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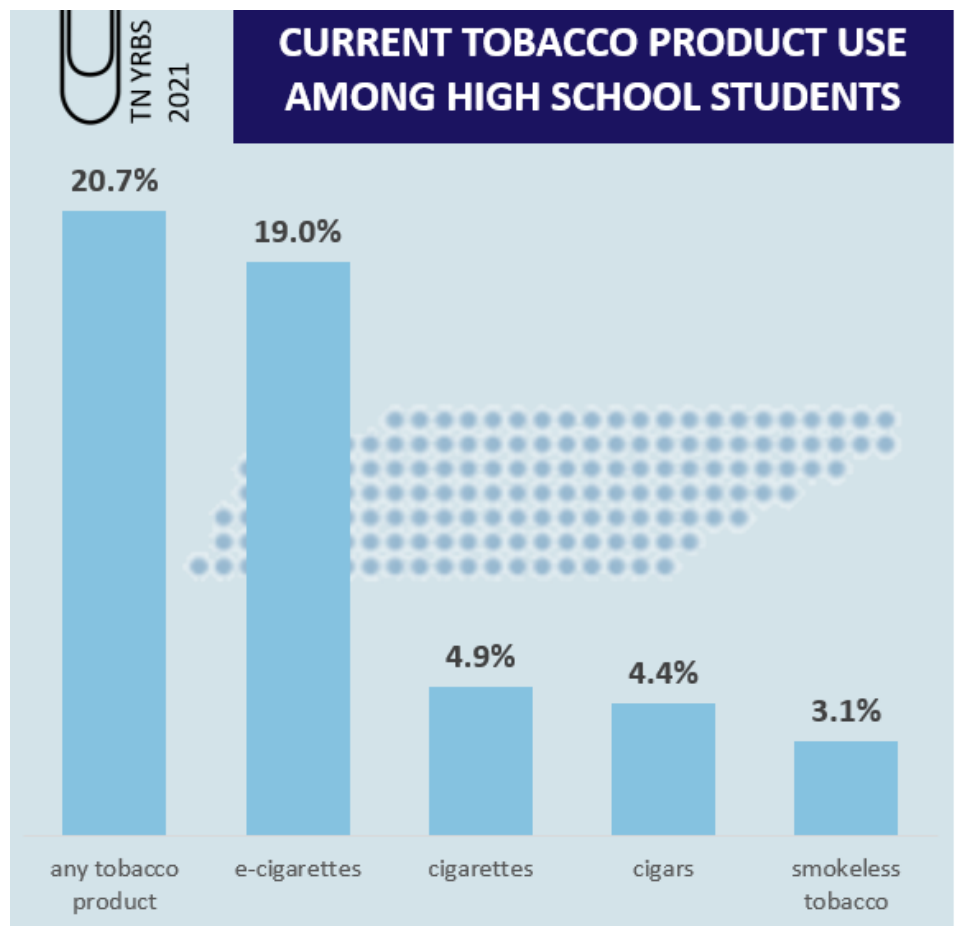


Nicotine Use Prevention

Any use of nicotine products in young people is not safe. It doesn't matter if it is smoked, smokeless, or electronic. If smoking continues at current rates, 5.6 million—or 1 out of every 13—of today's children will die from an illness caused by smoking.

Electronic cigarettes, or e-cigarettes, are a form of nicotine that have been sold in the U.S. for the past 10 years. They include e-pens, e-pipes, e-hookah, and e-cigars, and are also called ENDS—electronic nicotine delivery systems. They are also sometimes called JUULs, "vapes" and "vape pens." E-cigarettes are used more often by kids than other types of nicotine—and it has become widespread.

E-cigarettes do not produce smoke, but a mist that is often mistaken for water vapor. When in fact, vaping is breathing in an aerosol that contains toxic chemicals, which have been linked to diseases of the heart and lung and cancer.



Youth Nicotine Prevention Programs



What is TNSTRONG?

TNSTRONG (Tennessee Stop Tobacco and Revolutionize Our New Generation) is a youth led, state movement committed to raising awareness of the dangers of smoking and fighting against the nicotine product industry's influence on Tennessee youth.

TNSTRONG Ambassadors

The TNSTRONG Ambassadors plan, implement, and participate in smoking education and advocacy events across the state. They play an active role within their communities, counties, and statewide. They engage in local and statewide activism, educate their peers on smoking-related issues, and motivate others to take action. These select youth leaders receive specialized in-person and web-based training to advance their knowledge and further their advocacy skills. They are the leaders for the TNSTRONG movement throughout Tennessee, with local supervision and overseen by the Tennessee Department of Health Tobacco Use Prevention and Control Program.

Nicotine Free Teams

Nicotine Free Teams is (NFT) a statewide movement committed to raising awareness of the dangers of nicotine products. To be part of the program, middle and high school teams sign a pledge to be nicotine-free. As a result, the team receives incentives and a banner.

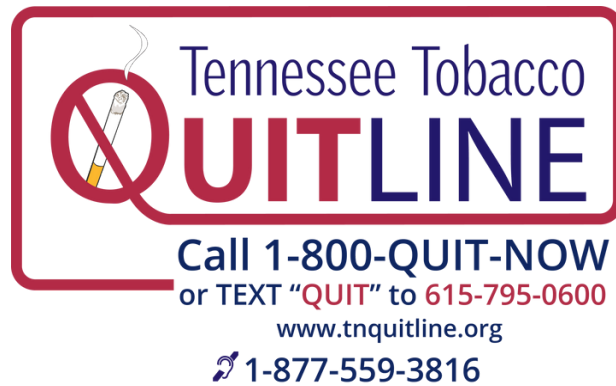
To promote
smoking use
prevention efforts
in TN, The
Tennessee
Department of
Health supports
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The **Tennessee Tobacco QuitLine** provides a free telephone and online smoking cessation program

Tennessee Tobacco Quitline

The Tennessee Tobacco QuitLine provides a free telephone and online smoking cessation program that includes smoking cessation coaching, personalized support, and even free nicotine replacement therapy (NRT) for eligible participants.



To learn more about Nicotine Use Prevention, visit:

1. Tennessee Tobacco Use Prevention and Control Program (TUPCP). <https://www.tn.gov/health/health-program-areas/tennessee-tobacco-program.html>
2. Tennessee Tobacco QuitLine. <http://tnquitline.com/>
3. Tobacco Prevention Toolkit. <https://med.stanford.edu/tobaccopreventiontoolkit.html>

To promote nicotine use prevention efforts in TN, the Tennessee Department of Health supports several initiatives focusing on education and awareness, prevention, and advocacy. If you want more information about these initiatives or to learn how you can get involved email us at tnstrong.health@tn.gov.

