Hot Topics

Surgeon General Releases Report on Smoking Cessation
US Surgeon General VADM Jerome M. Adams released a new report, "Smoking Cessation: A Report of the Surgeon General." This is the first Surgeon General’s report in 30 years to focus on smoking cessation. The report highlights the health benefits of quitting smoking and the current evidence for effective interventions that help people quit. The full report, as well as an executive summary, a key findings factsheet, and a consumer guide are available online.

From the AAP Richmond Center

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February 28
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April 29—May 6
2020 PAS Annual Meeting Philadelphia, PA

May 18-20
Nicotine Dependence Conference & National Summit on Smokeless Tobacco Prevention Rochester, MN
AAP E-Cigarette and Vaping ECHO – Accepting Applications Now!
The American Academy of Pediatrics (AAP) is accepting applications for practices to participate in the upcoming E-Cigarette and Vaping ECHO, a forum for pediatricians, other physicians, and nonphysician clinicians from pediatric primary care practices to address youth e-cigarette use. Using evidence-based clinical interventions, this ECHO will help pediatric clinicians prevent youth initiation and support youth who are already addicted to e-cigarettes. The program will have monthly sessions between April – September 2020. Pediatric practices who are interested in improving delivery of e-cigarette support services to adolescents in clinical practices must apply by February 28 at https://www.surveymonkey.com/r/ecigC1.

New AAP Resource: Nicotine Replacement Therapy and Adolescent Patients: Information for Pediatricians
The AAP Julius B. Richmond Center of Excellence and Section on Tobacco Control are pleased to share a new resource, “Nicotine Replacement Therapy and Adolescent Patients: Information for Pediatricians.” This resource is intended to help pediatricians use nicotine replacement therapy (NRT) to help adolescents who wish to quit smoking and/or quit e-cigarette use. Access the factsheet here. For more information on e-cigarettes and other tobacco products, visit the AAP Richmond Center webpage.

2020 RCE Visiting Lectureships Awarded
The 2020 American Academy of Pediatrics (AAP) Julius B. Richmond Visiting Lectureships have been awarded. Read below to find out what each awardee will be offering through their program:

Grantee: Jillian Wall, MD, MPH, FAAP
Phoenix Children’s Hospital
The goal of this program is to ensure that all families treated at Phoenix Children’s Hospital (PCH) and within the Phoenix Children’s Care Network (PCCN) are screened for direct, secondhand and thirdhand smoke exposure and get the highest quality support and assistance to lead tobacco-free lives, and to reduce environmental smoke exposure for all children across the state.

Grantee: Cathy White, MD, FAAP
American Academy of Pediatrics Montana Chapter
The goal of this program is to educate pediatricians, medical students, and other primary care providers including family practice and nurse practitioners throughout the state, on how to screen for and counsel patients regarding secondhand smoke exposure, and to screen adolescent patients that are currently using nicotine containing products.

Grantee: Ila Sehgal, DO
University of Texas at Austin Dell Medical School Pediatric Residency
The goal of this program is to educate faculty, residents, medical students, advanced practice providers, community pediatricians, nurses and respiratory therapists on the dangers of tobacco use and secondhand smoke exposure, and to support the development of a screening and intervention program.

In the News

CDC Releases Updated Information on EVALI Outbreak
The Centers for Disease Control and Prevention (CDC) released an article in Morbidity and Mortality Weekly Report (MMWR) that provides updated information on the outbreak of e-cigarette or vaping related lung injuries (EVALI). The article describes the demographic characteristics of nearly 2,000 patients who were hospitalized with EVALI, and also provides data on the vaping products and substances used prior to hospitalization. The report confirms earlier findings that the majority of patients who were hospitalized with EVALI used vaping products that contained THC. In addition, just over half of patients hospitalized for EVALI used vaping products that contained nicotine. The report provides new data on the source of the vaping products used: most EVALI patients who used THC-containing products got them from informal sources, whereas most EVALI patients who used nicotine-containing products got them from commercial sources. In addition, younger patients (ages 13-17) were more likely to acquire both THC- and nicotine-containing vaping products from informal sources than adults. While the investigation continues, CDC recommends that the best way to avoid all risk of EVALI is to consider avoiding the use of all vaping products. Read more on the EVALI outbreak here.
New Data Confirm that Youth E-cigarette Use Continues to Rise
According to new data from the 2019 Monitoring the Future survey, the percentage of students who report vaping nicotine in the past month more than doubled between 2017 and 2019 for all three grades surveyed, rising from 11% to 25.5% among 12th graders, from 8.2% to 19.9% among 10th graders, and from 3.5% to 9.6% among 8th graders. The most commonly cited product was JUUL, used by 20.8% of 12th graders, 18.5% of 10th graders and 8.5% of 8th graders in the past month. Survey findings are consistent with findings from the 2019 National Youth Tobacco Survey, which found similar increases in youth e-cigarette use in the past two years. These data support the need for comprehensive and sustained implementation of evidence-based tobacco control strategies in order to reduce vaping and nicotine use among US youths. Read the full survey results here.

Analyzing Tweets About JUUL
New data published in the Journal of School Health found that the majority (71.5%) of tweets about JUUL products on Twitter expressed positive sentiment toward JUUL. Nearly 20% of tweets mentioned using the device at home and/or directly in front of responsible adults. Positive sentiment about use of JUUL suggests that the product is being normalized among young people. It may be valuable for educators to discuss the addictive nature of nicotine delivered through JUUL with younger populations. Read the full study results here.

Impact of Menthol on Tobacco-Related Health Disparities
Networking for Health Equity (NHE), an alliance of eight Centers for Disease Control and Prevention (CDC) funded national health disparity networks focused on tobacco and cancer, recommends that access to all tobacco flavoring should be eliminated in order to help end tobacco disparities and minimize tobacco-related addiction. CDC research shows that many populations who experience tobacco disparities are more likely to use menthol at higher rates than the national average, and NHE reports that this increased access to menthol products results in a disproportionate level of harm in this population. In regard to the potential impact of continuing to keep menthol tobacco products off the market, NHE states that “allowing access to menthol actively hurts populations already experiencing tobacco disparities and sets the stage to perpetuate these inequities for another generation”. Read the full article here.

Use of Blunts May Put Teens at Risk for Future Cigar Use
A new study published in JAMA Network Open assessed the use of blunts by adolescents, and association with future use of cigars. A blunt is a hollowed-out cigar that is filled with marijuana and smoked. In the current study, authors enrolled a cohort of youth from Philadelphia, PA and administered a baseline survey and four follow-up surveys over a two-year period. Of the 1825 participants, 257 (14%) self-reported blunt use at baseline. Youth who reported ever-use of a blunt at baseline were more than 22 times more likely to progress to cigar smoking over the 2-year survey period than youth who were not blunt users. These findings indicate that youth who use blunts may be at higher risk for future cigar use than their peers. Public health approaches are needed to address the co-use of tobacco and marijuana among teens. Read more here.

Resources and Events

CDC Announces Youth Engagement Best Practices User Guide
The Centers for Disease Control and Prevention’s (CDC’s) Office on Smoking and Health has published an updated Best Practices User Guide: Youth Engagement in Tobacco Prevention and Control. This guide gives state and local tobacco control program staff and partners information on how to engage youth as part of a comprehensive tobacco control program. Shifting patterns of youth tobacco use to new products, new media platforms that youth use to communicate, and innovative new strategies for reducing tobacco use make it critical to engage youth in tobacco control efforts. The guide provides case examples, makes the case for investing in youth engagement, and identifies best practice control resources and tools to help in planning efforts. Read more and download the guide here.

Tobacco-free Infographics
The National Behavioral Health Network for Tobacco and Cancer Control (NBHN) has released six new infographics to help organizations and individuals become tobacco free. The infographics address the effect of nicotine on the brain, adverse childhood experiences, mental illness and more. All the infographics can be downloaded for free on the NBHN website.
Broken Promises to Our Children: A State-by-State Look at the 1998 Tobacco Settlement 21 Years Later
Campaign for Tobacco-Free Kids, American Heart Association, American Cancer Society Cancer Action Network, American Lung Association, Robert Wood Johnson Foundation, Americans for Nonsmokers’ Rights and Truth Initiative released their annual report, "Broken Promises to Our Children: A State-by-State Look at the 1998 Tobacco Settlement 21 Years Later." The report finds that, despite receiving huge sums from the tobacco settlement and tobacco taxes, states continue to shortchange tobacco prevention and cessation programs that save lives and money. See how your state ranks on tobacco prevention funding.

Smokefree Movies Campaign Launches “Week of Action,” February 2-9, 2020
The Smokefree Movies Campaign has announced a “Week of Action,” to be held February 2-9, 2020. The week’s theme is “What is Hollywood Hiding?”, and tobacco control advocates and public health organizations are encouraged to participate in the week by utilizing resources and shareable content from the Campaign Kit, which includes a variety of materials to educate the public about the impact of on-screen smoking on youth tobacco use. Read more about the Smokefree Movies Campaign here.

Register for Pediatric Academic Societies (PAS) Meeting
April 29 – May 6, 2020
Philadelphia, PA
Registration is now open for the Pediatric Academic Societies' (PAS) annual meeting 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 registration information.

Nicotine Dependence Conference & National Summit on Smokeless Tobacco Prevention 2020
May 18-20, 2020
Mayo Clinic – Rochester, MN
Registration is open for the Nicotine Dependence Conference & National Summit on Smokeless Tobacco Prevention 2020, presented by The Health Education Council and Mayo Clinic. The Summit will give participants the ability to identify up-to-date research on prevalence and relative risks of tobacco, e-cigarettes, smokeless tobacco, and other non-combustible tobacco products; discuss clinical strategies for treating tobacco use disorder within the context of rapidly evolving nicotine delivery products; and describe effective models for community and public health interventions to provide accurate education and address the evolving tobacco epidemic. Abstracts are due January 31, 2020. Register and find more information here.

People in the News

Pediatric Pulmonologist Describes the Impact of E-Cigarettes on her Patients
In a recent blog post for AAP Voices, Sharon McGrath-Morrow MD MBA FAAP described the significant impact that e-cigarettes can have on the health of young users. Dr McGrath-Morrow recounted the story of several previously healthy teenage boys being admitted to the hospital, all struggling with low blood-oxygen levels and shortness of breath. The boys showed signs of significant lung injury related to vaping nicotine and/or tetrahydrocannabinol (THC) products. These injuries necessitated admission to the intensive care unit (ICU), and one teen required weeks of life support from a mechanical ventilator. In her post, Dr McGrath-Morrow issued a call-to-action for pediatricians and public health professionals to combat the epidemic of nicotine addiction in youth. Dr McGrath-Morrow is a pediatric pulmonologist, a member of the AAP Tobacco Consortium, and a member of the AAP Section on Tobacco Control. Read the full post here.

Pediatrician Speaks Out: The E-Cigarette Industry Holds the Blame for Teen Vaping
In a January 10th letter to the editor of the Wall Street Journal, Karen Wilson MD MPH FAAP argued that the blame for the epidemic of youth e-cigarette use lies with the tobacco and e-cigarette industry and with the delays in regulation that allowed these products to be openly marketed and accessible to youth. Dr Wilson noted that
pediatricians and the public health community have been sounding the alarm about the health risks of e-cigarettes for nearly a decade, and will continue to work to protect children and families from nicotine addiction. Dr Wilson is Chair of the AAP Tobacco Consortium and a member of the AAP Section on Tobacco Control. Read the full letter [here](#).

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