

From "Buzby, Maureen" <mbuzby@cityofmelrose.org>
To Amy Donovan-Palmer
<adpalmer@mansfieldma.com>
Date Fri, 28 Feb 2025 16:42:46 +0000
Subject RE: Nic pouch photo

It's so hard to keep track of who has done what.

MTCP has asked all of us Tobacco Program Managers to let them know when new tobacco policies get passed but I think we sometimes forget that step. Also, some communities are not members of funded programs making it even harder to keep track.

But all good. The more the better.

From: Amy Donovan-Palmer <adpalmer@mansfieldma.com>
Sent: Friday, February 28, 2025 11:39 AM
To: Buzby, Maureen <mbuzby@cityofmelrose.org>
Subject: RE: Nic pouch photo

Cheryl Sbarra gave me a list of 5 towns- Groton, Orange, Townsend, Belchertown, and Greenfield- so I've reached out to them for information. So far, I've heard back from Belchertown and Groton.

I thought Needham might have so I've also reached out to them. Love the information. 😊

Amy Donovan-Palmer, MPH RS (she/her/hers)

Health Director/Agent | Health Department

Town of Mansfield | Town Hall |

6 Park Row | Mansfield, MA 02048

p: 508.261.7366 | f: 508.261.7425 |

From: Buzby, Maureen <mbuzby@cityofmelrose.org>
Sent: Friday, February 28, 2025 11:30 AM
To: Amy Donovan-Palmer <adpalmer@mansfieldma.com>
Subject: RE: Nic pouch photo

Perfect.

And I totally agree that Boards can get sidetracked by having to deal with two brand new proposed regulations.

So far I think there might be only a couple of municipalities that have restricted pouches to Adult Only Stores. Orange is one. I think there is another one.

Somerville discussed it at their last board meeting and I think that's what they will do. They also discussed a nicotine content limit but decided not to pursue that.

From: Amy Donovan-Palmer <adpalmer@mansfieldma.com>
Sent: Friday, February 28, 2025 11:06 AM
To: Buzby, Maureen <mbuzby@cityofmelrose.org>
Subject: RE: Nic pouch photo

You're right. You're scheduled for April 10th for NFG. We decided to tackle pouches this month with Sarah McColgan as our SME. I didn't want the two to get confusing or overwhelming. The Chair is unsure if she'll be at the March meeting and wanted to be sure she's there for NFG.

Thanks for all your help with this.

Amy

Amy Donovan-Palmer, MPH RS (she/her/hers)

Health Director/Agent | Health Department

Town of Mansfield | Town Hall |

6 Park Row | Mansfield, MA 02048

From: Buzby, Maureen <mbuzby@cityofmelrose.org>
Sent: Friday, February 28, 2025 11:04 AM
To: Amy Donovan-Palmer <adpalmer@mansfieldma.com>
Subject: RE: Nic pouch photo

Great.

I will not be at the March 13th meeting, right? I am scheduled for the April 10th meeting I believe.

Let me know if that has changed. I can do either. Or both. 😊

From: Amy Donovan-Palmer <adpalmer@mansfieldma.com>
Sent: Friday, February 28, 2025 11:00 AM
To: Buzby, Maureen <mbuzby@cityofmelrose.org>
Subject: RE: Nic pouch photo

This is really helpful. Keep the information coming. Our meeting is March 13th so I'll send it to the Board at the end of next week.

Amy Donovan-Palmer, MPH RS (she/her/hers)

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From: Buzby, Maureen <mbuzby@cityofmelrose.org>
Sent: Friday, February 28, 2025 10:41 AM

To: Amy Donovan-Palmer <adpalmer@mansfieldma.com>

Subject: FW: Nic pouch photo

Here's a photo that shows a tin of Crave pouches and a couple of loose pouches with a pencil for scale.

The main points I try to make about pouches:

- . Cheap
- . Discrete
- . High in Nicotine

CHEAP:

A pack of Marlboro's cost about \$14.00

A tin of Zyn, Crave, and other brands (and there are now many) costs anywhere from \$5 to \$8. And there are often promos – two tins for five dollars, whatever.

DISCRETE:

The pouches are so small no one knows you have one in your mouth.

Unlike chewing tobacco nicotine pouches don't make you spit.

There's no telltale smoke or aerosolized mist.

The packaging design is very much like breath mints. Unless you (parent, teacher, coach) look closely you wouldn't easily spot a tin of Zyn. And you certainly won't know when someone has one in their mouth.

HIGH NICOTINE CONTENT:

A pack of cigarettes contains anywhere from 22 to 24mg of nicotine – in the entire pack.

Each pouch in a tin of 6mg Zyn (Zyn comes in 3,6, or 9mg) contains 6mg. **Each** pouch has 6mg! 15 pouches in a tin x

6mg = 90 mg. So 90mg in a tin of Zyn compared to 22mg in a pack of cigarettes. And a tin costs only \$5, \$6 or \$7.

There are many other brands with as much as 18 or even 30mg of nicotine per pouch.

Who uses zyn (zyn has become the generic name for nicotine pouches rather than just the brand name – much like Velcro or Kleenex.):

The industry reports that this is a cessation device. While it may help some people quit there is limited evidence. There is evidence that young people who never smoked are using pouches. Pouches, much like Juul back five or so years ago are the nicotine initiation for youth.

We have heard of student athletes who pop one or two pouches into their mouths before entering the gym to lift weights because it gives them such a quick zap the brain.

Athletic Directors are reporting higher use of pouches.

Nicotine pouches are not made from a tobacco leaf. These products are nicotine salts.

“The FDA approved Zyn”:

There are multiple divisions within the FDA. The division charged with approving tobacco products for retail sales gave the go-head for Zyn, stating that the potential for helping smokers quit outweighed the potential harm. However, Zyn is not an FDA-approved NRT (Nicotine Replacement Therapy).

NOTE: The NFG policy does not affect FDA-approved NRT’s like the patch, Nicorette gum and Chantix. NRT’s are exempt from NFG.

The concern around pouches is that they are cheap, discrete, and high in nicotine content, making them both very accessible to young people, and because of the high nicotine content make it much more likely that young people will become addicted. Young people whose brains aren’t fully developed are even

more susceptible to nicotine addiction, which can be a gateway for other substance use.

And, nic pouches are just one of the latest products manufactured and marketed by the tobacco industry which is always looking for new customers.

Hope this helps.

Please let me know if I can provide further information.

Best,

Maureen

From: Maureen Buzby <maureenbuzby@gmail.com>

Sent: Friday, February 28, 2025 9:59 AM

To: Buzby, Maureen <mbuzby@cityofmelrose.org>

Subject: Nic pouch photo

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