



# WARREN COUNTY HEALTH DISTRICT

416 South East Street – Lebanon, Ohio 45036

Duane Stansbury, R.S., M.P.H.  
HEALTH COMMISSIONER

Scott R. Swope, D.O.  
MEDICAL DIRECTOR

## **Tobacco Prevention, Education and Cessation Resources for Warren County Schools**

Due to the recent information from the Centers for Disease Control and Prevention (CDC) on cases of severe pulmonary disease associated with using e-cigarette products, the Warren County Health District (WCHD) would like to share information on prevention services we can offer in addition to what the Ohio Department of Health distributed last week.

The Ohio Department of Health (ODH) has reported 10 confirmed cases of severe pulmonary illness that's likely due to vaping, while they are investigating 14 other reports of illness. Nationally, the CDC is aware of 380 case of lung illness reported from 36 states and 1 U.S. territory. Six deaths have been reported from 6 states.

Knowing the concerns of parents, schools and community members, the Warren County Health District would like to share the following information on tobacco prevention services provided by our agency, as well as educational information for parents, quitting resources and links to various tobacco prevention websites:

### **Warren County Health District Tobacco Prevention Services and Strategies:**

**Education:** Our health educators can provide tobacco/e-cigarette education in the form of classroom or small group sessions, parenting classes, community programs, and educational programs for youth groups, clubs, school employees and organizations.

**Information Dissemination:** Our health educators can help improve awareness about the harmful effects of tobacco products, including e-cigarettes, and share quitting resources for youths, parents and community members at school and community events. Examples include sporting events, career fairs, health fairs, festivals, open houses, parent-teacher conferences, table/booth during lunch hours and speaking engagements.

**Policy and Systems Changes:** Strengthening both local tobacco policies and school tobacco policies can often improve perceptions and attitudes around tobacco use. Our health educators can help schools and local municipalities improve their tobacco policies, provide clear signage of tobacco-free spaces, modify tobacco advertising and improve local enforcement efforts.

**Youth-Led Organization and Guidance:** Peer-to-peer education is an effective, evidence-based strategy used to prevent youth substance use. Peers model substance-free lifestyles, develop their own educational campaigns and become involved in changing school and community norms. Overtime, this can help change the attitudes and perceptions around youth substance use, including tobacco and e-cigarettes. Our health educators can help organize and facilitate youth-led prevention groups in the schools while providing guidance in the development of strategies and messaging.

**Alternatives to Tobacco and E-Cigarette Use:** Young people are more likely to use tobacco and other substances when they are involved in activities or settings that promote or provide access to substance use, such as unsupervised parties. Constructive, healthy activities that are substance-free limit the opportunity for young people to experiment with and use tobacco. Our health educators can help plan

alternative activities, such as organized socials, drug-free after prom parties, youth/adult leadership activities and community service activities.

**Screening Services and Referral to Treatment:** Whether or not students use tobacco, e-cigarettes, or other substances, all students can benefit from screenings. Our health educators can assist with setting up a program in your school to provide universal screenings for all students and explore options for treatment referrals.

If you have any questions or would like additional information please feel free to contact our WCHD health educators: Amy Fehrenbach, MS, CHES® at 513-695-2427, [afehrenbach@wcchd.com](mailto:afehrenbach@wcchd.com) or Shelly Norton at 513-695-2475, [snorton@wcchd.com](mailto:snorton@wcchd.com).

### **Informational Resources:**

**E-cigarettes and Youth: What Parents Need to Know (Centers for Disease Control and Prevention).** [https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/pdfs/OSH-E-Cigarettes-and-Youth-What-Parents-Need-to-Know-20190327-508.pdf](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/pdfs/OSH-E-Cigarettes-and-Youth-What-Parents-Need-to-Know-20190327-508.pdf)

**Know the Risks: E-cigarettes and Young People (U.S. Surgeon General).** [https://e-cigarettes.surgeongeneral.gov/?s\\_cid=bb-osh-sgr2016-001](https://e-cigarettes.surgeongeneral.gov/?s_cid=bb-osh-sgr2016-001)

**What You Need to Know about E-Cigarettes (American Lung Association).** <https://www.lung.org/stop-smoking/smoking-facts/e-cigarettes-and-lung-health.html>

### **Quitting Resources:**

**This Is Quitting (Truth Initiative).** This is Quitting is a free text message program created with input from teens, college students, and young adults who have attempted to, or successfully quit, e-cigarettes. The program is tailored by age group to give appropriate recommendations about quitting and also serves as a resource for parents looking to help their children who now vape. Youth and young adults can access the new e-cigarette quit program by texting "DITCHJUUL" to 88709. Parents and other adults looking to help young people quit should text "QUIT" to 202899-7550. <https://www.thetruth.com/articles/hot-topic/quit-vaping>

**My Life, My Quit (Ohio Tobacco Quit Line).** This program combines best practices for youth tobacco cessation adapted to include vaping and new ways to reach a coach using live text messaging or online chat. The program includes educational materials designed for teens created with youth input and through discussion with subject matter experts and community stakeholders. To enroll, text or call 1-855-891-9989 or visit [www.mylifemyquit.com](http://www.mylifemyquit.com)

### **Classroom Education Resources:**

**CATCH My Breath Youth E-cigarette Prevention Program (CATCH Global Foundation):** CATCH My Breath™ is a youth e-cigarette, JUUL, and vape prevention education program specific to grades 5-12. This curriculum is free for schools to use and can be completed using a computer. <https://catchinfo.org/modules/e-cigarettes/>

**Tobacco Prevention Toolkit (Stanford Medicine):** With 6 units focused on e-cigarettes and vaping prevention education, this toolkit can be used in classrooms and alternatives to suspensions. The modules are theory-based and evidence-informed resources created by educators, parents and researchers aimed at preventing middle and high school students' use of tobacco and nicotine. <https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs.html>