

FOR IMMEDIATE RELEASE: March 15, 2019

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Maryland Kids Will Kick Butts – and Juul – on March 20 *State Leaders Challenged to Fight Skyrocketing Epidemic of Youth E-Cigarette Use*

WASHINGTON, D.C. – Kids in Maryland will unite against tobacco use on March 20 as they join thousands of young people nationwide to mark Kick Butts Day, an annual day of youth activism sponsored by the Campaign for Tobacco-Free Kids. More than 1,000 events are planned across the United States (see below for a list of local events).

This year, kids are focused on kicking Juul, the e-cigarette that has become enormously popular among youth across the country.

While cigarette smoking among high school students nationwide has fallen to 8.1 percent, e-cigarette use among high schoolers rose by an alarming 78 percent in 2018 alone – to 20.8 percent of the student population. In 2018, more than 3.6 million middle and high school students used e-cigarettes. U.S. public health leaders have called youth e-cigarette use an “epidemic” that is addicting a new generation of kids.

In Maryland, 13.3 percent of high school students use e-cigarettes, while 8.2 percent smoke cigarettes. Tobacco use claims 7,500 lives in Maryland and costs the state \$2.7 billion in health care bills each year.

On Kick Butts Day, youth and health advocates are calling for strong action to reverse the youth e-cigarette epidemic. In particular, they are calling on the Food and Drug Administration, states and cities to ban all flavored tobacco products, including e-cigarettes in flavors like cotton candy, gummy bear and mango that tempt kids. Other effective strategies to reduce youth tobacco use include laws raising the tobacco sale age to 21, significant tobacco tax increases, comprehensive smoke-free laws and well-funded tobacco prevention programs.

In Maryland, youth advocates are urging state lawmakers to pass legislation that would raise the tobacco sale age to 21.

“This year on Kick Butts Day, we’re challenging policy makers at every level to do their part to reverse the youth e-cigarette epidemic and continue driving down youth tobacco use,” said Matthew L. Myers, President of the Campaign for Tobacco-Free Kids. “We cannot allow e-cigarettes, especially Juul, to addict another generation and reverse the enormous progress we’ve made in reducing youth tobacco use.”

Key facts about e-cigarettes include:

- The main cause of the youth e-cigarette epidemic is Juul, which looks like a computer flash drive, is small and easy to hide, delivers a powerful dose of nicotine, and comes in kid-friendly flavors like mango, fruit and mint. According to the manufacturer, each Juul “pod” (cartridge) delivers as much nicotine as a pack of 20 cigarettes.

- E-cigarettes pose serious health risks for kids. [The U.S. Surgeon General](#) has found that youth use of nicotine in any form – including e-cigarettes – is unsafe, causes addiction and can harm the developing adolescent brain, affecting learning, memory and attention. Studies also show that young people who use e-cigarettes are more likely to become cigarette smokers.

On Kick Butts Day, youth join in creative events including signing pledges to be tobacco-free, learning about the harmful chemicals in tobacco products and organizing rallies at state capitols.

In Maryland, activities include:

The **Asian American Center of Frederick** will partner with the **YMCA** to mark Kick Butts Day. Students, wearing black t-shirts with stark tobacco facts, will use flowers and candles and bells, rung every 72 seconds to mark the passing of another person in the United States due to tobacco use. **Alderman Derek Shackelford** of the City Council of Frederick will also participate. Time: 11:30 AM. Location: 515 West Patrick Street, Frederick. Contact: Tessie Peifer (240) 772-0858.

Students Against Destructive Decisions! (SADD) at **Mountain Ridge High School** in **Frostburg** will commit to being tobacco-free, encourage peers and loved ones to quit smoking, advocate for raising the tobacco tax, and sign a pledge wall. Time: 11:05 AM. Location: 100 Doctor Gasmick Lane, Frostburg. Contact: Leslie Martin (301) 689-3377.

Students from **Accident Elementary School, Broad Ford Elementary School, Yough Glades Elementary School** and **Southern Middle School** in Garret County will mark Kick Butts Day by designing and creating posters, buttons, and stickers emphasizing the dangers of tobacco and the importance of tobacco-free living. Time: 5:00 PM. Location: Southern Middle School, 605 Harvey Winters Drive, Oakland. Contact: James Michael (301) 334-7730.

Girls Incorporated of Washington County in Hagerstown will lead students through a range of interactive activities at their office to mark Kick Butts Day – including poster-making station, a pledge banner and a brainstorming wall – to underscore the importance of being tobacco-free. Time: 4:15 PM. Location: 626 Washington Avenue, Hagerstown. Contact: Elizabeth Holtz (301) 733-5430.

All events will take place March 20 unless otherwise indicated. For a full list of Kick Butts Day activities in Maryland, visit www.kickbuttsday.org/map. Additional information about tobacco, including state-by-state statistics, can be found at www.tobaccofreekids.org.