

Tobacco and Vaping Prevention

Investing dedicated state funding to tobacco prevention is a wise investment. It saves lives and money. States with **sustained, well-funded prevention programs**, such as New York, North Dakota and Florida, have **cut youth smoking in half**.

Vermont's tobacco control program is a great investment. It saved **\$1.43 billion in savings in overall smoking-related health care costs** during its first 13 years alone.

But more funding is needed. With the advent of vaping, more than a quarter of Vermont high school students now use some form of tobacco.

Smoking costs Vermont \$348 million in health care costs annually, including \$87.2 million in Medicaid. Vermont could save \$35.2 million in future healthcare spending by funding the tobacco control program at CDC recommended levels!



Healthy Schools, Healthy Kids

Food insecurity can lead to a variety of negative health conditions, including diet-related diseases, and has severe consequences on a child's future health.

Students who participate in school meals, particularly those who are experiencing food insecurity, have better health outcomes, improved test scores, and are better able to concentrate in school. Vermont needs a long-term funding source for universal school meals.

Ensuring all newly constructed schools and schools undergoing major renovations have bottle filling stations will also help Vermont kids be healthy and learn better.

Drinking sufficient amounts of water reduces the likelihood of kids being at an unhealthy weight. Water bottle filling stations in schools can nearly triple how much water students drink at lunch time. This is great news as drinking water can also positively impact children's cognitive performance, particularly their short-term memory.



CPR in Schools

More than 350,000 cardiac arrests occur outside of the hospital each year.

The chance of surviving drops by 10% for every minute without CPR or defibrillation. After just 4 minutes, brain damage can occur. The average ambulance response time is 7 minutes. In rural areas, which encompass much of Vermont, the average response time is 14 minutes.

Training high school students in CPR helps create a new generation of life-savers. But, early results of an AHA survey of Vermont schools show 65% of schools are not teaching hands-only CPR and 75% say they would welcome resources to help.

With resources to ensure Vermont schools have CPR in School kits with inflatable manikins, students can learn how to administer hands-only CPR. And having more people learn CPR can save lives!



Elimination of Menthol Tobacco

Menthol tobacco products are hooking youth and people of color due to aggressive industry marketing.

Menthol creates a cooling effect, reduces the harshness of cigarette smoke and suppresses coughing. Those effects make menthol cigarettes more appealing to young inexperienced smokers, and are more likely to addict youth.

Health equity is a concern as well. Tobacco industry documents show a concerted effort to target people of color with menthol. As a result, 85% of Black adult smokers and 7 out of 10 black youth who smoke, use menthol cigarettes.

Vermont needs to act now. Though the FDA is starting to take action, it's a process that is expected to take years, especially with anticipated lawsuits by the industry.



Vermont Kids are Sweet Enough

Almost half of the added sugar in the Americans diet come from sugary drinks. Kids consume as much as **140 teaspoons of added sugars** from sugary drinks per week. That's as much as 280 gummy bear candies.

Kids' consumption of sugary drinks is linked with long term health conditions that impact a child's health for their entire life.

Drinking sugary drinks regularly, leads to a 26% increase in the risk of type II diabetes. **12-30 teaspoons of sugar per day increases the risk** of dying from cardiovascular disease by 30%. Just one 12-oz can of coke has about 9 teaspoons of sugar.

Passing a sugary beverage excise tax and setting healthy drinks as the default in restaurant kids' meals will help lessen the sugary drinks consumed by Vermont kids.



Early Childhood Education

3 out of 5 of Vermont's youngest children do not have access to the childcare they need. When families are able to find adequate care, they may spend up to 30% of their household income even with financial assistance!

676 new child care businesses and 2,500 additional early childhood educators are needed to meet the needs of Vermonters. This is on top of the need to adequately compensate and attract more childhood educators.

According to Let's Grow Kids, with long-term investments in childcare, nearly an additional 9,000 children will have equitable access to the care they need.

Not only will investments in early childhood education help the economy, high-quality birth-to-five programs can deliver a 13% return on investment annually and lead to better outcomes in education, health, social behaviors and employment.

