

February 2020 Newsletter

Public Health Brief: Electronic Smoking Devices and Vaping



Image: Different types of Electronic Smoking Devices

Electronic Smoking Devices (ESDs) are also known as e-cigs, vapes, e-hookahs, vape pens, mods, JUUL, and tank systems. The aerosol from ESDs typically contains harmful chemicals such as nicotine, volatile organic compounds, cancer-causing chemicals, and heavy metals such as nickel, tin, and lead. In addition, ESDs include flavoring such as diacetyl, which has been linked to lung disease, as well as ultrafine particles that can be inhaled deep in the lungs. Some products have contained Cannabidiol (CBD), Tetrahydrocannabinol (THC), and Vitamin E as well.

ESDs produce the aerosol by heating a liquid that contains the chemicals mentioned. The act of inhaling and exhaling the aerosol is referred to as vaping. Some e-cigarettes can be used to deliver marijuana or other drugs. These products come in all shapes and sizes but commonly have a battery, a place to hold the liquid, and a part that heats the liquid. The most commonly used tobacco product among youth is e-cigarettes.

Read the full brief here.

Families Strong Coming to Harford County

Families Strong is a support group for families affected by substance use disorder. The group is adapted from an evidence-based model that uses a peer-led support group approach. Families Strong is a 9-week closed group that meets weekly for 2 hours.

The support group has discussions and activities about:

- Self care
- Positive self talk
- Self empowerment
- Increased social support
- Alumni connections



Image: People in a support group

The group will be held on Wednesdays from February 26th - April 22nd, 2020 from 6:30-8:30 p.m. at the Klein Family Harford Crisis Center.

Legal Resource Center Updates

The Legal Resource Center releases a legislative tracking sheet that reports public health bills and provides updates of the bill's status. This information provided is for the Maryland State General Assembly's 2020 legislative session January 8th - April 6th, 2020. The bills are separated by topic and includes all the bills that have been passed.



Image: Legal Resource Center logo

Click here to see the legislative tracking sheet

Upcoming Events & Meetings

LHIC Behavioral Health Meeting

Tuesday, March 31st 8:00 am - 10:00 am 2220 Ady Road (Room 110) Forest Hill, MD 21050 Parking: Visitor Lot D

LHIC Chronic Disease and Wellness Meeting

Wednesday, March 11th 8:30 am - 10:00 am Harford Community College, Chesapeake Center 401 Thomas Run Rd, Bel Air, MD 21015

LHIC Family Health Meeting

Tuesday, March 10th 8:30 am - 10:30 am Harford Community College, Chesapeake Center 401 Thomas Run Rd, Bel Air, MD 21015

Publications of Interest

Nonadherence to Any Prescribed Medication Due to Costs Among Adults with HIV Infection — United States, 2016–2017

Source: Morbidity and Mortality Weekly Report

The Novel Coronavirus Originating in Wuhan, China Challenges for Global Health Governance Source: The Journal of the American Medical Association (JAMA)

Contact Ronya Nassar at ronya.nassar@maryland.gov with questions, comments, or to be added to the LHIC email list.

Harford County Health Department | www.harfordcountyhealth.com

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