

FOR IMMEDIATE RELEASE

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SAFE Glen Cove Coalition: The Truth About Using and Quitting Nicotine and Cannabis

According to researchers at The Truth Initiative, Nicotine and cannabis are two of the most commonly used substances among U.S. youth and young adults—and both come with health risks. New data shows that a program to help young people quit vaping nicotine can simultaneously reduce cannabis use, helping people break free from both substances.

The study looked at EX Program, a free digital quitting resource from Truth Initiative that has previously been proven to help teens and young adults quit nicotine. This new research shows how the program can also be effective in reducing cannabis use.

The study analyzed data from 2,845 participants, including teens aged 13–17 and young adults aged 18–24. Among teens, 38.5% of those receiving the text message intervention achieved dual abstinence from both nicotine e-cigarettes and cannabis, a 13.5% advantage compared to the control group. Among young adults, 17.9% achieved dual abstinence versus 13.3% in the control group.

Young adults use nicotine and cannabis more than any other age group

Cannabis use has risen dramatically in the past decade as states have legalized the sale for medical and adult recreational use.

National surveys show that while teen cannabis use has declined, cannabis use overall has risen and remains steady among young adults—who also report vaping nicotine with the highest prevalence compared to any other age group.

Young people who use cannabis, nicotine, or both products should be aware of the risks, especially when it comes to mental health.

What are the risks of using both nicotine and cannabis?

When young people use and potentially combine cannabis and nicotine, it's important that they understand the risks.

Cannabis use: Can negatively impact the developing brain, may be linked to depression, especially for heavy users, can lead to addiction, also known as cannabis use disorder .

Nicotine addiction: Can harm the developing brain, may make young people more susceptible to addiction later in life, can increase stress and intensify symptoms of depression and anxiety

Despite a widespread belief that nicotine use can reduce stress, research has established that nicotine addiction can worsen mental health symptoms. While the research on cannabis is still emerging, early evidence suggests that, like nicotine addiction, long-term cannabis use may do more harm than good for mental health. While some young people may be turning to cannabis or nicotine to deal with depression, stress, or sleep, they may be chasing temporary relief instead of developing long-term coping mechanisms such as exercise, getting outside, meditation, hobbies, or other healthy activities that can help relieve stress.

Similar strategies can help people quit both nicotine and cannabis

Breaking the cycle of nicotine or cannabis addiction can be difficult. However, there are proven methods for overcoming cravings and managing stress that can be applied to quitting both substances. Cannabis and nicotine share similar use contexts, meaning they can be used with similar products or devices (such as a flavored vape pen) and involve comparable behavioral patterns, making them easy to use-and quit together.

EX Program can increase the odds of quitting nicotine

EX Program, a free digital quitting resource developed by Truth Initiative with Mayo Clinic, has helped millions on their journey to quit nicotine with personalized quit plans, interactive text message support, advice and tips from Mayo Clinic, and the most established online community of quitters.

EX Program is free, proven effective, and can increase the odds of quitting nicotine by up to 40%.

If you or someone you know is interested in quitting, visit exprogram.com to learn more or text **EX PROGRAM** to **88709** to join for free today.

The Truth Initiative is the nation's largest nonprofit public health organization dedicated to preventing youth and young adult nicotine addiction and empowering quitting. Research is conducted through the Truth Initiative Schroeder Institute that produces independent research to provide evidence for policy change and leadership in cessation research. For more information, please visit www.truthinitiative.org.

SAFE, Inc. is the only alcohol and substance abuse prevention, intervention, and education agency in the City of Glen Cove. Its Coalition is concerned with all combustible and electronic products with tobacco. The Agency employs environmental strategies to educate and update the community regarding the negative consequences of smoking and vaping. To learn more about the SAFE Glen Cove Coalition please follow www.facebook.com/safeglencovecoalition or to learn more about electronic products visit the Youth and Tobacco Use and Vaping Facts and Myths Pages of SAFE's website to learn more about how vaping is detrimental to your health at www.safeglencove.org.