



**Chronic Disease Prevention & Wellness Workgroup  
Towson University Northeast (TUNE Center) Room 214  
510 Thomas Run Road Bel Air, MD 21015  
November 18, 2025 | 8:30-9:30 a.m.**

**Opening and Updates- Ronya Nassar**

- Ronya welcomed everyone to the meeting and reminded people about the LHC Annual Meeting on Tuesday, December 2nd, at 8:30 a.m. at the TUNE center auditorium. Please RSVP by November 20th. Highlights include a presentation on the health of Harford County and the State Health Improvement Plan, networking, and a light breakfast.
  - RSVP Here:  
<https://docs.google.com/forms/d/e/1FAIpQLScksg1Mp1V9J1ZRJUKiljKsywxuF2NXrboulvXuKRDYVV1RKw/viewform>
- Rural Health Transformation Program Update
  - Maryland has submitted the proposal for the [CMS Rural Health Transformation Program](#), to enable our state to strengthen and improve the health and well-being of our rural residents. The submission reflects significant feedback from rural Marylanders and state partners, gathered through numerous community listening sessions and an open request for information.
    - Thank you to all who have shared feedback and information as part of this process!
  - Maryland's submission details near and longer-term projects and ideas in three areas of transformation: (1) Transform the Rural Health Workforce, (2) Promote Sustainable Access and Innovative Care for Rural Marylanders, and (3) Empower Rural Marylanders to Eat for Health. For additional details, please see the [proposal summary](#) or [full proposal narrative](#).
  - CMS must approve or deny all applications by December 31, 2025. If funds are awarded by CMS, the Maryland Department of Health will launch this work in partnership with other state agencies and work closely with rural stakeholders in shaping, implementing and evaluating program strategies.
  - Visit the [Maryland Rural Health Transformation Program webpage](#) for further information and updates.

**Tobacco/Vaping Position Paper**

- The members broke out in groups to discuss the position paper
- Agreed that the paper's intended audience is everyone and should be in plain language (2019 version was written more academically).
- Notes on the suggested changes can be found in the attached Word document.
- Discussion:
  - Add health effects on the brain, heart, and lungs.
  - Include information on health effects of nicotine products directly in the first paragraph.
  - Incorporate risk factors and secondhand exposure, including impacts on asthma, RAD, and other pulmonary diseases.

- Add updated section on mental health, including self-medication and emotional/behavioral risks.
- Include driving under the influence of cannabis or electronic smoking devices (ESDs).
- Incorporate the Clean Indoor Air Act of 2024.
- Emphasize that the FDA has not authorized e-cigarettes/vapes as cessation tools.
- Highlight the Enforcement Program and current enforcement actions.
- Encourage residents to contact legislators; discuss local policy opportunities, stronger penalties, and community involvement.
- Add information on implementing policies at the local level via legislation.
- Include details on flavored products, emerging nicotine products, and newer items such as ZYN.
- Note how products continually evolve and why that complicates prevention and enforcement.
- Target audience: All residents of Harford County, including parents, youth, educators, and community members. Must be health-literate, highly accessible, and written in clear plain language.
- The “In Brief” section should contain the key takeaways and is the most important component.
- Address vape shop accessibility, ease of online purchasing, and availability to youth.
- Discuss where young people receive messaging, especially via social media.
- Highlight patterns of how residents consume health information.
- HCPS:
  - Develop an advertisement or HarfordTV segment.
  - Create student-made social media videos (students speaking to students).
- LRC:
  - Consider engaging passionate students to testify during legislative sessions.
- Add resources for parents, community members, and providers, including prevention tools and support services.
- Encourage formation of community groups and a parent support group.
- Create a dedicated landing page on the HCHD website to house resources, data, and tools.
- Add hyperlinks at the end of the page for quick access.

**Research to share:**

**Vaping and Mental Health Conditions in Children: An Umbrella Review**

- <https://journals.sagepub.com/doi/pdf/10.1177/11782218231167322>
- A.M. Khan, S. Ahmed, Z. Sarfraz, P. Farahmand. Vaping and mental health conditions in children: an umbrella review. *Subst Abuse*, 17 (2023), Article 11782218231167322
- Compared to adolescents who had never used EC, both depression and anxiety were reportedly higher among EC users. Impulsive behaviors, reported as impulsivity, were also found to be correlated with the adoption of EC use. However, there is a lack of evidence regarding the impact of EC use on mental health outcomes in children.
- Many teenagers who vape are at an increased risk of anxiety, mood disorders and sleep disturbance.

### **The effects of vaping on children and adolescent health: a review of systematic reviews**

- <https://www.thelancet.com/action/showPdf?pii=S0140-6736%2824%2902008-7>
- The effects of vaping on children and adolescent health: a review of systematic reviews. Reynolds, Ciara Marie Edel et al. The Lancet, Volume 404, S87, 2003
- Done in Ireland
- Found strong, high-quality evidence that a gateway effect exists between vaping among children and future cigarette smoking based on longitudinal evidence. There was also evidence supporting a relationship between vaping and respiratory problems, other substance use, and poor mental health indicators. The quantity and quality of this evidence were mixed, and many existing studies were cross-sectional

### **The adverse effects of vaping in young people**

- <https://www.sciencedirect.com/science/article/pii/S2667009724000587>
- Judith Meehan, Mairead Heffron, Helen Mc Avoy, Ciara Reynolds, Louise Kyne, Des W Cox, The adverse effects of vaping in young people, Global Pediatrics, Volume 9, 2024, 100190, ISSN 2667-0097, <https://doi.org/10.1016/j.gped.2024.100190>.
- Done in Ireland
- Exposure of children and adolescents to nicotine in vaping solutions can lead to long-term negative impacts on brain development, as well as addiction. Many teenagers who vape experience poor concentration, anxiety, mood disorders and sleep disturbance.
- Call to action from paper: The potential long-term health impact of a new generation of nicotine addicted adolescents and young people need further study. But we had to wait many years for evidence to emerge on tobacco smoking. In the meantime, increased public awareness and education for on teenage vaping needs to be addressed.

### **Effects of e-cigarettes and vaping devices on cardiac and pulmonary physiology**

- <https://physoc.onlinelibrary.wiley.com/doi/pdfdirect/10.1113/JP279754>
- Tsai, M., Byun, M. K., Shin, J., & Crotty Alexander, L. E. (2020). Effects of e-cigarettes and vaping devices on cardiac and pulmonary physiology. The Journal of physiology, 598(22), 5039-5062.
- The aerosols produced by e-cigarettes, which may contain nicotine, marijuana or THC, is not water vapour and thus is destined to put stress on the cardiopulmonary system of e-cigarette users. Additional data still needs to be reviewed.

**Next Meeting: Due to the County Peach Bottom Exercise Practice conflicting with the next meeting, we will now meet on Tuesday, January 13th from 3:00-4:00 p.m. virtually. The call-in information is below:**

**Join with Google Meet:**

[meet.google.com/vsj-ghki-uet](https://meet.google.com/vsj-ghki-uet)

**Join by phone**

**(US) +1 413-337-1851**

**PIN: 655 541 697#**