



Addressing Tobacco and Nicotine Use by Youth and Young Adults



Wednesday, August 24, 2022
2:00 PM – 3:00 PM

Housekeeping

- This presentation is being recorded.
- All participants are muted and participation is audio only.
- Please direct your questions to the moderator in the chat box.



Quitline Moderators and Presenters

- MODERATOR: Tony Astran, MPA, APR, TTS
Public Information Specialist
- INTERVIEWER: Paula Celestino, MPH
Director of Client Relations and Outreach
- PRESENTER: Patricia Bax, RN, MS, NCTTP
Marketing and Outreach Coordinator



Our Featured Presenters

Rachel Boykan, MD, FAAP, Stony Brook University School of Medicine

Dr. Boykan is a Clinical Professor, Department of Pediatrics, Renaissance School of Medicine at Stony Brook University, Associate Director, Pediatric Residency Training Program, Attending Physician, Stony Brook Children's Hospital.

In 2012, she spearheaded a partnership between Stony Brook Children's Hospital and the Quitline's [Opt-to-Quit™ Program](#) – the first implementation of this electronic referral program at a children's hospital. Dr. Boykan also works closely with the American Academy of Pediatrics (AAP) to address smoking exposure in children and use of electronic cigarettes in teenagers. Since 2014, she has served as a member of AAP's Tobacco Consortium, and; since 2018, she has served as the Education and Membership Chair of the AAP Section on Tobacco Control. Dr. Boykan also serves as a member of the Quitline's Healthcare Professional Task Force.



Our Featured Presenters

Sara Siddiqui, MD, FAAP, ABOM, CFMDL1,
NYU Grossman School of Medicine

Dr. Siddiqui is a Clinical Assistant Professor in the Department of Pediatrics at the NYU Grossman School of Medicine. Additionally, she treats patients at Hassenfeld Children's Hospital at NYU Langone on Long Island. Dr. Siddiqui has nearly 25 years of pediatric experience and received her medical degree from Stony Brook University Health Sciences Center School of Medicine. She is an active member of the New York State Chapter 2 for the American Academy of Pediatrics (AAP). Just recently, the national organization recognized her as an E-Cigarette Chapter Champion for 2021-2022. Dr. Siddiqui also serves as a member of the Quitline's Healthcare Professional Task Force.



Our Featured Presenters

Julie Gorzkowski Hamilton, MSW, LSW, **American Academy of Pediatrics**

Julie Gorzkowski Hamilton is the AAP's Director of Adolescent Health Promotion as well as the Center Administrator of the AAP's Julius B. Richmond Center of Excellence. Ms. Gorzkowski Hamilton oversees the Academy's portfolio of research, programs, and policy initiatives related to pediatric tobacco control, including clinical and community strategies for supporting youth with nicotine dependence.



Our Panel Discussion



Rachel Boykan, MD, FAAP

Clinical Professor, Department of Pediatrics
Renaissance School of Medicine at
Stony Brook University



Julie Gorzkowski Hamilton, MSW, LSW
Director, Adolescent Health Promotion
American Association of Pediatrics



Sara Siddiqui, MD, FAAP, ABOM, CFMDL1

Clinical Assistant Professor,
Department of Pediatrics
NYU Grossman School of Medicine



Panel Moderator
Paula Celestino, MPH

Client Relations and Outreach Director
New York State Smokers' Quitline

Youth Prevalence

2021 National Youth Tobacco Survey (middle/high school)

Percentage of those who currently used the following tobacco products during the past 30 days (*2.55 million total users*):

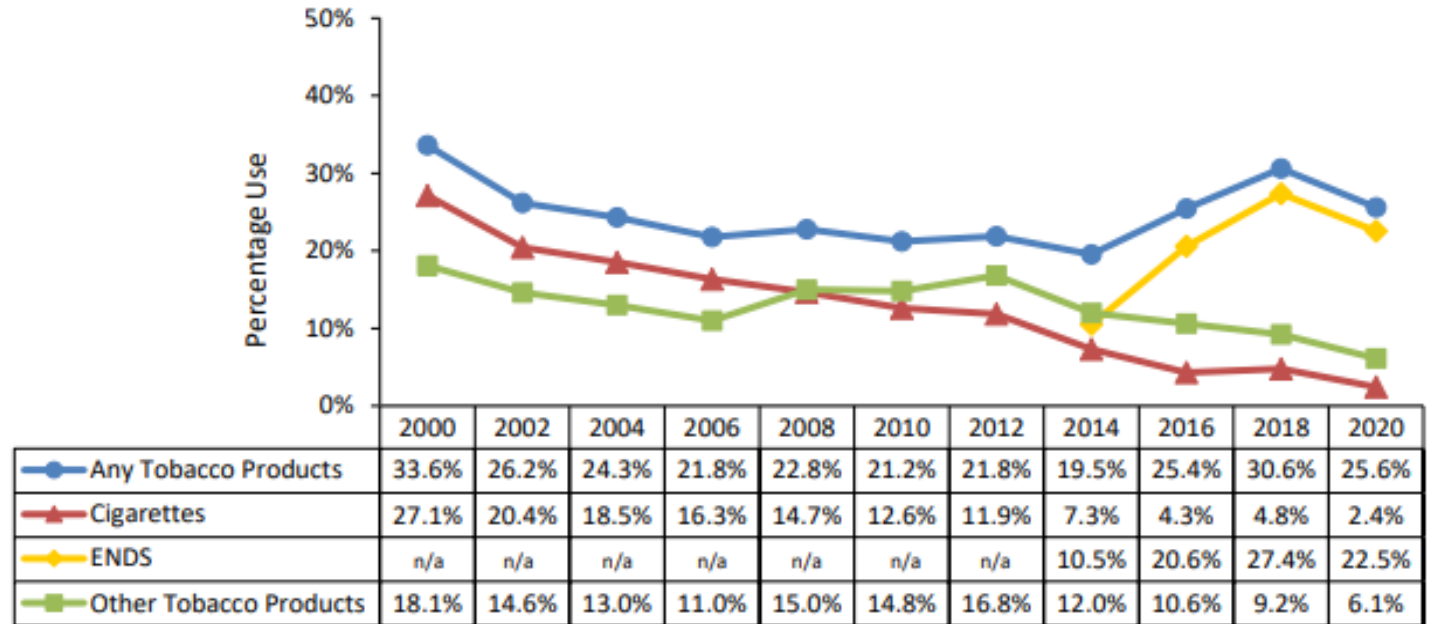
- 7.6% e-cigarettes
- 1.5% cigarettes
- 1.4% cigars
- 0.9% smokeless tobacco
- 0.8% hookahs
- 0.8% nicotine pouches

Any tobacco product:

- 14.2% lesbian, gay, or bisexual (versus 7.9% of heterosexual)
- 18.9% transgender (versus 8.2% of not transgender)
- 14.2% severe psychological distress (versus 5.5% with no distress)

Results from the Annual National Youth Tobacco Survey

Trends in Any Tobacco Product Use among High School Students³ in NYS, NY-YTS 2000-2020



1. U.S. Department of Health and Human Services. E-Cigarette Use Among Youth and Young Adults. A Report of the Surgeon General. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention (CDC), National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2016.
2. Based on methods developed by CDC, the YTS is a school-based survey of a representative sample of high school students in NYS. The average sample size of high school students in the YTS, for all years excluding 2008 and 2020, is 8,000. In 2008, a special study was conducted, and the sample was increased to 23,133. In 2020, due to school closures during the COVID-19 pandemic, approximately half the sample was collected (n=3895); non-response bias analyses were performed which concluded data quality and representativeness were not impacted by reduced sample size.
3. "Any Tobacco Product" refers to the products that were asked about in the YTS year. Cigarettes, cigars, and smokeless tobacco have been monitored since 2000. Bidis and kreteks were included from 2000 to 2010. Pipe was included from 2000 to 2008, and again in 2014. Hookah was included beginning in 2008 and ENDS were included beginning in 2014. "Other Tobacco Product" refers to any product other than cigarettes or ENDS. Current tobacco use is defined as use on one or more days in the past 30 days.

Source: New York State Youth Tobacco Survey 2000-2020. Contact the Bureau of Chronic Disease Evaluation and Research, New York State Department of Health at (518) 473-0673 or send an e-mail to tcp@health.ny.gov. StatShots can be accessed online at: http://www.health.ny.gov/prevention/tobacco_control/reports/statshots/

Question

We know JUUL was once the popular brand, and lately the disposable Puff Bar products have been in the spotlight. What are the reasons those two products are popular among youth, and are there other particular ENDS devices or brands parents and caregivers should be paying attention to right now?



Question

What are the health effects of long-term nicotine addiction in children, especially when they start vaping at age 14 or 15?



Question

What strategies are most effective in connecting with youth and engaging in a discussion regarding nicotine use?



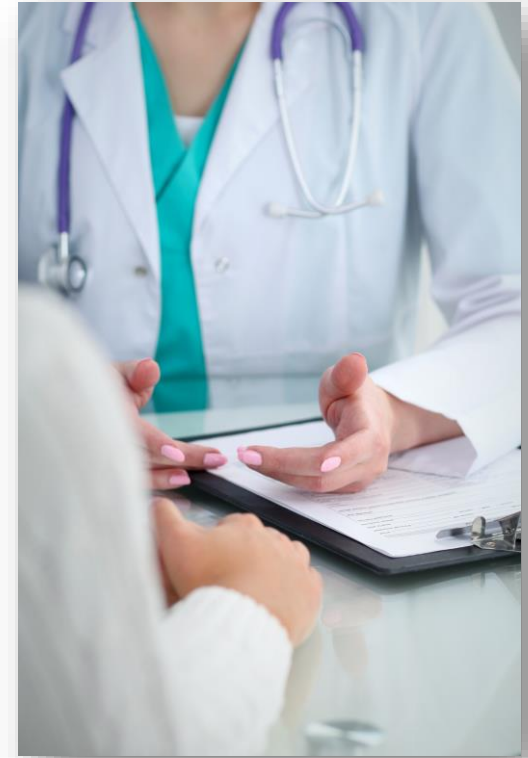
Question

What are some of the physiological, habitual, behavioral, and emotional aspects of nicotine use and addiction? How do these aspects create challenges for quit-attempts among youth and young adults?



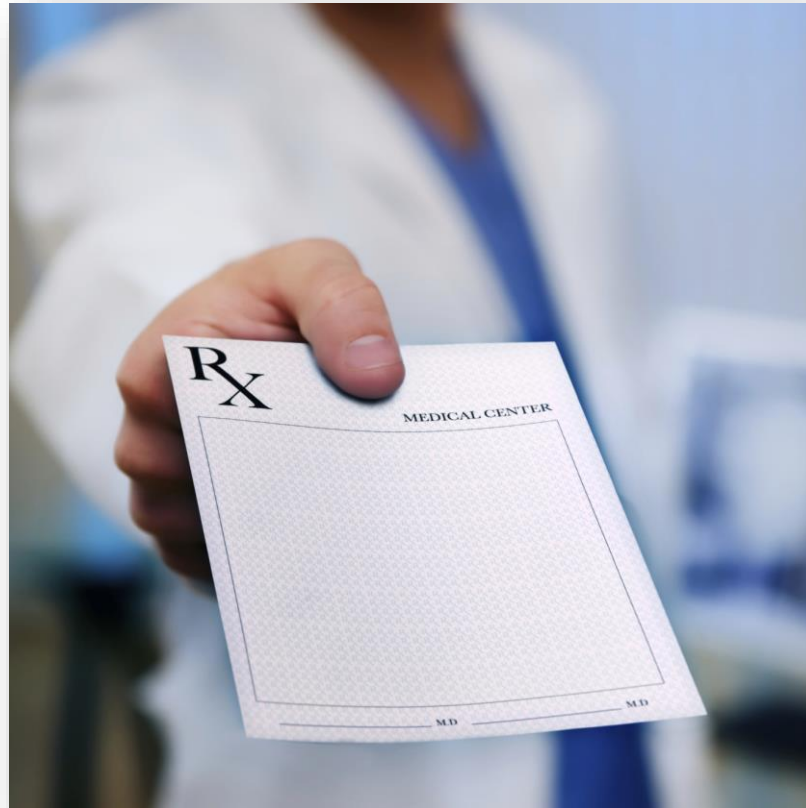
Question

How do I approach a youth or young adult not interested in quitting?



Question

How do I prescribe medications for youth?



Question

To what extent do you involve the parents in treatment planning?

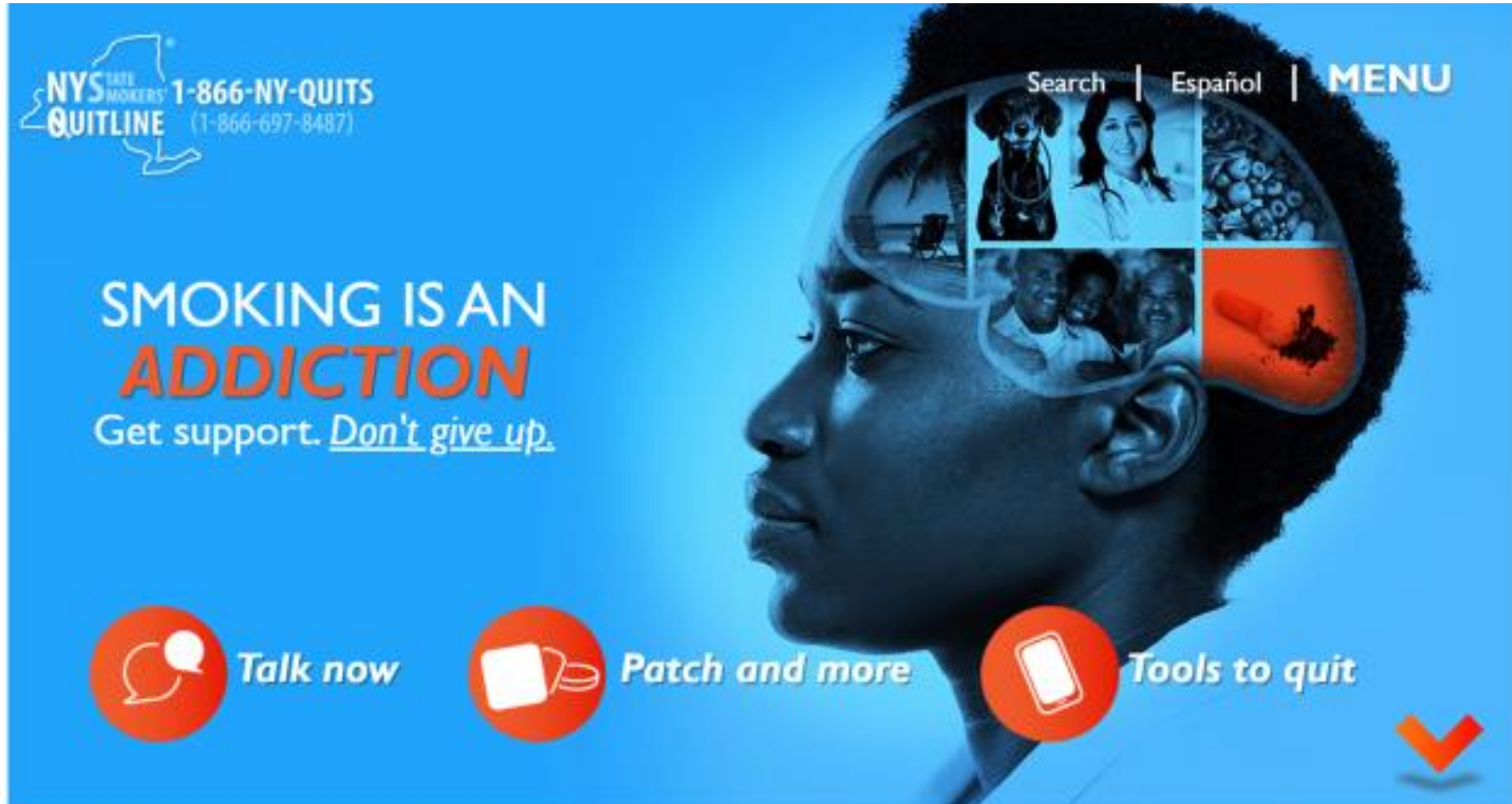


Question

What types of follow up should be put in place?



New York State Smokers' Quitline



The banner features a blue background with a profile of a person's head on the right. Inside the head, there are several small images: a dog, a woman, a group of people, and a person smoking. In the top left corner, there is a logo for the NYS Smokers' Quitline with the phone number 1-866-NY-QUITS (1-866-697-8487). In the top right corner, there are links for 'Search', 'Español', and 'MENU'. The main text reads 'SMOKING IS AN ADDICTION' with 'ADDICTION' in red, followed by 'Get support. Don't give up.'. At the bottom, there are three red circular icons: a speech bubble for 'Talk now', a patch for 'Patch and more', and a smartphone for 'Tools to quit'. A red checkmark icon is in the bottom right corner.


NYS SMOKERS' QUITLINE 1-866-NY-QUITS (1-866-697-8487)

Search | Español | MENU

SMOKING IS AN
ADDICTION
Get support. Don't give up.

Talk now Patch and more Tools to quit

Resource Guide



Resource Guide for Youth and Young Adult Nicotine Use and Cessation

New York State-Specific Resources

New York State Smokers' Quitline (NYSSQL)

<https://nysmokefree.com>
<https://nysmokefree.com/FactsAndFAQs/Vaping>

The NYSSQL is a service of the New York State Department of Health Tobacco Control Program and based at Roswell Park Comprehensive Cancer Center in Buffalo, N.Y. It is a free and confidential program providing evidence-based services to New York State residents who want to stop vaping, smoking, or using other forms of tobacco.

The NYSSQL promotes the NYS-specific version of the Truth Initiative's text-based intervention, "[This is Quitting](#)." This innovative, free, and anonymous text message program was created with input from teenagers, college students, and young adults who have attempted to or successfully quit vaping. Tailored to specific age groups (13-17 and 18-24) to give age-appropriate quitting recommendations, NYS youth can text "DropTheVape" to 88709 to access the free program.

New York City Department of Health and Mental Hygiene (NYCDOHMH)

<https://www1.nyc.gov/site/doh/health/health-topics/smoking-e-cigarettes.page>
<https://www1.nyc.gov/assets/doh/downloads/pdf/smoke/tobacco-ecig-action-kit-coaching-guide-children.pdf>








NYCDOHMH covers the five boroughs of NYC as one of the largest public health agencies in the world, with more than 200 years of leadership in the field. NYCDOHMH protects and promotes the health of 8 million New Yorkers.

National Resources

The American Academy of Pediatrics (AAP) Youth Tobacco Cessation "Considerations for Clinicians" Resource

<https://www.aap.org/cessation>

The AAP is an organization of 67,000 pediatricians committed to the optimal physical, mental, and social health and well-being for all infants, children, adolescents, and young adults.

Resource Icons						
						
Print/Digital Resources	Fact Sheets	Healthcare Professional Resources	Videos	Posters	Social Media	Spanish Materials

Developed by Roswell Park Cessation Services for the New York State Smokers' Quitline located in Roswell Park Comprehensive Cancer Center | Buffalo, NY | 1-866-NY-QUITS (1-866-697-8487) | nysmokefree.com
Updated August 2022

Accessing Quitline Services



Nysmokefree.com



1-866-NY-QUITS



Referred by HCP

NYSSQL Free Services for Tobacco and ENDS Users*

Coaching by Trained Tobacco Dependence Treatment Specialists

- Up to 3 coaching sessions
- Up to 6 coaching sessions for those reporting psychological distress, alcohol and cannabis use, disabilities and pregnancy
- Referral to additional cessation services (e.g., health plan, local or health site programs)



Nicotine Replacement Therapy

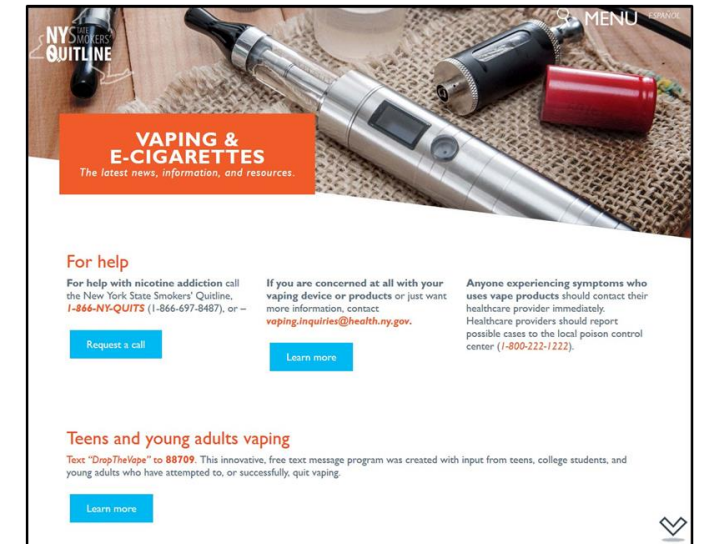
- Combination therapy (patch and gum or lozenge) for moderate or heavy users
- Nicotine patch or lozenge for light smokers
- Up to a 4- or 6-week supply



*Electronic Nicotine Delivery Systems

Quitline's E-Cigarette and Vaping Services

- The Quitline promotes the NYS-specific version of the Truth Initiative's text-based intervention, "[This is Quitting.](#)"
- This innovative, free, and anonymous text message program was created with input from teenagers, college students, and young adults who have attempted to or successfully quit vaping.
- Tailored to specific age groups (13-17 and 18-24) to give age-appropriate quitting recommendations, NYS youth can **text "DropTheVape" to 88709** to access the free program.



Questions?

- ✓ Please add your questions in the chat box, thank you!
- ✓ Thank you for participating. You will receive the recording, slides, resource handout, and additional questions and answers.




Post Webinar

- Please complete the evaluation.
- Link for webinar recording, slides, resource handout, and supplemental questions and answers will be emailed to all participants and posted here:

<https://www.nysmokefree.com/NewsRoom/Archive#Webinars>

WEBINARS




2021 NYS Healthcare Professional Communication Preferences Survey: Findings and Implications

Tuesday, April 26, 2022 11:00 AM

April 2022 | 2021 NYS Healthcare Professional Communication Preferences Survey: Findings and Implications

View this recording

Download the slides




Youth and Young Adult Tobacco Cessation in a Clinical Setting

December 2021 | Youth and Young Adult Tobacco Cessation in a Clinical Setting

View this recording

Download the slides



Contact Our Outreach Team...

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716-845-8239 anthony.astran@roswellpark.org

A wide-angle photograph of the Roswell Park Comprehensive Cancer Center. The main building is a large, multi-story structure with a prominent curved section, finished in reddish-brown brick with horizontal bands of windows. The words "ROSWELL PARK" are visible on the upper part of the building. In the foreground, there is a well-maintained courtyard with a green lawn, several trees, and wooden benches. A paved path winds through the courtyard. The sky is blue with scattered white clouds. A teal rectangular box is overlaid on the right side of the image, containing the text "Thank you!".

**Thank
you!**

ROSWELL PARK COMPREHENSIVE CANCER CENTER