

c/o United Way of Greater Nashua  
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Nashua Prevention Coalition

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



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## Meeting Minutes

June 6, 2018

### Welcome

Nicole Viau, Kameo Chasse, Audra Burns, Albee Budnitz, Janet Valuk, Christie Tournitis, Dee Gingras, Rosemarie Dykeman, Ainsley Mazzarole, Gail Parker, Shayana Owen, Alexa St. Laurent, Donna Fitzpatrick, Betsy Houde and special guest Kim Coronis from Breathe NH.

Minutes of May 2, 2018 were approved unanimously with those abstaining that weren't present.

Next official meeting: Wednesday, August 1, 2018 will be facilitated by Albee Budnitz.

**Vaping Unveiled Presentation by Kim Coronis from Breathe NH** Kim talked about the history of vaping, e-cigarettes, health concerns, products currently being used by teens, NH policies and resources. Originally vaping was developed by a pharmacist in China to get his father to stop smoking in 2003. Introduced to US in 2007, and in 2008, they were determined to NOT assist with smoking cessation. NH's policy was created in 2010 saying they can't be sold to minors under age 18. Recent legislation requires that starting in August, all vaping needs to have nicotine warning labels on it. One name brand named JUUL has come to the attention of authorities and are being explored in more depth. Flavorings, etc. convert water vapor to aerosol, so it's harmful. The size is now significantly smaller than a few years ago to prevent detection. Vape pens are disposable. They now have vaping expos and "cloud chasing" contests with prizes for those exhaling clouds. People are now pouring other substances on the heated coil and inhaling, which is not how they were meant to be used.

**Nicotine is also used in insecticides!** The danger comes from the quick delivery system and appealing flavors. In traditional cigarettes, the only flavor they could have is menthol. Now with vaping, there's a wide variety of flavors appealing to teens. Teen brains are uniquely susceptible to nicotine in brain development.

**Certain flavorings HAVE been approved by the FDA, but it's for a FOOD product to be ingested. They are NOT approved to be inhaled, which can cause popcorn lung — a group of workers from a popcorn plant had pulmonary problems from inhaling the artificial butter flavor that goes into popcorn back in 2000.**

**In 2016 more than 2,000,000 middle and high school students vaped at least once in the past 30 days!!** The coalition also has local data from our YRBS collection. The vast majority of teens think that there is JUST flavoring in the vaping devices, not realizing that there's harm. Kim shared NH YRBS data for 30-day use and ever used based by age, grade and race/ethnicity.

**Kim shared different types of devices with us and indicated that 1 JUUL pod (200 puffs) contains an amount of nicotine equal to a pack of cigarettes. They now also make delivery systems that look like rescue inhalers and use colored packaging that appeal to young people. There is also a wide array of offshoot products that include clothing and accessories that hide the devices.**

### NH Policies

**RSA 126-K Youth access to and use of tobacco products section 126-K:2  
HB1541 — Prohibits sale of e-cigs and liquid nicotine to minors since 2010.**

Catch my Breath Global Foundation has a curriculum for 6-12th graders with 4 lessons that last 35-40 minutes and is available to school districts throughout NH.

You CAN get second hand smoke damage from vaping devices. While you won't smell tobacco, you'll get a burst of bubble gum or cinnamon smell that is probably not a body spray. It's more likely to be exhaled vapor.

Real Teens Talk Vaping — great video created by youth for parents to help them understand the prevalence.

#### Announcements

Over the Edge Fundraiser - So far, Heather has raised over \$1,557.54 to rappel, with the goal of raising \$2400. Please donate directly through the United Way's web platform or give cash or checks to Mike specific for the OTE event.

Nashua Silver Knights appreciation night for coalition members is Tuesday, July 10<sup>th</sup> at 7:05pm. There will be NO JULY meeting. There will be room for 25 people. Please let Kami know if you want tickets or if you took a ticket and can no longer make it, please let Kami know. There will be some food provided.

Fundraiser at Silver Knights is Friday, July 27<sup>th</sup> at 6:45pm— Princess Night. Volunteers are needed to help with the 50/50 raffle. Please let Kami know ASAP if you're able to volunteer. Kami has 70 tickets left for the game. Each ticket is \$6.00, and NPC gets to keep half. If you can purchase and donate tickets or sell tickets, then please contact Kami directly.

Youth Video Project - A huge shout out to Kami for putting together our first Red Carpet Event! Five videos were shown — three middle school and two high school. A total of 93 guests attended. Special remarks were made by DFC Project Officer Abner Garcia Lopez and Mayor Donchess, as well as Pearl Marketing's Amanda Schneck and Matt Gosselin. Our panel of judges voted for the following winners:

High School — Ethnic Force - Nashua North  
Middle School — The Human Society — Pennichuck

Pearl Marketing will work with the groups over the summer to refine the message and produce the final videos.

Kami got a very kind email from an Elm Street parent whose daughter participated in their school's video. She also sent out a survey to advisors to collect input, with the biggest takeaway that it should be done every year rather than every other year.

#### Photo Voice Gallery

Nicole presented on Public Health's project around how Nashua's youth have drug free fun called "Dear Future Me" Friday, August 17 at Nashua Public Library from 1-4pm.

Also, on July 20-July 21 there will be a training on Train the Trainer for young adult suicide prevention through NAMI at the Arlington Street Community Center.

Congratulations Albee for receiving the Outstanding Achievement Award from the NH Governor's Council on Physical Activity and Health. So glad to have your expertise in our coalition!!

Kami passed out the Meeting Satisfaction Survey and In-Kind forms.

Meeting ended at 4:25pm

**Next meeting Wednesday, August 1, 2018!**