



**National Behavioral  
Health Network**

*for Tobacco & Cancer Control*

from NATIONAL COUNCIL FOR  
MENTAL WELLBEING

# Power of Data in Advancing Equitable Tobacco Outcomes

**Friday, February 25, 12:00 – 1:30 pm ET**

Closed Captioning: :

<https://www.streamtext.net/player?event=PowerofDatainAdvancingEquitableTobaccoOutcomes>

# Welcome!



**Tamanna Patel, MPH**  
Director  
Practice Improvement



**Kulpreet Kaur, MS, MPH**  
Project Manager  
Practice Improvement



**Hope Rothenberg**  
Project Coordinator  
Practice Improvement

# Housekeeping



This event is being recorded. All participants are placed in “listen-only” mode.



For audio access, participants can either dial into the conference line or listen through your computer speakers.



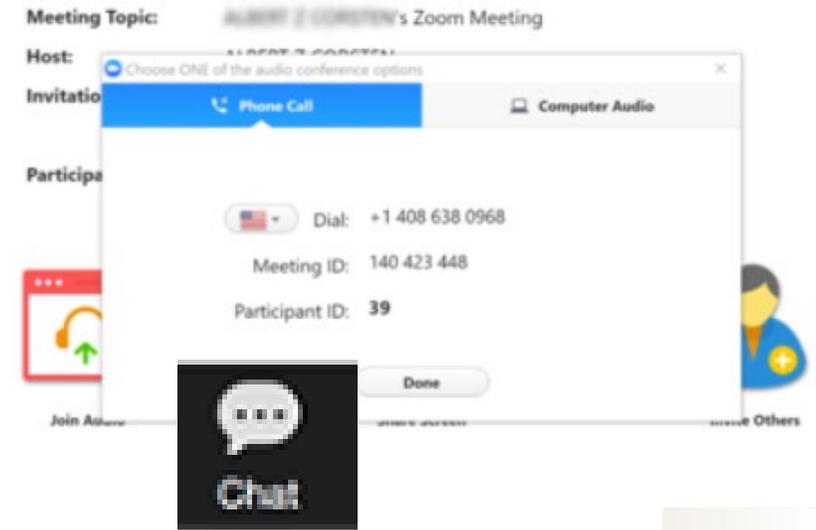
You can submit your questions by typing them into the chat box or using the Q&A panel.



Access to closed captioning: <https://www.streamtext.net/player?event=PowerofDatainAdvancingEquitableTobaccoOutcomes>



Slide handouts and recording will be posted here: <https://www.bhthechange.org/resources/resource-type/archived-webinars/>



# National Behavioral Health Network for Tobacco & Cancer Control

- Jointly funded by CDC's *Office on Smoking & Health & Division of Cancer Prevention & Control*
- Provides resources and tools to help organizations reduce tobacco use and cancer among individuals experiencing mental health and substance use challenged
- 1 of 8 CDC National Networks to eliminate cancer and tobacco disparities in priority populations



#BHthechange

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State Strategy Sessions

Communities of Practice

# A Note on Language & Terminology

- **Mental wellbeing:** thriving regardless of a mental health or substance use challenge.
- **Commercial tobacco use/tobacco use:** The use of commercial tobacco and nicotine products (including electronic nicotine devices, otherwise known as ENDS).\*
- \*All references to smoking and tobacco use is referring to commercial tobacco and not the sacred and traditional use of tobacco by some American Indian and Alaska Native communities

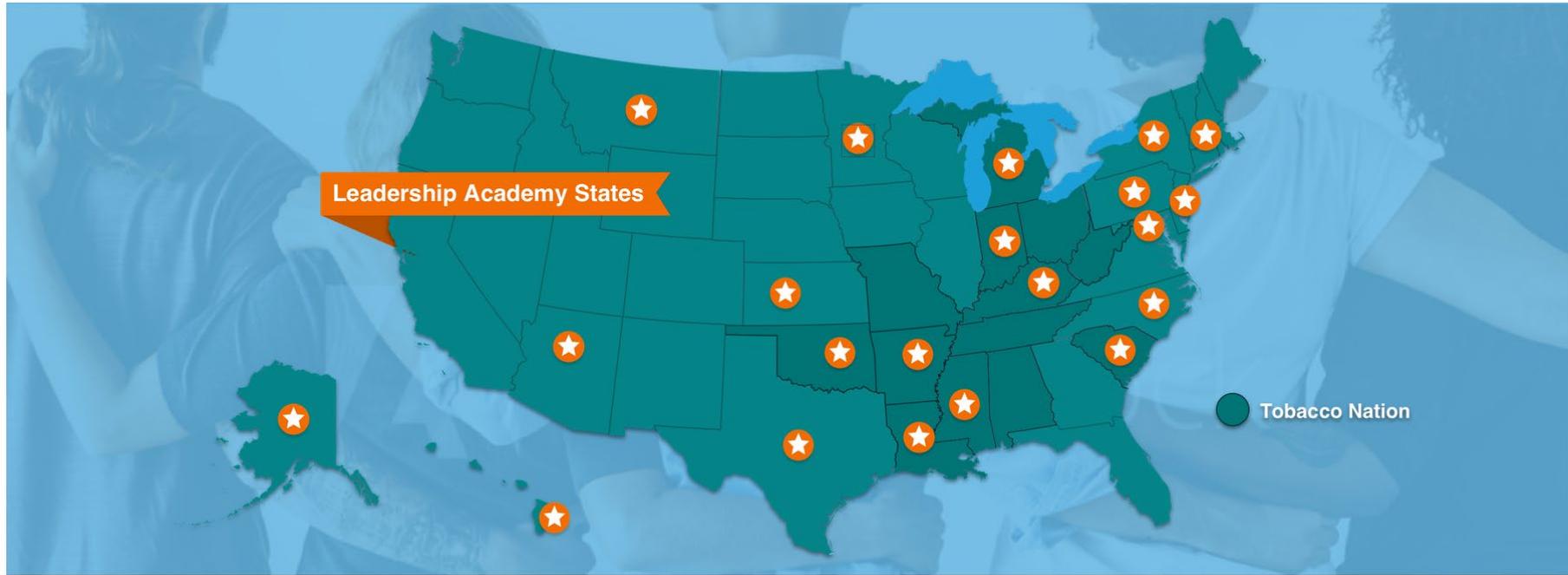


# SAMHSA National Center of Excellence for Tobacco-Free Recovery

- The Center of Excellence builds on and expands SAMHSA's efforts to increase awareness, disseminate current research, educate behavioral health providers, and create results-oriented collaborations among stakeholder organizations in an effort to reduce tobacco use among individuals with behavioral health disorders
- Goals of the Center of Excellence are to:
  - **Promote** the adoption of tobacco-free facilities, grounds, and policies
  - **Integrate** evidence-based tobacco cessation treatment practices into behavioral health and primary care settings and programs
  - **Educate** behavioral health and primary care providers on effective evidence-based tobacco cessation interventions



# State Leadership Academies



Action Planning Summits to reduce tobacco use and foster tobacco-free living in behavioral health

Visit **[TobaccoFreeRecovery.org](https://TobaccoFreeRecovery.org)**  
for more opportunities, trainings and resources

# Disclosures

This UCSF CME activity was planned and developed to uphold academic standards to ensure balance, independence, objectivity, and scientific rigor; adhere to requirements to protect health information under the Health Insurance Portability and Accountability Act of 1996 (HIPAA); and include a mechanism to inform learners when unapproved or unlabeled uses of therapeutic products or agents are discussed or referenced.

The following speakers, moderators and planning committee members have disclosed they have no financial interest/arrangement or affiliation with any commercial companies who have provided products or services relating to their presentation(s) or commercial support for this continuing medical education activity:

**Jennifer Matekuare, BA, Tamanna Patel, MPH, Shannon Laing, LCSW, Catherine Saucedo, Kulpreet Kaur, MS, MPH and Hope Rothenberg.**

# Learning Objectives

- Increase your understanding of current tobacco, mental health and substance use data sources.
- Build strategies to improve data collection efforts.
- Gain insights about utilizing existing data sources to inform tobacco control and facilitate data-driven decision making.

# CME/CEU Statement

**1.5 hours of FREE credit can be earned**, for participants who join the **LIVE** session, on **Friday, February 25, 2022**. You will receive instructions on how to claim credit via the post webinar email.

## **ACCME Accreditation**

The University of California, San Francisco (UCSF) School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

**UCSF designates this live activity for a maximum of 1.5 AMA PRA Category 1 Credit™. Physicians should claim only the credit commensurate with the extent of their participation in the webinar activity.**

Advance Practice Registered Nurses and Registered Nurses: For the purpose of recertification, the American Nurses Credentialing Center accepts AMA PRA Category 1 Credit™ issued by organizations accredited by the ACCME.

Physician Assistants: The National Commission on Certification of Physician Assistants (NCCPA) states that the AMA PRA Category 1 Credit™ are acceptable for continuing medical education requirements for recertification.

California Pharmacists: The California Board of Pharmacy accepts as continuing professional education those courses that meet the standard of relevance to pharmacy practice and have been approved for AMA PRA category 1 Credit™. If you are a pharmacist in another state, you should check with your state board for approval of this credit.

# CME/CEU Statement (Cont.)

California Psychologists: The California Board of Psychology recognizes and accepts for continuing education credit courses that are provided by entities approved by the Accreditation Council for Continuing Medical Education (ACCME). AMA PRA Category 1 Credit™ is acceptable to meeting the CE requirements for the California Board of Psychology. Providers in other states should check with their state boards for acceptance of CME credit.

California Behavioral Science :Professionals: University of California, San Francisco School of Medicine (UCSF) is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for behavioral health providers. UCSF maintains responsibility for this program/course and its content.

**Course meets the qualifications for 1.5 hours of continuing education credit for LMFTs, LCSWs, LPCs, and/or LEPs as required by the California Board of Behavioral Sciences. Provider # 64239.**

## ACCREDITATION FOR CALIFORNIA ADDICTION COUNSELORS

The UCSF office of continuing medical education is accredited by the California Consortium of Addiction Programs and Professionals (CCAPP), to provide continuing education credit for California addiction counselors. UCSF designates this live, virtual activity, for a maximum of 1.5 CCAPP credits. Addiction counselors should claim only the credit commensurate with the extent of their participation in the activity. Provider number: 7-20-322-0722.

# Today's Featured Speakers



**Tamanna Patel**  
Director  
Practice Improvement  
National Council for Mental Wellbeing



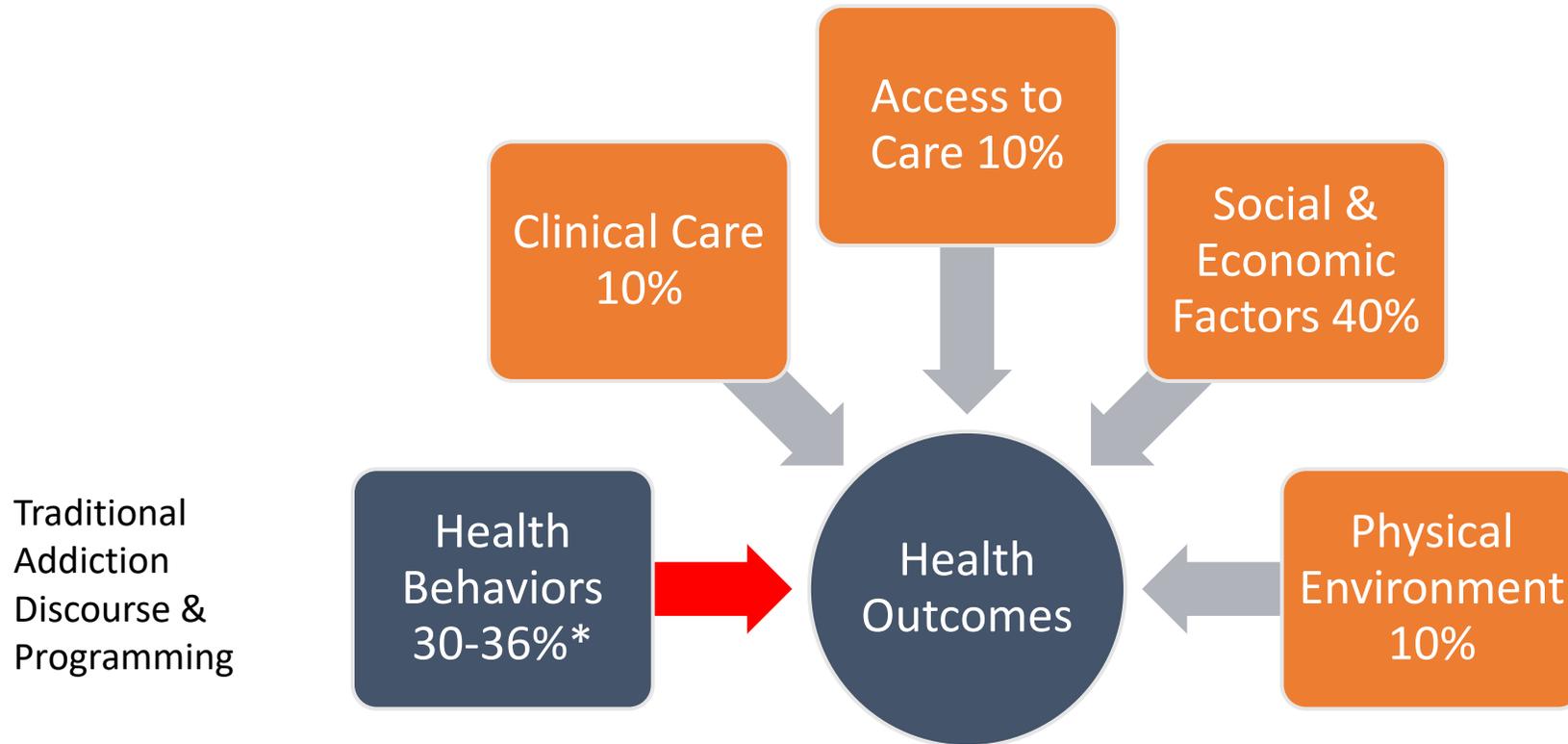
**Shannon Laing**  
Director  
Native Health and Wellness  
Michigan Public Health Institute



**Catherine Saucedo**  
Deputy Director  
Smoking Cessation and Leadership Center  
University of California San Francisco



# Determinants of Health



Traditional  
Addiction  
Discourse &  
Programming

# Tobacco, Mental Health & Substance Use

## *What has caused the disparity?*

IT'S A PSYCHOLOGICAL FACT: **PLEASURE HELPS YOUR DISPOSITION**

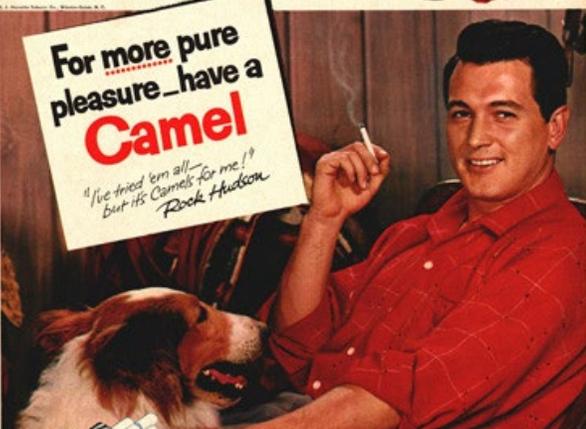
*How's your disposition today?*

EVER YIP LIKE A TERRIER when the store sends you the wrong package? That's only natural when little annoyances like this occur. But -- it's a psychological fact that pleasure helps your disposition! That's why everyday pleasures -- like smoking, for instance -- mean so much. So if you're a smoker, it's important to smoke the most pleasure-giving cigarette -- Camel.



**For more pure pleasure... have a Camel**

*"I've tried 'em all... but it's Camels for me!"*  
Rock Hudson



YOU CAN SEE RUGGED ROCK HUDSON STARRING IN U-F'S "NEVER SAY GOODBYE"

**No other cigarette is so rich-tasting yet so mild!**

ROCK HUDSON AGREES with Camel smokers everywhere: there is more pure pleasure in Camels! More flavor, gentler mildness! Good reasons why today more people smoke Camels than any other cigarette. Remember this: pleasure helps your disposition. And for more pure pleasure -- have a Camel!

The overall rate of cigarette smoking among adults has been decreasing, but individuals with mental health challenges have been neglected in prevention efforts, environmental and clinical interventions.

This **disparity** can be attributed in part to predatorial practices by tobacco companies which included:

- Targeted advertisements
- Providing free or cheap cigarettes to psychiatric clinics
- Blocking of smoke-free policies in behavioral health facilities
- Funding research that perpetuates the myth that cessation would be too stressful and negatively impact overall behavioral health outcomes
- High rate of ACEs/Trauma
- Limited access to high quality care (delays in care, lower quality of care, and more)

The Literary Digest for February 16, 1929 47

**Do you SMOKE AWAY ANXIETY?**



... THEN YOU'LL APPRECIATE SPUD'S GREATER COOLNESS!

Do you await an important event, an important decision, lighting one cigarette from another? Then smoke Spud. Even after hours of waiting and smoking, a Spud tongue and throat are still moist and cool... tobacco enjoyment still keen, not killed... "smoked-out" let-down to mar the good

JUDGE SPUD... Not by first puff... but by first pack. Surprise of first puff soon forgotten... continued coolness heightens enjoyment of the full tobacco flavor.

news. Spud's smoke is scientifically proved 16% cooler. This refreshing coolness heightens your enjoyment of Spud's full tobacco flavor. That's why Spud is the new freedom in old-fashioned tobacco enjoyment. At better stands, 20 for 20c. The Astor-Fisher Tobacco Co., Inc., Louisville, Ky.

How the coolness of Spud smoke was proved scientifically, and what "Smoke 16% Cooler by Test" means to you, are told in this little book, sent gladly on request.

MENTHOL-COOLED **SPUD** CIGARETTES

**National Behavioral Health Network**

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# Tobacco Use by Demographics – Disparities Persist

## Current Cigarette Smoking Among U.S. Adults, 2018



**Race/Ethnicity**  
2.6% American Indian/  
Alaska Native  
15% White



**Education Level**  
36% GED  
3.7% Graduate degree



**Annual Household Income**  
21.3% <\$35,000  
7.3% ≥\$100,000



**Health Insurance Coverage**  
23.9% Uninsured  
23.9% Medicaid  
10.5% Private  
9.4% Medicare



**Disability/Limitation**  
19.2% Yes  
13.1% No



**Sexual Orientation**  
20.6% Lesbian/Gay/Bisexual  
13.5% Heterosexual



**Serious Psychological Distress**  
31.6% Yes  
13.0% No

Source: slide courtesy of CDC; Creamer MC et al. Tobacco Product Use and Cessation Indicators Among Adults – United States, 2018. MMWR 2019;68:1013-1019.



# The Role of Data



# Understanding the WHOLE Picture



# Limitations in Data

- Few datasets reporting intersection between tobacco use and mental health/substance use challenges
- State and local policies **exclude** certain sector and facility types, such as **mental health and substance use treatment organizations**





# Data Literacy

**Shannon Laing**

Director

Native Health and Wellness  
Michigan Public Health Institute



# Data Literacy

- Simply put: Data is information that was systematically collected & organized
- We live in a time when every industry, organization, and government agency is gathering exponential amounts of data
- Once we have data, we need the skills to interpret it, understand it and use it to make a positive change
- These skills are what we call **data literacy**

# Data Literacy: Basic Skills

- Ask good questions
- Understand which data are relevant and valid
- “Test” your ideas to see what changes
- Interpret data so that the results are useful and meaningful to those impacted
- Create easy-to-understand visualizations for decision-makers
- Tell a story to help people see the big picture and act on the results

# Data Literacy: Roles

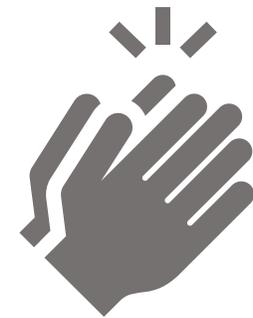
Identify, engage and encourage three different types of data roles in your team or organization:



The Curious



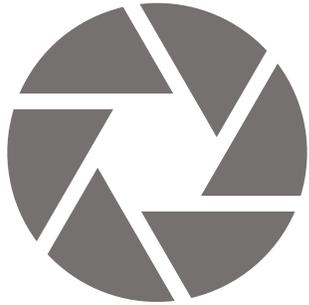
The Confident



The Coach



# Data Driven Problem-Solving



## Weave data into all important decision making:

“What data do we have (or can we get) that supports or contradicts this decision?”

When presented with data to be used as ‘evidence’ for a decision, respectfully interrogate it:

- Are the sources reliable?
- Are the analysis & interpretation accurate?
- Are other sources of evidence consistent with our story?
- How important is the decision?
- What more do we need to know in order to act?

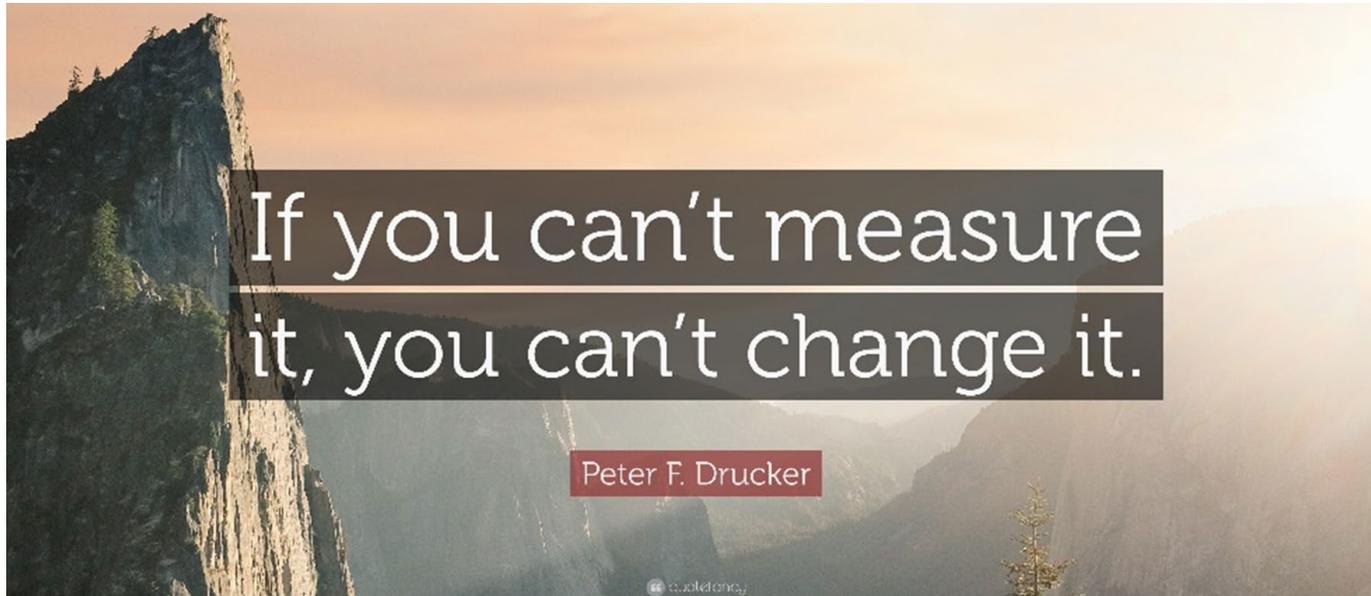




**How can we  
harness the  
power of data to  
advance equity?**



1



2



3



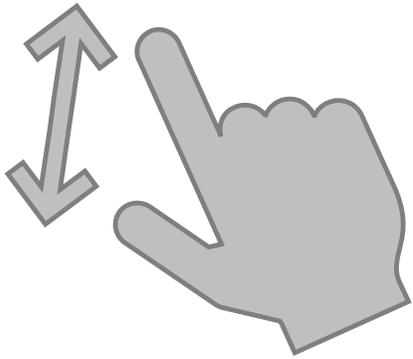
# Use B.A.D. (Best Available Data)



Engage those with lived experience in collecting & interpreting data and setting priorities

- No single data source has all the answers - Start broad/global
- Mark your starting line
- Get curious – Ask why? How?
  - Gather stories and wisdom
  - The cost of not understanding the context of data is huge
- Set meaningful priorities

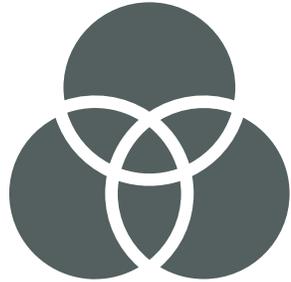
# Zoom In on Smaller Targets



Population-based strategies can focus on disparities within small sub-groups.

- Expand demographic questions on surveys and forms
- Try using enhanced question sets (e.g. ACEs)
- Add screening tools to your existing workflow
- Collaborate on small scale pilot projects with priority groups
- Start with qualitative data

# Explore Intersectionality



Describes how race, class, gender, and other individual characteristics “intersect” with one another and overlap.

Crenshaw (1989)

- Multiple nature of individual identities and factors of **advantage and disadvantage**.
- Think deeply and critically about equity as “**a never-ending process** that requires constant and ongoing vigilance and **not just an outcome** that once accomplished can be forgotten.”
- “We can get there by ... **distributing resources according to need**”



# Invest in Capacity Building



We can unintentionally widen disparities we seek to eliminate, by design.

- How do you select & invest in organizational partners?
  - Partners with capacity = quick wins
  - Partners with less capacity = big opportunities
  - Prioritize partnerships that will target inequities
- Do you prioritize capacity-building?
  - Plans include capacity building support AND adequate time to build capacity before implementing strategies
  - Accomplishing tasks is NOT the only measure of success



# Data Strategy: Partnerships & Engagement

**A state program wants to enhance the collection, quality, and use of data related to tobacco use among individuals with mental health and substance use challenges.**

## Activities:

- Assess what B.A.D. exists and what can be learned from it
- Select B.A.D. and disaggregate data to explore the burden of tobacco use on different groups
- Identify a priority group (by demographics, identity, geography)
- Put out a Call for Partners seeking agencies to engage in a pilot project with compensation provided
- Prioritize selecting partners orgs that specialize in serving your priority group
- Work with the selected orgs to analyze their own B.A.D. and gather input/stories from members of your priority group
- Work with partners to make a SMARTIE goal and choose a strategy to implement



# Data Strategy: Improve Data Collection

A community behavioral health agency wants to improve the ways they capture and use data related to tobacco use disparities among individuals served.

## Activities:

- Assess B.A.D. and identify what is currently collected to understand tobacco use and how it is collected
- Analyze B.A.D. to explore patterns, identify data missing or needing improvement to better understand the burden of tobacco use disparities among clients served
- Set one data priority to improve with input from providers and clients
- Find existing tools and resources to help with planning and implementing the improvement
- Implement the improvement and monitor data on a regular schedule





University of California  
San Francisco

# Data Areas of Interest

Catherine Saucedo, Deputy Director  
Smoking Cessation Leadership Center

2/25/2022

# Outline

- Data Areas of Interest
- Available Data via National Sources
- Relevant State Data Sources
- Resources to Consider



# What type of data have been useful for tracking tobacco use among those with behavioral health conditions?

- *Current smoking prevalence*
- Behavioral health facilities – tobacco cessation interventions and tobacco-free policy
- Quitline caller demographics
- Medicaid/MCOs – Coverage and Client Data

# Housekeeping – Using Menti

Go to [www.menti.com](http://www.menti.com) and use the code **1755 7845**



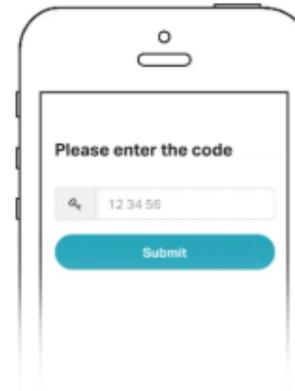
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Grab your phone

[www.menti.com](http://www.menti.com)

2

Go to [www.menti.com](http://www.menti.com)



3

Enter the code **1755 7845** and vote!



Go to [www.menti.com](https://www.menti.com) and use the code 1860 8331

The code lets your audience join the presentation. It expires in 2 days.

What data are you most interested in learning as it relates to tobacco use and behavioral health/public health?



<https://www.menti.com/m8cqsigx8g>  
**1860 8331**

# Available Data via National Sources



CDC BRFSS

Behavioral Risk Factor Survey System

N-SATTS/N-MHSS Annual Surveys

National Survey on Substance Abuse Treatment Services/ National Mental Health Services Survey

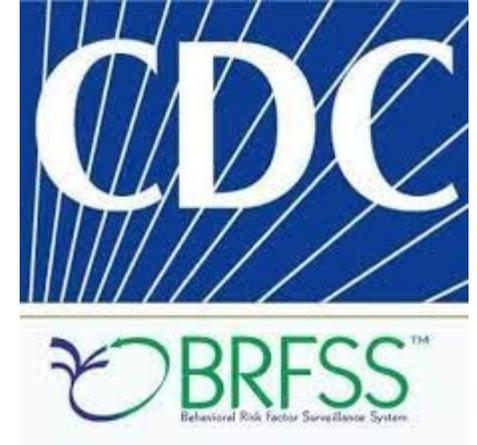
NSDUH

National Survey on Drug Use and Health

County Health Rankings



# CDC BRFSS



## ▪ Behavioral Risk Factor Surveillance System

- Annual household-based survey that interviews a sample of adults in state for information regarding health risks and behaviors, health practices for disease prevention, and healthcare access linked to chronic disease and injury
- Adult tobacco related data metrics – primarily state-based
  - Current smoking among:
    - General population (adult)
    - Individuals with select BH conditions (limited proxy measures)
      - MH-related: Adults with frequent poor mental health; depressive disorder
      - SA-related: Adults who drink alcohol heavily; binge drink

<https://www.cdc.gov/brfss/index.html>

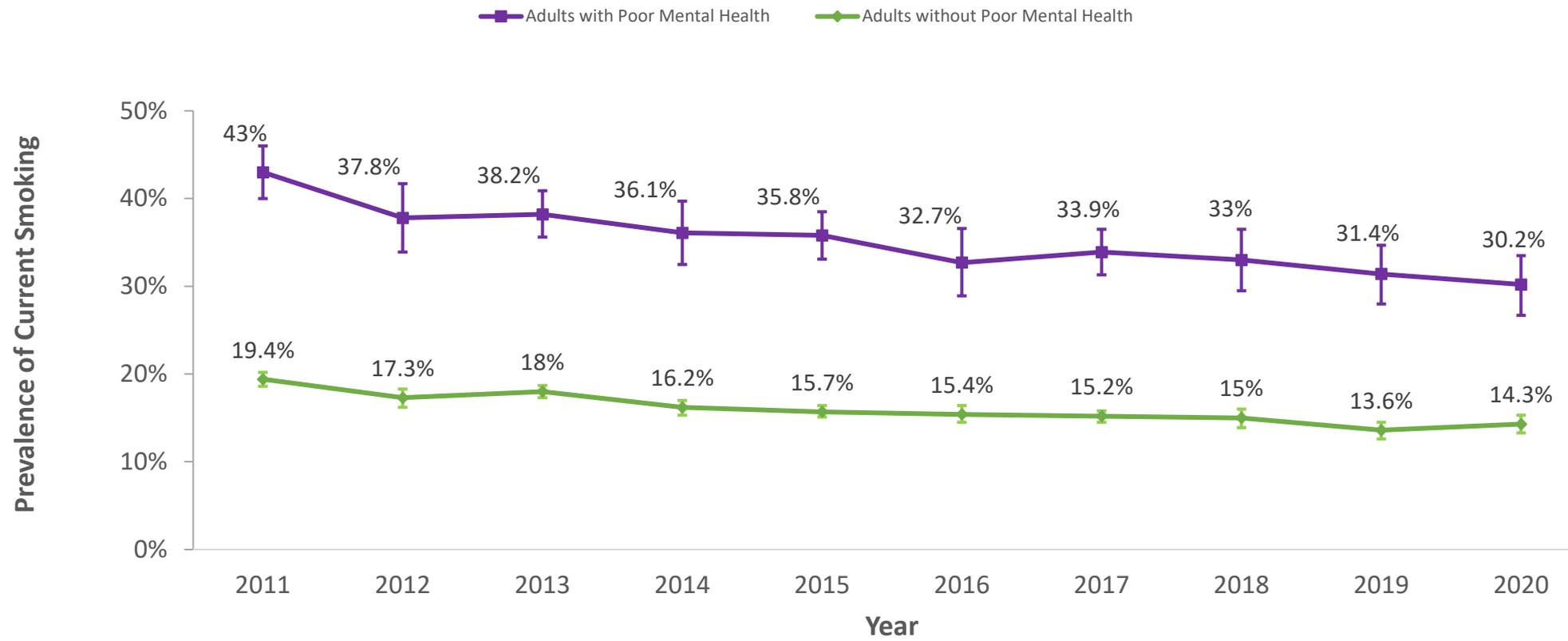
# CDC BRFSS

- **How to collect data**
- For individuals with data analysis tools and skills:
  - Data files are provided in ASCII and SAS formats
- For individuals lacking data analysis tools and skills:
  - BRFSS WEAT (Web-enabled Analysis Tool): <https://nccd.cdc.gov/weat/#/analysis>
    - Allows the general public to analyze current smoking levels among the four behavioral health conditions stated earlier – state or national (compiled state) data, and by year
  - PLACES: <https://www.cdc.gov/places/>
    - Local mapping of BRFSS metrics; interactive map (using BRFSS, Census, and American Community Survey data)

A screenshot of the BRFSS Web Enabled Analysis Tool (WEAT) interface. The page header includes the CDC logo and the text 'Centers for Disease Control and Prevention CDC 24/7: Saving Lives. Protecting People™'. A search bar is located in the top right corner. The main heading is 'BRFSS Web Enabled Analysis Tool'. Below this, there is a breadcrumb trail: 'CDC > BRFSS > WEAT'. A left sidebar contains a menu with the following items: 'BRFSS WEAT', 'Analysis' (with a minus sign), 'Cross Tabulation', 'Logistic Regression', 'Help' (with a plus sign), and 'Related Information' (with a plus sign). The main content area features a text box stating: 'The BRFSS is the world's largest telephone health survey system, tracking health risks in the United States. Information from the survey is used to improve the health of US residents. The BRFSS Web Enabled Analysis Tool (WEAT) allows users to conduct real-time state-level data analysis.' Below this, there is a section titled 'BRFSS Analysis' with two buttons: 'Cross Tabulation' and 'Logistic Regression'. The 'Cross Tabulation' section explains that a cross tabulation, or 'crosstab,' produces frequencies or percentages for one or more variables, in one or more tables. The 'Logistic Regression' section explains that logistic regression is a calculation of the contribution of one or more predictors on a particular outcome, such as 'Risk factor: At risk for binge drinking.' The results provide a predictive model and can be converted to log odds. The basic logistic formula using one predictor is  $Y = \frac{\exp(a + B1X1)}{1 + \exp(a + B1X1)}$ .

# Prevalence of Current Smoking among Kansas Adults Aged $\geq 18$ Years by Mental Health\* Status (2011-2020 KS BRFSS)

EXAMPLES



\*Poor Mental Health defined as 14 or More of the Past 30 Days Not Good. Question Wording: Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?

2/25/2022

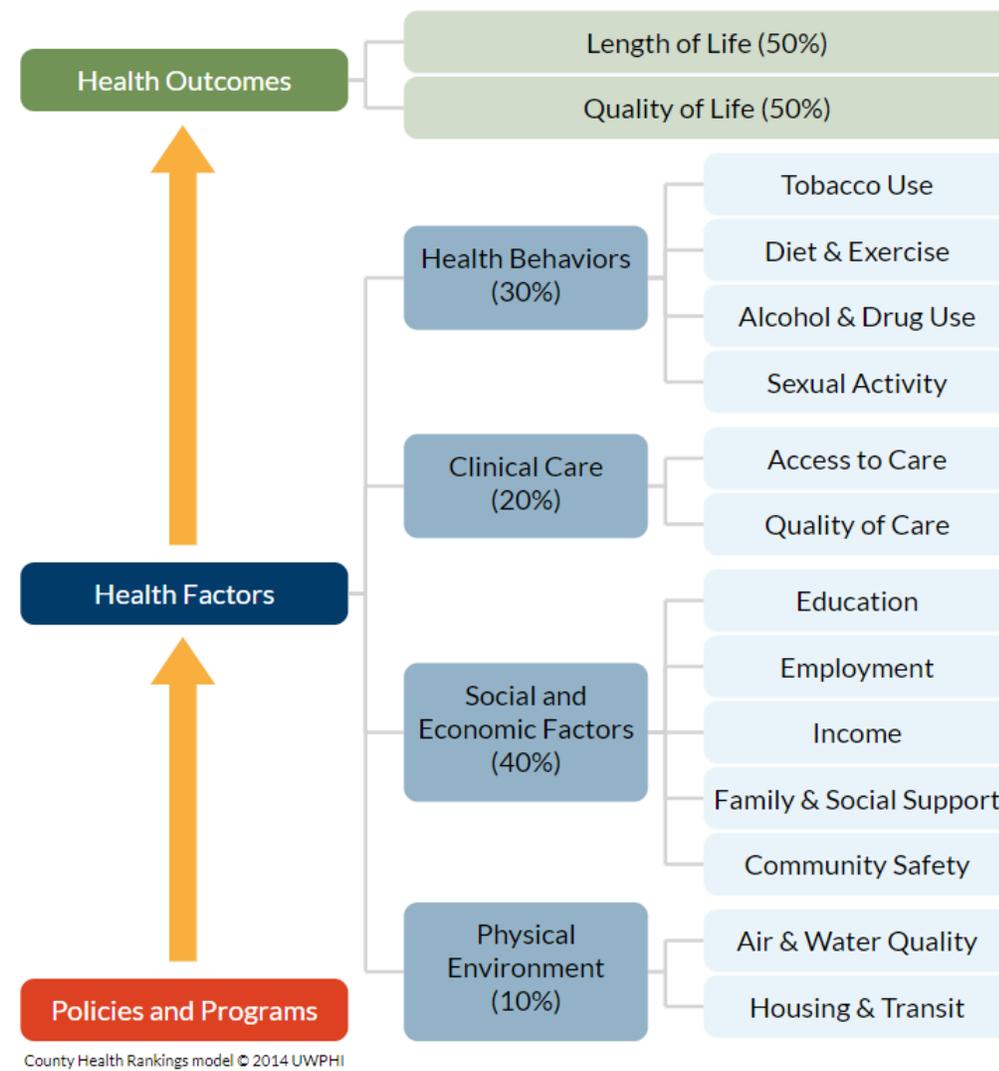
Source: 2011-2020 Kansas Behavioral Risk Factor Surveillance System, Bureau of Health Promotion, KDHE

# County Health Rankings

- Measures factors that influence community-level health outcomes
  - Demographic measures
  - Also state-level measures
- Uses a range of data sources to compile statistics, including BRFSS, American Community Survey, CMS, National Center for Health Statistics, Bureau of Labor Statistics, Census, and more



<https://www.countyhealthrankings.org/>



# National Survey of Substance Abuse Treatment Services (N-SSATS) National Mental Health Services Survey (N-MHSS)

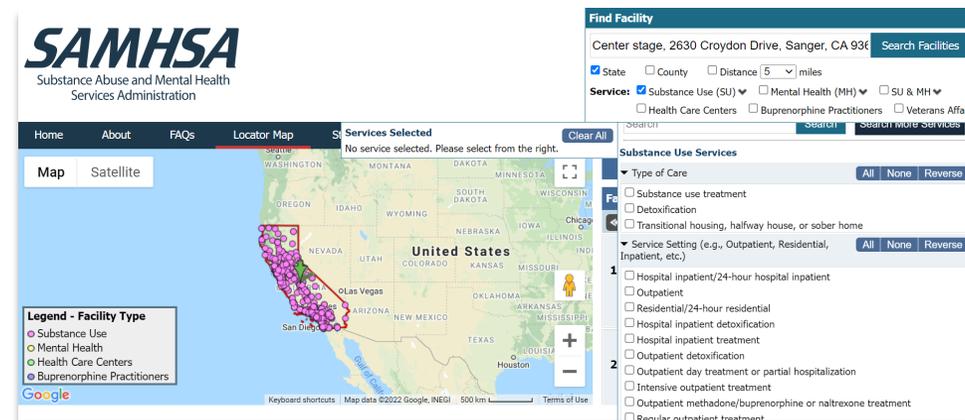
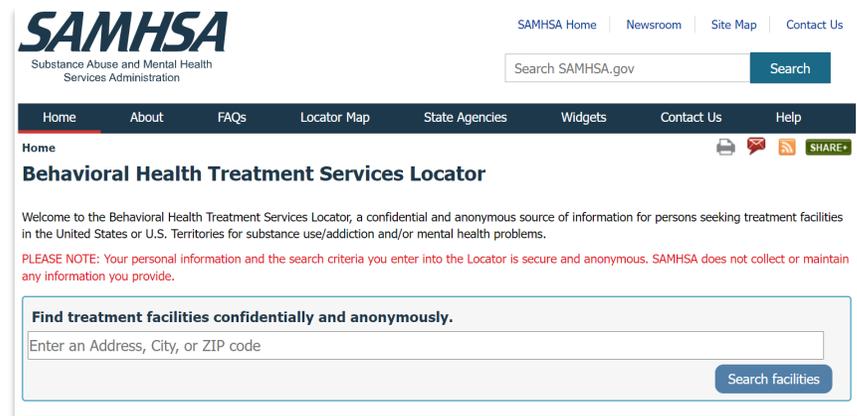


- Annual census of substance abuse and mental health treatment facilities
  - Reports are released annually
    - Include information on percent and number of MH/SA facilities in each state that:
      - Screen patients/clients for tobacco use
      - Provide tobacco cessation counseling
      - Offer nicotine replacement therapy (NRT)
      - Offer non-nicotine cessation medications (ex: Chantix, Wellbutrin)
      - Do not allow smoking and/or vaping on grounds (smoke-free grounds)

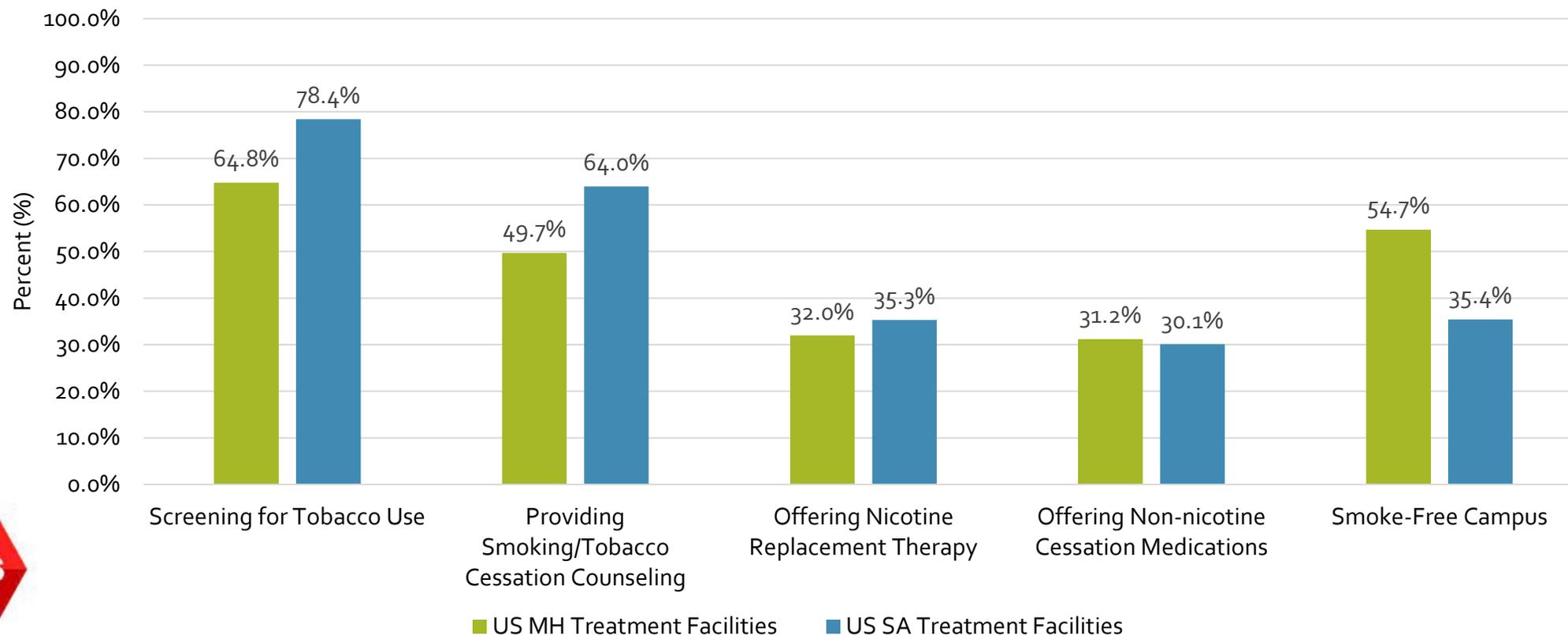
# SAMHSA Behavioral Health Treatment Services Locator

<https://findtreatment.samhsa.gov/>

- Online search engine that allows public to find MH and/or SA treatment facilities based on area specified
  - Uses information collected annual N-SSATS and N-MHSS reports, along w/ weekly & monthly updates from individual facilities across country
  - Can collect information on what tobacco cessation services each facility provides and whether they have a smoke-free campus policy
  - Searches facilities by state, city, locality/county or nationally
  - Filters out facilities based on type of care provided, service setting (outpatient, residential, inpatient, detox type, etc.), facility operation (e.g., private, public), license/certification accreditation, type of funding accepted (e.g. Medicare) and more



# Tobacco Cessation Interventions and Smoke-Free Policies in Mental Health (N= 11,359) and Substance Abuse Treatment Facilities (N=14,594), United States 2022



**EXAMPLES**

Data from the National Directory of Mental Health Treatment Facilities; based on responses to SAMHSA's National Mental Health Services Survey (US data collected 2/4/2022); Data also from the National Directory of Substance Abuse Treatment Facilities; based on responses to SAMHSA's National Substance Abuse Services Survey (US data collected 2/4/2022). <https://findtreatment.samhsa.gov/>

# SAMHSA Behavioral Health Treatment Services Locator

## ▪ Limitations

- Data reflects only facilities that choose to respond to annual facilities surveys (however in most cases represents 'best available data')
- Contact information does not include survey respondent, but rather general facility
- Data does not include survey results from previous years



# National Survey on Drug Use and Health (NSDUH)

<https://nsduhweb.rti.org/respweb/homepage.cfm>

- Annual survey conducted by SAMHSA
- Individuals aged 12 and older are randomly selected to participate
- Tracks trends in the use of alcohol, tobacco & various types of drugs, along w/ specific MH conditions
- Releases annual reports and detailed tables

Substance Abuse and Mental Health Data Archive (SAMHDA): <https://pdas.samhsa.gov/#/>

- Online tool that allows you to analyze national levels of tobacco use among individuals living with **specific** mental health and/or substance use conditions (via NSDUH report data, cross-tab) & behavioral health facility tobacco treatment service & tobacco-free policy implementation (via N-MHSS and N-SSATS report data)

# Relevant State Data and Resources to Consider

- **Find key state partners to provide local data**
  - Behavioral Health (Mental Health, Substance Abuse) and Public Health Divisions/Departments
  - State Quitline
    - Can provide number and percent of callers who smoke and have specific mental health and/or substance use conditions
    - Benefits, NRT being offered
    - <https://map.naquitline.org/default.aspx>
  - Medicaid/MCOs
    - Smoking rates among Medicaid consumers, varied demographics



# Find key state partners to provide local data

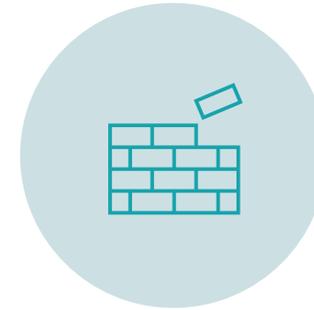
- Connect with state epidemiologists!
- State tobacco control agency
- Advocacy and local/community organizations
  - Consumer organizations
  - State branches of national advocacy groups
- May already have contacts within state to provide much of this data



# Tips to Success in Identifying Key Data



Always consider B.A.D. –  
Best Available Data!



Try not to ‘reinvent the  
wheel’ Build upon existing  
efforts



Consider SMART goals  
when tracking data and  
trying to reach targets



Track data over several  
instances to see the trend of  
where data is going

# Data Source Overview

- CDC Behavioral Risk Factor Surveillance System (BRFSS):  
<https://www.cdc.gov/brfss/>
  - BRFSS WEAT (Web-enabled Analysis Tool):  
<https://nccd.cdc.gov/weat/#/analysis>
- CDC PLACES: <https://www.cdc.gov/places/>
- County Health Rankings: <https://www.countyhealthrankings.org/>
- SAMHSA Behavioral Health Treatment Services Locator:  
<https://findtreatment.samhsa.gov/>
- National Survey on Drug Use and Health (NSDUH):  
<https://nsduhweb.rti.org/respweb/homepage.cfm>
  - Substance Abuse and Mental Health Data Archive: <https://pdas.samhsa.gov/#/>
- NAQC Quitline Map: <https://map.naquitline.org/default.aspx>
- STATE System Medicaid Coverage of Tobacco Cessation Treatments Fact Sheet:  
<https://www.cdc.gov/statesystem/factsheets/medicaid/Cessation.html>



# Thank You!

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# Thank You for Joining Us!!

*Please be sure to complete the brief post-event evaluation*

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