

Lancaster County Health Advisory Council
Meeting Minutes
January 9, 2026

Council Members present: Mike Bromirski, Loren Miller, Dr. Bryan Cicuto, Dr. Anne-Marie Derrico, Dr. Tyker McCardell, Kim Stonebraker, Dr. Ericka Powell, Deborah Willwerth, R.N., Dr. Angela Sonon, Dolores Reidenbach, and Dr. Jeffrey Martin.

Council Members absent:

Guests present: Kris Niehaus (DPS), Brian Pasquale (DPS) and Dr. Michael Reihart.

Meeting called to order by Dr. Cicuto at 8:00am.

Transcript

[CHAC Meeting 01.09.2026](#)

Overview

The CHAC meeting on January 9, 2026, focused on introductions of new members and addressing the issue of youth vaping. Key points included the rise in teen vaping, with 6.3% of 10th graders in Lancaster County reporting vaping in the past three days and 13.2% reporting vaping in the past year. The meeting highlighted the dangers of vaping, including lung injuries, addiction, and the potential for gateway to other substances. Dr. Michael Reihart presented on the health risks of vaping and nicotine, emphasizing the need for community education and collaboration to address this public health crisis.

Action Items

- Assume interim CHAC duties as interim lead and act as primary contact during the county staffing transition
- Draft a proposal/plan for a county symposium bringing together police, law enforcement, EMS, schools and public health to coordinate a county campaign addressing vaping
- Send the meeting minutes to the council members by Monday and provide contact information for interim liaisons during the county staffing transition
- Raise the countywide vaping issue with the county superintendent at next week's meeting
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- Offer and provide vaping presentations to all 16 school districts in the county (coordinate scheduling and delivery)

Outline

Introductions and Meeting Kickoff

- The group notes the appointment of 3 new council members: Dr. Tyler McCardell, Dr. Ericka Powell and Dr. Anne-Marie Derrico.

- The council members introduced themselves and provided information on the expertise and reasons for wanting to be part of CHAC.

Discussion on Council Leadership and Transition

- Kris Niehaus announces her decision to step down from her role and pursue other interests, effective immediately.
- Kris mentions Dr. Brian Pasquale and Zach Gibbons as interim leaders until a new position is filled.
- Kris thanks the council members for their contributions and expresses confidence in the team's ability to continue the work.
- Dr. Cicuto nominates Loren Miller to serve as the new chair, which is unanimously approved by the council.

Presentation on Vaping and Nicotine Addiction

- Dr. Michael Reihart introduces himself and his roles in the county, including regional director for EMS and County Medical Director for Public Safety.
- Dr. Reihart discusses the dangers of vaping, including nicotine addiction and lung injuries, using visual aids to illustrate his points.
- He highlights the rise in teen vaping and the harmful effects of nicotine on the developing brain.
- Dr. Reihart emphasizes the need for community education and collaboration to address the issue.

Discussion on Vaping Policies and Community Impact

- Michael Bromirski discusses the challenges schools face in addressing vaping, including the difficulty in monitoring and enforcing policies.
- Dr. Reihart and other members discuss the need for public bans on vaping and the importance of labeling and regulation.
- The conversation touches on the cultural aspects of vaping and the role of social media in promoting it.
- Members suggest various strategies for education and prevention, including involving parents, schools, and community organizations.

Conclusion and Next Steps

- Dr. Reihart offers to present his lecture to all 16 school districts in Lancaster County to raise awareness.
- Members discuss the potential for a larger county campaign to address vaping and other substance abuse issues.
- Brian Pasquale suggests organizing a symposium to bring together police, law enforcement, EMS, and school representatives to develop a coordinated approach.

- The meeting concludes with a commitment to continue working on these issues and exploring new ways to support the community.

Meeting adjourned at 9:05am

Next Meeting Date: March 6th, 2026

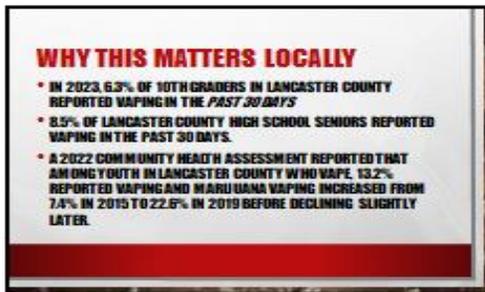
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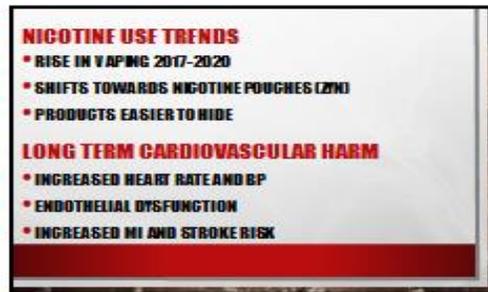
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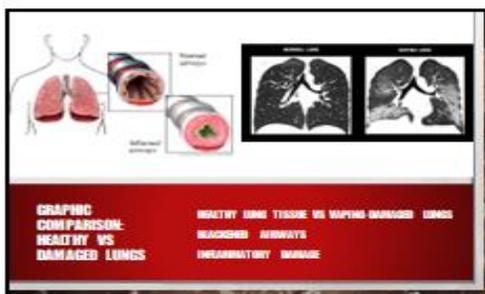
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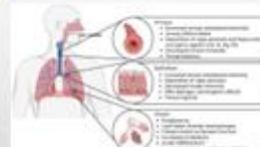
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REAL EMERGENCY DEPARTMENT CASES (ANONYMIZED)

- 16-YEAR-OLD WITH SEVERE CHEST PAIN AFTER DAILY VAPING
- 17-YEAR-OLD ATHLETE WITH SUDDEN ASTHMA ATTACKS REQUIRING EMS
- TEEN ADMITTED WITH EVALI (VAPING-ASSOCIATED LUNG INJURY)
- THESE PATIENTS DID NOT THINK VAPING WAS DANGEROUS.

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EVALI: VAPING-ASSOCIATED LUNG INJURY



- CAN REQUIRE HOSPITALIZATION OR ICU CARE
- OFTEN LINKED TO THE CARTRIDGES AND ADDITIVES
- SYMPTOMS: COUGH, CHEST PAIN, FEVER, VOMITING, SHORTNESS OF BREATH
- SOME PATIENTS NEED OXYGEN FOR WEEKS OR MONTHS

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WHAT IS A VAPE PEN?

A VAPE PEN IS A SMALL ELECTRONIC SMOKING DEVICE. INSIDE IS A BATTERY, A HEATING COIL, AND A CARTRIDGE FILLED WITH LIQUID OR OIL.

WHEN THE USER INHALES OR PRESSSES A BUTTON, THE BATTERY TRIGGERS THE COIL. THAT HEATS UP THE LIQUID — INSTEAD OF TONGUE IT WITH A FIRE CIGARETTE.

THAT VAPE PEN CONTAINS NICOTINE OR TAR, ALONG WITH SWEETENERS, FLAVORS, AND OTHER CHEMICALS CALLED ADDITIVES.

BECAUSE IT'S AN AIRLESS, HOT SMOKE, IT TRAVELS DEEP INTO THE LUNGS, WHICH MAKES AN ADDICTION WITH THE CHARACTERISTICS OF MARIJUANA — SMOKE TO BE DELIVERED.

FOR TEENAGERS, THIS MEANS RISKY BEHAVIOR, HIGH RISK OF ADDICTION, AND LUNG INJURY — EVEN WITHOUT VISIBLE SMOKE OR TAR.



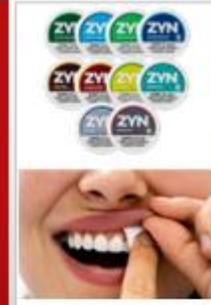
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WHAT ARE ZYN AND SIMILAR PRODUCTS?

ZYN AND SIMILAR PRODUCTS (E.G., ONY) USE A NICOTINE POWDER — THEY FLAVORED SACHETS CONTAINING NICOTINE SALTS THAT ARE TACKLED BETWEEN THE LIP AND GUM AND ABSORBED THROUGH THE MUCOSA. INSIDE CIGARETTES OR AIR-STYLE VAPERS, THEY DON'T PRODUCE SMOKE OR TAR.

THEY CONTAIN NICOTINE, A HIGHLY ADDICTIVE CHEMICAL.

THEY DO NOT CONTAIN TAR OR TOBACCO LEAF, BUT THEY STILL DELIVER NICOTINE. BECAUSE OF THE FLAVORS THAT APPEAL TO YOUTH (MINT, CITRUS, BERRY).



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WHY TEENS USE THESE PRODUCTS?

- DISCREET — NO SMOKE OR VAPOR VISIBLE EASY TO HIDE — CAN BE USED IN CLASSROOMS OR AROUND PARENTS.
- FLAVORED & MARKETED ON SOCIAL MEDIA WHICH INCREASES APPEAL.
- MANY TEENS DON'T REALIZE THEY CONTAIN NICOTINE AND THAT NICOTINE IS ADDICTIVE.

BECAUSE THERE IS NO VAPOR OR SMOKE, SOME TEENS THINK POWDERS ARE SAFE — BUT THEY STILL DELIVER NICOTINE.



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THE TEEN BRAIN & NICOTINE

- BRAIN DEVELOPS UNTIL 25 YEARS OLD
- NICOTINE PERMANENTLY ALTERS REWARD PATHWAYS
- HIGHER RISK OF ANXIETY, DEPRESSION, AND ADDICTION
- HARDER TO QUIT THE EARLIER YOU START



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LONG TERM ADDICTION CONSEQUENCES

- CHRONIC DEPENDENCE
- GATEWAY TO OTHER SUBSTANCES
- MOOD AND ANXIETY DISORDERS

FINAL COST OF ADDICTION

- \$8-\$10/DAY
- \$2,000-\$3,500/YR
- \$40,000+ OVER 20 YEARS

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VAPING TRC

- High-potency TRC today is very different from what people used in the 1970s-80s.
- Back then, cannabis typically contained about 1-4% TRC and had a more balanced amount of CBD.
- Today's cannabis often contains about 15-25% TRC with little to no CBD.
- CBD probably helped regulate some of TRC's potential effects. Modern marijuana oils and concentrates can reach TRC levels close to 95%.

"SCRAMBLING"

- In recent weeks, "scrambling" has made its way into the culture. The language includes terms such as "scrambling" and "scrambling," a common euphemism for a medical marijuana withdrawal LENS.
- According to the CDC and other health experts, brain health can be negatively impacted by CBD and THC, particularly in areas where they cross over.

Lung and physical health risks

- Vaping TRC has a very strong flavor of CBD, a serious respiratory condition that has caused the deaths of thousands of people. The use of TRC cartridges and other devices can be a risk to your health.
- Increase in the use of TRC has led to a higher risk of heart attack and stroke, and possibly to a higher risk of cancer, especially with the use of high-dose TRC.

Mental health and brain effects

- TRC use has been associated with a higher risk of mental health issues, including anxiety, depression, and psychosis. The use of TRC has also been associated with a higher risk of self-harm and suicide.

Product quality and contamination

- TRC use has been associated with a higher risk of contamination, including the presence of heavy metals, pesticides, and other harmful substances.

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SCHOOL & ATHLETIC IMPACT

- Reduced endurance and stamina
- Missed school due to illness
- Suspensions and discipline issues
- College and sports eligibility concerns

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PENNSYLVANIA LAW

- ILLEGAL TO BUY OR POSSESS VAPE PRODUCTS UNDER 21
- SCHOOL DISCIPLINE AND FINES POSSIBLE
- CRIMINAL CHARGES CAN AFFECT FUTURE OPPORTUNITIES

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BOTTOM LINE

Vaping is NOT harmless

We see the damage in Lancaster County PA

Once lungs are injured, they may never fully recover

Protect your health. Protect your future.

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RESOURCES

- Vaping: Centers for Disease Control and Prevention
- Vaping: The Cleveland Clinic
- Quit Vaping
- Escape the Vape

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