



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 17

Mar 2024

Tobacco News

Texas Tobacco Quitline to Extend NRT Coverage

Texans needing cessation resources now have more tools to help them quit tobacco. During the previous Texas legislative session, a \$2 million additional funding was granted to the Texas DSHS' Tobacco Quitline Services. This funding allowed the program to extend nicotine replacement therapy medication coverage from two weeks to eight weeks.



The Texas Tobacco Quitline is offered, **free of charge**, to

Texans who want to quit any tobacco product. The service includes quit coaching sessions and nicotine replacement therapy (NRT) to help clients stay quit from tobacco. Medications covered by the program includes nicotine patches, lozenges, and gum. Texans can receive one or a combination of the medications for eight weeks. Those ready to quit can [enroll online](#) or call

1-877-YES-QUIT (1-877-937-7848).
Learn more at [YesQuit.org](https://www.yesquit.org).

[Full Article.](#)

Kentucky Passes Bill to Crack Down on Illegal E-cigarette Sales



As a response to the state's vaping epidemic, the Kentucky House of Representatives recently passed HB 11. The bill aims to limit illegal sale of e-cigarettes to young people and keep unauthorized vaping products out of stores.

It would require businesses to acknowledge whether they are involved in the sale of tobacco products when filing for business paperwork. Retailers will be fined for selling tobacco to anyone under 21. Fines range from \$100-\$500 for a 1st offense to a 2-year ban for the 4th offense. The bill also sets fines for manufacturers and wholesalers.

The bill passed the House on a 62-26 vote and goes to the Senate for consideration.

[Full Article.](#)

Announcements & Events

Upcoming Events

March 26

- [Texas DSHS Region 6/5S Tobacco Prevention and Control ECHO](#); **Virtual; 9-10am CT.**

March 27

- [Products on the Shelves: An Overview of the Tobacco and Nicotine Products Available Today](#); **Webinar; 11am CT**

April 10

- [Eliminate Tobacco Use National Summit](#); **Hybrid/Houston, TX; 8am-4:30pm CT.**

April 11

- [Eliminate Tobacco Use Texas Summit](#); **Hybrid/Houston, TX; 8am-2pm CT.**

Did You Know?



Nicot. Jean Nicot was a French diplomat and scholar who is famous

Nicotine, the addictive chemical in tobacco, was named after the tobacco plant (*Nicotiana tabacum*) which in turn was named after Jean

for promoting tobacco as a medicinal plant in the French court in 1560. Catherine de Medici claimed to have cured her migraines because of this. Of course, now we know that it is not true.

Partner Announcements

Call for Subject Matter Experts

We are organizing a Tobacco ECHO for region 6/5S, and we need the expertise of Physicians, Psychologists, Counsellors, or Researchers who are well versed with tobacco use disorders. If you know someone or you yourself are interested in joining our hub team, please email:

hsr65.echo@dshs.texas.gov.

Join our Region 6/5S Tobacco ECHO

We will be launching an ECHO Project this coming March that will talk about tobacco prevention and cessation. This is in partnership with local health departments in Hardin and Orange counties as well as the cities of Beaumont and Port Arthur. To register and get more information, please visit our [website](#).

Get in touch!

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March Spotlight

March is Blood Clot Awareness Month:

Every year, around 900,000 of Americans are affected by blood clots. As many as **100,000 people die as a result**. This month let's spread the word on blood clots, a preventable condition!

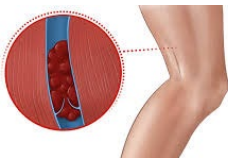
What is a blood clot?

Blood clots are clumps of blood which have turned from liquid to a gel form. This happens to stop blood vessels from leaking blood. Normally, these clots dissolve or break up when they are no longer needed by the body.

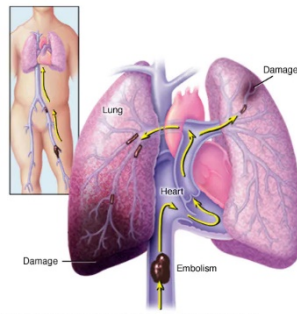
What happens when blood clots do not dissolve?

Blood clots can stay and travel to different parts of the body. When this happens, it can cause medical conditions that may need immediate care. Here are some terminologies that you may hear regarding these clots:

- Deep Vein Thrombosis (DVT)



- A clot that forms in large veins, usually in the lower leg.



- Pulmonary Embolism
 - A blood clot that has broken off and travelled to the lungs, blocking its blood supply.

What are risk factors for developing clots?

Blood clots can affect anyone at any age, but certain risk factors can increase a person's risk.

Major Risk Factors

- Cancer
- Hospitalization/ Surgery
- Pregnancy

Other Risk factors

- Birth control containing estrogen.
- Clotting disorders
- Being overweight
- Sedentary lifestyle
- **Smoking**

How can I prevent blood clots?

1. Know your risk factors.
2. Recognize [signs and symptoms of blood clots](#).
3. Tell your doctor if you have risk factors for blood clots, especially before surgery.
4. Maintain an active lifestyle.
5. Don't smoke or take steps to [quit smoking](#).

For more information on blood clots please visit these websites:

[National Blood Clot Alliance](#) [CDC](#)

Latest in Research

Impact of E-liquid Packaging on Vaping Perceptions Among Youth

Tobacco marketing toward the youth has been widespread especially with e-cigarettes and different flavors of e-liquids. The design of the packaging tends to attract youth to try these tobacco products. The question then is, “Can plain packaging have an impact on the appeal of e-liquids?”

A study published in *Nicotine & Tobacco Research* investigated how package branding, and nicotine levels might be associated with youth interest and their perceived harms of using e-liquids.

The results revealed that **more youth had reported zero interest in plain white or olive packaging compared to branded packaging.** In addition, **more youth perceived the plainly packaged products as equal or more harmful compared to branded products.** Nicotine levels were not associated with youth interest or perceptions of harm.

These results suggests that restricting branding elements on e-liquid packaging may be an effective way to reduce their appeal to youth.

[Full Article](#)

Comparing Different Modes of Counselling and Quit Success

There are different methods of delivering smoking cessation counselling. However, not all methods will work well on everyone. One study from the Netherlands aimed at comparing quit success between different modalities.

The study measured quit success immediately after counselling and at 12-month follow-up for 13,747 participants. Differences between quit success were compared based on the mode of counselling, demographics, and other health conditions.

According to the study, participants from the in-person group counselling and online group counselling were significantly more likely to have quit immediately after counselling compared to telephone counselling. Further analysis showed that **at 12-month follow-up, there were no significant difference between telephone and other modes of counselling.** Those being treated with other health conditions, women, and those with lower educational status were less likely to have maintained quit success.

The findings are important especially for those who have limited access to in-person services. It also suggests that certain groups may need extra support to prevent unsuccessful quit attempts. [Full Article](#)



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