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Hot Topics

E-Cigarette Use Linked to Lung and Bladder Cancer
A new study published in the Proceedings of the National Academy of Sciences has found that exposure to e-cigarette vapor causes lung cancer and may cause bladder cancer in mice. Researchers found that mice who were exposed to e-cigarette vapors sustained significant DNA damage to their lungs, heart, and bladder. Researchers exposed mice to e-cigarette vapor over a four-year period: 23% developed lung cancer and 58% developed precancerous lesions on the bladder. The authors of the study noted that more work is needed to determine the impact of e-cigarettes on humans. Read the full study here.

From the AAP Richmond Center

AAP Richmond Center Funding Opportunity: New Investigator Grants
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.

AAP Richmond Center Funding Opportunity in Pediatric Tobacco Control: Visiting Lectureship Grants – Due November 1!
The AAP Julius B. Richmond Center of Excellence is seeking applicants for the 2020 Visiting Lectureship...
Program. The Visiting Lectureship Program provides grants of up to $3,000 to support two-day, customized educational events that are focused on protecting children from tobacco smoke exposure and integrating tobacco control into medical organizations, health departments, and other settings. Full information is on our website. Applications are due November 1, 2019.

In the News

CDC MMWR: Use of Flavored E-Cigarettes Among Teens Has Increased
Use of flavored e-cigarettes increased among high school students since 2014 and among middle school students since 2015, according to a new report by the US Centers for Disease Control and Prevention (CDC) and the US Food and Drug Administration (FDA). The report also states that nearly two thirds (3.15 million, 64.1%) of middle and high school students that are current tobacco product users said they used flavored tobacco products in 2018. E-cigarettes were the most common flavored products used. Data from the 2014-2018 National Youth Tobacco Surveys (NYTS) was analyzed for the report. The authors discuss their concerns, stating “flavors can increase the appeal of tobacco products to youths, promote youth initiation of tobacco products, and result in lifelong tobacco product use.” Read the full Morbidity and Mortality Weekly Report, “Flavored Tobacco Product Use Among Middle and High School Students – United States, 2014 – 2018” here.

QuickStats: E-Cigarette Use Increases and Cigarette Use Decreases Among Young Adults
The Centers for Disease Control and Prevention (CDC) National Center for Health Statistics (NCHS) recently published a QuickStats report, showing recent trends in current cigarette smoking and current e-cigarette use among US young adults aged 18-24. The QuickStats presents data from the National Health Interview Survey. The findings show that during 2014-2018, cigarette smoking decreased among adults aged 18-24 years (from 16.7% to 7.8%), while e-cigarette use increased (from 5.1% to 7.6%).

Study Suggests Physicians Are Not Doing Enough to Help Teenagers Quit Smoking
A recently published study in JAMA Pediatrics reports that “receipt of evidenced-based treatment for NUD (nicotine use disorder) was extremely low among adolescents and young adults with Medicaid coverage.” Given the current epidemic-level use of e-cigarettes, and the alarming number of vaping-related lung injuries, the need for cessation support for adolescents is vital. Dr. Chadi, study author, states “timely data are needed on the extent to which adolescents and young adults with nicotine use disorder (NUD) receive evidence-based treatment with counseling and pharmacotherapy.” Read the full study here.

Uneven Access to Smoke-Free Laws and Policies Contributes to Health Inequity
An article recently published in the American Journal of Public Health finds that while overall smoking prevalence has declined, it remains high among many subpopulations. Slow implementation of key tobacco control policies, like smoke-free laws to rural regions, and uneven adoption of voluntary policies in single-family homes and multiunit housing, contribute to the disproportionate burden of tobacco-related health disparities in these subpopulations. Developing policies that expand the reach of comprehensive smoke-free laws will further reduce tobacco-caused health disparities in the United States. Read the full article here.

Environmental Contamination from Tobacco and Cannabis Products
A new report from the Centers for Disease Control and Prevention (CDC) found substantial quantities of cigarette, e-cigarette, and little cigar waste at 12 San Francisco Bay Area high schools. Cigarette butts, e-cigarette components, and packaging are made of non-biodegradable plastics. When these products break down, they can leach out nicotine, heavy metals, and other toxic chemicals. Education is needed to reduce youth access to and use of flavored e-cigarette and tobacco products to protect the health of young people and reduce environmental contamination. The full article is available online.

Resources and Events

Great American Smokeout
November 21, 2019
The American Cancer Society's Great American Smokeout is an annual event held on the third Thursday of
November. The goal is to encourage smokers to select a quit date they can plan and get support for. This year's theme is "Day 1", and the ad campaign features the slogan, "You Don't Have to Stop Smoking in One Day. Start With Day 1". Clinicians can find additional resources on asking patients and families the right questions about tobacco use and secondhand smoke exposure on the AAP Richmond Center website.

**CounterTobacco.org 7th Annual Photo Contest**

CounterTobacco has announced their 7th Annual Photo Contest to help document and expose tobacco marketing tactics at the point-of-sale. Contest categories include: Greatest Youth Appeal, Flavor Craze, Vape Shops, Juul, IQOS, and many more. See the full list of categories, and other contest details [here](#). Entries are due by November 4, 2019.

**People in the News**

**Pediatricians Seek Effective Treatments for Helping Teens Quit Vaping**

Three pediatrician leaders from the AAP Julius B. Richmond Center of Excellence and Section on Tobacco Control were quoted in a recent Quartz article that explored strategies that pediatricians are using to support teens who want to quit vaping. Susanne Tanski MD MPH FAAP, Karen Wilson MD MPH FAAP, and Brian Jenssen MD MSHP FAAP explained the reasons behind the current lack of evidence for youth e-cigarette cessation, and discussed potential strategies to help teens quit, including behavioral counseling support and nicotine replacement therapies. Read the full article [here](#).