



Promoting the health of Coos County through enhancement of local public health services



Join us!

CCFoPH Board meets monthly
on the 3rd Tue of the month,
4:00 to 5:30 pm at Coos Health & Wellness
conference room

Contact Us!

Coos County Friends of Public Health
PO Box 203, Coos Bay, OR 97420
541-269-9340
CCFoPH@gmail.com www.ccfoph.org

7 Deaths, 380 cases of Severe Illness Attributed to Vaping

The CDC confirms 7 deaths from severe pulmonary disease associated with electronic cigarette use and 380 confirmed cases of severe pulmonary disease in 36 states associated with e-cigarette use.

All patients have a reported history of e-cigarette product use, and no consistent evidence of an infectious disease has been discovered. Therefore, the suspected cause is a chemical exposure.

E-cigarettes are devices that produce an aerosol by heating a liquid containing various chemicals, including nicotine, flavorings, and other additives. These aerosols are then inhaled into the lungs. Aerosols produced by e-cigarettes can contain harmful or potentially harmful substances, including heavy metals (lead), volatile organic compounds, ultrafine particles, cancer-causing chemicals, or other agents such as chemicals used for cleaning the device.

E-cigarettes can also be used to deliver THC, the principal psychoactive component of marijuana. E-cigarette users could potentially add other substances to the devices as well. Based on available information, the disease is likely caused by an unknown chemical exposure; no single product or substance is conclusively linked to the disease. The FDA is working to analyze more than 120 product samples submitted from those who have had the illness.

Patients in this investigation have reported symptoms such as:

- cough, shortness of breath or chest pain
- nausea, vomiting or severe diarrhea
- fatigue, fever or abdominal pain

These symptoms may appear over the course of a few days or few weeks. See a healthcare provider right away if you have [symptoms](#) like those reported in this outbreak.

The epidemic of youth using flavored e-cigarette products is not going unnoticed. President Trump announced on September 11th that the FDA will move to ban all flavors of e-cigarettes as a way to help protect America's children from being addicted to nicotine.

The states of New York and Michigan have already enacted flavor bans, as has the city of San Francisco. Massachusetts and California are considering the ban.

*Katrinka McReynolds
CHW, Tobacco Prevention Specialist
See page 2 for more on vaping*

Youth Vaping on the Rise



Can you spot the e-cigarette device?

Vaping is addicting our youth to nicotine.

Nine out of 10 adult cigarette smokers first try cigarette smoking before the age of 18. Every day in the United States, about 2000 youth under 18 smoke their first cigarette.

Now we have vaping, also known as *juuling*. With very little vapor and no telltale smell, kids are using tobacco products right under the noses of adults.

Tobacco use has climbed to epidemic proportions in youth. For the first time in many years, the number of youth using tobacco products is on the rise. (<https://www.cdc.gov/vitalsigns/youth-tobacco-use/index.html>)

In light of this turn of events, the Surgeon General has issued this statement.

I, Jerome Adams, am emphasizing the importance of protecting our children from a lifetime of nicotine addiction and associated health risks by immediately addressing the epidemic of youth e-cigarette use. The recent surge in e-cigarette use among youth, which has been fueled by new types of e-cigarettes that have recently entered the market, is a cause for great concern. We must take action now to protect the health of our nation's young people. KNOW THE RISKS. TAKE ACTION. PROTECT OUR KIDS.

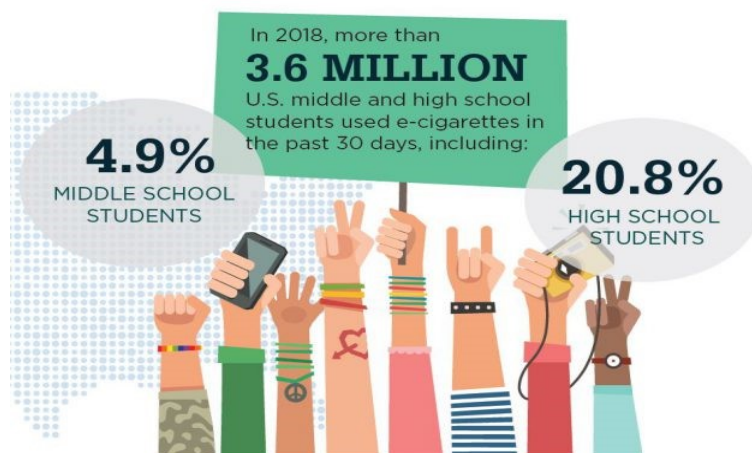
Oregon is not left behind in this tidal wave of teen tobacco use. In an article published this summer in Lake Oswego Review, a student shared, "Students will wait for a teacher to turn their back and they'll hit their Juul." "It was really bad at first because teachers didn't even know what Juuls were. Students could set them on their desks and teachers would think they were flash drives." Read the article here: <https://pamplinmedia.com/lor/108-education/433761-343537-teen-vaping-head-in-the-clouds>

You can help! If you see a store selling to minors, report this by calling the FDA 1-800-287-1373 or reporting online at <https://www.accessdata.fda.gov/scripts/ptvr/index.cfm>

See someone violating Oregon's smoke free workplace laws? You can read more about the law or file a complaint at <https://icaa.oha.oregon.gov/>

Get involved with the Commercial Tobacco Prevention committee which meets 3rd Tue of the month, 2 pm at Coos Health and Wellness. For more information, contact committee chair Katrinka.Mcreynolds@chw.coos.or.us

Katrinka McReynolds
CHW Tobacco Prevention Specialist



The word "vaping" sounds harmless, like water vapor. But it's not.

Electronic cigarettes heat a solution of nicotine and other dangerous chemicals (see graphic on pg 1) to form an aerosol which is inhaled into the lungs.

Aerosol is incorrectly called vapor by the industry, leading consumers to assume vaping is harmless.

Aerosols are not only dangerous to users, when exhaled, they release into the air, second-hand nicotine, ultra-fine particles and other toxins known to cause cancer.

Although water vapor may be harmless, aerosols (ALA e-cigarettes) are not.

No-smoke.org

Message from CCFoPH President

Purses for Nurses is coming soon! CCFoPH's *Harvest Festival* Fundraiser will be Saturday, Oct. 26th. (see pg 4) Plan on attending, and bring your friends to share in the fun of fellowship, food, and entertainment. Our silent auction of purses, which are filled with gift certificates donated by local businesses, raises money for a very worthy cause.



Florence Pourtal-Stevens, Public Health Administrator of Coos Health & Wellness, reports that the money raised not only helps to pay for health services for people in need, but also helps with items that can make a difference in the health and safety of families who are struggling to make ends meet. Examples include a smoke alarm, flea & lice treatment, diapers, or a tank of gas. To be able to help a family with these relatively small items can make a big difference in alleviating their stress and anxiety, which also contributes to poorer health.

Watch for an invitation in the mail, or a notice by email or on Facebook . I look forward to seeing you there!

Frances Smith

Healthy Bytes Initiative Update

The Healthy Bytes Initiative (HBI) began in October, 2017, as a way for the Healthy Eating Active Living (HEAL) committee to network with community partners. The program highlights one healthy food each month with posters, table tents, handouts, recipes and articles. Printing for these materials has been provided for the past 2 years by Coos County OSU Extension Service and costs have been covered by grants from Advanced Health and a sponsorship from Bay Area Hospital.

As HBI reaches its second anniversary, the program is transitioning. Although the materials will still be available to partners electronically, beginning in January, printing will no longer be complementary. Partners can choose to print their own materials, or can continue to have OSU Extension print at a low monthly fee.

Posters	\$.30 ea
Table tents	\$.15 ea
Handout	\$.20 ea

Partners will be contacted this November to arrange for HBI continuation.

For questions or comments, please contact HEAL chair, Stephanie.Polizzi@oregonstate.edu

October Food of the Month



Pears



WE CAN Update

Wellness Education for Cancer Nutrition, WE CAN, is a cancer study being

conducted by OSU Extension Family & Community Health and funded by OHSU's Knight Cancer Institute (KCI). The study is designed to identify gaps in resources and services for providing cancer patients with helpful nutrition therapy. Three surveys are currently in circulation for 1) healthcare professionals, 2) survivors and 3) caregivers of survivors.

Tier 1 survey and focus group results will be shared with community partners and the public in January, 2020.

This summer, OSU Extension applied for Tier 2 funding from KCI. If granted, Tier 2 funds will be used to select and evaluate interventions to assist health professionals in linking patients with nutrition education and skill-building. These interventions will be piloted at Bay Area Hospital Cancer Center in 2020. Tier 2 grant awardees will be notified late November, 2019. If funded, WE CAN Tier 2 activities will begin February, 2020.

For survey information or to get involved with the WE CAN study, contact the Primary Investigator:

stephanie.polizzi@oregonstate.edu



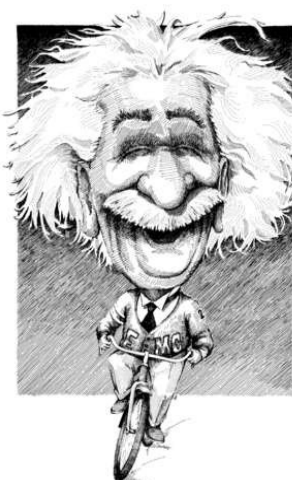
Powers Community 101 Grant

Coos County Friends of Public Health received a \$3,000 grant from the Powers School District to fund a Community 101 project called *Girls Circle*, which helps girls ages 9-18. In collaboration with Coos Health & Wellness, the grant funds were used to send Charissa Stokes and Gabi Colton to the Girls Circle training in Roseburg.

The aim of Girls Circle is to counteract negative social and interpersonal forces and empower girls to take advantage of their talents, academic interests and career pursuits. Trainers learned how to establish a structured support group that provides a safe place to develop resiliency skills and recognize personal and collective strengths.

The grant money also helped to purchase a full set of activity guides that will support the 2 facilitators as they establish support groups at their sites. Stacey Evoniuk was able to attend the Girls' Circle training through the added support of South Coast ESD. She will be providing a support group at Powers School District. Gabi Colton, Coos Drop Youth ERA Manager shared, "Thank you so much for inviting me to attend the Girls' Circle training. It was fantastic!"

Cynthia Edwards
CHW Health Promotion Coordinator



**LIFE IS LIKE
RIDING
A BICYCLE.
TO KEEP YOUR
BALANCE YOU MUST
KEEP MOVING.**

~Albert Einstein

amazonsmile

You shop. Amazon gives.

Support CCFoPH
when you shop
at Amazon

AmazonSmile is a simple, automatic way to support your favorite charitable organization at no cost to you. When you shop at smile.amazon.com, you'll find the same prices, selection and convenient shopping experience as Amazon.com, with an added bonus!

Amazon will donate a portion of the purchase price to Coos County Friends of Public Health. Just type in our organization or shop directly using the web address: smile.amazon.com/ch/26-1799802, which includes the ID number for CCFoPH.



Have you *LIKED*
CCFoPH
Facebook Page Yet?

Jeanne Moore, CCFoPH communications chair,
says, "Don't miss out!"

Our Facebook page reaches many of our members
and others in the community with helpful
and delicious nutrition information through
the Healthy Bytes Initiative, as well as
interesting events happening in our community.

It's easy to like us.
Just search *Coos County Friends of Public Health*.

**Please take a moment to
renew your membership!**



We invite you to join CCFoPH! We want to keep our numbers strong to support Public Health services in our community. If you have questions or want more information about membership, contact Anita Hale at the CCFoPH email at ccfoph@gmail.com or visit www.ccfoph.org. Fill out the form and send payment to PO Box 203, Coos Bay, OR 97420.

Name: _____ Email: _____

Address: _____ City: _____ State/Zip: _____

Phone: (h) _____ (w) _____ (cell) _____ Fax: _____

The best way to reach me is: _____

Membership Dues for: \$20/yr Individual \$30/yr Family \$50/yr Business

I wish to donate: \$ _____ in support of CCFoPH. _____ I wish my donation to remain anonymous.

CCFoPH is a Non-Profit 501c3 and your membership dues and donations are tax deductible to the full extent of the law.

We appreciate your support!