



Tobacco News

You Can Now Play Video Games with Vapes



Vape manufacturers are now creating e-cigarettes that double as gaming devices. New vaping devices now have HD displays with built-in games. One example of these devices is the Craftbox V-play by Big D

Vapor. Dubbed as a “Vapertainment system,” it features three built-in retro games resembling Pac-Man, Tetris, and a fighter jet game. Aside from its games, the device also features 20,000 puffs, 22 flavors, and a price tag of \$18.

The combination of nicotine and popular youth behaviors, like video gaming or screen use, raises concerns that these products will increase the number of youths who start vaping. It also reinforces vaping among those youth who are already using. [Full Article.](#)

DSHS Releases Youth Vaping Toolkit

The Texas Department of State Health Services’ Tobacco Prevention and Control Program, in conjunction with the Texas Comprehensive Cancer Control Program, recently released a health care provider toolkit focused on e-cigarette use in youth and young adults. The toolkit provides current information on youth and young adult e-cigarette use in Texas. It also lists tobacco cessation resources available to Texas residents. Health care professionals directly involved in the care of youth and young adults

who use e-cigarettes are encouraged to use this tool to support their current tobacco use intervention efforts. The toolkit can be accessed on the DSHS Tobacco Control Program’s website [here.](#)

While this toolkit can be used as a stand-alone resource, it was developed in part to compliment the health care provider training module developed by the Baylor College of Medicine: [From Vapes to Victory: Empowering Teens to Overcome Vaping.](#)

Announcements & Events

Upcoming Events

August 7

- [Who uses public health cessation apps? An examination of characteristics from a state program;](#) **webinar; 12 p.m. CT.**

August 20

- [Region 6/5 S Tobacco Prevention ECHO, third session;](#) **9-10 a.m. CT**
- [Improving Tobacco Cessation: CMS Guidance and State Strategies;](#) **webinar; noon CT**

August 21

- [Lung Health and Tobacco Use;](#) **webinar; 11 a.m. CT**

Sept 5

- [The Cancer Moonshot: What's Menthol and Emotional Brain Training Got to Do with It? Everything! co-hosted by the National Behavioral Health Network for Tobacco & Cancer Control;](#) **webinar; 1 p.m. CT.**

Did You Know?



Inhaling from a hookah can expose you to infectious diseases such as hepatitis, tuberculosis, and herpes if the mouthpiece is contaminated. Hookah is usually done in a social setting with people sharing the same mouthpiece.

Partner Announcements

Call for Case Presenters

We are organizing a Tobacco ECHO for region 6/5 S, and we need real-life cases (either clinical or systems case) relating to tobacco use, prevention, and cessation. If you are currently dealing with vaping, smoking, or any tobacco-related problems in your community or workplace and want expert advice from our Hub team, please submit a case [here](#) or email: hsr65.echo@dshs.texas.gov.



[Join our Region 6/5 S Tobacco ECHO](#)

Get in touch!

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August Spotlight

New Kid on the Block: Nicotine Pouches

Every year, big tobacco companies come up with new products to attract people to buy from them. With all the products containing addictive nicotine, it ensures that they have a constant supply of users. In recent months, a new product has become popular: nicotine pouches.

What are nicotine pouches?

Nicotine pouches are a form of smokeless tobacco. These are microfiber pouches that contain flavored nicotine powder.

How does it work?

Users put the pouches in their mouth to dissolve the nicotine and absorb it in their system.

What do they look like?

Zyn, currently the most popular brand, is packaged to look like chewing gum. They also come in different flavors like fruit, mint, licorice, and others.

Is it safe?

Any form of nicotine is not safe for developing children. Our brains continue to develop until we are 25 years old. Nicotine exposure can affect brain development negatively. Nicotine pouches in the market currently contain between two and 12 mg of nicotine. For reference, a cigarette contains 12 mg of nicotine on average.

What are the health effects?

Because nicotine pouches are relatively new to the market, only a few studies have been made to study its health effects. However, we do know that nicotine can negatively affect brain development in the youth.

How are nicotine pouches regulated?

Currently, nicotine pouches are not as tightly regulated as other tobacco products. In Texas across the U.S., children under the age of 21 are not allowed to purchase or use any tobacco products.

Want to quit nicotine pouches?

- The [Texas Tobacco Quitline](#) is available to all Texans, free of charge, if you need help quitting.
- Quit coaches at the Quitline are trained to help tobacco-users quit ANY tobacco product.
- Call 877-YES-QUIT or visit yesquit.org to receive help.

Latest in Research

Effectiveness of Text Support for Smoking Cessation in Pregnancy



Researchers from the UK analyzed a text-based digital

cessation program for pregnant women called MiQuit. MiQuit is low-cost text messaging support based in the UK and specifically designed to help pregnant women quit smoking. It is a 12-week program that sends tailored self-help text messages.

A randomized clinical trial was used to determine how effective the program is. Results showed an increase in self-reported abstinence at four weeks but not for long-term abstinence. The study also found that those with higher motivations to quit had better self-reported outcomes in late pregnancy.

[Full Article](#)

“Hacked” Vape Devices Raise Concern for Safety



Yale Department of Psychiatry recently published a paper where they surveyed young adults on how they modify or “hack” their electronic cigarette devices. Of the

1,018 young adults, 40.1% reported refilling disposable devices that were meant to be thrown out after use. There were also some who would recharge batteries of these disposable devices (35.8%). Some even reported mixing THC into the devices or e-liquids.

These practices raise concern for health and safety, especially for young adults. Not long ago, e-cigarette or vaping-associated lung injury (EVALI) became a huge problem for those who used vapes containing cannabis. Modifications of electronic cigarette devices by young adults may result to the same effect if not addressed.

[Full Article](#)

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