



December School Health Newsletter, 2018 - compiled by Beth Green RN BSN

More Teens are Vaping, More Health Concerns Emerge

January 23, 2017 by Harlan Spector



Sold as a safe alternative to tobacco, electronic cigarettes have caught on with young people. Today, more adolescents “vape” than smoke.

The use of e-cigarettes among high school students jumped 900% from 2011-2015, the U.S. surgeon general said in December. The nation’s highest-ranking doctor declared teen vaping a major public health threat.

Dr. Gregory Omlor, director of Akron Children’s Division of Pediatric Pulmonary Medicine, said there are concerns and many unanswered questions about the devices, which heat liquid containing nicotine, flavorings and other chemicals to create vapor.

Nicotine can affect the brains of adolescents, and the liquid solution in e-cigarettes contains potentially harmful chemicals, including carcinogens. “Nicotine is a highly addictive substance that’s been shown to have an effect on teenagers’ brains, and can lead to more addictive behaviors,” Dr. Omlor said.

The effects of inhaling various chemicals and flavorings in e-cigarettes have not been studied, he said. Because the industry hasn’t been regulated, different chemicals used by manufacturers are not publicly known.

The surgeon general said the aerosol from e-cigarettes “can contain harmful and potentially harmful chemicals, including nicotine; ultrafine particles that can be inhaled deep into the lungs; flavoring such as diacetyl, a chemical linked to a serious lung disease; volatile organic compounds such as benzene, which is found in car exhaust; and heavy metals, such as nickel, tin and lead.”

Scientists are investigating the health effects on users, as well as those exposed to the aerosol secondhand. The U.S. Food and Drug Administration in 2016 said it would regulate e-cigarettes. Dr. Omlor said that is a major step forward. “Kids and parents need to know there are potential dangers,” he said. “A lot of people think e-cigarettes are safer than tobacco cigarettes, and they aren’t necessarily safer.”

The American Academy of Pediatrics recommends that tobacco and e-cigarettes not be sold to anyone under 21.

Link to inside Akron Children’s Blog Spot - <https://inside.akronchildrens.org/2017/01/23/more-teens-are-vaping-more-health-concerns-emerge/>

Ways to talk to your kids about e-cigarettes or vaping

Before the talk –

- *Be informed, check out facts at E-cigarettes.SurgeonGeneral.gov.
- *Have a conversation, not a lecture
- *Be a good example by being tobacco-free

Having the conversation –

- *Don’t use “We need to talk” as an opening
- *Use a movie, ad, vape store/display or tv show with vaping or e-cigs to open the conversation
- *If you need help, ask your health care provider to talk to teen about risks of e-cigs

Answer their questions –

Why don’t you want me using e-cigarettes?

- *Your brain is still developing and it means you are more vulnerable to addiction
 - *E-cigs contain addicting substances
 - * The cloud that e-cigs give off contain toxic chemicals
- (See resource below from CDC for more information)

What's the big deal with nicotine?

* Your brain is still developing until you are 25, nicotine can affect your brain development

*Nicotine can train your brain to become addicted to other substances like meth and cocaine

(See resource below from CDC for more information)

https://e-cigarettes.surgeongeneral.gov/documents/SGR_ECig_ParentTipsheet_508.pdf

Seven ways to help your kids avoid holiday weight gain

You hear about the dreaded extra 10 pounds many adults gain this time of year. But kids, too, can pack on extra weight.

“A couple extra cookies or a specialty beverage during the holidays can quickly add up to extra weight gain,” said Lindsay Bailey, a registered dietitian in Akron Children’s Center for Diabetes and Endocrinology. “An extra 500 calories each day contributes to 1 pound a week.”

Bailey offers parents tips on how to help their kids enjoy the festivities without packing on the unwanted pounds.

Downsize portions. The more food that is served on your child’s plate, the more he’ll tend to eat. Keep the portions small. If he’s still hungry, he can always go back for seconds. Also, make sure your child is getting a good balance of food groups – and monitor the portions of each.

Control the risk for temptation. Though admittedly difficult during the holidays, try not to stock the home full of sweet treats and sugary drinks. Though there will be some of these in the house, keep them out of reach and put away in the pantry. Out of site, out of mind.

Start with a healthy breakfast. Research shows kids who start out with a healthy breakfast are less likely to eat more calories throughout the day. Even if the big holiday meal is at noon, eating breakfast will help kids so they don’t overeat.

Use healthy substitutes in holiday baking. A favorite holiday pastime is baking together as a family. You can get creative with the ingredients and substitute healthier options to cut down on calories. For example, a recipe that calls for oil, you can use unsweetened applesauce instead for a moist cookie.

Include more protein and fiber in their diet. Protein and fiber are a powerful combination. Proteins and fiber-rich foods, such as fruits and veggies, help kids feel fuller longer.

Get kids moving. In the wintertime, send your kids outdoors to get them off the couch and away from the video games. Sled riding or ice skating are great ways to get kids moving, while still having fun.

Drink plenty of water. Kids who are thirsty may mistakenly take that for a feeling of hunger. If kids stay hydrated, the false hunger cues won't occur and can help prevent overeating at the holiday table.

Link to Inside Children's blog post: <https://inside.akronchildrens.org/2016/12/14/7-ways-to-help-your-kids-avoid-holiday-weight-gain/>