Hot Topics

In 2019, Youth Use of E-Cigarettes Reached a Record High

Results from the 2019 Centers for Disease Control and Prevention (CDC) National Youth Tobacco Survey indicate that youth use of e-cigarettes continues to rise. The results, published in *JAMA Pediatrics*, reveal that 27.5% of US high school students reported current use of e-cigarettes in 2019. More than a third (34%) of these students reported “frequent use” of e-cigarettes, meaning that they had used an e-cigarette on 20 or more of the last 30 days. E-cigarettes continue to be the most popular tobacco product among youth in the United States. Read the full article [here](#).

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From the AAP Richmond Center

AAP Richmond Center Funding Opportunity: New Investigator Grants-Due December 2!

The AAP Julius B. Richmond Center of Excellence is accepting applications for New Investigator grants. Awards of up to $12,000 will be given to pediatricians and child health researchers to fund innovative research to protect children from tobacco smoke exposure. The call for [funding proposals](#) is now open. Applications are due December 2, 2019.

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In the News

Outbreak of Vaping-Associated Lung Injury Continues

The Centers for Disease Control and Prevention (CDC), Food and Drug Administration (FDA) and state health
departments continue their investigation into the outbreak of e-cigarette, or vaping, associated lung injury (EVALI). As of November 13, 2019, 2,172 cases of EVALI have been reported in 49 states, Washington DC, and 2 US territories. Forty-two deaths have been reported among EVALI patients in 24 states and Washington DC. CDC has released two MMWR reports to support healthcare providers in managing EVALI: one contains updated clinical guidance and the other describes the characteristics of hospitalized and non-hospitalized EVALI patients. CDC posts updated information on the EVALI outbreak every Thursday on their outbreak website, www.cdc.gov/lunginjury.

**Secondhand Smoke May Harm Children’s Eyes**

A new study published in *JAMA Ophthalmology* reports that secondhand smoke can harm children’s vision, as their eyes are still developing. Researchers found that children who were exposed to secondhand smoke had thinner choroids, which is a layer of tissue that contains tiny blood vessels that nourish the eye. These results support evidence regarding the potential hazards of secondhand smoking to children. Read the full article [here](#).

**Physicians Need Help to Stop Teens from Using E-Cigarettes**

A recent report indicates that pediatricians and other physicians do not have approved therapies to help teens stop using e-cigarettes because there is little research into whether smoking cessation products used by adults will also work for teens. As a result, physicians find themselves designing their own treatment plans, such as combining behavioral therapy with nicotine replacement therapy. Physician experts are urging the Food and Drug Administration (FDA) to fast track research on therapies to support pediatricians and other physicians who care for teens addicted to nicotine. This additional research will build up the evidence base, meeting a critical pediatric health need. Read more about AAP [resources](#) for e-cigarettes.

**Tobacco Use and Tobacco-Related Behaviors—11 Countries, 2008-2017**

In a recently-released Centers for Disease Control and Prevention (CDC) Morbidity and Mortality Weekly Report (MMWR), article, “Tobacco Use and Tobacco-Related Behaviors—11 Countries, 2008-2017,” country-specific data from the Global Adult Tobacco Survey (GATS) from 2008-2017 for 11 countries representing 70% of the world’s population was analyzed, looking at several tobacco use indicators. The data indicated progress in several areas: a decrease of approximately 20 million adults for current tobacco use; a decrease of approximately 98.8 million adults exposed to tobacco advertising, promotions, and sponsorships; a report that 12.4 million additional tobacco users were considering quitting because of graphic warning labels; and a report that 53.4 million adults experienced decreased exposure to secondhand smoke. The authors conclude that “continued surveillance of tobacco use, including new and emerging products, and other tobacco-related measures are also critical for informing tobacco control policy, planning, and practice worldwide.” Read the full article [here](#).

**Tobacco Incidents in PG-13 Movies Increases 2010-2018**

According to a 2012 Surgeon General’s Report, “Youth who are exposed to images of smoking in movies are more likely to smoke; those who get the most exposure to onscreen smoking are about twice as likely to begin smoking as those who get the least exposure.” Unfortunately, the Centers for Disease Control and Prevention (CDC) Morbidity and Mortality Weekly Report (MMWR), article, “Tobacco Use in Top-Grossing Movies — United States, 2010–2018,” reports that the percentage of top-grossing movies with tobacco incidents has remained stable from 2010-2018 and the number of tobacco incidents in PG-13 movies increased by 120%. Biographical dramas accounted for the majority of tobacco incidents, with 73% of those involving fictional characters. The authors conclude that “continued efforts are needed to reduce tobacco incidents in movies, particularly in PG-13–rated biographical dramas,” including limiting tobacco use in biographical dramas to real persons who actually used tobacco, and assigning all movies with tobacco incidents an R-rating. Read the full article [here](#).

**Resources and Events**

**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.
Truth Initiative Infographic: Different Generations, Different Approaches to Quitting

The Truth Initiative released a new infographic that provides 6 key statistics on how each generation has their own unique approach to tobacco use and quitting. Between emails, live chat, social networking, and phone calls, each age group prefers different ways of receiving support. With Baby Boomers, Gen Xers, Millennials, and Gen Zs all part of today's workforce mix, a one-size-fits-all approach to tobacco cessation may lead to some employees feeling left out and less likely to use the resources given. Understanding how each group operates in terms of support may better engage them in quitting. Read more and view the infographic on the Truth Initiative website.

People in the News

1-800-QUIT-NOW: 15 Years of Helping People Quit Tobacco

The AAP Richmond Center congratulates 1-800-QUIT-NOW on its 15th anniversary. The Centers for Disease Control (CDC) and the National Cancer Institute (NCI) launched the National Network of Tobacco Cessation Quitlines in 2004 by dedicating CDC funding for state quitlines and creating one centralized number where people could call to connect to their state quitline. At the time 38 states had their own quitlines. By 2006, all 50 states, the District of Columbia, and Puerto Rico had established publicly funded quitlines. Quitlines offer evidence-based support—like counseling, referrals to local programs, and free medication—to people who want to quit tobacco. Data continue to show that quitlines are effective in helping people quit smoking and in reaching many different groups of people. An infographic and more information on the history of quitlines can be found on the CDC website.