

TRDRP Projects Focused on Smoking Cessation

Tracy Richmond McKnight, PhD

Director

Tobacco-Related Disease Research Program

4th Annual Smoking Cessation Day

Charles R. Drew University of Medicine and Science

September 24, 2021

Overview

- Introduction to the Tobacco-Related Disease Research Program (TRDRP)
- Toward a Commercial Tobacco-Free California for all
- TRDRP Projects Focused on Smoking Cessation

Tobacco Control in California - A Comprehensive Approach

- In 1988, California voters approved “The Tobacco Tax and Health Protection Act of 1988” (Prop 99)
- 25¢ per pack cigarette surtax for cessation, prevention, and research
- 5¢ of each \$1 collected supports tobacco-related research



Cessation/Treatment
CA Dept of Public Health



Prevention
CA Dept of Education



Research
Univ of CA, TRDRP

Tobacco-Related Disease Research Program

We transform tobacco taxes into cutting edge research to reduce commercial tobacco use and tobacco-related diseases, and inform public policy that benefits California's diverse populations.

Proposition 99: The Tobacco Tax and Health Protection Act of 1988

- 25¢/pack cigarette surtax for cessation, prevention, and research
- 5¢ of each \$1 collected supports tobacco-related research



Proposition 56: The California Healthcare, Research and Prevention Tobacco Tax Act of 2016

- Increased the retail tax on tobacco products by \$2
- To expand research into the causes, early detection, and effective treatment, care, prevention, and potential cure of all types of cancer, cardiovascular and lung disease, oral disease, and tobacco-related diseases to ultimately save lives, and as a result, enhance the economy of the state.



TRDRP Research Priorities

- Social and behavioral prevention and treatment
- State and local tobacco control policy research
- Environmental exposure & toxicology; tobacco product waste
- Neuroscience of nicotine addiction and treatment
- Tobacco related diseases:
 - Cancer prevention, treatment and biology
 - Cardiovascular and cerebrovascular diseases
 - Oral diseases and dental health
 - Pulmonary biology and lung diseases
 - Other tobacco-related health effects

TRDRP Team



*Deborah
Colosi,
Ph.D.*



*Virginia
Delany,
Ph.D.*



*Norval
Hickman,
Ph.D.,
M.P.H.*



*Jennifer
Jackson,
B.S.*



*Margarete
Kulik,
Ph.D.*



*Katherine
McKenzie,
Ph.D.*

Tobacco Education and Research Oversight Committee (TEROC)

A legislatively mandated advisory committee charged with overseeing the use of Proposition 99 and Proposition 56 tobacco tax revenues. These funds are designated for tobacco control, prevention, and for tobacco-related research.



Research

Univ. of California

Tobacco-Related
Disease research
Program
(**TRDRP**)



Prevention

CA Dept. of Education

Tobacco Use
Prevention and
Education
(**TUPE**)



Health Promotion/Treatment

CA Dept. of Public Health

California Tobacco
Control Program
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California Commercial Tobacco Endgame Policy Platform



June 2021

Law and Policy Partnership to End the Commercial Tobacco Epidemic

ENDGAME POLICY PLATFORM - VERSION 1

LAW AND POLICY

PARTNERSHIP

TO END THE COMMERCIAL
TOBACCO EPIDEMIC

California Commercial Tobacco Endgame Policy Platform

LAW AND POLICY

PARTNERSHIP

TO END THE COMMERCIAL
TOBACCO EPIDEMIC

Purpose and Vision

The purpose of the endgame policy initiative is to eradicate the tobacco industry's influence and harm in California by building a **statewide movement** that prepares and transitions communities, especially those consisting of **priority populations that have historically been targeted by the tobacco industry**, to end the commercial¹ tobacco epidemic, to protect public health, and to eliminate tobacco-related health disparities **for all Californians by 2035**.

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Our Strategic Plan (2020-2025)

Our Vision: *Elimination of commercial tobacco use and tobacco-related diseases and improved health and well-being of all Californians.*

Serve as the **leader** in cutting-edge tobacco research by identifying and advancing **unique funding strategies** that will drive **systems change**.

Utilize **collaborative and interdisciplinary approaches** to address key programmatic and research needs for effective and **innovative** tobacco control policy making.

Support communities most vulnerable to tobacco-related health disparities by providing them and our partner organizations with real time, relevant, and actionable research findings to promote **health equity** and reduce negative impacts of tobacco in all California communities.

Strive for **excellence** in the stewardship of **grants** and grantmaking operations by leveraging key partnerships, evaluating and improving processes and procedures, enabling staff development.

Advance research to drive treatment
Support the development of
Implementation Research
Strategies to overcome barriers to applying effective research findings for the care of all Californians

Identify and address gaps in New Tobacco Product Research that are barriers to system change

Fund research that supports the California Endgame goal of eliminating use of all tobacco products by 2035

Partner with key stakeholders to develop effective programmatic strategies for integrating scientific evidence into California's comprehensive tobacco control activities.

Fund interdisciplinary, multi investigator research initiatives that address key barriers to systems change and key issues in tobacco control.

Foster bidirectional communication between TRDRP staff, grantees, and representatives from the communities that are impacted by TRDRP research and tobacco control policies.

Incorporate community needs and concerns when developing funding strategies that aim to eliminate tobacco-related health disparities and/or promote health equity for all Californians.

Provide training opportunities that diversify the pipeline and expand the workforce.

Develop culturally-specific and sensitive communication expertise within TRDRP and among TRDRP stakeholders

Use collective impact strategies to enhance key partnerships and work in concert towards shared goals

Evaluate processes and build improvements that can increase efficiency across TRDRP and RGPO.

Continuously support the development of the TRDRP team

What We Do: *Transform tobacco taxes into cutting edge research to reduce commercial tobacco use and tobacco-related diseases while strengthening and informing the California tobacco control community for the benefit of our diverse populations.*

TRDRP Projects Focused on Smoking Cessation

Community-Practice Based Awards

To support **collaborative health service research** that elucidates sustainable **systems change** factors associated with quality care improvements in **tobacco cessation** efforts delivered through **health clinics serving Medi-Cal beneficiaries**.

- Embedding smoking cessation programs into community clinics (*PI: Friedman, Friends Research Institute*)
- Expanding Los Angeles County eConsult Cessation Services (*PI: Tong, UC Davis*)
- Treating tobacco use among high risk, low income smokers (*PI: Guydish, UCSF*)

Residential substance use disorder treatment programs



Contents lists available at [ScienceDirect](#)

Drug and Alcohol Dependence

journal homepage: www.elsevier.com/locate/drugalcdp



Full length article

Smoking related outcomes before and after implementation of tobacco-free grounds in residential substance use disorder treatment programs



Noah R. Gubner^{a,b,*}, Denise D. Williams^a, Thao Le^a, Wayne Garcia^d, Maya Vijayaraghavan^c, Joseph Gudysh^{a,b}

^a Philip R. Lee Institute for Health Policy Studies, University of California San Francisco, CA, USA

^b Department of Psychiatry and Weill Institute for Neuroscience, University of California San Francisco, CA, USA

^c Division of General Internal Medicine, University of California San Francisco, Zuckerberg San Francisco General Hospital, San Francisco, CA, USA

^d HealthRIGHT 360, San Francisco, CA, USA

Residential substance use disorder treatment programs

- **Individuals with Substance Use Disorder (SUD)**
 - Higher smoking rates than general US population
 - Heavier smokers
 - Less successful in quitting
- **Objective:** Evaluate the impact of a **tobacco-free grounds (TFG) policy** and the **California \$2.00/pack tobacco tax increase** on tobacco use
- Odds of clients being current smokers and the number of cigarettes smoked per day were both **lower after implementation of TFG compared to baseline**
- Increased cigarette taxation was not associated with reductions in client smoking.
- **Take Home:**
 - Residential SUD treatment programs should **promote TFG policies** and **increase tobacco cessation services** for clients
 - Clients in residential SUD programs are less responsive to tobacco tax increases than other California citizens



Other TRDRP Projects Focused on Smoking Cessation

Smoking and Anxiety in Schizophrenic Patients

Observational Study

Medicine[®]

OPEN

A retrospective cohort study of the prevalence of anxiety and agitation in schizophrenic smokers and the unmet needs of smoking cessation programs

Mehgan Hassanzadah, PharmD^a, Adib H Bitar, MD^a, Nile M Khanfar, PhD^b, Fadi T Khasawneh, PhD^c, Kabirullah Lutfy, PhD^d, Gollapudi S Shankar, PharmD^{e,*}

Smoking and Anxiety in Schizophrenic Patients

- **Schizophrenic smokers**
 - Abstinence rates are significantly lower compared to the general population
 - Competing theories: smoking increases/decreases anxiety and agitation in these individuals
- **1° Objective:** To assess anxiety in schizophrenic smoking and nonsmoking patients by comparing the number of anxiety and agitation episodes and evaluating the amount of antianxiety/anti-agitation medication used by each group
- **2° Objective:** To document the unmet needs of smoking cessation programs in treating schizophrenic patients
- Schizophrenic smokers tend to have higher anxiety episodes and use anxiety medications at a higher frequency compared to nonsmokers

Nicotine Dependence, Metabolism and Smoke Intake in Blacks



ELSEVIER

Contents lists available at [ScienceDirect](#)

Drug and Alcohol Dependence

journal homepage: www.elsevier.com/locate/drugalcdep



Relationship between skin melanin index and nicotine pharmacokinetics in African American smokers



Evangelia Liakoni^{a,b}, Gideon St. Helen^{a,c,+}, Delia A. Dempsey^a, Peyton Jacob III^{a,c,d}, Rachel F. Tyndale^{e,f}, Neal L. Benowitz^{a,c}

^a *Clinical Pharmacology Research Program, Division of Cardiology, Zuckerberg San Francisco General, Department of Medicine, University of California, San Francisco, CA 94143-1220, USA*

^b *Clinical Pharmacology and Toxicology, Department of General Internal Medicine, Inselspital, Bern University Hospital, University of Bern, CH-3010 Bern, Switzerland*

^c *Center for Tobacco Control Research and Education, University of California, San Francisco, CA 94143-1390, USA*

^d *Department of Psychiatry, University of California, San Francisco, CA 94143-0482, USA*

^e *Pharmacology, Toxicology and Psychiatry, University of Toronto, 4326-1 Kings College Circle, M5S 1A8, Toronto, ON, Canada*

^f *Campbell Family Mental Health Research Institute, Centre for Addiction and Mental Health, Toronto, ON, Canada*

Nicotine Dependence, Metabolism and Smoke Intake in Blacks

- **African-American/Black Smokers**
 - Disproportionately high burden of smoking-related diseases; greater difficulty quitting smoking than Whites.
 - Nicotine has a high affinity for melanin, which might influence nicotine pharmacokinetics and enhance dependence.
- **Objective:** Evaluate the hypothesis that melanin affects nicotine metabolism in humans
- **No evidence of a relationship between melanin levels and nicotine metabolism**
- Cessation strategies may not need to be tailored for melanin content

A Family-Based Approach To Reduce Smoking in Vietnamese Men

ORIGINAL ARTICLES

Keeping Each Other Accountable

Social Strategies for Smoking Cessation and Healthy Living in Vietnamese American Men

Kenny, Jazmine D. MSPH; Tsoh, Janice Y. PhD; Nguyen, Bang H. DrPH; Le, Khanh MD, MPH; Burke, Nancy J. PhD

[Author Information](#) 

Family & Community Health: July/September 2021 - Volume 44 - Issue 3 - p 215-224
doi: 10.1097/FCH.0000000000000270

*PI: Janice Tsoh,
UCSF*

A Family-Based Approach To Reduce Smoking in Vietnamese Men

- **Vietnamese American males**
 - one of the highest smoking prevalence rates of any racial or ethnic minority (24% overall, 45% low English proficiency)
 - vs Vietnamese women (8%)
 - Cultural influences: socially acceptable among peers; familial communication challenges re: smoking
- **Objective:** Study explored **social support mechanisms** provided by lay health workers (LHWs) and family members through a smoking cessation intervention
- Smokers reported feeling **more accountable** for their health behaviors
- Smoking changes were reinforced by family members, peers, and LHWs through conversations facilitated during and outside the program
- **Culturally appropriate interventions** with **multiple social support mechanisms** have a powerful impact on smoking attitudes and behaviors among Vietnamese American men

Attitudes Among Young Adults About Tobacco Use Cessation

Nicotine & Tobacco Research, 2020, 638–646

doi:10.1093/ntr/nty270

Original investigation

Received: July 5, 2018; Editorial Decision: December 12, 2018; Accepted December 21, 2018



OXFORD

Original investigation

Cold Turkey and Hot Vapes? A National Study of Young Adult Cigarette Cessation Strategies

Shannon Lea Watkins PhD¹, Johannes Thrul PhD^{2,✉}, Wendy Max PhD³,
Pamela M. Ling MD, MPH⁴

¹Center for Tobacco Control Research and Education, University of California–San Francisco, San Francisco, CA;

²Department of Mental Health, Johns Hopkins Bloomberg School of Public Health, Baltimore, MD; ³Institute for Health and Aging, University of California–San Francisco, San Francisco, CA; ⁴Center for Tobacco Control Research and Education and Division of General Internal Medicine, Department of Medicine, University of California–San Francisco, San Francisco, CA

PI: Shannon
Watkins, UCSF

Attitudes Among Young Adults About Tobacco Use Cessation

- **Young Adults**
 - High smoking rates
 - Low utilization of evidence-based smoking cessation strategies
- **Objective (edited):** Investigated **smoking cessation intentions and methods used to try and quit**, among young adult smokers compared to older smokers
- Young adults planned to **quit on a longer time frame**, expressed **lower interest in quitting**, and were **more confident they would be successful**, compared with older adults.
- Young adults were **less likely to use smoking cessation medications**
- Both groups reported using **product substitution**, primarily with vape products, more than any currently-approved cessation treatment.

Impact of Social Media on Young Sexual & Gender Minority Smokers

Nicotine & Tobacco Research, 2020, 1614–1621

doi:10.1093/ntr/ntz184

Original Investigation

Received May 1, 2019; Editorial Decision September 14, 2019; Accepted September 19, 2019



OXFORD

Original Investigation

The Put It Out Project (POP) Facebook Intervention for Young Sexual and Gender Minority Smokers: Outcomes of a Pilot, Randomized, Controlled Trial

Erin A. Vogel PhD^{1,○}, Danielle E. Ramo PhD^{1,2}, Meredith C. Meacham PhD, MPH^{1,○}, Judith J. Prochaska PhD, MPH^{3,○}, Kevin L. Delucchi PhD¹, Gary L. Humfleet PhD¹

¹Department of Psychiatry and Weill Institute for Neurosciences, University of California, San Francisco, San Francisco, CA; ²Hopelab, San Francisco, CA; ³Stanford Prevention Research Center, Department of Medicine, Stanford University, Stanford, CA

PI: Gray Humfleet, UCSF

Impact of Social Media on Young Sexual & Gender Minority Smokers

- **Sexual & Gender Minority (SGM) Smokers**
 - High smoking prevalence (28 – 35% vs 19%)
 - Barriers to substance use treatment
- **Objective:** investigated whether a **Facebook smoking cessation intervention culturally tailored** (versus non-tailored) to young SGM smokers would increase smoking abstinence
- Participants of tailored intervention were more likely to report smoking abstinence at 3 and 6 months and reduction in smoking at 3 months
- Preliminary evidence that an SGM-tailored Facebook smoking cessation **intervention increased reported abstinence from smoking, compared to a non-tailored intervention**

Summary

- TRDRP is part of the tri-agency CA comprehensive tobacco control program overseen by TEROCC
- TRDRP funds research that informs the state's tobacco control activities and policies
- Effective, evidence-based, culturally-tailored cessation strategies are critical to the statewide campaign to end commercial tobacco product use by 2035
- **Shameless Plug: TRDRP is hiring!**

We are recruiting a Program Officer in Biomedical Sciences (<https://jobs.ucop.edu/>; Ref #22590)