

# Minutes



The Grand Forks Tobacco Free Coalition is a group of citizens working together to create and promote a healthier, tobacco-free community through education, legislation, and enforcement of policies.

**Tuesday, May 8th, 2018**

**8:00 a.m. – 9:00 a.m.**

**Grand Forks Public Health Department**

**Members Present:** Haley Thorson, Kailee Dvorak, Sarah Odegard, Bethany Satrom, Jodi Ramberg, Leanne Kilzer, Gail Halverson, Denae Grove, Michelle Earl (Altru); Karina Knutson (UND); Debbie Swanson, Theresa Knox, and Keith Westerfield (GFPHD).

## **I. Welcome and Introductions**

Haley Thorson opened the meeting. Introductions were done.

## **II. Update on Juuls/E-cigs:**

JUUL is the next generation of e-cigs. They have been around since 2015, but we are getting more education on them now. They are advertised as slick, small, and discreet; and they resemble a USB flash drive. The little pod cartridges of the Juul (replacements only \$4) contain nicotine that is equal to a pack of cigarettes (about 200 puffs worth). These are being made appealing to youth; and available online on the 'honor system,' saying you are 18 years of age or older. In these few short years, the Juul now accounts for over 50 percent of the e-cigs market. Students using these, call it "Juuling" (vaping). A recent study of Juul users, ages 15-24, show that 63 percent did not even know that this product contained nicotine (and nicotine addiction can lead to other addictions.). GFTFC likes to focus on best practices, no matter what new products come out, to prevent youth initiation to tobacco use; such as comprehensive policies, changing the social norms, and school policies in the county and state. One piece still missing is tax on tobacco products. A price increase would greatly impact youth's use rates. ND is number 48 in the nation, having one of the lowest taxes on tobacco; having not raised it since 1993. There are complaints that it would hurt the market, and it would be a tax on the poor; however, tobacco companies have raised their prices to increase their profit margin, while the state has remained stagnant for 25 years.

## **II. UNDs Data from the American College Health Association (ACHA)/National College Health Assessment (NCHA):**

Karina gave a presentation of the ACHA/NCHA assessment, and covered the tobacco and drug use portion. The assessment is completed every other year, since 2000. There were 842 UND participants, and they compared results to the 2016 Spring National Reference Group (NRG) of 95,761 students at 137 schools. Questions regarding e-cigs were added for the 2016 assessment, but data for comparison is currently not available.

These results can be viewed at <http://www.acha-ncha.org> and <http://und.edu/health-wellness/healthy-und/student-data.cfm>.

## **III. Member Sharing**

Haley –ND Department of Human Services has implemented a Tobacco-Free Grounds Policy, effective July 1st; GFPHD has been in dialog with our NEHSC on implementation of this policy and how they can help to make it be successful. We may see more need for cessation. If agencies see an increase in need, please let Haley know what

they can do to help facilitate this. The NDQuits is still the first line. They can also help quit e-cigs. Altru says they have a very successful tobacco cessation program for in/out-patients.

Sarah – Went to the Clearing the Air Conference in Branson, Missouri; put on by the American Non-Smokers Rights Foundation. She shared some of the topics of the speakers. One from the CDC/Office of Smoking and Health, on Disparities: We need to address disparate populations because we are leaving people behind. Another presenter showed the effects of e-cigs on lungs, and showed sample pictures (publishing a study in the American Journal of Respiratory and Critical Care Medicine.). The second day of the conference was focused on the recreational marijuana industry. This industry started as “The Wild West,” with little regulations; much like the tobacco industry. There is a petition circulating in ND to get recreational marijuana on the ballot this fall. Establishing good laws and preparing early are key to good regulation and education.

Bethany – The Live Well Grand Cities Coalition, formerly known as Coalition for Healthier Greater Grand Forks is having an open house next Thursday, May 17th, from 2-3 pm at the Choice Health and Fitness. They will unveil their new logo! All are welcome!

Debbie – The GF City Council heard a presentation last night on a new development downtown that would include a Hugo’s, which would likely sell tobacco products and alcohol.

#### **IV. Next Meeting: June 12<sup>th</sup>, 2018**

#### **V.**

- World No-Tobacco Day, May 31<sup>st</sup>, 2018