Public Health Roadmap:
Systems Change Strategies to Address Youth Cessation

Quick Reference Guide - 2021
Public Health Roadmap:  
Systems Change Strategies to Address Youth Cessation

TABLE OF CONTENTS

TECHNICAL ASSISTANCE RESOURCES FOR TOBACCO CONTROL PROGRAM STAFF ................................................................. 1

  SUMMARY: AMERICAN LUNG ASSOCIATION ANNOTATED BIBLIOGRAPHY ON YOUTH CESSTATION STRATEGIES (2019) .................................................................................................................. 3
  ADDITIONAL PUBLIC HEALTH RESOURCES .................................................................................................................. 4

COMMUNITY CARE EXTENDER RESOURCES

  CARE PROVIDERS .......................................................................................................................................................... 5
  SCHOOLS ........................................................................................................................................................................ 7
  PARENTS & CAREGIVERS ............................................................................................................................................. 8
  YOUTH ........................................................................................................................................................................... 9

ADDITIONAL RESOURCES & PROGRAMS ................................................................. 12

About this Quick Reference Guide
This resource is intended for State Tobacco Control Program staff and other public health professionals, working with providers, organizations, agencies and systems serving adolescents, to promote strategies that address tobacco cessation. This guide includes information on American Lung Association’s evidence-based programs along with curated partner resources to support this important work.

All references to “tobacco” and “tobacco products” within this guide and resource collection refer to commercial tobacco and not to the traditional use of tobacco and/or other plant mixtures grown or harvested and used by American Indians and Alaska Natives for ceremonial or medicinal purposes.
Technical Assistance for Tobacco Control Program Staff:

The American Lung Association provides expert technical assistance to states and the tobacco control community on tobacco cessation coverage policy and health systems change to increase tobacco cessation and treatment integration.

Visit Lung.org/CessationTA
- On-demand webcasts, trainings, toolkits and more available in the Cessation Resource Library
- Cohort groups and training opportunities on the Cessation TA Listserv
- Tailored technical assistance with 1-to-1 support via email at CessationTA@Lung.org

Additional Resources to complement this Quick Reference Guide:

Public Health Roadmap: Systems Change Strategies to Address Youth Cessation September 2021

On-demand Webcast

Webcast Presentation Slides
System Change Strategies for Cessation Integration
using the Million Hearts® Tobacco Cessation Change Package

Key Foundations: Make tobacco treatment a practice and system priority.

Equipping Care Teams: Prepare and motivate staff to consistently address tobacco use disorder.

Screening: Approaches and tools that promote consistent universal screening for tobacco use in any setting.

Treatment: Resources to establish a tobacco treatment protocol, enhance clinical decision support, and implement standardized tobacco treatment efforts.

Referral and Follow-Up: Resources that can supplement treatment provided by care teams.

Integration in Action
Organizational assessments can help Tobacco Control Program staff understand an organization, system or clinic’s current policies, perceptions, and capacity to integrate tobacco cessation services. The Lung Association has developed an easy-to-access tool that can help to evaluate strengths and identify both barriers and opportunities to promote and sustain the integration of comprehensive tobacco treatment services in a variety of health settings. This can be used as a foundational step with new partners, or it can be used to identify how to sustain and enhance existing partnerships.

Tobacco Treatment Integration Assessment
Use this tool to take a look at current practices and workflows in organizations that are interested in prioritizing tobacco treatment through systems change efforts.

Learn More: Explore how the assessment works and how you can put this tool to use today with community partners:

bit.ly/HSCAssessment

Quick Reference Guide: Systems Strategies to Address Youth Cessation
Summary: American Lung Association Annotated Bibliography on Youth Cessation Strategies

Purpose – How to Help Adolescents Quit Tobacco
The U.S. Surgeon General’s December 2018 advisory declared e-cigarette use among youth an epidemic in the United States. His call to parents, teachers, health professionals, states, communities, tribes and territories to address this epidemic focuses important attention on e-cigarettes. However, evidence-based cessation approaches for adolescents – whether they use e-cigarettes or combustible cigarettes – is limited. In addition, the prospect of youth converting to conventional cigarettes is significant. Thus, solving the problem of helping adolescents quit using tobacco in any form is critical. This summary of evidence for youth cessation approaches addresses both conventional cigarettes and e-cigarettes.

Scope – Where Did We Look?
In June 2019, the United States Preventive Services Task Force (USPSTF) released a Draft Recommendations Statement on Prevention and Cessation of Tobacco Use in Children and Adolescents: Primary Care Interventions which was the starting point for this resource. In total, this fact sheet includes review of 63 articles that were:

1. Cited in the USPSTF review
2. Not included by USPSTF because of its focus on primary care-based interventions
3. More recent than those reviewed by USPSTF (published from September 2018 to June 2019)
4. Not included in the USPSTF review because they were from gray literature

Findings – Common Barriers and No Easy Answers
Many of the studies identified common barriers for youth cessation strategies including recruitment, retention, and compliance with interventions.

- Four studies assessed the impact of counseling on youth cessation or reduction in smoking levels. Generally, there was a short-term reduction in tobacco use but no long-term impacts.
- Five studies assessed texting as a counseling intervention for youth cessation. Three studies showed reduced use but no impact on cessation. Two studies showed a positive impact on cessation with tailored messages but not general text messages.
- Four nicotine replacement therapy (NRT) studies demonstrated significant impact on abstinence in the short term but did not maintain an impact over a longer period of time.
- Four studies of bupropion showed a short-term impact on cessation but no long-term impact.
- Two varenicline studies indicated it did not perform better than a placebo among adolescents.
- Four studies of prevention and cessation demonstrated a positive prevention impact but no long-term cessation impact.
- One study on a social branding and media campaign found tobacco use dropped after one year.

Conclusion – Keep Pursuing Promising Practices and Analyzing Outcomes
The USPSTF was unable to identify behavioral counseling or pharmacotherapy interventions that had a statistically significant impact on youth cessation rates. Broadening the scope of studies beyond primary care found several promising approaches, but no consistent statistically significant reduction in tobacco use.

Public health professionals and the stakeholders called on by the Surgeon General can continue to pursue strategies that integrate innovative delivery methods such as telephone, text messaging and computer/web-based methods with the strong foundational counseling and motivational interviewing-focused interventions that are effective with other populations. Cessation strategies should emphasize retaining youth while translating short-term gains into longer-term benefits.

For more information, please see the full Literature Review
Additional Resources:
U.S. Department of Health and Human Services

Data and Statistics

E-Cigarette Use Among Youth and Young Adults, A Report of the Surgeon General

U.S. Surgeon General’s Know the Risks: E-cigarettes and Young People
Youth Cessation Resources

American Academy of Pediatrics-
Youth Tobacco Cessation: Clinical Considerations

The American Academy of Pediatrics (AAP) has published a new resource, Youth Tobacco Cessation: Considerations for Clinicians. This brief, practical guide is designed to support pediatric health clinicians in screening patients for tobacco use and providing behavioral and pharmacological support to help youth quit. The resource uses an easy, 3-step model, “Ask-Counsel-Treat (ACT),” to guide clinical interactions around cessation. Topics covered in the guide include screening for tobacco use, behavioral and pharmacological cessation supports, a flowchart for clinical interactions, use of the EHR to identify and address tobacco use, and Information on billing and coding for tobacco use. This resource is free!

Find these materials at www.AAP.org/cessation

- AAP E-cigarette Curriculum: This curriculum describes clinical and community strategies to address youth e-cigarette prevention and cessation, based on current evidence and best practices.

- Vaping, JUUL and E-Cigarettes Presentation Toolkit: This toolkit contains a PowerPoint presentation and related resources about vaping, JUUL, and e-cigarettes. These resources can be used by AAP members and tobacco control advocates for grand rounds or other educational presentations. To obtain an editable version of the PowerPoint, please contact the Richmond Center.
Resources for Health Care Providers

American Lung Associations
Trainings for Providers and Care Extenders

Ask, Advise, Refer to Quit Don’t Switch

The Ask, Advise, Refer to Quit Don’t Switch training is based on the CDC’s Ask–Advise–Refer model and utilizes updated tools and strategies for conducting an effective brief tobacco intervention with patients identified as tobacco users, including e-cigarettes.

This one-hour, on-demand, online course seeks to target healthcare professionals who may have direct patient contact and may initiate a brief tobacco intervention. **This on-demand training is free!**

Find this training and more at Lung.Training

Coming Soon from the Lung Association:

ACT
to Help Youth Quit

Pediatric health clinicians have a collective responsibility to ACT to identify youth who use tobacco and connect them with the support and resources they need to recover from tobacco product use dependency. This Lung Association Training is based on the American Academy of Pediatrics’ A.C.T. Model, to minimize time and burden on the pediatric health care provider while maximizing a patient’s chance to quit.
Quitting can make behavioral health treatments more effective. What can schools do to protect their students from tobacco products?

- Institute and enforce comprehensive tobacco-free campus policies, including all e-cigarettes. Punitive policies aren't effective. Many adolescents are already addicted to nicotine through tobacco products and therefore efforts are needed to help kids quit. Schools should offer programs on-site to help students quit or connect them with resources to support them in breaking free from their addiction.

- Ensure all teachers, administrators, and staff know the different kinds tobacco products on the market and the dangers they pose to youth.

- Participate in the "Real Cost Campaign" FDA's tobacco prevention campaign which now features ads to educate teens on the dangers of e-cigarettes. Schools can take advantage of free print materials and web content from the campaign.

Quick Reference Guide: Systems Strategies to Address Youth Cessation

American Lung Association.
Integration in Action

Parents, caregivers, and coaches play an active role in fighting tobacco use among youth. Use these resources to encourage community members to learn more and to start an honest conversation about the dangers of youth tobacco use.

*FDA and the American Academy of Pediatrics (AAP) collaborated to develop a video series featuring pediatricians addressing questions about nicotine addiction and cessation resources available for youth.*

Shareable Resources for parents and caregivers available in English & en Español

American Lung Association. Talk About Vaping

Know the Facts
As you just learned, there is a lot to know about vaping. To best inform yourself and protect your child, get the facts concerning the signs, symptoms, dangers, and what is behind the epidemic.

GET THE FACTS
NOT for Me Online Youth Cessation Program

American Lung Association’s self-guided, mobile-friendly web-based program that gives teens the resources to quit vaping, smoking or chewing tobacco products. This new digital modality is based off the Lung Association’s Not On Tobacco (N-O-T)® youth cessation group program curriculum which has 25 years of proven success in helping young tobacco users gain strength, health and freedom from nicotine addiction and tobacco dependency.

NOT for Me offers a six-week web-based cessation program for youth, which includes eight self-paced sessions.

Available now at no cost at NOTforMe.org

Questions? Please email NOT@Lung.org

More resources for public health professionals, health care providers, adolescents and their caregivers are available at Lung.org/quit-smoking/helping-teens-quit and at Lung.org/ecigs
Youth Cessation Resources

Telephone Quitlines for Youth and Young Adults

Tobacco cessation is a process, and outside supports are critical.

Tobacco use is a chronic, relapsing condition that often requires repeated intervention and longer-term support to help patients quit.

Treatment extenders, such as web-based quit supports, text-message cessation programs, and telephone quitlines have the expertise and capacity to provide youth who use tobacco with ongoing support throughout their quit attempt.

<table>
<thead>
<tr>
<th>Program Name</th>
<th>Population/Language</th>
<th>Program Details</th>
<th>Availability</th>
</tr>
</thead>
</table>
| 1-800-QUIT-NOW   | English             | • Free and confidential
• Speak with trained health professionals
• Tailored support for individual needs | All 50 States, Washington DC, Puerto Rico, Guam. See State-Specific Information for more details |
| 1-800-LUNG-USA   | English             | In addition, there are bilingual Spanish speaking staff along with a live language interpretation service for over 260 languages. |
• The Lung Helpline is staffed with licensed registered nurses, respiratory therapists, and certified tobacco treatment specialists.
• Answers to all of lung-health related questions and connection to resources. | American Lung Association’s Lung Helpline is available in all 50 States and Washington DC. |
| 1-855-DEJELO-YA  | Spanish             | • Free and confidential
• Speak with trained health professionals
• Tailored support for individual needs | All 50 States, Washington DC, Puerto Rico, Guam. Find tailored information from Smokefree.gov. |
| 1-855-SAI-QUIT   | American Indian     | • Free and confidential
• Speak with trained health professionals
• Tailored support for individual needs Phone support with optional email and text support
• Sponsored by National Jewish Health | Colorado, Idaho, Iowa, Kansas, Massachusetts, Michigan, Nevada, North Dakota, Pennsylvania, Utah, Vermont, Wyoming |
| Asian Smokers Quitline (ASQ) |               | • Free and confidential
• Speak with trained health professionals
• Tailored support for individual needs |
1-800-838-8917    | Mandarin and Cantonese | | Youth-specific services vary by state. Find tailored information from the Asian Smokers Quitline (ASQ) website. |
1-800-566-5564    | Korean              | | |
1-800-775-5440    | Vietnamese          | | |
Resources and Support to Share with Youth

Treatment extenders, such as web-based quit supports, text-message cessation programs, and telephone quitlines have the expertise and capacity to provide youth who use tobacco with ongoing support throughout their quit attempt.

Quick Reference Guide: Strategies to Address Youth Cessation

E-cigarettes & Vaping

Resources available in English & en Español

Quick Reference Guide: Strategies to Address Youth Cessation
Additional Resources and Programs

Alliance for a Healthier Generation: Tobacco-Free District Model Policy

American Nonsmokers’ Rights Foundation: Electronic Smoking Devices

Campaign for Tobacco-Free Kids: Take Down Tobacco

CATCH My Breath: E-Cigarette Prevention Program for Schools

National Academies of Sciences Health and Medicine Division: Public Health Consequences of E-Cigarettes

Public Health Law Center: Student Commercial Tobacco Use in Schools-Alternative Measures

Scholastic: The Real Cost of Vaping, Lessons for grades 6-12

smokeSCREEN: A Smoking and Vaping Prevention Videogame

Stanford Medicine: Tobacco Prevention Toolkit

Substance Abuse and Mental Health Services Administration: Reducing Vaping Among Youth and Young Adults

U.S. Food & Drug Administration:
Resources For Educators
“The Real Cost” Youth E-cigarette Prevention Campaign
Vaporizers, E-Cigarettes and Other Electronic Nicotine Delivery Systems (ENDS)
The development of this tool was supported by Grant Number NU58DP006703-01, funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.