

PREVENTION NETWORK

A Monthly Info Newsletter Produced by The Prevention Network

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JANUARY 22-27, 2019 NATIONAL DRUG FACTS WEEK



The National Institute on Drug Abuse (NIDA) and the National Institute on Alcohol Abuse and Alcoholism (NIAAA) will hold their annual National Drug and Alcohol Facts Week (NDAFW) January 22-27, 2019.

According to the NIDA website, the National Drug and Alcohol Facts Week links students with scientists and other experts to counteract the myths about drugs and alcohol that teens get from the internet, social media, TV, movies, music, or from friends. The event was started in 2010 by NIDA to stimulate

educational events in communities so teens can learn what science has taught us about drug use and addiction. The NIAAA became a partner in 2016, and alcohol has been added as a topic area for the week. Both the NIDA and NIAAA are parts of the National Institutes of Health.

During this week, teens across the United States will have the opportunity to “Shatter the Myths” about drugs and alcohol. The teens will come together with experts and scientists to discuss the effects of drugs and alcohol on the brain and body,

E-CIGARETTE DANGERS ARE A REAL CONCERN



Electronic cigarettes, also known as e-cigarettes, e-vaporizers, or electronic nicotine delivery systems, are battery-operated devices that people use to inhale an aerosol, which typically contains nicotine (though not always), flavorings, and other chemicals. They can resemble traditional tobacco cigarettes (cig-a-likes), cigars, or pipes, or even everyday items like pens or USB memory sticks. Other devices, such as those with fillable tanks, may look different. Regardless of their design and appearance, these devices generally operate in a similar manner and are made of similar components. More than 460 different e-cigarette brands are currently on the market. Some common nicknames for e-cigarettes are: e-cigs, vapes,



through community and school events. The NIDA website offers online toolkits, suggestions on planning events, how to find experts and how to connect with NIDA. Schools and communities can register their events and also obtain free materials from the website.

NIDA encourages schools and communities to observe National Drug and Alcohol Week because many teens are not aware of the risks to their health, to their success in school, and to their safety. When teens are presented with the scientific facts about drugs and alcohol, they can be better prepared to make good choices for themselves and they can share this information with others.

The above information can be found at <https://teens.drugabuse.gov> . For more information on National Drug and Alcohol Fact Week, visit <https://teens.drugabuse.gov/national-drug-alcohol-facts-week> .

THE FACTS ON E-CIGS:

The 2018 National Youth Tobacco Survey revealed:

- 3.6 million middle and high school students currently use e-cigarettes
- That is an increase of 1.5 million from last year
- 78% increase in high school students
- 48% increase in middle school students

and mods, which are customizable, more powerful vaporizers. (www.drugabuse.gov). E-cigarettes are popular among teens and are now the most commonly used form of tobacco among youth in the United States. Their easy availability, alluring advertisements, various e-liquid flavors, and the belief that they're safer than cigarettes have helped make them appealing to this age group. Under U.S. Food and Drug Administration (FDA) regulations designed to protect the health of young Americans, minors can no longer buy e-cigarettes in stores or online. The U.S. FDA is proposing new regulations to help put a stop to this rising trend. The FDA is scheduled to hold a public hearing on January 18, 2019 to discuss efforts to eliminate youth e-cigarette use, with a focus on the potential role of drug therapies to support cessation and issues impacting the development of such therapies.

The FDA's Youth Tobacco Prevention Plan will focus on three key areas: preventing youth access to tobacco products, curbing marketing of tobacco products aimed at youth and educating teens about the dangers of using any tobacco product, including e-cigarettes, as well as educating retailers about their key role in protecting youth.

Individuals can attend the hearing or watch the live webcast by registering by January 15, 2019. One can register for the event at <https://www.eventbrite.com/e/eliminating-youth-e-cigarette-use-role-for-drug-therapies-public-meeting-tickets-50167147288>.