

# **Panhandle**

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## **Public Health District**

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For immediate release

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### **Alliance High School Senior, Joel Baker, receives scholarship from Panhandle Public Health District**

Panhandle Public Health District (PPHD) recently partnered with area students to spread the word on the dangers of JUULing. The campaign featured high school athletes from around the region who committed to saying no to the harmful effects of JUULing. One scholarship recipient was selected based on a social media campaign and we are excited to announce the winner of a \$250 scholarship is Alliance High School Senior, Joel Baker.

PPHD wants to remind everyone to not let the ads from JUUL fool you - JUUL's flavored e-cigarettes can deliver the same amount of nicotine as 20 cigarettes. Last year, teen e-cigarette use spiked to 78%. Most e-cigarettes contain nicotine, which is highly addictive and can harm brain development.

Some e-cigarettes look like regular tobacco products, such as cigarettes. But in recent years, e-cigarettes look like other things, including USB flash drives, pens, and other everyday items. JUUL is one of the most common e-cigarettes shaped like a USB flash drive. None of them are safe for young people to use.

Help us spread the awareness of the harmful effects of e-cigarette use by talking to students about the dangers today. We commend each of the area athletes that committed to being a leader and helped raise awareness of this increasing problem by steering clear of the harmful effects of JUULing.

For help quitting, the Nebraska Tobacco Quitline is available at 1-800-QUIT-NOW (1-800-784-8669), and for Spanish services at 1-855-DÉJELO-YA (1-855-335-3569). We encourage parents and teens to talk to your healthcare provider about resources and support. For additional resources visit [www.QuitNow.ne.gov](http://www.QuitNow.ne.gov) or [www.pphd.org](http://www.pphd.org).

Panhandle Public Health District is working together to improve the health, safety, and quality of life for all who live, learn, work and play in the Panhandle. Our vision is that we are a healthier and safer Panhandle Community.

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