



Geary County

K-STATE RESEARCH AND EXTENSION NEWS

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January 2019

Ask the Agent

Q: Is e-cigarette use among teens as serious as the media is making it?

A: Absolutely YES! According to the U.S. Surgeon General's advisory published last month:

E-cigarettes entered the U.S. marketplace around 2007, and since 2014, they have been the most commonly used tobacco product among U.S. youth.

In 2018, more than 3.6 million U.S. youth, including 1 in 5 high school students and 1 in 20 middle school students, currently use e-cigarettes.

For more information call the Geary County K-State Research & Extension office at: **785-238-4161**

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A New Twist to an Old Problem

January 2019

“Aids Digestion”
“Fresh as Mountain Air”
“Gentle on My Throat”



If you were to read promotional material about a product that included these claims, would you be more likely to try it out? What product do you think these ads are promoting?

If you were born prior to the early 1950's, these health claims may seem familiar, but they are undeniably untrue. Evidence of the harm this product causes to the human body began to become public in the early 50's. Have you guessed what product the ads are referring to? Cigarettes!

Although the sale of cigarettes began to decline in 1953 through 1954, the manufacturer's rush to introduce new marketing approaches touting that the new filtered cigarettes were a healthy alternative proved successful. In 1952, only 2% of the cigarette market was attributed to filtered cigarettes and by 1957, it jumped to 40%. By 1966, the market for filtered cigarettes reached 60%.

Research as early as the 1930's showed evidence of the damage filtered cigarettes did to our body, but it took over 20 years to shift the mindset of consumers from believing they were a health benefit to acknowledging that there are significant health issues related to ongoing cigarette use, filtered or not.

Source: Cummings, K. M., & Proctor, R. N. (2014, January). The Changing Public Image of Smoking in the United States: 1964–2014 (University of South Carolina, 2014). *American Association for Cancer Research*, 32-36. doi:10.1158/1055-9965.EPI-13-0798

With this history in mind, it's important for consumers to acknowledge, sooner rather than later, the significant health issues related to using e-cigarettes, aka vaping. The research is there, just as it was for cigarettes nearly 90 years ago. According to the National Institutes of Health's Drug Abuse website, the following data supports the stand that E-cigarettes are having an adverse effect on the health of users, especially teens.

The use of e-cigarettes is unsafe for kids, teens, and young adults.

Teens are more likely to use e-cigarettes than cigarettes

Two times as many boys use e-cigs than girls

Most e-cigarettes contain nicotine. Nicotine is highly addictive and can harm adolescent brain development, which continues until about age 25.

E-cigarettes can contain other harmful substances besides nicotine.

Young people who use e-cigarettes may be more likely to smoke cigarettes in the future.

(continued inside...)

A New Twist on an Old Problem *(continued)*

Advertising efforts from today's manufacturers of e-cigarettes mimic the techniques of old. These are the same approaches that the U.S. Government began regulating in traditional tobacco advertising decades ago. Learning the terminology and effects of e-cigarettes is the best defense against being swayed by these ads.

Electronic cigarettes (e-cigarettes) - battery-powered devices that can deliver nicotine and flavorings to the user in the form of an aerosol. E-cigarettes come in many shapes and sizes.

USB flash drive? - there is an e-cigarette on the market that is shaped like a USB flash drive. Like other e-cigarettes, this product is a battery-powered device that heats a nicotine-containing liquid to produce an aerosol that is inhaled. It is the top-selling e-cigarette brand in the U.S. as of December 2107.

"Pods" - The nicotine liquid refills for USB-like e-cigarettes. According to the manufacturer, a single pod contains as much nicotine as a pack of 20 regular cigarettes. This product is being used by students in school.

U.S. Surgeon General, Vice Admiral Jerome M. Adams, released the following advisory on the E-cigarette epidemic among youth in December 2018:

"We need to protect our kids from all tobacco products, including all shapes and sizes of e-cigarettes. "Everyone can play an important role in protecting our nation's young people from the risks of e-cigarettes. KNOW THE RISKS. TAKE ACTION. PROTECT OUR KIDS."



What can parents and adults do to help youth avoid the trappings of e-cigarettes and tobacco use in youth?

- ◆ Learn about the different shapes and types of e-cigarettes and the risks of all forms of e-cigarette use for young people.
- ◆ Talk to their children about the risks of e-cigarette use among young people.
- ◆ Express firm expectations that their children, and youth in general, remain tobacco-free.
- ◆ Set a positive example by being tobacco-free.

What can the community do as a whole?

- ◆ Learn about the different shapes and types of e-cigarettes and the risks of all forms of e-cigarette use for young people.
- ◆ Develop, implement, and enforce tobacco-free school and other public space policies.
- ◆ Reject youth tobacco prevention programs sponsored by the tobacco industry. These programs have been found to be ineffective for preventing youth tobacco use.

Source: Centers for Disease Control and Prevention at https://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html

Family Finance



COLD Weather Can Lead to a **HOT** Utility Bill!

Heating is by far one of our biggest energy expenses in the winter months. It costs the average low-income family around \$482 a year. Controlling the functioning of our furnace is perhaps the single most significant way we can reduce our winter household energy costs. So, to save on heating costs:

- Turn your thermostat down five degrees. Each degree you lower will save about 2%. That's about \$48 on a \$482 heating bill if you try it all day. You can also install an automatic thermostat to adjust the temperature when you're not home. It will do the work for you!
- Have a professional tune up and inspect your furnace once a year. This can save you up to 10% on your heating costs.
- If you have forced air heat, clean the filter each month.
- If you have hot water or steam heat, check the water level. A furnace dealer can tell you how to add more water. You can also ask the dealer for more tips to make your system work more efficiently.
- Clean the area around your furnace. This lessens the chance of fire and improves airflow.

Make sure heat can get into each room by moving furniture and drapes from blocking radiators, heating registers and return vents.

Source: "Winter Energy Saving Tips"; Cornell Cooperative Extension, St. Lawrence County

Family Nutrition

Nutrient Partners

Too often we tend to focus on the health benefits of a single vitamin or mineral when in truth, many of them work together in tandem. As we investigate food labels, we might be inclined to hone in on a single nutrient since they are labeled individually. Additionally, we are encouraged by our nutrition educators and physicians to get “x” amount of this vitamin or “x” amount of this mineral. It is true that this makes it easier for use to read and understand the labels and perhaps avoid diseases caused by a nutrient deficiency such as scurvy or pellagra.

But consuming a diet that meets your nutritional needs is a much bigger picture than that. Many nutrients work as partners. As a team, they interact, join forces, offset each other, and/or aid in our body's metabolic processes.

Two unsuspecting partners include iron and Vitamin C. Iron in meat, poultry and fish absorbs more easily in the body than iron from plant sources. When you combine foods rich in iron with foods containing Vitamin C, you improve the absorption of iron into your body. When you don't have enough iron in your body, your body can't make enough healthy oxygen-carrying red blood cells. When we don't consume enough iron, your body will draw from the iron reserves it stores. When this supply is depleted, anemia results. You can find a food list for both Vitamin C and Iron under the Health, Home, and Family tab on the Geary County K-State Research & Extension office at: www.geary.k-state.edu

Another dynamic duo is Vitamin D and calcium. The fortification of milk with Vitamin D in America originates back to the 1930's. Research indicated that there are wide-ranging benefits for this practice. Vitamin D assists calcium in its absorption in our bodies. This vitamin has also shown to boost the absorption of phosphorus and magnesium. The combination of all these benefits help to keep bones strong and healthy.

Vitamin B₁₂ and folate also work together to support some of the most basic processes of cells in our body. Folate depends on B₁₂ to be absorbed, stored, and metabolized. B12 naturally occurs in meat, eggs, milk and other animal-based foods while folate comes from leafy green vegetables, beans, and legumes. Because a wide variety of foods produced in the United States are fortified, it's fairly easy to get the recommended amount of both B₁₂ and folate for those who eat a well-balanced diet.

The fact that we have a wide variety of nutrients that work together is the very foundation of why we need to consume a healthy balanced diet. Our daily food choices affect our health. When a healthy diet is combined with physical activity, you are able to maintain a healthy weight, reduce your risk for chronic diseases (such as diabetes, heart disease, and cancer), and promote your overall well-being. Use the MyPlate logo to help you identify what a balanced diet looks like and let the nutrients you consume partner up for a better, healthier YOU!



January is National Radon Action

Location, Location, Location - Kansas is fortunate to have the scenic Flint Hills, a relatively low cost of living, and produces a valuable part of our food supply.

On the downside, there's a decent chance your home will test positive for radon, an odorless, colorless gas that is the leading cause of lung cancer in non-smokers.

“One in four homes in Kansas will test at or above the EPA's radon action level,” said Bruce Snead, director of the Kansas Radon Program at Kansas State University. He referred to the Environmental Protection Agency's radon action level of 4.0 picocuries of radon per liter of indoor air.

Radon occurs naturally in the soil. Its levels are low outdoors because its effects are diluted, but indoor levels can build and lead to lung cancer. And Kansas soils generate significant amounts of radon leading to the potential for homes to have elevated concentrations of this naturally-



occurring class A carcinogen.

Snead encourages all homeowners to test for radon. Test kits can be obtained from many K-State Research and Extension offices for a reduced fee, which includes a lab analysis and return postage. Kits can also be ordered online at www.sosradon.org at retail price.

Geary County and Junction City are in the Environmental Protection Agency's (EPA) Zone 1, the highest risk zone with 41% of the county rating at 4 pCi/L and above. Another 25% fall between 2 and 3.9 pCi/L. Testing kits can be purchased for \$5.50 at the Geary County K-State Research & Extension office at 119 E. 9th in Junction City.

More information about radon, testing and mitigation is available at kansasradonprogram.org/home or by calling the Kansas Radon Hotline at 1-800-693-5343. *Read the entire article from K-State Research and Extension News, at <https://www.ksre.k-state.edu/news/stories/2018/12/national-radon-month.html>*

Family Environment

Geary County

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Upcoming Geary County Extension Programs

****Requires pre-registration. Call 238-4161 to pre-register****

January

30* Seniors Eating Well, SNAP-Ed sponsored class offered at the 12th Street Center, 1002 W. 12th, Junction City. This 4-session series led by Nutrition Educator Ann Katt is designed to improve fruit and vegetable consumption and physical activity among able-bodied, 50+ year olds participating in or eligible for Food and Nutrition Service (FNS) nutrition assistance programs. Each class begins at 12 noon. The class is free and open to the public. Participants are asked to commit to four 45-minute sessions.

For more information or to register by the December 21 deadline call Ann Katt at 785-579-4726!

February

5* Strengthening Families 7-17—Meeting weekly on Tuesdays from 3:00—4:30 February 5 thru April 16. Class sessions focus on building communication, bonding and resiliency within a family. Promotes the use of bonding, boundaries, and monitoring to support family members in resisting the use of drugs and alcohol and teaches alternative positive coping skills. Registration forms and cost information can be found online at <http://www.geary.k-state.edu/health-home-family/>. Look for the link in the Upcoming Events section.

12* Seniors Eating Well, SNAP-Ed sponsored class offered at the Bicentennial Manor, 1010 W. 8th St., Junction City. This 4-session series led by Nutrition Educator Anna Comer is designed to improve fruit and vegetable consumption and physical activity among able-bodied, 55+ year olds participating in or eligible for Food and Nutrition Service (FNS) nutrition assistance programs. The class is free and open to the public. Participants are asked to commit four 1-hour sessions. Classes begin at 11am. **For more information or to register by the December 21 deadline call Anna Comer at 785-579-4726!**



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