



WENTWORTH-DOUGLASS HOSPITAL

MASSACHUSETTS GENERAL HOSPITAL SUBSIDIARY

2018 PUBLIC REPORT OF OUTCOMES Dover Schools Parent Education Night

Seacoast Cancer Center Sponsors Talk Aimed at Parents and Youth

As part of our cancer prevention and community outreach initiatives, the Seacoast Cancer Center collaborated a second time with Dover Schools to provide a free Education Night for Parents. The first of the two-part series was held October 2017 while this segment took place April 3, 2018. The focus was on educating parents and teens about the risk of cancer related to tanning and vaping. The program sought to educate parents and youth on strategies to reduce the risk of deadly skin, lung and other cancers. Additionally, the program supports Commission on Cancer requirements to provide annual cancer prevention education.

Approximately 30 parents and children attended the event along with teachers and school administrators. A buffet dinner for adults and bagged dinners for kids were served. Juniors and seniors from Dover High School were on hand to provide care for younger children and other teens who attended the program.

Part 1: Tanning Risk

Providers from Dermatology & Skin Health participated in a panel discussion. The group included Gary Mendese, MD; Stephen Moyer, DO; Niki Bryn, APRN; and Alaina Iannazzi, PA-C. These experts shared research supporting "pale is the new tan" with information on UVA and UVB exposure, sun protection factor (SPF), and proper application of sunscreen.

Clinical overviews of the signs of basal cell and squamous cell carcinomas and melanoma were presented. Of special interest to parents and teens was the material related to indoor tanning beds. As of May 2015, New Hampshire banned the use of indoor tanning for anyone under age 18.

The American Academy of Dermatology 2018 Report on Indoor Tanning Use and Risks.

- *35% of American adults, 59% of college students and 17% of teens report using tanning beds in their lifetime.*
- *Approximately 7.8 million adult women and 1.9 million adult men in the United States tan indoors.*
- *The U.S. Department of Health and Human Services and the World Health Organizations' International Agency of Research on Cancer have declared UV radiation from the sun and artificial sources, such as tanning beds and sun lamps, to be a known carcinogen.*
- *Researchers estimate that indoor tanning may cause upward of 400,000 cases of skin cancer in the United States each year.*
- *Estimated costs of treating skin cancers attributable to indoor tanning is more than \$343 million annually.*



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Part 2: Vaping Risk

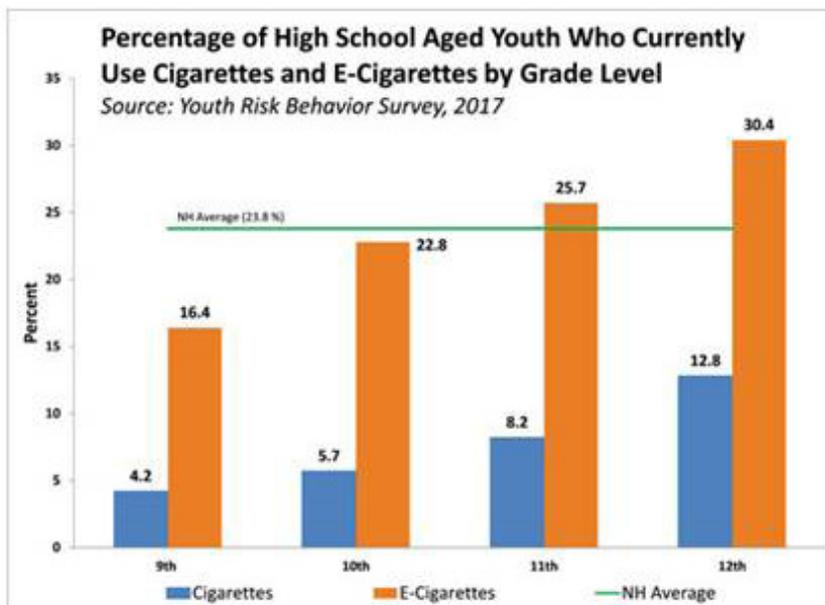
Manuel De Aguirre, MD, of Wentworth Health Partners Seacoast Pulmonary Medicine, along with six teens from Dover's Youth to Youth group, presented material on the properties of nicotine and the risk of vaping, respectively. The teens led the group through a dynamic presentation comparing the cigarette advertising campaigns of decades past with today's ads promoting E-cigarettes and vaping. The group illustrated how manufacturers try to lure kids into trying them by dismissing and minimizing risks. They showed examples of various E-cigarette and vaping devices, eloquently telling the audience, "Don't be fooled into thinking these are cool and safe."

Dr. De Aguirre presented slides on the chemical properties of nicotine and the effect on the body. He showed how nicotine impacts virtually every organ system and how a dopamine release becomes highly addictive. He also discussed what happens to the body and brain during nicotine withdrawal. It was a compelling presentation, particularly in light of the growing data on the harmful effects of E-cigarettes and vaping published by the American Cancer Society, the Bloomberg School of Public Health at Johns Hopkins University, and others. Clearly, regardless of transmission, smoking and all forms of nicotine are harmful.

New Hampshire Data

The 2017 New Hampshire Youth Risk Behavior Survey key results are:

- 23.8% of high school age youth report having used electronic vapor products (e-cigarettes, e-cigars, e-pipes, vaping pens, or e-hookah) on at least one day during the 30 days before the survey.
- 37.5% of New Hampshire 12th grade males report using tobacco products.
- "Vaping" among New Hampshire youth is double that of cigarette smoking.



<https://www.dhhs.nh.gov/dphs/tobacco/e-cigarettes.html>



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Public Regulation of E-Cigarettes

In August 2016 the US Food and Drug Administration defined e-cigarettes as tobacco products.

In February 2018, Dover City Council voted unanimously to ban E-cigarettes in all locations where tobacco products are already prohibited, such as parks, school grounds and athletic fields. Moreover, in June 2018, New Hampshire lawmakers raised the legal age of tobacco use to 21, making it illegal for 18–20 year olds to use, possess or purchase tobacco products. Dover is the first municipality to do so, answering the call of Dover's Youth2Youth group and state officials who see tobacco use as a public health hazard.

Outcome Data

Response from attendees on both topics was positive and illustrates increased awareness. As shown in the table below, 100% of survey respondents indicated the material improved their understanding of both tanning and vaping risks. Similarly, 94% said they would encourage youth not to use tanning beds and not to use tobacco in any form.

However, even with positive feedback and enhanced knowledge of risks, attendance was not as robust as we had anticipated. Working with the local school system, we find that parental engagement at evening events is challenging to obtain. Barriers include after-school sports and other activities, as well as multiple demands on family time in general.

We will continue our efforts to promote the risks of tanning and smoking via other educational venues such as health fairs and community events.

Percent Positive Response	Survey Questions
100%	Did the tanning material improve your understanding of risk?
94%	Will you encourage youth not to use tanning beds?
97%	Are you confident about the SPF information you received?
94%	Will you educate your children on using SPF lotion?
100%	Did the information on smoking / vaping improve your understanding of risk?
94%	Are you likely to discourage youth from smoking in any form?
89%	Would you recommend the tanning topic to other parents?
94%	Would you recommend the smoking / vaping topic to other parents?