

5.6 million
of today's
children will
die from an
illness
caused by
smoking.

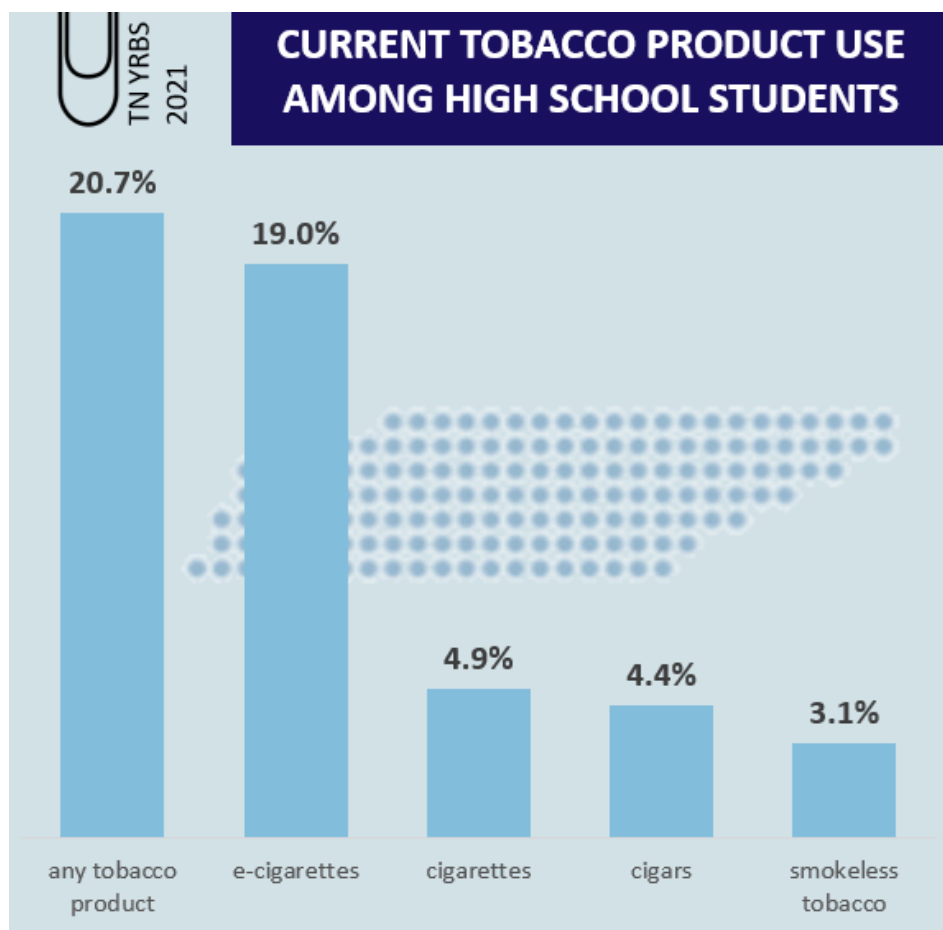


Tobacco Use Prevention

Any use of tobacco 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 tobacco 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're also sometimes called JUULs, "vapes" and "vape pens." E-cigarettes are used more often by kids than other types of tobacco—and it's become widespread.

E-cigarettes do not produce tobacco 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 Tobacco 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 tobacco and fighting against the tobacco industry's influence on Tennessee youth.

TNSTRONG Ambassadors

The TNSTRONG Ambassadors plan, implement, and participate in tobacco 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 tobacco-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 tobacco and nicotine products. To be part of the program, middle and high school teams sign a pledge to be tobacco-free. As a result, the team receives incentives and a banner.

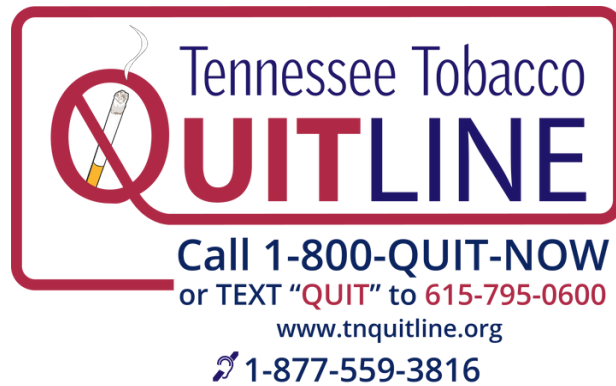
To promote tobacco use prevention efforts in TN, The Tennessee Department of Health supports several initiatives focusing on education and awareness, prevention, and advocacy.



The **Tennessee Tobacco QuitLine** provides a free telephone and online tobacco cessation program

Tennessee Tobacco Quitline

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



To learn more about Tobacco 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 tobacco 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.