



# DART Prevention Coalition

Taking Aim at Substance Use in Ocean County

**NOVEMBER IS NATIONAL LUNG CANCER AWARENESS MONTH**



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NOVEMBER IS  
**Lung Cancer**  
AWARENESS MONTH

**RWJBarnabas**  
HEALTH

Institute for  
Prevention  
and Recovery



RUTGERS HEALTH  
Rutgers Cancer Institute

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**Want to help spread awareness and share on your own social media?**  
Make sure to keep an eye out on the DART Facebook page for our posts and feel free to repost or share with your family, friends, and groups! If you want to share elsewhere, great!

**NATIONAL LUNG CANCER AWARENESS MONTH TWO-PAGER**



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## National Lung Cancer Awareness Month

**National Lung Cancer Awareness Month** aims to raise awareness about lung cancer, its risk factors and early detection's importance. It encourages discussions about prevention, screening and treatment options while honoring those affected by the disease. By increasing public understanding, the campaign seeks to improve outcomes and reduce the stigma associated with lung cancer.

### Lung Cancer Facts

Lung cancer is the  
**2<sup>nd</sup> most common cancer**  
in both men and women.



About every  
**2 and a half minutes**  
someone in the U.S. is  
diagnosed with lung cancer.



Lung cancer accounts for about  
**1 in 5** of all cancer deaths.



In 2024, it is estimated that  
**234,580 individuals**  
will be diagnosed with lung cancer.



The survival rate for  
lung cancer has increased  
**22% nationally**  
over the past 5 years.

Early detection saves lives –  
Learn more and request a lung cancer screening at [rwjbh.org/lungscreening](https://rwjbh.org/lungscreening)

### Tobacco Use

Tobacco use is the leading cause of preventable death and disease in the United States. Smoking leads to disease and disability and harms nearly every organ of the body.

Tobacco use contributes to a range of severe conditions, such as lung cancer, heart disease and respiratory illnesses.

### First, Second and Thirdhand Smoke

Firsthand smoke is the smoke inhaled directly into the lungs of the smoker. Secondhand smoke is the smoke exhaled from the smoker or a lit product. Thirdhand smoke is the smoke that lingers and imbeds into surfaces such as carpet, clothing, furniture, walls and other items in the smoker's environment, including their pets' fur or feathers. Pets can also ingest tobacco smoke compounds by licking their owner's hair, skin and clothes.

### Nicotine Use

Nicotine use, whether through smoking or vaping, poses serious health risks. The addictive nature of nicotine makes it hard for users to quit.

Frequent use of nicotine creates changes in the way the brain works in relation to self-control, stress and learning. Long-term changes can lead to addiction and withdrawal symptoms when a person is not smoking. The rapid delivery of nicotine through vaping can foster dependency more quickly than traditional methods, making cessation more challenging.

Nicotine poisoning is also a severe concern for pets, not only when nicotine is inhaled but also when it's ingested. Nicotine can be toxic, even in small doses, and pets may ingest nicotine by eating cigarette or cigar butts, drinking nicotine refill liquid, chewing on nicotine refill canisters for electronic nicotine delivery devices or chewing on the devices themselves.

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### Oral Nicotine Pouches (Zyn)

Oral nicotine pouches are small, permeable pouches that contain nicotine. The pouches are placed between the lip and the gum, allowing nicotine to be absorbed through the lining of the mouth. The pouches do not contain tobacco, just the nicotine powder. Each pouch contains between 3 mg to 8 mg of nicotine. A 3 mg oral nicotine pouch is equivalent to the amount of nicotine inhaled in two cigarettes.

Use of oral nicotine pouches can cause nicotine addiction, mouth and gum irritation, gum recession and tooth decay. They are not FDA-approved for any use, including as a way to stop using other tobacco and nicotine products.

### Youth Use

Youth nicotine and tobacco use is particularly concerning due to its detrimental effects on brain development, which can lead to lasting cognitive and behavioral issues. Early exposure increases the risk of addiction, making it more likely for young users to develop lifelong habits.

Nicotine can exacerbate mental health challenges, such as anxiety and depression. Vaping nicotine lowers impulse control, negatively impacts sleeping, leads to poor concentration, causes extreme mood changes and permanently alters the wiring of the brain.

People who start smoking at an early age are more likely to develop a severe addiction to nicotine than those who begin at a later age. Of adolescents who have smoked at least 100 cigarettes in their lifetime, most of them report that they would like to quit but are not able to do so.

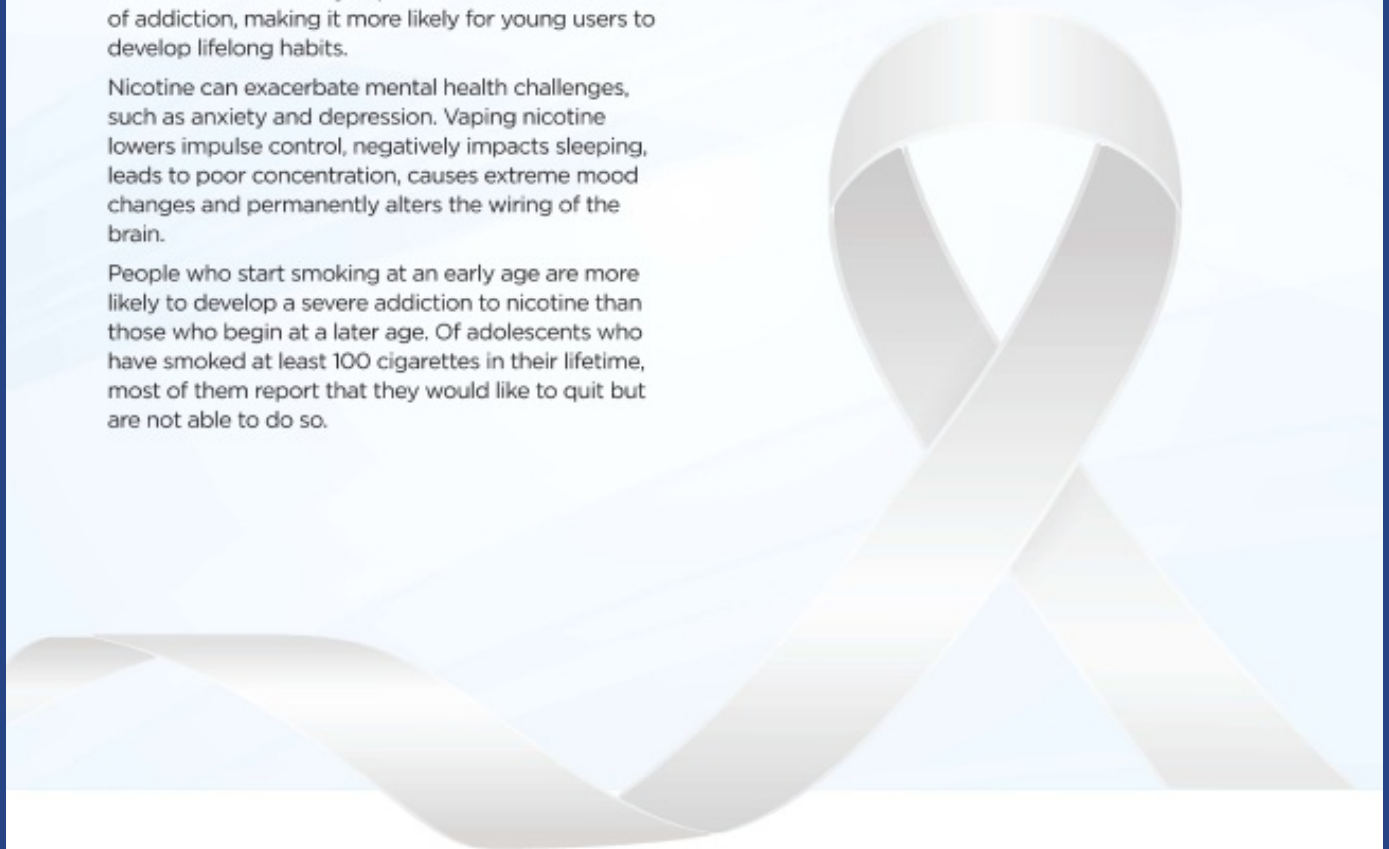
### The Great American Smokeout Day - November 21, 2024

Great American Smokeout Day is an annual event held on the third Thursday of November. It encourages smokers to quit smoking and supports tobacco and nicotine cessation efforts.

It raises awareness about the dangers of smoking and highlights resources available for those seeking help to quit. The initiative is crucial in reducing smoking and promoting healthier lifestyles nationwide.

The RWJBarnabas Health Institute for Prevention and Recovery's Nicotine and Tobacco Recovery Program can help individuals quit smoking or vaping through support services.

Learn more at [rwjbh.org/quitcenter](http://rwjbh.org/quitcenter).



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>>If you would like to download this information to share, please click below.

**[National Lung Cancer Awareness Month Two-Pager](#)**

November is Lung Cancer Awareness Month!

**Nicotine and tobacco use** can lead to serious health issues, including lung disease, heart problems, and **increased cancer risk.**



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# November is Lung Cancer Awareness Month!

## **Nicotine and tobacco use** in youth can impair cognitive function and increase the likelihood of long-term substance misuse.



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## THE GREAT AMERICAN SMOKE OUT: NOVEMBER 21



### **What is The Great American Smoke Out?**

The Great American Smoke Out encourages individuals to quit tobacco by starting with day one. It is an annual intervention event on the third Thursday of November by the American Cancer Society.

**>>[Click Here for More Information](#)**

### **RWJBH QUIT Center**

Connect with a peer specialist for support and resources for smoking cessation. RWJBH provides free support and cessation therapies to

individuals looking to quit nicotine and tobacco.  
They serve youth and adults.

>>[Click here for More Information](#)



## Tobacco Free NJ

Tobacco Free for a Healthy New Jersey is New Jersey's largest collaborative effort to reduce the health consequences of tobacco use — including vaping — and the harm from secondhand smoke exposure through prevention, education and cessation.

>>[Click Here for More Information](#)

## YOUTH TOBACCO ACTION GROUPS



### Goetz Middle School Youth Prevention Coalition & YTAG

Our Youth Tobacco Action Group (YTAG) of Ocean County is a youth led group that works to stop the use of nicotine and tobacco products. YTAG groups throughout the state are able to come together for meetings hosted by Incorruptible.Us at NJPN, create social media content to encourage healthy habits and quit resources, as well as work on projects that they are passionate about to help their schools and communities become smoke-free.

For the Great American Smoke Out, students from Goetz Middle School's Youth Prevention Coalition created videos to encourage their peers to quit vaping, provide tips for saying no to



peer pressure, and encourage healthy habits.



[Click Here to View in Vimeo](#)

## RESOURCES

### [Great American Smoke Out](#)

>>More information and resources related to quitting tobacco and nicotine.

### [Oral Nicotine Pouches Fact Card](#)

>>DART's oral nicotine pouch fact card.

### [Smoking and Tobacco Use Home](#)

>>CDC Homepage for information and resources for smoking and tobacco use.

### [Vaping Fact Card](#)

>>DART's vaping fact card with information and resources.

### [YTAG Instagram for Ocean County](#)

>>Stay up to date on all of Ocean County's Youth Tobacco Action Group initiatives.

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