



About the Author:

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Youth Tobacco/Nicotine Prevention & Cessation

Children are susceptible to tobacco/nicotine use experimentation and initiation. One of the highest risks of youth tobacco/ nicotine use is being exposed to tobacco/ nicotine use in their environment (at home, around friends, etc.). Nationally in 2020, Centers for Disease Control and Prevention (CDC) reported electronic cigarette (e-cigarette) use has slightly decreased among middle and high school students (CDC, 2022). E-cigarettes remain the most commonly used method of tobacco/ nicotine delivery. Youth tobacco/ nicotine use primary prevention is best to prevent the harmful behavior from starting. Youth tobacco/ nicotine cessation programming are pivotal in altering long term health effects of continued use. In youth, experimentation can transition to addiction rapidly or over time.

Policy Level System Change

- [Minimum legal sales age to 21 years old.](#)
- [Flavor bans](#)
- [Smokefree policies](#)

Cessation Programing from the Ohio Department of Health

- Adults age 18 or older (or younger with parental permission) - 1-800-QUIT-NOW (1-800-784-8669). The Ohio Tobacco Quit Line provides personal quit coaching and telephone counseling FREE of charge to ALL Ohioans, regardless of insurance status or income. It also provides FREE nicotine patches, gum, or lozenges for up to eight weeks to eligible participants (ODH, n.d.).
- Youth- The My Life, My Quit (MLMQ) program is a youth-focused cessation program through the Ohio Tobacco Quit Line. This program combines best practices for youth tobacco cessation adapted to include vaping and new ways to quit such as using a coach and live text messages or online chat. Created with youth input and through discussion with subject matter experts and community stakeholders, the program includes educational and promotional materials designed to target teens (ODH, n.d.). www.mylifemyquit.com



The My Life, My Quit Program is for young people ages 12-17 who want help to quit all forms of tobacco, including vaping. My Life, My Quit Coaches help youth:

- Develop a quit plan
- Cope with stress
- Learn about nicotine
- Get ongoing support

Youth can **TEXT/CALL**
855.891.9989
or **CHAT ONLINE**
with a Coach

My Life, My Quit is always free and confidential.
www.mylifemyquit.com

My Life, My Quit is operated by National Jewish Health. More resources are available at www.mylifemyquit.com.

The Great American Smokeout! Is November 17th, 2022. This annually recognized date is for individuals to begin their cessation journey. Any day is a great day to make healthy choices. Individuals can increase their success with a good plan and a support system. For resources and more information about the Tobacco Cessation Counseling Program at Clermont County Public Health, contact us at 513-735-8400 or visit our website at www.ccphohio.org.