

VOICES FOR A  
NICOTINE-FREE  
GENERATION:  
PARENT  
PERSPECTIVES AND  
YOUTH HEALTH

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MDPH LOCAL BOARD OF HEALTH  
INTERNSHIP PROGRAM

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# MASSACHUSETTS STATE FACTS

MASSACHUSETTS GENERATED **\$793.9M** IN REVENUE FROM CIGARETTE TAX IN FY 2021, BOASTING THE 6TH HIGHEST CIGARETTE TAX IN THE U.S. AT **\$3.51** PER PACK.

IN FY 2021, THE STATE ALLOCATED **\$5.1M** TO TOBACCO PREVENTION, WHILE FACING YEARLY SMOKING-CAUSED HEALTH CARE COSTS OF **\$4.08B** AND PRODUCTIVITY LOSSES OF **\$2.40B**.

# UNVEILING THE HARSH REALITY: TOBACCO'S GRIP ON HEALTH AND WELL-BEING



- HIGHLY ADDICTIVE NICOTINE
- VULNERABILITY OF YOUTH
- IMPACT ON MENTAL HEALTH
- DIFFICULTY TO QUIT
- HIGH RELAPSE RATE

# NICOTINE-FREE GENERATION

- The Tobacco-Free Generation Policy: A proactive approach to combat tobacco-related addiction, diseases, and premature deaths.
- TFG Focus: Employing birthdate restrictions to annually increasing the age for legal sales of nicotine products, drawing widespread attention since 2010.
- Key Objective: Eliminating tobacco product sales to individuals born in or after a specific date, like the year 2000.
- Brookline's Landmark TFG Town By-Law: In 2020, Brookline, Massachusetts, set an influential example for other cities in promoting a Nicotine-free generation.
- Our Project's Goal: Assessing the necessity of a nicotine-free generation policy in Wakefield, Melrose, and Stoneham communities through parental perspectives on tobacco use, smoking, and vaping among children.







# MELROSE, WAKEFIELD AND STONEHAM COMMUNITY FACTS

- **4%** of youth smoke cigarettes
- **11.6%** of youth use e-cigarettes/vape
- **46.9%** of youth reported have mental health issues

As per 2022-2023 YRBS results



# VAPING

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**Vaping:** Inhalation and exhalation of aerosol produced by electronic devices.

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**E-cigarettes or vapes:** Devices that heat a liquid solution containing nicotine and other chemicals.

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**Nicotine Delivery:** Vaping delivers nicotine, a highly addictive substance.

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**Appeal:** Vaping products come in appealing flavors, attracting youth to try them.

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**Health Risks:** Vaping aerosol contains harmful chemicals with potential health impacts.

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**Youth Vaping Epidemic:** Concerns over rising youth vaping rates and nicotine addiction.

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**Regulatory Challenges:** Need for evidence-based strategies and effective policies.

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# VAPING DEMOGRAPHICS

**11.6%** Youth Vape in these communities



**4.4%**

**Male**

**6.9%**

**Female**

GENDER



**3.9%**

**11<sup>th</sup> Graders**

**3.2%**

**12<sup>th</sup> Graders**

Grade



**3%**

**LGBTQ**

Sexual  
Orientation



**8.7%**

**White**

Race

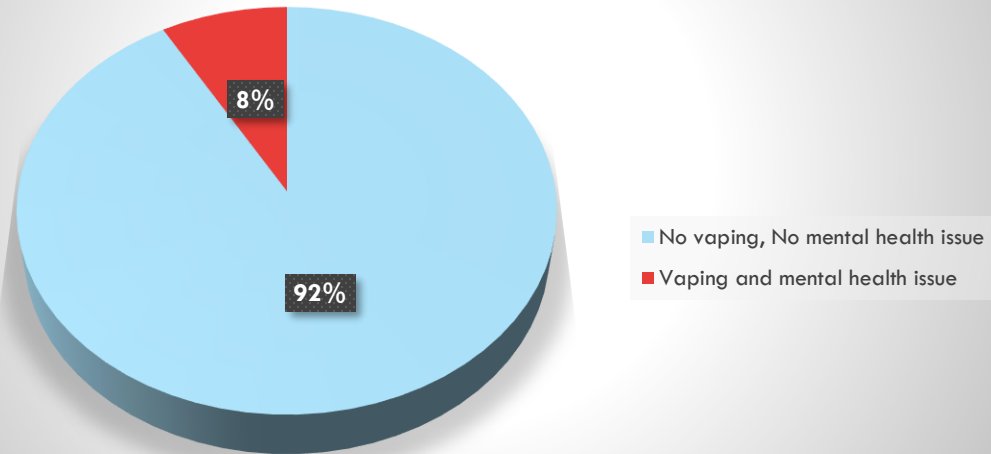
**2.8%**

**Other Races**

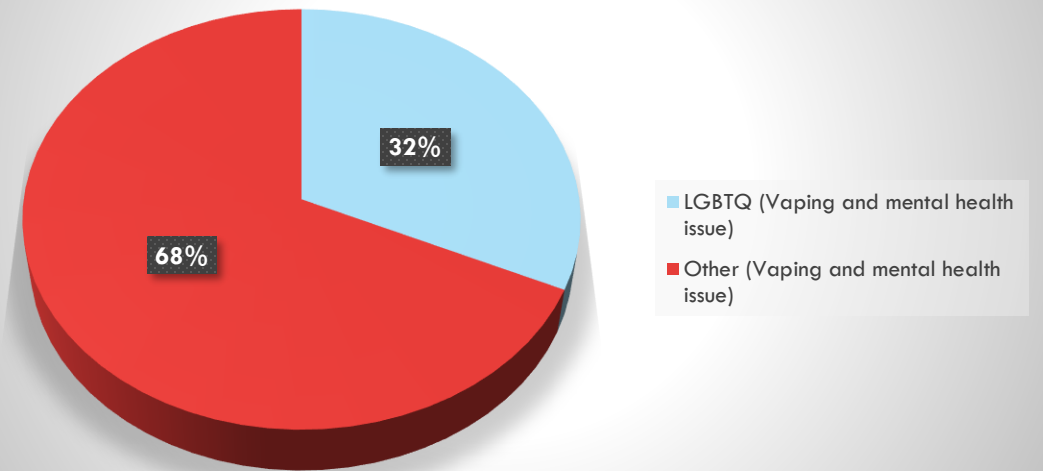
As per 2022-2023 YRBS results

# MENTAL HEALTH V/S VAPING

Percentage of youth with mental health issue that vape



Percentage of LGBTQ youth with mental health issue who vape





# ASSOCIATION WITH MENTAL HEALTH

1

After adjusting for age, gender, grade and race the odds of having a mental health issue is **3.14** times in youth who **vape** ( OR= 3.14, 95% CI= 2.45, 4.02, P value= <0.001).

2

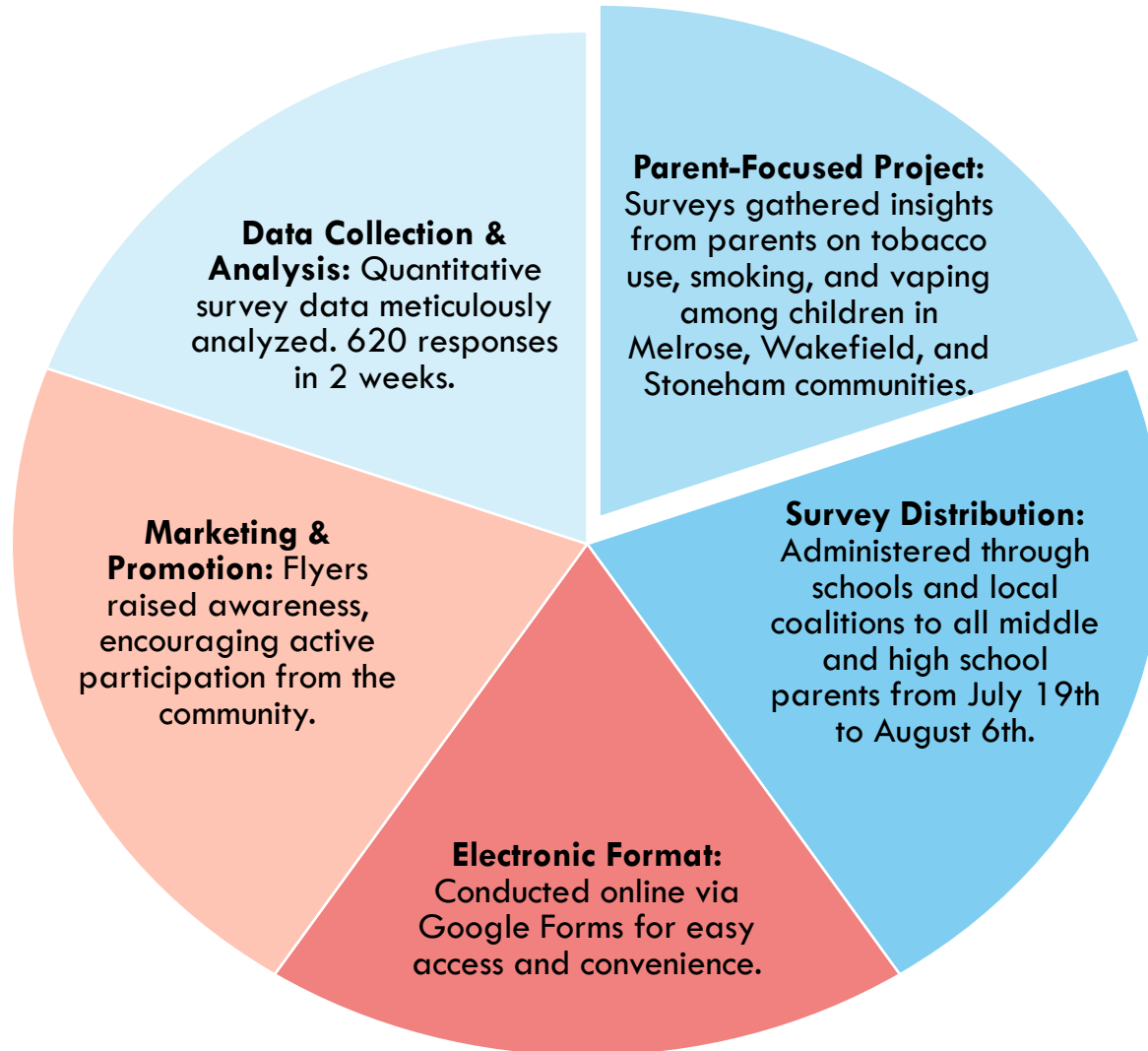
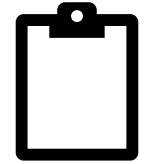
After adjusting for age, gender, grade and race the odds of having a mental health issue is **2.67** times in youth who **smoke cigarettes** ( OR= 2.67, 95% CI= 1.45, 4.94, P value= 0.002).

3

After adjusting for age, gender, grade and race the odds of having a mental health issue is **2.30** times in youth who use **other tobacco products** ( OR= 2.3, 95% CI= 1.28, 4.13, P value= 0.005).

All analysis done on Stata 17

# PARENT PERCEPTION SURVEY



**CALLING ALL PARENTS!**  
**SHAPE A NICOTINE-FREE FUTURE FOR OUR KIDS!**

**YOUR VOICE MATTERS:** TAKE OUR **QUICK SURVEY** TO HELP US UNDERSTAND YOUR CONCERNS AND PERSPECTIVES ON TOBACCO USE, SMOKING AND VAPING AMONG YOUTH.

**MAKE A DIFFERENCE:** YOUR RESPONSES WILL INFORM STRATEGIES FOR A NICOTINE-FREE GENERATION IN OUR COMMUNITY.

 <https://bit.ly/3Dk4FGi>

**FOR MORE DETAILS CONTACT:**  
HEALTH@CITYOFMELROSE.ORG



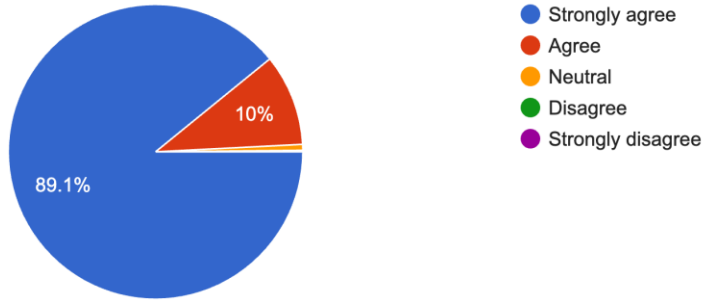
SCAN THE QR CODE TO ANSWER THE SURVEY AND GET A CHANCE TO WIN \$25 IN A RAFFLE! ADDITIONALLY, IF YOU CHOOSE TO TAKE PART IN AN INTERVIEW, YOU WILL RECEIVE A GUARANTEED \$10 GIFTCARD!

TOGETHER, LET'S PAVE THE WAY TO A HEALTHIER FUTURE FOR OUR CHILDREN!



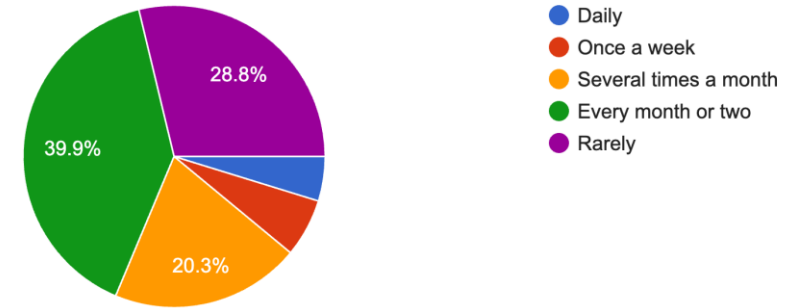
Do you believe that tobacco use, smoking, and vaping have a negative impact on the overall health of individuals?

617 responses



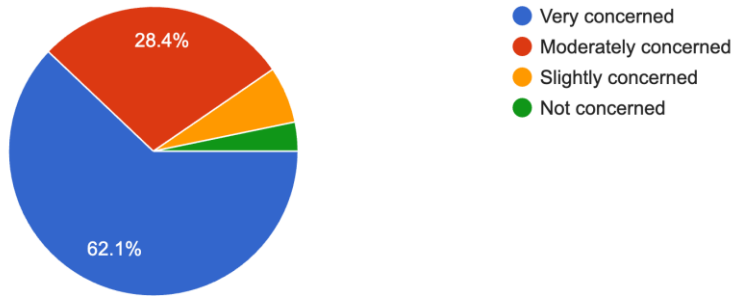
How frequently do you discuss tobacco use, smoking, and vaping with your child?

546 responses



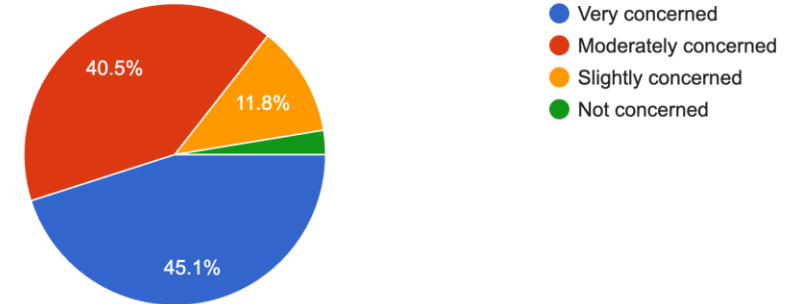
How concerned are you about the potential effects of tobacco use, smoking, and vaping on mental health?

617 responses



How concerned are you about the issue of tobacco use, smoking and vaping among young people in Melrose, Wakefield or Stoneham?

617 responses



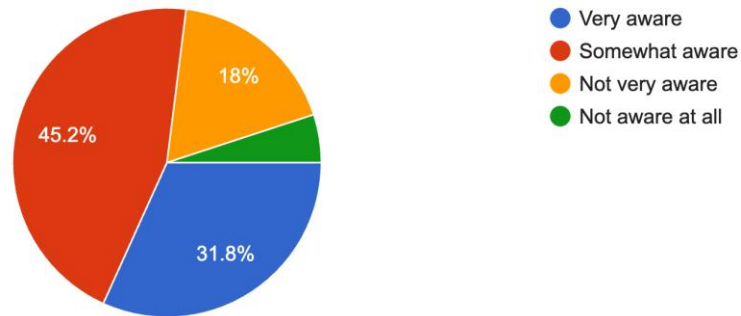
# RESULTS OF THE SURVEY



# RESULTS

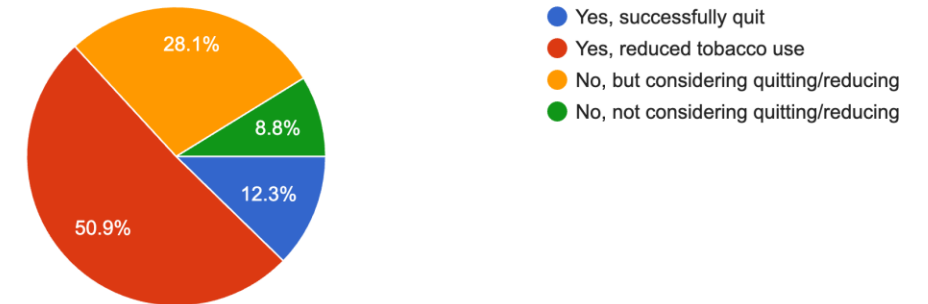
How aware are you of the signs and indications of smoking, vaping, and tobacco use?

617 responses



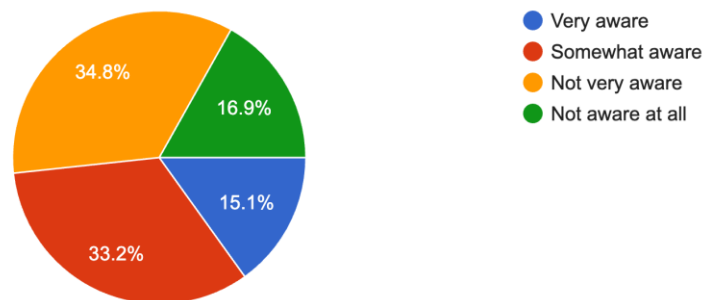
Have you made any attempts to quit smoking or reduce your tobacco use due to concerns about your child's health and well-being?

57 responses



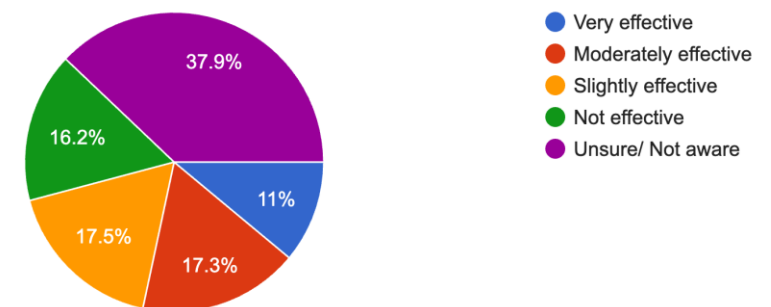
How aware are you of the current tobacco control policies and regulations in Melrose, Wakefield or Stoneham?

617 responses



How effective do you think the current efforts to prevent tobacco use, smoking, and vaping among young people in Melrose, Wakefield, and Stoneham are?

617 responses



# LIMITATIONS

Findings may be specific to the three communities, limiting generalizability.

Short survey duration may restrict participation.

Limited control over participant diversity in an online survey.

Non-response bias could influence outcomes.

Language and technology barriers may hinder participation.

The survey's incentivized nature may attract scammers, potentially introducing response bias and compromising data accuracy.

# CONCLUSION

- **Valuable Internship Insights:**
  - Engaging with Melrose, Wakefield, and Stoneham communities revealed their deep concern for youth health.
  - Data-driven insights highlighted the urgency of addressing tobacco use, smoking, and vaping.
- **Community Engagement Power:**
  - Robust participation underscored the community's dedication to youth well-being.
  - Community engagement serves as a compass for informed decision-making and focused actions.
- **Building Foundations for Change:**
  - Comprehensive tobacco control measures and regulations lay a solid groundwork.
  - Nuanced understanding of vaping's mental health impact bolsters informed strategies.
- **Collective Transformation:**
  - Local organizations, schools, and parents' support fuels the drive for change.
  - Collaboration emerges as the cornerstone of transitioning to a Nicotine-Free Generation.
- **Forward Momentum:**
  - Data collected and insights gained will shape tailored strategies for community needs.
  - Continued dedication, partnerships, and shared vision pave the way forward.
- **Gratitude and Confidence:**
  - Privileged to contribute to this transformative journey.
  - Confident in the community's capacity to create a healthier and safer future.





## FUTURE STEPS

- **Community Engagement:** Foster dialogue and raise awareness.
- **Advocacy and Education:** Promote evidence-based strategies.
- **School Collaboration:** Integrate tobacco education into curricula.
- **Mental Health Integration:** Holistic support for youth well-being.
- **Policy Initiatives:** Propagate TFG policies at local levels.
- **Long-Term Research:** Monitor, refine, and adapt initiatives.

# GRATITUDE AND ACKNOWLEDGMENTS

My heartfelt appreciation goes to the exceptional individuals who have been pillars of support throughout my internship journey:

- **Anthony Chui:** Your mentorship as the Health Director of Melrose has provided me with invaluable insights into community health dynamics.
- **Maureen Buzby:** Your guidance as a Tobacco Control Specialist has enriched my understanding of tobacco prevention strategies.
- **Emily Hatchouel:** Thank you for your assistance in conducting the survey and spreading awareness in the local community. Your contributions have been instrumental.
- **Julie Coco:** Your role as the Internship Coordinator at the Massachusetts Department of Public Health has ensured a seamless onboarding experience, even across borders. Your continuous opportunities and support have been deeply appreciated.
- **Christine Nguyen:** Your initial interview, guidance, and assistance in shaping the abstract for this internship are truly appreciated.
- **Anthony Osinski:** I want to express my gratitude for the valuable learning opportunity of shadowing you. Your insights and practical application of epidemiological skills have provided me with a better understanding of the subject.

This internship has been a transformative learning experience, and I am truly grateful for the privilege to have worked under your mentorship and to have learned from your expertise. Thank you for your unwavering support and invaluable insights.

# REFERENCES

1. State Fact Sheets | Smoking & Tobacco Use | CDC. State Fact Sheets | Smoking & Tobacco Use | CDC. Published February 14, 2023. <https://www.cdc.gov/tobacco/stateandcommunity/state-fact-sheets/index.htm#MA>
2. Tobacco use in Massachusetts 2021. Truth Initiative. Published June 29, 2023. <https://truthinitiative.org/research-resources/smoking-region/tobacco-use-massachusetts-2021>
3. Tobacco Free Generation. Tobacco Free Generation |. Published March 22, 2017. <https://www.phaionline.org/projects/tobacco-control/innovative-tobacco-control/tobacco-free-generation/>
4. Tobacco-Free Generation: Brookline's Model for Ending Tobacco in the U.S. | The Public Health Law Center's hour-long panel brings together several people behind Brookline's groundbreaking approach, along with experts in global tobacco control, to share their insights and lessons-learned on this new way of ending the tobacco epidemic. Tobacco-Free Generation: Brookline's Model for Ending Tobacco in the U.S. | The Public Health Law Center's hour-long panel brings together several people behind Brookline's groundbreaking approach, along with experts in global tobacco control, to share their insights and lessons-learned on this new way of ending the tobacco epidemic. Published February 28, 2023. <https://www.publichealthlawcenter.org/webinar/tobacco-free-generation-brooklines-model-ending-tobacco-us>