

Core Statement

Horizon Health is developing a tobacco and nicotine education initiative focused primarily on vaping among youth ages 13-17. The goal is to increase awareness of health risks associated with use. At the same time provide clear guidance and resources for prevention, awareness and cessation.



Why?

- The Superintendent of Oakland Schools asked for vaping education assistance.
- Since 2014, e-cigarettes have been the most used tobacco product among U.S. middle and high school students.

Project Barriers

1. Indecision

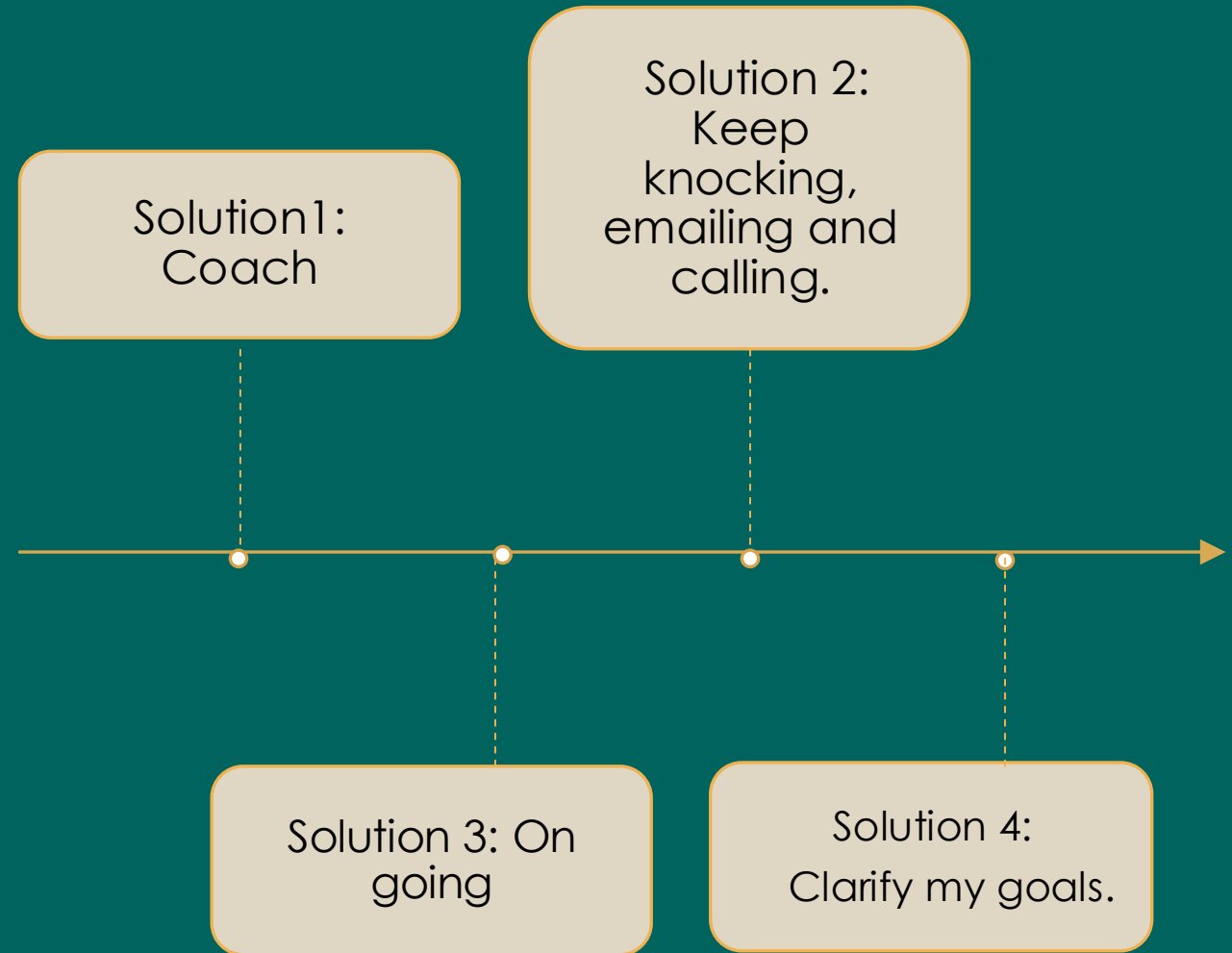
“Hello, I’m the problem.”

2. The Game of Telephone

3. Staffing distress and stress

4. Clarity

“Hello, I’m the problem.”



STUDENT AGENDA- May 20th 2 classes 30 minutes every quarter

Vaping what is it?

Quick- **What is Nicotine**

My Vaping mistake (video)

Decision Game

Future lungs

Support and get support

What does Tobacco have to do with Nicotine?

Tobacco is a plant grown for its leaves.

Tobacco contains a chemical called nicotine

Today we are focusing on VAPING, but any consumption of nicotine has a health risk.



The use of any nicotine product can cause wrinkles, deep creases, and a rougher skin texture.

Nicotine's effect on the HEART: It reduces blood flow in cutaneous and coronary vessels; and increases blood flow in the skeletal muscles.

People who vape or smoke are at a higher risk of developing mouth cancer (oral), gum problems, losing teeth, getting decay on teeth, and having complications after tooth removal and oral surgery.



<https://www.azplasticsurgerycenter.com/>



<https://www.ncbi.nlm.nih.gov/>

National Library of Medicine



Better Health Channel