

You can't PREVENT what you don't know!

A WESTCHESTER VIRTUAL SPEAKER SERIES

NICOTINE:
NEW PACKAGE,
NEW HEALTH
CLAIMS,
SAME RISKS FOR
YOUTH HEALTH
AND WELLNESS

“TIP” JAR

TAKE-AWAYS - INFORMATION - PROMPTS

Report
False
Marketing
Claims
HERE

Quitting Resources

1-800-QUIT-NOW or
1-800-Dejélo-Ya

SmokefreeTXT for Teens
(text QUIT to 47848)

Teen.Smokefree.gov

QuitSTART

Nicotine Pouches

- Pouches are disposable microfiber pouches filled with a powder that contains nicotine, flavorings, and other ingredients.
- Pouches are placed between lip or cheek and gum (where nicotine is absorbed), no spitting needed.
- Youth and young adult use of pouches, while still low, is rising rapidly.
- Most youth who use pouches also use other tobacco products.
- Pouches are increasingly being marketed as having “beneficial” effects, particularly for mental processing.

Nicotine: Addiction and Health Effects

- Nicotine is a **highly** addictive stimulant.
- Any short-term stimulant impacts of nicotine must be weighed against long-term harms, including addiction.
- Repeated nicotine use changes the brain and can lead to addiction, which involves:
 - Physical Dependence – the brain needs nicotine to “feel normal”
 - Behavioral Triggers – daily activities or routines that cause nicotine craving
 - Psychological Triggers – social and emotional triggers that cause nicotine craving
- A nicotine-dependent brain may get “cranky” (have withdrawal) without nicotine. Nicotine withdrawal symptoms include:
 - Difficulty concentrating
 - Irritability
 - Restlessness & difficulty sleeping
 - Feelings of anxiety and depression
- While nicotine is not the primary contributor to disease from tobacco smoke, it is not harmless. Nicotine:
 - Can harm the developing brain.
 - May prime the adolescent brain for future addiction.
 - Contributes to immune dysfunction, increased cardiovascular disease risk, and impaired fetal lung development.

Take Action – Help Youth Quit Using Tobacco and Nicotine Products

- Cessation is a process – quitting may take multiple tries.
- Every quit attempt is a learning opportunity, slips are not a reason to quit quitting, and relapse is not failure but an opportunity to try again.
- To quit successfully, youth may need multiple sources of support over the long-term, including:
 - Trigger-free and treatment-focused environments
 - Supportive social and caregiving networks
 - Practical and behavioral counseling
 - Medication (if advised by a healthcare professional)

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