



VYTP

Virginia Youth Tobacco Project

News of the Month

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VYTP *News of the Month*

Edited by Earl Dowdy

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VYTP Announces Statewide Conference

The Virginia Forum on Youth Tobacco Use: From Research to Practice

Objectives

- To inform scholars, students, and policy makers about the latest scientific advances.
- To facilitate the development of collaborative research on youth tobacco use across Virginia's public universities and colleges.
- To encourage grant applications and the expansion of research opportunities.
- To increase visibility and understanding of the VYTP and its statewide research coalition.

Overview

The conference will showcase research conducted under the auspices of the VYTP, emphasizing trans-disciplinary approaches to the study of the causes and prevention of youth tobacco use. Areas of current activity include:

- Behavioral genetics and genetic epidemiology of tobacco initiation and dependence
- Neurological and behavioral pharmacology of nicotine
- Tobacco vulnerable population studies
- Clinical behavioral studies of adolescent tobacco use
- Studies of individual motivation regarding tobacco use
- Tobacco prevention media effects studies
- Tobacco policy impact studies
- Prevention program performance and outcome studies
- Tobacco vulnerable population interventions

The conference will feature presentations by VYTP researchers from around the state of Virginia. In addition, nationally prominent experts — including Dr. Steven Sussman from the Kenneth Norris Jr. Cancer Hospital Research Institute in Los Angeles and Dr. Richard Clayton of the Center for Prevention Research at the University of Kentucky — will speak on the state of tobacco use prevention research. The conference will also offer opportunities to meet representatives of major funding sources — the National Institute of Drug Abuse and the National Cancer Institute. A pre-conference workshop, led by Dr. Scott Lukas of McLean Hospital, will offer the opportunity to sharpen grant-writing skills.

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The Virginia Forum on Youth Tobacco Use: From Research to Practice

Preliminary Agenda

March 23
1:00 – 5:00 PM

Grant Writing Workshop
Scott E. Lukas, McLean Hospital
Mark Swieter, National Institute on Drug Abuse
Lucinda Miner, National Institute on Drug Abuse

Time

Day 1: March 24

8:00 – 9:00 AM

Registration – Light refreshments

9:00 – 9:15 AM

Welcome and Conference Overview

9:15 – 10:30 AM

Opening Plenary
Keynote speaker – Richard R. Clayton, University of Kentucky

10:30 – 10:45 AM

Break

10:45 – 12:15 PM

Panel Presentation #1 – Youth Tobacco Policy

12:15 – 1:45 PM

Lunch and Networking

1:45 – 3:15 PM

Panel Presentation #2 – Use Prevention

3:15 – 3:30 PM

Break

3:30 – 5:00 PM

Meet the Funding Agencies – speakers from three major funding agencies (NIDA, NCI) present funding opportunities followed by small group discussions with individual funding organizations

5:00 – 7:00 PM

Social – heavy hors d'oeuvres

Day 2: March 25

7:30 – 8:30 AM

Registration – light refreshments

8:30 – 8:45 AM

Welcome

8:45 – 9:45 AM

Keynote Speaker – Kenneth S. Kendler, Virginia Commonwealth University

9:45 – 10:00 AM

Break

10:00 – 11:30 AM

Panel Presentation #3 – Origins of Smoking and Nicotine Dependence in Adolescents

11:30 – 12:30 PM

Lunch and Networking

12:30 – 2:00

Panel Presentation #4 – Special Populations

2:00 – 2:15

Break

2:15 – 3:45 PM

Coalition Building – Roundtable Discussion of Future Directions for Youth Tobacco Use Research in Virginia

3:45 – 4:00 PM

Closing Remarks

VYTP Announces Statewide Conference

The Virginia Forum on Youth Tobacco Use: From Research to Practice

Who Should Attend

Current and future investigators in the field of youth tobacco use — including those receiving funding from the VYTP, and those working in the health care policy and tobacco control arenas.

When

The conference will be held March 24 & 25, 2004. A pre-conference grant-writing workshop will be held the afternoon of March 23, 2004.

Where

The Omni Hotel, 100 South 12th Street, Richmond, Virginia.

Registration Fees

	<u>Standard</u>	<u>Students/Trainees</u>
Conference	\$75.00	\$25.00
Grant Writing Workshop	\$25.00	\$15.00

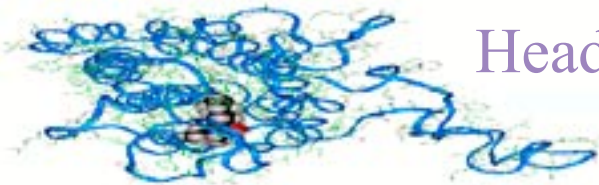
How to Register

To obtain registration materials, send your name, position/title, organization name, mailing address, and phone number to:

Stephanie Hart <slhart@vcu.edu>

Please note: due to space limitations, attendance will be permitted only for the first 100 persons who complete registration.

VYTP and this conference are sponsored by the Virginia Tobacco Settlement Foundation



Headline Roundup

New Test Urges Pregnant Smokers to Quit

ananova.com
23 October 2003

Canadian girls start smoking earlier than their mothers did, and as adults they wait until they're older to have babies -- combined trends that appear to increase their chances of developing breast cancer, says a new Health Canada study.

But researcher Ken Johnson, who led the study, says there's reason for optimism in this new link between smoking and cancer.

Teenage girls aren't scared by the prospect of getting lung cancer when they're 75, he said. But the threat of breast cancer in their 40s may more effectively scare them away from smoking.

"That's half of it. The other half is, for women who have been smoking for 20 years or more and are in their 40s . . . the thought that in five or 10 years you might get breast cancer should be more compelling -- I can't imagine anything more compelling -- as a reason to quit," he said.

Johnson, a Health Canada epidemiologist in Ottawa, will present his study results today at Reasons For Hope, a conference of the Canadian Breast Cancer Research Alliance at the Ottawa Congress Centre. The alliance helped fund the study.

The findings strongly suggest smoking brings an increased risk of breast cancer for women who smoked 30 years or more.

But more than that, a "critical window," when smoking does most of its damage, lies between the time when a girl or woman starts smoking and the time she has her first baby.

The longer she smokes before having a baby, the greater the risk of getting breast cancer, he found.

While Johnson cautions that this finding, like all statistical studies, needs to be confirmed by more study, he's confident there is a link between long-term smoking in the pre-motherhood years and breast cancer. Rat studies add evidence for this, he says -- rats that are given cancer-causing chemicals are much more likely to develop mammary cancer if they are exposed to these toxins before having their first litters.

"I'm told the most feared of cancers among women is breast cancer," he said. "If we ever got the breast-cancer advocacy people on the anti-smoking bandwagon -- watch out."

Lung Cancer Soaring Among Women in France

By Catherine Bremer
Reuters
22 October 2003

Women smokers are to pay the price in France, where smoking is often associated with images of beautiful women, with female deaths from lung cancer set to rocket in coming years, a study showed this week.

Landing amid a government crackdown on the quintessentially French habit, the study by national health watchdog INVS predicted that 12,000 women will die from lung cancer each year from 2015, six times as many as in 1980.

Already between 1980 and 2000 the number of female deaths from lung cancer more than doubled, while male deaths from the disease -- a bigger killer in France than any other cancer -- increased by just under 50 percent.

Distorted in part by a rising and aging population, the predicted rise will underscore concern in France over the fact that young women are still taking up smoking in droves and often finding it harder than men to give up later on.

"Women have not been able to see through the message they are being sold by tobacco companies," Sylviane Ratte, of the national anti-cancer league, told the daily *Le Monde* this week.

"It's hard to get across the danger because for decades cigarettes have been associated with images of beautiful women."

A third of teenage girls and young women smoke in France, on a par with young men, a separate study showed. The number of women of all ages smoking half a packet of cigarettes per day has risen to 26 percent from 10 percent in 30 years.

Men still account for the vast majority of deaths from lung cancer in France -- 22,600 men died from it in 2000 compared to 4,500 women, with 80 percent of cases seen smoking-related.

Indeed the INVS study found French men have a higher death rate from all types of cancer than anywhere else in the European Union, largely due to a culture where wine flows freely and cafes are smoke-filled and littered with cigarette butts.

Yet while men are increasingly kicking the habit, doctors fear that smoking-induced lung cancer could become as much of a threat to women in the future as breast cancer is now.

"Historically, men started smoking much earlier than women. Men over 50 are stopping because they are seeing all around them the reality of how tobacco kills," said Dr. Annie Sasco at the International Agency for Research on Cancer in Lyon.

"Conversely, for women, there is a delay. They are not yet at the peak of the epidemiological curve."

Headline Roundup

Smoking's Allure Fools Fewer Teens

By Sarah Bahari
The Wichita (KS) Eagle
22 October 2003

Minutes after the final bell rang Tuesday at South High School, Johnathan Clark fired up a Marlboro and inhaled deeply. All the day's stress melts away with the first few drags, he said. "Peer pressure, family members... these guys," Clark, 18, said -- pointing to his friends -- as he listed his reasons for smoking.

But a statewide study released this week says Clark and other smoking teenagers are a declining group. Between 2000 and 2002, tobacco use among sixth- through eighth-graders fell by 12 percent, according to the study. Among high schoolers, 13 percent fewer smoked in 2002. The Kansas Department of Health and Environment conducted the random survey in late 2002. Some teens called the survey bogus, saying officials want to hide the fact that teenagers smoke. Others -- who say smoking isn't for them -- agreed with the results.

"I've got too much going for me," said Travis Higgs, a 16-year-old high school athlete, on why he doesn't smoke. A.J. Dannar, 15, said, "I don't know why. I never really wanted to (smoke)."

Ask teens why they smoke, and they give the usual reasons: parents, friends, school, boyfriends and girlfriends (or lack thereof), peer pressure, curiosity. Some just like how it makes them feel. Clark said he has been smoking cigarettes since age 11. He started out of curiosity and stuck with it. "It calms my nerves," he said, adding that he smokes about a half a pack a day.

Many teenage smokers said they plan to quit before health problems set in. They also said their parents don't like that they smoke but that they can't do anything to stop it.

Darwin Carballo, 15, started smoking in the seventh grade, then quit when he was a high school freshman. He recently started again. "It just gives you that feeling, that soothing feeling," Carballo explained. When he quit, it was because he "was getting tired of it and getting broker," he said.

In fact, soaring cigarette prices are among the reasons teen smokers offer for quitting, said Jessie Garrett, media and policy director for the Kansas Department of Health and Environment. Packs of cigarettes run about \$2.50 to \$4.50, which can add up to a small fortune for minimum-wage working teens.

Local, state and national prevention programs also have contributed to the decline, Garrett said. In Kansas, the Statewide Youth Empowerment Initiative educates teenagers about the dangers of smoking and tactics used by big tobacco companies, Garrett said. The organization sponsors smoke-free rallies in Kansas cities, including Wichita. In 2004, KDHE will conduct another survey. The results of that survey will depend on the investment made in tobacco prevention, Garrett said. "We'll continue to work toward that goal," she said.

At Wichita schools, students caught smoking on

school property can be fined almost \$100, a school official said. Still, students say that doesn't deter them.

Logan William, 15, said most high schools have "smoking spots" that teens flock to during and after school hours. At South, there's a smoker's wall and a smoker's corner, he said.

Kayla Hoover, 15, said she smokes about a pack a day now to relieve stress and calm her nerves. But it's not a lifetime habit, she said. "Hopefully, I can quit eventually."

Govt Plans to "Smoke Out" Teachers

By Srawan Shukla
Times of India
22 November 2003

LUCKNOW—After slapping a ban on "on-duty knitting" by teachers, the state government is now planning to tighten the noose further on the community by enforcing a blanket ban on smoking, khaini, gutkha and paan-chewing during school hours. A draft note has already been prepared in this connection and is likely to get cabinet nod soon.

"No such activities in classrooms now, as they not only influence tender minds, but also pollute the classroom atmosphere," said a senior basic education officer. The move is being initiated to make the school atmosphere more healthy and environment-friendly. "Several crores are being spent on health schemes in schools but if teachers are allowed to indulge in such 'unhealthy' practices, not much would be achieved," he added.

Although there is a ban on smoking at public places in the state, it is not being enforced strictly. To make the earlier GO more effective, at least in schools, smoking will be strictly prohibited in the school premises.

"Bidi and cigarettes would be prohibited. Teachers will have to either leave their bidi bundles and cigarette packs at home, or put them in lockers till the school is over," said the officer.

Basic education minister Kiran Pal Singh has proposed a fine as a deterrent against the aforesaid "bad habits". A Rs 100 on-the-spot fine would be realised from those caught red-handed with khaini, gutkha, paan or smoking in schools. This fine would also be imposed on those keeping "puriyas" of paan and gutkha in their pockets. "After five counts, the erring teachers would be placed under suspension," the officer said. The state education department would also conduct "surprise" raids and checks to nab smokers and paan-chewing teachers. Another officer said that women teachers, who are already sore over the ban on knitting, and students would perhaps act as other sources of information for the departmental officials. The basic education minister would also issue directives to the police and civic agencies to ensure that shops selling paan, gutkha, cigarettes, etc, within 200 metre of any school are immediately removed.

Headline Roundup

Late Motherhood, Smoking Raise Risk: Breast Cancer Study Hopes Link May Scare Teens

By Tom Spears
CanWest News Service
26 October 2003

Canadian girls start smoking earlier than their mothers did, and as adults they wait until they're older to have babies -- combined trends that appear to increase their chances of developing breast cancer, says a new Health Canada study.

But researcher Ken Johnson, who led the study, says there's reason for optimism in this new link between smoking and cancer.

Teenage girls aren't scared by the prospect of getting lung cancer when they're 75, he said. But the threat of breast cancer in their 40s may more effectively scare them away from smoking.

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"I'm told the most feared of cancers among women is breast cancer," he said. "If we ever got the breast-cancer advocacy people on the anti-smoking bandwagon -- watch out."

Students Challenge Teens, Faculty to Stop Smoking

By Diane Erwin
News-Sun (Springfield, OH)
24 November 2003

Cole Barker said he never noticed how many cigarette advertisements there are from Burnett Road to his job at Catholic Central High School.

"Now it looks like they're in big, neon lights," said Barker, the technology coordinator at the school.

Barker, a 34-year smoker, is snuffing out his habit with the support of a smoking cessation program introduced by the school's Healthy Youth Coalition.

Three seniors put on presentations in front of each religion class after attending the coalition's training at the beginning of October. Teachers supplemented the program. Chemistry classes performed experiments with cigarette ingredients. Math classes calculated the cost of smoking.

The group then challenged students and faculty to quit smoking. Barker and four students agreed. Decorated shoeboxes for each smoker sat in the office and were filled with candy and notes of encouragement, said Ryan Miller, 17, who spearheaded the program with Molly Moorman and Veronika Farkas.

A program Friday at the high school acknowledged the former smokers' accomplishments. Some faltered once or twice, but all asked for the continued support of Catholic Central students and staff.

Students pay more attention to tobacco programs from their peers, said Moorman, 17. "We applied it to them. The student-to-student basis is better than someone coming before everyone giving stats," she said.

Jim Brown, county coordinator and statistician for the Miami Valley Health Improvement Council, agreed. Brown praised the senior coordinators and said they proved the potential of the Healthy Youth Coalition. "In just a few weeks we basically have a year's worth of results," he said.

Catholic Central students also presented two giant cardboard cigarettes to Kenton Ridge and Shawnee students. They plan to start their own smoking cessation program.

Sister Teresa Marie Laengle, Catholic Central principal, was impressed by the program the students created and the leadership skills they developed. They were supportive and committed, she said.

Catholic Central students have begun presenting anti-tobacco programs to elementary students and will train other Miami Valley high school students to become mentors next month, said Dawn Farkas, a parent and adviser to the coalition. The student coordinators were pleased with the success of the high school program.

Headline Roundup

Anti-tobacco Funding Scrutinized: U.S. Senate is Expected to Investigate State's Lack of Spending Settlement Money

By J. Taylor Rushing
Florida Times-Union
23 November 2003

TALLAHASSEE—A potential U.S. Senate investigation into underfunded state anti-tobacco programs has Florida leaders defending the Sunshine State's particularly sharp spending decline.

Senate President Jim King and House Speaker Johnnie Byrd both downplayed any possibility of federal hearings into the Legislature's decision this spring to gut funding for Florida's anti-tobacco program. A national report this month slammed Florida as one of the country's worst examples of misspending money originally intended for anti-tobacco efforts, and U.S. Sen. Bill Nelson, D-Florida, has asked for hearings.

King, R-Jacksonville, said lawmakers acted appropriately because the money was spent on similar needs.

"We think we can confront any kind of investigation by saying it's been properly spent, not watered down or mismanaged," he said. "The tobacco money is to be used in abating problems created by habitual smoking, and those problems are medical and Medicaid costs. We spent hundreds of millions on those costs, and still are."

Byrd was less conciliatory, saying that legislators simply chose their priorities based on available resources.

"Our job is to prioritize the spending of the \$53 billion that the taxpayers give us," the Plant City Republican said. "I don't think the decision was anything other than that."

This month's report, funded by four national anti-smoking groups and delivered to the U.S. Senate Commerce Committee, noted that Florida now spends just \$1 million a year on tobacco-prevention programs -- despite receiving \$840 million a year under the terms of a 1997 legal settlement with the industry over tobacco-related medical costs.

Part of the revenue was supposed to fund a tobacco-control program, and between 1998 and 2003 a total of nearly \$1 billion was sent to a special anti-tobacco endowment fund. But actually spending the money is the responsibility of the Legislature, which steadily has decreased anti-tobacco allocations from \$70 million in the 1999 fiscal year to the current \$1 million level.

Nelson's request for hearings went to U.S. Sen.

John McCain, R-Ariz., chairman of the U.S. Senate Commerce Committee. McCain's office has refused to comment on the issue, but Nelson spokesman Dan McLaughlin says McCain is likely to approve it because he often has called for such a federal enforcement role.

McLaughlin also dismissed Byrd's and King's explanations and said Florida's spending trend deserves federal scrutiny.

"We think he [McCain] will be receptive -- this is a senator who has supported the [federal] government playing a part in this," McLaughlin said. "It's not a question of telling the state how to spend its money. There is evidence that indicates the state isn't doing the right thing to protect a certain segment of the population."

Steven Ames, chairman of Cancer Prevention at Jacksonville's Mayo Clinic and a specialist in tobacco-control studies, said Florida's trend deserves scrutiny because of its effect on youth smoking. Ames cited a study by the U.S. Centers for Disease Control and Prevention that showed approximately 80 percent of adult smokers started smoking before the age of 18.

"It's almost laughable," Ames said of the state's spending. "Common sense says you should fund problems that cause death and disease, and tobacco use is the No. 1 preventable risk factor for a whole host of problems."

By the time funding was gutted, Florida's anti-tobacco efforts had reached national prominence and were credited with reducing smoking by 35 percent among high school students and 50 percent among middle school students. A particularly effective TV ad campaign has stayed afloat, thanks in part to an outcry from state Democrats.

"Cutting the money back was a sin," said Senate Minority Leader Ron Klein, D-Boca Raton. "As soon as you stop funding this, a new generation is exposed to tobacco marketing and peer pressure, and soon there's an increase in smoking again."

Even the country's largest tobacco company isn't happy with Florida's anti-tobacco spending.

"We are encouraging states to spend those funds on prevention activities," said Brendan McCormick, media relations director for Phillip Morris. "There have been significant declines in youth smoking rates, and we're pleased at that."

