



# Help Kids Quit

## Youth Vaping and Smoking Cessation Education



### **American Lung Association Youth Vaping and Smoking Cessation Education**

To support schools and community partners in addressing this important topic, Aetna Better Health® Kids (CHIP) is partnering with the American Lung Association to share the enclosed resources to educate students and parents about the dangers of e-cigarettes and to help you and your child quit or avoid tobacco products.



Pennsylvania's Children's Health Insurance Program  
**We Cover All Kids.**



Aetna Better Health® Kids  
A CHIP Health Plan

## Did you know?

- 90% of adult tobacco users started before they were 18 years old.<sup>1</sup>
- E-cigarettes are the most used tobacco product among youth, with 7,900 new kids vaping every day.<sup>2</sup>
- Currently in Pennsylvania high schools, 52% of students have used an electronic vapor product at least once, and 24% of students currently use these products. In Pennsylvania middle schools, 22% of students have used an electronic vapor product at least once, and 10% of students currently use these products.<sup>3</sup>
- E-cigarettes put you and your child at risk of nicotine addiction, future cigarette use, and tobacco-related diseases.

The American Lung Association's **NOT for Me** online cessation program is a free, evidence-based, self-guided tool that gives teens the resources to quit vaping, smoking or chewing tobacco products.

## This packet also contains information on the following NOT for Me topics:

- What e-cigarettes are and the effects they have on you and your child
- Information on secondhand smoke from e-cigarettes
- Flavored tobacco products
- What e-cigarettes are made of

## Call our Special Needs Unit for more details.

If you are an Aetna Better Health® Kids (CHIP) member, reach out to speak with one of our Case Management representatives about the NOT for Me program. Call **1-855-346-9828 (TTY: 711)** between the hours of 8 AM – 5 PM, Monday – Friday.

## Member Services is here to help.

**1-800-822-2447 (TTY: 711)**

We are available 8 AM – 5 PM, Monday – Friday

[AetnaBetterHealth.com/pennsylvania/members/chip](https://www.aetna.com/pennsylvania/members/chip)



Scan the QR code to enroll in the NOT for Me online cessation program today.

<sup>1</sup> Substance Abuse & Mental Health Services Administration. National Survey on Drug Use and Health, 2018.

<sup>2</sup> 2019 National Youth Tobacco Survey (NYTS): [www.cdc.gov/tobacco/data\\_statistics/surveys/nyts/index.htm](http://www.cdc.gov/tobacco/data_statistics/surveys/nyts/index.htm). Analysis by the American Lung Association Epidemiology and Statistics Unit.

<sup>3</sup> 2019 Youth Risk Behavior Survey (YRBS): [www.cdc.gov/healthyyouth/data/yrbs/index.htm](http://www.cdc.gov/healthyyouth/data/yrbs/index.htm)

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**ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call: 1-800-822-2447 (TTY: 711).**

**ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-822-2447 (TTY: 711).**

**ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-800-822-2447 (TTY: 711).**