

Tobacco and E-Cigarette Prevention

Michigan Data

1.7%

The percent of high school students who reported smoking at least one cigarette during the past 30 days in 2021. The percent significantly decreased from 14% in 2011 to 1.7% in 2021 (Michigan Youth Risk Behavior Survey).

14%

The percentage of high school students that reported vapor product use during the past 30 days in 2021 (Michigan Youth Risk Behavior Survey).

22.1%

The percentage of young adults (18 to 24 years) that reported vapor product use during the past 30 days in 2021 (Michigan Behavioral Risk Factor Survey).

May 31st is World No Tobacco Day!



[Click Here to Learn More](#)

Webinars

New on Improving MI Practices (IMP)!

MCBAP credits available for select webinars)

- Tobacco and Behavioral Health 101 (Part 1 and Part 2)
- How to Take Your Facility Tobacco-Free
- Tobacco, Behavioral Health & Vaping
- Motivational Interviewing for Tobacco Cessation
- Addressing Tobacco Through Evidence – Based Interventions

Create an IMP account and access IMP trainings by visiting: <https://www.improvingmipractices.org/>

Informing Prevention: Vaping Among Adolescents - What We Know and What We Don't (Presented by PTTC Mountain Plains – HHS Region 8) -

<https://www.youtube.com/watch?v=Yb0xWuP0728>



Media Campaigns



[My Life, My Quit](#)

[The Real Cost E-Cigarette Prevention Campaign \(FDA\)](#)

[CDC Media Campaign Resource Center \(MCRC\)](#)

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Resources for Quitting Tobacco or Vaping

Michigan Quitlink: <https://michigan.quitlogix.org/en-US/>

Call **1-800-QUIT-NOW (784-8669)** or click the link above to virtually chat with Call Coaches. Coaches are available 24/7.

SAMHSA National Helpline: <https://www.samhsa.gov/find-help/national-helpline>

SAMHSA's National Helpline (**1-800-662-HELP (4357)**) is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders.

My Life, My Quit: <https://www.mylifemyquit.com/>

Text **"Start My Quit"** to **36072** or go to mylifemyquit.org. My Life, My Quit is the free and confidential way to quit smoking or vaping for teens.

SmokeFree Teen - <https://teen.smokefree.gov/>

A confidential and easy to use text program or a free quitSTART app designed to help teens quit.

The Truth Initiative: This Is Quitting: <https://truthinitiative.org/thisisquitting>

Teens and young adults can join for free by texting **DITCHVAPE** to **88709**

Resources for Youth and Young Adults

Office of the U.S. Surgeon General and U.S. Centers for Disease Control and Prevention (CDC), Office of Smoking and Health: Know The Risks:

<https://e-cigarettes.surgeongeneral.gov/knowtherisks.html>

Resources for Parents and Educators

TalkSooner: <https://talksooner.org/>

Know the Risks: https://e-cigarettes.surgeongeneral.gov/documents/SGR_Ecig_ParentTipsheet_508.pdf
