

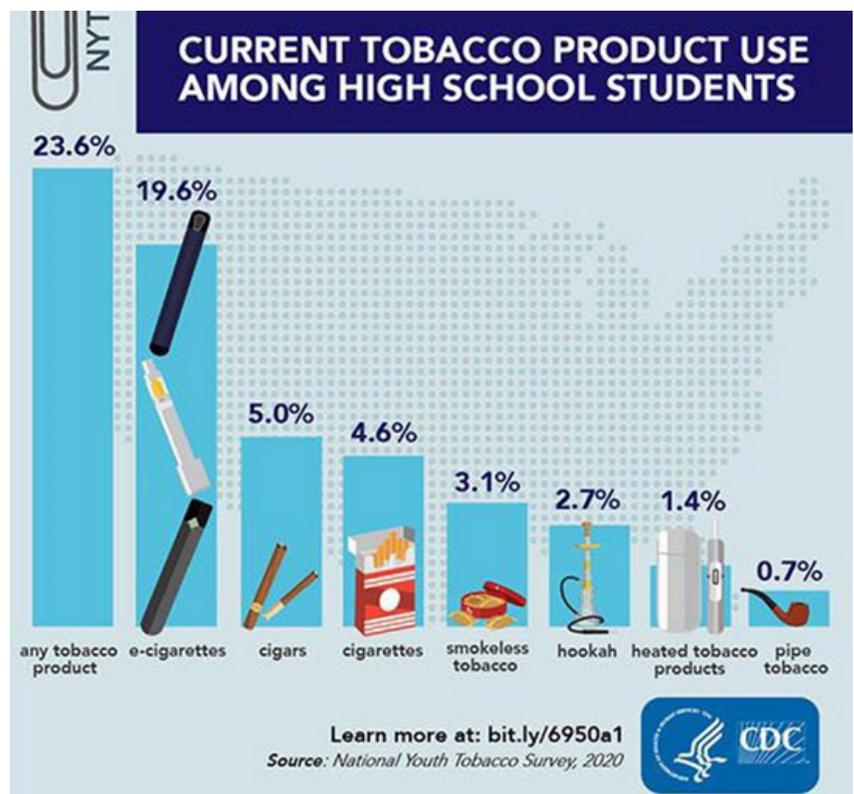
# Tobacco Use Prevention

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.

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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.

Vaping is breathing in a spray, also called vapor, which is made by an e-cigarette or similar device. E-cigarettes do not produce tobacco smoke, but a mist, often mistaken for water vapor, which contains toxic chemicals, which have been linked to diseases of the heart and lung and cancer.



## 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 Teen Ambassadors

The TNSTRONG Teen 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.

The TNSTRONG Teen Ambassadors 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.



## Youth Councils

Youth Councils are found in schools, community organizations like the Boys and Girls clubs and Students Against Destructive Decisions (SADD), Coalitions and Anti-Drug Coalitions that include tobacco prevention initiatives and advisory councils from the health departments. Many of the team members are youth, with some adults as partners.

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**

Youth Councils educate their peers on the dangers of tobacco use, expose industry schemes, help to pass local tobacco policies, and take a stand against the tobacco industry. Youth Councils are valuable to their community and the state of Tennessee.

### **Tobacco-Free Sports**

Tobacco-Free Sports is a statewide movement committed to raising awareness of the dangers of tobacco and nicotine products. One sport at a time, Tobacco-Free Sports, asks teams to sign a pledge to be tobacco-free. Our current program is middle and high school baseball and softball teams, and in 2021, we rolled out the middle and high school basketball team program. If you want more information about being the next baseball or softball team to be tobacco-free, email us at [tnstrong.health@tn.gov](mailto:tnstrong.health@tn.gov).

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### **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>