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YOUTH TOBACCO USE IN TENNESSEE
THE TOLL OF YOUTH TOBACCO IN TENNESSEE

- 22% of high school students report being current smokers compared to 19.5% nationally.

- 9.7% of middle school students smoke compared to 5.2% nationally.

- Tennessee has the FIFTH highest rate of smokeless tobacco use among young people in the US.

- In Tennessee, 88% of daily smokers started smoking by age 18.
CAN YOU FIND THE TOBACCO PRODUCTS?
TOBACCO PRODUCTS
Not Your Grandfather’s Cigar

A New Generation of Cheap and Sweet Cigars Threatens a New Generation of Kids
BIDIS:

- Sun-dried, flaked tobacco hand wrapped in a dried tendu leaf and tied with a string.

- Bidis deliver more tar and carbon monoxide than manufactured cigarettes because users are forced to puff harder to keep bidis lit.
WATER PIPES

- Also known as hookah or hubble-bubble
- Operate by water filtration and indirect heat
- Flavored tobacco is burned in a smoking bowl
- The smoke is cooled by filtration through a basin of water and consumed through a hose and mouthpiece.
WATER PIPES:

- Typically practiced in groups.
- Same mouthpiece passed from person to person.
- Originated in ancient Persia and India and have been used for centuries.
- Gaining popularity with youth and young adults due to hookah parties.
The mode of smoking is different from cigarettes—including frequency of puffing, depth of inhalation, and length of the smoking session.

Hookah smokers may absorb higher concentrations of the toxins found in cigarette smoke.

A typical 1-hour-long hookah smoking session involves 200 puffs and 90,000 milliliters (ml) of smoke is inhaled.

An average cigarette is 20 puffs and 500–600 ml of smoke is inhaled.

Hookah smokers are at risk for the same kinds of diseases caused by cigarette smoking.
MOIST SNUFF:

- A small amount of ground tobacco held in the mouth between the cheek and gum.

- Manufacturers are increasingly prepackaging moist snuff into small paper or cloth packets to make the product more convenient.
CHEWING TOBACCO:

- Placed in the mouth, cheek, or inner lip and sucked (dipped) or chewed.
- Tobacco pastes or powders are similarly used, Sometimes referred to as “spit tobacco”.
TOBACCO STICKS:

- Tobacco sticks are designed for a spit-free alternative.
- The consumer places the stick in their mouth and "enjoys the tobacco flavor and discards the stick when done."
TOBACCO ORBS AND STRIPS:

- Orbs resemble tic tac candy and come in two flavors, fresh and mellow.
- Packs contain 15 orbs which have 1 milligram of nicotine per orb which take around 10 to 15 minutes to dissolve.
- 39% of people younger than 18 identify Camel Orbs as mints or gum.
- Strips contain 0.6 milligrams of nicotine per strip and melt away in seconds after placed on the tongue.
TOBACCO PRODUCTS

Battery-Powered:

- Nicotine delivery devices that are the same size, shape, and color as other tobacco products (e-cigarettes, e-cigars, e-pipes e-hookahs).

- Designed to have the same look and feel as the original tobacco product.
Develop Community Partnerships to:

- Provide a tobacco-free environments to establish non-use of tobacco as a norm.
- Offer opportunities for positive role modeling.
- Provide prevention education during the years when the risk of becoming addicted to tobacco is greatest.
- Use well-designed, well-implemented school programs to prevent tobacco use and addiction.
- Provide community education about youth’s access to products.
- Provide retail education and enforcement.
“Our message is simple: If you smoke, quitting is one of the best things you can do for your health and the health, peace of mind and pocketbooks of the people you love.”

John Dreyzehner, M.D., MHP, Commissioner of the Tennessee Department of Health
TOBACCO SOURCES

- Center for Disease Control website:
  http://www.odc.gov/tobacco

- Campaign For Tobacco Free Kids website:
  http://www.tobaccofreekids.org

- American Legacy Foundation
  http://www.legacyforhealth.org/