



TEXAS
Health and Human Services
Texas Department of State
Health Services

Tobacco UPDATE

*An Update on Tobacco Control
and Prevention Activities
in Region 6/5S*

Issue 11

Aug 2023

Tobacco News

New Laws on Tobacco Passed by Texas Legislature



The end of the Texas legislative session brings us new laws that can affect us Texans in

different ways. This article highlights the tobacco-related laws that were passed in the last session.

HB 4758

Prohibits the marketing and selling e-cigarettes products that target minors. This includes e-cigarettes that depict cartoon-like characters, include images of food like candy or juice, images of celebrities, etc. Violation is a class B misdemeanor. Effective 1/1/2024.

HB114

Makes it mandatory to place a student caught using or selling

vapes into a disciplinary alternative education program. Effective 9/1/2023.

Bill Information: [HB 4758](#) [HB 114](#)

Companies Required to Post Signs About Health Risks of Smoking at 220,000 Stores

Tobacco companies are now required to post eye-catching signs about the consequences of smoking at over 220,00 retail stores across the country. The signs will be installed near cigarette displays in these stores from July 1 and September 30 and must be displayed until June 30, 2025. The signs will be in both English and Spanish. There are 17 distinct corrective statements, all specified by the court many years ago.

This court order is long overdue since the 2006 landmark judgment by Judge Kessler. The judgement found that these tobacco companies lied to the public about the health risks and addictiveness of smoking.

[Full Article](#)

Announcements & Events

Upcoming Events

August 1

- **World Lung Cancer Day**

August 9

- [Asthma Basics Workshop; Webinar; 11am-12:30pm CT](#)

August 10

- [Gamechanger: Shifting from tobacco control to ending the industry's influence for good; Virtual; 12pm-1:30pm ET.](#)
- [Connecting Families to Tobacco Cessation Resources: A Pediatrician's Journey to Establishing Institutional Electronic Referrals; Virtual; 1pm-2pm CT.](#)

October 24

- [Clear the Vapor Conference 2023: State of Play; Virtual; Registration to be announced.](#)

We Want to Hear from You!

Our tobacco coordinator helps community stakeholders with tobacco prevention and cessation efforts. This includes:

- Conducting presentations on tobacco and other products
- Connecting to resources that promote tobacco cessation
- Providing technical support on creating tobacco-free policies

If you have any needs related to tobacco/vaping prevention and control, please feel free to reach out. You can also send an email for any events and announcements you want included in our next issue. We release the newsletter every first week of the month. Please send your announcements/events a few weeks before.

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August Spotlight

August is National Breastfeeding Month



In celebration of breastfeeding month, we will be answering questions related to tobacco and breastfeeding.

What are the effects of tobacco on breastfeeding?

Cigarettes, cigars, and chewing tobacco contain nicotine and other harmful chemicals. Use of these products can harm you and your baby. Smoking is a risk factor for sudden infant death syndrome. It increases risk for ear infection and lung problems in babies. Also, chemicals found in these products can pass through the breastmilk. Nicotine in breastmilk can affect an infant's brain development. Smoking can also decrease the amount of breastmilk.

What about e-cigarettes? Are they safe?

We know very little about the effects of e-cigarettes on breastmilk. What we know is that all e-cigarettes contain nicotine. Even though they may be safer than cigarettes, they are not safe

How long does it take for nicotine to appear in breastmilk?

Nicotine levels in milk are at the highest 30-60 minutes after smoking. You should wait as much time as possible between smoking and breastfeeding. This will limit the amount of nicotine in the breastmilk.

Can I still breastfeed even if I smoke?

Yes. Breastmilk is still the recommended food for infants due to its many health benefits. To lessen the effects of tobacco on your baby:

- Don't smoke near the infant.
- Have smoke-free rules for the car and home.
- Change clothes and wash hands after smoking.

Ready to quit?

Quitting is the best decision you will make for yourself and your child. The Texas Tobacco Quitline offers Texans resources to help them quit. The Quitline provides counselling services for those who want to quit tobacco at no cost. They also provide free nicotine patches, gums, or lozenges for those who are eligible. Please visit yesquit.org or call **1-877-YES-QUIT** anytime to start your quit journey.

Latest in Research

New Medication Shows Promise in Smoking Cessation Trial



A new medication for smoking cessation may be on the horizon. Last month, scientists published the

results of a clinical trial for cytisinicline. Cytisinicline is a new drug that can help tobacco users to quit. It is a naturally occurring compound that binds to receptors that affect nicotine dependence.

The clinical trial studied 810 subjects divided into three groups (2 control groups and 1 placebo group.). The results show that a 6-week course of cytisinicline led to continuous abstinence rates of 25.3% vs 4% in placebo group. The 12-week course of the medication led to abstinence rates of 32% vs 7% in the placebo group. No adverse events occurred during the trial.

The drug shows promise in helping people quit tobacco. Further studies are needed before it can get approval from the FDA. Currently,

there are 7 FDA-approved medications. This includes 5 forms of nicotine replacement therapy (NRT) and 2 non-NRT medications which are bupropion and varenicline.

[Full Article.](#)

Chronic Exposure to Low Levels of Heavy Metals Linked to Cardiovascular Disease



A statement from the American Heart Association reviewed the effects of

some heavy metals to heart health. The statement identifies lead, cadmium, and arsenic as the three contaminant metals that people are exposed to on a regular basis. Lead can be found in paint in old homes, water pipes, electronics, and industrial emissions. Cadmium is found in batteries, pigments, plastic, construction products, etc. Arsenic exposure is mainly through groundwater. **Lead and cadmium can also be found in tobacco products like cigarettes and vapes.** The metals are associated with a higher risk for stroke and heart disease. [Full Article](#)



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