

“Tobacco Use Behavior among Race and Ethnic Populations”

on Thursday, February 10, 2022, at 2:00 pm EST

Speaker: **Eliseo Pérez-Stable, MD**, Director of the National Institute on Minority Health and Health Disparities at the National Institutes of Health

I. Best Practices

Q: You have suggested that structural determinants are significant causes of disparities. Would you suggest that medical care include socially responsible actions and treatment to address the causes?

A: Yes! Asking about exposures to tobacco industry outreach in entertainment venues, social media and online in general are good to know about in evaluating and assisting current smokers.

Q: Any study of group versus individual cessation protocols for racial and ethnic minorities?

A: Cessation groups in racial and ethnic minorities have not been extensively studied. I am not familiar with any published trial with Latinos, for example. Efforts have focused on more extensive reach even if the intervention is less intense.

Q: How does the Lack of Education contribute to Negative Health Behaviors? What are some Best Educational practices that are helping to shift these negative behaviors?

A: The association of more education leading to better health behaviors is a population observation. I am not familiar with specific research that points to a mechanism. However, the findings are consistent and compelling.

In the US today, having a college degree appears to be the defining boundary even though there is a gradient. I would speculate that there is some element that leads less educated persons (also with less financial resources) leads to chronic stress and negative health behaviors.

II. Specific Populations and Ages

Q: Have you looked at disability & smoking, tobacco use?

A: I have not seen much data in this area except among persons with severe mental illness where the challenges of tobacco use are huge.

Q: Has there been emerging trends or data collected on the dual use of tobacco products and cannabis?

A: Yes, especially among adolescents where the concerns are magnified. Among adults, dual cannabis and tobacco use is less common.

Q: Can you speak about what's been found/discussed as to why Black/African American children show greater exposure to Second Hand Smoke but the smoking rate among this group isn't higher?

A: Partially explained by crowded housing (multi-unit apartments) and lack of implementing indoor household smoking bans.

Q: I read recently that rates of smoking are now increasing among young adults. Are you seeing that to be true?

A: The smoking rates among the young adults (ages 18 to 24) have not been increasing. What has clearly happened is that the age of initiation has shifted older by 1-2 years. Half of adult smokers now start after age 18 years which is a change. This would imply that college, work environments and whatever level of autonomy that these come with contribute. This transition from adolescents (12 to 17) to young adults (18 to 24) is an important topic in need of more research.

Q: BRFSS defines a smoker as having smoked at least 100 cigarettes in lifetime. May be missing some of the non-daily smokers. Perhaps time to rethink the screen?

A: For most adults who smoke, this screener question defines an “ever smoker”. This is usually preceded by “Have you ever smoked a cigarette, even a puff?” Thus, I think this would capture all significant smoking of cigarettes behaviors. Among youth, a smoker is defined as “having smoked in the past 30 days”.

III. Resources

Q: Do you have a list of culturally targeted resources for families/clients?

A: 1. You Can Quit Tobacco: Benefits and Tips for Quitting for Good

https://store.samhsa.gov/product/You-Can-Quit-Tobacco/SMA18-5069YCQ?referer=from_search_result

2. [Smokefree.gov](https://www.smokefree.gov)—tools, tips, and resources available and targeted to a variety of audiences, including veterans, women, teens, 60+ and en espanol. <https://espanol.smokefree.gov/>

3. [CDC Tips from Former Smokers--](https://www.cdc.gov/tobacco/campaign/tips/groups/) CDC campaign with tips, resources and real stories.

- [How to Quit Smoking](https://www.cdc.gov/tobacco/campaign/tips/groups/)
 - <https://www.cdc.gov/tobacco/campaign/tips/groups/hispanic-latino.html>
 - <https://www.cdc.gov/tobacco/campaign/tips/groups/african-american.html>
 - <https://www.cdc.gov/tobacco/campaign/tips/groups/asian-american.html>
 - <https://www.cdc.gov/tobacco/campaign/tips/groups/american-indian-alaska-native.html>

4. [FDA 101: Smoking Cessation Products](https://www.fda.gov/oc/2014/01/10/fda-101-smoking-cessation-products) -- How FDA-approved medicines can help you quit smoking.