

RESOURCE LIST

WEBSITES:

KNOW THE RISKS:

<https://e-cigarettes.surgeongeneral.gov/default.htm>

Based on the U.S. Surgeon General's Report on e-cigarette use among youth and young adults; includes various resources such as a parent tip sheet, healthcare provider conversation card, and FAQs. Resources are also available in Spanish. Website includes the Surgeon General's Advisory on E-Cigarette Use Among Youth released in December 2018.

CENTERS FOR DISEASE CONTROL and PREVENTION (CDC):

https://www.cdc.gov/tobacco/basic_information/e-cigarettes/

Provides basic information about e-cigarettes including JUUL for the general public, and specific resources that might be of interest to parents, educators, coaches and health professionals.

THE REAL COST:

<https://therealcost.betobaccofree.hhs.gov/>

The Food and Drug Administration's (FDA) campaign to educate adolescents and young adults about the dangers of e-cigarettes. This interactive website provides information about tobacco basics, the harmful effect of e-cigarette use, and strategies for dealing with addiction. The website is interactive and employs a variety of messaging techniques designed to engage the target audience.

TRUTH INITIATIVE:

<https://truthinitiative.org/>

A youth- and young adult-oriented national prevention counter-marketing campaign providing information about the health effects and social consequences of tobacco, including e-cigarettes and the marketing tactics of the tobacco industry so that they can make more informed decisions and influence others to do the same.

CURRICULUMS:

TOBACCO PREVENTION TOOLKIT:

<http://med.stanford.edu/tobaccopreventiontoolkit.html>

Curriculum targeting middle and high school students; this no-cost program consists of a series of modules designed to increase student understanding of tobacco products including e-cigarettes/vape pens, understand the harm they cause, alert teens to the deceptive and creative marketing strategies employed by the tobacco industry, and teach skills to refuse experimentation and use of e-cigarettes.

CATCH MY BREATH:

www.catchmybreath.org

E-cigarette and JUUL prevention program is available free of charge for schools. Developed for middle and high school students for the purpose of increasing student's knowledge of e-cigarettes, dangers of nicotine, and addiction. The curriculum consists of four lessons at 30-40 minutes each. The program offers in-class activities, teacher education, online resources, and take-home materials for parents.

AVAILABLE MATERIALS:

CONNECTICUT CLEARINGHOUSE:

<https://www.ctclearinghouse.org>

“Order pamphlets and posters”Under ‘Tobacco/E-Cigarettes’

ARTICLES/READING:

E-Cigarettes and Similar Devices

Pediatrics: The Official Journal of the American Academy of Pediatrics; published online 1/28/2019. Available at <http://pediatrics.aappublications.org/content/early/2019/01/24/peds.2018-3652>

Conclusion: *The increasing use of e-cigarettes among youth threatens 5 decades of public health gains in successfully deglamorizing, restricting, and decreasing the use of tobacco products.*

Prevalence and correlates of JUUL use among a national sample of youth and young adults

The Truth Initiative, published 10/29/2018 in the Tobacco Control Journal, available at:

<https://tobaccocontrol.bmj.com/content/tobaccocontrol/early/2018/10/30/tobaccocontrol-2018-054693.full.pdf>

Conclusion *JUUL use was significantly higher among young people.....Frequency of use patterns suggest youth may not be experimenting with the device but using it regularly. Given the high nicotine content of JUUL, there is concern over the potential for addiction and other serious health consequences.*

Public Health Consequences of E-Cigarettes

The National Academies of Sciences, Engineering, Medicine: Consensus Study Report, 2018

<http://nationalacademies.org/hmd/reports/2018/public-health-consequences-of-e-cigarettes.aspx>

An evaluation of the health effects related to the use of Electronic Nicotine Delivery Systems (ENDS) and identification of research needs.

Trajectories of E-Cigarette and Conventional Cigarette Use Among Youth

Yale School of Medicine, Published in the Journal of the American Academy of Pediatrics, January 2018, Study of CT teens

<http://pediatrics.aappublications.org/content/141/1/e20171832>

Conclusion: *E-cigarette use was associated with future cigarette use across 3 longitudinal waves, yet cigarette use was not associated with future e-cigarette use.*

OTHER RESOURCES AVAILABLE:

CONNECTICUT QUITLINE

Telephone Tobacco use cessation coaching available to any Connecticut resident, also has an online and/or texting program, specialty program for teens, and nicotine replacement therapies for those medically eligible (and over 18 years).

1-800-QUIT-NOW (1-800-784-8669); Also available through <https://CommitToQuitCT.com/>

SMOKEFREE TEEN

<https://teen.smokefree.gov/>

Includes a tobacco use cessation online service and a downloadable app “Quit Start” to assist teens with quitting their tobacco use. Smokefree.gov also has specialty sites for women, older adults, and veterans.

State of Connecticut - Department of Public Health - Tobacco Control Program
(860) 509-8251; also available via email at DPHTobacco@ct.gov