

Noble High School

and

Partners for Healthier Communities
Collaborate to Prevent Youth Vaping

Partners for Healthier Communities' Tobacco Prevention Coordinator partnered with MSAD 60 Health Program to successfully present e-cigarette information for a culminating youth project.

THE NEED

The 2021 National Youth Tobacco Survey (NYTS) was conducted among U.S. middle and high school students during the COVID-19 pandemic. This survey revealed that youth tobacco use remains a serious public health concern, as 2.55 million U.S. middle and high school students reported current (past 30-day) use of a tobacco product in 2021.

"Youth use of tobacco products is unsafe in any form – combustible, smokeless, or electronic," said Karen Hacker, M.D., M.P.H., director of CDC's National Center for Chronic Disease Prevention and Health Promotion. "This report provides critical insights needed to combat this serious public health concern and help protect our nation's youth from the harmful effects of tobacco."

INTERVENTION

Throughout the school year, York County Coordinator and Noble High School's health teacher worked together to schedule e-cigarette presentations to be shared with all eighth grade students. York County Coordinator shared many virtual presentations with students in the winter, and completed the trainings to the remaining classes in the spring.

Once the presentations were completed, the health teacher had each student send in one question for him to ask, or students were able to each ask question(s) themselves.

This allowed students to freely ask any question that they were curious about, with anonymity, if more comfortable.

In the days following the presentation, the health teacher asked for students to complete an assignment where they wrote a letter to their younger sibling, or a younger friend, explaining the hazards of vaping and the importance of being aware of the dangers associated.

RESULTS

Once the assignment was completed, the health teacher shared many of the letters with York County Coordinator. Not only were the letters an important reminder of the impact that vaping education has on young students, but also a great gauge of the information that students had taken away from the presentations.

Within the letters, some students said:

“ Marketers use bright colors and parody common brands to entice kids to vape.

Vaping is harmful because it messes with the dopamine receptors in your brain and causes your brain to stop enjoying things that used to be fun to you.

If you or a friend is addicted to vaping, there are ways to get help. There are hotlines and online resources to help you if you are addicted. You can also go to someone you trust about it, and they can support you. ”

- Noble eighth grade students

SUSTAINABILITY

The York County Coordinator will continue to offer and support vaping education to students throughout the service area. With a continuously adapting school environment, the tobacco prevention team will continue to offer virtual presentations, in hopes of returning to in person education and collaboration during the coming school year.



MAINE
PREVENTION
SERVICES

Maine Center for Disease Control & Prevention
Department of Health and Human Services

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