**SI Research Paper Sources**

**Wellness Resource Center:**

*supports the information needs of patients and fosters an overall understanding of health-related topics. This resource provides content covering all key areas of health and wellness, from mainstream medicine to the many perspectives of complementary and holistic medicine*

[**Consumer Health (paid service**)](http://search.ebscohost.com/login.aspx?authtype=ip,uid&profile=cmh)

                   OR  <http://search.ebscohost.com/login.aspx?authtype=ip,uid&profile=cmh>

EBSCO login

*While* ***on campus*** *(& using district WIFI*): no log-in is required.

***Off Campus***:  username: redwoodhs

                         Password:  library@1

**Marijuana (legalize it federally?)**

Government spending on drug enforcement vs treatment: <https://ldi.upenn.edu/sumr-blog/government-spending-drug-control-are-priorities-right>

Psychosis, other problems escalating in Colorado: “Potent pot, vulnerable teens trigger concerns in first states to legalize marijuana”

https://www.washingtonpost.com/national/potent-pot-vulnerable-teens-trigger-concerns-in-first-states-to-legalize-marijuana/2019/06/15/52df638a-8c9a-11e9-8f69-a2795fca3343\_story.html?utm\_term=.7fca073be0ab

A good place to start weighing the pros and cons (lots of good links here, put together by a top reporter on the topic): <https://www.vox.com/science-and-health/2018/8/20/17759820/marijuana-addiction-cannabis-use-disorder-legalization>

Some questions to ponder:

* Legalizing it in all 50 states for medical use is a different topic than for recreational use. Pick one and do a deep dive on it.
* Reducing incarceration is the best argument in favor of legalization so it deserves a deep dive in your essay. Make sure to extensively research arrests, costs of prisons, how enforcement is racially biased, etc. There is a horrible spiral of community, familial and economic consequences that come from a family member being imprisoned, especially because people of color are disproportionally arrested for MJ offenses, even though they smoke it at roughly the same rate as white people.
* We have several years of data from Colorado and Washington state about tax revenue from recreational use, so you should focus on their numbers instead of on projections or one or two years of data from other states. How much revenue did these states raise? How much is that as a percentage of the state’s overall tax revenue? Did it meet expectations?
* There is some evidence that legalization has made marijuana so cheap, tax revenues are actually falling below what was projected by pro-legalization advocates. If it becomes just as cheap to grow as wheat and a joint ends up costing 5 cents, might it become too common and “normalized” in society? https://www.washingtonpost.com/business/2018/11/16/marijuana-is-getting-cheaper-some-states-thats-problem/?utm\_term=.6fd978726817
* What restrictions, if any, would you place on its use? Operating heavy equipment or flying a plane while high is an easy thing to ban, but would you feel comfortable if you knew that your pilot or surgeon or the guy driving the truck in the next lane smoked every night when he gets home from work? Game out the implications of your argument—it still might be worth legalization, but maybe with some restrictions?
* How common and “normalized” should legalized marijuana get? Starbucks-level common, like in some Denver neighborhoods? <https://www.psychologytoday.com/us/blog/happiness-and-the-pursuit-leadership/201712/teen-overall-drug-use-is-down-marijuana-use-is>
* Should the government restrict the more powerful forms of this substance (wax dabs, some edibles) that have a THC content approaching 90% (the weed your parents’ generation smoked was more like 4-5% THC)? What, if any, is a reasonable limit?
* The alcohol industry depends on alcoholics to be profitable--the legalized marijuana industry will depend on daily smokers using more and more powerful strains. Legalization means they will target that population with sophisticated marketing, cheaper prices (think Walmart selling weed rather than a hippie with a greenhouse), and stronger potency. Are you OK with that? If so, acknowledge the possible costs of legalization while arguing that, on balance, it’s still the best approach (harm reduction). <https://www.theatlantic.com/ideas/archive/2018/08/americas-invisible-pot-addicts/567886/>
* You can take the Libertarian stance that if regular smokers want to do a long-term experiment on their brains and lungs, that's their choice, but you should at least acknowledge that some people are addicted and harming themselves by heavy smoking, which is becoming more common since it got legalized in some states. Should we write this population off in the name of the greater benefits that come from legalization? (it’s OK to argue this from the harm-reduction standpoint). Should the government restrict advertising? What are the long-term cognitive effects of regularly smoking the new, more powerful marijuana? <https://www.vox.com/policy-and-politics/2017/7/28/16050212/marijuana-legalization-study-maastricht>
* Is legalization raising the amount of money forecasted? State Treasurer Proposes Lower Tax on Cannabis Sales https://youtu.be/arC97vni7rg

There is no way this drug should be a Schedule 1 drug (100% banned with “No medical benefits”—the same classification as heroin). Aside from the fact that is has some medical uses, there is a disturbing history behind this classification that is linked to anti-black and (especially) anti-Mexican racism in the early 20th century. Look up Harry Anslinger to research the reasons behind the Schedule 1 classification—it could bulk up your arguments for legalizing it.

**Medical Marijuana**

There are claims online that CBD and/or THC can cure or alleviate hundreds of medical conditions. The gold standard of medical studies is **double-blind** (meaning that neither the subjects nor those who administer the experiment know who is getting the experimental drug and who is getting the placebo) experiments with **large sample sizes** over a **long period of time**. CBD and THC have been proven by these kinds of studies to help with the appetites of chemo/AIDS patients, glaucoma and a certain kind of epilepsy. Any other claimed benefit does not YET meet this standard of proof and shouldn’t be in your essay (for now).

There is a “wild West” atmosphere currently when it comes to health claims for CBD and marijuana in general. Very little regulation and a lot of scams and well intentioned but incomplete information out there. Here’s one of many examples: “What Are the Benefits of CBD?”

https://www.nytimes.com/2019/10/16/style/self-care/cbd-oil-benefits.html?action=click&module=Top%20Stories&pgtype=Homepage

**Alcohol Abuse**

Should the government ban alcohol ads? Or maybe restrict them so they aren't so common? Or add mandatory and disturbing warnings (photos of car crashes or damaged livers) to every ad like some European countries do with tobacco? I see liquor ads on billboards and in stores, plus on TV all the time. If you take a stand on some of these questions and/or similar ones that you come up with in your research, backed by evidence from credible sources, you'll have a good argumentative essay. Here’s a study on advertising and alcohol use among teens: <http://www.camy.org/resources/fact-sheets/alcohol-advertising-and-youth/>

Several links to credible sources in this article, which is a good summary of the issue.

“Fewer teens are drinking. But a group of pediatricians is begging parents to be vigilant.” https://www.washingtonpost.com/lifestyle/2019/06/24/when-teens-drink-its-different-than-adults-heres-how-you-can-help-your-child-avoid-problem/?utm\_term=.5fad6b7c8589

Some drugs help reduce alcohol addiction. Here’s an example: https://www.healthline.com/health-news/mental-new-drug-to-reduce-alcohol-use-in-alcoholics-042413

Ireland is considering labeling alcohol as linked to cancer to combat a big alcoholism problem in that country. Would that be a good solution in the US? <https://www.politico.eu/article/alcohol-labels-the-long-term-drinking-game-tobacco-labeling-warning-cancer/>

Cigarette taxes (excise taxes, AKA "sin taxes") are proven to reduce smoking each time they are raised. Research to see if the same is true of alcohol. If so, should the tax be raised higher?

**Juul/Vape**

# “Banning E-Cigarettes Could Do More Harm Than Good” https://www.nytimes.com/2019/11/12/opinion/juul-vaping-bans.html?action=click&module=Well&pgtype=Homepage&section=Editorials

# Analysis: Low number of lung cancer deaths saved California more than half a billion

<https://calmatters.org/articles/lung-cancer-deaths-california-savings/>

A trace chemical linked to emphysema/COPD caused by vaping. Look up interviews with the author, Robert Tarran, around August/September 2020.

<https://www.unc.edu/posts/2019/08/26/carolina-scientists-show-how-vaping-induces-reactions-in-lungs-that-can-lead-to-disease/>

Some chemicals in Juuls are carcinogens. “Carcinogens Found In Regular Cigarettes Are In E-Cigarettes, Too, Study Finds". *Washington Post*. https://www.washingtonpost.com/national/health-science/carcinogens-found-in-regular-cigarettes-are-in-e-cigarettes-too-study-finds/2018/05/25/77cd79e6-4a53-11e8-8b5a-3b1697adcc2a\_story.html?utm\_term=.5c8ea94f3534.

It would be interesting if you investigate which 2-3 chemicals in Juuls are the worst for your health. You could advocate for banning those specific chemicals as one of your solutions.

More bad chemicals: https://www.theverge.com/2018/12/14/18141057/electronic-cigarette-health-toxic-chemical-exposures-heavy-metals

Addiction to nicotine, especially at a young age, makes it more likely to become addicted to other substances. <https://teens.drugabuse.gov/blog/post/smoking-how-it-primes-brain-addiction>

Teens struggle to quit: https://www.nytimes.com/2018/12/18/health/vaping-nicotine-teenagers.html?action=click&module=MoreInSection&pgtype=Article&region=Footer&contentCollection=Health

Industry aims to extinguish bills that would make California first state to ban flavored tobacco

<https://calmatters.org/articles/flavored-tobacco-ban-floundering-california-legislature-vaping-electronic-cigarettes/>

Regulation of flavors that target youths.

https://www.marinij.com/2018/10/28/marin-puts-flavored-tobacco-ban-back-in-the-pipeline/

Should the government ban E-cig ads? Or maybe restrict them so they aren't so common? Or add mandatory and disturbing warnings (photos of “popcorn lungs”) to every ad like some European countries do with tobacco?

[**https://www.youtube.com/watch?v=AFOpoKBUyok&feature=youtu.be**](https://www.youtube.com/watch?v=AFOpoKBUyok&feature=youtu.be)

Exposing YouTube Influencers. If you’ve seen some of these hip, attractive young people showing off how “cool” vaping is, you can try to find that same video or site and use it as a source. In addition, this article is about cigarettes, but is everybody that Juuls on YouTube really an unpaid amateur or are they being paid to push the product? It would be interesting to research how some social media stars pushed Juuling as cool to young people, what techniques they used that are different from old fashioned cigarette ads, etc.: https://www.nytimes.com/2018/08/24/health/tobacco-social-media-smoking.html?action=click&module=Top%20Stories&pgtype=Homepage

FDA November 2018 actions: <https://www.wired.com/story/juul-dodging-ban-flavored-e-cigs/>

**Screen Time**

A 7 minute refresher (from a credible source!) on Jean Twenge’s main ideas “IGen: The Smartphone Generation” <https://www.youtube.com/watch?v=UA8kZZS_bzc>

There are apps that remind people to put their phones down before bed, after a certain number of hours, etc. Which apps work best to help users reduce their use of smartphones? (you can read the reviews on the app page or do some deeper research)

# “How to stop looking at your phone” https://www.vox.com/the-highlight/2019/10/15/20903620/phone-addiction-stop-looking-at-your-smartphone

“Putting Down Your Phone May Help You Live Longer” New York Times https://www.nytimes.com/2019/04/24/well/mind/putting-down-your-phone-may-help-you-live-longer.html?fallback=0&recId=1KuS0IAQvP3DyBXnv9Tlvg7A9tx&locked=0&geoContinent=NA&geoRegion=CA&recAlloc=home-geo&geoCountry=US&blockId=home-living-vi&imp\_id=5621798&action=click&module=Smarter%20Living&pgtype=Homepage

Tech executives routinely limit or even ban the use of smart phones by their own children: <https://www.snopes.com/fact-check/tech-billionaire-parents-limit/>

Snapchat and other similar apps are designed to use variable reward structures—the same tactics used by casinos to hook users. <https://www.washingtonpost.com/national/health-science/rebel-developers-are-trying-to-cure-our-smartphone-addiction--with-an-app/2018/06/17/153e2282-6a81-11e8-bea7-c8eb28bc52b1_story.html?utm_term=.05fb84bbc8d6>

Education programs may exist in some schools designed to help teens avoid overuse and deal with problems that come from tech overload. Research such programs and argue for the ones you like.

(<https://www.ted.com/speakers/adam_alter>

Parents have a role to play: https://www.psychologytoday.com/us/blog/nurturing-resilience/201801/teens-and-dangerous-levels-cell-phone-use

Maybe find a parenting magazine or article with tips about how to get your kid to use the phone less?

More good background info:

<https://www.nytimes.com/2018/10/26/style/phones-children-silicon-valley.html?action=click&module=Top%20Stories&pgtype=Homepage>

<https://www.nytimes.com/2018/10/26/style/digital-divide-screens-schools.html>

**https://www.npr.org/2019/06/20/734533503/parents-check-your-own-screen-habits?utm\_source=twitter.com&utm\_medium=social&utm\_campaign=npr&utm\_term=nprnews&utm\_content=20190630**

**Opioid Epidemic**

Google German Lopez and opioids for good background information on the opioid epidemic. **This article is a great intro to the topic and offers some solutions too.**

<https://www.vox.com/science-and-health/2018/11/29/18117906/opioid-epidemic-drug-overdose-deaths-2017-life-expectancy>

https://www.vox.com/science-and-health/2019/3/26/18282262/opioid-epidemic-purdue-pharma-oxycontin-oklahoma-lawsuit-settlement

NY passed a law to collect costs from opioid manufacturers for the crisis: http://www.governing.com/topics/health-human-services/tns-opioid-tax-new-york-lawsuit.html

Fentanyl explainer: https://www.youtube.com/watch?v=BXmyPsqkP44&feature=youtu.be

Justice for pharma execs who pushed opioids on patients: https://www.vox.com/policy-and-politics/2019/5/3/18528123/insys-fentanyl-trial-verdict-john-kapoor-opioid-epidemic

Opioid prescriptions database by county: <https://www.washingtonpost.com/graphics/2019/investigations/dea-pain-pill-database/>

Damning court docs show just how far Sacklers went to push OxyContin

<https://arstechnica.com/science/2019/01/family-behind-oxycontin-called-addicts-criminals-while-pushing-pills/>

California recently implemented an online system to make sure that people don't hop from doctor to doctor to get around limits on prescription drugs. They've also cracked down on doctors who were way too "generous" with their prescriptions out of corrupt motives. Research this and other ways states and countries are trying to regulate the medical suppliers (CVS in Florida giving out huge numbers of pills and now facing law suits is a good example of how governments are trying to push back against this problem).

Deep brain stimulation is being tested to treat opioid addiction (this article may be behind a pay wall, so search for others on the same topic) https://www.washingtonpost.com/health/surgeon-implants-electrodes-in-patients-brain-in-attempt-to-cure-severe-opioid-use-disorder/2019/11/06/b76bdea8-0000-11ea-8501-2a7123a38c58\_story.html

**Body Image**

A lot of this problem has to do with self-esteem, which girls tend to start losing as they get older. Are there educational programs in schools that try to make girls feel more confident about themselves? If so, you can analyze them and advocate for them to be in more US schools.

Are there companies that do a better job with body image in their ads? If so, you can analyze their ads and advocate that companies that don’t follow these practices should be boycotted.

Israel and some European countries have banned photoshopping models and/or mandated different body shapes in ads. Is this a good solution for the US ad industry? "Photoshopped Images Banned In France Under New Law...Unless It Carries A "Photoshop Warning"." KOKO TV Nigeria. October 03, 2017. Accessed November 15, 2018. https://kokolife.ng/news-events/photoshopped-images-banned-france-new-law-unless-carries-photoshop-warning/.

In Britain, a Member of Parliament brought a complaint against companies that used photoshop to touch up fashion ads. Should the US take similar action? http://www.cnn.com/2011/OPINION/08/08/swinson.airbrushing.ads/index.html

France has a new law that tries to make sure models are a healthy weight: Friedman, Vanessa. "A New Age in French - Modeling." The New York Times. May 08, 2017. Accessed October 31, 2018. https://www.nytimes.com/2017/05/08/fashion/france-laws-thin-models.html.

Which magazines or web sites are the worst offenders and should anything be done about them specifically? Find some ads that are problematic and put them in an Appendix. It doesn’t count towards page length, but you can write about an ad and refer the reader to Appendix A.

**Stress**

How much HW is a good amount? One study found that after 4 hours a week, HW starts to lose its value: https://read.oecd-ilibrary.org/education/does-homework-perpetuate-inequities-in-education\_5jxrhqhtx2xt-en#page2

How much HW does the average HS teacher assign in the US? What about other countries that are successful in education? How much do they assign? What do they do instead?

Mindfulness programs are becoming more common in schools. Some schools teach yoga. Others have Wellness Centers (you can interview one of the Wellness ladies as a source and/or pick up some of their info on solutions to stress).

To study education policy on stress, homework, testing and other related issues, this is a good source with a searchable archive: <https://www.edweek.org/ew/index.html> EBSCO may have some education journal articles that go deeply into this topic. You can also survey students in this class or other classes and use that data.

**LGBTQ Issues (compare/contrast US laws with other countries that do a better or worse job on civil rights for LGBTQ people)**