

Kitsap Public Health Board Updates

Youth Substance Use Prevention Programs

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KITSAP PUBLIC HEALTH DISTRICT

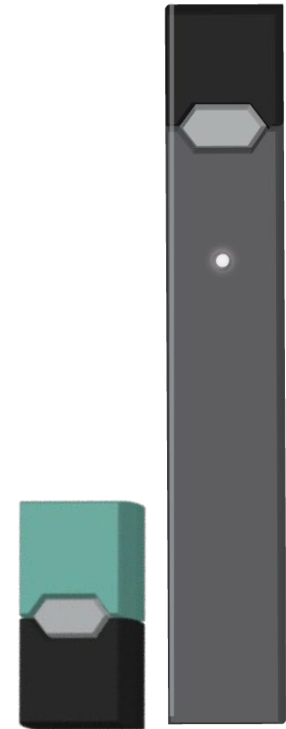
Introduction

- 1) Update on the Tobacco & Vapor Product Control & Prevention Program at KPHD
- 2) 2019 Successes from the Tobacco Program
- 3) Update on the Youth Marijuana Prevention & Education Program at KPHD
- 4) Possible policy opportunities taken from recent national Public Health Marijuana Summit



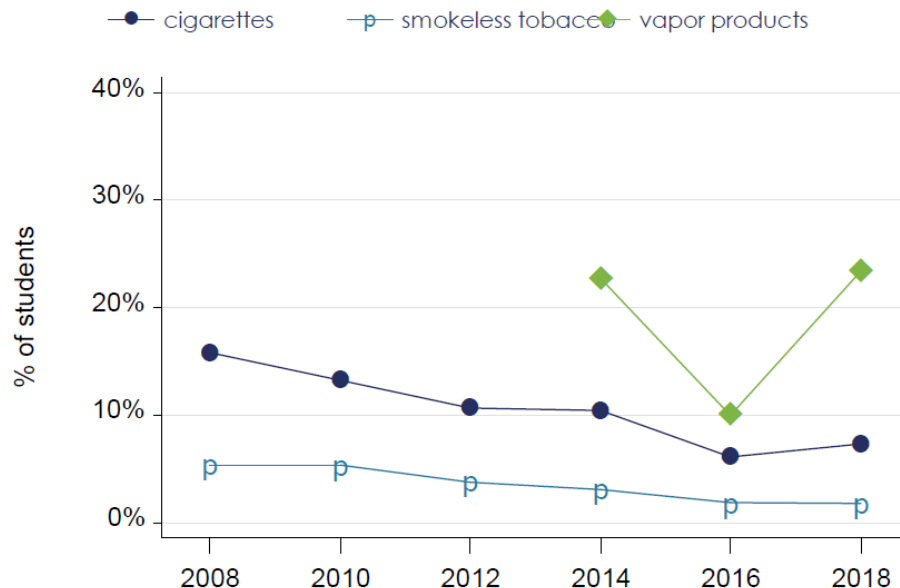
Tobacco & Vapor Product Control & Prevention Program (TVPCPP)

- ➔ **Goal:** Reduce youth and adult use of tobacco products
- ➔ **Strategy:** Policy and Environmental Changes partnering with multiple sectors
 - ➔ Schools
 - ➔ Businesses
 - ➔ WIC Clinics
 - ➔ Tribes
 - ➔ Local governments



Vapor Products: Kitsap Youth Use

Current (past 30-day) use trends, grade 10



➔ Dramatic rise in youth use of vapor products between 2016-2018

➔ Possible reasons for rise in use

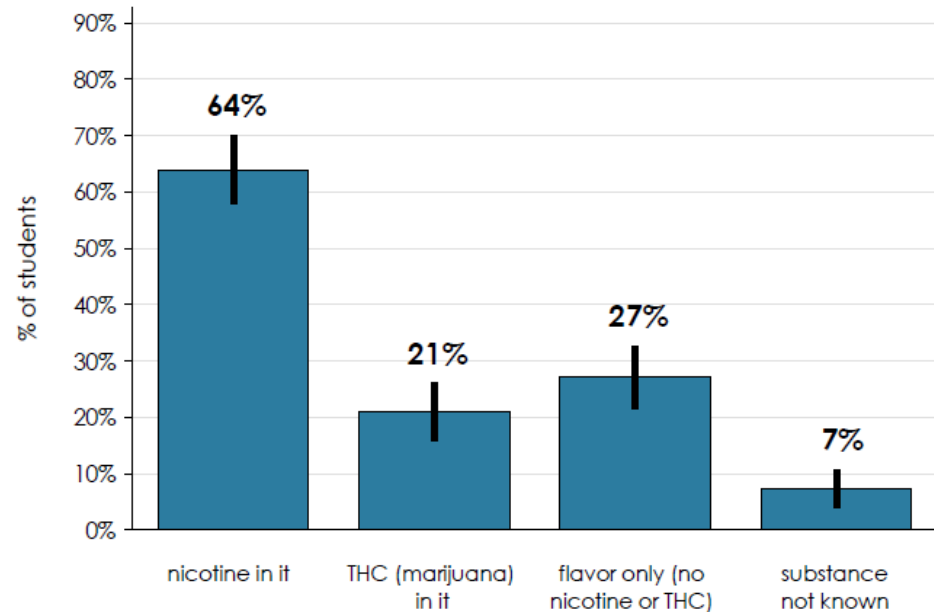
- ➔ FDA regulatory extension to 2022 (now 2021)
- ➔ Attractive to youth: Juul, Sourin drop, etc.
- ➔ Low cost (\$10/pack of cigarettes, \$5/Juul Pod)
- ➔ Over 5,000 flavors were introduced since 2016

Vapor Products: Kitsap Youth Use

➔ Among 10th graders who used a vapor product in the last 30 days:

- ➔ 64% reported their product contained nicotine
- ➔ 21% reported using marijuana in their vapor device
- ➔ 27% reported their product contained only flavor

Reported substance "vaped" among current (30-day) vapor product users, Grade 10



*Students can select more than one type of substance

Youth Vapor Product Use: *Different than Adult Use*



AMONG CURRENT E-CIGARETTE USERS AGED 45 YEARS AND OLDER in 2015, most were either current or former regular cigarette smokers, and 1.3% had never been cigarette smokers.

IN CONTRAST, AMONG CURRENT E-CIGARETTE USERS AGED 18–24 YEARS, 40.0% had **NEVER BEEN** regular cigarette smokers

For youth we know:

- 1) There is conclusive evidence that youth who use vapor products are much more likely to use cigarettes than youth who do not use vapor products.
- 2) Tobacco cessation programs (and tools) are not proven to work for youth.
- 3) Tobacco cessation programs (and tools) are not proven to work for vapor product cessation.

2019 Legislative Successes

Passed Tobacco 21

- ➡ In effect January 1, 2020
- ➡ *Impacts neighboring Kitsap:*
 - ➔ Conversations happening at State level for military bases and Tribal lands

Passed Vapor Tax

- ➡ Volume tax on vapor products
- ➡ *Impacts to Kitsap:*
 - ➔ Currently slated to help with *Foundational Public Health Services*, Cancer research, and Tobacco Prevention
 - ➔ Unknown effects to youth prevention



2019 Local Success

No Smoking or Vaping

**Indoors or Within 25 feet of Doorways,
Windows, or Intake Panels.**



Kitsap County Public Health Board
Ordinance (2016-01)



KITSAP PUBLIC HEALTH DISTRICT

Infographic to Permit Holders

HELLO KITSAP COUNTY BUSINESS OWNERS!

IN 2016, THE KITSAP PUBLIC HEALTH BOARD PASSED A NO-VAPING IN PUBLIC PLACES ORDINANCE (ORDINANCE 2016-01). WE WANT TO OFFER YOU SOME RESOURCES AND SIGNAGE TO HELP YOU KEEP UP WITH THE LAW.

BY ENFORCING THESE RULES AT YOUR ESTABLISHMENT, YOU ARE CONTRIBUTING TO THE HEALTH OF KITSAP COUNTY RESIDENTS OF ALL AGES. THANK YOU!!

WE HAVE MORE AND BIGGER SIGNAGE—IF YOU'D LIKE SOME PLEASE EMAIL THE TOBACCO & VAPOR PRODUCT PROGRAM AT KITSAP PUBLIC HEALTH:

megan.moore@kitsappublichealth.org



KITSAP PUBLIC
HEALTH DISTRICT

POSTING A SIGN
IS A GENTLE
REMINDER TO THE
PUBLIC TO
FOLLOW THE
LAW.



CUSTOMERS
CANNOT SMOKE
OR VAPE
WITHIN **25 FEET**
OF ANY DOOR,
WINDOW, OR
INTAKE PANEL.

25 ft



CUSTOMERS
CANNOT VAPE
INDOORS.



VAPOR PRODUCTS
CAN BE USED FOR
OTHER SUBSTANCES
LIKE MARIJUANA,
WHICH IS ALSO
ILLEGAL TO USE IN
A PUBLIC PLACE.

YOU ARE
REQUIRED TO
POST NO-VAPING
SIGNAGE.



NOT
ENFORCING
THESE LAWS
CAN RESULT IN
A FINE FOR
YOUR BUSINESS.



IF YOU NEED
RESOURCES, WE
CAN HELP.



FOR MORE INFORMATION PLEASE VISIT
www.kitsappublichealth.org/information/tobacco



KITSAP PUBLIC HEALTH DISTRICT

Youth Marijuana Prevention & Education Program

- ➔ **Goal:** Reduce initiation and use of marijuana by youth (ages 12-20), especially priority populations
- ➔ **Goal:** Educate legal users about responsible use of Marijuana
- ➔ **Strategy:** Policy and Environmental Changes



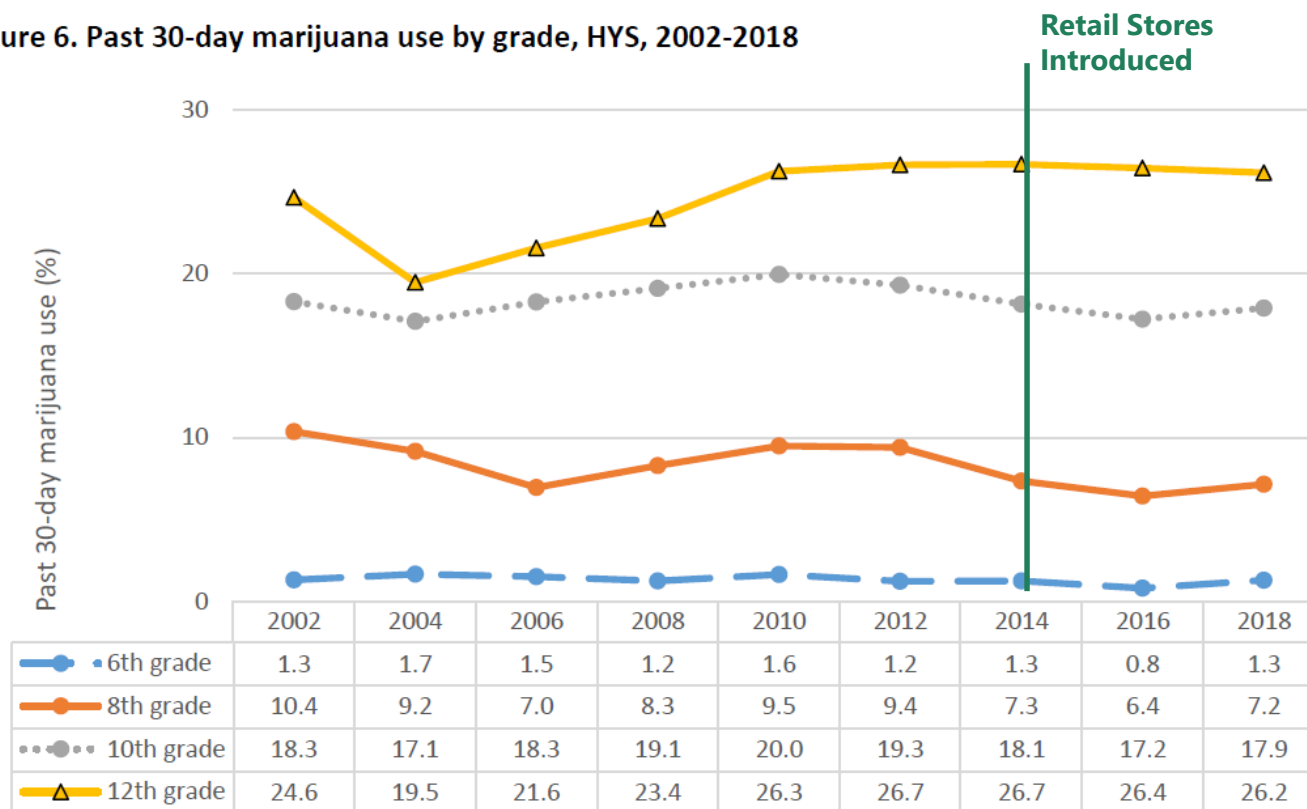
Health Outcomes of Early Initiation



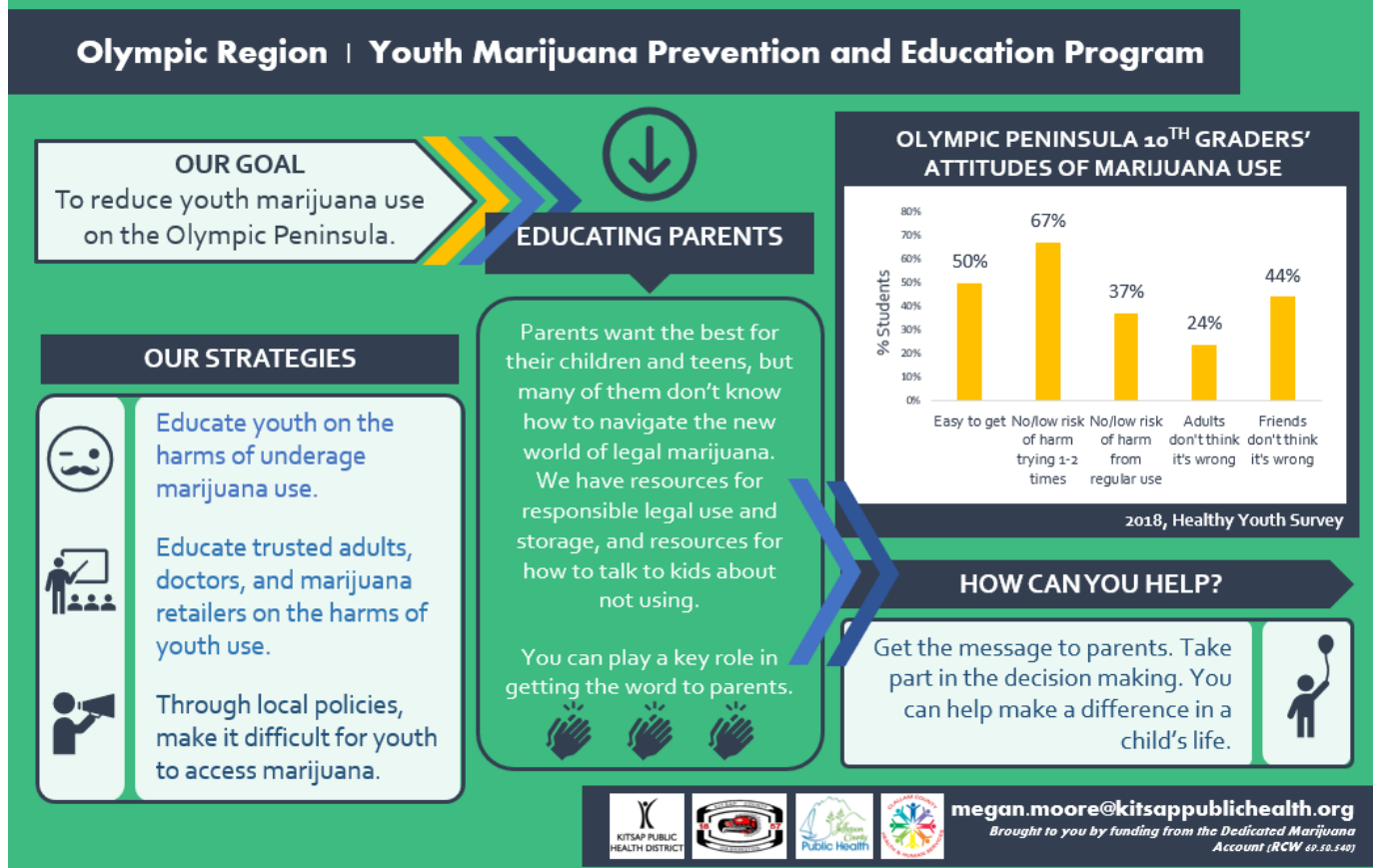
- ➔ Challenges with Memory, Attention, & Learning
- ➔ Poorer School Performance
- ➔ Increased Problematic Behaviors
- ➔ Increased Risk of Mental Health Issues

Washington State Marijuana Use (Past 30-Day Use)

Figure 6. Past 30-day marijuana use by grade, HYS, 2002-2018



Parent Education Through Retailers

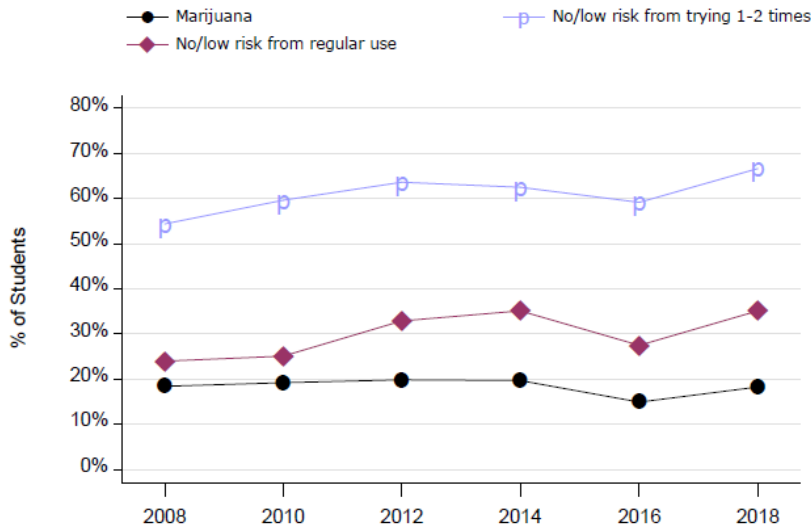


- ➡ Home sources (obtained from sibling and/or parents) account for 25% of youth access
- ➡ YMPEP is partnering with retailers to educate parents on being responsible legal users.



Kitsap Youth Perception of Harm

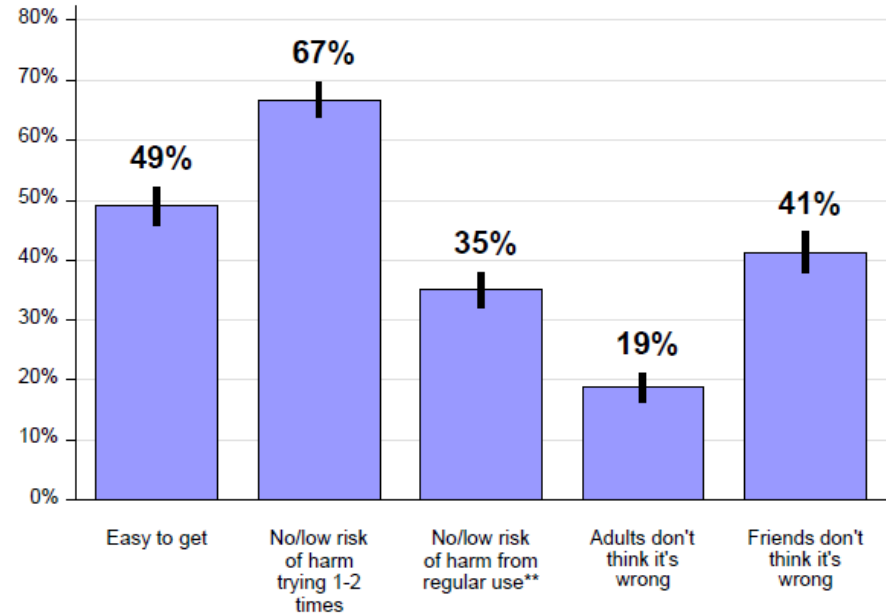
**Marijuana Use and Perception of Harm Trends
Grade 10**



Prevalence	2008	2010	2012	2014	2016	2018
Marijuana	18% ±2	19% ±2	20% ±2	20% ±2	15% ±2*	18% ±2*
No/low risk from trying 1-2 times	54% ±3	60% ±3*	64% ±3	62% ±3	59% ±3	67% ±3*
No/low risk from regular use**	24% ±3	25% ±3	33% ±3*	35% ±3	27% ±3*	35% ±3*

There is an increasing percentage of students who think there is no/low risk of using marijuana.

**Attitudes about Marijuana Use
Grade 10, 2018**



A large proportion of youth report that adults, the community, and friends don't think it's wrong for youth to use marijuana.

Forecasting Youth Marijuana Use

Historical Trend in
Substance Use:



➡ Marijuana Access

- *It's inexpensive:* One marijuana high is less expensive than one session of bowling and one movie ticket
- *Data show:* when youth see legal tobacco and marijuana use in a community, they are more likely to use¹

➡ State-Level Changes

- Talk of removing or raising of cap on number of licensees
- More visible stores lead to decreased perception of harm

¹Agaku IT, Perks SN, Odani S, et al. *Tob Control* 2019; 0:1–9. doi:10.1136/tobaccocontrol-2018-054728



Opportunities to Reduce Youth Use



- 1) There are limits on local Tobacco and Vapor Product policy options.
- 2) Currently, marijuana does not have the same limits.
- 3) Education, policy, and environmental strategies are all necessary in order to address these issues.



Reducing Youth Use in Action:

Example Opportunities

- ➔ Place a county-wide cap on # of licensees (e.g. 1 per 50,000)
- ➔ Municipalities place moratoriums on # of new licensees (e.g. no new)
- ➔ Density restrictions (e.g. Placing a cap on # of new licensees in low-income areas or within certain distance of schools)
- ➔ Restrict Marijuana Billboards or Billboards within Bus Routes
- ➔ Require special event licenses for marijuana events, including festivals like Hempfest
- ➔ Reduce opportunity for retailers to use attractive lighting (e.g. Christmas and Rope lights)



Recap

- 1) Youth vapor product use is on the rise nationally and locally.
- 2) We are limited in what policies we can use to curb this problem. Currently we are working with multiple sectors to educate youth, parents, and adults.
- 3) Since 2014, youth marijuana use has stayed steady but perception of harm has decreased dramatically.
- 4) We do not have the same limitations for marijuana policy that we do for tobacco.
- 5) We have a window of opportunity to get ahead of a possible increase in youth marijuana use.



Questions?

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Kitsap County Noxious Weed control Program

Balancing act of invasive species management
In our aquifers and waterways

“We are gathered today on territory of the local indigenous people, who have stewarded this land from time and memoriam. It is our goal and task as environmental stewards to respectfully manage those lands.”

Impacts of Weeds

- Approx 5,000 species of introduced plants have escaped in the U.S.
- Non native weeds invade approx 1.8 million acres of U.S. Wildlife habitat/ yr
- Over 60% are escaped ornamental plants
- Impacts:
 - Environmental, Recreational, Public Health, & Economic

Obnoxious vs. **NOXIOUS** Weeds

- **Non Native Weeds:**

- Plants that have been introduced to a “native” plant community either by contamination or by intentional propagation

- **Obnoxious Weeds:**

- Plants that are an annoyance
- Can be controlled or managed relatively easily

- **Invasive Weeds:**

- Aggressive plants
- Take over a “native” plant community
- May have been intentionally introduced
- Could also be natives

What is a **Noxious** Weed?

- Legally deemed for control (RCW 17.10)
- Non-native, Invasive Plants
 - Destructive & Competitive
 - **Difficult to control**
- Botanical Characteristics
 - Perennials
 - Prolific seed producers
 - Seeds can remain dormant for many years



Dalmatian Toadflax

How a Weed Becomes a State

Noxious Weed

- Plants are noted as aggressive and highly difficult to control
- These plants have a significant ecological, environmental impact and or cause harm to humans and other animals
- Washington's weed laws mandate the control of many weed species. "Control" is defined as the prevention of all seed production.
 - 3 categories of "priority"

What are Noxious Weeds & Why should we care

- Legal definition :
 - **A plant that when established is highly destructive, competitive, or difficult to control by cultural or chemical practices.**
- RCW 17.10:
 - **limit economic loss and adverse effects to Washington's agricultural, natural, and human resources due to the presence and spread of noxious weeds on all terrestrial and aquatic areas in the state.**

<http://app.leg.wa.gov/rcw/default.aspx?cite=17.10&full=true>

CDC OF the plant world

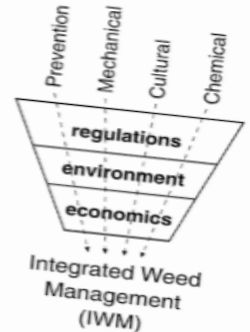
What I Do

- **Noxious Weed Control**
 - Ecology
 - Botany
 - Plant physiology
 - Herbicide chemistry
 - Integrated Pest Management
 - People Management



Integrated Vegetation Management

- Prevention IS the BEST WEED CONTROL
- Stop infestations when there are only a few plants to control!!!
- Prevention
- Mechanical
- Cultural
- Chemical
- Biological
- You must use them all together



Impacts of invasive weeds

- **Increases soil erosion**
- **Prevent Native plant growth**
- **Change dynamics of living system**
- **Impact water quality**
- **Disrupt natural habitats**



Where are Noxious Weeds

- **Forests**
- **Rangelands**
- **Rivers & Lakes**
- **Shorelines**
- **Wetlands**
- **Fields**
- **Back yards**
- **Parking lots**



CLASS “A” WEEDs

- Non-native
- Pose a serious threat to WA
- Limited Distribution
- Unrecorded
- Goal
 - Prevention of new infestations
 - Eradication of infestations

Highest Priority

Giant Hogweed



CLASS “B” WEEDs

- Non-native
- Abundant Distribution in portions
- Limited to no distribution in other areas
- Pose a serious threat to “clean” areas
- Goal
 - Prevention of new infestations in Designated areas
 - Containment

CLASS “B-Designate” Weeds

- **State has authority to designate control**
- **Regions where weed is unrecorded or limited in Distribution**
- **Automatically placed on county/ weed district list**
- **Goal: Containment and eventual eradication**

CLASS “B-Designate” Weed Purple and Garden Loosestrifes



CLASS “B-NON Designate” Weeds

- **Regions where weed is common or abundant.**
- **County/ weed districts have ability to place on their weed list**

CLASS “B-NON Designate” Weed Scotch Broom



CLASS “C” WEEDs

- Non-native
 - Widespread Distribution
 - Control is Decided at the County or district level
-
- Goal
 - Long-term suppression
 - Control is decided at the



Education and Outreach: These State Noxious Weeds have been selected by the Weed Control Board for the purpose of educating landowners about their ecological impacts. Program staff **encourage** all landowners to work to stop the spread of these invaders.

English Ivy



Scotch Broom and Black Berries



Butterfly Bush



Fragrant Water Lily



Control & Containment: These state-listed Noxious Weeds are priority species for control in our county.

Citizens are **REQUIRED** by RCW 17.10 to prevent their spread. Program staff will work with citizens to create site-specific plans for landowners.

Knotweeds



Knapweeds



Purple Loosetrife



Tansy Ragwort



Eradication: These Noxious Weeds have been selected by the Weed Control Board for **ERADICATION** in our county. They have limited distribution and are our **HIGHEST PRIORITY**. Program staff will work with citizens to **remove all known sites**.

Gorse



Giant Hogweed



Policeman's Helmet



Poison Hemlock



Highest priority in Kitsap

- These plants have limited distribution within our area
- May be **toxic**
- Are found in areas that are challenging to control
- Key is preventing these from getting a foot hold

Eradication: These Noxious Weeds have been selected by the Weed Control Board for **ERADICATION** in our county. They have limited distribution and are our **HIGHEST PRIORITY**. Program staff will work with citizens to *remove all known sites*.

Gorse



Giant Hogweed



Policeman's Helmet



Poison Hemlock



Control and Containment

- Could be wide spread
- There is hope of slowing infestations down
- May be toxic
- Cost to control is still reasonable
- Kitsap County Staff will work to remove

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Knotweeds



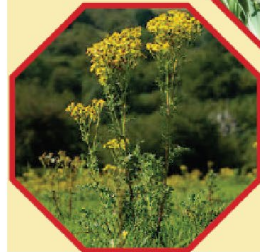
Knapweeds



Purple Loosetrife



Tansy Ragwort



Education and outreach

- Species are already wide spread so staff time is not spent on control
- Key is to get individuals to keep the populations in check.
- Work with volunteer groups on public properties

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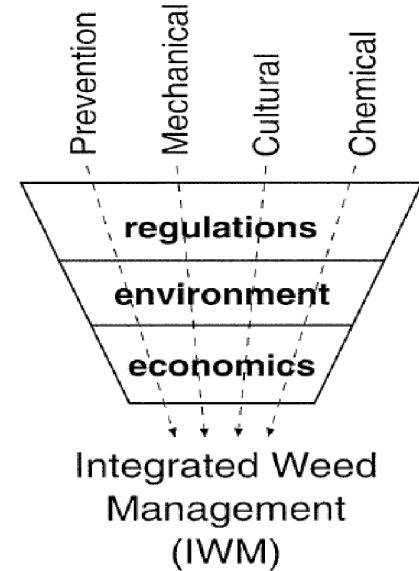


Not all **weeds** are **noxious** weeds

- You will get most questions about *obnoxious* weeds
- Common questions you will get
 - I have this green plant that is growing everywhere. What is it?
 - There is this thing taking over my garden that has little white flowers. What is it?

Integrated Vegetation Management

- Prevention IS the BEST WEED CONTROL
- Stop infestations when there are only a few plants to control!!!
- Prevention * Mechanical * Cultural * Chemical
- Biological
- You must use them all together



Rules of success for weed removal

- **Stop weeds early**
- **Start with a small manageable area**
- **Treat the area like a fire, go to the edges and work in**
- **Get help**
- **Replant quickly**
- **Keep up on maintenance weekly**
- **Try to avoid pesticides**



What can happen When you don't treat



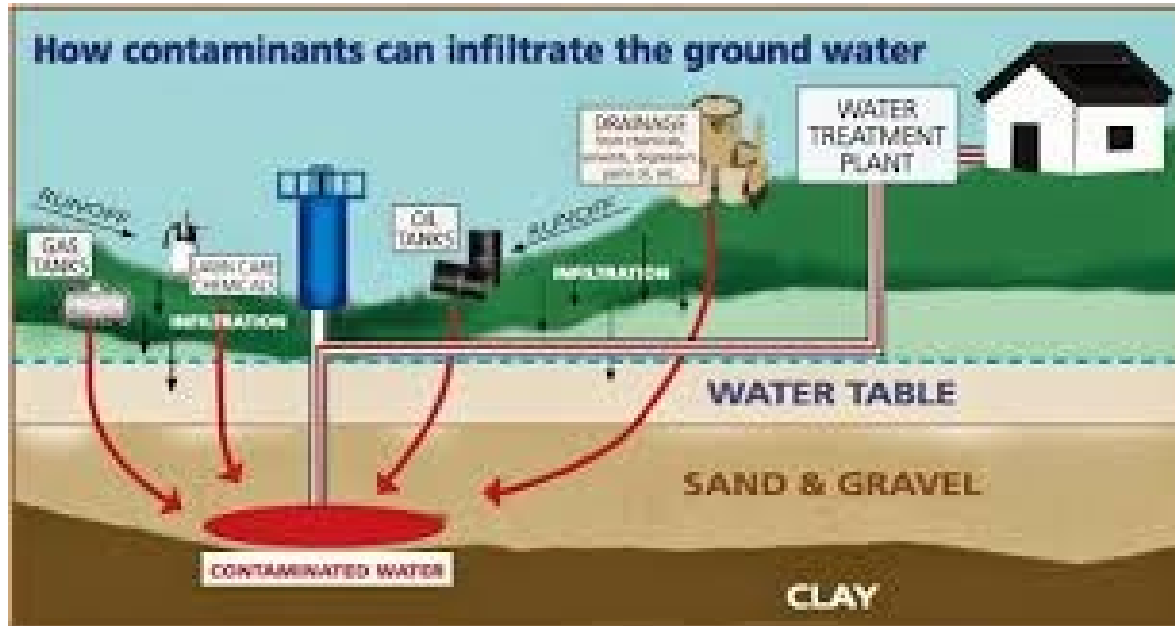
Management is a Balancing act:



Our jobs: control “pests” to Increase “yield” and Environmental Health

- Public sees the hazmat suits not the weeds or other issues
- Public sees us “harming” the environment not Helping heal the environment
 - Herbicides as an “antibiotic” or chemotherapy
- Public reads all the propaganda but never real research
 - I never claim that herbicides are “not harmful”

Wellheads and weeds



Wellheads and weeds

- **Avoid pesticides when possible.**
- **Read the label**
- **Know your soil type**
 - High organic matter
 - Loam
 - Sandy loam
 - Sand



Wellheads and weeds

- **How deep is your water table?**
- **Are there surface runoff issues?**
- **Slope of the area**

<http://npic.orst.edu/capro/groundwater.html>



Why control the weeds?

***You may not need to control the common weeds on your well site.**

*** IF you are dealing with noxious weeds you may have to take other actions.**

Weeds of concern: Knotweed, poison hemlock, tansy ragwort

Noxious Weed Challenges

Mechanically mowing

- Spreads the problem
- Makes some plants more aggressive
- Pulling is not effective



Small targeted herbicide treatments

- **Get to the root of the problem**
- **Targeted herbicides should only be used as a last resort**
- **Always read the label**
- **Use licenced applicators that will use herbicides specifically for “aquatic” areas**

Targeted approach for knotweed on or near wells

- **Direct injection of licensed herbicides**
- **Continual management of site to ensure no regrowth**



2007-2015





Balancing Public Opinion

- **A few complaints have logged**
- **Landowners started to see native plant regrowth**



The Balancing act

- **Bringing all the players to the table**
- **Partnering with various groups to achieve control**
- **Keeping the public informed**
 - **Each year there is are news paper articles**
 - **Each March and August information is sent out to landowners**

What is success?

- **Not just controlling one weed but engaging the public in a conversation to help the pendulum swing back**
- **Successful IPM plans hinge on the judicious use of herbicides**
- **Education and outreach to increase personal knowledge will ultimately result in the success of a noxious weed program**
- **Taking the fear factor out of pesticides and providing landowners with actual science based facts is key**

Lessons learned

- Key is getting people engaged
- Put out as much education as possible
 - There is never enough education people will still say you did not inform the public
 - Keep records and meet with people on site
- Keep working with local officials
- Partnering is Key

Current local issues

Forest practices:

Washington's working forests provide many products and benefits including wood and paper products, recreational opportunities, wildlife habitat, and protect clean air and water now and for future generations.

Working forests post harvest pre planting

After harvest the “blank slate” is now very susceptible to weed infestations to overtake the area.

Targeted applications take place with the use of licensed applicators.

Water way buffers are identified, marked and avoided

Application methods

***Methods may include ground applications and aerial applications where applicable.**

***Various products are licenced to be used on the harvest sites.**

Why are herbicides used?

- *To improve growing conditions for young trees by reducing the competition from fast growing brush, weeds, and invasive plants.**
- *Reduce the impacts of Scotch broom and butterfly bush along with reducing toxic plants like tansy.**

Take away

- **Herbicides play a role in weed management**
- **We must all ask questions and hold accountability**
- **Education and information is key**

4.8 million acres in Washington are certified as Sustainable Forestry.

***Sustainable forest management includes protection of water quality, biodiversity, and wildlife habitat with special consideration for at-risk species.**

Questions?

**"Treat the earth well: We did not inherit it
from our Ancestors, but we borrow it
from our Children."**

Ancient Indian Proverb