

Activity Highlights of the National Blueprint for Action Youth and Young Adult Tobacco-Use Cessation

NOVEMBER 2002

The National Blueprint for Action for youth and young adult tobacco-use cessation was published in the Spring of 2000 by the Youth Tobacco Cessation Collaborative. Since then, YTCC members have worked successfully to collectively address many of the needs identified in the Blueprint, with a focus on the two-year objectives outlined. These highlights illustrate just some of the progress that has been made and updates the previous highlights published in November 2001.

Among the more significant and important developments are the relationships that have formed among the Collaborative organizations, the increase in collaboration across organizations, the co-funding of research and other projects, and the increase in attention to the issue of cessation among youth. In addition, the Blueprint approach has become a model for other activities such as the soon-to-be-released National Blueprint for Disseminating and Implementing Evidence-Based Clinical and Community Strategies to Promote Tobacco-Use Cessation, and the Action Plan for the National Partnership to Help Pregnant Smokers Quit (May 2002).

The Blueprint

The Youth Cessation Blueprint was developed as a consensus document to guide decisions regarding funding research and programs related to youth tobacco-use cessation, to reflect common goals and objectives among national organizations that fund such efforts, to help ensure that funding plans and programs across organizations build the strongest possible national efforts to support youth cessation, and to coordinate funding efforts.

The ten-year goal of the National Blueprint is to ensure that every young tobacco user (age 12-24) has access to appropriate and effective cessation interventions by the year 2010.

The Blueprint includes 2-, 5-, and 10-year objectives and funding strategies for research, implementation, and support and demand.

The YTCC was formed in 1998 to address the gap in knowledge about what cessation strategies are most effective in assisting youth to quit smoking. Collaborative members represent major organizations that fund research, program, and policy initiatives related to controlling youth tobacco use.

The Collaborative includes:

American Cancer Society (ACS) • American Legacy Foundation (Legacy) • American Lung Association (ALA) • Canadian Tobacco Control Research Initiative (CTCRI) • Centers for Disease Control and Prevention (CDC) • National Cancer Institute (NCI) • National Cancer Institute of Canada (NCIC) • National Heart, Lung and Blood Institute (NHLBI) • National Institute on Drug Abuse (NIDA) • Robert Wood Johnson Foundation (RWJF)

HIGHLIGHTS

HELPING YOUNG SMOKERS QUIT

This evaluation project is a major initiative to identify, survey and evaluate existing youth cessation programs. Phase I of this two-phase project began September 2002 and will continue through July 2003. The initial phase will identify and characterize existing smoking cessation programs for youth in a representative sample of more than 400 communities in the US. Program surveys will describe major program offerings, both promising and potentially harmful treatment practices, and the resources and constraints of the “real world” settings in which these services are offered. In Phase II, standard measures and methodological approaches will be used to conduct evaluations of a strategic mix of potential “best” and “worst” practices now being used by youth cessation programs across the US to treat a variety of adolescent populations, including traditionally underserved and high-risk groups (e.g., low-income, minority). The results of this initiative will help to fill a gap in knowledge about the types and elements of youth cessation programs that are currently being offered, those that are effective and ineffective, and point to promising directions for future research and programming. This program will also develop evaluation tools that youth-cessation programs such as those funded by health plans and community-based programs can adopt for ongoing self-evaluation and quality improvement. This project is principally funded by RWJF, with generous co-funding by CDC and NCI.

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ASSESSING YOUTH SMOKING CESSATION NEEDS AND PRACTICE SURVEY

This two-year longitudinal telephone survey will query smokers aged 16 to 20 years at baseline about their smoking cessation activity. Findings will provide national estimates of quitting activity, help elucidate factors associated with the natural history of quitting among adolescents and young adults, and will clarify preferences for different types of assisted quitting interventions among this age group. This survey is principally funded by RWJF with some co-funding by NCI and will begin in Spring 2003.

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NATIONAL YOUTH TOBACCO SURVEY

The school-based survey collects cross-sectional information on youth and tobacco use such as prevalence by age and ethnicity to build the evidence and better understand the problem of youth tobacco use. The survey includes a battery of addiction variables to determine the extent of nicotine addiction among youth. The survey was conducted in 1999, 2000 and 2002 and will continue in future years. The survey is currently funded by Legacy. CDC will begin funding the survey in 2004.

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YOUTH TOBACCO SURVEY

YTS is a middle and high school-based survey that provides states with data necessary to support the design, implementation and evaluation of a comprehensive tobacco control program. The survey also provides data regarding youth tobacco use, exposure to second-hand smoke, smoking cessation, school curriculum, knowledge and attitudes about tobacco, and familiarity with pro-tobacco and anti-tobacco media messages. As of Fall 2002, the survey has been conducted in 46 states. YTS is funded by CDC.

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CANADIAN TOBACCO USE MONITORING SURVEY

CTUMS is conducted twice a year across the 10 provinces among Canadians aged 15 and older. The objective is to provide consistent, continual data enabling Canadian researchers and decision-makers to track the dynamic nature of tobacco prevalence and use patterns, particularly among youth and young adults. Health Canada, one of the partners of CTCRI, funds this survey.

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YOUTH CESSATION GUIDE

The Youth Cessation Guide is being developed to provide guidance to those making decisions about implementing youth cessation interventions considering the limited evidence of effectiveness. The guide captures the recommendations from a combination of researchers, practitioners, policy makers, and funding organizations. This effort is funded by CDC, along with CTCRI, Legacy, and NCI (who co-funded the larger initiative).

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JOURNAL ISSUE ON YOUTH CESSATION

A special issue of the American Journal of Health Behavior, dedicated to youth cessation, is slated for Summer 2003. The special issue will include articles addressing an overview of YTCC, a best practices model for youth tobacco cessation, the systematic evidence review conducted to develop the youth cessation guide, as well as provide recommendations and guidance for research and practice in this area. Sue Curry, PhD, University of Illinois at Chicago, is the guest editor. This effort is funded by CDC and NCI.

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MEASURES GUIDE FOR ADOLESCENT TOBACCO

A Web-based guide of standardized and psychometrically sound tobacco measures is being developed to accurately examine the efficacy of tobacco interventions for youth. This guide is needed for researchers in order to achieve consistency and standards

of measurement across studies for describing smoking patterns of targeted populations, establishing inclusion and exclusion criteria for participation, measuring potentially important mediators and moderators of treatment outcome, and measuring tobacco use outcomes. The guide will also be useful to clinicians and other practitioners for implementing, evaluating and enhancing tobacco use interventions. The guide is funded by NCI.

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COLLABORATIVE WORKSHOPS

The YTCC has convened a series of workshops to address youth smoking cessation research gaps.

- The Expert Workshop on Human Subjects and Ethical Issues Related to Treatment and Research in the Area of Youth Smoking Cessation was held October 2002 and brought together experts in human subjects and ethics, practitioners, and researchers in youth smoking cessation. Participants discussed issues and challenges encountered when designing and implementing research and treatment protocols with youth smokers and identified specific strategies to address these challenges. This workshop was sponsored by the Helping Young Smokers Quit initiative at the University of Illinois at Chicago and is funded by RWJF.
- Planning is under way for a “future interventions” workshop. The purpose of the workshop is to identify priority research that will provide a foundation for the next generation of more effective youth cessation interventions. The workshop will describe strategic priorities for research to provide the scientific foundation for studying effective cessation.
- The Canadian Tobacco Control Research Summit, held in April 2002, resulted in increased and strategic commitment to tobacco research by research and program funders in Canada. Among the priority research areas highlighted by the Summit were determinants of tobacco use and cessation, cessation among priority populations, and the onset and nature of nicotine addiction. Full reports of the Summit outcomes can be found at www.ctcri.ca.

BRIDGING THE GAP

Bridging the Gap: Research Informing Practice for Healthy Youth Behavior is a multi-disciplinary, multi-site collaborative endeavor intended to substantially expand existing knowledge on the conditions in the larger social environment that can influence the use of tobacco, alcohol, and illicit drugs by American young people. The ultimate goal is to help bring about changes in society that will help to substantially ameliorate these problem behaviors. The project is funded by RWJF.

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YOUTH CESSATION INTERVENTION RESEARCH

Under a collaborative effort, 35 extramural youth tobacco cessation research projects have been funded since 1999 through the NIH RFA process and investigator-initiated research. This initiative was designed to fund innovative research that has clear implications for the immediate and significant reduction of tobacco use by children and youth in the US. These research projects evaluate behavioral, pharmacological or self-help interventions for adolescent smoking and adolescent smokeless tobacco. Funders include NCI, the National Institute of Child Health and Human Development (NICHD), NIDA, the National Institute of Dental and Craniofacial Research (NIDCR), and the National Institute of Nursing Research (NINR).

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MONITORING THE FUTURE AND YOUTH EDUCATION AND SOCIETY SURVEYS

The University of Michigan's Institute for Social Research has conducted the MTF survey since 1975. This survey is designed to note national trends in smoking, drinking and illicit drug use among American youth. This is an ongoing study of the behaviors, attitudes, and values regarding adolescent drug use and abuse. The MTF survey is funded by NIDA. Since 1998, RWJF has funded the parallel YES school administrator project to track and identify school policies and programs potentially related to youth tobacco, alcohol and illegal drug use.

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TRANSDISCIPLINARY TOBACCO USE RESEARCH CENTERS/PARTNERS INITIATIVE

TTURC consists of seven academic institutions with the intent to study new and innovative ways to combat tobacco use, integrate research across scientific disciplines, speed transfer of innovative approaches to communities nationwide, and train a new generation of tobacco control researchers. Four of the seven TTURCs include research components addressing youth tobacco cessation. TTURC is funded by NCI and NIDA. The Partners Initiative is designed to improve policy understanding and communications practices among the TTURC tobacco research arms. Unique collaborations are being

fostered among scientists across many disciplines to focus research on areas where there are gaps, including adolescent smoking. The Partners Initiative is funded by RWJF.

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TOBACCO ETIOLOGY RESEARCH NETWORK

TERN is a transdisciplinary research network that is intended to achieve major scientific advances in understanding the transitions from initial to regular use to dependence on tobacco and cessation among adolescents and young adults. Findings and models developed by TERN have been used by all Blueprint funders to define developmentally appropriate measures of youth quitting and to guide the development of innovative cessation strategies. TERN is funded by RWJF.

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SCHOOL HEALTH INDEX

A new version of the CDC SHI that addresses school policies and programs related to promoting tobacco-free lifestyles will be released this fall. New items focus on tobacco-use prevention, enforcement of tobacco-free school policies, cessation services, and prohibition of tobacco advertising in schools. This self-assessment and planning tool enables schools to identify the strengths and weaknesses of their health promotion policies and programs, develop an action plan for improving student health, and involve teachers, parents, students, and the community in improving school policies and programs. SHI is funded by CDC.

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The Blueprint is available at www.cfah.org/pdfs/research_NBAreport.pdf.