



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 CESSATION 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:

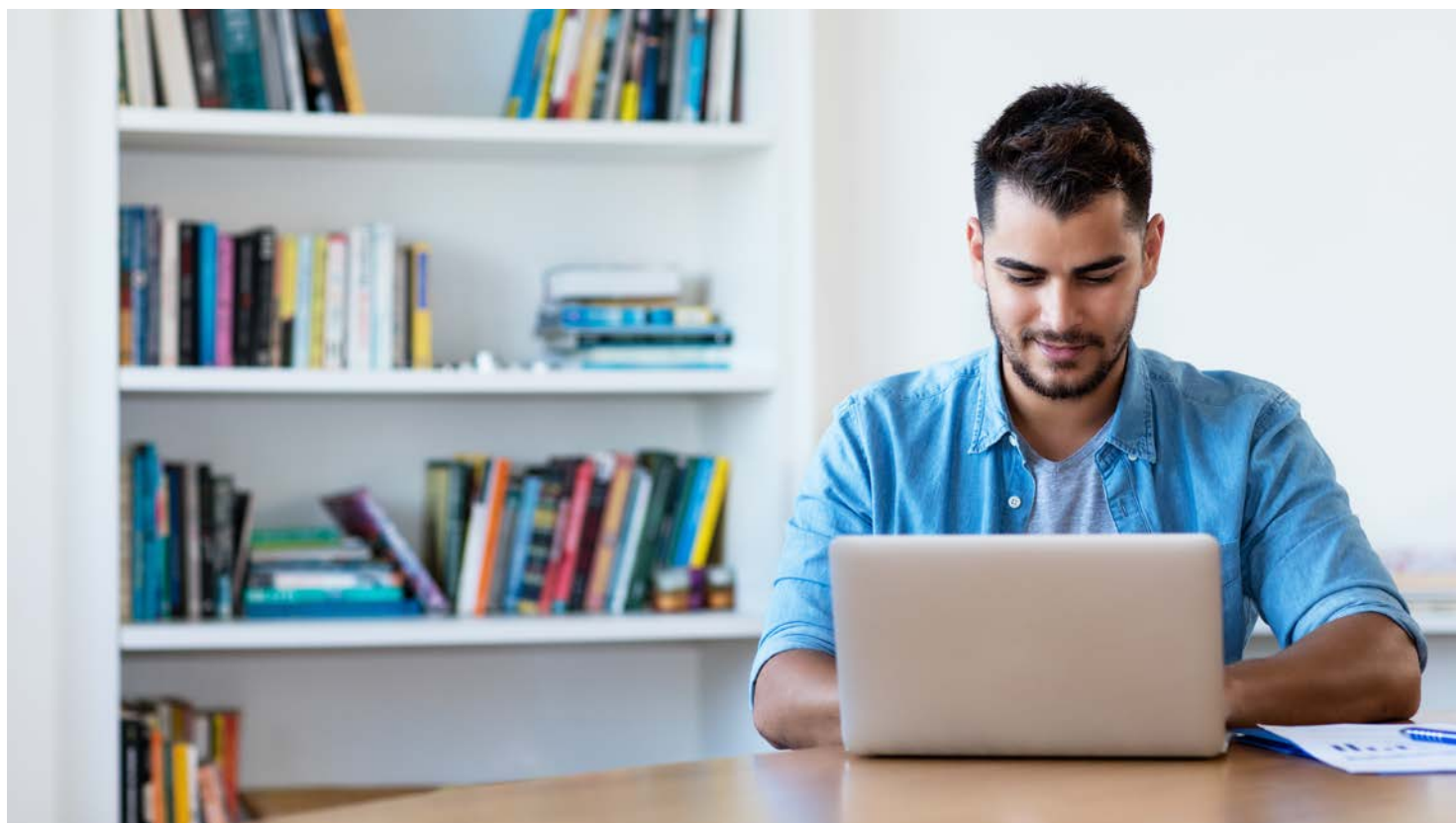
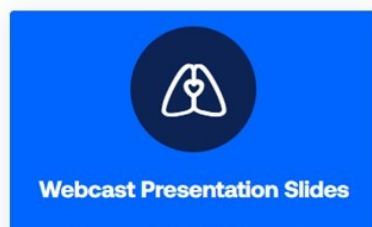
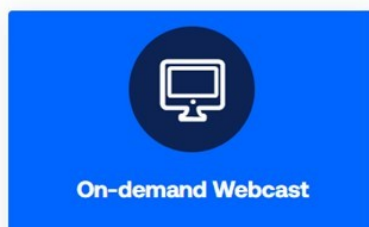
The American Lung Association provides expert technical assistance to states and the tobacco control community on tobacco cessation coverage policy and health systems change to increase tobacco cessation and treatment integration.

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



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.



Resources for Tobacco Control Program Staff working to integrate cessation through health systems change strategies:



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





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 terms 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.

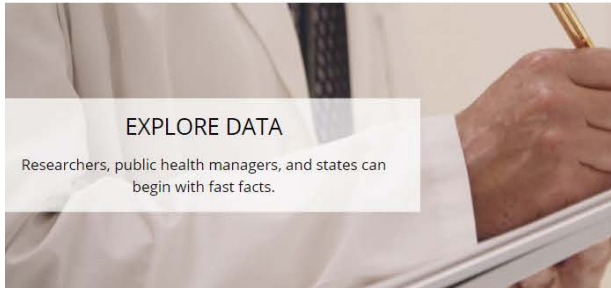
Conclusion – Keep Pursuing Promising Practices and Analyzing Outcomes

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.

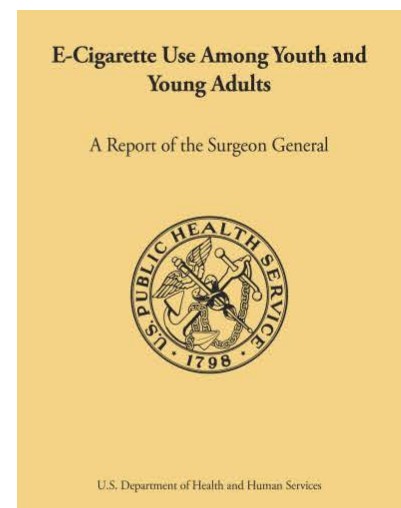


Additional Resources: U.S. Department of Health and Human Services



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



Click on Each Image to
Learn More





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



Click Here



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.



E-cigarettes & Vaping What Schools Should Know

As the trusted champion for lung health, we are committed to creating a tobacco-free future and saving lives. We have helped over a million people quit tobacco use, advocated for smokefree public spaces and worked to achieve tobacco regulation to protect public health.

Today's threats to lung health include what the U.S. Surgeon General has called a youth vaping epidemic. We are moving swiftly to bring medical expertise to the conversation, create new programs for teens and schools, advocate for federal regulation and help people end their addiction to vaping.

Because, when you can't breathe, nothing else matters®.

What are these products?

- E-cigarettes or vapes heat e-liquid, typically containing nicotine, that produces a chemical-filled aerosol.
- Many e-liquids or e-jules come in flavors including fruit and mint, making them appealing to kids.
- E-cigarettes come in many forms and can look like everyday products like pens, USB flash drives, watches or tubes of lipstick.
- JUUL, which looks like a USB flash drive and produces minimal visible aerosol is popular among teens. JUUL pods—which contain e-liquid—contains the same amount of nicotine as a pack of cigarettes, making them highly addictive.

Are e-cigarettes less harmful than cigarettes?

- The U.S. Surgeon General has said that e-cigarettes are not safe.
- E-cigarettes contain harmful ingredients, including formaldehyde and acrolein, which can cause irreversible lung damage.
- E-cigarettes can also be used for delivery of marijuana and other illicit drugs.
- FDA has found no e-cigarette to be safe and effective in helping people quit. In fact, more than half of all adult e-cigarette users continue to use regular cigarettes.

Most common reasons adolescents vape include:

55%
"Curious about them"

31%
Use by "friend or family member"

22%
Availability of "flavors such as mint, candy, fruit, or chocolate"

Leading Factors Among Middle and High School Students — United States, 2018. Morbidity and Mortality

Click Here

1-800-LUNGUSA | Lung.org

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.



To help schools navigate the vaping public health emergency with tools to protect and support students impacted by vaping, we invite all schools nationwide to become a recognized member of the American Lung Association Vape-Free Schools Initiative.

Close to one in five teens vapes, and youth vaping rates are 73% greater than they were four years ago. This means that 1.3 million more teens are vaping.

Youth vaping rates are
73% higher
than four years ago 

What is a Vape-Free School Initiative Member?

Being recognized as a member of the American Lung Association Vape-Free Schools Initiative means that your school is a leader in supporting students impacted by the youth vaping epidemic, offering education, cessation and support. One or more of your school personnel has completed one of the courses below:

- An INDEPTH® facilitator training to offer students an educational program that is an alternative to suspension for vaping
- An N-O-T® facilitator training to offer students a vaping cessation program

School Resources

Alternative to Suspension (INDEPTH)
an alternative for students who face suspension for violating school vaping and tobacco use policies. As teens continue to get hooked on vaping, this is a supportive program that teaches students about nicotine dependence and establishing healthy boundaries, rather than focusing solely on punitive measures.

Vaping Education & Tobacco Cessation Program (Not-On-Tobacco® N-O-T) is a teen smoking/vaping cessation program for students that want to quit. The 10-session program provides the tools, information, and support for teens to end their addiction to tobacco. Participating schools will be recognized as part of the American Lung Association Vape-Free Schools Initiative in their communities.

For more information about these programs, please visit Lung.org/vape-free-schools or contact us at VapeFree@Lung.org



1-800-LUNGUSA | Lung.org

Click Here

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.



[click here](#)

Shareable Resources for parents and caregivers

available in English & en Español



[click here](#)



[click here](#)



Talk About
Vaping

Click Here



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](#)

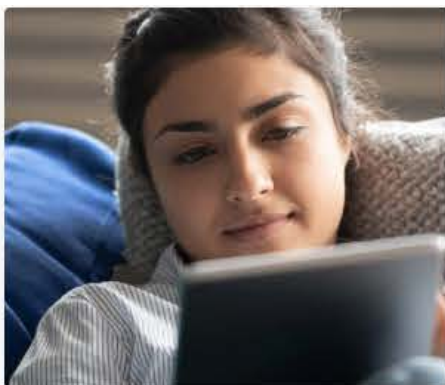


Youth Cessation Programs

American Lung Association

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

Why quit? Why N-O-T?

1. Your health—you'll be healthier by quitting tobacco or vaping, but you'll also learn about exercising more, eating better and being less stressed.
2. You save money—you'll be surprised how much you spend on tobacco products.
3. You stop being controlled by nicotine.
4. You join friends who are going through the same things you are—learn to lean on them for support
5. You can do it—thousands already have. You're not alone!

Click Here

N-O-T Not On Tobacco. 

What you'll learn:

- How to stop making excuses for not quitting
- Why you vape or use tobacco and what it will be like when you quit
- How nicotine in e-cigarettes and tobacco products affects your mind and body
- How to overcome nicotine dependence
- Getting ready for your quit day and the benefits of quitting
- What to do if you slip
- Getting support from your friends and family
- Managing stress and avoiding weight gain
- How to stay tobacco-free and vape-free for good

Learn more! 1-800-LUNGUSA | Lung.org/NOT



Not On Tobacco® (N-O-T) Works!

We can help you end your addiction:

- Among the highest success rates of programs designed to help teens quit tobacco use, including e-cigarettes.
- Based on more than 25 years of research and evaluation
- Almost 97% of the participants said they liked the N-O-T program
- 87% agreed or strongly agreed that being in a group was helpful when trying to quit vaping or using tobacco
- N-O-T participants were twice as likely to quit using tobacco than teens who received just advice and brochures
- Most teens who quit their tobacco use, including e-cigarettes, through the N-O-T program were still tobacco- and vape-free for at least 18 months after the program ended



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

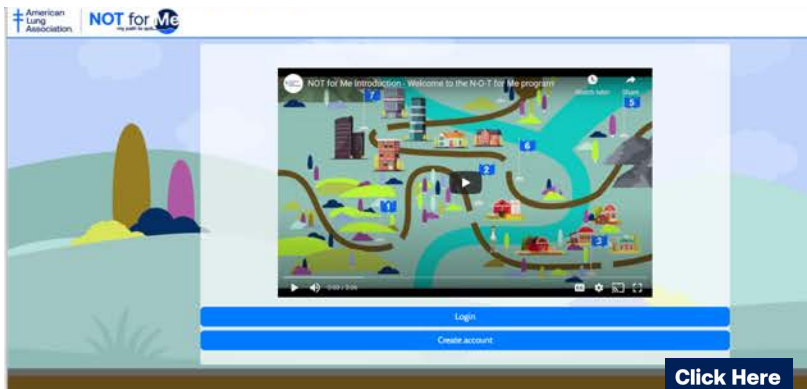
Tobacco use is a chronic, relapsing condition that often requires repeated intervention and longer-term support to help patients quit

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

Program Name	Population/Language	Program Details	Availability
1-800-QUIT-NOW	English	<ul style="list-style-type: none"> Free and confidential Speak with trained health professionals Tailored support for individual needs 	All 50 States, Washington DC, Puerto Rico, Guam. Youth-specific services vary by jurisdiction. See State-Specific Information for more details
1-800-LUNG-USA	English <i>In addition, there are bilingual Spanish speaking staff along with a live language interpretation service for over 250 languages.</i>	<ul style="list-style-type: none"> 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-DÉJELO-YA	Spanish	<ul style="list-style-type: none"> Free and confidential Speak with trained health professionals Tailored support for individual needs 	All 50 States, Washington DC, Puerto Rico, Guam. Youth-specific services vary by state. Find tailored information from Smokefree.gov.
1-855-5AI-QUIT	American Indian	<ul style="list-style-type: none"> 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)		<ul style="list-style-type: none"> Free and confidential Speak with trained health professionals Tailored support for individual needs 	Youth-specific services vary by state. Find tailored information from the Asian Smokers Quitline (ASQ) website.
1-800-838-8917	Mandarin and Cantonese		
1-800-566-5564	Korean		
1-800-778-8440	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.



[Click Here](#)

Click on Each Image to Learn More



quitSTART App



Build My Vaping Quit Plan



SmokefreeTXT for Teens



Speak to an Expert



SmokefreeUS on Instagram



Not On Tobacco® (N-O-T) Works!

We can help you end your addiction:

- Among the highest success rates of programs designed to help teens quit tobacco use, including e-cigarettes.
- Based on more than 25 years of research and evaluation.
- Almost 97% of the participants said they liked the N-O-T program.
- 87% agreed or strongly agreed that being in a group was helpful when trying to quit vaping or using tobacco.
- N-O-T participants were twice as likely to quit using tobacco than teens who received just advice and brochures.
- Most teens who quit their tobacco use, including e-cigarettes, through the N-O-T program were still tobacco- and vape-free for at least 18 months after the program ended.



Mary and Morgan S., sisters from

American Lung Association.
N-O-T Not On Tobacco.

[Click Here](#)

"I [smoking] was a sign to the person and I have issues. I need a... I learned the most from N-O-T was tell yourself, I can do this, I can stop on. If we'd say, we smoke because we'd think of ways to not be stressed."



N-O-T Not On Tobacco.

Why quit? Why N-O-T?

1. Your health—you'll be healthier by quitting tobacco or vaping, but you'll also learn about exercising more, eating better and being less stressed.
2. You save money—you'll be surprised how much you spend on tobacco products.
3. You stop being controlled by nicotine.
4. You join friends who are going through the same things you are—learn to lean on them for support.
5. You can do it—thousands already have. You're not alone!

Let's quit together!

Quitting vaping or tobacco use isn't easy—but it's easier with the right help. The American Lung Association's Not On Tobacco® (N-O-T) program gives you options, resources and support to quit for good. N-O-T is a quit vaping and tobacco use program for teens. It helps you develop a plan that guides you on your quit journey. You'll also get the support you need to remain vape-free and tobacco-free for life!

NOT For Me is a new self-guided online program from the American Lung Association, based on the N-O-T group program to help you break your nicotine dependency, whether you vape, smoke or use other tobacco products. Visit NOTforMe.org to learn more.

What you'll learn:

- How to stop making excuses for not quitting
- Why you vape or use tobacco and what it will be like when you quit
- How nicotine in e-cigarettes and tobacco products affects your mind and body
- How to overcome nicotine dependence
- Getting ready for your quit day and the benefits of quitting
- What to do if you slip
- Getting support from your friends and family
- Managing stress and avoiding weight gain
- How to stay tobacco-free and vape-free for good

Learn more! 1-800-LUNGUSA | Lung.org/NOT



En 2016, se elevó la edad legal para fumar y vapear a 21 años en todo el país. Esto significa que ninguna persona de menos de 21 años puede comprar cigarrillos ni cigarrillos electrónicos, incluidos los JUUL.

¿Cuáles son los riesgos para la salud por vapear?

- La nicotina es muy adictiva y la exposición a ella durante la adolescencia puede dañar el cerebro en desarrollo y afectar la memoria, la concentración, el aprendizaje, el autocontrol, la atención y el estado de ánimo.
- Los jóvenes que vapean tienen más probabilidades de pasar a fumar cigarrillos tradicionales.
- En el corto plazo, el aerosol de los cigarrillos electrónicos puede irritar los pulmones, la garganta y los ojos. También puede aumentar el riesgo de tener resaca y gripe.

¿Es legal que los adolescentes vapeen o compren cigarrillos electrónicos?

- Muchas escuelas han agregado los cigarrillos electrónicos a sus políticas de escuela libre de tabaco, y las consecuencias de usarlos en las instalaciones escolares a menudo son las mismas que las de fumar cigarrillos.

¿Los cigarrillos electrónicos sirven para dejar de fumar?

- No se ha demostrado que ningún cigarrillo sea seguro o efectivo para ayudar a que
- Si conoces a alguien que quiere dejar de fumar, puedes llamar al 1-800-LUNGUSA (1) para aprender más sobre cómo dejar de fumar de manera segura.



E-cigarettes & Vaping What Teens Should Know

As the trusted champion for lung health, we are committed to creating a tobacco-free future and saving lives. We have helped a million people quit smoking, advocated for smokefree public spaces and worked to achieve tobacco regulation to protect public health.

Today's threats to lung health include what the U.S. Surgeon General has called a youth vaping epidemic. We are moving swiftly to bring medical expertise to the conversation, create new programs for teens and schools, advocate for federal regulation and help people end their addiction to vaping.

Because, when you can't breathe, nothing else matters®.

Resources available in English & en Español

[Click Here](#)

What's the difference between e-cigarettes and JUULs?

For e-cigarettes, include vapes, hookah pens, or JUULs. They heat an e-liquid or e-juice that contains nicotine and produce an aerosol cloud of chemicals.

Every JUUL pod contains highly addictive nicotine, roughly as much nicotine as an entire pack of cigarettes. JUUL does not make any nicotine-free pods.

- The aerosol cloud produced by a JUUL might not look as thick as other e-cigarettes or regular cigarette smoke, but it still contains many of the same chemicals and has the same health risks.

Are e-cigarettes less harmful than traditional cigarettes? Isn't it just water vapor?

- The aerosol produced by e-cigarettes isn't water vapor and it isn't harmless.

The aerosol inhaled from e-cigarettes and JUULs is often a mixture of harmful chemicals like nicotine, formaldehyde—which is known to cause cancer—and acrolein—which is used as a weed killer and can cause irreversible lung damage.

- E-juice and JUUL pods flavored like fruit, mint or other treats carry the same health risks as the unflavored products. Also, the flavorings are made up of chemicals that are not safe to be inhaled into the lungs.



One JUUL pod contains as much nicotine as a pack of cigarettes.

1-800-LUNGUSA | Lung.org



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.