



## Harford County Health Department LHIC E- Newsletter

July, 2014

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### Workgroup Updates

**Tobacco** - The Tobacco Workgroup is in the process of drafting a white paper on electronic cigarettes to communicate its position that until regulating authorities say otherwise, e-cigarettes should be treated as other tobacco products in terms of policies and restrictions.

- Next meeting date: August 18, 2014 (8:30-10:00 a.m., Gunther Hirsch Municipal Bldg, 711 Pennington Ave., Havre de Grace)

*Behavioral Health* - Beginning in May, 2014, the Harford County Health Department's Division of Addiction Services became a training entity for the Naloxone Training and Certification Program. This is an Overdose Response Program which allows trained individuals to obtain and administer naloxone to someone experiencing or believed to be experiencing an opioid overdose. [Click to view flyer of upcoming trainings.](#)

*Obesity*- On May 7, 2014 the University of Maryland Upper Chesapeake Medical Center hosted a presentation to local physicians on the issue of obesity. The presentation was made by Deputy Health Officer Dr. Russell Moy and University of MD Pediatric Cardiologist Dr. Peter Gaskins.

- Next meeting date: August 14, 2014 (8:30-10:30 a.m., Harford Community College, Edgewood Hall)

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## *Review of Research*

June 5, 2014 - National Institute on Drug Abuse scientists published an article in the New England Journal of Medicine on the adverse effects of marijuana use. Findings include:

- Marijuana can be addictive, especially for teens
- Marijuana impairs driving
- Marijuana use, similar to nicotine and alcohol use, may be associated with an increased vulnerability to other drugs

Focusing on marijuana's harmful effects on teens, the research suggests that marijuana impairs critical thinking and memory functions during use as well as for days after using. In addition, a long-term study showed that regular marijuana use in the early teen years lowers IQ into adulthood, even if users stopped smoking marijuana as adults. Read the full article [here](#).

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*SAVE THE DATE!*

Healthy Harford Day  
**Saturday, September 27th**  
9:00am-1:00pm  
119 South Hays Street, Bel Air  
Next to the Bel Air Farmers' Market



**Public Health**  
Prevent. Promote. Protect.  
**Harford County  
Health Department**