

# Early Afternoon Workshop C

## Youth Prevention: Products and Trends Among Middle and High School Youth

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# Workshop Overview

- ***Youth Tobacco Use (U.S. & Maryland)***
  - Consequences of Youth Tobacco Use
  - Tobacco Products Used by Youth
- ***Process of Tobacco Use Initiation***
  - Risk & Protective Factors
- ***What Can Be Done?***
  - Tobacco Prevention Strategies
  - Cessation Counseling Resources (MD Tobacco Quitline)
- ***Additional Resources***

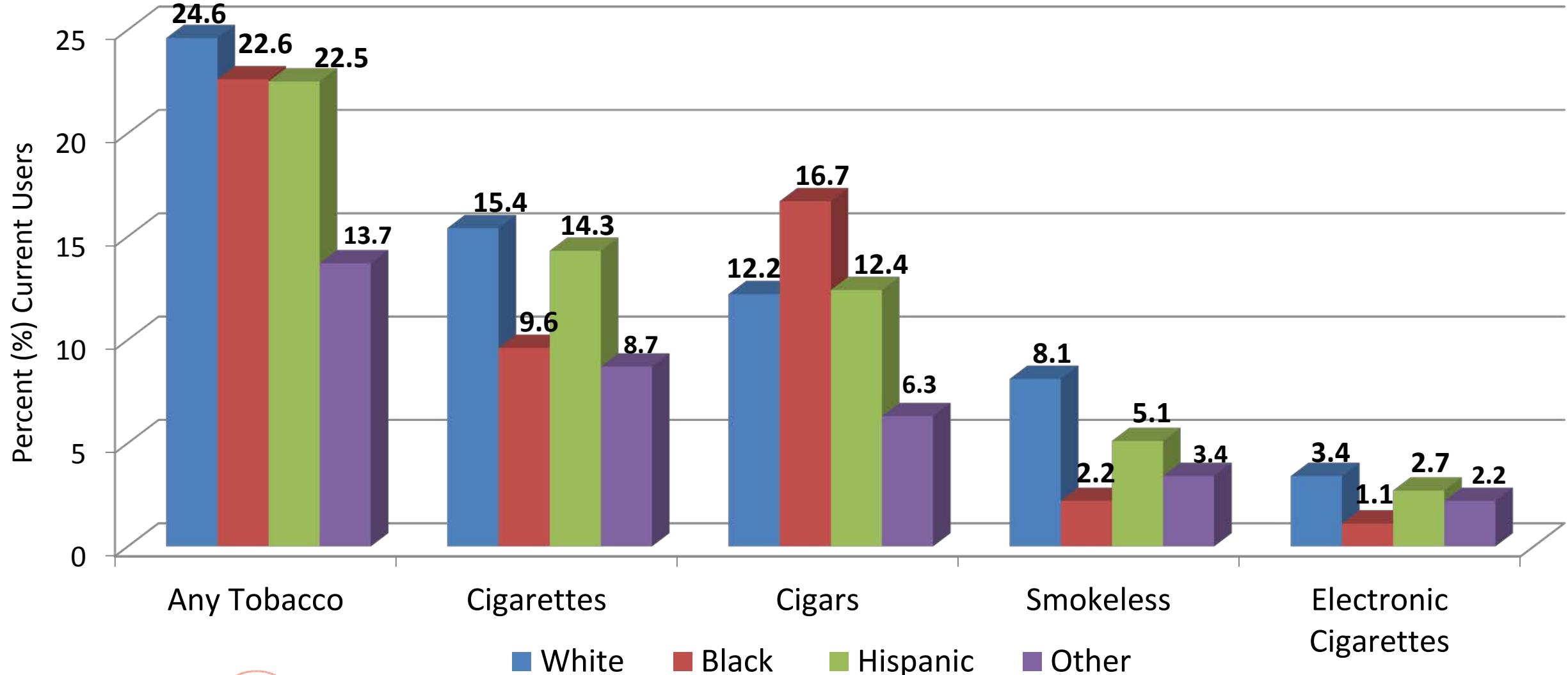


# Tobacco Products Used by U.S. High School Youth (2012)

(CDC, 2014; Data Source: 2012 National Youth Tobacco Survey [NYTS])

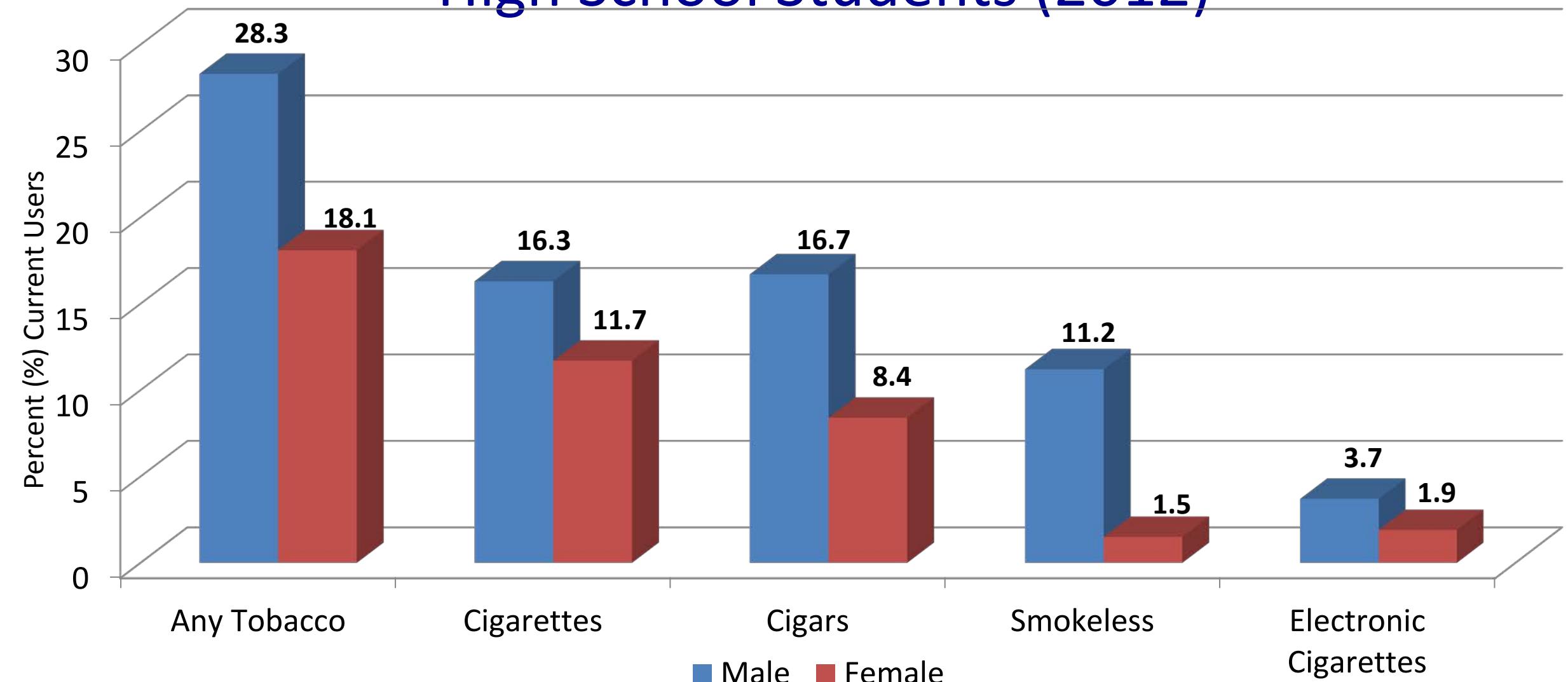
Tobacco Product	Overall	Females	Males
Any tobacco product†	23.3%	18.1%	28.3%
Cigarettes	14.0%	11.7%	16.3%
Cigars	12.6%	8.4%	16.7%
Smokeless tobacco	6.4%	1.5%	11.2%
Hookahs	5.4%	4.5%	6.2%
Pipes	4.5%	3.2%	5.8%
Electronic cigarettes	2.8%	1.9%	3.7%
Snus	2.5%	0.9%	3.9%
Kreteks	1.0%	0.5%	1.5%
Bidis	0.9%	0.5%	1.3%
Dissolvable tobacco	0.8%	0.6%	1.0%

# National Youth Tobacco Product Use (NYTS) by Race High School Students (2012)



# National Youth Tobacco Use (NYTS) by Gender

## High School Students (2012)



# Maryland High School Youth Tobacco Use

- In 2013, **16.9%** of Maryland high school students reported current (past month) tobacco use.

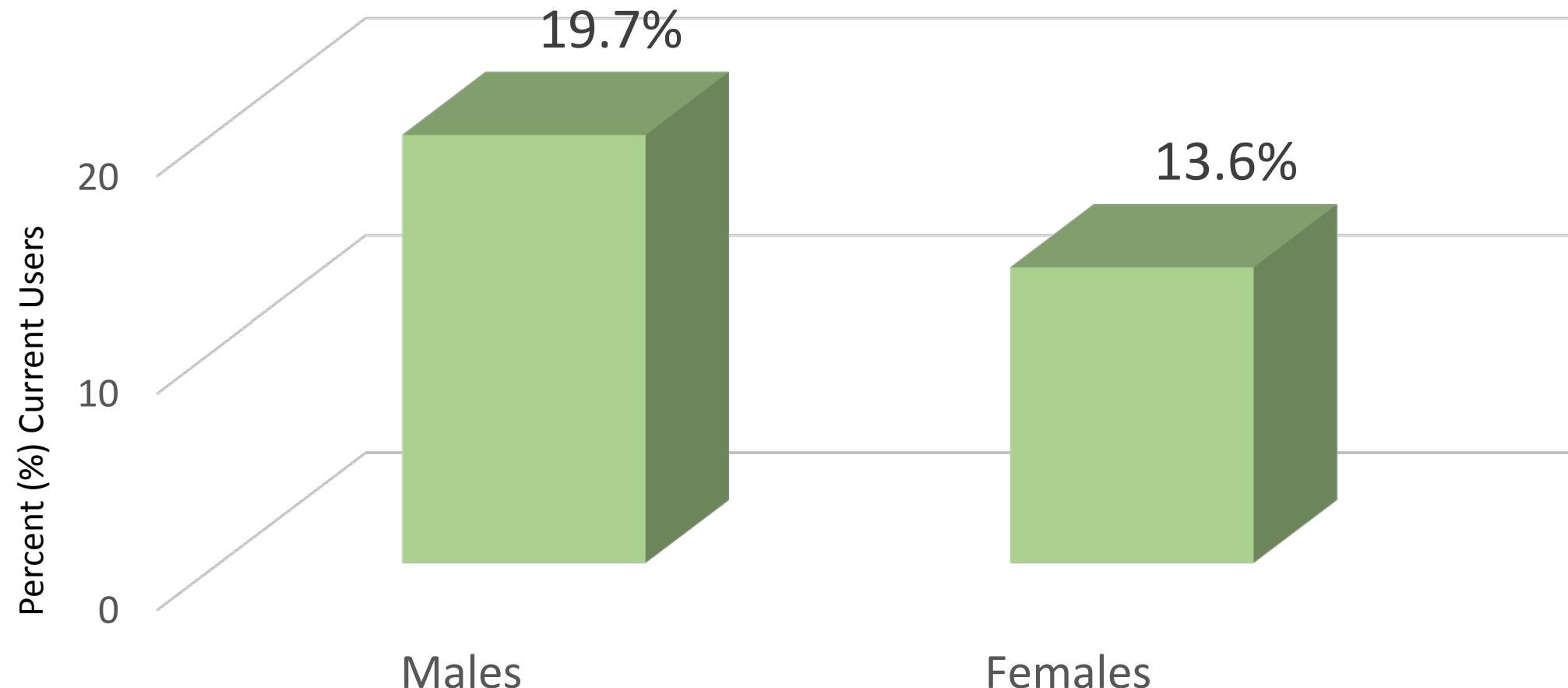
(Data Source: *Youth Risk Behavior Survey, 2013*)

- Each Year...
  - **4,200** Maryland youth become new daily smokers

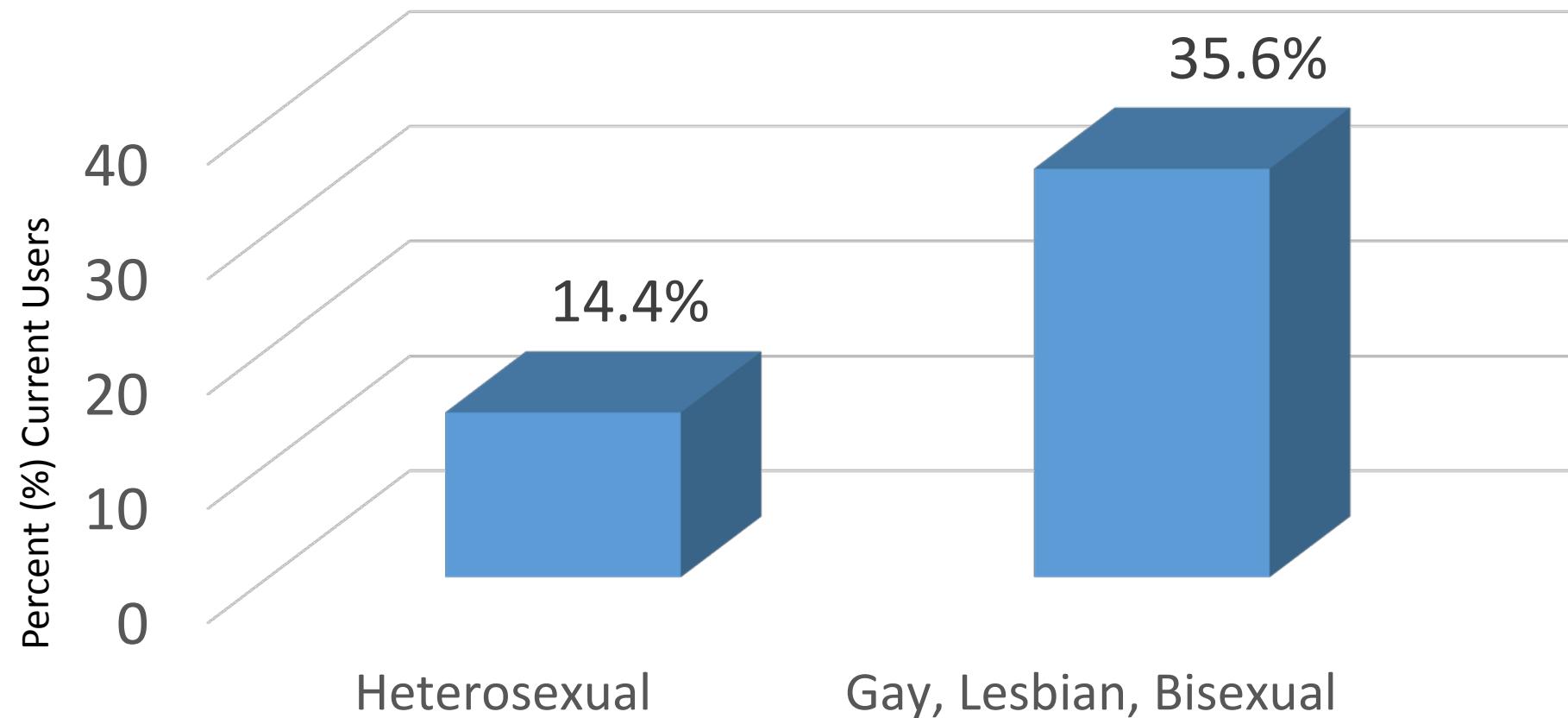
(CTFK, 2014)



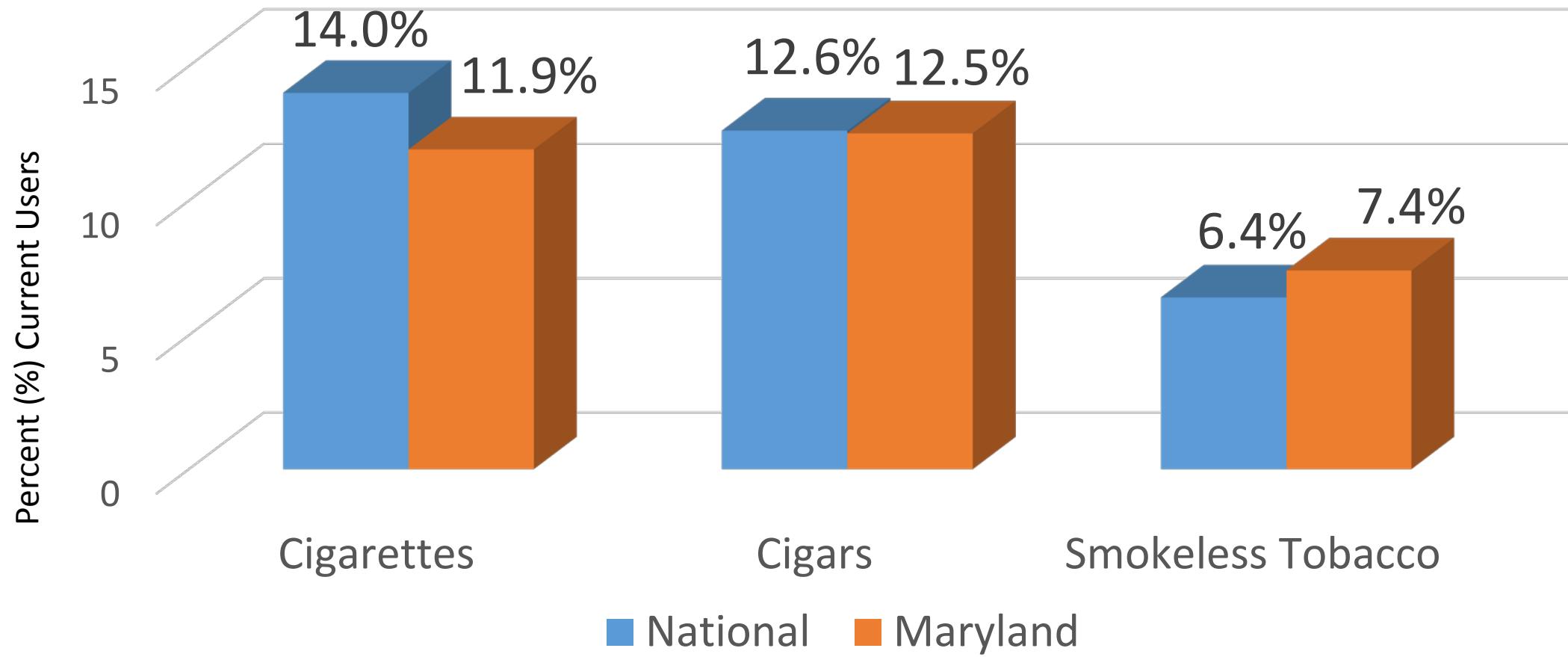
# Current Use of Any Tobacco Product by Gender—Maryland High School Students (YRBS, 2013)



# Current Use of Any Tobacco Product by Sexual Identity Status—Maryland High School Students (YRBS, 2013)

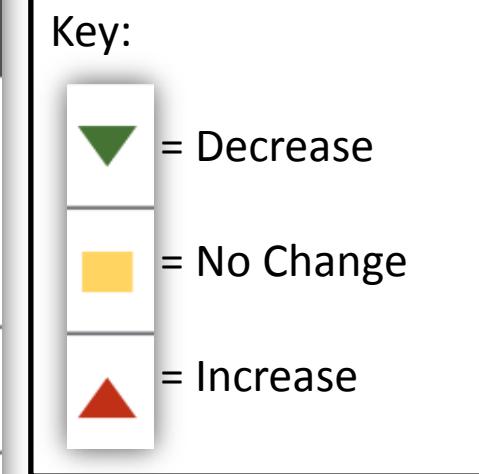


# Current Use of Tobacco Products Among High School Youth: National (NYTS, 2012) -vs- Maryland (YRBS, 2013)



# Trends in Maryland High School Youth Tobacco Use (YRBS, 2005-2013)

Percentage of Maryland youth who:	2005	2007	2009	2011	2013	2005 to 2013 Trend
Used any type of tobacco (cigarettes, cigars or smokeless tobacco) in past 30 days	20.4%	20.4%	18.0%	17.9%	16.9%	▼
Smoked cigarettes in past 30 days	16.5%	16.8%	11.9%	12.5%	11.9%	▼
Smoked a whole cigarette before age 13	13.7%	13.4%	10.8%	10.9%	8.0%	▼
Smoked a cigar in past 30 days	11.6%	11.0%	12.7%	12.9%	12.5%	■
Used smokeless tobacco in past 30 days	2.9%	4.2%	5.4%	7.2%	7.4%	▲



Source: MD YRBS Report (DHMH, 2014)



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# Discussion Questions

*What are your impressions about youth smoking in your community?*

- *What percentage of youth would you say use tobacco?*
- *What products are they using?*
- *Are youth aware of the immediate consequences?*

# Short-Term Consequences of Youth Tobacco Use

- Immediate Health Costs:
  - Irritated eyes & throat
  - Elevated blood pressure
  - Respiratory problems
  - Reduced immune functioning & increased illness
  - Tooth decay, gum disease, & bad breath
  - Poorer physical performance & endurance
  - Pre-cancerous gene mutations
- Associated with an increased likelihood of using other drugs (e.g., alcohol & marijuana)



(CTFK, 2014)

# Long-Term Consequences

*Unless smoking rates decline...*

- **Over 6 million** U.S. youth alive today, including
- **92,000** Maryland youth alive today  
**will die prematurely from smoking**



(CTFK, 2013; 2014)



# Tobacco Products Used by Youth

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# True or False: These are cigarettes.



1. True
2. False

(Legacy, 2010; Cigar Trap, 2014)



# FALSE!

- Only the one wrapped in white paper is a cigarette.
- The other wrapped in brown paper includes tobacco in the paper and is a little cigar.



(Legacy, 2010; Cigar Trap, 2014)

# Little Cigars & Cigarillos

- ***How are Little Cigars Different from Cigarettes?***



- Cigarettes are wrapped in white paper, while little cigars are wrapped in brown paper that contains some tobacco leaf.
- Unlike cigarettes, little cigars are widely available in a variety of kid-friendly flavors.



# Similar Packaging...Dissimilar Taxes



- Little Cigars most often sold in packs of 20, but also sold in packs of 10 & “loosies”

True or False: In 2012, under age high school youth in Maryland smoked cigarettes and cigars at similar rates.

1. True
2. False

Source: 2013 Maryland Youth Tobacco & Risk Behavior Survey

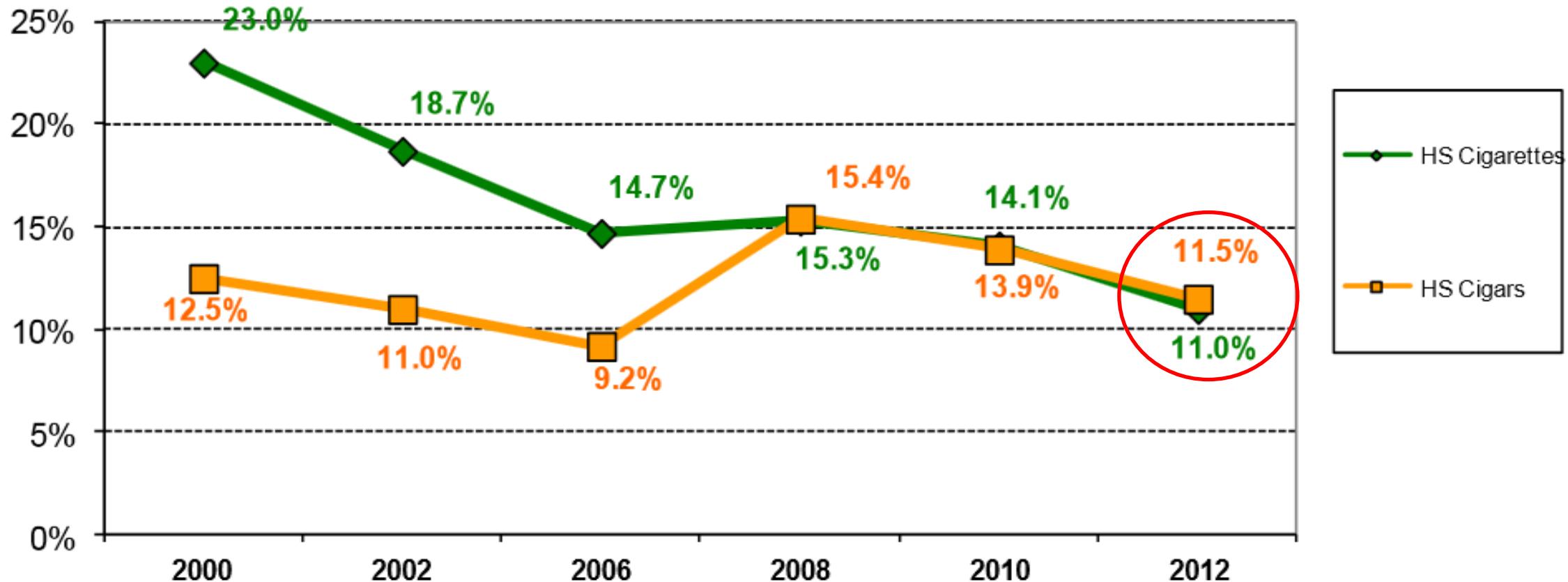
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# TRUE

## Percent of High School Students < 18 Years Smoking Cigarettes and Cigars in Last 30 Days



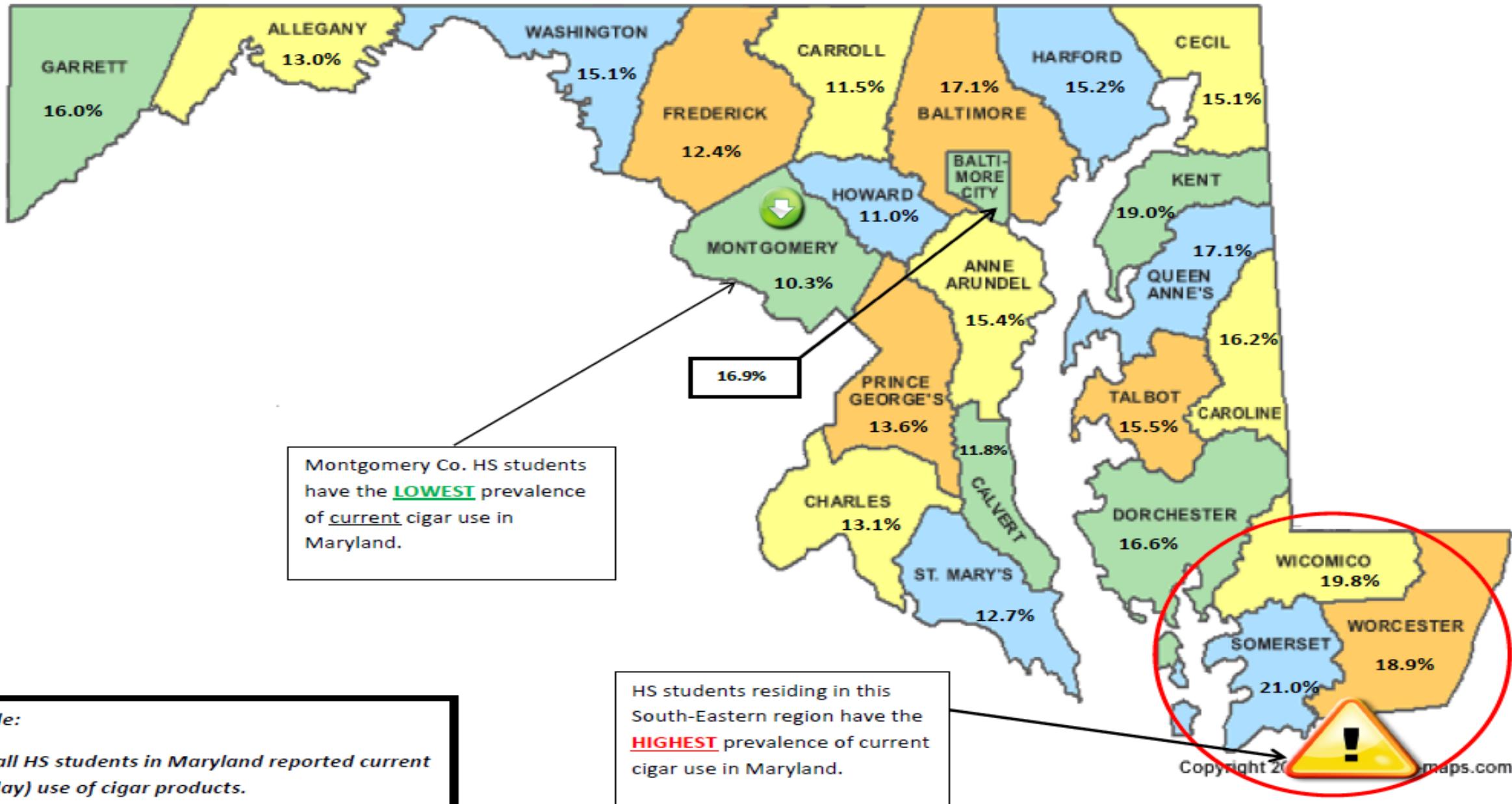
Source: High School Youth: 2000-2010 Maryland Youth Tobacco Survey and the 2013 Maryland Youth Tobacco & Risk Behavior Survey. Adults: 2012 Behavioral Risk Factor Surveillance System.

# Discussion Questions

*Have you seen little cigar or cigarillo products in your community?*

- *Where have you noticed these products?*
- *Who is using them?*
- *Where do they buy them?*
- *At what age can individuals purchase these?*

# Current High School (HS) Cigar Users by County (2010 MYTS)



# Smokeless Tobacco Products

- **Snus:**

- A spit-less tobacco packaged in small teabag-like pouches.



- **Moist Snuff:**

- Finely ground tobacco packaged in cans or pouches, sold moist (placed between the lower lip or cheek & gum)

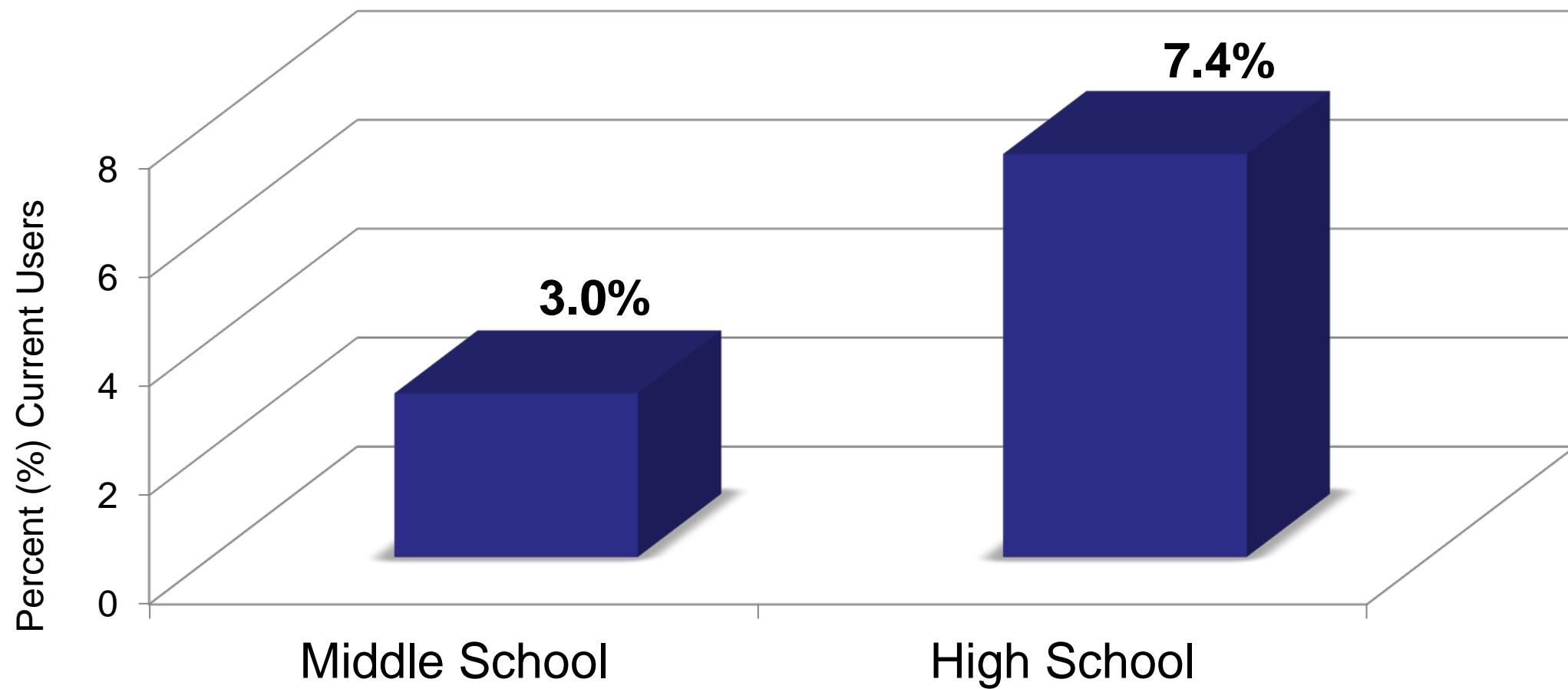


- **Dissolvable Tobacco:**

- Finely milled tobacco that dissolves in the mouth. Does not require spitting.



# Current Use of Smokeless Tobacco Products by Maryland Middle and High School Youth



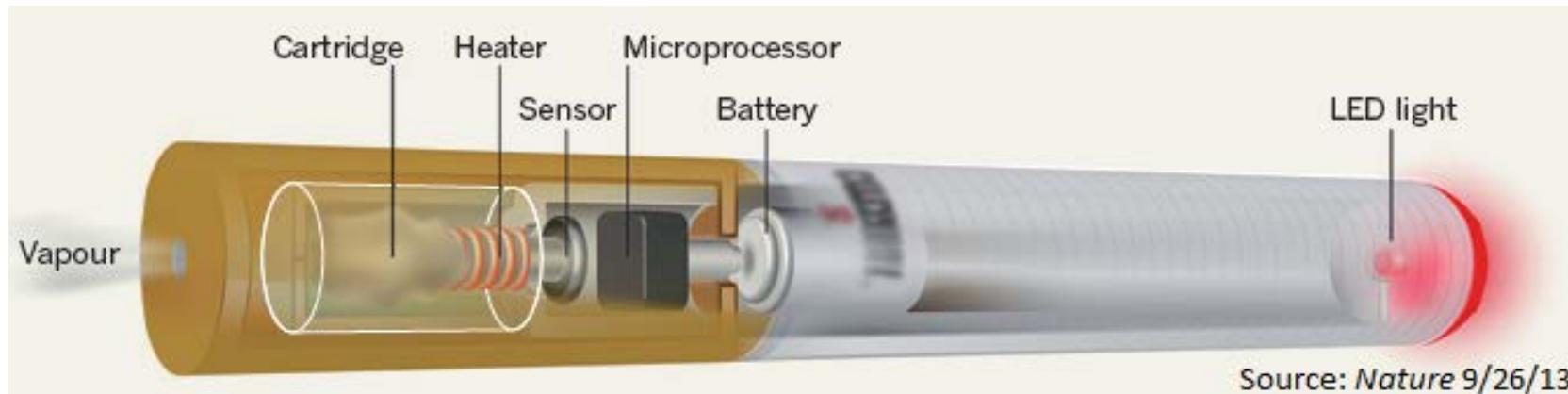
# Discussion Questions

*Where do you think smokeless tobacco use is most prevalent in Maryland?*

- *How does this use compare to the use of other forms of tobacco?*



# Electronic Cigarettes



- Battery-operated devices generally containing cartridges filled with nicotine, flavors and other chemicals. Vaporized, then inhaled.
- Commonly resemble a cigarette but come in various shapes and sizes

(Sutfin et al., 2013)

# What percentage of e-cigarette using youth have also smoked conventional cigarettes?

1. 36%
2. 46%
3. 56%
4. 66%
5. 76%

(CDC, 2013)

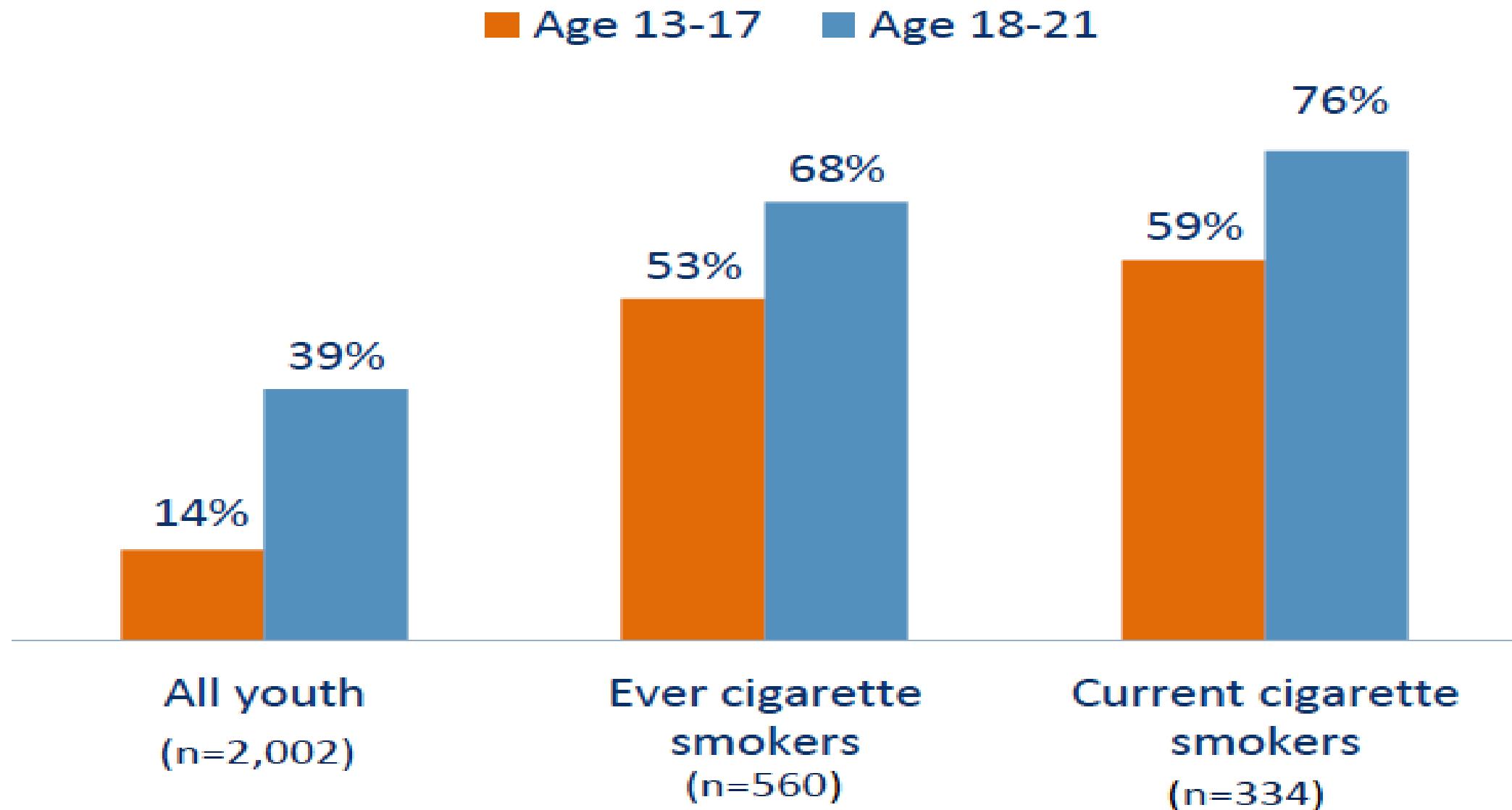


# E-Cigarettes: Rates of U.S. Youth Uptake

- Among middle and high school students, between 2011 and 2012:
  - Ever use increased from 4.7% to 10.0%
  - Current (past 30 day) use increased from 1.5% to 2.8%
- In 2012:
  - More than 1.78 million U.S. middle & high school students had tried e-cigs
  - **76.3%** of current youth e-users also smoked conventional cigarettes

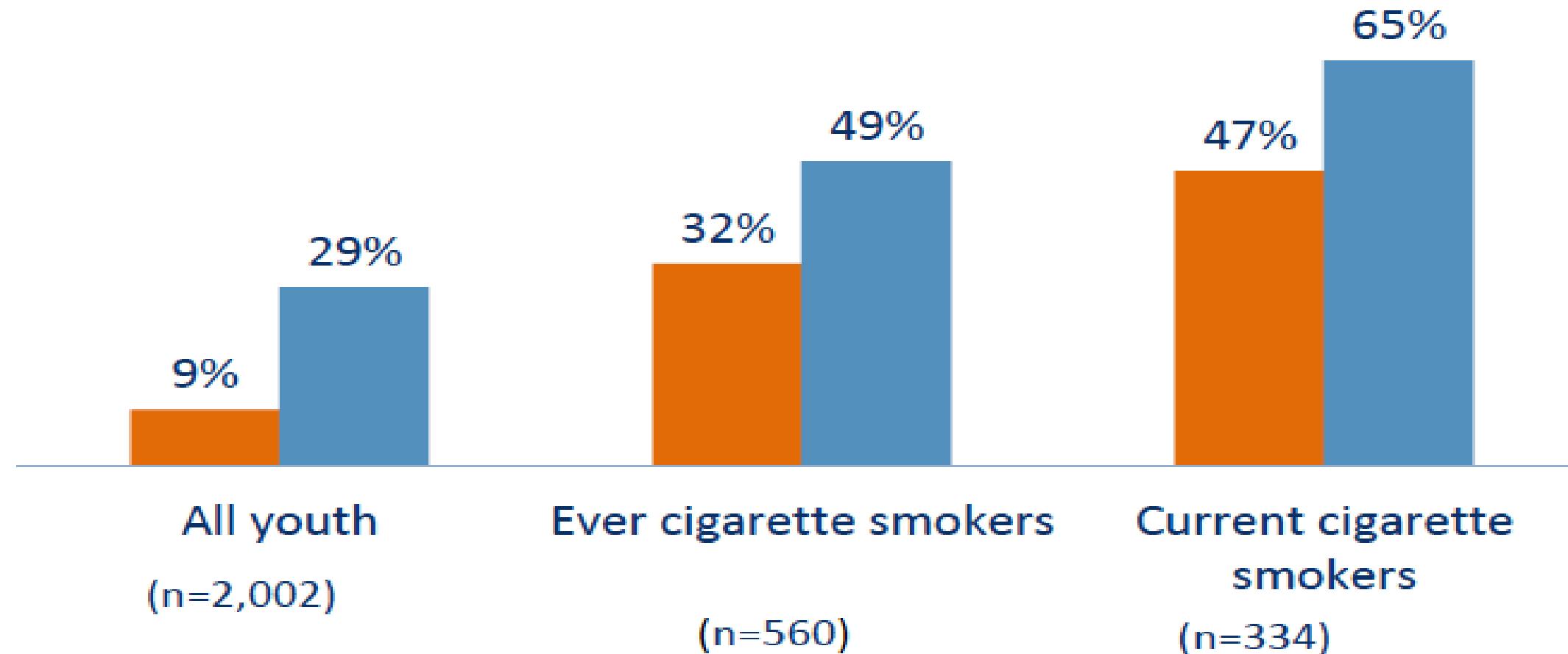
(MMWR, CDC, 2013)

# Ever Use of E-Cigs by Smoking Status



# Current E-Cig Use by Smoking Status

■ Age 13-17 ■ Age 18-21



# Discussion Question

*What are some of your reactions to e-cig advertising and prevalence of use among youth?*



# Process of Tobacco Use Initiation

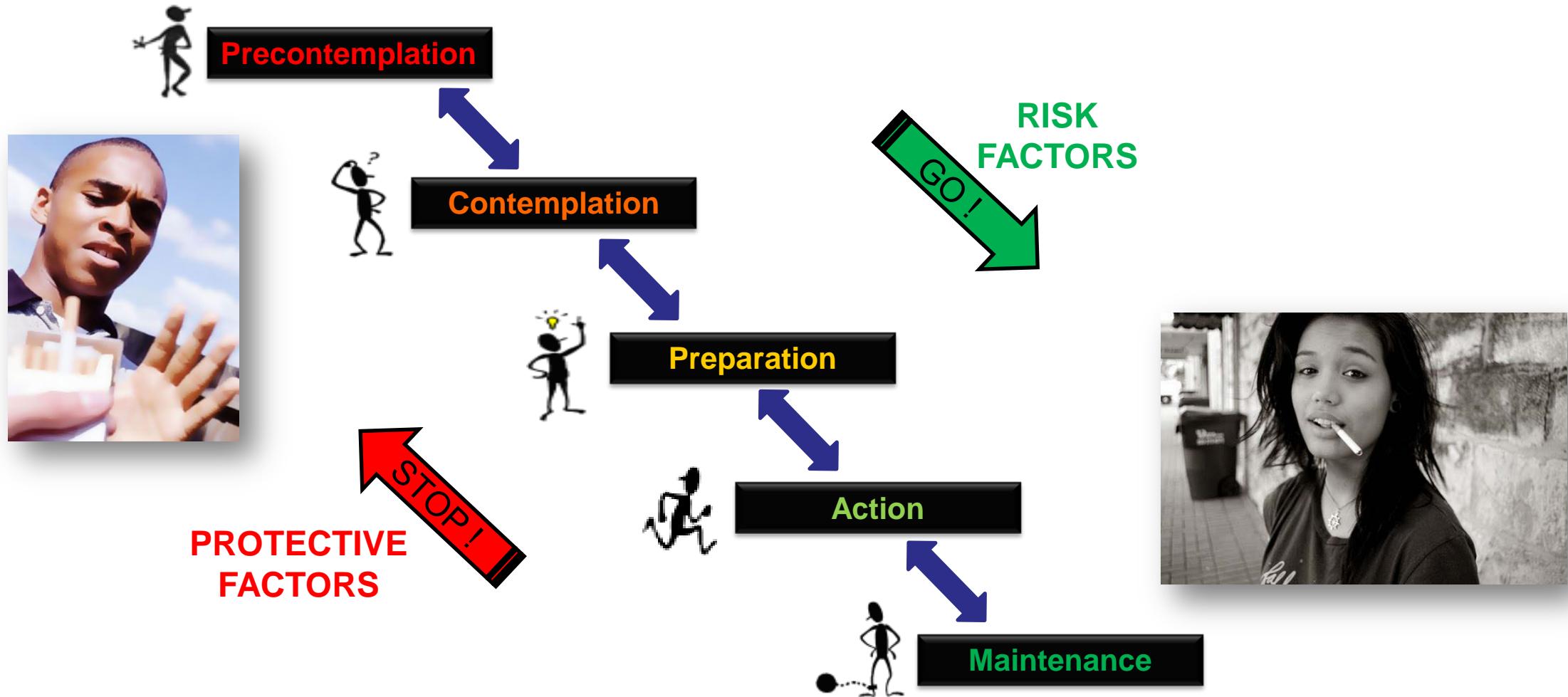
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# Process of Tobacco Use Initiation

- According to the Transtheoretical Model (TTM) youth move through five Stages of Smoking Initiation on the road to developing a regular pattern of tobacco use:



<b>Stage of Smoking Initiation (SOSI)</b>	<b>Description</b>
<b><i>Precontemplation</i></b>	<ul style="list-style-type: none"> <li>• Adolescents who are not currently smoking and who are not thinking about smoking any time in the foreseeable future.</li> </ul>
<b><i>Contemplation</i></b>	<ul style="list-style-type: none"> <li>• Adolescents who are not currently smoking but are open to considering smoking, and/or experience a desire to experiment with cigarettes.</li> <li>• This stage describes a large number of adolescents who think about trying smoking, may have experimented, but are undecided and lack a commitment to adopt cigarette smoking.</li> </ul>
<b><i>Preparation</i></b>	<ul style="list-style-type: none"> <li>• Adolescents who not only are interested in smoking, but also have some intention to smoke in the near future.</li> <li>• Youth in this stage might seek out others who smoke and may begin to experiment more regularly with cigarette smoking.</li> </ul>
<b><i>Action</i></b>	<ul style="list-style-type: none"> <li>• Adolescents who have been engaging in regular smoking for up to six months.</li> <li>• If smoking is not considered rewarding or causes too many problems, adolescents in this stage may move back into one of the earlier stages of smoking initiation.</li> </ul>
<b><i>Maintenance</i></b>	<ul style="list-style-type: none"> <li>• Adolescents who have incorporated cigarette smoking into their daily lives.</li> <li>• Adolescents in this stage have an established pattern of regular smoking that has lasted for more than six months and would be considered dependent on tobacco.</li> </ul>

# Risk & Protective Factors from a Developmental Perspective

- The etiology of tobacco initiation among youth varies depending on developmental stage
  - Young children rarely initiate tobacco use, although there are exceptions
- Can begin immunizing young children against tobacco initiation by:
  - *Promoting* developmentally-relevant protective factors
  - *Preventing* exposure to developmentally-relevant risk factors

(Sussman, 2013)

# Discussion Questions

*From a developmental perspective, what kinds of tobacco risk and protective factors are critical among the youth in your work?*

- *Elementary School?*
- *Middle School?*
- *High School?*

# Protective Factors

- Young Children (0-5yrs):
  - Consistent, firm, and kind parenting
  - Non-smoking parents
  - Bonding with parents & school authorities (teachers)
- Older Children (6-11yrs):
  - Same protective factors as with young children
  - Positive peer social influences (peers who do not use tobacco)\*

*\*Note: Older children are still more influenced by family than friends.*



# Protective Factors

- Adolescents (12-17 years):
  - Non-smoking parents
  - Engagement in pro-social activities (volunteering, sports, clubs, religious participation, etc.)
  - Racial/ethnic pride and strong racial identity
  - Higher academic achievement and aspirations
  - Positive peer social influences (peers who do not use tobacco)
  - Holding anti-tobacco attitudes and beliefs

(DiClemente, 2003; CDC, 2014)



# Discussion Questions

*How can we increase protective factors in our communities?*

- *What role can you play in promoting protective factors among the youth in your work?*



# Risk Factors

- Young Children (0-5 years):
  - Parental tobacco use
  - Tendency toward “acting out” behaviors
  - Exposure to tobacco advertising
    - Recent international study found that **68%** of 5 and 6 year olds could identify at least 1 cigarette brand logo (Borzekowski & Cohen, 2013)
- Older Children (6-11 years):
  - Same risk factors as with young children
  - Peer tobacco use, particularly use among older schoolmates

(Sussman, 2013)

# Risk Factors

- Adolescents (12-17 years):
  - Parental tobacco use
  - Peer tobacco use
  - Holding the perception that tobacco use is acceptable or normative among peers
  - Expectations of positive outcomes from smoking
  - Exposure to tobacco advertising and portrayal of tobacco use on TV and in movies

(DiClemente, 2003; CDC, 2014)

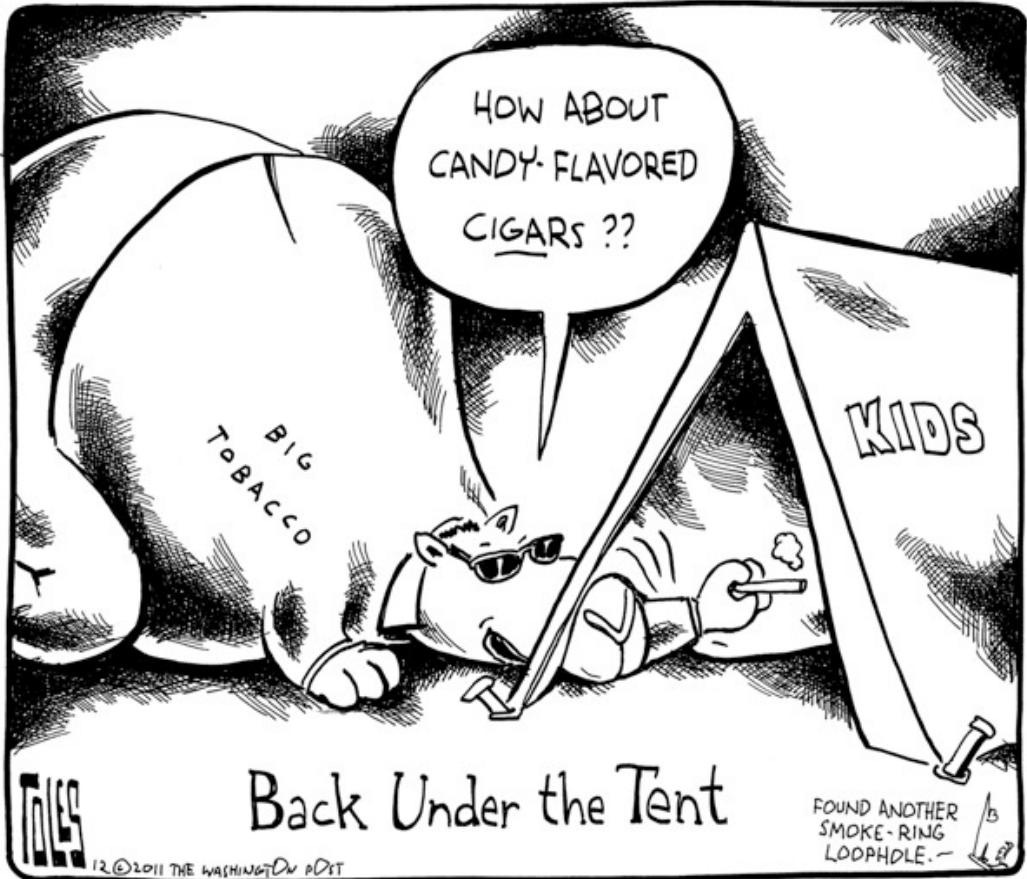
# Risk Factors: Tobacco Industry Marketing Strategies

*“Among all US manufacturers, the tobacco industry is one of the most intense in marketing its products (CDC, 2000).”*

- Major tobacco companies now spend **\$8.8 billion** per year (\$24 million daily) in the U.S. to promote their products.
- **\$120.2 million** is spent annually in Maryland

(CTFK, 2014)

# Marketing of Cigar Products



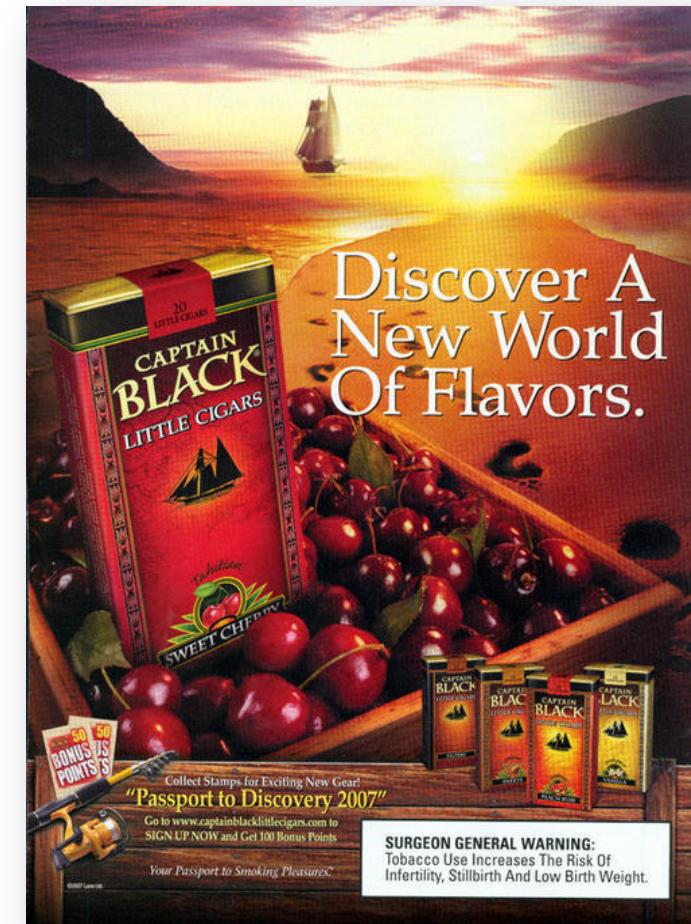
- Cigar makers have been marketing a variety of products—called little cigars and cigarillos (small cigars)—that have **sweet flavors, cheap prices** and **colorful packaging**.
  - “Sweet, cheap and colorful lures kids (CTFK, 2012).”



# Sweet Flavors

- Little and small cigars come in a variety of sweet flavors, which may be especially appealing to youth.

(Legacy, June 2012)



# Cheap Prices



- Small cigars can be purchased individually, often costing less than an ice cream cone or candy, making them very affordable to youth with limited budgets (The Cigar Trap, DHMH, 2015).
- In contrast, cigarettes must be sold in packs of 20, which have an average retail price of \$7.93 per pack in Maryland (CTFK, 2014) .

# Colorful Packaging

- Many smaller cigars come in bright, attractive packaging similar to candy and gum packages.
- This tactic makes cigars appear fun and harmless.



(CTFK, 2012)

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The logo for Maryland's 1-800 QUIT NOW. It features the text "Maryland's" in blue script, "1-800" in large blue numbers, a green circular icon with a white silhouette of a person smoking a cigarette, the word "QUIT NOW" in large blue letters, and the website "SmokingStopsHere.com" in blue text.

# Point-of-Purchase Marketing Aimed at Youth



- In 2000, 80% of retail outlets had interior tobacco advertising, 60% had exterior advertising, and over 70% had functional items depicting tobacco branding (Wakefield et al., 2000).
- Such marketing easily reaches youth—as two-thirds of youth visit a convenience store at least once per week (Henriksen et al., 2004).

# Point-of-Purchase Marketing Aimed at Youth

- One survey of retail outlets found that nearly 50% of retailers had tobacco ads **at young children's eye level (3 ft. or lower)**, and 23% had tobacco product displays within 6 inches of candy.

(Feighery et al., 2001)



# Impact of Point-of-Purchase Marketing Aimed at Youth

- One study of middle-school students (6<sup>th</sup>-8<sup>th</sup> graders) concluded that youth who visited a convenience, liquor or small grocery store at least weekly, and therefore were more exposed to retail tobacco marketing, had a **50% greater odds** of ever smoking.
  - This effect on youth tobacco use initiation is similar to that of a tobacco-using parent or household member.

(Henriksen et al., 2002)

# Discussion Questions

*What does this look like in your own neighborhoods?*

- What role can **you** play in reducing exposure to risk factors among youth?*



# Youth Tobacco Prevention

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# General Tobacco Prevention Strategies

- National, state, & local program activities that have reduced and prevented youth tobacco use in the past have included combinations of the following:
  - Counter-advertising mass-media campaigns (i.e., TV and radio commercials, posters, and other media messages targeted toward youth to counter pro-tobacco marketing)
  - Comprehensive school-based tobacco use prevention policies and programs (i.e., tobacco-free campuses)
  - Community interventions that reduce tobacco advertising, promotions, and commercial availability of tobacco products
  - Higher costs for tobacco products through increased excise taxes





# Addressing Local Point-of-Sale Tobacco Marketing: Maryland Healthy Stores

- Johns Hopkins School of Public Health
  - Primary aim is to “create environmental change and increase access to healthy foods” within small stores in rural Maryland jurisdictions.
- MDQuit & the LRC assisted in launching a tobacco component as a part of their project.



# Maryland Healthy Stores: Tobacco Component

- Challenge: Many small rural stores rely on tobacco, alcohol, & lottery sales to generate revenue.
- Addressing the role of tobacco is a crucial component for implementing and sustaining environmental change in these small businesses.
- Goals:
  - Increase store owner awareness of tobacco products & placement, especially placement of little cigars & cigarillos
  - Promotion of available cessation resources, such as the Maryland Tobacco Quitline

# Developmentally-Targeted Prevention Strategies: Children

- Model anti-smoking values & encourage parents not to smoke around their children
- Talk to youth in a developmentally sensitive manner
  - Young Children (0-5 years)
    - Focus on general concepts pertaining to being healthy
    - *Possibly provide* very simple information about tobacco being “bad”
  - Older Children (6-11 years)
    - Short-term & long-term consequences of tobacco use
    - Attribute-based similarity rather than more abstract material (e.g., drawing similarity between smelly socks & cigarette butts)



# Developmentally-Targeted Prevention Strategies: Adolescents

- Talk to youth in a developmentally sensitive manner
  - Adolescents (12-17 years)
    - Discuss negative impact smoking can have on your health, athletic performance, & looks
    - Address tobacco myths
    - Inform youth that the tobacco industry lies to them!
    - Tobacco counter-advertising (e.g., truth® campaign) largely aimed at adolescents

(CTFK, 2013)

# Anti-Tobacco Mass Media Campaign Targeting Parents



- Maryland “Cigar Trap” Ad:
  - <https://www.youtube.com/watch?v=bk4kzA7-K08>



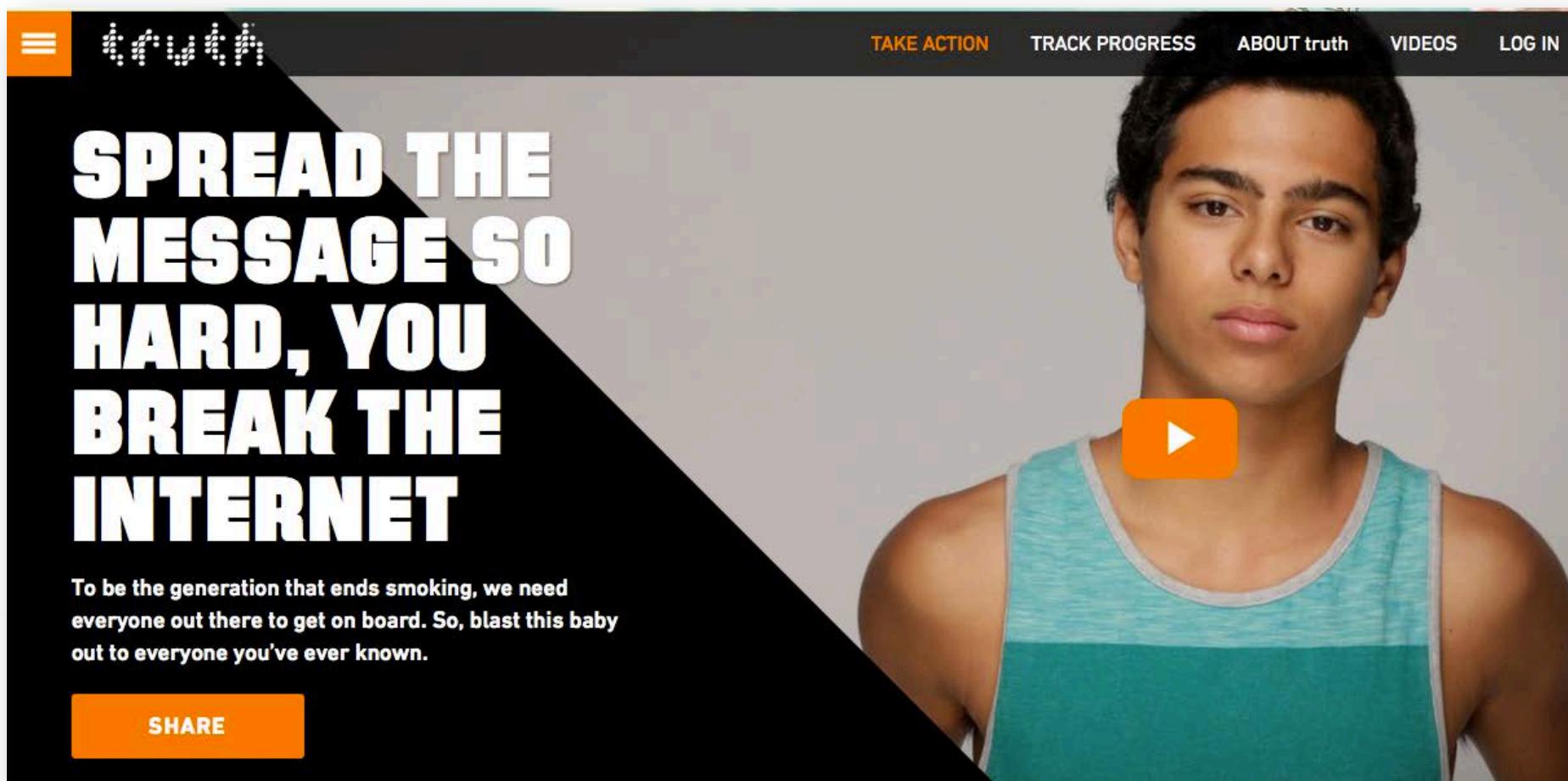
# Anti-Tobacco Mass Media Campaign Targeting Adolescents

- Legacy's **Finish It** Campaign
  - National tobacco prevention counter-marketing campaign targeted at youth & young adults
  - Teen smoking is steadily declining & now a vast majority of teens **DON'T** use tobacco. Our current generation of teens & young adults have the power to finish it.



# Legacy's Finish It Campaign

- **FINISH IT** gives young people the opportunity to exercise their power by activating around a clear and tangible goal worth fighting for – being the generation that ends smoking.

A screenshot of the truth campaign website. The top navigation bar includes a menu icon, the word "truth", and links for "TAKE ACTION", "TRACK PROGRESS", "ABOUT truth", "VIDEOS", and "LOG IN". The main visual features a young man with dark hair and a teal tank top. To his right is a large orange play button icon. On the left, a black diagonal shape contains the text "SPREAD THE MESSAGE SO HARD, YOU BREAK THE INTERNET" in white, bold, sans-serif capital letters. Below this, a smaller text block reads: "To be the generation that ends smoking, we need everyone out there to get on board. So, blast this baby out to everyone you've ever known." At the bottom left is an orange "SHARE" button.

truth

TAKE ACTION   TRACK PROGRESS   ABOUT truth   VIDEOS   LOG IN

SPREAD THE MESSAGE SO HARD, YOU BREAK THE INTERNET

To be the generation that ends smoking, we need everyone out there to get on board. So, blast this baby out to everyone you've ever known.

SHARE

# Legacy's Finish It Campaign



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- Finishers Advertisement:
  - [https://www.youtube.com/watch?v=CNS0JaX9\\_X8](https://www.youtube.com/watch?v=CNS0JaX9_X8)
- Unpaid Tobacco Spokesperson Advertisement:
  - <https://www.youtube.com/watch?v=uTj4I9WUggw>

Maryland's  
1-800  QUIT NOW  
[SmokingStopsHere.com](http://SmokingStopsHere.com)

# Discussion Questions

- Bringing the Finish It campaign to Maryland:
  - *What are some strategies for promoting Maryland youth involvement in the goal of ending tobacco use?*
  - *What ideas do you have?*

# Cessation Resources: The Maryland Tobacco Quitline

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1-800  QUIT NOW  
[SmokingStopsHere.com](http://SmokingStopsHere.com)

# The Maryland Tobacco Quitline



Maryland residents can receive **FREE** and **confidential** smoking cessation phone counseling by:

- Calling the State Quitline at **1-800-Quit Now** (1-800-784-8669)
- Visiting [www.smokingstopshere.com](http://www.smokingstopshere.com)



# The Maryland Tobacco Quitline

- Service provided by Alere (formerly Free & Clear Inc.)
- Free reactive and proactive phone coaching calls (4 calls)
- Certified Coaches™ provide individually-tailored quit plans
- Provides referrals to local county resources – cessation classes, in-person counseling and free medication
- Operates 24 hours a day / 7 days a week
- Free NRT (patch or gum) 4 week supply (*Adults Only*)

# Can Teens Use the Maryland Quitline?

- **YES!** The Maryland Tobacco Quitline now offers specialized services for 13 to 17 year olds!
- If you're a teen tobacco-user and you're ready to quit, you can receive **5 FREE** calls from a *Teen Quit Coach<sup>TM</sup>* specially trained to help teens quit using tobacco!

\*See *Handout for more information about adolescent services*



# Additional Resources

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Maryland's  
1-800  **QUIT NOW**  
[SmokingStopsHere.com](http://SmokingStopsHere.com)

# Youth Tobacco Use Resources

(Free handouts, data, programs, etc.)

- **Campaign for Tobacco Free Kids (CTFK)**
  - <http://www.tobaccofreekids.org/>
  - *Annual Kick Butts Day*- fosters youth activism & leadership in the fight against tobacco:  
<http://www.kickbuttsday.org/>
- **Substance Abuse & Mental Health Services Administration (SAMHSA)**
  - <http://www.samhsa.gov/atod/tobacco>
- **Centers for Disease Control and Prevention (CDC)**
  - [www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)
  - [www.cdc.gov/tobacco/youth/index.htm](http://www.cdc.gov/tobacco/youth/index.htm)
  - <http://www.cdc.gov/healthyyouth/tobacco/strategies.htm>

# Youth Tobacco Use Resources

(Free handouts, data, programs, etc.)

- **Maryland DHMH “Cigar Trap” Campaign (Parents)**
  - <http://dhmh.maryland.gov/thecigartrap/SitePages/Home.aspx>
- **Legacy for Health (Adolescents)**
  - <http://www.legacyforhealth.org/our-issues/youth-and-young-adult-tobacco-use>
  - truth® & Finish It campaigns: <http://www.thetruth.com/>
- **Tar Wars (Elementary School – 4<sup>th</sup> & 5<sup>th</sup> grades)**
  - <http://www.aafp.org/patient-care/public-health/tobacco-nicotine/tar-wars.html>
  - Supported by the American Academy of Family Physicians, Tar Wars targets 4<sup>th</sup> and 5<sup>th</sup> graders with an award-winning education program. Classroom presentations and program guides are available for teachers and presenters to use within their classroom and community settings to teach kids about the short-term, image-based consequences of tobacco use, the cost associated with using tobacco products, and the advertising techniques used by the tobacco industry to market their products to youth.

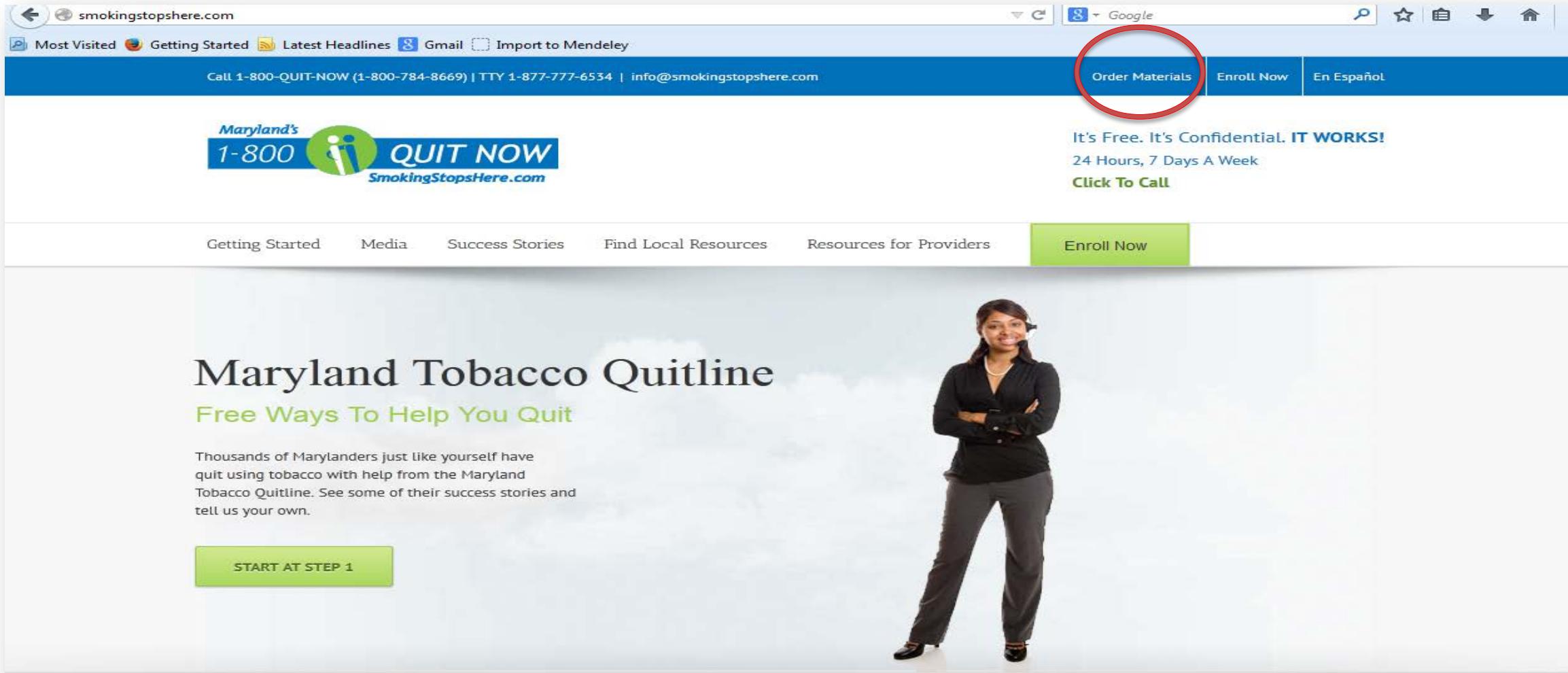
# Youth Tobacco Use Resources

(Free handouts, data, programs, etc.)

- **The Real Cost (FDA) (Adolescents)**
  - <http://therealcost.betobaccofree.hhs.gov/>
- **Smokefree Teen (NCI) (Adolescents)**
  - <http://teen.smokefree.gov/>

# Additional Cessation Resources

## www.smokingstopshere.com



The screenshot shows the homepage of smokingstopshere.com. At the top, there is a navigation bar with links for 'Most Visited', 'Getting Started', 'Latest Headlines', 'Gmail', and 'Import to Mendeley'. Below the navigation bar, a blue header bar contains the text 'Call 1-800-QUIT-NOW (1-800-784-8669) | TTY 1-877-777-6534 | info@smokingstopshere.com', 'Order Materials' (which is circled in red), 'Enroll Now', and 'En Español'. The main content area features the 'Maryland's 1-800 QUIT NOW SmokingStopsHere.com' logo. To the right, there is a promotional message: 'It's Free. It's Confidential. IT WORKS!', '24 Hours, 7 Days A Week', and a 'Click To Call' button. Below this, a navigation bar includes links for 'Getting Started', 'Media', 'Success Stories', 'Find Local Resources', 'Resources for Providers', and 'Enroll Now' (which is highlighted in a green box). The main body of the page is titled 'Maryland Tobacco Quitline' and features the sub-headline 'Free Ways To Help You Quit'. It includes a paragraph about success stories and a 'START AT STEP 1' button. To the right, there is a large image of a woman wearing a headset and standing with her arms crossed, representing customer support.

The MARYLAND TOBACCO QUITLINE

A FREE service for Marylanders 13 years and older and sponsored by the Maryland Department of Health and Mental Hygiene.

OUR SERVICES

# Order FREE Materials from DHMH!

smokingstopshere.com/order-materials/ Visited Getting Started Latest Headlines Gmail Import to Mendeley

Order Materials Home / Order Materials

You may order Quitline or secondhand smoke materials to use at your events and to giveaway at your office. Please indicate which quantity you would like below. Or you can download a pdf and print from your computer.

**Request for Materials Order Form**

**Posters**

- Pregnancy Poster
- Mental Illness Poster
- Bipolar Poster
- Drug Abuse Poster
- Depression Poster

[View New Posters](#)



1 Looking for a Sign- Pregnancy Poster  
 50 English Quitline Brochures  
 50 Secondhand Smoke Brochures (English)  
 English Teen Smoking Posters  
 Spanish Quitline Brochure  
 1 Pet Health Princess Poster

1 Ready to Quit Poster  
 50 Quitline Laminated Wallet Cards  
 1 Secondhand Smoke Brochure (English)  
 Spanish Teen Smoking Posters  
 1 Pet Health Family Cat Poster  
 1 Is Something Inside Telling You It's Time to Stop Smoking (Pregnant Women Poster)

**MATERIALS**

You may order Quitline or secondhand smoke materials to use at your events and to giveaway at your office. Please indicate which quantity you would like below. Or you can download a pdf and print from your computer.

**Our new Quitline Services Brochures are in. Order them for FREE.**

[English Quitline Brochure](#)  
[Spanish Quitline Brochure](#)

**Posters you can order for FREE!**

[English Teen Smoking Poster](#)  
[Spanish Teen Smoking Poster](#)  
[Pet Health Family Cat Poster](#)  
[Pet Health Princess Poster](#)  
[Looking for a Sign- Pregnancy Poster](#)  
["Is something inside telling you to quit?" \(Pregnancy Poster\)](#)  
["Your smoke, his lungs"](#)  
[\(2900 children die each year from secondhand smoke\)](#)  
["Su humus en sus pulmones"](#)  
[\(cada año hasta 26.000 niños desarrollan por](#)

Action Center



## Contact Us

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University of Maryland, Baltimore County  
Dept. of Psychology  
1000 Hilltop Circle  
Baltimore, MD 21250  
(410) 455-3628  
<http://mdquit.org>

MARYLAND RESOURCE CENTER  
FOR QUITTING USE & INITIATION OF TOBACCO



Maryland's  
1-800  QUIT NOW  
[SmokingStopsHere.com](http://SmokingStopsHere.com)