







Objective 33: Reduce the proportion of youths who use any kind of tobacco product






Maryland SHIP Vision Area 5: Chronic Disease
Tools, Resources, and Promising Practices
updated March 2013



Information, Facts, and Figures

CDC Smoking and Tobacco Use Data and Statistics	Data and other information from various sources, such as CDC surveillance systems, journal articles, and reports.	
The Community Guide—Reducing Tobacco Use Initiation	Provides Task Force recommendations and findings to prevent the initiation of tobacco use.	
Maryland Youth Tobacco Use Trends	Provides an overview of statewide youth tobacco use data trends in Maryland from 2000 -2010.	
American Legacy Foundation	Provides information on the adverse effects of tobacco use among youth, including fact sheets, webinar information, media, and evidence-based ways to reduce youth tobacco use.	
SmokelessTobacco: A Guide to Quitting	National Institute of Dental and Craniofacial Research guide for quitting a “dip” habit. Site contains information and statistics on smokeless tobacco.	
Free Consultation – PHL	Legal approaches to public health aim to ensure that quality health services and policies protect, promote, and preserve health for all regardless of who we are or where we live. The Public Health Law Network is a great resource that provides one-on-one consultation for localities on legal approaches to obesity prevention, tobacco control, injury prevention, food safety, and other SHIP goals.	

Maryland Services and Hotlines

Maryland T.R.A.S.H. (Teens Rejecting Abusive Smoking Habits)	A statewide movement of youth-led coalitions dedicated to increasing teens’ awareness of the negative health effects of using tobacco products.	
The Cigar Trap	This statewide media campaign aims to increase awareness about the dangers of youth use of small cigars (or cigarillos) and little cigars (“brown cigarettes”).	
Smoking Stops Here	Maryland DHMH site includes access to a personal quit coach, resources, counseling and success stories.	
Maryland Resource Center for Quitting Use and Initiation of Tobacco	Listing of statewide tobacco control initiatives.	
MDQuit.org	Provides users with resources to help people quit smoking.	

Promising Practices

[The Campaign for Tobacco Free Kids](#)

A leading force in the fight to reduce tobacco use and its deadly toll in the US and around the world which advocates for public policies proven to prevent kids from smoking, help smokers quit and protect everyone from secondhand smoke.



[CDC Best Practices for Comprehensive Tobacco Control Programs](#)

An evidence-based guide to help states plan and establish effective tobacco control programs to prevent and reduce tobacco use.



[Not On Tobacco](#)

Not On Tobacco (N-O-T) is the American Lung Association's (ALA's) voluntary program for teens who want to quit smoking. It is the most researched, most widely used and most successful such program in the United States.



[Helping Young Smokers Quit](#)

This resource identifies best practices for youth targeted smoking cessation.



Toolkits

[Youth Tobacco Cessation Collaborative](#)

Provides tools and resources to assist with youth quitting tobacco use.



[Smoke Free Teen](#)

Information geared at teens to help them quit, and a FREE texting program for teens ready to quit.



[Talk to Your Kids about Tobacco, Alcohol, and Drugs](#)

Tips for caregivers to start conversations with their children about tobacco, alcohol, and drugs. Provides links to accurate information and guidance on setting clear rules.



[thetruth.com](#)

The purpose of thetruth.com is provide education about the tobacco industry to prevent, control, and stop usage of tobacco products.



[The American Academy of Pediatrics \(AAP\), Richmond Center of Excellence](#)

Resources provided for clinicians, educators, communities, and parents to address youth tobacco use prevention and cessation.

