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Upcoming Events

January 31
1-2pm ET
Webinar: Engaging Health Professionals and Strengthening Smoking Cessation Interventions

February 10-11
RCE Clinical Trainings
AAP Headquarters
Elk Grove Village, IL

February 17
2:30-4pm ET
Virtual Event: Adult Smoking and Adverse Childhood Experiences in Multi-Unit Housing

March 22-24
2017 NCTOH
Austin, Texas

March 31-April 1
RCE Clinical Trainings
AAP Headquarters
Elk Grove Village, IL

May 6-9
2017 PAS
San Francisco, CA

Hot Topics
Children Absorb Chemicals from Secondhand Marijuana Smoke
Karen Wilson, MD, MPH, FAAP, the Debra and Leon Black Division Chief of General Pediatrics, and the Vice-Chair for Clinical and Translational Research for the Department of Pediatrics at the Icahn School of Medicine at Mount Sinai, as well as an Investigator at the AAP Julius B. Richmond Center, is the lead author of a new study that shows children do absorb chemicals from secondhand marijuana smoke. Researchers collected urine samples from children ages 1 month to 2 years who were hospitalized for bronchiolitis. Samples were then sent to the Centers for Disease Control and Prevention (CDC), which used a new and highly sensitive test that can detect very low levels of marijuana metabolites. Traces of marijuana were found in 16% of the overall sample. Of children whose caregivers said they had been exposed to marijuana use, 75% had traces of marijuana in their urine. There is some research that suggests low concentrations of THC — the psychoactive ingredient in marijuana — can cause developmental problems for babies whose mothers used marijuana while pregnant. However, there is little evidence to affirm these findings: current federal restrictions make it difficult to conduct randomized clinical trials with marijuana. Until there is more evidence on marijuana’s health risks, it is recommended that marijuana users take the same precautions as tobacco users and not smoke or vape around children. Read the
**From the AAP Richmond Center**

**RCE Tobacco Cessation Clinical Practice Training Applications Due February 16**

The AAP Richmond Center will be conducting the "Asking the Right Questions" clinical training in Elk Grove Village on February 10-11, 2017. The training will educate pediatric clinicians about messages, tools, and counseling protocols to screen and counsel patients and families about tobacco cessation and secondhand smoke exposure during clinical encounters.

If you are interested in attending this unique clinical training opportunity, the Richmond Center is accepting applications for another training session on March 31-April 1. The training will last two days, and it will be held at AAP Headquarters in Elk Grove Village, IL. Most expenses will be covered, and CME credit is offered. Applicants are encouraged to attend the training in pairs of a pediatrician and another member of the practice team. More information, including the link to the application, can be found on the Richmond Center website: [http://www2.aap.org/richmondcenter/ClinicalTrainings.html](http://www2.aap.org/richmondcenter/ClinicalTrainings.html) To be considered, applications must be received by 4:00pm CST on February 16th, 2017.

**In the News**

**AAP Technical Report Examines Nicotine Addiction in Youths**

Tobacco dependence among children and adolescents is primarily driven by nicotine, according to a new American Academy of Pediatrics (AAP) technical report, "Nicotine and Tobacco as Substances of Abuse in Children and Adolescents". The report supports guidance published in the Academy’s 2015 clinical practice tobacco policy statement by providing detailed research and information about the addictive and disease-promoting aspects of smoking and nicotine use. This new report shows that the earlier in childhood a person starts using nicotine, the stronger the addiction, and children have more trouble quitting. An estimated 4% of kids who try to quit nicotine will succeed, compared to 5% of adults. The report also found that even though adverse health risks from tobacco use are linked to damage from tar, carbon monoxide and oxidizing chemicals, nicotine may increase odds of esophageal, oral and pancreatic cancers, while evidence supporting any clinical approach to end nicotine use among teens remains insufficient. Read more.

**Annual Survey Shows Drop in Alcohol, Cigarette, and Drug Use for Teens**

Data from the annual Monitoring the Future survey shows that rates of teens who used alcohol and illicit drugs other than marijuana in 2016 declined to their lowest points since tracking began in the 1990s. Marijuana use decreased among eighth-graders but remained steady among high-school seniors. The data also shows that rate of e-cigarette consumption among high-school seniors dropped to 12% in 2016 from 16% in 2015. The findings are based on data involving more than 45,000 eighth-, 10th- and 12th-graders across the US. The annual survey is sponsored by the National Institute on Drug Abuse and conducted by researchers at the University of Michigan at Ann Arbor.

**Teens Likely Misguided on Cigar Health Warnings**

Researchers from the University of North Carolina looked at how cigar warnings are received by youth and they found that many teens still believe that health risks of cigars can be mitigated by not inhaling or inhaling less. More than 1,100 U.S. teens ages 13 to 17 were surveyed for their perceptions on different warning labels that appear on cigars. The study showed that more than 75% of adolescents said that warnings linking cigar smoking to lung cancer and heart disease were "very believable." However, only 53% thought warnings associating cigar smoking without inhaling to mouth and throat cancers were very believable. Also, only half thought that the warning "cigars
were not a safe option to cigarettes” was very believable. Read more.

**Study: E-cigarette Flavorings Produce Toxic Vapors**

Researchers found that heating flavored e-cigarette liquids produced vapors containing toxic chemicals. They compared chemicals in three popular brands of e-cigarettes that had different types of heating mechanisms. They found that aerosols (vapors) from flavored e-cigarette liquid had significant amounts of aldehydes like acetaldehyde, acrolein and formaldehyde, but the liquids alone did not. They also found that vapors from flavored e-cigarette liquids yielded substantially more aldehydes than unflavored vapors. The researchers comment that “one puff of any of the tested flavored e-cigarette liquids exposes the smoker to unacceptably dangerous levels of these aldehydes, most of which originates from thermal decomposition of flavoring compounds.” The study is published in the journal *Environmental Science & Technology*. Read more.

**MMWR: Quitting Smoking Among Adults—United States, 2000—2015**

An article published in the CDC’s Morbidity and Mortality Weekly Report (MMWR) demonstrates that smokers continue to have a steadily high interest in quitting the use of tobacco. In this article, significant benchmarks for cessation, including “past-year quit attempt”, “recent smoking cessation”, “use of counseling and/or medications for cessation”, and “received advice to quit from health professional”, have improved or continued to be stable in 2015 compared to 2010 and 2005. This article has important value to health care professionals as it can help smokers quit by consistently finding patients who smoke, advising them to quit, and offering them cessation treatments. We encourage you to read this article and share it with others. Read the article for more information.

**CDC Launches 2017 *Tips From Former Smokers™* (Tips™) Campaign**

Beginning January 9th, the CDC will begin running the national tobacco education campaign *Tips From Former Smokers™* (Tips™). The campaign, which first aired in March of 2012, shows real people who live with the health effect of smoking, as well as nonsmokers who have experienced harmful episodes after being exposed to secondhand smoke. The goal of the campaign is to increase public awareness about the harmful health effects caused by smoking and secondhand smoke exposure, to encourage smokers to quit smoking and limit secondhand smoke exposure to their families.

The 2017 campaign will focus on illnesses that are caused or exacerbated by smoking, including heart disease, stroke, chronic obstructive pulmonary disease (COPD) and various cancers including lung, throat, and colorectal. The campaign will run for at least 20 weeks in every market of the country. Ads will be placed in English, Spanish, Chinese, Vietnamese and Korean. The campaign will also utilize social media platforms to feature content, including Facebook, Twitter, YouTube and Pinterest.

In 2014, the *Tips* campaign encouraged an estimated 1.83 million Americans to attempt to quit smoking. More information about the campaign can be found on the CDC website: [http://www.cdc.gov/tobacco/campaign/tips/about/index.html](http://www.cdc.gov/tobacco/campaign/tips/about/index.html)

**Resources and Events**

**UCSF Seeks Applicants for Postdoctoral Fellowships in Tobacco Control Research**

The Center for Tobacco Control Research and Education at the University of California San Francisco is seeking applications for Postdoctoral Fellowships in Tobacco Control Research. The fellowship program supports two years of postdoctoral training in all aspects of tobacco control research; prior tobacco research experience is relevant but not necessary for acceptance. Applications will be accepted through January 25th for fellowships beginning July 1, 2017.
Register for the 2017 National Conference on Tobacco or Health
March 22-24, 2017
Austin, Texas
The National Conference on Tobacco or Health is dedicated to improving and sustaining the effectiveness and reach of tobacco control programs and activities in the United States by providing a forum for sharing and discussing best practices and policies to reduce tobacco use. Visit the conference registration site at www.nctoh.org.

Register for Pediatric Academic Societies (PAS) Meeting
May 6-9, 2017
San Francisco, CA
Registration is now open for the Pediatric Academic Societies' (PAS) annual meeting in San Francisco, CA. The conference will be held May 6-9, 2017. This meeting offers programs with the latest science, from basic to translational, and clinical and health services research from across academic pediatric specialties. View the PAS Web site for registration information.

Engaging Health Professionals and Strengthening Smoking Cessation Interventions: Success stories from Family Physicians, Respiratory Therapists and Psychiatric Nurses
Tuesday, January 31, 2017, 1:00-2:30pm ET
The Smoking Cessation Leadership Center is hosting the webinar: “Engaging Health Professionals and Strengthening Smoking Cessation Interventions: Success stories from Family Physicians, Respiratory Therapists and Psychiatric Nurses” on Tuesday, January 31, 2017, from 1:00-2:30pm ET. The webinar objectives are to discuss the current environment surrounding tobacco and nicotine addiction and a comprehensive approach to address challenges; describe ways to engage professional colleagues in educational, clinical and research initiatives focused on tobacco dependence; and identify tools and resources developed by AAFP, AARC and APNA to apply to your organization or setting. Register now.

Virtual Event on Adult Smoking and Adverse Childhood Experiences in Multi-Unit Housing
Friday, February 17, 2017, 2:30-4:00pm ET
ASTHO will host this Ask the Experts virtual session where expert panelists will address the intersection of adult smoking, multi-unit housing, and adverse childhood experiences. Dr. Rahul Gupta (SHO-WV and Chair of ASTHO’s Tobacco Issues Forum) will moderate the session. Upon registration, participants will have the opportunity to submit questions for the panelists to address. Visit the ASTHO Web site for registration details.

People In the News
CDC’s Office on Smoking and Health
The Richmond Center gives kudos to the Centers for Disease Control and Prevention’s (CDC’s) Office on Smoking and Health (OSH) for their dedication to reduce the death and disease caused by tobacco use and exposure to secondhand smoke. Their Tips From Former Smokers™ campaign (see TIPS article above) has sustained success over the past 5 years, since the launch in 2012, with a proven track record of helping people to quit smoking. The CDC, through OSH, is the lead federal agency for comprehensive tobacco prevention and control. Throughout the years, OSH has partnered with many external public health organizations, including the American Academy of Pediatrics, to expand evidence-based tobacco control efforts and reach more segmented and diverse populations. OSH’s Tips campaign is one of the contributions reported in the CDC’s 2016 Winnable Battle’s report, which states that from 2009 to 2015, adult cigarette smoking decreased 27 percent and youth cigarette smoking decreased 45 percent.