

SCHOOL HEALTH ADVISORY COUNCIL MEETING MINUTES

December 8, 2022

11:30 a.m.

Welcome/Introductions

Ms. Maria Juarez, current SHAC president, welcomed the meeting members in attendance. The meeting was recorded for future reference. A light lunch was served with a blessing offered by Dr. Seretha Augustine. The meeting topic was the issues of vaping.

New Business

Dr. Mechelle Epps noted a distinguished award of Counselors Reinforcing Excellence for Students in Texas (CREST). The program is sponsored by the Texas School Counselor Association (TSCA) and was awarded to North Shore Middle School. CREST is a continuous improvement document that school counseling programs can use to demonstrate effective communication and a commitment to obtaining results. A nutrition audit recap for the district was given by Ms. Connie Gables. Ms. Teresa Rainer, District Lead Nurse, noted the remaining meetings will be Thursday, Feb. 2nd and Wednesday, April 5th.

Meeting Highlights

Dr. Lindy McGee, MD, Assistant Professor at Baylor College of Medicine, was the guest speaker. Traditional smoking rates have declined

Valley. Items used to vape may be battery-operated, atomizers or e-liquids. The vaping comes from the use of aerosol, not vapor. A listing of possible toxins in the products was noted. First generation items began with disposable e-cigarettes, second generation with e-cigarettes with pre-filled or refillable cartridges; third generation with tanks or refillable mods and fourth generation with pre-filled or refillable pod mods. There is little regulation in advertising of these products. It is easy to see that these are targeted to youth. The e-cigs may cost as little as \$6.00 each and come with a wide variety of flavors. Usages varies from 3.3 % of middle school students and 14.1% of high school students reporting current e-cig use. Although not marketed as traditional cigarettes, they can and do contain the habit-forming nicotine. The effects of nicotine may include rewiring and changing the brain, risk of blood clotting, trouble breathing, lung damage and increase of acid reflux. Usage may also lead to a weaker immune system. The next generation of products may be labeled as s increased from 7% between 1960-1980; currently the rate is up to 80% of items with THC content. There are many outlets to reach out to quit vaping including apps and online resources such as teen.smokefree.gov or texting & A segment.

Ms. Juarez presented the minutes from the October 2022 meeting for review. Ms. Cathy Andrews-Jackson made a motion to approve the minutes; Ms. Dana Peters seconded the motion and the minutes were accepted.

Adjournment

Ms. Juarez offered thanks to all participants in attendance. She noted the after-meeting comments and suggestions may now be scanned via a QR Code. The meeting adjourned at 12:30 p.m.

