



Volume 2, Issue 1



Resources for Providers and Patients

[Taking Texas Tobacco Free \(TTTF\)](#) is funded by the [Cancer Prevention and Research Institute of Texas \(CPRIT\)](#) and promotes wellness among Texans by partnering with healthcare organizations to build capacity for system-wide, sustainable initiatives that reduce tobacco use and secondhand smoke exposure among employees, consumers, and visitors. TTTF is an academic-community partnership between the University of Houston and Integral Care of Austin.

The [TTTF website](#) houses a variety of educational materials, including rack cards and posters that address tobacco use in various languages (i.e., English, Spanish, Chinese, Vietnamese, Japanese, and Farsi). They also have step-by-step implementation guides for implementing the program within behavioral health organizations, as well as different presentations catering to specific groups of tobacco users. TTTF is working on creating new materials (i.e., rack cards, posters, presentation decks, etc.) tailored to agencies serving people experiencing homelessness and health centers, which will be available through the [Download Center](#).

New Materials Available



The Texas Department of State Health Services (DSHS) Tobacco Prevention and Control Branch recently redesigned all its materials. New materials can be ordered from the [DSHS Warehouse](#) for free.

Available items include:

- YesQuit cards

Events/Health Observances

Click on the dates below to access more information about the event or observance, if available.

January

JAN	Cervical Health Awareness Month
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February

FEB	American Heart Month
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FEB 4	World Cancer Awareness Day
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March

MAR	Colorectal Cancer Awareness Month
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MAR 22-26	LGBTQ+ Health Awareness Month
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April

- Yes, I'm Ready to Quit brochures in English and Spanish
- Tobacco and My Baby brochures in English and Spanish
- No, I'm Not Ready to Quit brochures in English and Spanish

Brand new youth and young adult brochures for the Vapes Down campaign will be arriving soon!



[Click here to learn the latest on COVID-19.](#)

Want to Be a TYTAP Instructor?



Do you or someone you know have a passion for working with youth on educating them about the harmful effects of tobacco? Apply to be a Texas Youth Tobacco Awareness Program (TYTAP) instructor. TYTAP provides awareness classes for people under age 21 who have received a citation for tobacco possession. This program provides information and skills necessary to quit using tobacco and to avoid using tobacco products in the future. For additional information, please refer to [Texas Health & Safety Code, Sec.161.253](#) . For questions, please email Tobacco.Free@dshs.texas.gov. The next training session will be held April 20-22 and will be in-person contingent on COVID-19 risk. New certifications are \$300 and re-certifications are \$125. Visit the [TYPTAP webpage](#) for more information.



SayWhat! Regional Summits

Starting this Spring, there will be six free SayWhat! Regional Summits. Five will be in person and one will be virtual. The summits use service learning to train 6th – 12th grade students in effective tobacco prevention activities aimed at reducing the harmful effects of tobacco, nicotine, and e-cigarette use in Texas. More information, location details, and registration is on the SayWhat! [website](#).



Vaping in the Workplace Report from Truth Initiative®

Until now, limited research existed on how employees are exposed to or affected by workplace vaping. A series of peer-reviewed research articles from Truth Initiative published in academic journals reveals that vaping pervades the workplace. In the first study to look at vaping rates in medium and large U.S. workplaces, Truth Initiative finds that vaping is ubiquitous and bothersome to many.

The health risks of vaping in shared workspaces — especially risks to lung health — threaten the safety of employees as they return to in-person work in environments with the ever-present risk of COVID-19. Findings from these studies speak to the need for employers to address gaps in workplace policies and to provide employees with cessation support.

Visit the Truth Initiative's site to learn more and download the new report at [Vaping in the Workplace \(truthinitiative.org\)](https://truthinitiative.org).

Email us your content ideas and what you want to see in this newsletter at:
Tobacco.Free@dshs.texas.gov.

You are subscribed to updates from the Texas Department of State Health Services' Tobacco Prevention and Control Branch. For more information, please [email us](#) or [visit our website](#).