, the greater and often more widespread danger is smoke. Wildfire smoke contains fine particulate matter that can travel thousands of

miles, significantly degrading air quality. This poses serious health risks, particularly for people with lung disease, heart conditions, children, and older adults. In 2023, New Hampshire residents experienced this firsthand when Canadian wildfire smoke blanketed the region. “As climate change fuels drier and hotter conditions, air quality threats from wildfire smoke are becoming a major public health issue—even in the Northeast,” said Justin Mankin, associate professor at Dartmouth College.

Summer months are especially concerning, as rising temperatures combine with pollutants to form ground-level ozone, exacerbating breathing difficulties for individuals with asthma, COPD, and other respiratory illnesses. Residents are encouraged to monitor local air quality reports, limit outdoor activity on poor air quality days, and take fire safety precautions like obtaining burn permits and keeping combustibles away from structures.

Preventing future wildfires starts with managing fuels and adapting land use practices—but the broader solution lies in addressing climate change through energy transition and emissions reduction.

**Source: Amanda Gokee, New Hampshire Bulletin, May 2024.**

**“Wildfire activity up 24% in NH as climate change creates more extreme weather”**

### CHECK YOUR LOCAL AIR QUALITY

Visit the AirNow website,

**AirNow.gov**

Search for your specific location (city/town, NH).

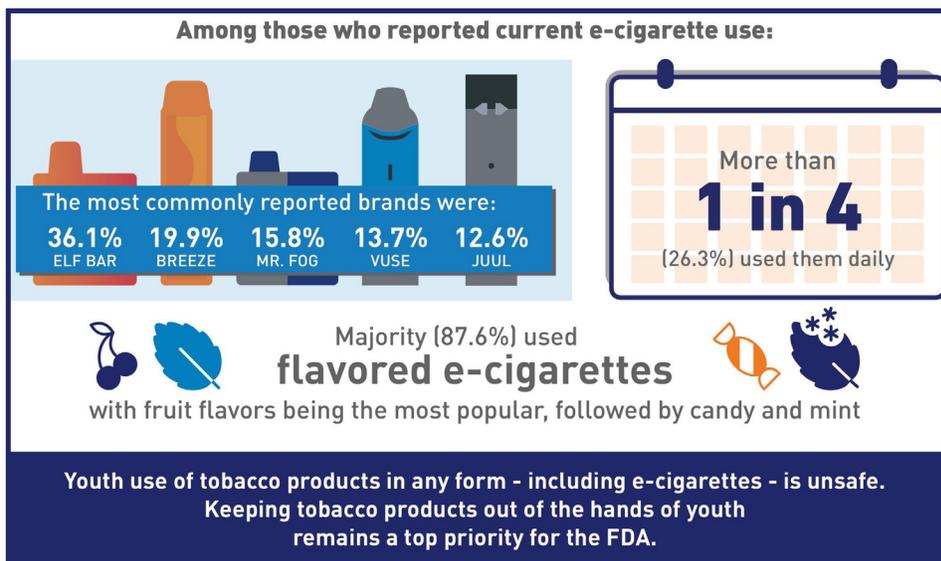
You'll find the current Air Quality Index (AQI)

and a forecast for the next few days.

# YOUTH VAPING AND NICOTINE USE: TRENDS AND PREVENTION

Recent data from the 2024 National Youth Tobacco Survey shows that 5.9% of U.S. middle and high school students reported current e-cigarette use—a slight decline from 2023. Still, the majority of users (nearly 88%) reported using flavored products, and over a quarter use them daily, underscoring the ongoing risk of nicotine addiction among youth.

To support prevention efforts, Breathe New Hampshire offers Vaping Unveiled, a signature youth education program available for scheduling this fall. We also now offer self-paced Vaping Unveiled modules designed specifically for upper elementary and middle school students, making it easier for schools and community organizations to integrate vaping education into their curriculum.



*To learn more or schedule a session, please contact Breathe New Hampshire today!*

## NEW HAMPSHIRE QUIT RESOURCES



FREE, CONFIDENTIAL HELP TO QUIT VAPING AND OTHER TOBACCO FOR YOUTH UNDER 18. [MYLIFEMYQUIT.COM](http://MYLIFEMYQUIT.COM)



[QuitNowNH.org](http://QuitNowNH.org) or **1-800-QUIT-NOW** (1-800-784-8669)

## CRUISE & GOLF – REGISTER NOW!

### EAGER BREATHER'S CRUISE™

Thursday, September 4, 2025



The \$32 registration fee includes a buffet lunch, live music, and on-board expo.

Learn more and register at: [BreatheNH.org/programs/cruise](http://BreatheNH.org/programs/cruise), call 603-669-2411 or email: [info@BreatheNH.org](mailto:info@BreatheNH.org)

### FAIRWAYS FOR AIRWAYS

### GOLF CLASSIC™

Monday, September 15, 2025

Lake Winnepesaukee Golf Club, New Durham, NH  
Register online: [BreatheNH.org/events/golf-classic](http://BreatheNH.org/events/golf-classic)





## 2025 LEGISLATIVE UPDATE

### FEDERAL CUTS TO TOBACCO AND ASTHMA PROGRAMS THREATEN PUBLIC HEALTH PROGRESS

Recent federal budget cuts have led to the elimination of two critical public health programs: the CDC's Office on Smoking and Health (OSH) and the National Asthma Control Program (NACP). These programs have been instrumental in reducing tobacco use and managing asthma nationwide. The closure of OSH on April 1, 2025, has disrupted tobacco control efforts, including the support for state quitlines and educational campaigns like the "Tips from Former Smokers" initiative. The loss of OSH funding is expected to hinder state-level tobacco prevention and cessation programs, potentially leading to increased tobacco use and associated health issues.

Simultaneously, the discontinuation of the NACP jeopardizes asthma management services that have been vital in reducing asthma-related deaths by over 45% since 1999. The program's elimination threatens to reverse decades of progress in asthma care and education.

These cuts also raise concerns about the regulation and enforcement of vaping products, particularly flavored e-cigarettes that appeal to youth. The reduction in regulatory oversight may lead to increased youth access to these products, undermining efforts to curb nicotine addiction among adolescents.

In response, Breathe New Hampshire has joined other health organizations in signing letters to Congress, urging the restoration of funding for OSH and NACP. These funds are crucial for sustaining tobacco control and asthma management programs that protect public health in our state.

#### Sources:

- "CDC Cuts Will Devastate State Quitlines and Efforts to Help Tobacco Users Quit," North American Quitline Consortium, April 8, 2025.
- "National Asthma Control Program," Asthma and Allergy Foundation of America.
- "FDA fired its tobacco enforcers. Now it wants them back," Politico, April 14, 2025.

*Visit the NH General Court website to learn more about current legislation or to find your elected officials:  
[www.gc.nh.gov](http://www.gc.nh.gov)*

## SCHOLARSHIP DEADLINE

### Monday, September 15, 2025

Breathe NH is proud to offer the **Mary C. Manning Scholarship** to a New Hampshire resident pursuing a degree in Public Health, Nursing, or Respiratory Therapy.

**To learn more or apply online**

**visit [BreatheNH.org/resources/scholarship](http://BreatheNH.org/resources/scholarship)**

## *A thoughtful gift:*

Pauline Calderwood, a long-time resident of Strafford County and dedicated supporter of Breathe New Hampshire, recently passed away, leaving a generous bequest to the organization. Known for her commitment to giving back, Pauline, along with her husband Walter, created a foundation focused on supporting youth, prevention, and other charitable causes that were deeply meaningful to them. Her legacy of philanthropy will continue to impact the community for years to come.

**Remember BNH in your Will or Trust**

Make a lasting impact on our mission by including Breathe New Hampshire in your estate plans!

With a variety of Planned Giving options, it's easier than ever to support **Breathe New Hampshire** and still support your own budget or long term financial plans!

**GIFTS THAT HELP NOW**

Stock, Donor Advised Funds, Retirement Assets (401k, IRA)

**GIFTS THAT HELP TOMORROW**

Including Breathe New Hampshire in your will or trust, either a percentage, specific amount, or naming as beneficiary of a certain asset

We encourage you to talk to your financial advisor or attorney to determine the best fit for you and your family.

Visit our website at [BreatheNH.org](http://BreatheNH.org) for more information.

# A FOND FAREWELL TO THE FUN PASS JOIN US FOR THE FINAL SEASON!

For decades, the Fun Pass has been your ticket to unforgettable family adventures and incredible savings across New England. It's brought smiles to thousands, supported local attractions, and played a vital role in funding Breathe New Hampshire's mission to promote lung health statewide.

Now, after much reflection, we're announcing that 2025 will be the final year for the Fun Pass. While it's bittersweet to close this chapter, we're filled with gratitude for the memories created and the amazing community that has supported this program year after year.

We invite you to make the 2025 Fun Pass season truly special—your last chance to enjoy fantastic discounts, create new family memories, and support a cause that matters deeply. Every purchase helps Breathe New Hampshire continue our important work in fresh, exciting ways.

Let's celebrate fun, family, and the lasting impact we've made together. Don't miss out—grab your 2025 Fun Pass today and help us go out on a high note! [BreatheNH.org/fun-pass](http://BreatheNH.org/fun-pass)



*Thank you for your continued support.*