



Upcoming Events

- Clean Air Month
- Food Allergy Action Month
- Mental Health Month
- Stroke Awareness Month
- Healthy Vision Month
- Women's Health Month
- Teen Pregnancy Prevention Month
- 1-7—National Physical Education Week
- 5—World Hygiene Day
- 9-15—Prevention Week
- 12—Twilight Zone Day
- 21—Pick Strawberries Day

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What's **SAP**pening

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Vaping marijuana linked to lung injury in teens

Teens are about twice as likely to report “wheezing or whistling” in the chest after vaping marijuana than after smoking cigarettes or using e-cigarettes, a new study has found.

“This surprised us, we thought we would find more negative respiratory symptoms in both cigarettes and e-cigarettes users,” said study author Carol Boyd, co-director of the Center for the Study of Drugs, Alcohol, Smoking & Health at the University of Michigan in Ann Arbor.

“Without a doubt, e-cigarettes are unhealthy and not good for lungs. However, vaping marijuana appears even worse,” she said.

“Since many teens who vape nicotine, also vape cannabis, I recommend parents treat all vaping as a risky behavior (just like alcohol or drug use),” Boyd said via email.

E-cigarettes and Covid pandemic

In a letter to the US Food and Drug Administration, lawmakers are urging the agency to temporarily clear the market of all e-cigarettes for the duration of the coronavirus crisis. New studies explore connections around how vapers might have a more difficult time fighting off a coronavirus infection and could possibly be more susceptible to the illness. Being diagnosed with Covid-19 was five times more likely among young people who have used e-cigarettes, according to the study.

The study also found that young people who have a history of using both e-cigarettes and traditional cigarettes were seven times more likely to be diagnosed with Covid-19 compared with those who have never used either product.

“We thought that we’d see some relationship. We did not expect to see a five to seven times more likely relationship. That’s huge,” said B. Halpern-Felsher, professor of pediatrics and director of research in the division of adolescent medicine at Stanford University in California.

The study also found in its survey that respondents who reported vaping in the past 30 days were 2.6 times more likely to be tested for Covid-19. The study included data on 4,351

young people ages 13 to 24 in the United States who completed an online survey.

“We’ve seen adolescents who are vaping having asthma. We’ve seen seizures. We’ve seen bronchitis, pneumonia, hospitalizations, lung collapsing and now we’re seeing Covid,” Halpern-Felsher said about the study results. Overall, Halpern-Felsher said that there is a message for young people and health care providers in the survey findings.

“This is a real call for adolescents to stop using e-cigarettes — to stop using any inhaled product — to stop putting things into their lungs that hurt their lungs,” she said. “There’s a message for healthcare providers and it’s a message for parents: talk to your teens.”

Dr. Williams, an internal medicine and pediatric hospitalist at UW Health and researcher at the University of Wisconsin Center for Tobacco Research and Intervention, called the new study’s findings “concerning” —and added that it gives more reason to quit smoking or vaping.

“When you do a study like this you’re trying to look for a signal. Is there a connection between e-cigarette use and smoking and a Covid-19 diagnosis? And it sure looks like they got a pretty strong signal,” said Williams.

The following signs can help you find out if a teen is vaping:

*Sweet Smell / Irritability / Extreme Thirst / Nosebleeds / Bloodshot Eyes / Caffeine Sensitivity
Persistent Cough*

Teens who vape also are at risk of facing serious long-term brain development issues from the nicotine, since adolescent brain development can continue well into their 20s, according to the Centers for Disease Control and Prevention (CDC).



10th
ANNIVERSARY

NPW
national prevention week

MAY 9-15
2021

CELEBRATE National Prevention Week, to raise awareness about the importance of substance misuse prevention and positive mental wellness. During this week, we will recognize the individuals, organizations, and coalitions who are positively impacting the public health of their communities.

Contests and Prizes from week to week!

To stay updated on all Prevention Week activities, visit:
<https://www.samhsa.gov/prevention-week>

Send questions and requests to SAMHSA's NPW coordinator David Wilson at david.wilson@samhsa.hhs.gov.

Protect Your Vision

1. Get regular comprehensive dilated eye exams.
2. Know your family's eye health history. It's important to know if anyone has been diagnosed with an eye disease or condition, since some are hereditary.
3. Eat right to protect your sight: In particular, eat plenty of dark leafy greens such as spinach, kale, or collard greens, and fish that is high in omega-3 fatty acids such as salmon, albacore tuna, trout, and halibut.
4. Maintain a healthy weight.
5. Wear protective eyewear when playing sports or doing activities around the home, such as painting, yard work, and home repairs.
6. Quit smoking or never start.
7. Wear sunglasses that block 99 percent-100 percent of ultraviolet A (UVA) and ultraviolet B (UVB) radiation.
8. Wash your hands before taking out your contacts and cleanse your contact lenses properly to avoid infection.



Superfoods for Healthy Eyes

- Spinach
- Carrot
- Pepper
- Blueberries
- Broccoli
- Walnuts

TEEN PREGNANCY PREVENTION

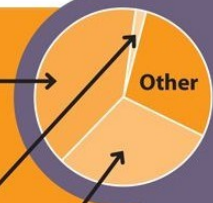
SEX EDUCATION

Teens who report that they received comprehensive sex education are **50% less likely** to experience an unintended pregnancy.¹

39% of all sexually active U.S. high school students DID NOT USE a condom the last time they had sex.²



- Only 40% of teen mothers finish high school
- > 2% of those graduates will earn a college degree by the age of 30
- 30% of teen girls who drop out of high school cite pregnancy/parenthood as a key reason³



THE COST OF A CHILD

The average cost of raising a child from birth to age 18 is **\$241,080.**⁴

67% of teen mothers who moved out of their own family's household live below the poverty level.⁵



The United States has one of the highest teen pregnancy rates in the developed world. Each year in the U.S., more than 750,000 women aged 15-19 become pregnant. More than 80% of these pregnancies are unintended.⁶



2x

Children of teen parents suffer higher rates of abuse and neglect than would occur if their mothers had delayed childbearing.⁷

3x

Daughters of teen mothers are three times more likely to become teen mothers themselves when compared to mothers who had a child at age 20-21.⁷



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TOM WOLF, GOVERNOR
JENNIFER SMITH, SECRETARY