



# NO NICOTINE: VAPE, ORAL POUCHES + TOBACCO CESSATION RESOURCES



**DATE:**  
FEBRUARY 4, 2026



**SPEAKER(S):**  
EMILY CARLSON  
PRISCILLA BENNETT



**TIME:**  
11:30AM – 12:30PM

## PRESENTATION:

Nicotine is a highly addictive stimulant which comes with negative effects on health, finances, and withdrawal symptoms. While chronic smoking is particularly heinous due to the harms of burned tobacco and plethora of chemicals, this doesn't mean that smokeless nicotine delivery methods such as vape and oral pouches are safe. Join Priscilla Bennett, Ph.D., MPH Tobacco Cessation Consultant and Emily Carlson, MPH, Chief, Office of Tobacco Prevention and Cessation both from the Arizona Department of Health Services to discuss harms and resources to avoid or quit addictive nicotine products.

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