



Tobacco News

Dallas Could Ban Vapes in Public Spaces



Dallas' Environmental Commission, a citizen advisory group, recommended that the city council expand their smoking ban to include vaping. Candace Thompson who heads the commission said the recommendation was made because of the negative health effects of vaping aerosol for vulnerable populations.

The city last issued a smoking ordinance in 2016. The ordinance included bans on smoking in restaurants. As of now, the city council has seen the recommendation memo but has not voted on it yet. If enacted, the new policy will ban vaping in most public places with a few exceptions.

[Full Article.](#)

Honolulu Mayor Signs Flavored Tobacco Ban

Honolulu Mayor Rick Blangiardi signed a local bill that prohibits the sale of flavored tobacco products in Oahu. The measure aims to reduce the number of youth who vape. According to a 2019 survey conducted in the state, 30% of Hawaii high school students regularly use e-cigarettes.

Although the bill will not take effect immediately, it is a step in the right direction. In Hawaii, state law supersedes county law on the sale of tobacco products. Therefore, this law will only take effect once state lawmakers restore the counties' power to regulate tobacco products.

"It was pretty recently that the power to regulate tobacco products was taken away from the counties. So I know this really is a framework that I know these kids and the public health advocates can take statewide to let the Legislature know that counties are able and ready to protect our community," said City Councilman Matt Weyer.

[Full Article.](#)

Announcements & Events

Upcoming Events

November 15

- [It's a Brain Thang: Exploring why Trauma and Substance has a Long-Term Committed Relationship](#); **Webinar; 11am-12:30pm ET.**

November 16

- **The Great American Smokeout**
- [Tobacco Cessation for Homeless Individuals and Public Housing Residents: A Brief Review](#); **Webinar; 1pm CT.**
- **Breathe with Pride's Great American Smokeout Event; 6-8pm; 2409 Grant St., Houston.** [Flyer](#)

November 28-29

- [Tobacco Policy and Responsible Retailing Conference](#); **Virtual/In-person options available; Tempeh, AZ**

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November 30

- [Addressing Health Disparities for LGBTQIA+ People and People with HIV in Public Housing](#); **Webinar; 11am CT.**

December 4

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

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!

Get in touch!

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November Spotlight

November 17th is the Great American Smokeout

The Great American Smokeout is a day dedicated for promoting a healthy, smoke-free life. The event challenges people to stop smoking and inform them of the various tools available for them to quit and stay quit. During the Great American Smokeout people are encouraged not just to quit but also to start thinking about when they would like to quit. Setting a quit date and making a quit plan can help smokers on their quit journey and are the best first steps they can make for their health.

A brief History of the Great American Smokeout

The idea for the Great American Smokeout came from a 1970 even in Massachusetts. At that event, Arthur Mullaney asked people to give up smoking for a day and donate money they would have spent on cigarettes. In 1974, Minnesota hosted their first D-Day or Don't Smoke Day. In 1976, the California Division of American Cancer Society was able to get 1 million people to quit smoking for a day. From there, the idea grew. In 1977, the American Cancer Society hosted the first national

Great American Smokeout event and have hosted it every year since.

Start with Day One!

Quitting smoking is not easy. It takes time, dedication, and commitment. This is why one of The Great American Smokeout's campaigns say: "You don't have to stop smoking in one day. Start with day one." The American Cancer society, who hosts the event yearly, provides resources and support for anyone who is interested in quitting. To access these resources please visit their website [here](https://www.cancer.org/smokeout).



A Free Resource for Texans

The Texas tobacco quitline is a service offered by the Texas Department of State Health Services to help Texans quit smoking. This service is offered at no-cost for Texans ages 13 years and older. As part of the service, when you call **1-877-YES-QUIT**, you will:

1. Receive 6 counselling sessions that are tailored to you from a trained quit coach.
2. Receive 2 weeks of free nicotine replacement therapy if you are 18 years or older.
3. Have access to self-help booklets to help keep you motivated.

Quitting is hard, but you don't have to do it alone. Coaches are available 24/7 to help you start your quit journey. If you're looking for an alternative that does not involve a call, there is also an online option if you visit yequit.org

Latest in Research

2023 National Youth Tobacco Survey Results: High School Tobacco Use Decreases

This month, the CDC and the FDA released the most recent results of the National Youth Tobacco Survey. Most notable on the survey is

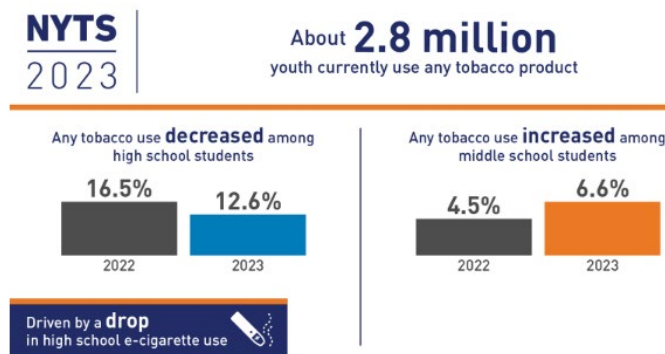
the decline of current overall tobacco use among high school students. Last year, 16.5% of high schoolers were currently using any tobacco products. This year that number has gone down to just 12.6%. This decline was driven by a decrease in e-cigarette use from 14.1% to 10% which translates to **580,000 fewer high school students who currently vape.**

Although, the decline is encouraging, there is still more work to be done since there are still around **2.8 million youth (high school and middle school) who currently use any tobacco product.** In addition, overall

tobacco use in middle schoolers have increased from 4.5% to 6.6%. Multiple tobacco product use also increased from 1.5% to 2.5%.

According to the survey, e-cigarettes remain the most popular product among the youth for the 10th year in a row. More than **2.1 million youth currently use e-cigarettes.** Among those who currently use e-cigarettes, **1 in 4 use them daily.** More than 1 in 3 current youth e-cigarette users

reported using e-cigarettes for at least 20 days out of the last 30 days.



Ninety percent of those who currently use e-cigarette also reported using flavored e-cigarettes with fruit flavors being most popular followed by candy, desserts, and other sweets. Disposable e-cigarettes(60.7%) were the most popular type of device followed by prefilled/refillable pods or cartridges(16.1%).By far, the most popular brands of e-cigarettes were Elf Bars (56.7%), Esco Bars (21.6%), Vuse (20%), JUUL (16.5%), and Mr. Fog (13.6%).

[Full Article.](#)



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

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