Happy Holidays from the AAP Julius B. Richmond Center of Excellence

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January 6
2020 PAS Abstracts Due

April 29—May 6
2020 PAS Annual Meeting
Philadelphia, PA
**E-Cigarettes***

**Hot Topics**

**New Data on Tobacco Use Among Middle and High School Students**
According to new data from the 2019 National Youth Tobacco Survey, 1 in 3 high school and 1 in 8 middle school students are current tobacco product users. The most commonly used tobacco product was e-cigarettes, used by 27.5% of high school students and 10.5% of middle school students, followed by cigars and cigarettes. Survey findings confirm that several factors continue to promote youth use of these products, including exposure to tobacco product advertising and promotions and the availability of flavored tobacco products. Comprehensive and sustained implementation of evidence-based tobacco control strategies, combined with FDA regulation of tobacco products, is important for reducing all forms of tobacco product use among US youths. Read the full article from Centers for Disease Control and Prevention's journal, *Morbidity and Mortality Weekly Report (MMWR)*, [here](https://www.cdc.gov/mmwr).  

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**From the AAP Richmond Center**

**Update on New Aetna Program in 2020**
The AAP Richmond Center received funding from the Aetna Foundation to support pediatric health providers in addressing youth e-cigarette use in clinical and community settings. To do this, the Richmond Center is working with a group of pediatricians and public health professionals to finalize an Academy curriculum to prevent e-cigarette initiation and support cessation in youth who are already addicted to nicotine. This curriculum is evidence-based and aligns with AAP policy, including guidelines for topics like e-cigarette health effects, assessing nicotine dependence in teens who use e-cigarettes, and advocating for tobacco control policy in local jurisdictions. Once the curriculum is finalized in early 2020, content will be disseminated to AAP members and the public and freely available on AAP.org.  

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**In the News**

**CDC, FDA Continue Investigation into Lung Injuries Associated with Vaping**
The US Centers for Disease Control and Prevention (CDC) and Food and Drug Administration (FDA) are continuing to investigate the recent outbreak of e-cigarette, or vaping, associated lung injuries (EVALI) in the United States. As of December 3, 2019, a total of 2,291 hospitalized EVALI cases have been reported across the US, and 48 deaths have been confirmed in 25 states. All EVALI patients have reported using e-cigarettes prior to their injury, and the latest national data suggest that tetrahydrocannabinol (THC)-containing e-cigarettes are linked to the majority of cases. The investigation is continuing, and CDC has noted that many different substances are still under investigation. CDC recommends that people do not use THC-containing e-cigarettes, and consider refraining from use of all e-cigarette products. For updated information on the outbreak, including recommendations for healthcare providers, visit [www.cdc.gov/lunginjury](http://www.cdc.gov/lunginjury).  

**Anti-Smoking Campaigns Using Fear Perceived as More Effective than Humor**
A recent European study showed that anti-smoking fear campaigns can reduce the urge to smoke among smokers, and they are perceived to be more effective than anti-smoking campaigns that use humor. Researchers in Portugal tested the effects of two types of anti-smoking ads, inducing fear or humor, and evaluated the impact on emotions, perceived effectiveness, support for tobacco control policies, urges to smoke, and susceptibility to smoke. The study randomly assigned either fear ads or humor ads to 108 participants, which included both smokers and non-smokers. The study also found that non-smokers expressed higher agreement with anti-smoking control policies than smokers, and generally that the vast majority of participants exposed to both campaigns reported high support for tobacco control policies. Read more [here](https://www.cdc.gov/lunginjury).  

**Adolescent Menthol Cigarette Use and Risk of Nicotine Dependence**
According to the national Population Assessment on Tobacco and Health (PATH) study, about half of all youth who have smoked cigarettes in the last 30 days report that they use menthol cigarettes. Menthol cigarettes are attractive to adolescents because they cover the harsh taste and sensation of tobacco smoke, which makes it...
easier to inhale the smoke. Because the smoke is easier to inhale, menthol cigarette smokers expose themselves to higher amounts of nicotine than non-menthol cigarette smokers, which increases their risk for developing nicotine dependence. Findings from the PATH study, recently reported in Drug and Alcohol Dependence, indicate that people who smoke menthol cigarettes report not only an increased physical dependence on cigarettes, but an increased emotional dependence on cigarettes as well, specifically in the areas of craving, affiliate attachment, and tolerance. The PATH study joins a growing body of scientific evidence that indicates menthol cigarettes may be more harmful to youth than non-menthol cigarettes due to increased nicotine dependence which could increase the risk of tobacco-induced disease. PATH study researchers recommend that the FDA should consider a federal ban on menthol as a characterizing flavor or cigarette additive and place an increased importance on menthol tobacco products in tobacco control campaigns and policies. Read the full article here.

Tobacco-Free Pharmacies and US Adult Smoking Behavior: Evidence from CVS Health’s Removal of Tobacco Sales
CVS Health’s decision to remove tobacco products from its stores could support cessation among US adult smokers in urban areas, according to a recent study published in the American Journal of Preventive Medicine. In September of 2014, CVS stopped selling tobacco products in its retail stores in the United States. Utilizing data from the Behavioral Risk Factor Surveillance System, researchers looked at the association between smoking quit attempts and density of CVS retailers over two years following the new store policy. They found that smokers living in counties with a high density of CVS stores had a 2.21% increase in their quit attempt rates compared with smokers living in counties without CVS stores. This effect was greater in urban areas. The authors state that jurisdiction-wide policies eliminating tobacco sales in all pharmacies may have a greater impact on cessation behaviors. Read more here.

Resources and Events

FDA and Scholastic Launch Youth E-Cigarette Prevention Resources
The Food and Drug Administration (FDA) Center for Tobacco Products and Scholastic expanded their collaboration and launched their first middle school resources in addition to new resources for high schools. Resources, such as lesson plans and activity sheets, will be sent to more than one million teachers to help them start educational conversations about the harms of youth e-cigarette use. “The Real Cost of Vaping” website, created by Scholastic, also includes a parent take-home sheet, infographics, youth cessation resources, and an educational program that can be used by schools as an alternative to student suspensions or citations. Additional FDA and Scholastic resources are in development and are expected to be available in Spring 2020. View the resources here.

Toll of Tobacco in the US: State-Specific Fact Sheets
Campaign for Tobacco-Free Kids’ resources and toll sheets have been updated to reflect recent data releases from the 2018 Behavioral Risk Factor Surveillance System and the 2018 National Survey on Drug Use and Health. View the updated resources on the TobaccoFreeKids website.

The Link Between Marijuana and E-Cigarette Fact Sheet and Statement
The rise of e-cigarette use among youth offers a new way to consume marijuana and the dual use of tobacco and marijuana threatens the health of today’s young people. A new Truth Initiative fact sheet presents information about the current state of legalization and changing state laws, as well as marijuana use patterns among youth and adults and the health effects resulting from such use. This statement provides more detail and recommendations to develop policies that prioritize the protection of young people.

ASTHO Vaping Litigation Web Page
The Association of State and Territorial Health Officials (ASTHO) continues to update its Vaping Litigation web page as vaping industry stakeholders sue states over executive orders restricting vaping product sales. See ASTHO’s chart summarizing this information.

Call for Abstracts: Pediatric Academic Societies
Abstracts are due January 6, 2020 for the 2020 meeting of the Pediatric Academic Societies (PAS) in Philadelphia, PA. The conference will be held April 29 – May 6, 2020. The PAS annual meeting brings together thousands of pediatricians and other health care providers united by a common mission: improve the health and
well-being of children worldwide. This international gathering includes researchers, academics, as well as clinical care providers and community practitioners. Presentations cover issues of interest to generalists as well as topics critical to a wide array of specialty and sub-specialty areas. View the PAS website for abstract guidelines and submission information.

People in the News

AAP President-Elect Meets with President Trump on Vaping and E-Cigarettes

American Academy of Pediatrics (AAP) President-elect Sara “Sally” Goza, MD FAAP joined public health advocates and representatives of the vaping industry for a meeting with President Trump to discuss youth vaping on November 22nd. President Trump convened the meeting to discuss his administration’s previously stated plan to remove flavored e-cigarettes from the market, pending Food and Drug Administration (FDA) review. This plan was announced on September 11, 2019, but has not yet been implemented. During the meeting, Dr Goza expressed her concerns about youth vaping, stating “the nation’s doctors are here, and we’re all of the same message: that we need to take all flavors off the market pending FDA investigation.” Dr Goza continued, “we are worried that if we leave one flavor on the market, even menthol, that the children will go to that.” After the meeting, AAP released a joint press statement urging the Trump Administration to implement their stated plan to clear the market of all flavored e-cigarettes: the statement was signed by the American Academy of Pediatrics, American Academy of Family Physicians, American Cancer Society-Cancer Action Network, American Lung Association, American Medical Association, Campaign for Tobacco-Free Kids, Parents Against Vaping E-Cigarettes, and Truth Initiative. For more on the epidemic of youth e-cigarette use, visit the AAP Richmond Center website.

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