



Show Me

Tobacco-Free Missouri

Tobacco Prevention and Control Program



FALL ISSUE 2023

Highlights

White House Hosted Cancer Moonshot Forum on Smoking

On Thursday, June 1, 2023, the White House Cancer Moonshot hosted a forum to highlight the Biden-Harris Administration's commitment to tackling the biggest single driver of cancer deaths in this country—smoking—and efforts underway across sectors to equitably expand access to effective smoking cessation support. The Department of Health and Senior Services, Missouri Tobacco Prevention and Control Program (TCP) was honored to provide feedback, along with other National Leaders, in a closed session. The opening program recording can be viewed [here](#), and the resulting actions and commitments viewed [here](#).

Access to Cessation

Tobacco Treatment Specialist Training

In August, twenty health and behavioral health care professionals were trained as Tobacco Treatment Specialists. The training is the second offered by the University of Columbia School of Medicine in partnership with the University of Massachusetts Medical School and funding from DHSS, Tobacco Prevention and Control Program. The training provides a comprehensive approach to learning evidence-based treatment for individuals to master the core competencies defined by the Association for the Treatment of Tobacco Use and Dependence (ATTUD) and obtain the necessary training required to apply for the National Certificate in Tobacco Treatment Practice (NCTTP). The next training will be held virtually January 10 – 12, 2024. For more information, [click here](#).



Tobacco Cessation Health Systems Change Community of Practice Webinar Series

These one-hour webinars are presented by the University of Colorado Behavioral Health and Wellness Program through funding from DHSS, TPCP. Click on the links below to view recorded trainings.

[Evidence-Based Nicotine Treatment Strategies](#)

[Implementing and Sustaining Nicotine-Free Policies](#)

[Electronic Nicotine Delivery Systems \(ENDS\) – What You Need to Know](#)

Register for the upcoming webinar on November 16, 2023 @ 12:00 pm CT

[Strategies for Engaging Individuals in Tobacco Use Disorder Treatment](#)

MISSOURI TOBACCO
QUITSERVICES
1.800.QUIT.NOW (784.8669)

**Are you ready to quit tobacco?
Thinking about quitting tobacco?
Or, do you just want to know more?**



Missouri Tobacco Quit Services can help tobacco users quit by offering counseling, practical information on how to quit, referrals to other cessation resources, and if eligible, FDA-approved cessation medications.

Missouri Tobacco Quit Services are FREE, confidential, and an effective way to help Missourians quit all forms of tobacco, including e-cigarettes and smokeless

tobacco. This service is also available for former smokers who are trying to avoid a relapse and for those who want information to help a family member or friend quit tobacco.

[START YOUR QUIT JOURNEY HERE!](#)

Prevention Corner



Free Training on Implementing Evidence-based Nicotine Addiction Treatment and Tobacco-Free Campus Policies as a Standard of Care

The impact of vaping, tobacco, and nicotine is far-reaching. The Vaping, Tobacco, and Nicotine ECHO offers free virtual training (including free CME/CE for a variety of health professions) for healthcare professionals, primary care clinicians, pediatricians, psychiatrists, behavioral health specialists, and school professionals. This ECHO aims to provide a combination of best-practice tools and strategies to achieve optimum and equitable health for patients, students, and families. A team of experts and specialists in vaping, tobacco, and nicotine cessation offers online, collaborative learning sessions every 2nd and 4th Wednesday of the month from noon to 1:00 p.m. All previous ECHO sessions and related handouts are available to those registered for the Nicotine, Tobacco, and Vaping ECHO. For more information and to register, [click here](#).



Statewide Community Conversations are Happening in Missouri.

For the first time in Missouri, more high school students vaped (19%) than adults smoked (17% in 2021). In the effort to protect our current

and future generations from the toll of tobacco and e-cigarettes, local lead agencies will be hosting in-person Community Conversations across Missouri. The statewide

Community Conversations project is sponsored by DHSS TPCP, and the Missouri Tobacco Prevention and Control Strategic Plan Workgroup. Adults and youth are encouraged to attend these one-hour small group conversations to share their perspective about the impact of youth vaping on their community, ideas, and feedback on solutions to end the youth vaping epidemic. For more information and to register visit, <http://www.vapetalkmo.com/>.

The Centers for Disease Control and Prevention (CDC) Office on Smoking and Health Launches Empower Vape-Free Youth

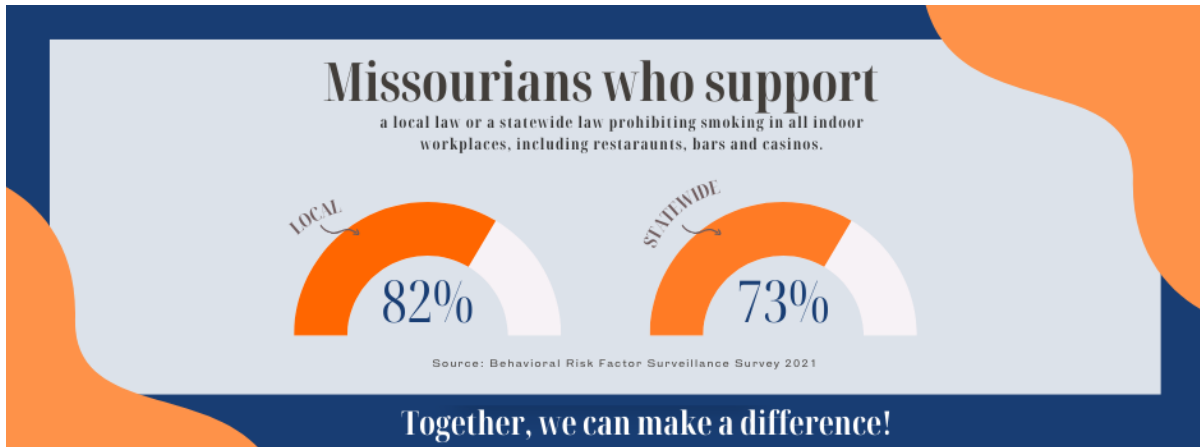
The campaign builds on CDC's [Emerging Tobacco Products](#) and the [Protecting Young People from E-cigarettes](#) communication initiatives. The goal of the [Empower Vape-Free Youth](#) campaign is to empower educators to speak with youth about the risks of e-cigarettes and nicotine addiction and to encourage youth to avoid and/or quit vaping. The new campaign materials include free print resources, animated videos, live-action videos, and social media assets available to download at [Empower Vape-Free Youth](#). For more information or help addressing youth vaping in your school or community, please contact Christy Inskip, TPCP's Youth Tobacco Use Prevention Specialist, at christy.inskip@health.mo.gov or 573-526-1880.



[Download Educator Fact Sheet](#)

Tobacco-Free Environments

Exposure to secondhand smoke (SHS) from burning tobacco products causes disease and premature death among people who do not smoke. There is no safe level of exposure to secondhand smoke; even brief exposure can cause immediate harm. Comprehensive smoke-free laws prohibit smoking in all workplaces and public places, including restaurants and bars. Comprehensive smoke-free laws and policies fully protect people from secondhand smoke exposure. Learn more about secondhand smoke and what you can do about it [here](#).



Thousands of Missourians Protected by New Tobacco-Free Policies

Dallas, Ripley, and Lafayette County Health Departments increased access to smoke and vape-free air in their counties by helping local organizations implement comprehensive tobacco-free policies that protect all people, at all places, and at all times. Through the hard work of grant coordinators Rachel Badgett (Dallas Co.), Sheila Henson (Ripley Co.), and Marsha Corbin (Lafayette Co.), and with funding from DHSS, new or improved tobacco-free policies were implemented at 14 worksites. The new policies protect over 78,000 Missourians from exposure to secondhand smoke and electronic cigarette aerosol.

“The tobacco-free initiative for OACAC and New to You Thrift Store is a great addition to the other tobacco-free spaces in Dallas County. Partnering with DHSS with this initiative has been successful and a policy we are happy to be a part of,” said Kathy Banks, OACAC and New to You Director. Special thanks and congratulations to Ozarks Area Community Action Corps (OACAC), OACAC New to You Retail Store, Patsy’s Convenience and Diner, Sunnyside Daycare, Total Faith Daycare, and Health Care Collaborative Network for implementing tobacco-free policies. If you would like to strengthen your organization’s tobacco policy or assist work sites in your community in adopting comprehensive tobacco-free policies, please contact Nicole Sinderman, TPCP Policy Specialist at Nicole.Sinderman@health.mo.gov.

Smoke and Tobacco signs and window clings are available for order on the [DHSS TPCP Order Free Materials page](#).

Proud to be a
Smoke-Free Property



Smoke-Free Housing



Reduce Tobacco-Related Health Disparities.

Health equity means that all people have a fair and just opportunity to be as healthy as possible. A commitment to health equity involves understanding health disparities related to commercial tobacco and the factors that cause these disparities. Several factors connect commercial tobacco with higher levels of disease, disability, and death in different population groups. Social activist and filmmaker [Lincoln Monday](#), released the short film [The Journey of a Stolen Leaf](#) as part of his [Black Lives/Black Lungs](#) series. The films center on the effects of tobacco products, specifically menthol cigarettes, on African-American communities over the past several decades.



These two insightful and profound films combine personal anecdotes and testimony and serve as important introductions to the methods by which African-American communities have been deliberately burdened by the tobacco epidemic. Find out more about how commercial tobacco impacts African American communities and what can be done to reduce health disparities in this community at [CDC Commercial Tobacco and HealthEquity](#).

Free Print and Social Media Materials

Visit the [DHSS TPCP Order Free Materials page](#) to order a variety of free patient education and provider resources for pregnant women, mothers, and families. You Quit Two Quit materials are available in English and Spanish and address e-cigarette use and pregnancy, secondhand and thirdhand smoke exposure, tobacco use during pregnancy and postpartum, and more. You Quit, Two Quit seeks to support comprehensive tobacco use screening and cessation counseling for pregnant and postpartum women. Visit the [DHSS Website Free Social Media](#) page to view and download free social media content to promote tobacco cessation and raise awareness of the harms of tobacco use in your social media channels.



Join the Missouri Tobacco Prevention and Control Strategic Plan Statewide Workgroup! Help improve the health of Missourians by promoting and supporting tobacco-free environments and lifestyles. Contact motobaccoprogram@health.mo.gov or (573) 522-2820 for more information.

