



# Tobacco UPDATE

An Update on Tobacco Control  
and Prevention Activities  
in Region 6/5S

Issue 19

June 2024

## Tobacco News

### School Vaping Law Sends 1,300 Kids to Alternative Education



HB 114, a new law which adds possession of an e-cigarette to Section 37 of the Texas Education

Code, has been

in effect since September 1<sup>st</sup>, 2023. Now that the school year is done, a local news network tries to investigate how this law has affected schools, parents, and kids. Houston ISD.

Data from ABC13 revealed that more than 1,300 students from the Greater Houston Area ISDs were sent to alternative education programs this past school year. Among the schools who volunteered data were HISD-244 students; Katy ISD-399; and Cy-Fair ISD with 638.

The bill requires schools to place students caught with tobacco products, most notably e-cigarettes, to be suspended from school and be put in a disciplinary alternative

education program (DAEP). Parents and experts are divided on the bill. On the one hand it is important to drive home the harms and health consequences of tobacco-use, including vapes. However, others have said that this heavy-handed approach may interrupt the students' education. This might lead to less than favorable outcomes as they grow older.

[Full Article.](#)

### FDA Updates Searchable Tobacco Products Database



The FDA launched a searchable tobacco products database last March. This database includes a list of tobacco products that may be legally marketed in the United States. Last month, the agency launched new technical updates to the database. This includes enhanced search capabilities and improve mobile device access.

[Full Article.](#)

# Announcements & Events

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## Upcoming Events

### June 18

- [Region 6/5S Tobacco ECHO](#); Virtual; 9am-10am CT.

### June 19

- Juneteenth- Federal Holiday

### June 20

- [The National Legal Landscape of Flavored Tobacco Products](#); Webinar; 11:30pm CT
- [Introduction to the National Center of Excellence for Tobacco-free Recovery](#); Webinar; 12-1pm CT
- [Breaking the Hold: Addressing Racialized Trauma and Menthol Inequities](#); Webinar; 3-5pm CT

### July 4

- Independence Day

### July 21-23

- [Texas Say What! Conference](#), In-person, Austin, TX. Registration required.

## Did You Know?

Even though e-cigarettes are also called vapes because of the “vapor”

It's an Aerosol, Not a Vapor



it produces, it does not actually contain vapor. Vapor is the gaseous

form a liquid (e.g. water vapor). What comes out of e-cigarettes is aerosol, a mixture of gas and tiny solid particles (aero=gas, sol= solid) such as lead, nickel, arsenic, just to name a few. Other common examples of aerosols are hairspray and disinfectant sprays.

## Partner Announcements

### Call for Case Presenters

We are organizing a Tobacco ECHO for region 6/5S, and we need real-life cases (either clinical or systems case) relating to tobacco-use, prevention, and cessation. If you are currently dealing with vaping, smoking or any tobacco-related problems in your community or place of work and would want expert advice from our Hub team, please submit a case [here](#) or email: [hsr65.echo@dshs.texas.gov](mailto:hsr65.echo@dshs.texas.gov).

### [Join our Region 6/5S Tobacco ECHO](#)

### Get in touch!

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# April Spotlight

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## June is Men's Health Month:

Men's health is celebrated every year in June. This month, we spread awareness on the health risks that they face and what they can do to prevent them.

### What are some health risks that men face?

Based on CDC's latest data, the top 5 leading causes of death in men are:

1. Heart Disease
2. Cancer
3. Unintentional Injuries
4. Chronic Lower Respiratory Disease
5. Stroke

### What can you do to avoid these?

#### 1. **Don't smoke or use any tobacco products.**

- 4 out of 5 of the leading causes of death in men can be attributed to tobacco-use.
- If you are current tobacco user, considering quitting. The [Texas Tobacco Quitline](#) is available to all Texans, free of charge if you need help quitting.
- Never used tobacco products? Don't start!

#### 2. **Stay Active. Exercise!**

- Staying active keeps your heart and muscles in tip top shape.

#### 3. **Make healthy food choices.**

- Choosing a well balanced and varied diet is key to better health.
- More fruits and vegetables as they are good sources of vitamins, minerals, and fiber.
- Choose less of foods high in fat, sugar, or salt.

#### 4. **Take care of your mental health.**

- Mental health is just as important as physical health. Take the time to do things that relaxes you.
- Get at least 7-8 hours of sleep.

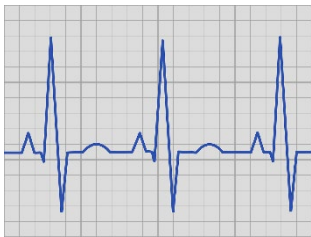
#### 5. **Get regular check-ups with your physician.**

- It is important to monitor your health and prevent any chronic disease by going for an annual physical.

# Latest in Research

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## Nicotine Salts May Increase Risk of Arrhythmias



The whole e-cigarette landscape is changing fast. With the introduction of nicotine

salts, consumers now have access to higher and higher concentration of nicotine in e-liquids. However, little is known regarding the effect of these different nicotine formulations.

This latest study on mice exposed to increasing nicotine concentrations may shed some light to this question. Mice were exposed to either filtered air, e-cigarette aerosol with polyethylene glycol, or e-cigarette aerosol with increasing concentrations of nicotine (1%, 2.5%, and 5%). The heart rhythm was then assessed using a cardiac monitor.

Findings from the study suggest that increasing doses of nicotine can increase heart rate and lower heart rate variability, especially for the 5% nicotine concentration. The scientists believe that the nicotine salts may be acting on the beta-adrenergic receptors in the heart which controls heart rate and rhythm. If proven in humans, this

could mean that nicotine salt concentrations might be subject to regulation by the FDA in the future.

[Full Article](#)

## US Adolescents' Response to Nicotine Warning Labels

Researchers at University of Southern California recently looked at

WARNING: This product contains nicotine derived from tobacco. Nicotine is an addictive chemical.

how US youth responds to nicotine warning labels on e-cigarette products and social media. To do this they randomized around 1,800 participants into 5 different groups. Each group were made to watch six images and videos of influencers promoting the use of e-cigarettes. Two of the groups had a "tobacco-free nicotine" warning label, two other groups had FDA's nicotine warning label, and one group did not have any warning labels at all. Participants were asked to rate the credibility of the influencers. Harm perception, and susceptibility to e-cigarette use was also assessed.

The study found that participants who viewed posts with the FDA warning label perceive the influencer as more honest and trustworthy compared to the other groups. Participants who have never used e-cigarettes who viewed posts with a "tobacco-free nicotine" label were more likely to report susceptibility to e-cigarette use.

[Full Article](#)



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