



Tobacco UPDATE

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

Issue 4

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Tobacco News

California Begins Flavored Tobacco Ban

After almost two years of lobbying and legal hurdles, California finally implements a ban on most flavored tobacco products. This comes after the Supreme Court rejected R.J.

Reynolds Tobacco Company's bid to block the ban last December 12, paving the way for the ban to take effect on December 21, 2022.

The law prohibits retailers to sell flavored tobacco products including, flavored cigarettes, flavored e-cigarette juice, menthol cigarettes, etc. Flavored premium cigars and loose-leaf pipe tobacco with prices exceeding \$12 are exempted from the ban as well as flavored tobacco used in hookah.

Proponents of the ban have cited flavored tobacco as one of the main reasons why teenage tobacco use

has continued to rise. The latest National Youth Tobacco Survey revealed that 2.55million middle and high school students reported using e-cigarettes and that 85% of those used flavored versions.

On the other hand, tobacco companies and some retailers are concerned that the ban will decrease sales and eventually leave them out of a livelihood.

Others pointed out that the ban would not discourage tobacco use entirely and instead people will find other ways to get

their fix. For example, some may resort to buying flavored tobacco products out of state or just switch to non-flavored tobacco options.

California is only the second state to ban flavored tobacco products following Massachusetts in 2019. Other states are already considering following in their footsteps to help curb the health effects of tobacco on millions of people.

Full Articles: [ABC](#) [CalGlobe](#) [Reuters](#)



Announcements & Events

Upcoming Events

January 10

- [The Dangerous Combination of Menthol and Vaping](#); **Virtual; 1pm-2pm CT**

January 12

- [Tobacco Basics Workshop](#); **Webinar; 1:30pm- 3:00pm CT.**
- [FDA Grand Rounds: Scientific Basis of Menthol Ban](#); **Webinar; 12pm ET**

January 24 - March 7

- [Freedom From Smoking Group Clinic Program](#); **Lee College, Phyllis Davis Conference Rm, Baytown, TX; Every Tuesdays at 6pm-8pm CT. Registration required.**

January 26

- [It's About A Billion Lives Annual Symposium on Tobacco Control](#); **UCSF-Robertson Auditorium, San Francisco, CA; Registration required.**

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.

Additionally, 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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January Spotlight

New Year, New You- How to Quit Vaping

If you've made quitting vaping your New Year's resolution, this is for you. It's not going to be easy, but it is **one of the best health decisions you can make**. Here are some tips on how to quit from Texas DSHS [Tobacco and Control Branch](#)

Prepare to Quit

- Think about the benefits of quitting, such as healthier lungs and less risk for disease or injury.
- Give yourself time to get ready. Then pick a date and stick to it.
- Get rid of all your vapes and accessories.
- Ask people not to vape around you and avoid situations where you know people will be vaping.

Build a Support System

- Ask for help. The people who care about you want you to succeed and will help when times get tough. You don't have to do it alone.
- Take advantage of the resources available through [YesQuit.org](https://www.yesquit.org) and the Texas Quitline at **1-877-YES-QUIT**.

Change Your Habits

- Try changing your daily routine to avoid "triggers" that cause you to want to vape. It may be best to avoid certain situations in the early stages of quitting.
- Prepare for cravings and withdrawal symptoms.
 - Learn about stress-reducing activities like meditation or taking a brisk walk to keep yourself busy.
 - Keep a water bottle or gum handy for when you feel tempted to vape.
 - Think about what you'll say if somebody offers you a vape.
- Focus on the positive aspects of quitting.
 - Start thinking of yourself as someone who isn't defined by vaping.
 - Make a list of positive things about yourself that don't involve vaping and keep it where you can see it often. Remind yourself that quitting is worth it for the long run.
 - Spend time with people who make you feel good about your decision and who want you to quit.

To learn more about vaping and vaping resources, visit: <https://www.dshs.texas.gov/vaping>

Latest in Research

How Did the Pandemic Affect E-cigarette Use?

A recent study published in Nicotine and Tobacco Research looked at the effects of the COVID-19 pandemic on e-cigarette use. Five hundred people were surveyed in the US in April 2020 regarding risk perceptions on COVID and motivations to smoke e-cigarettes. **People who perceived COVID as a great threat to their health were more likely to have decreased e-cigarette use.** Social motivations to smoke and the effect of nicotine dependence were not significantly affected by COVID-19 risk perceptions. [Full Article.](#)

Vaping and Dental Health

E-cigarette use may increase your risk for dental caries or tooth decay, a study finds. Dental researchers from Tufts University and University of North Carolina compared records of around 13,000 patients to determine if there is a difference in risk between e-cigarette users and non-users. They found that **those who use e-cigarettes have a significantly higher risk of**

getting tooth decay compared to non-users. This is one of only a few studies that looked at dental health and e-cigarette use. [Abstract.](#)

Cigarette Smoke Exposure Affects Bone Development

University of California- Riverside researchers conducted studies on osteoblasts (immature, developing bone cells) in a controlled environment to see how cigarette smoke can affect their growth. Bone cells were exposed to mainstream smoke (smoke exhaled by a smoker) and sidestream smoke, which is smoke directly coming from the burning cigarette. Interestingly, the experiment found that **sidestream smoke stopped the development of the bone cells and led to cell death.** In addition, they found that smoke from cigarette brands claiming reduced harm from their cigarettes (less tar, less or no nicotine, etc.) still has the same effect on bone cell development. Osteoblasts are important for bone development in babies as well as bone repair and healing in adults. [Full Article.](#)



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