**Resources on Electronic Cigarettes and Vaping Products**

**Youth Cessation Options (All Free of Charge)**

* 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 [mylifemyquit.com](https://mylifemyquit.com/)
* 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 202-899-7550. <https://www.thetruth.com/articles/hot-topic/quit-vaping>
* Ohio Tobacco Quitline.Provides cessation services to youth and to young adults. 1-800-QUIT-NOW, 1-800-784-8669 (Available free of charge for adults over 18, as well – teachers, parents)

**Resources for Pediatricians and Family Physicians**

* JUULing: What Pediatricians and Families Need to Know (American Academy of Pediatrics).

<https://www.aap.org/en-us/Documents/AAP-JUUL-Factsheet.pdf>

* E-Cigarette factsheet for physicians (American Academy of Pediatrics).

<https://www.aap.org/en-us/Documents/5AsENDSfactsheet.pdf>

* Clinical Action Communication Regarding Unexplained Vaping-Associated Pulmonary Illness (Centers for Disease Control and Prevention). Please report any potential case to your local health department. <https://emergency.cdc.gov/newsletters/coca/081619.htm>

**Youth Prevention Programs for Educators**

* Know the Risks: A Youth Guide to E-Cigarettes (Centers for Disease Control and Prevention). This presentation is intended to inform youth about e-cigarettes. Anyone can deliver this presentation using the resources available on the webpage. <https://www.cdc.gov/tobacco/basic_information/e-cigarettes/youth-guide-to-e-cigarettes-presentation.html>
* CATCH My Breath Youth E-cigarette Prevention Program (CATCH Global Foundation): CATCH My Breath™ is a youth e-cigarette, vape, JUUL, and vape prevention program specific to grades 5-12. <https://catchinfo.org/modules/e-cigarettes/>
* The Tobacco Prevention Toolkit (Stanford University) is an educational resource that can be adapted to fit the individual needs of educators and students in all types of settings, including elementary, middle and high schools; community-based organizations; and health-related agencies. <http://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit6.html>
	+ More information about Stanford Medicine’s Prevention Toolkit is available at: [https://office365stanford-my.sharepoint.com/:p:/g/personal/rceb3\_stanford\_edu/EaOQeNHvKp1GkTXekf16DZQBC-5bdf6BoUtsQyt2tLcu7Q](https://office365stanford-my.sharepoint.com/%3Ap%3A/g/personal/rceb3_stanford_edu/EaOQeNHvKp1GkTXekf16DZQBC-5bdf6BoUtsQyt2tLcu7Q)

**Resources for Parents**

* JUUL and Youth: Rising E-Cigarette Popularity (Campaign for Tobacco-Free Kids). An informative document about JUUL products: <https://youthengagementalliance.org/wp-content/uploads/2016/08/JUUL-Fact-Sheet-2-5-18.pdf>
* Know the Risks E-Cigarettes & Young People (U.S. Surgeon General). A tip sheet for parents to talk with teens about e-cigarettes.

<https://e-cigarettes.surgeongeneral.gov/documents/SGR_ECig_ParentTipSheet_508.pdf>

**Resources for Students and Young Adults**

* Know the Risks: E-cigarettes and Young People (U.S. Surgeon General). <https://e-cigarettes.surgeongeneral.gov/?s_cid=bb-osh-sgr2016-001>
* Concerns Explode Over New Health Risks of Vaping (Science News for Students). <https://www.sciencenewsforstudents.org/article/concerns-explode-over-new-health-risks-vaping>
* Electronic Cigarettes: What’s the Bottom Line (Centers for Disease Control and Prevention)? <https://www.cdc.gov/tobacco/basic_information/e-cigarettes/pdfs/Electronic-Cigarettes-Infographic-508.pdf>

**Childhood Poisoning Prevention**

According to the American Academy of Pediatrics, one teaspoon of liquid nicotine can be fatal in 26-pound child. Liquid nicotine bottles sold in the U.S. average six teaspoons. Poison control centers began receiving calls about e-cigarettes and liquid nicotine products in 2011, which coincides with the initial period where these products reached the U.S. market. Calls increased by 160% between 2013 (1,540) and 2014 (4,011). An average of 3,060 annual calls were recorded between 2015 and 2018. Data from American Association of Poison Control Centers. <https://www.aapcc.org/track/ecigarettes-liquid-nicotine>

* E-Cigarettes and Young Children: The Dangers of Liquid Nicotine Exposure (American Academy of Pediatrics). <https://www.aappublications.org/news/2018/04/25/e-cigarettes-and-young-children-the-dangers-of-liquid-nicotine-exposure-pediatrics-4-25-18?utm_source=TrendMD&utm_medium=TrendMD&utm_campaign=AAPNews_TrendMD_0>
* Studies Look at Dangers of E-Cigarettes; AAP Continues Push for Regulations (American Academy of Pediatrics). [https://www.aappublications.org/news/2018/04/23/ecigarettes042318?utm\_source=TrendMD&utm\_medium=TrendMD&utm\_campaign=AAPNews\_TrendMD\_0](https://www.aappublications.org/news/2018/04/23/ecigarettes042318?utm_source=TrendMD&utm_medium=TrendMD&utm_campaign=AAPNews_TrendMD_)
* E-Cigarettes Rising Cause of Nicotine Poisoning in Children (Medscape). <https://www.medscape.com/viewarticle/863046?src=trendmd_pilot>

**General Research and Information**

* Surgeon General’s Advisory on E-Cigarette Use Among Youth (Surgeon General). U.S. Surgeon General Jerome Adams, MD, MPH, issued a rare public health advisory in response to the unprecedented spike in e-cigarette use among youth. <https://e-cigarettes.surgeongeneral.gov/documents/surgeon-generals-advisory-on-e-cigarette-use-among-youth-2018.pdf>
* Public Health Consequences of E-Cigarettes (The National Academies of Sciences, Engineering, and Medicine).
	+ - Full Report: <http://nationalacademies.org/ecighealtheffects>
		- Conclusions by level of evidence: <https://www.nap.edu/resource/24952/012318ecigaretteConclusionsbyEvidence.pdf>