


## MEMORANDUM

TO: Representative Theresa Wood, Chair, House Human Services

FROM: Mark A. Levine, MD, Commissioner 

DATE: January 16, 2024

SUBJECT: Follow-up information requested - S.18 Testimony

The information below was requested during my testimony on January 10, 2024, regarding an act relating to banning flavored tobacco products and e-liquids.

1. *Cessation services: Are there culturally appropriate protocols and programs to address youth use of tobacco and nicotine cessation?*
  - The Health Department researched several options to expand culturally appropriate cessation options that would both attract and assist youth with quitting. While youth ages 13 and above can use 802Quits counseling service by calling, most youth don't seek to use the telephone for help. However, as a quick pivot when the vaping epidemic first started in 2018 and onward, the Department made 802Quits available to parents for learning more about the dangers of vaping and what 802Quits has to offer as a state Quitline (including confidentiality and how a treatment professional can develop a customized plan for their teen). Moreover, the program started promoting its online quit program and resources for teens seeking quit information and support.
  - The state tobacco control program also contracted for an additional service called My Life My Quit through its Quitline contractor, National Jewish Health Respiratory Hospital. My Life My Quit was developed with teen input and is text based. It serves teens ages 13 - 18.
  - From January through November 2023, 465 youth aged 13 through 24 became registrants with 802Quits or its My Life My Quit program. In addition to including youth in its design and the emphasis on confidentiality, if a MY Life My Quit registrant identifies as LGBTQ, Medicaid or Uninsured, or Native American and is eligible, additional culturally appropriate benefits are included.
  - 802Quits' website materials are translated to multiple other languages (15 other languages) available at [802Quits You Can Quit. We Can Help.](#) You can select the desired language at the top right of the page.



- When calling 1-800-QUIT-NOW for assistance with quitting and need another language other than English or Spanish, National Jewish Health will bring on a third-party translator for answering questions, performing registration, and providing counseling.
2. *Has VDH discussed how to address the barrier to access cessation?*
- Youth aged 13 and above can access phone, online or text counseling without the consent of a parent or guardian.
  - National Jewish Health does not provide nicotine replacement therapy (NRT) to any registrant under the age of 18 due to liability issues. Youth or their parents are counseled to check with their primary care provider, pediatrician and/or pharmacist for information and if eligible, a prescription for NRT.

