



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 20

July 2024

## Tobacco News

### New Task Force to Combat Illegal Vapes



Last month, the US Department of Justice and the US Food and

Drug Administration created a multi-agency task force against the illegal distribution and sale of e-cigarettes. In addition to the FDA and Justice Department, the task force will also involve other law enforcement agencies like Bureau of Alcohol, Tobacco, Firearms and Explosives (ATF); the US Postal Inspection Service (USPIS); US Marshals Service (USMS); and the Federal Trade Commission (FTC).

The task force aims beef up current efforts by the FDA to curb the sale and marketing of unauthorized ENDS products, especially to minors. Use of tobacco products, in any form, is detrimental to a youth's developing brain.

[Full Article.](#)

### FDA Lifts Ban on Juul



The FDA rescinded its ban on Juul products last month, leading

people to fear that the controversial vaping product may be back on the shelves. In 2022, FDA imposed a ban on Juul and its products saying that it "lacked sufficient evidence regarding the toxicological profile of the products to demonstrate that marketing of the products would be appropriate for the protection of the public health."

According to the agency, it is rescinding the previous decision due to its review of information provided by Juul labs and because of a new case law. However, the agency clarified that the lifting of the ban does not indicate whether Juul's pre-market application will be approved or denied. The recent development puts Juul Lab's application back into pending status and will need further review from the FDA. [Full Article.](#)

# Announcements & Events

## Upcoming Events

### July 9

- Associations Between Tobacco and Cannabis Use and Mental Health; **Webinar; 12:30pm CT.** [Watch Recording](#)

### July 22

- [Unlocking Solutions: Menthol Smoking Cessation Strategies](#); **Webinar; 11am CT**

### July 22-24

- [ToPCon: a commercial tobacco prevention conference](#); **Hybrid Conference**; [Register here.](#)

### July 21-23

- [Texas Say What! Conference](#), In-person, Austin, TX. Registration required.

### July 23

- [Tackling Tobacco Together: A Deep Dive into Tobacco Recovery Treatment Within Priority Populations](#); **Webinar; 11am-2:30pm CT.**

## Did You Know?



Exposure to fumes of the chemical **diacetyl** can cause **bronchiolitis obliterans**, more commonly known as **popcorn lung**. The disease leads to inflammation of the airways making it difficult for patients to breathe. Diacetyl is a chemical used as **flavoring in vapes** and foods such as popcorn (hence popcorn lung).

## Partner Announcements

### Call for Case Presenters

We are organizing a Tobacco ECHO for region 6/5S, and we need real-life cases (either clinical or systems case) relating to tobacco-use, prevention, and cessation. If you are currently dealing with vaping, smoking or any tobacco-related problems in your community or place of work and would want expert advice from our Hub team, please submit a case [here](#) or email: [hsr65.echo@dshs.texas.gov](mailto:hsr65.echo@dshs.texas.gov).

### [Join our Region 6/5S Tobacco ECHO](#)

### Get in touch!

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# July Spotlight

## Hooked on Hookahs?

When we talk about tobacco, we often talk about cigarettes, cigars, and nowadays, e-cigarettes/vapes. However, there are other tobacco products out there that we need to watch out for. This month, we will be focusing on Hookahs.

### What are Hookahs?

Hookahs are water pipes that are used to smoke tobacco. It can come in different flavors such as apple, mint, cherry, coconut, etc. It is a social activity and is usually done in groups with the same mouthpiece passed from person to person. It also goes by other names like narghile, argihile, shisha, hubble-bubble, and goza.

### How does it work?

Hookah's come in different shapes and sizes, but they do have the same basic parts (see picture).

The bowl is packed with tobacco and other flavorings. Small pieces of heated charcoal are placed on top of the bowl. The smoker, by inhaling through the mouthpiece pulls the heat and smoke from the charcoal and through the tobacco. This aerosolizes the nicotine, flavoring, and toxins. It is then pulled through the water in the water basin where it is cooled making it easier to be absorbed in the lungs.

### Is it safer than cigarettes?

- Hookah has many of the same toxic chemicals found in cigarettes.
- Hookah still contains nicotine, the addictive component of tobacco.
- In a typical hookah session, an individual may inhale 100-200 times the amount of smoke compared to a single cigarette.
- People who smoke hookah may have the same risk for some of the same diseases as cigarette smokers like, Lung and oral cancers, reduced lung function, etc.
- Because it is typically smoked in groups, there is a risk of contracting infectious diseases such as Tuberculosis, Herpes, or hepatitis.

### Is help available?

- The [Texas Tobacco Quitline](#) is available to all Texans, free of charge if you need help quitting.
- Quit coaches at the Quitline are trained to help tobacco-users quit ANY tobacco product.
- Never used tobacco products? Don't start!

## Latest in Research

### **NY Tobacco Program Saves \$13.2 B for State**



A recent study from New York estimated the return

on investment (ROI) of implementing a Tobacco Control Program (TCP) in the state. The study utilized the synthetic control method to estimate how much the state of New York saved from healthcare expenditure and other health outcomes, through their tobacco control program.

According to the results, from 2001-2019, New York saved a total of \$13.2 billion in smoking-associated health care expenditures. In addition, they prevented 41,771 smoking-related deaths through TCP funding in the same period. The state also averted 672, 141 years of life lost (YLL) due to the Tobacco program.

[Full Article](#)

### **Promising New Drug for Vaping Cessation in Adults**

Cytisinicline, a new drug for smoking cessation, may have promising use in patients wanting to quit e-cigarettes. In a recent paper published in JAMA researchers showed the effectiveness and safety profile of this new drug.



The double-blind randomized control trial compared 12

weeks of treatment with cystisinicline against placebo. The researchers recruited 160 adults who vaped daily and wanted to quit. They underwent 12 weeks of treatment with either cystisinicline or placebo. All participants underwent weekly behavioral support as well. Researchers collected data on primary outcome measures weekly until the end of treatment and again 4 weeks after end of treatment (Week 16).

The results of the study showed an odds ratio of 2.64 for continuous e-cigarette abstinence with cystisinicline at the end of treatment (12weeks) and 2.00 at 16 weeks. The drug was well tolerated by participants with 4 people dropping out of the study due to an adverse event.

While it is not yet FDA approved for in the US, cytisinicline has already been used in Europe to aid in tobacco cessation treatment.

[Full Article](#)



## References

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