

Nicotine Free Community

**A policy to pave the way for a nicotine free
generation**



Department of Public Health -
Melrose
Mystic Valley Public Health
Coalition



The Policy

Brookline, MA is the 1st community to adopt this policy

- No person, firm, corporation, establishment, or agency shall sell tobacco or e-cigarette products to anyone born on or after 1/1/2000.
- Goal: To phase out nicotine purchasing over time.





Why is it important
to become a nicotine
free community?

Answer:

To assist with the
growth and development
of our youth and young
adults in the community.





Why is it important to assist the growth and development of youth and young adults?

Answer:

Youth and young adults are the future of our country.

We must act to help protect them from the harmful effects of nicotine products.

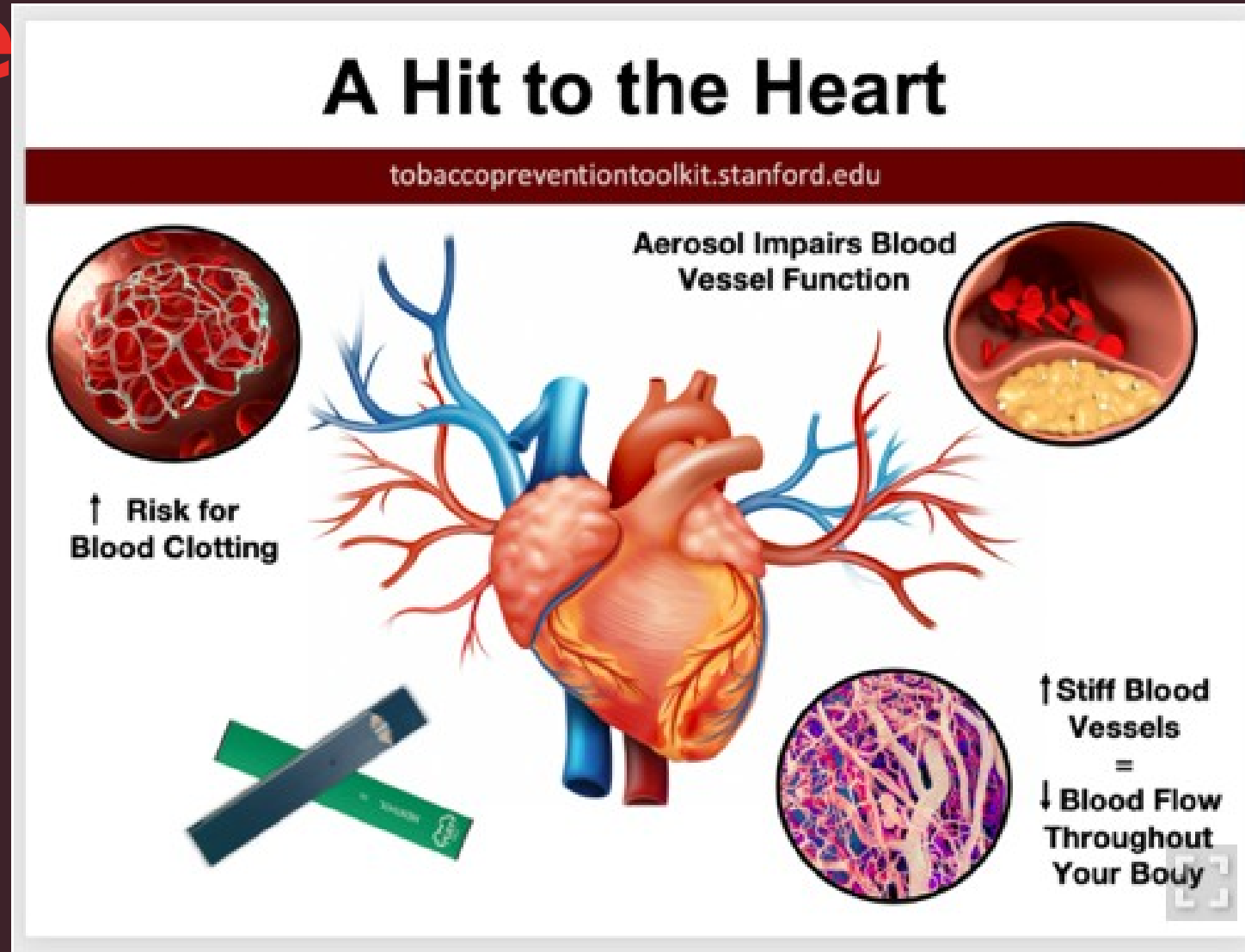


Why is it important to protect youth and young adults from nicotine products?

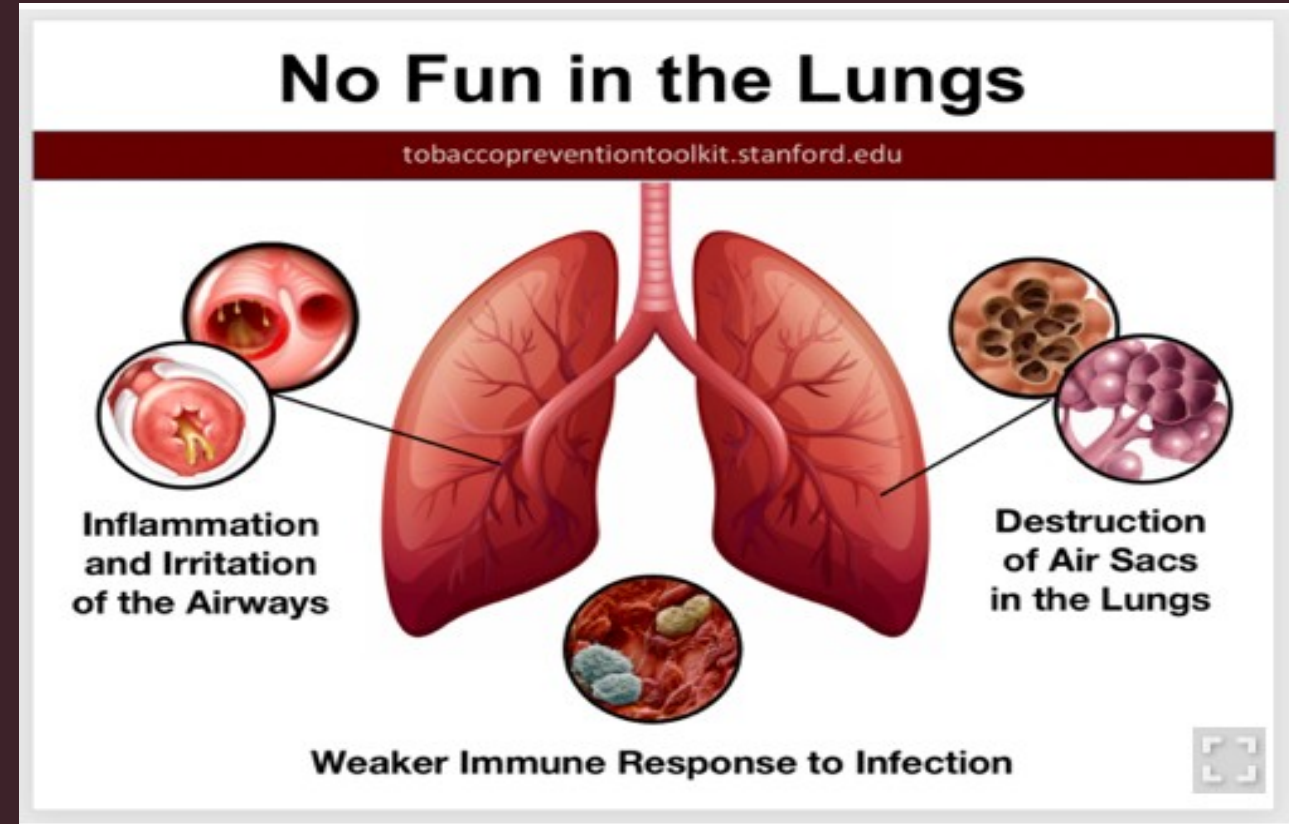
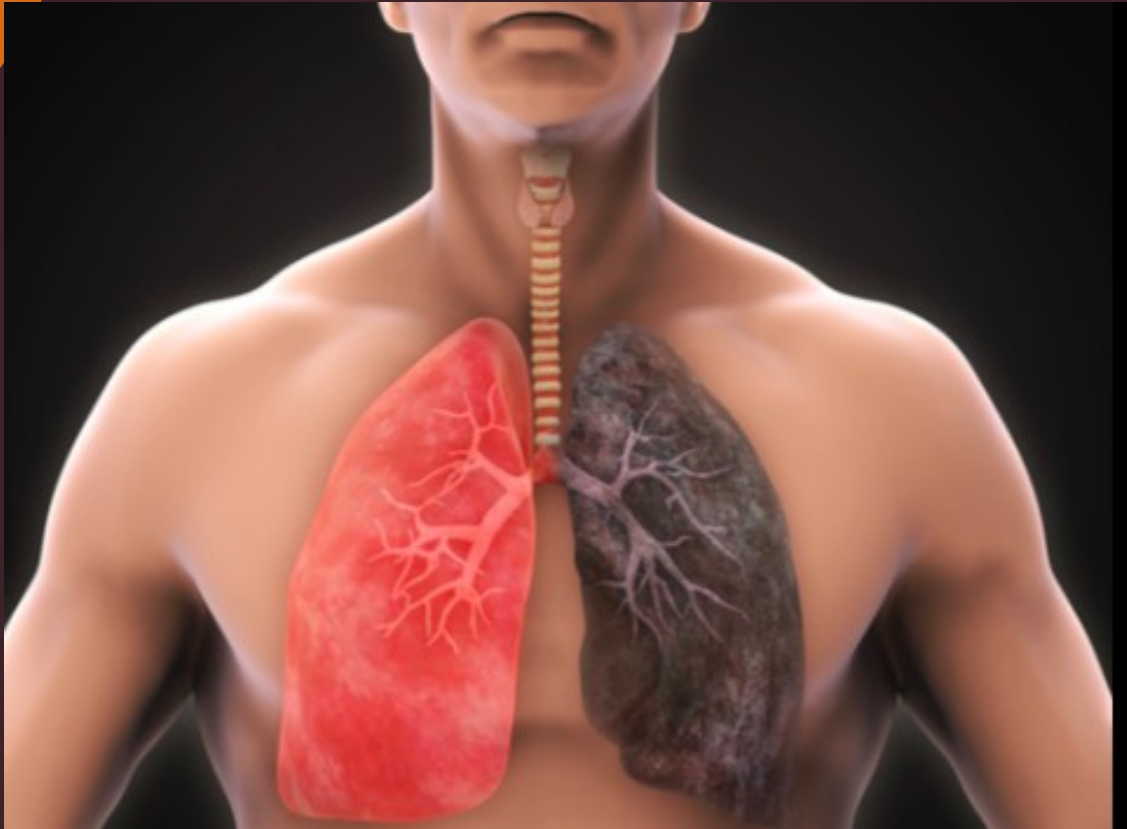
Every day, more than 1,200 people in this country **die** from smoking related diseases



Early **heart** and blood vessel disease



Smoking **harms** the Lungs!



Causes Cancer!



Increase levels of depression, anxiety, stress and psychiatric symptoms



Why is it important to protect youth and young adults from nicotine products? (Continued)

The Target

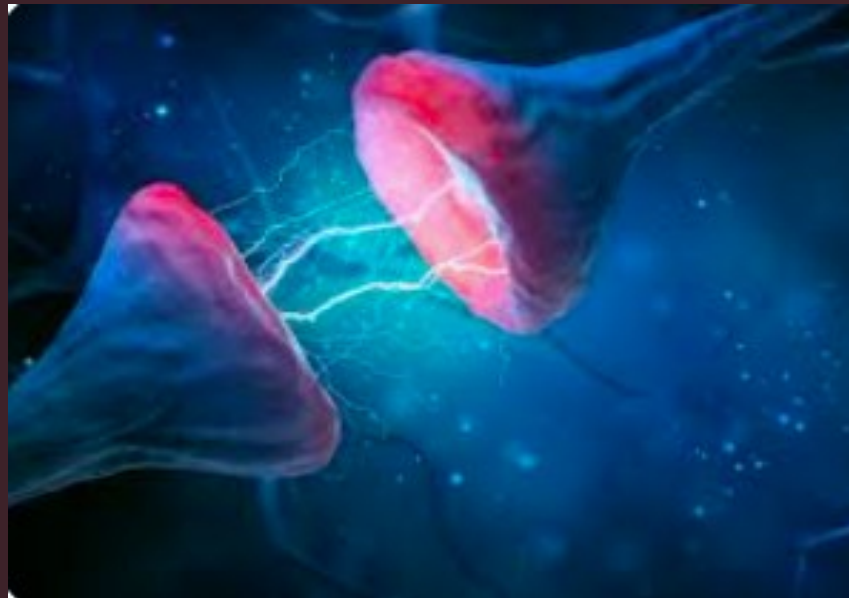


600,000 middle school students and 3 million high school students' smoke



Why is it important to protect youth and young adults from nicotine products? (Continued)

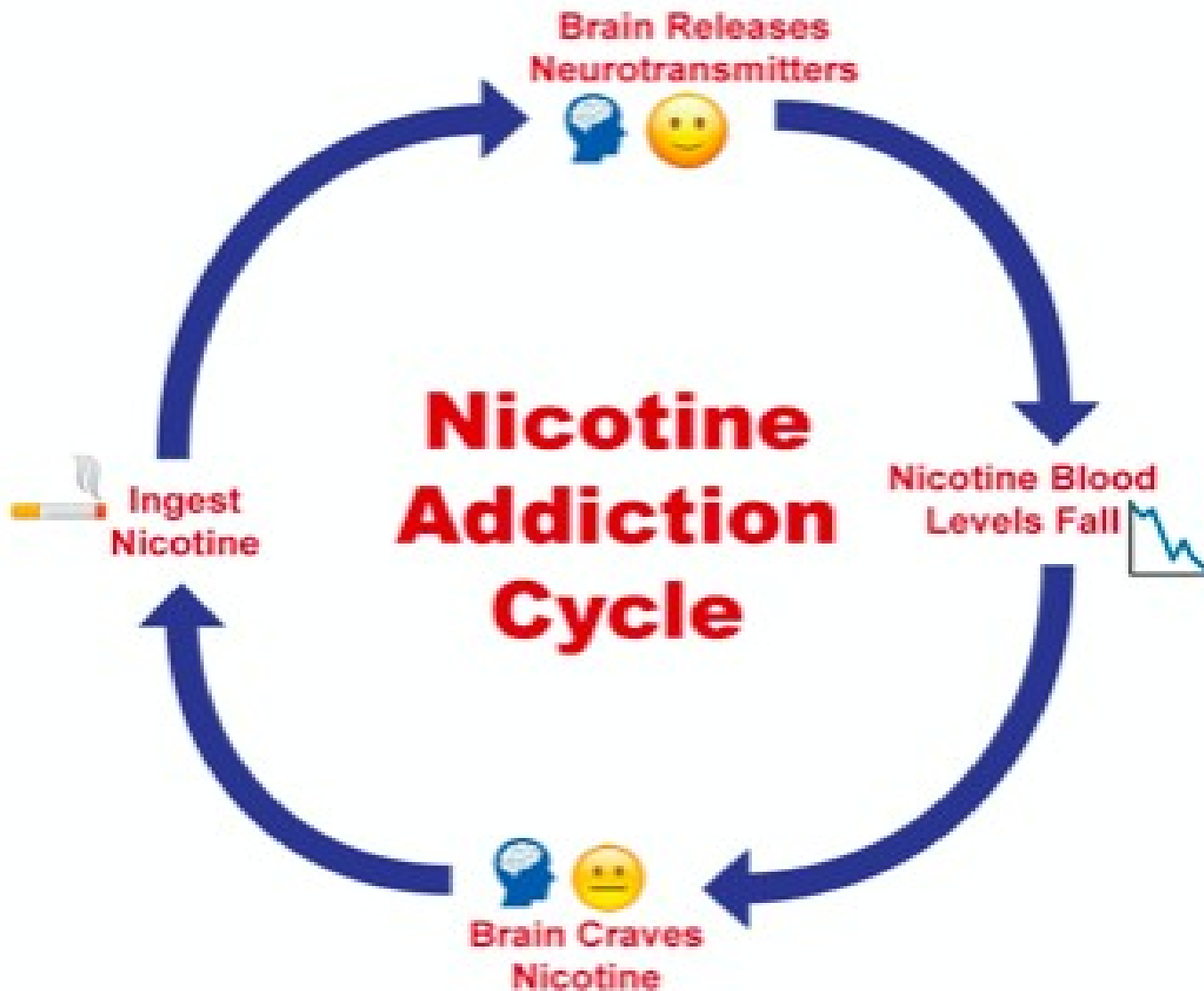
Addiction



Tobacco Products may be considered as a Gateway drug

(KnowTheRisk, 2023; Tiwa
2020)





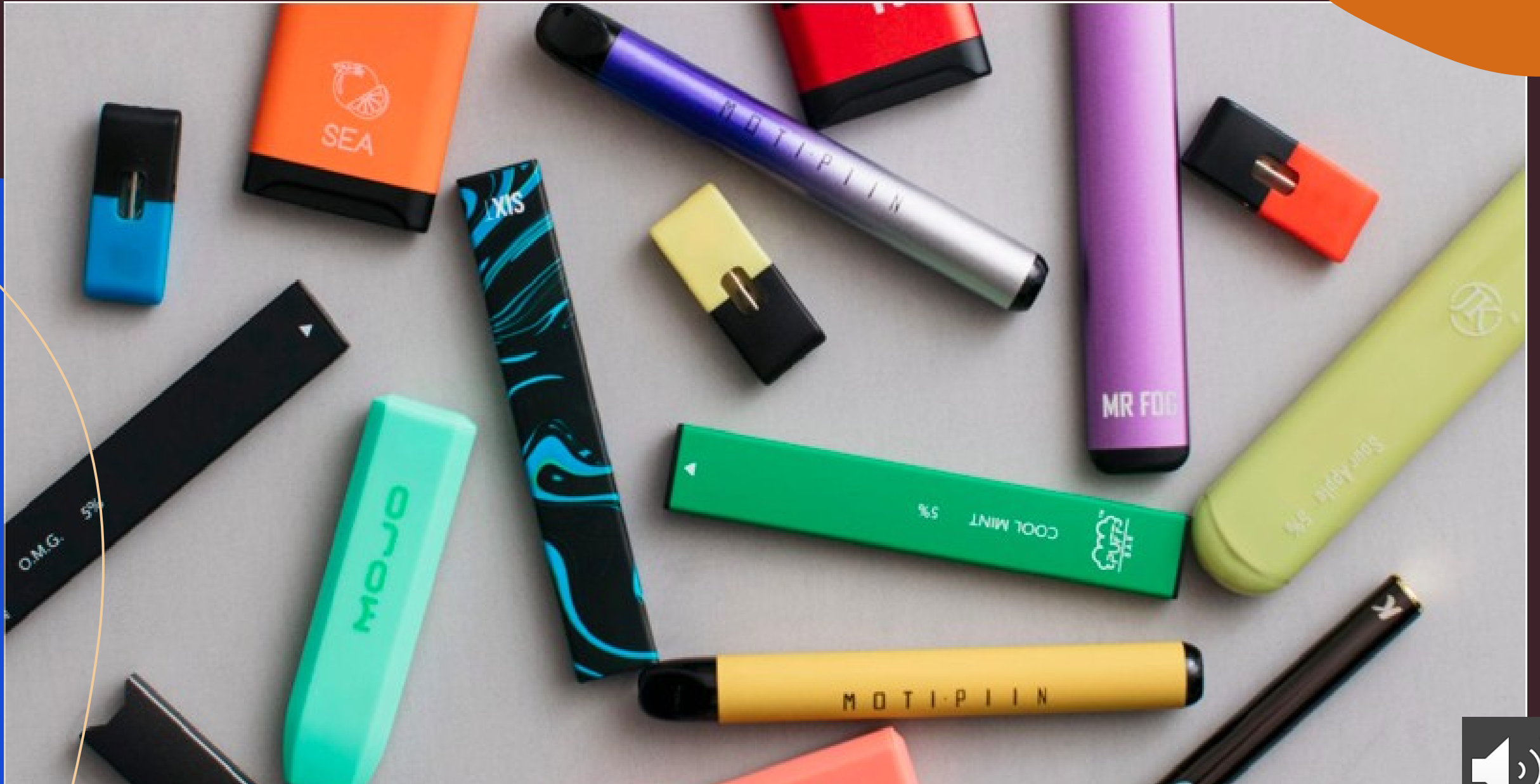
Withdrawal from Nicotine

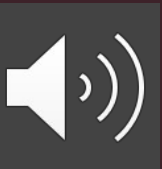
- Feeling irritable, restless, or jittery
- Feeling sad or down
- Feeling anxious
- Feeling tired or groggy
- Having trouble thinking clearly or concentrating
- Having trouble sleeping
- Feeling hungry
- Having intense cravings for nicotine

(Smokefree.TV)

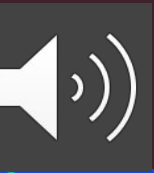












Let's Compare





Why do we want to help prevent nicotine addiction?

Answer:

We want the youth and young adults to be able to live their best quality of life without having barriers to being productive-adults





Everything has a price but **why?** there is no price on a child's life or future.



References

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