

PREVENTION AND CESSATION OF TOBACCO USE IN THE U.S.

Smoking is the nation's largest preventable cause of disease and death.¹ The consequences of using tobacco in any form can be devastating: increased risk of cancer, reproductive issues, heart disease, stroke, and death.² But prevention is possible and is especially important for young people. It's also critical for individuals who currently smoke or use tobacco—even if only occasionally—to stop. The longer a person smokes, the more damage is done to the body. Quitting at any age has benefits.³

Do your part to be tobacco-free, and take action to help family, friends, and members of your community do the same.

Health Risks of E-cigarettes:^{4, 5}

Electronic cigarettes (e-cigarettes) are battery-powered devices that turn nicotine and other chemicals into vapor, which is then inhaled. Clinical studies about the safety of e-cigarettes have not been submitted to the U.S. Food and Drug Administration (FDA), so you have no way of knowing if they are safe or how much nicotine you're inhaling. Using e-cigarettes can turn into a lifelong addiction to nicotine and other tobacco products.

LEARN MORE TO BE THE ONE WHO MAKES A DIFFERENCE.

What Communities Can Do



Parents and Caregivers⁶

Having open conversations with your child from a young age will help him or her feel comfortable sharing information and opinions with you. Talk with your child about your values and expectations about tobacco use. Use everyday events to start a conversation; if you see someone smoking, talk with your child about how tobacco hurts the body.



Behavioral Health and Prevention Professionals, Health Officials, and State and Local Leaders

- Focus prevention and outreach efforts on youth 12-17 and 18-25, ages when tobacco use is most likely to start.⁷
- Research shows links between tobacco use and other behavioral health issues (i.e., substance abuse and mental illness).

- Use multiple strategies to reduce youth access to tobacco products, including:⁸
 - Enforcing youth access laws in a consistent manner statewide;
 - Implementing bans on cigarette advertising in venues where youth and young adults congregate;
 - Providing education to tobacco retailers in a variety of formats;
 - Partnering with the state public health agency to ensure that youth tobacco access strategies are part of the state's comprehensive tobacco control plan;
 - Conducting a mass media campaign aimed at changing social norms and preventing smoking by youth.



Health Care Providers⁹

Ask patients if they use tobacco. If they do:

- Talk with them about ways to quit.
 - Refer patients to 1-877-44U-QUIT (1-877-448-7848) and <http://www.smokefree.gov>.
 - Provide counseling, support, and smoking-cessation medications.



Employers and School Administrators

- Adopt tobacco-free workplaces and campuses.
- Implement evidence-based school programs that teach refusal skills and the dangers of smoking.
- Offer tobacco use cessation classes during the lunch hour or after work.
- Provide smoking cessation programs as part of employee benefits packages.



Tobacco Users

Choose to live a healthier life and take steps to stop using tobacco. If you've tried to quit before, don't give up! Successfully quitting can take more than one try.¹⁰ These resources can help:

- Visit **SmokeFree.gov** at <http://smokefree.gov/qg-preparing-steps.aspx> to find out how to prepare for quitting, like setting a quit date and removing tobacco products from your home, car, and work.
- Be your strongest you—get tips for how to get through the challenges of quitting at <http://smokefree.gov/qg-quitting-quitday.aspx>.
- Sign up for **SmokeFreeTXT** at <http://smokefree.gov/smokefreetxt>, a service for teens and young adults that provides 24/7 encouragement, advice, and tips to help smokers stop smoking for good.*



Community Members

- Lead by example by living a tobacco-free lifestyle.
- Share resources and information from this fact sheet with family and friends who use tobacco and want to quit.

* If you pay for individual text messages, this program may not be for you. Check with your mobile provider.

Helpful Resources

- **BeTobaccoFree.HHS.gov**, <http://betobaccofree.hhs.gov>, provides user-friendly information from the U.S. Department of Health and Human Services (HHS) about tobacco products and the health effects of tobacco use, as well as resources for quitting and tobacco use prevention.
- The **SAMHSA-HRSA Center for Integrated Health Solutions** offers information and resources about tobacco use and cessation for providers, state organizations, and consumers, available at <http://www.integration.samhsa.gov/>.
- The **Centers for Disease Control and Prevention (CDC)** provides a variety of fact sheets on tobacco use and cessation, available at <http://www.cdc.gov/tobacco/youth/index.htm>.
- **Tips for Teens – The Truth About Tobacco**, available at <http://store.samhsa.gov/product/Tips-for-Teens-The-Truth-About-Tobacco/PHD633>, summarizes facts about tobacco use and its consequences and lists signs that a friend may be using tobacco.
- The **Surgeon General's Report, Preventing Tobacco Use Among Youth and Young Adults**, contains detailed information and data about youth tobacco use and prevention strategies. The report is available at <http://www.surgeongeneral.gov/library/reports/preventing-youth-tobacco-use/full-report.pdf>.

Helpful Resources Continued

- The **HHS Office of Adolescent Health (OAH)** summarizes risk and protective factors that contribute to teen tobacco use, at <http://www.hhs.gov/ash/oah/adolescent-health-topics/substance-abuse/tobacco/risk-and-protective-factors.html>. Visit <http://www.hhs.gov/ash/oah/resources-and-publications/info/parents/other-conversations/tobacco> for guidance about how to talk to teens about not smoking.
- The **Smoking Cessation Leadership Center**, <http://smokingcessationleadership.ucsf.edu>, offers webinars, toolkits, technical assistance, and additional resources to promote smoking cessation particularly among smokers with mental and/or substance use disorders.
- The U.S. Food and Drug Administration's (FDA's) "**Break the Chain of Tobacco Addiction**," available at <http://www.fda.gov/tobaccoproducts/resourcesforyou/retail/default.htm>, provides guidance on federal tobacco product regulations and resources to help keep tobacco products out of the hands of youth.

If you need help to quit smoking, talk to a trained National Cancer Institute smoking cessation counselor by calling 1-877-44U-QUIT (1-877-448-7848). This free service is available in English or Spanish for U.S. callers, Monday through Friday, 8:00 a.m. to 8:00 p.m. ET.

Sources

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- ⁶ U.S. Department of Health and Human Services. (n.d.). *Talk to Your Kids about Tobacco, Alcohol, and Drugs*. Retrieved December 17, 2014 from <http://healthfinder.gov/HealthTopics/Category/parenting/healthy-communication-and-relationships/talk-to-your-kids-about-tobacco-alcohol-and-drugs>.
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- ⁸ Substance Abuse and Mental Health Services Administration. (2014). *FFY 2013 Annual SYNAR Reports – Tobacco Sales to Youth*. Retrieved on December 17, 2014 from <http://www.samhsa.gov/sites/default/files/synar-annual-report-2013.pdf>.
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