

HHS WELLNESS NEWSLETTER

JANUARY 2020

SMOKING

12% of HHS grade 7 students reported smoking cigarettes. This increased to 53% of HHS grade 12 students.
18 % of HHS reported smoking daily.

FACTS:

- ◆ Tobacco kills up to half its users, making it one of the world's greatest public health threats.
- ◆ Most adult smokers start started smoking by age 18.
- ◆ The immediate and early negative effects include: **Reduced physical fitness, early heart disease, poor oral health, and poor skin.**

TIPS:

- ◆ Knowing if your teen's friends smoke. You may be able to help them practice ways to refuse tobacco products if offered.
- ◆ It is hard to quit smoking. Have your teen speak with an adult who smokes to understand just how difficult it is to stop smoking. It is vital for parents to have a positive influence on preventing smoking.

BREAKFAST

68% of HHS students report skipping breakfast.
31% say they skip breakfast because they don't have time.

FACTS:

- ◆ Studies suggest that eating a nutritious breakfast improves brain function — particularly memory and recall.
- ◆ Breakfast is one of the best ways to recharge. It's the perfect opportunity to get energy-boosting carbohydrates from foods such as whole-grain bread, oatmeal and fruit.

TIPS:

- ◆ Some quick breakfast suggestions: Cereal bars, cheese, eggs, fruit, overnight oats, smoothie, whole grain bread or toast, and yogurt.

SLEEP

Only 34% of HHS students sleep 8 hours or more each night

FACTS:

- ◆ Teens need between 8-10 hours of sleep each night.
- ◆ Sleep deprivation can reduce academic performance

TIPS:

- ◆ Create clear boundaries about electronics at bedtime
- ◆ Limit caffeine and energy drinks
- ◆ Maintain a regular sleep schedule

VAPING

25% of HHS students have tried vaping

FACTS:

- ◆ Early use of nicotine increases chances of addiction
- ◆ Long term health consequences of vaping are still unknown.
- ◆ One vape pod could be equivalent to as few as 20 cigarettes.

TIPS:

- ◆ Did you know a e-cigarette can look like a USB key?
- ◆ Start a conversation with your student. Be open and don't criticize.

For help call 1-866-366-3667 or visit gosmokefree.gc.ca/quit