

Due to the increase of consumer use in E-Cigarette technology, the Sudbury Board of Health would like to make the general public aware of Vaping Prevention/Intervention programs that are currently available. Below is a list of websites and apps that will aid in curbing the sudden rise in this health risk phenomenon.

*Please consult your physician (for health purposes) prior to engaging in any of these programs.

Current State & National Vaping Prevention Interventions

Cessation

Campaign	Agency	Target Audience	Length	Delivery Method	Website
This is Quitting	Truth Initiative	Youth	Ongoing	App	http://www.thisisquitting.com/
BecomeAnEx	Mayo Clinic	Youth and adults	Ongoing	Email reminders	https://www.becomeanex.org/
quitSTART	Dept. Health and Human Services	Youth	Ongoing	App	https://teen.smokefree.gov/become-smokefree/quitstart-app
SmokefreeTXT	Dept. Health and Human Services	Youth (13-19)	6-8 weeks	Texts	https://teen.smokefree.gov/become-smokefree/smokefreeteen-signup

Prevention Curriculum

Campaign	Agency	Target Audience	Length	Delivery Method	Website
CATCH My Breath	University of Texas Health Science Center	Youth (Grades 6-12)	4 sessions, 35-40 min. each	Educator led	https://catchinfo.org/modules/e-cigarettes/
Tobacco Prevention Toolkit-E-Cigarettes	Stanford University	All	6 units, 1 hour each	Educator led	https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs.html
SIRP	Maine CDC	Youth (13-18)	12- hour class over 2-4 days	Educator led	http://sirp.adcareme.org/

Prevention: Mass Media

Campaign	Agency	Target Audience	Delivery Method	Website
Get Outraged	Massachusetts DPH	Parents & Educators	Mass Media & Toolkits	http://makesmokinghistory.org/dangers-of-vaping/
The Real Cost	FDA	Youth (12-17)	Mass Media	https://www.fda.gov/TobaccoProducts/PublicHealthEducation/PublicEducationCampaigns/TheRealCostCampaign/ucm20041242.htm#SmokelessTobaccoPrevention

Youth-Led Prevention

Campaign	Agency	Target Audience	Delivery Method	Website
The 84 Movement	Massachusetts DPH and HRIA	Youth	Peer education and advocacy	https://the84.org/