



New Hampshire Tobacco Prevention & Treatment Vape/E-cigarettes Resource List

Information:

NH Partner Websites on (vape/e-cigarettes)

- Breathe New Hampshire: breathenh.org/lung-health/e-cigarettesvaping
- Department of Health and Human Services, Division of Public Health Services, Bureau of Population Health and Community Services, Tobacco Prevention and Cessation Program dhhs.nh.gov/programs-services/population-health/tobacco-prevention-cessation
- Northern New England Poison Center <http://www.nnepc.org/national-news/what-is-juuling>
- Save Your Breath New Hampshire – vaping prevention campaign saveyourbreathnh.org

U.S. Surgeon General - Knowing the Risks: E-cigarettes and Young People

- An informational website for youth and adults that includes a fact sheet, video, frequently asked questions and a parent tip sheet. <http://e-cigarettes.surgeongeneral.gov>

CDC Centers for Disease Control and Prevention

- Get the facts about electronic cigarettes, their health effects and the risks of using e-cigarettes http://www.cdc.gov/tobacco/basic_information/e-cigarettes/index.htm
- E-cigarette-or-vaping-products-visual-dictionary [cdc.gov/tobacco/basic_information/e-cigarettes/pdfs/ecigarette-or-vaping-products-visual-dictionary-508.pdf](http://www.cdc.gov/tobacco/basic_information/e-cigarettes/pdfs/ecigarette-or-vaping-products-visual-dictionary-508.pdf)
- E-Cigarettes and Youth Toolkit for Partners: [cdc.gov/tobacco/basic_information/e-cigarettes/pdfs/e-cigarettes-youth-partners-toolkit-508.pdf](http://www.cdc.gov/tobacco/basic_information/e-cigarettes/pdfs/e-cigarettes-youth-partners-toolkit-508.pdf)
- E-Cigarettes Shaped Like USB Flash Drives: Information for Parents, Educators, and Health Care Providers [cdc.gov/tobacco/basic_information/e-cigarettes/factsheet/pdfs/e-cigarettes-usb-flash-p.pdf](http://www.cdc.gov/tobacco/basic_information/e-cigarettes/factsheet/pdfs/e-cigarettes-usb-flash-p.pdf)
- Quick Facts on the Risks of E-cigarettes for Kids, Teens, and Young Adults http://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html
- Presentation for Youth: Know the Risks: A Youth Guide to E-cigarettes: [cdc.gov/tobacco/basic_information/e-cigarettes/youth-guide-to-e-cigarettes-presentation.html](http://www.cdc.gov/tobacco/basic_information/e-cigarettes/youth-guide-to-e-cigarettes-presentation.html)

Truth Initiative: truthinitiative.org/research-resources/topic/emerging-tobacco-products

Tobacco Free California:

- Video of vape devices that look like other common things: youtu.be/fjDP8rTktWw
- Still Blowing Smoke: stillblowingsmoke.org

Juulers Against Juul (6 minute YouTube Video done by youth): <http://www.youtube.be/7EsNG7RcStQ>

Campaign for Tobacco Free Kids

- JUUL and Youth: Rising E-Cigarette Popularity <http://www.tobaccofreekids.org/assets/factsheets/0394.pdf>
- How Schools Can Help Students Stay Tobacco-Free [tobaccofreekids.org/assets/factsheets/0153.pdf](http://www.tobaccofreekids.org/assets/factsheets/0153.pdf)
- Take Down Tobacco takedowntobacco.org

Quit Services: Phone/Apps/Text:

NH Tobacco Helplines:

- **Teens:** call or text 1-855-891-9989 or enroll online at <http://www.MyLifeMyQuit.com>
- **Adults:** call 1-800-QUIT-NOW or enroll online at <http://www.QuitNowNH.org>

Truth Initiative: E-Quit Phone App for (youth and parents) Text: “DITCHJUUL” to 88709 Users can also enroll in This is Quitting or BecomeAnEX®, free digital quit programs truthinitiative.org/what-we-do/quit-smoking-tools

Smokefree.gov: Phone app and text message sign up <https://teen.smokefree.gov/become-smokefree/smokefreeteen-signup>

Programs:

American Lung Association

- **Not On Tobacco®** (N-O-T) seeks to address this growing problem by giving all teens the resources they need to break nicotine dependency and find healthier outlets. lung.org/quit-smoking/helping-teens-quit/not-on-tobacco
- **Intervention for Nicotine Dependence: Education, Prevention, Tobacco and Health** (INDEPTH) is an alternative to suspension to help schools and communities address the teen vaping problem in a supportive way. INDEPTH is an interactive program that teaches students about nicotine dependence, establishing healthy alternatives and how to kick the unhealthy addiction. <http://www.lung.org/quit-smoking/helping-teens-quit/indepth>

American Heart Association Tobacco Free Schools Tool Kit:

heart.org/en/healthy-living/healthy-lifestyle/quit-smoking-tobacco

Breathe New Hampshire - Vaping Unveiled Program

- This free program provides youth, teens, community members, parents and educators the opportunity to learn more about the impact of vaping, Juuling and nicotine addiction on youth, including the latest trends in NH. <http://www.breathenh.org/programs/vaping-unveiled>

CATCH My Breath Youth E-cigarette & JUUL Prevention Program

- A school based prevention program with lesson plans for middle school (grades 5/6 & 7/8) and high school (grades 9-12) teachers as well as a new service learning project. <https://letsgo.catch.org/pages/catch-my-breath>

CVS - Be Vape Free bevapefree.org

MD Anderson Center, ASPIRE Program

- An online interactive program aimed to motivate teens to be tobacco free with videos, animations and interactive activities. Students can earn a certificate of completion upon finishing the program <http://www.mdanderson.org/about-md-anderson/community-services/aspire.html>

Stanford Medical Tobacco Prevention Toolkit

- A toolkit for teachers with in-classroom units and lesson plans on e-cigarettes, tobacco & nicotine med.stanford.edu/tobacopreventiontoolkit/curriculum-decision-maker/by-module/E-Cigs.html

Scholastic and FDA

- The Real Cost of Vaping – understanding the dangers of teen e-cigarette use scholastic.com/youthvapingrisks/index.html

Northern New England Poison Center

- E-cigarettes for School Nurses presentation – covers the mechanics of vaping, types of devices, the short- and long-term effects of nicotine on adolescents, trends in teen vaping, and use of e-cigarettes to vape cannabis-related substances. nnepc.org/poison-prevention-education/webinars-for-professionals/e-cigarettes-school-nurse-webinar

For questions regarding e-cigarettes and vaping, contact the NH Tobacco Prevention and Cessation Program at TPCP@dhhs.nh.gov.