



**Town of Stratford Youth and Family Advisory Board (YAFAB)  
Room 110-Birdseye Municipal Complex  
Minutes  
Tuesday, May 12, 2015**

**In attendance:** Jocelyn Ault, Darrin Bosco, Greta Broneill, Lauren Bucci, Nina Chanana, Doreen Chiccarello, Lucretia Duwel, Winnie Etienne, Anna Gasinski, Missy Hudson, Raquel Juarez, Denise Keegan, Sherri Kelley, Sean Kennedy, Audrey Law, James Olsen, Dudley Orr, Ed Rawls, Robert Sampson, Tammy Trojanowski, Denique Weidema-Lewis

**Call to Order & Presentation and Discussion**

E-Cigarettes: Everything You Need to Know by Lauren Bucci, TPAUD Drug Free Communities Project Coordinator

Winnie Etienne called the meeting to order at 7:03 p.m. Members and guests introduced themselves and stated a summer activity that is available to Stratford youth. The PowerPoint slides of the presentation are attached.

**Approval of April 20, 2015 Meeting Minutes**

Jocelyn Ault made a motion to approve the April 20, 2015 meeting minutes. Darrin Bosco seconded the motion. It passed unanimously.

**By-Laws**

Revisions to the latest set of by-laws were highlighted in red and discussed. In Article 10, it was observed that the sections of Officers and Responsibilities needed to be switched to keep uniform in all articles of the by-laws. Dudley Orr made a motion to send the by-laws to the Executive Committee for approval. Darrin Bosco seconded the motion. It passed unanimously. They will be sent to the Town Attorney and Mayor for signature.

**Name that Coalition**

Coalition members reviewed and discussed the potential names that were submitted to rename the Youth and Family Advisory Board to better represent new functions as a Drug Free Communities coalition. In addition, the names and ideas that were presented at the April meeting were highlighted and discussed. Coalition members discussed pros and cons of each name, such as which ones will serve the Coalition for years to come (longevity) and which would be best for rebranding. Each Coalition member was given a notecard and submitted anonymously their most preferred name suggestion. The suggestions were read out loud randomly. No consensus was reached on choosing the new name.

**Youth Committee**

Darrin Bosco reported the Annual Town Hall Meeting/MEDALS Awards Ceremony is Monday, June 15, 2015 at 7:00 p.m. at Town Hall Council Chambers. The Youth and Family Advisory Board collaborated with Stratford Police Explorers for the April 30, 2015 Sticker Shock Campaign. Stratford Police Explorers and their advisors went to five liquor stores and placed the stickers on beer cases, wine and wine coolers to remind adults about the consequences of

providing and purchasing alcohol for a minor. This was part of a regional initiative among shoreline communities. The *Stratford Star* article reporting on the Sticker Shock Campaign was distributed.

#### **All About Assets! Committee**

Denise Keegan reported that the All About Assets! Committee sponsored an "Introduction to Assets" presentation by Denique Weidema-Lewis to all Stratford Public Schools Guidance Counselors at their May department meeting. The committee plans to present to social workers and psychologists.

#### **Nominating Committee**

On behalf of the Nominating Committee, Audrey Law recommended the following slate of officers for the 2015-2016 year:

- Co-Chairs—Winnie Etienne and Sean Kennedy
- Co-Vice-Chairs—Kristi Peña and Paul DosSantos
- Youth Sector Rep—Darrin Bosco
- Members At Large—Olivia Mastroluca and Patty Hines

Currently, there are no sector representative vacancies. Also, the Nominating Committee is recruiting new youth members. Audrey Law made a motion to approve the recommended slate of officers. Darrin seconded the motion. It passed unanimously.

#### **Community Updates**

- RYASAP Annual Meeting is on June 9, 2015 from 4:00- 6:00 p.m. at the University of Bridgeport Art Gallery. All Youth and Family Advisory Board members are invited to attend. Dr. Dudley Orr is among the Above and Beyond honorees. Funding for the Regional Action Councils is being restored in the state budget. RYASAP is in the running for a \$25,000 grant from State Farm. They are among 400 other groups who are in the running to receive the grant and need support through online votes.
- Robert Sampson from the Stratford Police Department reported the results of an unannounced tobacco compliance check that took place on May 6, 2015. Two (2) of 13 establishments were found in violation, selling tobacco to minors under 18.
- Stratford YMCA sent the Youth and Family Advisory Board a "Thank You" note for participating and sponsoring Healthy Kids Day. The YMCA reported 375 people attended the event.
- Community Services, in collaboration with the Stratford Library Association, NAMI and Southwest Regional Mental Health Board, will host a "Spring Into Wellness" Fair for Mental Health Awareness Month at the Stratford Library, Lovell Room on Saturday, May 16<sup>th</sup>, from 10:00am – 1:00pm.

#### **Adjournment**

The meeting adjourned at 9:02 p.m.

Respectfully submitted,



James Olsen

# E-Cigarettes: Everything We Need to Know



Lauren Bucci

Project Coordinator

Trumbull Partnership Against Underage Drinking & Drugs

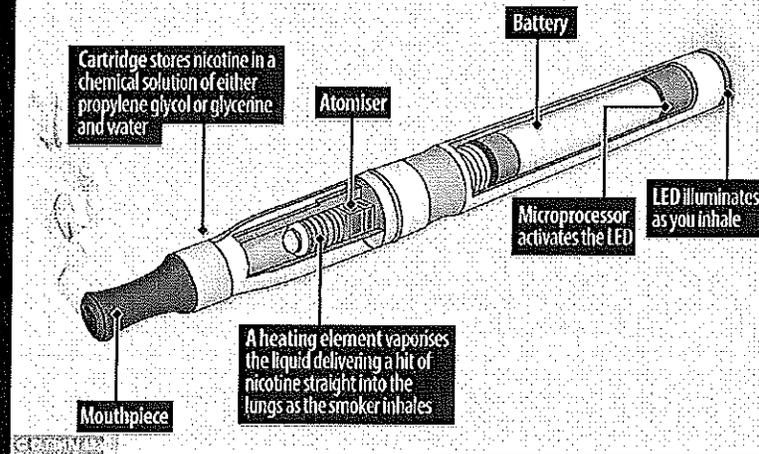
## What are Electronic Cigarettes?

- E-cigarettes are:
  - battery-powered devices that:
    - Do not burn tobacco
    - Do not emit smoke or an odor
    - Deliver nicotine in the form of a vapor
  - being marketed and promoted as:
    - a harm-reduced alternative to traditional cigarettes
    - a tobacco cessation tool

Sources: [www.fda.gov/oc/ohrt/e-cigarettes-ohrt-report-2014.pdf](http://www.fda.gov/oc/ohrt/e-cigarettes-ohrt-report-2014.pdf)  
[www.tobaccofreekids.org/pressroom/2014/06/18/e-cigarettes](http://www.tobaccofreekids.org/pressroom/2014/06/18/e-cigarettes)

## Components of an E-Cigarette

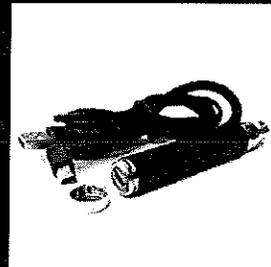
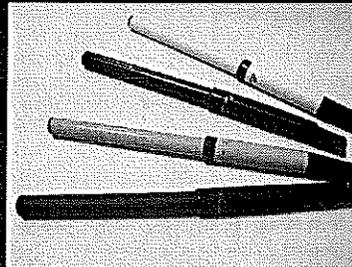
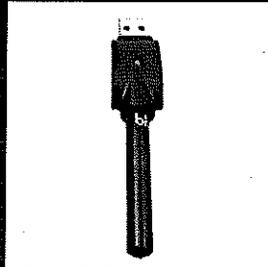
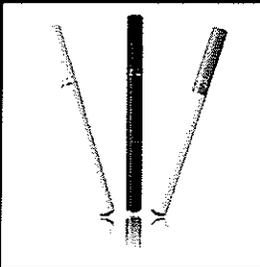
### INSIDE THE E-CIGARETTE



## What Does an E-Cigarette Look Like?

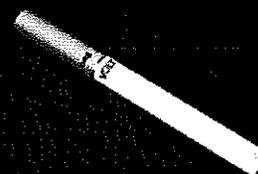
### ○ E-cigarettes are:

- made to look like such products as cigarettes, cigars, and pipes
- also sometimes made to look like more discrete everyday items such as pens and USB memory sticks
- There are three different generations of e-cigarettes, which vary in look and functionality



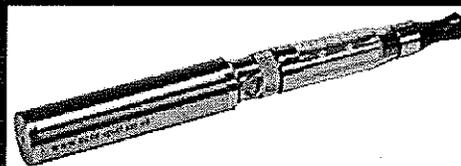
## First Generation E-Cigarettes

- Commonly look like tobacco cigarettes
- Prefilled cartridge
- Low single voltage
- Have been tested in clinical trials



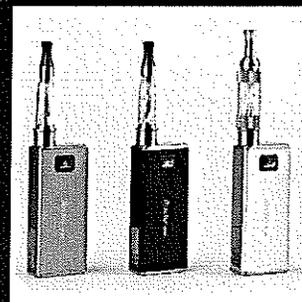
## Second Generation E-Cigarettes

- Larger than 1<sup>st</sup> generation and look less like traditional cigarettes
- Use a tank that is meant to be refilled with e-liquid
- Adjustable voltage
- Can be used while the battery is charging
- Have not been tested in clinical trials



## Third Generation E-Cigarettes

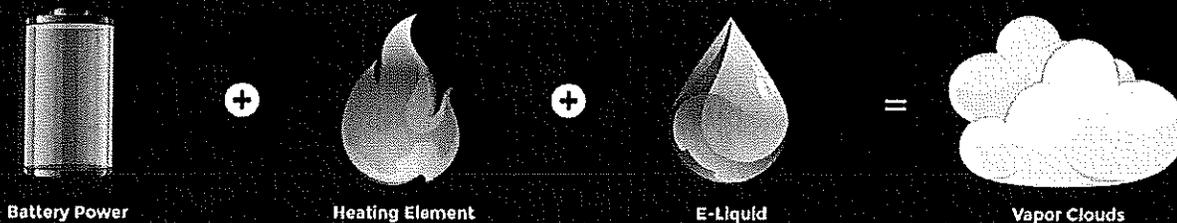
- Either cylindrical or box-shaped and can be made of wood, aluminum, stainless steel, or brass
- Can be used while the battery is charging
- Allows the use of larger tanks that hold more e-liquid
- Adjustable voltage and wattage
- Have not been tested in clinical trials



## Different Models of E-Cigarettes



## How Does an E-Cigarette Work?



## What is in the E-liquid?

○ The e-liquid solution typically contains:

○ A mix of propylene glycol and glycerin

○ Concentrated or extracted flavorings

○ A variable concentration of nicotine

○ Since e-cigarettes are not regulated, they often don't list all of their ingredients



## Are E-Cigarettes Safe?

- Very little research
- There are significant differences between brand ingredients
- The nicotine in e-cigarettes is adequate enough to cause nicotine dependence
- The FDA conducted limited laboratory studies of certain samples, finding:
  - The amount of nicotine listed on an e-liquid cartridge label may not actually match the amount in the cartridge
  - Some e-liquid cartridges contained about 1% diethylene glycol (DEG), a toxic chemical ingredient found in antifreeze

Sources: <https://www.fox.com/2013/09/17/vaping-e-cigs- safer-smoking/>  
[www.fda.gov/ForConsumers/ConsumerUpdates/ucm226210.htm](http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm226210.htm)  
[www.cdc.gov/mmwr/preview/mmwrhtml/mm6235a6.htm](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6235a6.htm)

## E-Cigarettes vs. Traditional Cigarettes

- Recent studies reveal that e-cigarettes contain 10 times the level of cancer-causing carcinogens than traditional cigarettes
- While e-cigarettes do not release tar, hydrogen cyanide, and carbon monoxide like traditional cigarettes, they do release carcinogens and other toxic chemicals
  - The levels of formaldehyde and acetaldehyde are found to be emitted at a much higher level when the e-cigarette voltage is adjusted to higher ranges, causing the atomizer to overheat

## Marketing to Youth

Because e-cigarettes aren't regulated, their marketing isn't restricted the same way as other tobacco products.

- Social Media outreach—Twitter, Facebook
- Sponsor and give out free samples at youth events (e.g., music festivals)
- Radio and TV ads
- Celebrity endorsement of products
- Cartoon mascots



Source: <https://www.truthinadvertising.org/e-cigarettes-hitting-teen-target/>

## E-Cigarette Advertisements

Traditional cigarette TV ads have been banned since 1971, but because e-cigarettes are not regulated by the FDA, they do not fall under the same advertising and marketing rules.

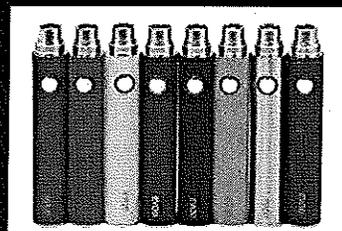
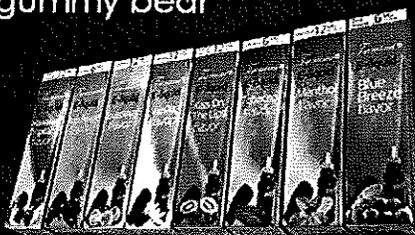
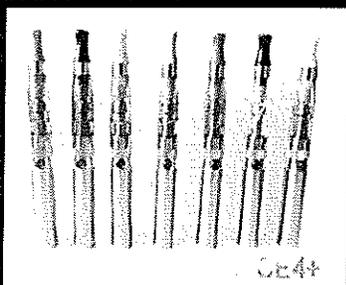


Source: <https://www.truthinadvertising.org/e-cigarettes-hitting-teen-target/>



## Teens Are Drawn to the Fun Variety of Flavors and Colors

- Currently, there are more than 250 brands of e-cigarettes available in various flavors and colors
- E-cigarette flavors include cherry, vanilla, chocolate, bubblegum, cotton candy, and gummy bear



Source: <https://www.fulhainadvertising.com/e-cigarettes-hitting-teen-targets/>

## Same Old Tricks

- Flavored cigarettes were once a teen-targeting trick of the tobacco industry
  - Young smokers believed flavored cigarettes were less harmful than unflavored cigarettes
- Before the FDA ban on flavored cigarettes in 2009, Camel was offering tropical flavors such as "Kauai Kolada" with a hint of pineapple and coconut, as well as "Twista Lime."



Source: <https://www.fulhainadvertising.com/e-cigarettes-hitting-teen-targets/>

## It Is Very Easy for Teens to Access E-Cigarettes

- Although the sale of e-cigarettes is banned for youth in most states, it is extremely easy for teens to buy e-cigarettes online or at mall kiosks
- The cost for a starter kit typically ranges from \$30-\$100



## E-Cigarettes and Marijuana

- Users can put any liquid into the cartridge, including concentrated THC oil called "wax" or "dabs"
- Impossible to tell the difference without costly testing
- This new method of getting high is even more dangerous for teens
  - The user can get a high 10x more potent and more dangerous than traditionally smoking marijuana
  - No method of dose control—more THC enters the users' system
  - Can lead to psychotic breaks and hallucinations
  - Is much more addictive than usual marijuana use

Sources: <http://www.nbc11news.com/home/headlines/SPECIAL-REPORT-Teens-using-E-Cigs-to-smoke-marijuana-245262671.html>

## Additional Concerns

○ In addition to the unknown health effects, e-cigarettes may serve as a "gateway" for youth to try other tobacco products, including conventional cigarettes

○ E-cigarettes may negatively impact adolescent brain development

○ Many e-liquid refill bottles or cartridges are not adequately packaged to prevent children's access or accidental ingestion of toxic amounts of nicotine

Source: [www.drugabuse.gov/publications/drugfacts/electronic-cigarettes-e-cigarettes](http://www.drugabuse.gov/publications/drugfacts/electronic-cigarettes-e-cigarettes)

## Long Term Risks:

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○ There are still a lot of unknowns regarding:

○ Efficacy of e-cigarettes as smoking cessation tools

○ Can be used in smoke-free locations—restaurants, public transportation, workplaces, schools, and airplanes

○ The health risks of first-hand and second-hand vapor

○ The amount of nicotine and other potentially harmful chemicals being inhaled

○ Nicotine concentration and quality are not currently controlled due to the lack of FDA regulation

○ Longitudinal studies have not yet been conducted

○ Because the health risks are not known at this time, it makes every current e-cigarette user a potential "lab rat"

Source: <http://www.fda.gov/11x6/Events/PublicHealthFocus/ucm172706.htm>