



Summer Newsletter 2016

## Lassen County Public Health Tobacco Use Reduction Program

### Community Wellness

Our Tobacco Use Reduction Program promotes  
Community Wellness and reminds you to:

- Drink More Water
- Stay Fit and Exercise
- Eat Less Junk Food
- Avoid Tobacco, Alcohol and Drugs
- **EAT. PLAY. BREATHE SMOKE FREE**



Wishing you a healthy, safe summer

**MAKE MEMORIES** and join your family and friends at some of the great summer community events.

American Cancer Society Relay for Life June 11

Lassen County Fair July 20-24

IGA Hometown Kids Fest August 5

Check out the Chamber of Commerce [Calendar of Events](#)

# New Tobacco Laws

May 4, 2016, Governor Jerry Brown signed **five** tobacco control bills into law as part of the Governor's special legislative session. With Governor Jerry Brown's signature, California once again has taken historic action to combat tobacco use – the nation's No.



1 cause of preventable death – by raising the age of sale for tobacco products to 21, adding electronic cigarettes to state tobacco regulations and approving other measures to further reduce tobacco use.

These actions represent the strongest steps California has taken to fight tobacco use in nearly two decades and set an example for the entire country.

## New Tobacco Laws Include:

- 1. AB2x 7 (Stone) Smoking in the Workplace:** Close loopholes in smoke-free workplace laws, including hotel lobbies, banquet rooms, warehouse facilities, small businesses, and break rooms.
- 2. AB2x 9 (Thurmond) Tobacco use programs** would make all California schools tobacco-free by banning smoking in charter schools and district offices and vehicles.
- 3. AB2x 11 (Nazarian) Cigarette and tobacco product licensing: fees and funding** would increase California's tobacco licensing, distributor and wholesaler fees.
- 4. SB2x 5 (Leno) Electronic Cigarettes** would regulate electronic cigarettes the same as other tobacco products and establish an annual licensing fee on e-cigarette retailers of \$265 per location.
- 5. SB2x 7 (Hernandez) Tobacco products: minimum legal age** would raise California's legal smoking age and the age to buy tobacco products from 18 to 21, except for active duty military 18 or older.

### Alarming Statistics:

Tobacco use kills nearly half a million Americans and costs the nation about \$170 billion in health care bills each year. If current trends continue, 5.6 million of today's youth will die prematurely from a smoking-related illness.

### Tobacco 21:

Increasing the tobacco age to 21 will reduce tobacco use among youth and young adults. This is the age group when nearly all tobacco use begins and is also heavily targeted by the tobacco industry.

### Goal of new Laws:

These measures will protect children from tobacco addiction, save lives and help make the next generation tobacco-free.

## Local Efforts to Change Smoking Ordinance

April 26, 2016, Public Health Program Coordinators Molly West and Michael Struve addressed the Lassen County Board of Supervisors regarding electronic smoking devices and the associated health risks.

In 1990 the Board of Supervisors adopted, and subsequently amended in 1993, Ordinance No. 501 Regulating Smoking in County Buildings and Vehicles. Since that time, electronic smoking devices were introduced and have become increasingly popular, especially among youth. To continue to protect the public and employees from the health risks associated

with exposure to smoke of any kind, the board amended the smoking ordinance on May, 10 2016 to include all forms of smoking in County buildings and vehicles.



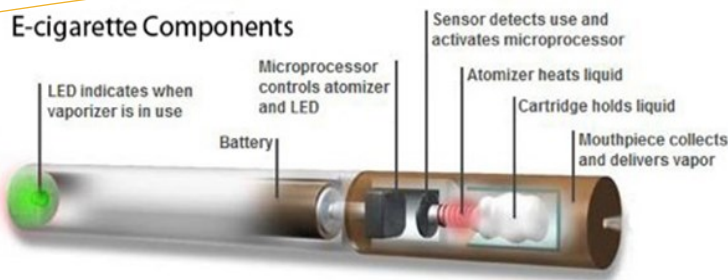
### May 10 Amended Smoking Ordinance: Definition of Smoke

"Smoke" means the gases, particles, vapors, or aerosols produced by the combustion, electrical ignition, or vaporization of tobacco, fluids or any other weed or plant by any means, including but not limited to cigarettes, cigars, pipes, and electronic cigarettes or electronic smoking devices of any kind. (Ord. 501 § 1, 1993)



# The Truth About E-Cigarettes

## E-cigarette Components



## How do e-cigarettes work?

Electronic cigarettes, or e-cigarettes, are battery-powered devices that deliver doses of nicotine and other additives to the user in an aerosol. Depending on the brand, e-cigarette cartridges typically contain nicotine, a component to produce the aerosol or vapor (e.g., propylene glycol or glycerol), and flavorings (e.g., fruit, mint, or chocolate).

The manufacturers report that the cartridges typically contain between 6 and 24 mg. of nicotine, but sometimes refill cartridge liquid can contain 100 mg. nicotine/ml. Nicotine is a poison, and in the form of tobacco products, is an addictive chemical.



## Are e-cigarettes safe?

Nicotine, inhaled, ingested, or in direct contact with the skin, can be particularly hazardous to the health and safety of certain people, such as children, pregnant women, nursing mothers, people with heart conditions, the young and the elderly.

E-cigarettes and their nicotine cartridges and refill accessories must be kept out of the reach of young children at all times because they pose a risk of choking or nicotine poisoning, including death.

Potentially harmful additives also have been documented in some e-cigarette aerosols (exhale), including respiratory irritants, heavy metals, and substances which worsen asthma symptoms and can cause cancer.



## Are e-cigarettes an effective method for quitting tobacco smoking?

The possible effectiveness of e-cigarettes for helping people to quit smoking has not been sufficiently studied. E-cigarettes are often advertised as tobacco replacements, smoking alternatives or smoking cessation aids. The U.S. Food and Drug Administration (FDA) has not approved e-cigs as tobacco cessation aids. Other FDA approved cessation aids exist (patches, gum, lozenges).

Instead of quitting, many e-cigarette users are continuing to use e-cigarettes while still using conventional cigarettes. In 2013, 76.8 percent of the people who recently used e-cigarettes also currently smoked conventional cigarettes.



## Who uses e-cigarettes?

Youth are using e-cigarettes at increasing and alarming rates. According to the CDC, e-cigarette use among high school students tripled in one year, increasing from 4.5 percent in 2013 to 13.4 percent in 2014.

Youth use of e-cigarettes has now surpassed youth cigarette smoking. The tobacco industry aggressively markets e-cigarettes to youth, glamorizing e-cigarette use in advertisements and offering e-cigarettes in candy flavors such as bubble gum and cotton candy.



## Why should e-cigarettes be regulated?

E-cigarettes come in many flavors, (fruity, candy) which make them more appealing for youth to try them. Once a person is hooked on the nicotine in an e-cigarette, they sometimes try other tobacco products too.

Seeing smoking or "vaping" behavior can be a trigger for smokers trying to quit and can glamorize the behavior for youth.

According to the latest data from the Centers for Disease Control and Prevention, the number of never-smoking U.S. middle and high school students who have used e-cigarettes tripled from 79,000 in 2011 to 263,000 in 2013.

In 2012, the total number of teens nationwide who had tried e-cigs was 1.78 million. Seventy-six percent of youth who used e-cigs within the past 30 days, also smoked conventional tobacco cigarettes during the same period.

# Leavitt Lake Head Start

On May 27, approximately 20 children, accompanied by family, participated in the annual end of the year Head Start celebration at Leavitt Lake. Every year, Head Start locations around Susanville have a Day-in-the-Park event where DANDY the Smokeless Dragon visits and plays with the children. Dandy's support staff escorted him and told the children/families about Dandy's mission to protect children and families about the dangers of tobacco use and secondhand smoke.



Lassen County Public Health

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Tobacco Use Reduction Program

Funded by the Tobacco Tax Initiative (Prop 99) enacted in 1988.

Oversight is provided by the California Dept. of Public Health.

