



Tobacco News

India Proposes Mandatory Anti-tobacco Content on Streaming Platforms

The Health Ministry of India recently proposed a mandatory display of “non-skippable” anti-tobacco health spots on streaming platforms. The draft amendment indicates that these non-skippable ads should be at least 30 seconds long and should be shown as an individual starts streaming content. All films published or released on or after Sept 1, 2023, will have to post these ads at the beginning and middle of the movie. In addition, audio-visual disclaimers on the ill-effects of tobacco use will also be shown for 20 seconds as soon as you open the streaming app. [Full Article.](#)

Illinois Leads Coalition In Support of FDA’s Restrictions on Flavored E-cigarettes

Attorney General Kwame Raoul from Illinois together with 18 other states filed an amicus brief with the US Supreme court last month. The amicus brief, which is a supporting document provided by an individual or group not directly involved in the case, backs the FDA’s stance on restricting sale of flavored e-cigarettes across state lines. Earlier this year, Triton distribution and Vapetasia won an appeal with the Fifth Circuit Court of Appeals after their products were denied approval by the FDA. The companies have not proven that their products’ potential benefits to adults outweigh the risk to the youth. The Supreme court is set to review the case and arrive at a decision at the next term, which is from October 2024 to June 2025. [Full Article.](#)

Announcements & Events

Upcoming Events

October 8

- [The Curious Science of Cravings;](#) **webinar; 12 p.m. CT**

October 10

- [Innovations in Tobacco Control Lecture Series;](#) **webinar; 8 a.m. CT**

October 15

- [Addressing The Harmful Effects of Tobacco Related Stigma;](#) **webinar; 11 a.m. CT**

October 21

- [Advancing Smoking Cessation: FDA and NIH priorities;](#) **In-person/Virtual; Silver Spring, MD; 10a.m.-5:30 p.m. CT.**

October 22

- [Region 6/5S Tobacco Control ECHO Session 5;](#) **Virtual; 9 a.m.-10 a.m. CT**

Did You Know?



Our brains continue developing until the age of 25. Tobacco use before this age can lead to changes in your brain chemistry and brain development.

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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October Spotlight

October 10 is World Mental Health Day



Each year on this day, we try to raise awareness on mental health issues. The theme of this year's World Mental Health Day is workplace mental health. In this month's spotlight we shed light on how mental health relates to tobacco and what organizations can do to promote better mental health in the workplace.

People with mental health conditions are disproportionately affected by tobacco use.

- In 2020, 23.1% of US adults with mental illness reported smoking cigarettes
- Approximately 1 in 4 adults have some form of mental illness or substance use disorder. These adults consume 40% of all cigarettes smoked by adults.

Contrary to what people think, tobacco use can worsen anxiety or depression.

- Nicotine, the addictive substance in tobacco, changes a person's brain chemistry.
- Activities that usually make an individual happy, may not result in the same level of joy without taking nicotine.
- This is the reason why persons who are addicted to nicotine become moody when they do not get a puff of smoke or vape.

What can workplaces do?

- If you don't yet have a tobacco policy in place, please consider creating one. (PS: Your Regional Tobacco Coordinator can provide technical assistance in creating tobacco policies and education.)
- Educate employees on the harms of tobacco use.
- Promote other ways of coping with stress.
- Provide support to people who are addicted to nicotine.

Cessation Resources for Texans

- The [Texas Tobacco Quitline](#) is available to all Texans, free of charge, if you need help quitting.
- It provides 8 weeks of free nicotine replacement therapy and 5 behavioral coaching sessions.
- Call 877-YES-QUIT or visit yesquit.org to receive help.

Latest in Research

Effects of Vape and Cannabis Use During Adolescence on Cigarette Use in Young Adulthood

A recent study in California explored the effects of e-cigarette and cannabis use by adolescents on their future cigarette use as young adults. The researchers recruited 1,164 12th grades who have ever used nicotine in Southern California from 2016. Past 30-day use of cigarettes, e-cigarettes, and cannabis were assessed in each survey. The

participants were followed up at 24 months and at 42 months.

The study found that use of e-cigarettes alone was associated with a 2.61-fold increase in frequency of cigarette smoking days. Exclusive use of cannabis was linked to a 2.58-fold increase in smoking. Dual use of both e-cigarette and cannabis, was associated with a larger increase of almost 6-fold (5.84) in cigarette smoking frequency. The observed associations were partially mediated through nicotine dependence.

[Abstract](#)

Why Did US Adolescent Vaping Decline From 2022-2023?

One recently published study examined if the decline in vaping among adolescents during 2022-2023 can be attributed to the effects of the COVID-19 pandemic. The researcher used data from surveys conducted of 12th and 10th grade students from 2022-2023.

Results showed a relative decrease in vaping of 20% for 12th graders and 16% for 10th graders. Among the 12th graders a significant decline in vaping only occurred in those who initiated vaping in the 9th grade. For 10th graders, a significant decline was only seen in those who started vaping in the 7th grade.

These findings suggest that the decline in vaping during those years might largely be from a decrease in vaping initiation during the pandemic.

[Full Article](#)

References

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