



# Teen Vaping in Rural Massachusetts

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Quaboag Hills Substance Use Alliance

Emily Adler, Annie McClements, Rachelle Kelley, Simone Thibault



# Meet the Team

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We are medical and pharmacy students working with the Quaboag Hills Substance Use Alliance to examine **how teen vaping is being addressed in clinics, schools, and local government.**



# Outline

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1. Population of Focus
2. Current Legislation
3. Interprofessional Exposure and Community Experience
4. PURCH Advocacy Pitch: Service Project
5. Acknowledgements
6. References

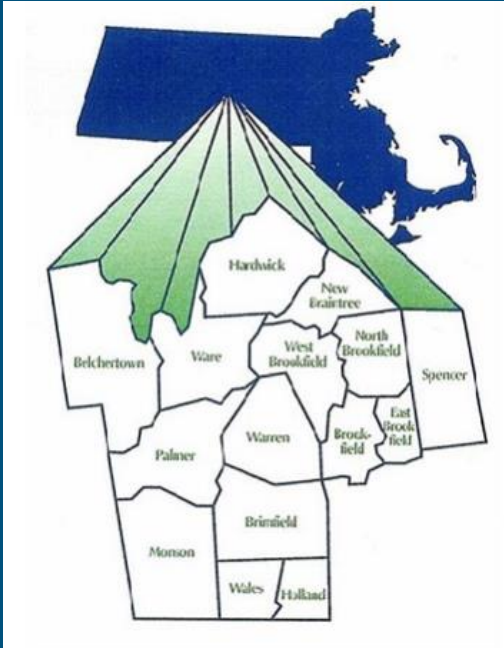
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Defining the Population:

# Where is the Quaboag Hills Region?



Region spans the most rural areas of Hampden, Hampshire, and Franklin Counties

## Population of Interest:

Teens, advocates, and school officials in public schools in the Quaboag Hills Region

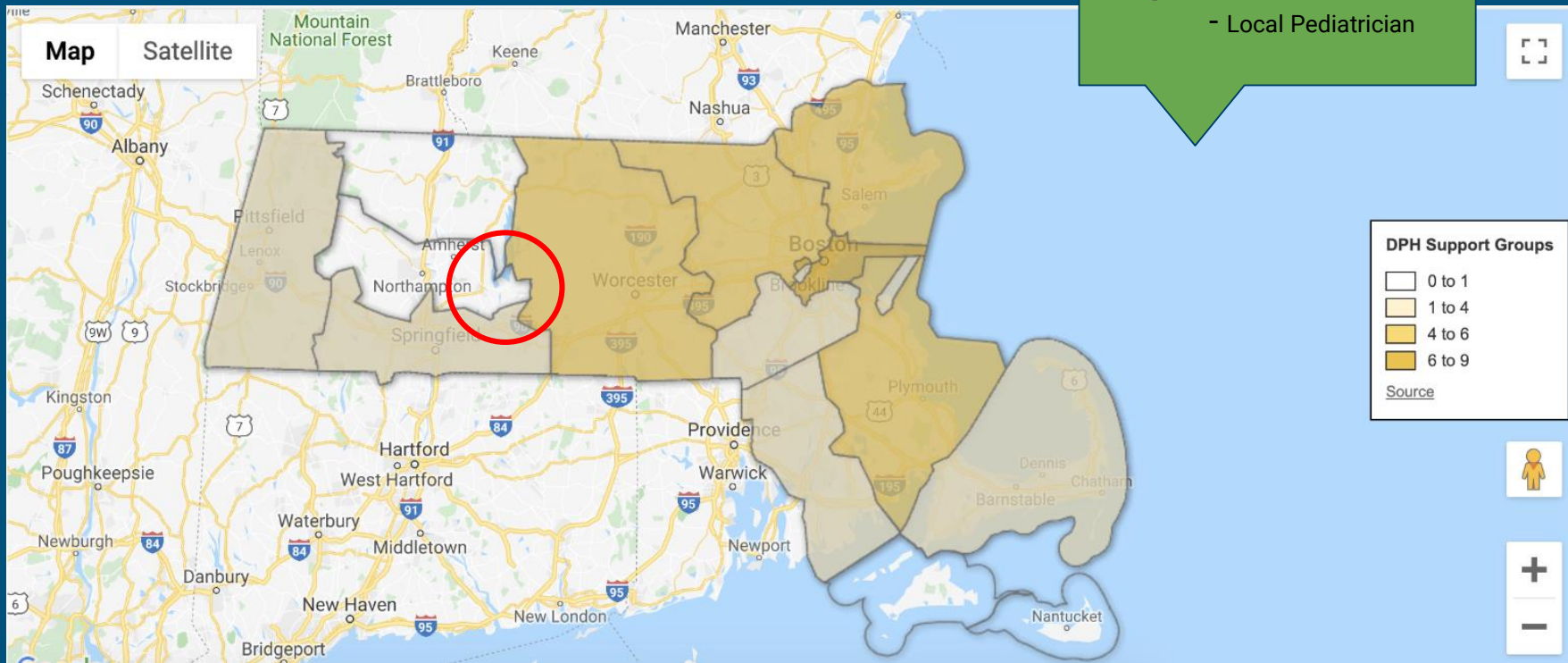
Source: Quaboag hills chamber of commerce

Defining the Region:

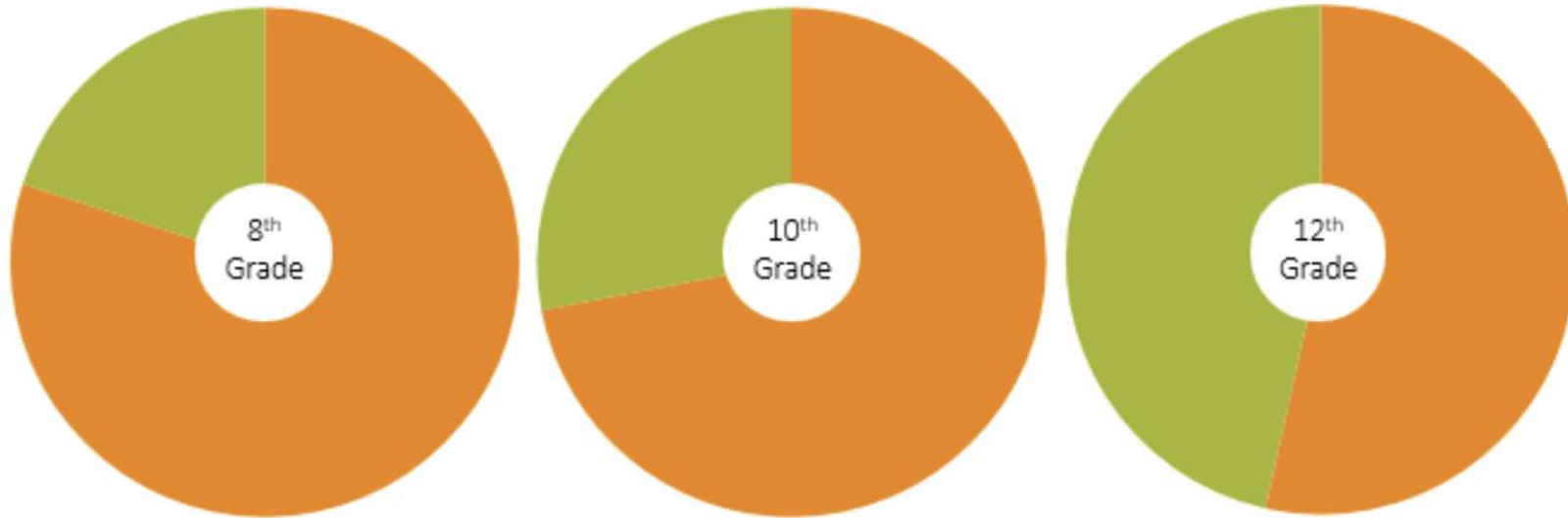
# Resource Vacuum

*"If I had a magic wand I would improve access to transportation in this region"*

- Local Pediatrician



Teen Substance Use Data:  
Quaboag Hills Substance Use Survey:  
Students Who Vaped at Least Once in the Last 30 Days



2019 20% Vaped  
2017 10% Vaped

2019 28% Vaped  
2017 20% Vaped

2019 46% Vaped  
2017 28% Vaped

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# MA Legislators Respond to Vaping 'Epidemic'

Health

## Massachusetts to ban sale of all vaping products for 4 months in toughest state crackdown

Massachusetts DPH reports more vaping-related lung injury cases to CDC

70  
Shares



WCVB 5 abc

Updated: 11:36 PM EDT Sep 30, 2019

**Amid Record Rise In Teen Vaping, Mass. Officials Call For Adults To Act**

December 17, 2018

By [Miriam Wasser](#)



**'We're Done': Boston-Area Shop Extinguished After Vaping Ban**

October 04, 2019 Updated Oct 04, 2019 4:32 PM

By [Peter O'Dowd](#) and [Allison Hagan](#)



Vape store owners are suing to stop the product bans in New York and Massachusetts

By [Lauren del Valle](#), CNN

Updated 11:56 AM ET, Sat October 5, 2019

Current Related Advocacy:

# Ban Information and Impact

- Support from teen substance use advocates
- Opposition from retail owners
  - Loss of revenue and not reimbursed for inventory
- Impact on e-cigarette users
  - Teens report they're still able to get vapes
  - Some are going back to cigarettes
- Ban expires in January

*"We know eating red meat every day is detrimental to your health, but when there is E.Coli H.157 in that same product I have to pull it from the shelf immediately. The same principal applies to tobacco products."*

- Director of the Quabbin District Board of Public Health

## Massachusetts Vaping Product Ban

On September 24, 2019, Governor Baker declared a public health emergency in the Commonwealth due to severe lung disease associated with the use of e-cigarettes and vaping products and the epidemic of e-cigarette use among youth.

The Commissioner of Public Health has temporarily prohibited the sale and display of all vaping products and e-cigarettes until further notice.

For help quitting:  
[MakeSmokingHistory.org](http://MakeSmokingHistory.org)  
1-800-QUIT-NOW



Current Related Advocacy:

# MA Legislation: Bills S.2357 and H.4089

## Ban the sale of flavored tobacco products across the Commonwealth

Limit sale to adult only smoking bars (ex. hookah lounges)

Goal: Limit the power companies have to target young people with fruity and sweet flavors



Source: <https://www.blu.com/en/US/explore/>

*"No fifty-year old smoker wants strawberry lemonade flavored juul pods"*

-Ware High School Student

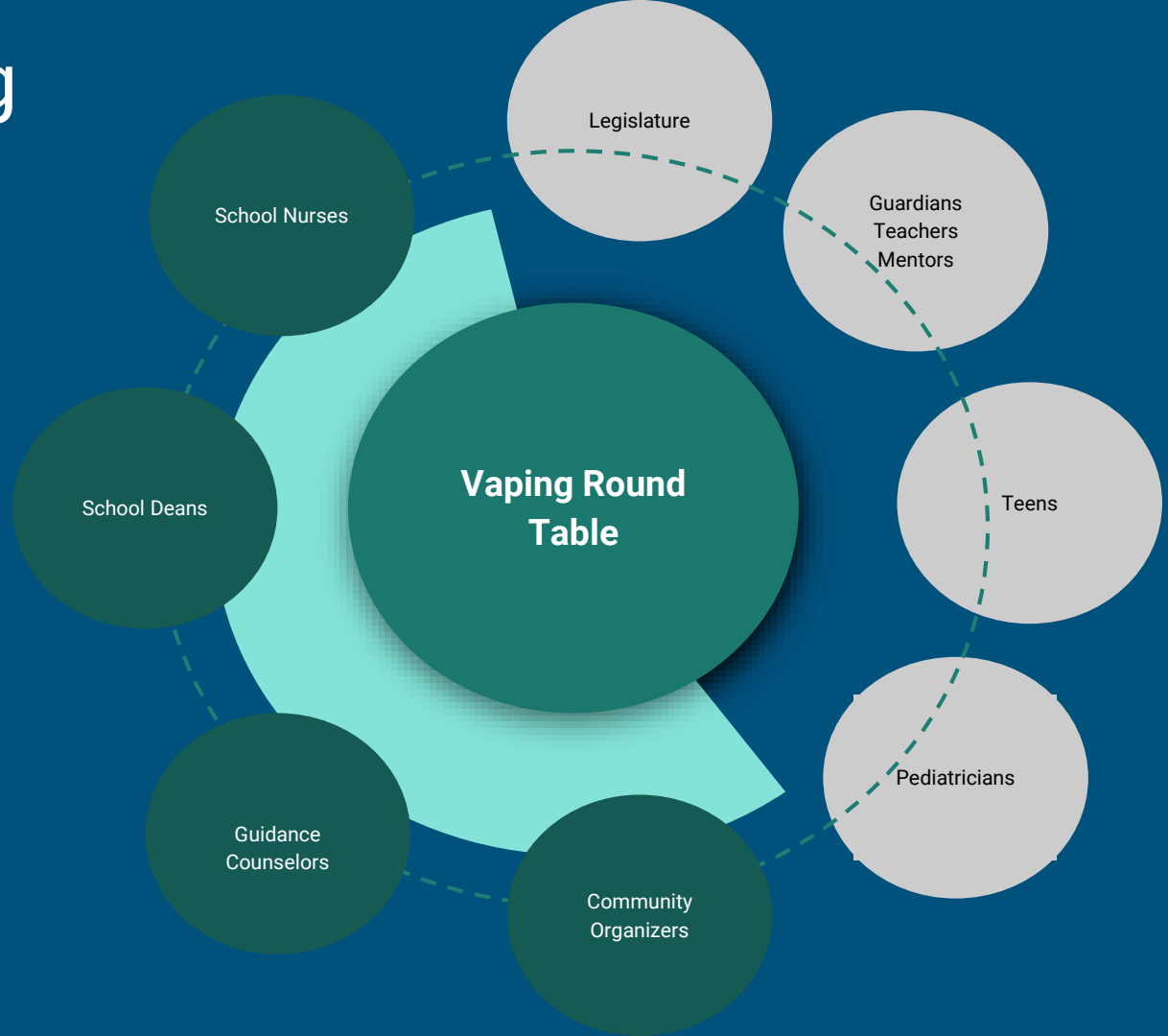
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# Who is coming to the Table?

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Interprofessional Networks of Care and Exposure :

# Teen Advocates and Professionals

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*“There is no question  
they are targeting kids  
and that’s a problem”*

State  
Senator



***"Under the MIAA rules athletes lose 25% of their season [if they're caught vaping]. You'd think that they would stop but they don't"***



School  
Principal

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*“Vaping is the same leash  
as cigarettes, it’s just a  
prettier leash”*



Cessation  
Coach

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*“Students are coming up to me saying they need help but I don’t know what resources to provide them”*

Lifeskills  
Teacher

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# Key Takeaways

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There are currently prevention efforts and programs for teens with diagnosed substance use disorders. Yet, for students who vape but **do not have a diagnosed disorder**, doctors, teachers, caregivers, legislators, and town advocates **do not have the resources to support a primary intervention**.

- **Doctors “just don’t have enough time”** to dive into the issue if a student does not have an emergent substance use disorder (S. Siege, personal communication, 10/22).
- **Teachers and caregivers feel “unprepared to have these conversations”** and **“just don’t know appropriate resources”** (Ware High School Teacher, personal communication, 10/28).
- Town advocates explain that **government “refuses funding** for a project that is not yet evidence-based” (N. Jenkins, personal communication, 10/25).

PURCH Advocacy Pitch:

# Service Project for Primary Intervention

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With the help of Quaboag Hills Substance Use Alliance leaders, Nehr Jenkins and Gail Gramarosa, **we propose piloting a substance-free stress management group** in schools to benefit adolescents who need assistance quitting vaping before a child develops a substance use disorder.

Please take action and consider funding a pilot study to:

- Allocate time of a trusted **teacher** to lead a support group of 5-10 students
- Compensate an expert to **design curriculum and provide teacher training**
- Provide **transportation** to allow for teens to access the support group on weekends in order to maintain anonymity

PURCH Advocacy Pitch:

# Uncle Sam wants YOU to call/write your legislators!

- Search for your state legislators here:  
<https://malegislature.gov/search/findmylegislator>
- Ask them to **support the ban** on the sale of flavored tobacco
- Propose **piloting a primary intervention**



# Acknowledgements

Special thanks to:

- Gail Gramarosa
- Nehr Jenkins
- Dr. Scott Siege
- Dr. Melissa Mattison
- PURCH Faculty:

- including Dr. Sarah McAdoo, Angela Sweeney, Justin Ayala, and Dr. Raquel Belforti



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