



Bringing Communities Together

## Working Together for a Healthier Tomorrow

# SOUTHEASTERN MONTANA TOBACCO USE PREVENTION PROGRAM

Southeastern Montana Tobacco Use Prevention Program Newsletter

June 2019

Big Horn, Custer, Rosebud and Treasure County Newsletter



### MARIJUANA USE & EDUCATIONAL OUTCOMES

Studies show that marijuana interferes with attention, motivation, memory, and learning. Students who use marijuana regularly tend to get lower grades and are more likely to drop out of high school than those who don't use. Those who use it regularly may be functioning at a reduced intellectual level most or all of the time.

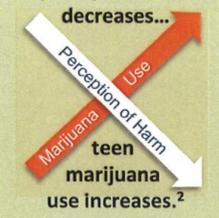
MOST MARIJUANA USE BEGINS IN ADOLESCENCE



**78%**

of the 2.4 million people who began using in the last year were aged 12 to 20.<sup>1</sup>

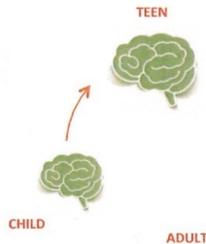
As perception of harm decreases...



EVERY DAY,  
**3,287 TEENS**  
USE MARIJUANA  
FOR THE  
FIRST TIME<sup>1</sup>

### MARIJUANA MAY HURT THE DEVELOPING TEEN BRAIN

The teen brain is still developing and it is especially vulnerable to drug use.



**IQ**

Regular heavy marijuana use by teens can lead to an IQ drop of up to **8 points**<sup>3</sup>

### HEAVY MARIJUANA USE BY TEENS IS LINKED TO<sup>4</sup>:

Educational Outcomes

**lower grades and exam scores**



**less likely to graduate** from HS or college

**less likely to enroll in college**

Life Outcomes

**lower satisfaction with life**



**more likely to be unemployed**

**more likely to earn a lower income**



1. NSDUH, SAMHSA, 2014; 2. MTF Survey; 3. Meier et al 2012; 4. MTF Survey; Cobb-Clark et al, 2013; Silins et al 2014; Tucker et al 2005; Homel et al, 2014; Volkow et al 2014; Fergusson and Boden 2008; Brooks et al 2013

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## FDA's Center for Tobacco Products: 10 Years of Protecting Public Health through Regulation

Just 10 years ago, in June 2009, Congress passed the Tobacco Control Act granting FDA regulatory oversight of tobacco products. Prior to this historic action, tobacco companies were mostly exempt from federal product regulation. There was no federal law preventing tobacco companies from selling their products to children, though states were required to enact such laws to receive some federal grants. There was no pre-market scientific review of the health effects of new tobacco products coming onto the market. Tobacco companies were free to make unproven claims of reduced risk or harm.

In 2009, when the Tobacco Control Act was signed, everything changed. FDA was given powerful tools to help reduce the disease and death caused by the use of tobacco products. One way FDA accomplishes this is through [regulation](#): rules that tobacco manufacturers, retailers, distributors, and importers must follow, and guidance's that provide the tobacco industry with the most current thinking from FDA to help

### Walmart raises minimum age to buy tobacco to 21

By JOSEPH PISANI

May 8, 2019

NEW YORK (AP) — Walmart said Wednesday that it will raise the minimum age to buy tobacco products and e-cigarettes at its U.S. stores to 21 amid growing pressure from regulators to cut tobacco sales and use among minors.

The world's largest retailer also said it will also stop selling fruit and dessert flavored e-cigarettes, which critics say can hook teenagers on vaping.

The new rules will take effect in July at all its 5,300 U.S. stores, including its Sam's Club warehouse locations. Previously, Walmart's minimum purchase age was 18, aside from a number of states where the legal age is 21.

Earlier this year, the Food and Drug Administration put Walmart and 14 other retailers on notice for selling tobacco products to kids. Another retailer on the list, drugstore operator Walgreens, said last month that it would increase its minimum age for tobacco sales to 21 in September. In a letter to the FDA Wednesday, Walmart said it will conduct its own tests this year to make sure minors can't buy tobacco products at its stores. The company said it will retrain workers that fail its tests.

"Even a single sale to a minor is one too many, and we take seriously our responsibilities in this regard," said John Scudder, Walmart's chief compliance and ethics officer, in a [blog](#) post Wednesday.

<https://www.apnews.com/38aba65a1c554a858ece37c4b38a31c9>

# Early life exposure to nicotine alters neurons, predisposes brain to addiction later

*In mouse study, neonatal exposure changed biochemistry of reward circuitry; researchers suggest same mechanism may be at work in humans*

UNIVERSITY OF CALIFORNIA - SAN DIEGO

Neonatal exposure to nicotine alters the reward circuitry in the brains of newborn mice, increasing their preference for the drug in later adulthood, report researchers at University of California San Diego School of Medicine in a study published "in press" April 24, 2019 in [Biological Psychiatry](#).

A UC San Diego School of Medicine team of scientists, headed by senior author Davide Dulcis, PhD, associate professor in the Department of Psychiatry, with colleagues at Veterans Affairs San Diego Healthcare System and Michigan State University, found that exposure to nicotine in the first few weeks of life (through maternal lactation) induced a variety of long-term neurological changes in young mice.

Specifically, it caused a form of neuroplasticity that resulted in increased numbers of modified neurons in the ventral tagmental area (VTA) of the brain following nicotine re-exposure as adults. These neurons displayed a different biochemistry than other neurons, including greater receptivity to nicotine and a greater likelihood of subsequent addictive behavior.

"Previous studies have already shown that maternal smoking and early postnatal exposure to nicotine are associated with altered children's behaviors and an increased propensity for drug abuse in humans," said Dulcis. "This new research in mice helps elucidate the mechanisms of how and why. Neonatal nicotine exposure primes VTA neurons for a fate they normally would not have taken, making them more susceptible to the effects of nicotine when the animals are again exposed to nicotine later in life."

When young neurons are exposed to a foreign drug, such as nicotine, they create a molecular "memory," said first author Ben Romoli, PhD, a postdoctoral fellow in the Dulcis' lab. By increasing the expression of nicotine receptors and the molecular marker Nurr1, a protein that is normally found only in dopaminergic neurons, these GABA- and Glutamate-expressing neurons acquire the "readiness" to switch to a dopaminergic program when properly motivated by nicotine in the adult.

[Read More.](#)

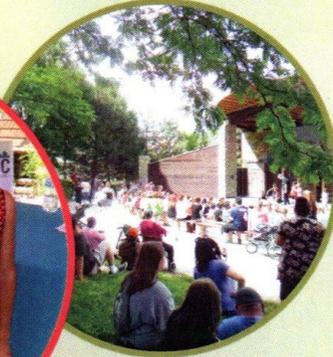
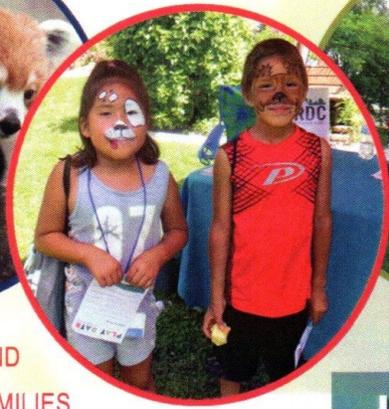
# HRDC'S 6TH ANNUAL PLAY DATE AT THE ZOO

FREE ZOO  
ADMISSION

FAMILY GAMES  
& ACTIVITIES

COMMUNITY  
RESOURCES

& SO MUCH MORE!



SUPPORTING AND  
STRENGTHENING FAMILIES

**JUNE 13 | 1PM-7PM**



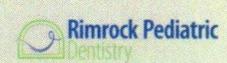
**JUNE 13 FROM 1PM - 7PM**



## HRDC'S 6TH ANNUAL PLAY DATE AT THE ZOO



**INCLUDES FREE ADMISSION TO THE ZOO**



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### **E-Cigarettes/Youth Norms Study**



Today, CDC's Office on Smoking and Health is releasing the following article in the journal, Tobacco Control,

["Associations Between Public E-Cigarette Use and Tobacco-Related Social Norms Among Youth."](#)

To assess associations between public e-cigarette use and tobacco-related social norms among youth, this study analyzed data from the 2016-2017 National Youth Tobacco Surveys, a school-based survey of U.S. students in grades 6 through 12. Exposure to e-cigarettes in public places was associated with increased curiosity and susceptibility to both cigarettes and e-cigarettes among youth, and also predicted youths' overestimation of peer use of cigarette and e-cigarettes. Furthermore, youth exposed to e-cigarette use in public places had 37% lower odds of perceiving e-cigarette use as harmful.

Currently, only 9 U.S. states and D.C. prohibit e-cigarette use in public places, including workplaces, restaurants, and bars. Policies prohibiting both e-cigarette and cigarette use in public places could protect public health and reinforce tobacco-free norms.

MONTANA TOBACCO



MONTANA  
TOBACCO USE  
PREVENTION PROGRAM

# QUIT LINE MEDICATION CHANGE

**As of July 1, 2019, CHANTIX® will no longer be available as a benefit through the Montana Tobacco Quit Line.**

Other EFFECTIVE medications are still offered for free or reduced cost. These include 8 weeks of free nicotine gum, patch, or lozenge and 3 months of Bupropion at a \$5 co-pay, both of which have proven to be successful cessation tools with positive patient outcomes.

Many health insurance plans cover CHANTIX® either partially or in full. Encourage your patients to check their health plan benefits.

Please call 1.800.QUIT.NOW if you have any questions about medication coverage.



## [Check Out the New Maternal, Infant, and Child Health Infographic from Healthy People 2020](#)

05/22/2019 10:52 AM EDT

Each month, we release an infographic with the latest data related to a [Healthy People 2020](#) Leading Health Indicator (LHI) topic. These infographics show progress toward Healthy People 2020 LHI targets — and show where there's still work to be done.

This month's featured LHI topic is Maternal, Infant, and Child Health....

Go to link below for full story.

[https://health.gov/news/blog/2019/05/check-out-the-new-maternal-infant-and-child-health-infographic-from-healthy-people-2020/?source=govdelivery&utm\\_medium=email&utm\\_source=govdelivery](https://health.gov/news/blog/2019/05/check-out-the-new-maternal-infant-and-child-health-infographic-from-healthy-people-2020/?source=govdelivery&utm_medium=email&utm_source=govdelivery)

Provided by CDC's CENTER FOR STATE, TRIBAL, LOCAL, AND TERRITORIAL SUPPORT

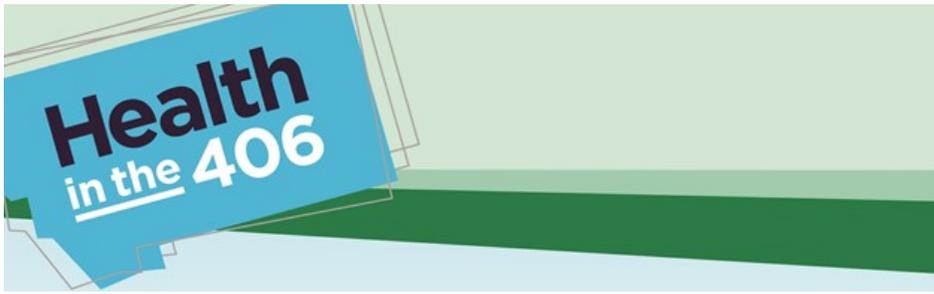
## Did You Know?

One in six American Indian/Alaska Native (AI/AN) adults aged 45 years and older experiences [subjective cognitive decline](#), the self-reported experience of worsening or more frequent confusion or memory loss.

The number of AI/AN adults aged  $\geq 65$  years living with [dementia is projected to increase](#) fivefold by the year 2060.

Public health and healthcare professionals can use the [Road Map for Indian Country](#), a comprehensive guidebook, to address dementia in AI/AN communities.

<https://www.cdc.gov/publichealthgateway/didyouknow/index.html>



## Health in the 406: Focus on Montanas WIC Program

Each month [Montana WIC](#) offers [healthy food](#), [nutrition education](#), [breastfeeding support](#), and a [community of experts](#) and peers to an average of 16,000 income-eligible pregnant and postpartum women, infants, and children up to 5 years old.

WIC supports nursing moms by providing breast pumps and offering [professional](#) advice on a range of breastfeeding issues, including positioning, latch, milk production, and returning to work.

To learn more about WIC in Montana and see Montana WIC Programs new look, visit the [Montana WIC Program](#) website.

### May 23, 2019: Stop the Bleed Day

May is National Stop the Bleed Month and May 23 is [National Stop the Bleed Day](#).

Learning [How to Stop the Bleed](#) by taking a Bleeding Control Basics Course can make the difference between life and death, even before professional rescuers arrive.

[Stop the Bleed](#) continues to empower the general public to make a difference in a life-threatening emergency. [Find an instructor](#) near you.

<https://nationalstopthebleeday.org/>



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**#TobaccoFree**

