

ADOLESCENT HEALTH

PART 1 OF 2

E-CIGARETTES

To better understand how tobacco and E-cigarettes affect adolescents within Tennessee, individuals participated in **focus groups**. The following are some of their thoughts and perceptions.

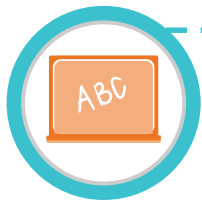


REASONS PEERS USE E-CIGARETTES

- Stress/no outlet to deal with everyday social pressure
- Easy to access
- To fit in and look cool/peer pressure
- They are marketed on social media and ads are seen constantly
- They smell good and have many flavors

PERCEIVED BENEFITS/ADVANTAGES OF USING E-CIGARETTES

- Easier to hide/not as obvious
- Believe that it is not that bad/not that much nicotine
- It helps their mood
- Makes them more popular and liked by peers at school



PLACES TO LEARN ABOUT E-CIGARETTES

- Internet- Amazon, eBay (no way to check ID)
- Local dealers/friends
- Ads on social media (Snapchat and Facebook)
- Ads at gas stations
- Peers from school

ADVERTISEMENTS FOR E-CIGARETTES

- JUUL posters all over gas station windows
- Ads on the radio
- Peers talk openly about using the product
- Messages target much younger populations



GENERAL AWARENESS OF HEALTH CONSEQUENCES OF USING E-CIGARETTES

- A lot of people do not care to know
- People do not know that one pod is half a pack of cigarettes
- Very little awareness amongst peers

INCENTIVES TO STOP USING E-CIGARETTES

- Personal will
- Stay busy/other outlets for stress
- Seeing the negative health outcomes through loved ones
- Increased education awareness



WAYS TO GET PEERS TO QUIT USING E-CIGARETTES

- Real life examples/testimonies
- Support groups/online hotline or group
- Facts/statistics
- Help them find healthy substitutions

WAYS TO PREVENT PEERS FROM TRYING E-CIGARETTES

- Less accessibility
- Raise age to 21 instead of 18 to buy products
- Educate them early about health and social effects



ADOLESCENT HEALTH

PART 2 OF 2

INJURY AND MENTAL HEALTH

To better understand how injuries and mental health affect adolescents within Tennessee, individuals participated in **focus groups**. The following are some of their thoughts and perceptions.



INTENTIONAL AND ACCIDENTAL INJURIES AS A MAJOR PROBLEM

- Bruises and injuries from playing sports
- Intentionally hurting themselves; suicide
- Playing rough with friends

MAJOR CAUSES THAT CONTRIBUTE TO INJURIES AMONG ADOLESCENTS

- Bullying
- Sports
- Suicidal thoughts; Depression

PLACES TO FIND INFORMATION ON INJURY PREVENTION

- Hospital
- Counselor/Therapist
- Parents



WAYS THAT HEALTH DEPARTMENT CAN PROMOTE SAFETY/INJURY PREVENTION

- Free counseling sessions each month/Support groups for those that have similar experiences
- Make playground equipment safer/Promote safety gear

DEFINING MENTAL HEALTH

- Kids that have experienced traumatic things
- Issues from brain malfunctions
- Can't explain mental health because no one talked about it

CAUSES OF POOR MENTAL HEALTH

- Drugs and alcohol
- Not talking about internal feelings



IMPROVE MENTAL HEALTH

- Less bullying and focus on friendships
- Opening up to those you trust

PLACES TO FIND INFORMATION ON MENTAL HEALTH

- Mental Institution
- Counselor/Therapist/Someone you trust

WAYS THAT HEALTH DEPARTMENT CAN PROMOTE GOOD MENTAL HEALTH

- Host deep conversations with people
- Support groups



IMPORTANT ISSUES REGARDING INJURIES AND MENTAL HEALTH FOR ADOLESCENTS

- Identify suicidal behavior/Trauma/Depression
- Deep conversations are needed

