



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 15

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Tobacco News

FDA Sends Warning to Company Selling "Nicotine Mints"

On November 7, 2023, the FDA warned Nic Nac Naturals for selling unauthorized dissolvable nicotine products called "nicotine mints," resembling popular candies. The FDA expressed concern about the risk these products pose to young children, as they could cause severe nicotine toxicity or even death if accidentally ingested.



Dissolvable Nicotine Product



Food Product

Nic Nac Naturals markets these tobacco products in mint and fruit flavors with two nicotine strengths (3 mg and 6 mg). Ingesting one or more mints can be severely toxic to a child under six, leading to symptoms like nausea, vomiting, seizures, and even death. The company lacks authorization to sell or distribute these products in the U.S. [Full Article.](#)

Sugar Land to Consider Limiting New Tobacco Businesses

Sugar Land may revisit its smoking ordinances to limit hookah bars and smoke shops. Mayor Joe Zimmerman stated that the



city is reviewing regulations on tobacco businesses. The current smoking ordinance allows exceptions for retail tobacco stores and bars. Concerns about hookah bars in business zones prompted a discussion on community health and family-friendly town efforts. The city council is considering new measures to restrict opening tobacco, vaping, and hookah businesses due to the potential impact on families and kids.

[Full Article.](#)

Announcements & Events

Upcoming Events

December 4

- [Basics and Beyond: How Pediatricians Can Help Youth Quit Nicotine](#); **Webinar; 11am-12:00pm CT.**

December 11

- [Marijuana Use and Nicotine](#); **Webinar; 1pm-2pm ET. Registration Required**

December 12-13

- [Motivational Interviewing for Health Behavior Change](#); **Webinar; Registration required.**

Get in touch!

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Partner Announcements

PEERS AGAINST TOBACCO

WANT TO LEARN MORE?
Contact [Hien Nguyen](#) or [Ashley LeMaistre](#).

Visit: <https://www.peersagainsttobacco.org>

ELEVATE TOBACCO/NICOTINE EDUCATION & PREVENTION ON YOUR CAMPUS

Participating community/junior colleges and trade schools will receive tobacco prevention & education programming:

- Welcome kit
- Outreach materials
- PAT-branded swag
- Printed educational materials
- Digital & social media assets
- Assistance in hosting 1 pop-up outreach event

REQUIREMENTS:

- Texas community/junior college or trade school
- Commitment to at least one academic year of tobacco prevention & education on your campus
- Designate at least 1 staff administrator & 1 student to lead efforts on your campus

Let's work together toward a tobacco-free future for all college students!

December Spotlight

You better watch out!: *Tobacco Advertising during Holiday Season*

The Tobacco industry spends billions of dollars each year on advertising. They usually take advantage of the holiday season to market their products using different strategies. In this month's spotlight, we'll look at how the tobacco industry has marketed and continues to market their products to the public.

Sending Good Cheers!



Tobacco companies have one thing in mind. To get you to buy their products! That's why during holiday season, they try to take advantage of the festive spirit by sending ads with festive imagery and warm celebratory messages. These ads appeal to the public and create an association between tobacco-use and positive experiences. Take a look at Santa Claus advertising Camel Cigarettes back in the day (see picture).

"Toys?" In Every Store

Nowadays, cigarettes have lost most of their appeal. But e-cigarettes/vapes are on the rise especially among youth. The



E-Cigarette



Cartoon

tobacco industry has spared nothing

to reach these kids. They use bright colors, attractive packaging, holiday themed flavors, etc.

They even manufacture vapes that

are made to look like toys, school supplies, or cartoon characters (See picture).



E-Cigarette



Toy

The Season of Giving... and Sales!



Another tactic they employ is by using

discounts promotions. According to studies, the youth are more likely to try e-cigarettes if they are on sale or have free samples. This is because young people are more sensitive to price increases.

Tobacco companies also take advantage of "the season of giving" to market their products. You will see several ads that will have gift guides and deals for tobacco products.

The Best Gift

The best gift you can give yourself and your loved ones this season is being tobacco-free. Help is available to those who want to quit. The Texas tobacco quitline is a service offered by the State to help Texans quit smoking. Call **1-877-YES-QUIT** or visit yesquit.org for more information.

Latest in Research

How and Why the Youth Modify E-cigarettes

In the United States, a lot of young people use e-cigarettes and other nicotine delivery devices. Some of them change these devices in ways that might be detrimental for their health. To understand more about these changes and why they happen, researchers talked to 19 teenagers (ages 16–17) in 2020–2021.

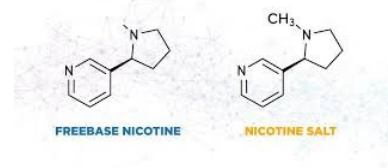
They found that many teens like to mix different e-liquids to make new flavors for their devices. They also modify the e-liquid to achieve their desired nicotine levels for vaping. Some even put things like drugs in them, which can be very dangerous. The teens reported that they got the ideas from YouTube and friends. The study showed that some of these modifications were intended by the manufacturer and some of them unintended. Because of the dangers it poses, rules should be made to keep these devices safe for young people. [Full Article](#)



Do Young People Know Their Nicotine?

Modern advances in the tobacco industry have led to changes in tobacco products on the market. One of those changes is offering nicotine in different forms like 'freebase' or 'nicotine salt'. They can also be 'synthetic' or 'tobacco-derived'. These variations impact how

nicotine is absorbed and the overall



experience. However, it's unclear if young e-cigarette users are aware of these differences.

A study with 271 Ohio youth (aged 15–24) found that 71.7% couldn't identify if their e-cigarette had freebase or nicotine salt, and 75.7% didn't know if it was synthetic or tobacco-derived. More frequent users had slightly better awareness. Most couldn't feel a difference between synthetic and tobacco-derived nicotine. These results emphasize the need for better communication and transparency from the industry to inform youth about the risks associated with the nicotine in e-cigarettes.

[Abstract](#)



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