



Empowering healthy behaviors through education and advocacy to sustain a tobacco free life.

December 2019 – January 2020

Legislation in the News

Tobacco 21: About Time to be Done

The legal age to purchase tobacco and nicotine products in the US is now 21. With the new legislation, there are no exceptions like there were when alcohol changed to 21.

Although it may be a big change for some retailers, there are businesses who have already followed the rule nationwide.

[Read more](#)



Flavors Are Banned, Isn't That Grand?

Since e-cigarettes, or 'vaping', has been gaining popularity among younger people, more laws are being passed for regulations on such products.

The company most under fire is Juul and products like it due to their smaller and easier to conceal nature. The latest news is a ban on all flavored cartridges for these devices besides menthol and basic tobacco.



[Read more](#)

New Ways to Quit

Quitting isn't just limited to the person using the tobacco; it affects the people around him/her as well.

Many sites and numbers for quitting can help the support systems of people who are quitting.

Linked to the right, and at the bottom of the newsletter, are some of the sources that can help the user as well as the non-user.



American Heart Association®



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QuitLine
800-QUIT-NOW