



Tobacco News

Texas House Bill to Ban Tobacco Products in College Campuses

Texas legislators are looking into banning tobacco products, including e-cigarettes, in college campuses across the state. The House Committee on Higher Education held a public hearing of House Bill 3124 earlier last month.

Although Texas already has a law that prohibits the sale of tobacco products to anyone under 21, tobacco use among youth remains a concern especially with the growing number of e-cigarette users. House Bill 3124, authored by Rep. Suleiman Lalani, aims to ban cigarettes, e-cigarettes, and other tobacco products on all colleges and universities in Texas. Currently, the bill has passed the House Committee and is waiting to be voted on by the House and Senate.

[Full News Article](#) [House Bill Info](#)

Youth Activists Demand Action on Flavored Tobacco Products

Youth activists gathered in Washington D.C. to call on the FDA to finalize the proposed rule to ban menthol cigarettes and flavored cigars.



The youth advocates engaged the public alongside the “Follow the Flavors” truth truck which showcases how the tobacco industry is targeting our youth with their advertising that entice youth with the different flavors. They also met with officials from the Department of Health and Human Services and several congressional offices. Their collective call to action for leadership: **Nicotine Addiction Shouldn’t Taste Like Candy!**

[Full Article](#)

Announcements & Events

Upcoming Events

April 15- May 27

- [Freedom from Smoking Clinic \(Virtual\)](#); **Virtual; 5:30pm-7:30pm CT. Registration required. Fee: \$23.50**

May 8-10

- [Second Annual ToPCon- A commercial tobacco prevention conference](#); **Virtual; Free; Registration Required.**

May 10

- [Second Breath Tobacco Cessation Webinar](#); **Virtual; 5pm-6pm PT; Free**

May 23

- **Webinar:** [Break the Chains of Nicotine Addiction](#); **3pm-4pm CT. Registration required.**

May 31

- **World No Tobacco Day**

We Want to Hear from You!

Our tobacco coordinator provides support to community stakeholders regarding tobacco prevention and cessation efforts. This includes conducting presentations on tobacco and other products, connecting partners to resources and other opportunities to promote tobacco cessation, providing technical support on creating tobacco-free policies, and many more.

If you have any needs regarding tobacco/vaping prevention and control or would like to collaborate on a project, please feel free to contact him.

If you have any events and announcements that you want included in our next issue, please reach out. The monthly newsletter is issued every first week of the month so please send your announcements/events accordingly.

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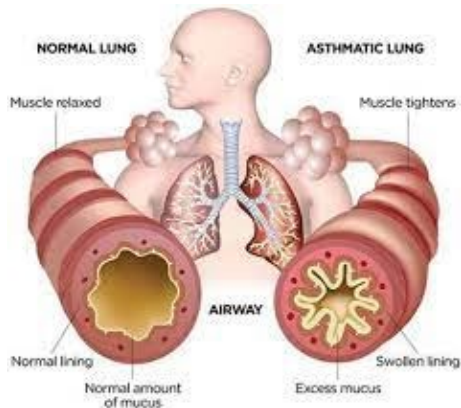
May Spotlight

Breathe Easy with these Tobacco Prevention Tips for Asthma Awareness Month

May is Asthma Awareness Month. Asthma is a common chronic disease that affects the airways of the lungs. Asthma can cause wheezing, difficulty of breathing, chest tightness, and coughing at night or early morning. Certain things in the environment such as pollen, molds, dust, or secondhand smoke can trigger asthma attacks.



During an asthma attack, airways (tubes that carry air to your lungs) become swollen making it narrower. This makes it harder for the air to get in and out of the lungs. The air passing through a narrow airway also creates the



wheezing sound that you can sometimes hear if you have asthma.

Secondhand smoke from tobacco products like cigarettes and e-cigarettes/vapes is a common trigger for asthma attacks. Here are some specific tips to protect your loved ones from secondhand smoke:

- Do not smoke or allow others to smoke in your home or car. Opening a window does not protect you from smoke.
- Make sure your children's day care centers and schools are tobacco-free.
- Teach children to stay away from secondhand smoke. Be a good role model by not smoking.
- If you smoke, the best decision you can make for you and your family's health is to quit.

The **Texas Tobacco Quitline** provides free counselling and other resources to all Texans to help them on their smoke-free journey.

To learn more about the Texas Tobacco Quitline, please visit: <https://yesquit.org/>

Or call: **877-YES-QUIT**

Latest in Research

Can Taxes on E-cigarettes Prevent Youth Use?

While there is sufficient evidence that cigarette taxes are effective in driving down cigarette use, only a few studies have been done regarding e-cigarette taxes. Recent research published in the American Journal of Preventive Medicine studied the effects of e-cigarette taxes on youth e-cigarette use. The researchers used data from the Nation Youth Risk Behavior Survey in addition to e-cigarette prices and taxes (accounting for inflation).

The study found that **increases in e-cigarette taxes led to reduced e-cigarette use rate among youth. It also led to a decrease in frequency of use of e-cigarettes.** In addition to this association, the study also did a simulation of how a \$0.50 and \$1.00 increase in taxes will affect youth use. The tax increase leads to a 6.3% and 12.2% decrease in past 30-day use and a 4.7% and 9.3% decrease in frequency/days of use, respectively. [Full Article.](#)

Reducing Nicotine Levels in Cigarettes

To help curb youth tobacco use, the FDA announced a plan, last year, to [regulate the amount of nicotine in tobacco products](#). However, the question is: will this be effective? Now, a new study can give us a glimpse on how this proposed measure will affect tobacco use in adolescents.

The randomized clinical trial, which was published in *Nicotine and Tobacco*, looked at how reduced nicotine content can affect cigarette use among the youth. Current adolescent smokers were recruited into two groups. One group was given normal nicotine content (NNC) cigarettes while the other group was given cigarettes with very low nicotine content (VLNC). Follow-up was done after three weeks and they found that **those who smoked the reduced nicotine cigarettes, on average, were smoking 2.4 less cigarettes per day compared to those who smoked the cigarettes with normal nicotine content. Those who used VLNC cigarettes also reported lower cravings** compared to those using NNC cigarettes.

[Full Article.](#)



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