



New Hampshire Tobacco Prevention & Treatment Vape/E-cigarettes Resource List

Information:

NH Partner Websites on (vape/e-cigarettes)

- Breathe New Hampshire: breathenh.org/lung-health/e-cigarettesvaping
- Department of Health and Human Services, Division of Public Health Services, Bureau of Population Health and Community Services, Tobacco Prevention and Cessation Program dhhs.nh.gov/programs-services/population-health/tobacco-prevention-cessation
- Save Your Breath New Hampshire – vaping prevention campaign saveyourbreathnh.org

CDC Centers for Disease Control and Prevention - cdc.gov/tobacco/e-cigarettes/index.html

- E-cigarette-or-vaping-products-visual-dictionary: cdc.gov/tobacco/basic_information/e-cigarettes/pdfs/ecigarette-or-vaping-products-visual-dictionary-508.pdf
- E-Cigarettes and Youth Toolkit for Partners: cdc.gov/tobacco/basic_information/e-cigarettes/pdfs/e-cigarettes-youth-partners-toolkit-508.pdf
- Presentation for Youth: Know the Risks: A Youth Guide to E-cigarettes: cdc.gov/tobacco/e-cigarettes/youth-guide-to-e-cigarettes-presentation.html

Students Against Nicotine: studentsagainstnicotine.org

Truth Initiative: truthinitiative.org/research-resources/topic/emerging-tobacco-products

Tobacco Free California:

- Video of vape devices that look like other common things: youtu.be/fjDP8rTktWw
- UNDO End Tobacco Damage Now: undo.org

Campaign for Tobacco Free Kids: tobaccofreekids.org/what-we-do/youth-programs

Quit Services: Phone/Apps/Text:

NH Tobacco Helplines:

- **Teens:** call or text 1-855-891-9989 or enroll online at MyLifeMyQuit.org
- **Adults:** call 1-800-QUIT-NOW or enroll online at QuitNowNH.org

Truth Initiative: truthinitiative.org/what-we-do/quit-smoking-tools

Smokefree.gov: teen.smokefree.gov

Programs

American Lung Association: lung.org/quit-smoking/helping-teens-quit

- **Not On Tobacco® (N-O-T)** seeks to address this growing problem by giving all teens the resources they need to break nicotine dependency and find healthier outlets.
- **Intervention for Nicotine Dependence: Education, Prevention, Tobacco and Health (INDEPTH)** is an alternative to suspension to help schools and communities address the teen vaping problem in a supportive way.

Programs Continued

American Heart Association - Kids Heart Challenge:

www2.heart.org/site/SPageServer?pagename=ahc_resources_vapingandecigarettesresources

Breathe New Hampshire - Vaping Unveiled Program

- This free program provides youth, teens, community members, parents and educators the opportunity to learn more about the impact of vaping and nicotine addiction on youth, including the latest trends in NH. breathenh.org/programs/vaping-unveiled

CATCH My Breath Youth Vaping Prevention Program

- A school-based prevention program with lesson plans for middle school (grades 5/6 & 7/8) and high school (grades 9-12) teachers. <https://letsgo.catch.org/pages/catch-my-breath>

CVS - Be Vape Free bevapefree.org

MD Anderson Center, ASPIRE Program

- An online interactive program aimed to motivate teens to be tobacco free with videos, animations and interactive activities. Students can earn a certificate of completion upon finishing the program mdanderson.org/about-md-anderson/community-services/aspire.html

Stanford Medical Tobacco Prevention Toolkit

- A toolkit for teachers with in-classroom units and lesson plans on e-cigarettes, tobacco & nicotine med.stanford.edu/tobaccopreventiontoolkit/curriculum-decision-maker/by-module/E-Cigs.html

Healthcare Professionals

Northern New England Poison Center

- E-cigarettes for School Nurses presentation – covers the mechanics of vaping, types of devices, the short- and long-term effects of nicotine on adolescents, trends in teen vaping, and use of e-cigarettes to vape cannabis-related substances. nnepc.org/poison-prevention-education/webinars-for-professionals/e-cigarettes-school-nurse-webinar

American Academy of Pediatrics

- Addressing Pediatric Tobacco and Nicotine Use: Considerations for Clinicians – aap.org/en/patient-care/tobacco-control-and-prevention/youth-tobacco-cessation/tobacco-use-considerations-for-clinicians/?_ga=2.222208408.1468570970.1652384829-2055433034.1579808119
- Youth Tobacco Cessation Toolkits: aap.org/en/patient-care/tobacco-control-and-prevention/youth-tobacco-cessation-toolkits, which includes factsheets on how to counsel and treat youth, nicotine replacement therapy guidance, and tobacco coding for pediatrics.

For questions regarding e-cigarettes and vaping, contact the NH Tobacco Prevention and Cessation Program at TPCP@dhhs.nh.gov.

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