

BREATHING *matters*

A PUBLICATION OF BREATHE NEW HAMPSHIRE | WINTER 2024

IMPACT OF ELEVATED RAINFALL ON RESPIRATORY HEALTH IN NEW HAMPSHIRE

New Hampshire, known for its scenic beauty, faces a transformative period with shifting weather patterns threatening respiratory health. The substantial increase in 2023 rainfall raises concerns about its correlation to climate change and its impact on residents' well-being.

Respiratory Health Concerns: The surge in rainfall alarms healthcare professionals about potential repercussions. Excessive moisture fosters ideal conditions for mold growth, a known respiratory irritant. Individuals with pre-existing respiratory conditions, such as asthma or chronic obstructive pulmonary disease (COPD), may face exacerbated symptoms due to heightened mold exposure.

Furthermore, heavy rainfall contributes to the proliferation of airborne allergens, including pollen and mold spores, posing a substantial challenge for vulnerable populations such as children and the elderly, who are more susceptible to the adverse effects of poor air quality.

Protecting Lung Health: As New Hampshire residents grapple with these challenges, several proactive measures can be taken to safeguard lung health amidst the changing climate:

- 1. Indoor Air Quality:** Ensure proper ventilation, utilize air purifiers and dehumidifiers, and regularly clean and replace air filters in heating and cooling systems to prevent the buildup of indoor pollutants and reduce mold growth.
- 2. Stay Informed:** Stay abreast of weather forecasts and air quality reports. On days with excessive rainfall, individuals with respiratory conditions should limit outdoor activities and stay indoors when air quality is compromised.
- 3. Use Respiratory Protection:** Consider using respiratory masks on days with poor air quality, such as N95 masks, to filter out airborne particles and provide an additional layer of protection for those vulnerable to respiratory issues.
- 4. Seek Medical Advice:** Individuals with pre-existing respiratory conditions should consult healthcare professionals to develop personalized strategies for managing their health in the face of changing environmental conditions. Regular check-ups and adherence to prescribed medications are crucial.

5. Support Climate Resilience Efforts: Advocate for and support initiatives addressing climate change and building resilient communities. Sustainable practices and policies contribute to a healthier environment, benefiting both the planet and individual well-being.

CONCLUSION: Understanding the connection between climate change and respiratory health is crucial for New Hampshire. Implementing interventions, staying informed, and supporting environmental initiatives can create a more sustainable future for residents.



Register Now For

COPD CONNECT

March 22nd

We Need Your Support!



Join Breathe New Hampshire, in partnership with Southern New Hampshire Health and the YMCA of Greater Nashua for a FREE program for individuals living with COPD and other chronic lung conditions. Learn more about the social and emotional impact of managing a chronic lung condition followed by a restorative guided meditation session.

DATE: Friday, March 22nd at 4:00 PM

LOCATION: YMCA of Greater Nashua, 24 Stadium Dr., Nashua, NH

Advanced registration required by March 15th

**Contact info@BreatheNH.org
or (603) 669-2411**



Your donation today is crucial in making a difference by aiding efforts to advance research, provide critical resources for those affected by lung conditions, and promote community education on respiratory wellness. Donate now and help us breathe life into a community that thrives on respiratory well-being.

2024 LEGISLATIVE UPDATE

January marks year two of the current legislative session. Among legislation that the organization will monitor this session include:

- HB1591-FN** Relative to fines for prohibited sales of tobacco.
- HB1244** Prohibiting smoking and e-cigarettes in motor vehicles when a passenger is under 16 years of age.
- HB1287-FN** Relative to the definition of the term "evidence-based" within public education.
- HB1459** Relative to policies that municipalities are preempted from enacting.
- HB1297-FN** Relative to the authority of municipalities to enforce ordinances related to health and safety.
- SB496-FN** Directing the department of health and human services to establish a climate and health protection program.



Visit the [NH General Court website](http://www.gencourt.state.nh.us) to learn more about current legislation or to find your elected officials:

www.gencourt.state.nh.us

If you're passionate about addressing issues affecting lung health, such as youth vaping, climate concerns, or respiratory conditions, we invite you to join our Breathe Action Team. Your involvement can make a meaningful difference. Learn more and join us at BreatheNH.org/get-involved/advocacy. Together, let's create positive change for lung health!

BREATHE NH'S VAPING UNVEILED™ PROGRAM TACKLES RISING YOUTH TOBACCO USE AMID FDA WARNINGS AND FLAVORED PRODUCT TRENDS

Breathe NH actively delivers its Vaping Unveiled™ prevention and education program to schools, coalitions, and community partners. The program reached students in grades 5-12, college seniors, juvenile justice officers, school nurses, and parents across multiple communities. The organization also collaborates with new sites to address the ongoing prevalent issue of vaping, especially among middle school students.

The 2023 National Youth Tobacco Survey highlighted a decline in high school e-cigarette use but an increase in overall tobacco product use among middle school students. E-cigarettes remained the most commonly used tobacco product among both high school and middle school students for the 10th consecutive year. This aligns with FDA warnings to retailers selling vape products with youth-targeted designs.



E-Cigarette



Alcohol Bottle

The FDA issued warning letters to online retailers for selling unauthorized e-cigarettes disguised as toys, drink containers, and alcohol bottles. The letters are part of the FDA's ongoing efforts against unauthorized tobacco products, with over 650 warning letters to manufacturers and more than 400 to retailers. The FDA has also taken legal actions against several manufacturers and retailers.

Data from the 2023 National Youth Tobacco Survey reveals that 9 in 10 current youth e-cigarette users prefer flavored products, with fruit flavors being the most popular. Approximately 7.2% reported using products with alcoholic drink flavors.

Breathe NH's Vaping Unveiled™ program addresses nicotine addiction dangers and provides resources for quitting vaping and tobacco product use.

To request this **FREE** program, contact **603-669-2411** or **info@BreatheNH.org**.

2023 NATIONAL YOUTH TOBACCO SURVEY FINDINGS

- 2.8 million youth currently use any tobacco product
- 10% of students reported current use of any tobacco product
- More than 2.1 million youth currently use e-cigarettes
- More than 1 in 4 (25.2%) of current youth e-cigarette users use an e-cigarette product every day.

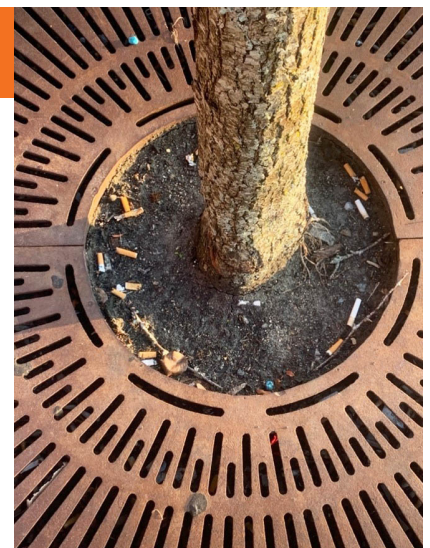
BAG THE BUTTS™

Join Breathe New Hampshire's **Bag the Butts™** initiative, a year-round statewide effort raising awareness about cigarette litter's environmental impact and educating on tobacco use disorder risks. Last fall, North Shore Community College Respiratory Care Program students participated in clean-ups on campus, in neighborhoods, and around commuter train areas. Kudos to NSCC students for their efforts!

Bag the Butts™ this spring!

Organize clean-ups in your yard, school, or community. Plan ahead for March 19th (first day of spring) and April 22nd (Earth Day). Contact us for a **FREE Bag the Butts™** toolkit before your event. Learn more: BreatheNH.org/programs/youth-programs/bag-butts.

Request a toolkit: info@BreatheNH.org. **Let's make a positive impact together!**



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Leave a Legacy

A donation through your will helps protect lung health for future generations.

Placing **Breathe New Hampshire** in your will or trust supports continued education and advocacy efforts for those living with lung disease in the Granite State.

There are many benefits:

- It is quick and easy
- Your gift can be any size
- You don't lose access to assets you may need during your lifetime
- You can make a gift in honor of a loved one

For more information please contact
Cindy at crybczyk@breathenh.org

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