CATCH My Breath is a best-practices youth E-cigarette prevention program developed by the Michael & Susan Dell Center for Healthy Living at UTHealth School of Public Health. The program provides up-to-date information to teachers, parents, and health professionals to equip students with the knowledge and skills they need to make informed decisions about the use of E-cigarettes.

While those of us in public health should cheer loudly about the decline in combustible cigarette use among children, youth are increasingly turning to E-cigarettes instead. Contrary to public opinion, E-cigarettes are not harmless. E-cigarettes deliver nicotine, which is addictive, and contain other harmful toxins.

CATCH survey of middle school educators conducted January 2016:

- 86% Do not have an E-cigarette curriculum
- 77% Would be interested in implementing an E-cigarette prevention curriculum
- 74% Rated the importance of E-cigarette prevention as a youth health issue as “high”

For more info / to order, visit: catchmybreath.org
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In partnership with CVS Health