Challenges of Treating Tobacco Users in High-Risk Populations
Resource Guide

These resources will help you design a tobacco treatment protocol for your office or hospital system. For starters, you can go to the MMWR reference below and get the smoking prevalence for your state.

Smoking Prevalence by Race and Gender, 2005

<table>
<thead>
<tr>
<th>Race</th>
<th>Men %</th>
<th>Women %</th>
<th>Total %</th>
</tr>
</thead>
<tbody>
<tr>
<td>White, non-Hispanic</td>
<td>25.5</td>
<td>22.8</td>
<td>24.0</td>
</tr>
<tr>
<td>Black</td>
<td>27.7</td>
<td>17.9</td>
<td>22.3</td>
</tr>
<tr>
<td>Hispanic</td>
<td>21.6</td>
<td>11.9</td>
<td>16.7</td>
</tr>
<tr>
<td>American Indian/Alaskan</td>
<td>33.5</td>
<td>31.7</td>
<td>32.7</td>
</tr>
<tr>
<td>Asian/Pacific Islander</td>
<td>18.5</td>
<td>6.3</td>
<td>12.4</td>
</tr>
<tr>
<td>2003 Total*</td>
<td>24.1</td>
<td>19.2</td>
<td>21.6</td>
</tr>
<tr>
<td>2004 Total†</td>
<td>23.2</td>
<td>19.2</td>
<td>20.9</td>
</tr>
<tr>
<td>2005 Total</td>
<td>22.1%</td>
<td>19.2%</td>
<td>20.6%</td>
</tr>
</tbody>
</table>

*May 27, 2005
†Nov 11, 2005

A. Public Health Service Clinical Practice Guidelines (new version coming soon in spring 2008)


B. Finding the Screening Tests to Use in Assessing Nicotine Dependence


Nicotine withdrawal symptoms scale is available at: http://www.uvm.edu/~hbpl/?Page=minnesota/default.html
John Hughes and Dorothy Hatsukami have revised the Minnesota Nicotine Withdrawal Scale

C. Patient Web Sites and Books for Assistance to Quit Smoking

American Cancer Society: http://www.4cancer.org
American Legacy Foundation, for teen smokers: http://www.americanlegacy.org
National Telephone Quit Line: 1-800-QuitNow or http://1-800-QuitNow.cancer.gov
Quit Net -- online self-help quitting guide: http://www.quitnet.com

Ferry, Bentz with Medscape 1 October 2007
Layperson textbooks:
*7 Steps to a Smoke-Free Life.* American Lung Association, Edwin B. Fisher, PhD, March 1998

**D. Professional Texts**


**E. Journal References**


**F. Additional Professional Training Centers**

*Intensive tobacco training courses may be useful for any health professional who interacts with patients trying to quit smoking.*

Become a Tobacco Dependence Treatment Specialist through the *University of Medicine and Dentistry of New Jersey's School of Public Health,* Tobacco Dependence Program. This program has been specializing in providing intensive training for Tobacco Dependence Treatment Specialists since 2000.

The *University of Massachusetts Center for Tobacco Prevention and Control* is pleased to announce its 2006 Tobacco Treatment Specialist (TTS) trainings. Basic Skills
for Working with Smokers is a self-paced online course that is designed as an introduction to the basic concepts needed by professionals who are working with tobacco users. CEUs are available for nurses, social workers, respiratory therapists, certified health education specialists, and certified substance abuse counselors.

Smoking Cessation Leadership Center: http://smokingcessationleadership.ucsf.edu

G. Journals for Tobacco Treatment Literature


H. Helpful Web Sites from Professional Organizations

Society for Research on Nicotine and Tobacco (SRNT): http://www.srnt.org

Database and Resource for Treatment of Tobacco dependence, by SRNT: http://www.treatobacco.net

http://www.globalink.org is an organization of tobacco control specialists around the world

Evidence-based resource for treatment information, University of Wisconsin: http://www.ctri.wisc.edu

BONUS: For your Entertainment:

*Thank You for Smoking*, major motion picture, released March 17, 2006 (Hollywood's version of the Tobacco Lobby Industry)

*The Insider*, major motion picture released 2000 starring Al Pacino and Russell Crowe as tobacco industry insider scientists who released information to CBS 60 Minutes about the manufacturing process of tobacco.