

11/12/19 AGENDA, Item 6a - CONSIDERATION OF PROHIBITION OF RETAIL SALE OF TOBACCO PRODUCTS  
SUPPLEMENTAL EMAIL SUBMITTED BY LAUREN NAKANO/BCHD TO THE CITY COUNCIL ON 11/12/19 AT 8:58 P.M.

**From:** Lauren Nakano <Lauren.Nakano@bchd.org>  
**Sent:** Tuesday, November 12, 2019 8:58 PM  
**To:** council@hermosabch.org; Ann Yang <anny@hermosabeach.gov>; staceyarmato@gmail.com; 'Jeff Duclos (jaduclos@aol.com)' <jaduclos@aol.com>  
**Cc:** Kerianne Lawson <Kerianne.Lawson@bchd.org>; Ali Steward <Ali.Steward@bchd.org>; Jacqueline Sun <Jacqueline.Sun@bchd.org>  
**Subject:** Hermosa Beach Prohibition of Retail Sale of Tobacco Products

Mayor Armato, Mayor Pro Tem Campbell, Councilmen Massey, Fangary and Duclos,

From decades of research, we know that the number one thing you can do for your health and longevity is to not smoke. We know there is no safe amount of smoking and that the nicotine found in cigarettes is highly addictive. It took years – even decades – for the public health community to realize the harms of smoking. We are particularly concerned about the vaping epidemic that has been in the news lately. Many American teenagers are already hooked on nicotine, which may be one of the toughest drugs to stop using without help. In the most popular device, Juul, there can be 20 cigarettes worth of nicotine in one pod. Unlike other substances that might make their way to campus, vapes are hard to detect, and can easily be concealed, because many look like common devices like highlighters or USB chargers, and can easily be slipped into a pocket or backpack.

Our Beach Cities Partnership for Youth Coalition has been working to bring the community together to prevent youth substance use, identify and support policies that address substance use and combine efforts with partners to create the most impact across the Beach Cities. The magnitude of this epidemic cannot be overestimated: over the past several years, the surge in vaping is the largest increase in teen use of any substance that the National Institutes of Health survey has tracked in its 44 years of existence.

We support the City of Hermosa Beach as you consider options for prohibition of retail sale of tobacco products and welcome opportunities to partner with the City to advance this process going forward.

Sincerely,

**Lauren Nakano**

*Director, Blue Zones Project*

Beach Cities Health District

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Creating a healthy beach community.