

FOR IMMEDIATE RELEASE

August 26, 2024

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### **SAFE Glen Cove Coalition: Teens Use Text to Quit Vaping**

Among adolescents with a history of vaping, those who participated in a first-of-its-kind text message program called This is Quitting were 35% more likely to report that they had quit vaping after seven months compared with adolescents who did not participate in the program, according to a study published Wednesday in the Journal of the American Medical Association (JAMA).

This is Quitting was developed by Truth Initiative, a nonprofit focused on ending tobacco use, as a free and anonymous text messaging program to help young people quit vaping. Before this study, funded by Truth Initiative, there was little to no data available on how to help teens quit vaping, according to the researchers.

This is the first study to demonstrate the effectiveness of digital intervention in helping young people quit vaping. The text message intervention helped them build confidence to overcome nicotine addiction and learn powerful behavior change skills that they can take with them for life. It's also a program that has been used by more than 780,000 young people nationwide since Truth Initiative launched it in 2019.

The new study included more than 1,500 adolescents in the United States, ages 13 to 17, who reported vaping in the previous 30 days, with approximately 76% reporting that they vape within 30 minutes of waking up, a signal of nicotine dependence. Additionally, the US Food and Drug Administration has not approved NRTs for anyone younger than 18 years (although many health care professionals prescribe NRTs for adolescents, as is recommended by the American Academy of Pediatrics). As such, it is imperative that evidence-based e-cigarette cessation programs focused on adolescents are developed, evaluated, and implemented. Programs should be accessible and easy to use, and that provide adolescent developmentally appropriate information and Support. This is Quitting is one such program.

Keep aware, stay informed and avoid negative Live SAFE and work ardently to protect your youth through prevention education to avoid the negative consequence of nicotine addiction.

The Journal of the American Medical Association is a peer-reviewed medical journal published 48 times a year by the American Medical Association. It publishes original research, reviews, and editorials covering all aspects of biomedicine. For more information, please visit [jamanetwork.com](http://jamanetwork.com).

SAFE, Inc. is the only alcohol and substance abuse prevention, intervention, and education agency in the City of Glen Cove. The Coalition is concerned about all combustible and electronic products with marijuana and tobacco and youth consumption. The Agency is employing environmental strategies to educate and update the community regarding the negative consequences in collaboration with Carol

Meschkow, Manager- Tobacco Action Coalition of Long Island. To learn more about the SAFE Glen Cove Coalition please follow [www.facebook.com/safeglencovecoalition](http://www.facebook.com/safeglencovecoalition) or to learn more about electronic products visit the Vaping Facts and Myths Page of SAFE's website to learn more about how vaping is detrimental to your health [www.safeglencove.org](http://www.safeglencove.org).