

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	<a href="http://www.thisisquitting.com/">http://www.thisisquitting.com/</a>
BecomeAnEx	Mayo Clinic	Youth and adults	Ongoing	Email reminders	<a href="https://www.becomeanex.org/">https://www.becomeanex.org/</a>
quitSTART	Dept. Health and Human Services	Youth	Ongoing	App	<a href="https://teen.smokefree.gov/become-smokefree/quitstart-app">https://teen.smokefree.gov/become-smokefree/quitstart-app</a>
SmokefreeTXT	Dept. Health and Human Services	Youth (13-19)	6-8 weeks	Texts	<a href="https://teen.smokefree.gov/become-smokefree/smokefreeteen-signup">https://teen.smokefree.gov/become-smokefree/smokefreeteen-signup</a>

#### Prevention Curriculum

Campaign	Agency	Target Audience	Length	Delivery Method	Website
Tobacco Prevention Toolkit-E-Cigarettes	Stanford University	All	6 units, 1 hour each	Educator led	<a href="https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs.html">https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs.html</a>
SIRP	Maine CDC	Youth (13-18)	12- hour class over 2-4 days	Educator led	<a href="http://sirp.adcareme.org/">http://sirp.adcareme.org/</a>

### Prevention: Mass Media

Campaign	Agency	Target Audience	Delivery Method	Website
Get Outraged	Massachusetts DPH	Parents & Educators	Mass Media & Toolkits	<a href="http://makesmokinghistory.org/dangers-of-vaping/">http://makesmokinghistory.org/dangers-of-vaping/</a>

### Youth-Led Prevention

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