



Tobacco Prevention & Control News

WINTER 2021

Welcome to the first edition of the Tobacco Prevention & Control News. We are determined to reduce the toll of tobacco on the health, safety, and well-being of Texans. Our 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.

We will be publishing this newsletter on a quarterly basis. Email us your content ideas about what you want to see in this newsletter at: Tobacco.Free@dshs.texas.gov.



Statewide Tobacco Prevention and Control Coalition Reactivating

The DSHS Tobacco Prevention and Control Branch plans to reactivate the statewide tobacco prevention and control coalition. The aim of this coalition is to:

- Increase activity and sustainability of community tobacco control programs
- Establish greater credibility and visibility of tobacco prevention and control efforts
- Leverage member resources and expertise to avoid duplication of efforts
- Reduce unintended consequences of policies or programs by promoting diversity and inclusivity from coalition members.

Interested in joining the Statewide Tobacco Prevention and Control Coalition? [Complete this survey!](#)



New Instructors Needed for TYTAP

The [Texas Youth Tobacco Awareness Program \(TYTAP\)](#) is looking for more instructors to provide awareness classes for minors referred by the court to complete TYTAP. TYTAP Instructors are certified by DSHS and trained to provide TYTAP classes in their community.

The next training session is scheduled for March 24-26 and will be held virtually. Interested individuals should [apply now](#).

Events/Health Observances

Click on the dates below to access more information about the event or observance, if available.

January

JAN 29 "It's About a Billion Lives" Symposium

February

FEB American Heart Month

FEB 4 World Cancer Day

FEB 5 National Wear Red Day

FEB 20 Great American Spit Out

March

MAR Colorectal Cancer Month

MAR 22-28 National Drugs and Alcohol Facts Week

MAR 24 Statewide Tobacco Prevention & Control Coalition Meeting

MAR 24-26 TYTAP Instructor Training

April

APR 1 Texas Tobacco-Free Kids Day

[Click here to learn the latest on COVID-19.](#)



Youth and Vaping

DSHS Tobacco Prevention and Control recently launched a new [vaping website](#) and campaign with vaping prevention resources for youth, parents and educators.

The site includes information about vaping, vaping ingredients, how to quit and a [toolkit](#) for educators and other professionals who work with youth. The site is also available in [Spanish](#).

The toolkit provides templated communication materials, newsletter content, guides for event planning and handouts.



Many Programs Available to Help People Quit Tobacco Use

This is the time of year that many people make New Year's resolutions. Quitting smoking is usually at the top of the list. Quitting smoking is one of the most difficult resolutions to keep. [According to CDC](#), **fewer than one in ten adult cigarette smokers succeed in quitting each year**. There are many resources available to help you through your journey and increase your chances to a successful smokefree lifestyle. Call 1-877-YES QUIT or [visit the Texas Tobacco Quitline](#) today!

The Texas Tobacco Quitline (TTQL) is open to all Texans at no cost and has counselors that speak Spanish and English and can provide interpretation services for other languages

Additional Quitline Options:

For Spanish-speaking patients that want help quitting tobacco, **1-855-DEJELO-YA** is an additional option to TTQL.

The Asian Smoker's Quitline provides cessation services including telephone counseling in the following languages:

- Mandarin and Cantonese: **1-800-838-8917**
- Korean: **1-800-556-5564**
- Vietnamese: **1-800-778-8440**

For veterans looking for additional support, the Veterans Administration operates a Quitline at **1-855-QUIT-VET**.

[Download printable PDF](#) from the American Cancer Society

More Resources to Quit

A new [CDC website](#) focuses on medication to help smokers quit. The site features interactive content such as quizzes and provides quitting resources.

YouCanQuit2

There's help for military personnel to quit. A Department of Defense program called [YouCanQuit2](#) is tailored to service members to quit all forms of tobacco.



Say What! Upcoming Trainings

A series of Say What! Virtual Summits will be hosted during Spring 2021 and are free to attend. Each summit training will provide youth the necessary information and skills needed to reduce tobacco use in their schools, communities, and state. Participation in each summit is highly encouraged this year, as each one will build upon the previous training. [Learn more and register.](#)

Tobacco Edu Curriculum

[Tobacco Edu](#) is a new interactive, web-based, self-paced curriculum for college students which educates students about the negative impacts all types of tobacco have on their health, changing social norms about tobacco product use, and encouraging students to refrain from ever using tobacco products. *Tobacco Edu* is made up of five unique chapters, which each contain a combination of videos, animation, quizzes, and/or activities. Students have the option to look through the curriculum for educational purposes or complete all five chapters and receive certificate of completion.



“Hidden in Plain Sight Program” Helps Adults Find Signs of E-Cigarette Use in Brazoria County Youth

The Brazoria County Tobacco Prevention Task Force realized education was necessary and began using the program, *Hidden in Plain Sight* or HIPS. The HIPS program teaches parents and concerned citizens throughout Brazoria County how to spot vape devices in a teenager’s bedroom. Using powertotheparent.org as a guide, they began offering the program. For more information about *Hidden in Plain Sight*, contact Kelly Miller, Tobacco Task Force Community Outreach Specialist, at Kelly.Miller@bacoda.org or visit the [website](#)



Training

Save the Date - [“It’s About a Billion Lives” Symposium, January 29, 2021, 8:30am–12:30 pm](#) Pacific Coast Time, online, UC San Francisco, Center for Tobacco Control Research and Education. In addition to the oral presentations, there will be posters about other UCSF research.

The symposium is free. The Zoom link will be sent out the week of the Symposium.