



Tobacco UPDATE

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

Issue 2

Nov. 2022

Tobacco News

FDA, DOJ Seek Injunctions Against E- cig Manufacturers

The US Department of Justice, on behalf of the US Food and Drug Administration, filed complaints against six e-cigarette manufacturers on October 18, 2022. Morin Enterprises, Soul Vapor, Super Vape'z, Vapor Craft, Lucky's Convenience & Tobacco, and Seditious Vapours have been warned previously by the FDA for manufacturing, selling, and distributing new tobacco products without first obtaining marketing authorization from the FDA. However, those warnings fell on deaf ears as these companies continue to produce, sell, and distribute unauthorized e-cigarettes to consumers.

"Today's enforcement actions represent a significant step for the



FDA in preventing tobacco product manufacturers from violating the

law." said Brian King, Ph.D., M.P.H., director of FDA's Center for Tobacco Products. "We will not stand by as manufacturers repeatedly break the law, especially after

being afforded multiple opportunities to comply."

The FDA encourages retailers to discuss with their suppliers whether the products they will be selling have marketing authorizations. The FDA also encourages the public to submit potential violations through their online form.

- [Full Article](#) by FDA

In this issue...

Tobacco News	1
Announcements & Events	2
November Spotlight	5
Latest in Research	7

Announcements & Events

Upcoming Events

October 18- December 6

- [Freedom from Smoking Group Clinic Program \(Online Clinic\)](#) Tuesdays 6:30pm-8:30pm, CT. Registration required (\$23.50).

November 4

- [Tobacco Basics Workshop](#); Virtual; 12pm-3pm

November 5

- **MD Anderson Boot Walk to End Cancer; Texas Medical Center**

November 9

- [Concurrent Treatment of Smoking Cessation and Substance Use Disorder in Primary Care](#); Webinar; 1pm-2pm

November 10

- [Ask, Advise Refer Workshop](#); Virtual; 1:00pm-2:30pm.
- [Texas LGBTQ+ Tobacco Virtual Town Hall](#); Virtual; 4:00pm

November 11

- [Busting the Myths: Smoking Cessation for Individuals with](#)

[Psychiatric Disorders](#);
Webinar; 12pm-1pm

November 17

- [The Great American Smokeout](#), Montrose Center Rm. 107, Houston, TX; 6:00pm-9:00pm
- [Mist-Busters: Facts and Fiction Around Vaping](#). 12pm-12:30pm. Registration required.

November 22

- **BACODA-Brazoria County coalition meeting, 11am-12pm (Zoom)**

Please contact Eliana Navarro:
eliana.navarro@bacoda.org
800-510-3111

December 5-9

- [MD Anderson Certified Tobacco Treatment Training Program](#); Virtual; Registration required.

Tobacco Resources

[Pinnacle Cart](#)



This is where you can order brochures about different health topics (not just tobacco) from DSHS. It's all for free and you don't even have to pay for shipping.

[Tobacco Education Resource Library](#)



This is more specific to Tobacco and Vaping. You can also order or download free materials (Posters, handouts, etc.) on their website and add your own branding.

[Texas Say What!](#)



Texas Say What! is the state's youth advocacy movement against tobacco/vaping. You must be a member youth group to request for the materials but all of it is for free. They also have downloadable materials and trainings which is available to the public for free.

[Community Prevention Program-Texas School Safety Center](#)



The community prevention program recently updated their website. The site contains online trainings as well as recorded ones regarding tobacco prevention. You can also request materials such as community kits, tobacco-free signages, etc.

National Night Outs Community Safety Expo, a Success!

Last October 15, The Woodlands Township organized the Community Safety Expo as part of National Nights Out. Numerous organizations and agencies participated in the event to give out information, giveaways, and education.



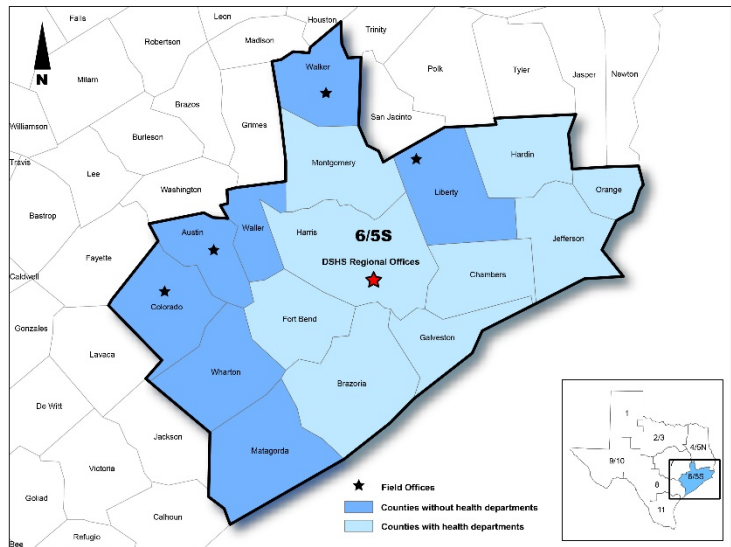
Texas DSHS Region 6/5S Tobacco Prevention Branch tabled at the event and provided education on vaping and its health effects. Water bottles, T-shirts, and stickers from the state's Vapes Down anti-vaping campaign were distributed to community members who attended the event. Community members of all ages learned about the harms of vaping and were connected to resources such as brochures and Texas Quitline cards that can help Texans quit using tobacco products.

Texas DSHS Tobacco Prevention and Control Program in Region 6/5S

The Texas DSHS Tobacco Prevention and Control Program’s goals are:

- **To keep young Texans from ever starting tobacco use.**
- Supporting enforcement of tobacco laws.
- Helping more Texans to quit smoking and stay smoke-free.
- Eliminating exposure to secondhand smoke.
- Reducing tobacco use among high-risk populations.
- Developing and maintaining statewide capacity to support all of the above

Our regional tobacco coordinator supports our communities through 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.



Texas Region 6/5S map

To achieve these goals, our regional tobacco coordinator for **Region 6/5S** provides support to community stakeholders across the region regarding tobacco prevention and cessation efforts.

Region 6/5S is composed of 16 counties centered around the Houston/Harris County metropolitan area (see map). The regional tobacco coordinator serves all sixteen counties with special focus on those counties without a local public health department.

If you have any questions or would like to collaborate on a project, please feel free to contact him.

Julian Laude III, MPH, CHES
 Regional Tobacco Coordinator, PHR 6/5 South
 Texas Department of State Health Services
 Public Health Region 6/5 S
 Phone: (713) 767-3271
 Cell: (832) 474-5836
julian.laude@dshs.texas.gov

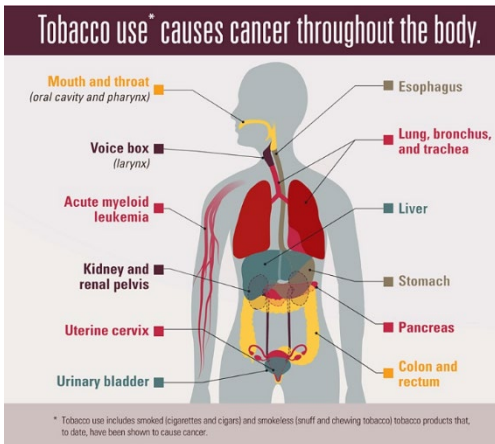
November Spotlight

November is National Lung Cancer and COPD Awareness Month

It's a big month for smoking prevention as November is both National Lung Cancer and COPD awareness month. Lung Cancer and COPD are two of the most debilitating conditions resulting from long-term smoking.

Lung Cancer

Chemicals in cigarette smoke can cause cancer by damaging or changing a cell's DNA. This can lead

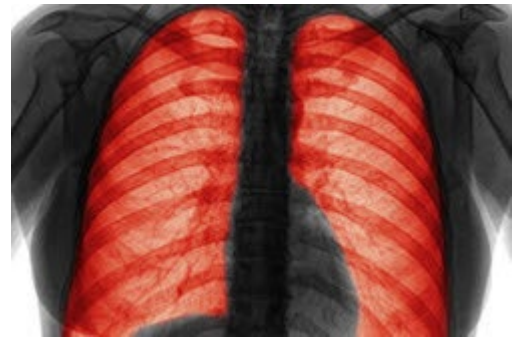


to uncontrollable growth of cells which in turn leads to a tumor. Other chemicals in cigarettes smoke can also weaken the body's immune system, making it harder to fight cancer cells. Therefore, cigarette smoking can lead to cancers

anywhere in your body. The lungs are the most common organs to get cancer from smoking since cigarette smoke is usually inhaled and absorbed in the lungs. In fact, 9 out of 10 lung cancers are due to smoking cigarettes.

People who have smoked for many years should consider screening for lung cancer to help catch or prevent cancers from spreading earlier. Talk to your doctor to learn more about different screening options, their risks, and possible benefits.

COPD



Another health condition caused by cigarette smoking is COPD or **Chronic Obstructive Pulmonary Disease**. This is an umbrella term for diseases that cause airflow blockage and breathing problems. It includes emphysema and chronic bronchitis. In COPD, long-term exposure to irritating chemicals such as those from cigarette smoke cause inflammation or damage of lung tissue. This leads to impaired airflow through the airways and the following symptoms:

- Breathing difficulty
- Coughing
- Wheezing
- Excess phlegm or mucus production

If not treated, COPD can lead to decreased lung function and complications such as heart disease and respiratory infections. If you have concerns about these symptoms, please check with your doctor.

The best and most affordable prevention and treatment for these two conditions is to quit smoking and avoid exposure to secondhand smoke. For more information regarding tobacco, its health effects, and how to quit, please visit the [Tobacco Prevention and Control website](#) of Texas DSHS. The website provides comprehensive information regarding tobacco and tobacco products as well as resources that will assist Texans avoid the harms of tobacco.

Great American Smokeout 2022

On November 17, 2022, the Houston Health Department will host a Great American Smokeout event. It will be at the Montrose Center, Room 107 from 6pm-9pm.

The Great American Smokeout is an opportunity for people who smoke to commit to healthy, smoke-free lives – not just for a day, but year-round. The Great American Smokeout provides an opportunity for individuals, community groups, businesses, health care providers, and others to encourage people to



use the date to make a plan to quit, or plan in advance and initiate a smoking cessation plan on the day of the event. The Great American Smokeout event challenges people to stop smoking and helps people learn about the many tools they can use to help them quit and stay quit. -From: [American Cancer Society](#)

Latest in Research

Results of the 2022 National Youth Tobacco Survey

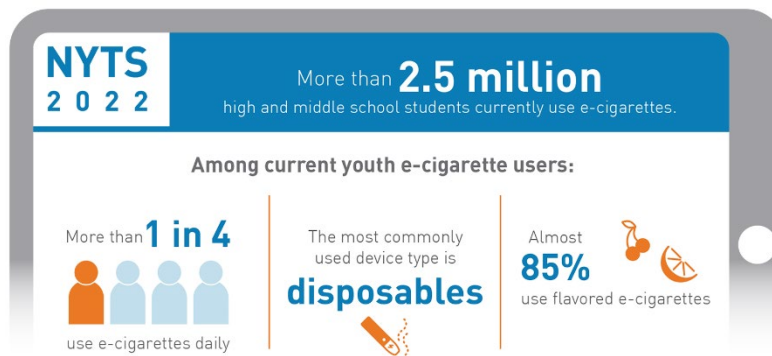
This past month, the FDA and CDC released the results for the 2022 National Youth

Tobacco Survey. E-cigarette use among youth continues to be a concern.

In the 2022 survey, 2.5 million US middle and high school students were currently using e-cigarettes. That amounts to about 1 in 10 students who have used e-cigarettes in the past 30 days. Among high school students, 14.1% or 2.14 million students were currently using while 3.3% or 380,000 students were currently using e-cigarettes in middle school. Most users surveyed used flavored e-cigarettes (85%) with the most popular flavors being fruit, candy, desserts, or other sweets. More than a quarter of current e-cigarette users use an e-cigarette product

daily. This is alarming since it suggests that these youth are starting to get dependent on the nicotine in these devices. In addition, 4 in 10 youth use e-cigarettes at least 20 out of the last 30 days.

The most popular devices among current users were disposables and pre-



filled/refillable pods. Puff bar, Vuse, and Hyde were the three most popular brands among the youth. - [Full report](#) from FDA

Smoking has Cost \$900B in Economic Losses

A study published in The Lancet last month, has determined that



study used economic models to estimate the economic losses that can be due to cigarette smoking in

cigarette smoking has cost the US almost \$900 billion in economic losses. The

2020. Public data from all 50 states regarding state-level income, smoking status, etc. were gathered. Based on their analysis, it was found that the cumulative loss of income across the US was 864.5 billion in 2020. This is equivalent to 4.3% of US GDP in 2020. The estimated mean annual income loss per capita ranged from \$331 in Utah to \$1674 in Kentucky. In Texas, annual income loss per person due to smoking was at \$897.

Considering these estimates, it is important for each state to prioritize tobacco prevention efforts to minimize economic losses. The US Department of Health and Human Services set the Healthy People 2030 goal of reaching a 5% smoking prevalence among adults by 2030. Reaching this goal will greatly improve our economy by diverting resources which would otherwise be used for treating smoking-related illnesses such as heart disease and lung cancer. ([Nargis et. Al, 2022](#))

Is the number of Tobacco/Vape Shops Near Schools Associated with Increased Tobacco Use in Youth?

A study published in the British Medical Journal's (BMJ) Tobacco Control identified tobacco retailers in

Cleveland, OH and collected data on tobacco retail density and proximity to schools. They also gathered data from the 2016 Cleveland Youth Risk Behavior Survey on student demographics and past 30-day cigarette, cigar product, and e-cigarette use.



Analysis of the data revealed that there were no significant associations between the number

of schools within the school's vicinity (tobacco retail density) and tobacco product use among 7th and 8th graders in the Cleveland Metropolitan School District. Proximity of the tobacco retailers was also not associated with tobacco use.

However, students who reported regularly walking to or from school or those who reported stopping at a retail store before or after school were significantly more likely to be a current tobacco product user. This may be due to increased exposure to marketing materials inside and outside of the retail shops. ([Trapl et. Al, 2022](#))



References

- FDA. (2022, October 18). *FDA, DOJ Seek Permanent Injunctions Against Six E-cigarette Manufacturers*. FDA. Retrieved from <https://www.fda.gov/news-events/press-announcements/fda-doj-seek-permanent-injunctions-against-six-e-cigarette-manufacturers>
- American Cancer Society. (2018, September 11). *History of the Great American Smokeout Event*. Retrieved from <https://www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout/history-of-the-great-american-smokeout.html>
- CDC.(n.d.). *Cancer*. Retrieved October 25, 2022, from https://www.cdc.gov/tobacco/basic_information/health_effects/cancer/index.htm
- CDC.(n.d.). *Basics About COPD*. Retrieved October 25, 2022, from <https://www.cdc.gov/copd/basics-about.html>
- FDA. (2022, October 6). *Results from the Annual National Youth Tobacco Survey*. FDA. Retrieved from <https://www.fda.gov/tobacco-products/youth-and-tobacco/results-annual-national-youth-tobacco-survey#2022%20Findings>
- Nargis, N., Hussain, A., Asare, S., Xue, Z., Majmundar, A., Bandi, P., Islami, F., Yabroff, K. R., & Jemal, A. (2022). *Economic loss attributable to cigarette smoking in the USA: an economic modelling study*. *The Lancet. Public health*, 7(10), e834–e843.
- Trapl, E., Anesetti-Rothermel, A., Pike Moore, S., & Gittleman, H. (2021). Association between school-based tobacco retailer exposures and young adolescent cigarette, cigar and e-cigarette use. *Tobacco control*, 30(e2), e104–e110. <https://doi.org/10.1136/tobaccocontrol-2020-055764>