

Activity Highlights of the National Blueprint for Action

Youth and Young Adult Tobacco-Use Cessation

DECEMBER 2003

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, Youth Tobacco Cessation Collaborative (YTCC) members have worked successfully to collectively address many of the needs identified in the Blueprint, with a focus on its two-year objectives. The highlights presented here illustrate just some of the progress that has been made.

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 National Blueprint for Disseminating and Implementing Evidence-Based Clinical and Community Strategies to Promote Tobacco-Use Cessation and the National Partnership to Help Pregnant Smokers Quit's Action Plan (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 two-, five-, and 10-year objectives and funding strategies for research, implementation, and support and demand.

Highlights

Assessing Youth Smoking Cessation Needs and Practice Survey

This two-year longitudinal telephone survey will query smokers aged 16 to 24 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. The survey began in July 2003.

Funded by RWJF, with co-funding by NCI and CDC

Contact: Dianne C. Barker, MHS, Barker Bi-Coastal Health Consultants

Phone: (818) 876-0689

Email: dcbarker@earthlink.net

Contact: Gary Giovino, PhD, Roswell Park Cancer Institute

Phone: (716) 845-4402

Email: gary.giovino@roswellpark.org

Contact: C. Tracy Orleans, PhD, RWJF

Phone: (609) 627-5962

Email: cto@rwjf.org

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.

Funded by RWJF

Contact: Frank Chaloupka, PhD, University of Illinois at Chicago

Phone: (312) 413-2287

Email: fjc@uic.edu

Contact: C. Tracy Orleans, PhD, RWJF

Phone: (609) 627-5962

Email: cto@rwjf.org

Contact: Sandy Slater, MS, University of Illinois at Chicago

Phone: (312) 413-0475

Email: sslater@uic.edu

Canadian Tobacco Use Monitoring Survey (CTUMS)

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.

Funded by Health Canada (one of the partners of CTCRI)

Contact: Anne Zaborski, Health Canada

Phone: (613) 954-0152

Email: anne_zaborski@hc-sc.gc.ca

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 data collection was complete in August 2003. The initial phase identified and characterized 592 existing smoking cessation programs for youth in a representative sample of 408 counties in the United States. The Phase I program survey obtained information about community context, organizational setting, participants, and program implementation, content and evaluation. The data is currently being processed; reports and manuscripts are under development.

In Phase II, standard measures and methodological approaches will be used to conduct evaluations of a strategic mix of practices now being used by youth cessation programs across the United States 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.

Funded by RWJF, with co-funding by CDC and NCI

Contact: Sue Curry, PhD, University of Illinois at Chicago

Phone: (312) 355-4438

Email: suecurry@uic.edu

Website: www.helpingyoungsmokersquit.org (available January 2004)

Contact: C. Tracy Orleans, PhD, RWJF

Phone: (609) 627-5962

Email: cto@rwjf.org

Journal Supplement on Youth Cessation

A special issue of the American Journal of Health Behavior, dedicated to youth tobacco cessation, published in September 2003. The special issue includes articles addressing an overview of YTCC, comparison of review methods for tobacco control, application of better practices framework for youth tobacco cessation, review of the scientific evidence regarding youth tobacco cessation, recommendations for developing, implementing, and evaluating youth tobacco cessation programs, and research methodology issues and research gaps. Sue Curry, PhD, University of Illinois at Chicago, is the guest editor.

Funded by CDC and NCI

To view online: <http://www.ajhb.org/27-s2.thm>

Measures Guide for Youth Tobacco Research

The guide is intended as a resource for anyone conducting research on youth tobacco use or intervening with adolescent tobacco users, such as clinicians and public health practitioners. The standardized and psychometrically sound measures presented in this guide were compiled via a detailed method involving its developers and researchers submitting measures for inclusion. The guide will assist researchers in achieving consistency of measurement across studies for describing smoking patterns, establishing inclusion and exclusion criteria for participation, measuring potentially important mediators and moderators of treatment outcomes, and measuring tobacco use outcomes. Each measure is briefly described and details are provided about the target population, administrative issues, scoring information, psychometrics, clinical utility of the instrument, research applicability, copyright/cost issues, references, authorship and author's contact information. You can find the guide online by visiting www.tobaccocontrol.cancer.gov.

Funded by NCI

Contact: Cathy Backinger, PhD, MPH, NCI

Phone: (301) 496-8584

Email: cb270r@nih.gov

Contact: Suzanne Colby, PhD, Brown University

Phone: (401) 444-1856

Email: suzanne_colby@brown.edu

Monitoring the Future Survey (MTF)/ Youth Education and Society Survey (YES)

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. Since 1998, the parallel YES school administrator project to track and identify school policies and programs potentially related to youth tobacco, alcohol and illegal drug use.

Funded by NIDA (MTF) and RWJF (YES)

Contact: Debra Grossman, MA, NIDA

Phone: (301) 443-0107

Email: dg79a@nih.gov

Contact: Lloyd Johnston, PhD, University of Michigan

Phone: (734) 763-5043

Email: lloydj@umich.edu

Contact: C. Tracy Orleans, PhD, RWJF

Phone: (609) 627-5962

Email: cto@rwjf.org

National Youth Tobacco Survey

This school-based survey in grades six through 12 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 also collects information on youth exposures to pro and anti tobacco influences. The survey was conducted in 1999, 2000 and 2002 and will continue in future years.

Funded by Legacy (1999–2002) CDC began funding in 2003

Contact: Alan Bloch, MD

Phone: (770) 488-5738

Email: abloch@cdc.gov

Contact: Amber Thornton, MPH, CHES, Legacy

Phone: (202) 454-5591

Email: athornton@americanlegacy.org

School Health Index

A new version of CDC's School Health Index that addresses school policies and programs related to promoting tobacco-free lifestyles was released in 2002. 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.

Funded by CDC

Contact: Samantha Harrykisson, MPH, CDC

Phone: (770) 488-6128

Email: zcy8@cdc.gov

School Smoking Profile (SSP)

SSP is a low-cost survey that generates community level profiles of youth smoking attitudes and behaviors, including quit attempts and preferences toward cessation aids. The SSP-generated reports can also be used to evaluate school and community level interventions, and the interaction of these with macro level interventions, informing evidence-based decision-making in schools and communities. The SSP has been administered in 325 schools in nine provinces in Canada, to more than 120,000 students, since 2000.

Contact: Mari Alice Jolin

Phone: (519) 888-4567, Ext. 6552

Email: majolin@healthy.uwaterloo.ca

Tobacco Etiology Research Network (TERN)

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.

Funded by RWJF

Contact: Richard Clayton, PhD, University of Kentucky School of Public Health

Phone: (859) 257-5588

Email: clayton@pop.uky.edu

Contact: Karen Gerlach, PhD, RWJF

Phone: (609) 627-5917

Email: kgerlac@rwjf.org

Transdisciplinary Tobacco Use Research Centers (TTURC)/Partners Initiative (PI)

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. 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.

Funded by NCI and NIDA (TTURC) and RWJF (Partners Initiative)

Contact: Bill Corrigan, PhD, NIDA

Phone: (301) 435-1324

Email: wcorrigan@nida.nih.gov

Contact: Karen Gerlach, RWJF

Phone: (609) 627-5917

Email: kgerlac@rwjf.org

Contact: Robin Mermelstein, MPH, University of Chicago at Illinois

Phone: (312) 996-1469

Email: robinm@uic.edu

Contact: Glen Morgan, PhD, NCI

Phone: (301) 496-8584

Email: morgang@mail.nih.gov

Workshops

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

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 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 was funded by RWJF.

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.

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.

Funded by CDC, with CTCRI, Legacy, and NCI (which co-funded the larger initiative)

Contact: Corinne Husten

Phone: (770) 488-5703

Email: chusten@cdc.gov

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 United States. These research projects evaluate behavioral, pharmacological or self-help interventions for adolescent smoking and adolescent smokeless tobacco.

Funded by 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)

Contact: Cathy Backinger, PhD, MPH, NCI

Phone: (301) 496-8584

Email: cb270r@nih.gov

Youth Tobacco Survey (YTS)

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 secondhand 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.

Funded by CDC

Contact: Heather Ryan, MPH, CDC

Phone: (770) 488-5572

Email: hryan@cdc.gov

For more information on YTCC and the National Blueprint for Action contact:

Center for Tobacco Cessation
901 E Street, NW, Suite 500
Washington, DC 20004
Phone: (202) 585-3200
Fax: (202) 661-5750
Email: ctc@cancer.org

www.ctcinfo.org

**The Blueprint is available as a pdf file at
<http://www.ctcinfo.org/tools/blueprints.asp>**

The Youth Tobacco Cessation Collaborative (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)