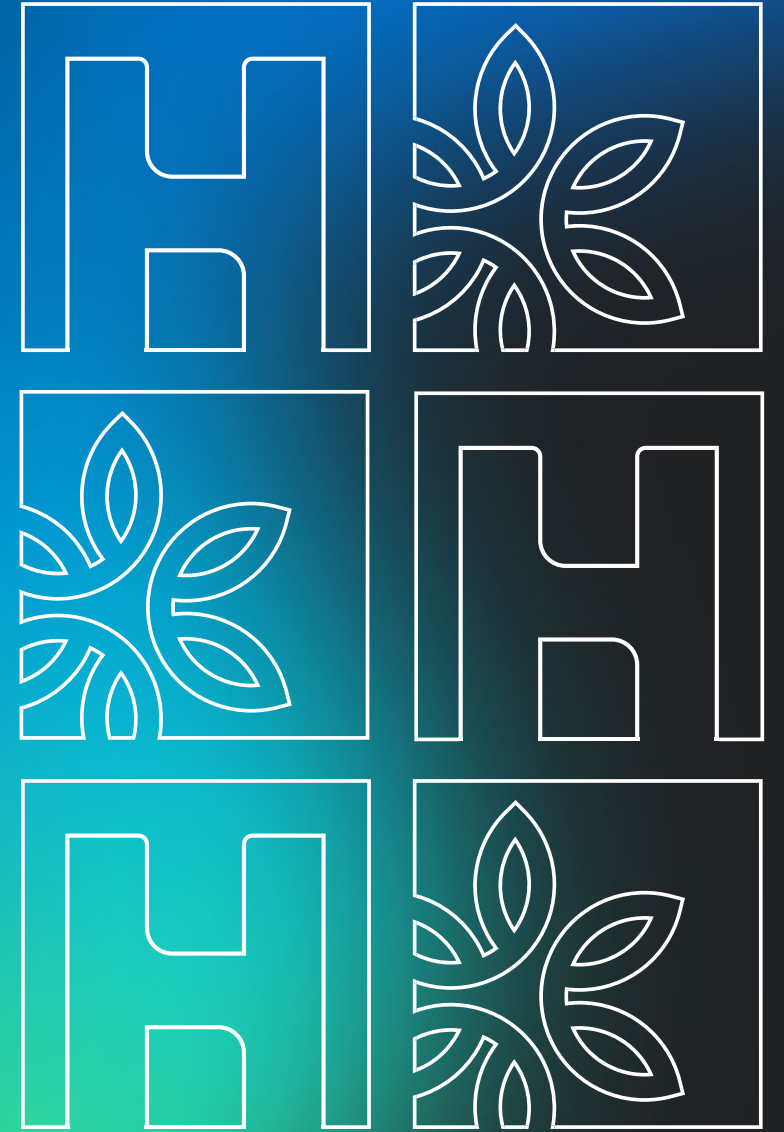
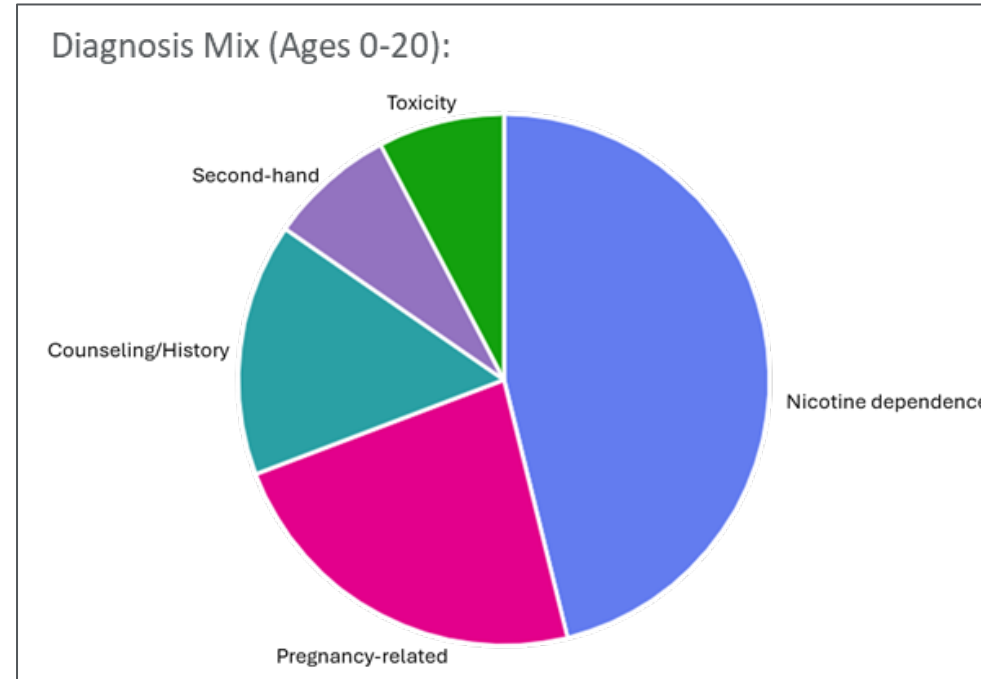
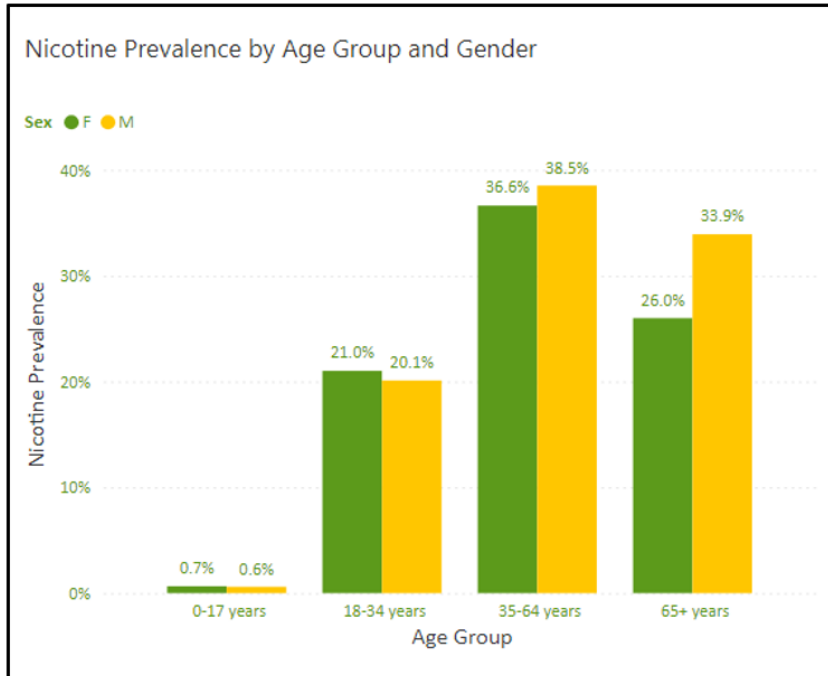


Children's TAC: Pediatric Nicotine- related Diagnoses and Resources



Nicotine-related Diagnoses Prevalence



- About 1 in 6 Humana Healthy Horizons in Kentucky members uses nicotine, in line with average prevalence across Kentucky.
- Nicotine dependence is the most prevalent diagnosis type when looking across all ages, but when we isolate ages 0–20, volume drops significantly and shifts toward a mix of dependence and pregnancy-related exposure.
- Most youth cases cluster in older adolescents (18–20) rather than younger children.
- Minimal activity under age 13, suggesting either low diagnosis rates, or under-identification/documentation.
- No neonatal (<1 year) nicotine-related diagnoses identified in claims data; exposure is instead captured through maternal pregnancy-related codes.
- Second-hand smoke diagnosis is extremely rare and likely significantly under-coded across all age groups.

Humana's Preventative Services

- Direct member outreach by Humana's frontline Care Management and Quality Improvement teams to help members access Quit Now Kentucky and similar cessation resources.
- Targeted text message outreach campaigns to engage members, including adolescents identified with a nicotine-related diagnosis code without a code for counseling
- Provider education on coding & reimbursement for cessation counseling.
- Educational information for members and the overall community via brochures and web-based resources.
- In flight: "Catch My Breath" school-based vaping prevention



BE TOBACCO FREE
QUIT NOW
KENTUCKY
1-800-QUIT-NOW

Humana's Resources: Printed Brochure for Community



Get all the facts
about nicotine use

Humana
Healthy Horizons®
in Kentucky



Obtenga toda
la información
sobre el consumo
de nicotina

Humana
Healthy Horizons®
in Kentucky



Vaping

Vaping is the inhaling of a vapor created by an electronic cigarette (**e-cigarette**) or other vaping device. E-cigarettes are battery-powered smoking devices and have cartridges filled with a liquid that usually contains nicotine, flavorings and chemicals.

Smokeless tobacco and nicotine pouches

There are two main types of smokeless tobacco used in the U.S., chewing tobacco and snuff.

Chewing tobacco comes in loose leaf, plug and twist.

Snuff is finely ground tobacco that comes dry, moist or in bag-like pouches.

Nicotine pouches, such as Zyn, contain a powder made of nicotine, flavorings, and other ingredients. The powder dissolves in the mouth, and nicotine is absorbed through the gums and lining of the mouth.

Smoking

There are approximately 600 ingredients in cigarettes. When burned, cigarettes create more than 7,000 chemicals. At least 69 of these chemicals are known to cause cancer, and many are toxic.

Many of these chemicals also are found in consumer products, but these products have warning labels—such as rat poison packaging. While the public is warned about the danger of the poisons in these products, there is no such warning for the toxins in tobacco smoke.

What are the health effects of tobacco and nicotine use?

There are no safe tobacco products, including nicotine pouches and e-cigarettes. This is particularly true for youth, young adults, and women who are pregnant

Vaping, smoking, nicotine pouches and smokeless tobacco put nicotine into the body. Nicotine is highly addictive and can:

- Affect memory
- Attention
- Concentration
- Learning
- Mood
- Self-control
- Slow brain development, and
- Increase the risk of other types of addiction later in life

E-cigarettes also:

- Irritate the lungs and may cause serious lung damage

Smokeless tobacco can:

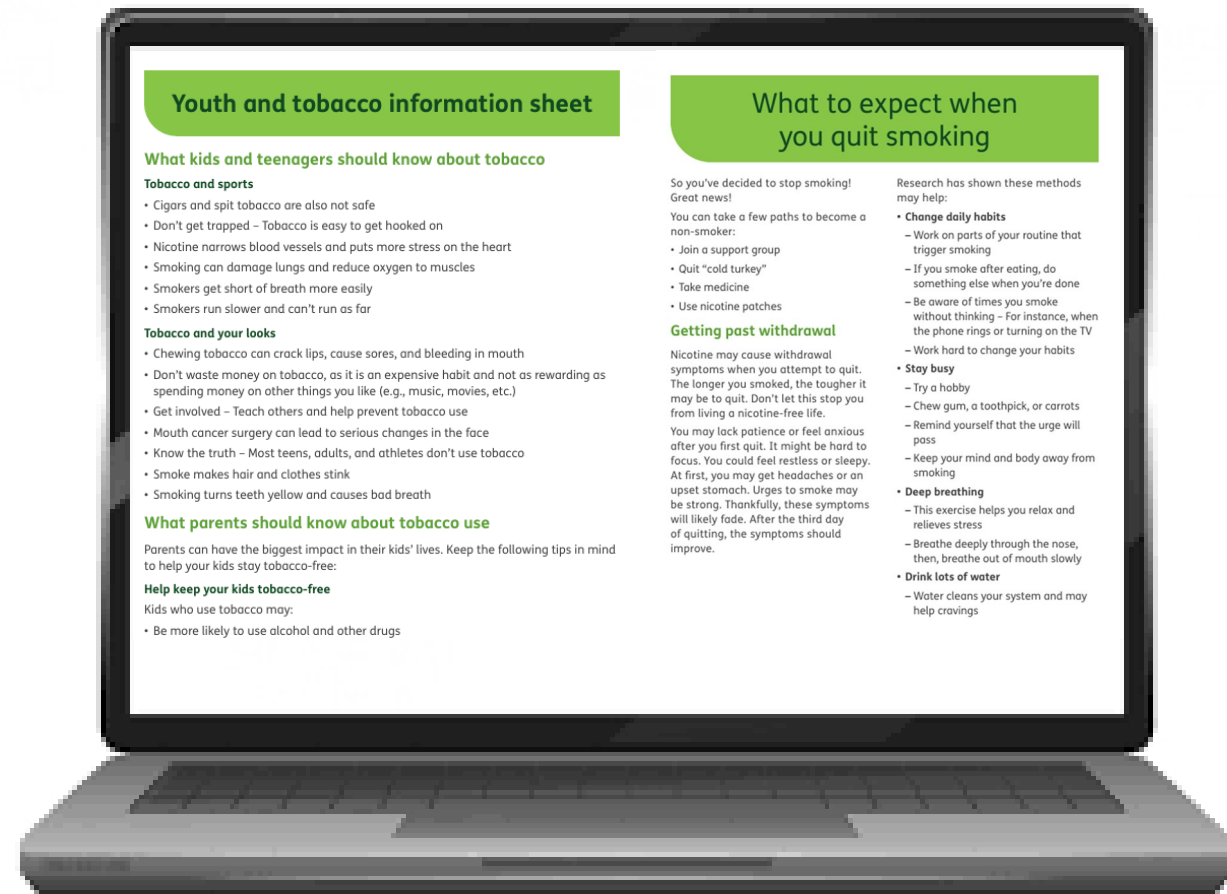
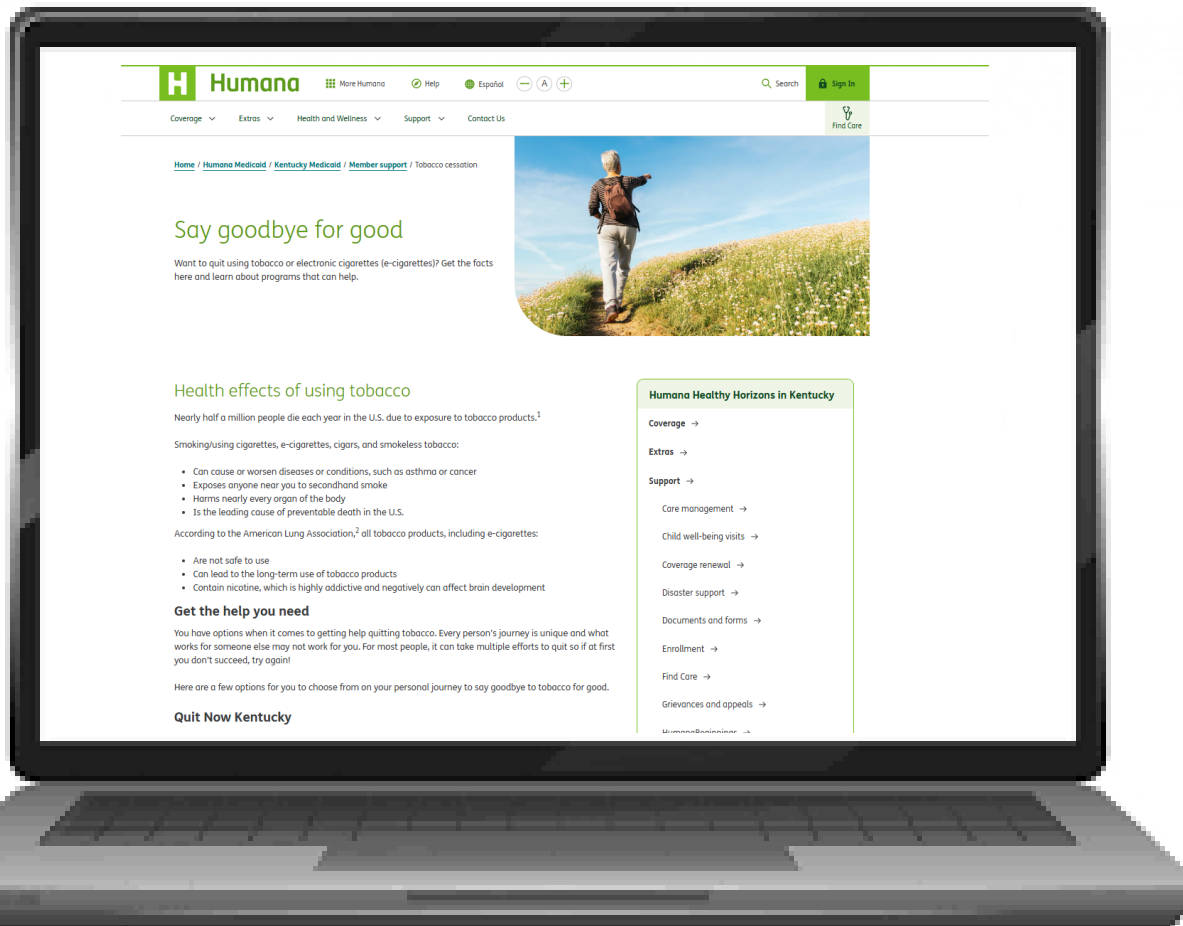
- Cause cancer of the mouth, esophagus, and pancreas.

How can I quit?

- Decide why you want to quit and write it down or put it in your phone.
- Pick a day to stop using tobacco or nicotine. Put it on the calendar and tell supportive friends and family that you're quitting on that day.
- Get rid of all tobacco and nicotine products.
- Speak to a physician about nicotine replacement therapy.
- Talk to a coach on the Kentucky Quitline. 800-QUIT-NOW (800-784-8669) or enroll online at <https://quitnowkentucky.org/en-US>

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Humana's Resources: Education on Humana.com



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Drugs & Alcohol

Smoking, drinking, and doing drugs can lead to problems at home, in school, and with your health. Learn more here.

+ Alcohol

+ Drugs

▣ Tobacco

- [How Can I Help My Partner Stop Smoking?](#)
- [How Can I Quit Smoking?](#)
- [Secondhand Smoke](#)
- [Smokeless Tobacco](#)
- [Smoking](#)
- [Smoking and Asthma](#)
- [Vaping: What You Need to Know](#)

+ Getting Help

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TeensHealth
Educational Partner

What Can I Do About Secondhand Smoke?

Chances are, you know someone who smokes or [vapes](#). Whether you smoke or you're regularly around someone who does, it's never healthy to breathe in tobacco smoke. Even occasional or short-term exposure can take a toll on the body.

Ask the smokers you know to:

- Take all their smoke breaks outside, away from other people, especially kids and pregnant women. Smoke lingers in the air for hours after cigarettes are put out. If someone smokes anywhere inside, other people are breathing in that smoke too. Because smoke sticks to people and their clothing, when smokers come back inside, they should wash their hands and change their clothing, especially before holding or hugging children.
- Never smoke in the car. Even blowing smoke out the window does little, if anything, to reduce smoke exposure.

Just as a person who smokes chooses to light up, nonsmokers have a choice too. You can walk away from other people's smoke at home, school, work, restaurants, even friends' and family members' houses.

Note: Secondhand marijuana smoke contains the same dangerous chemicals as tobacco cigarettes. It also contains THC, the ingredient in marijuana that causes someone to feel high. The secondhand aerosol (mist) from e-cigarettes, with or without marijuana, also contains chemicals and can be harmful. Try to stay away from people who vape too.

If you smoke or vape, try to quit. [Quitting](#) isn't easy because nicotine is very addictive. But consider the benefits: You'll look, feel, and smell better, and have more money saved to go out and show off the newer, healthier you!

Support groups and tobacco-free programs can help people stop. Check out these online resources:

- [Smoking Quitline](#)
- [Quit Tobacco](#)
- [Smokefree.gov](#)

