

May TAP and TEG Enews From Community Intervention (May 2005)

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May is an exciting month for seniors with graduation day fast approaching. The Monitoring the Future survey shows that nearly 2/3 of daily smokers in 12th grade are still daily smokers 7-9 years later. However, only 3% thought they would be smoking 5 years after graduation.

Our thanks to all of you who invested your time, energy, and resources into teenage tobacco intervention and cessation. Through your education, care, and support, each and every 12th grader who participated in **TEG** and **TAP** was given the opportunity to avoid becoming a tobacco-using statistic. Have a wonderful summer!

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### **Tobacco Trivia: Did you know?**

Navy recruits who smoke heavily are more than two times more likely to fail to complete their enlistment or "wash out" of service. These heavy smokers are three times more likely than nonsmokers to have a record of truancy, multiple suspensions, and non-traffic-related legal offenses. (April 25, 2005, Stars and Stripes)

Young women are more likely to gain weight if they smoke. A study of 1,000 women ages 16-24 concluded that smoking gives women a flabby midsection by damaging muscle tissue and disrupts the ability of muscle to burn fat. (February 2005 International Journal of Obesity)

Cigarette smoking encourages the rapid progression of multiple sclerosis (MS). Quitting smoking could limit or delay deterioration of the central nervous system. (March 9, 2005, Brain)

### **Nurses Refer Teens to TAP**

**TAP** facilitators who consistently fill their classes have one thing in common: Great rapport with nurses at school and in the community. Nurses play a critical role in identifying teen tobacco users and referring them to **TAP**. Nurses or nurse practitioners are typically the first medical professional with whom a teen talks when visiting a clinic. For teens that don't go to the doctor, most see the school nurse at one time or another for aches and pains.

Take time to meet with nurses in your schools and community. Tell them about your commitment to helping teens stop using tobacco. Encourage them to ask each and every student or patient about tobacco use. Nurses have the credibility to relay information about how tobacco use may impact the young person's health. Remember to leave the nurses with a stack of business cards that includes your contact information.

Hot off the press: On May 10, the U.S. Department of Health and Human Services released a pocket guide, "Helping Smokers Quit: A Guide for Nurses." The guide gives nurses easy access to information based on the "5 A's" approach to cessation intervention: Ask, Advise, Assess, Assist, and Arrange. The guide is available at <http://www.ahrq.gov/about/nursing/hlpsmksqt.htm> or call 1-800-358-9295.

Finally, for nurses who struggle with their own tobacco addiction and need help quitting, go <http://www.tobaccofreenurses.org>

### **New Lung Cancer Assessment Tool**

Researchers at Memorial Sloan-Kettering Cancer Center, in collaboration with the Fred Hutchinson Cancer Research Center, developed a lung cancer risk assessment tool for people between 50 to 75 years of age who smoked between 10 and 60 cigarettes a day for 25 to 55 years and are current smokers or former smokers who quit 20 years ago or less. To access the risk assessment online or download the software, go to <http://www.mskcc.org/mskcc/html/12463.cfm>

### **May Question(s) of the Month**

Do your **TAP** participants use nicotine replacement therapy (NRT)? What about other pharmacological aids such as bupropion, Wellbutrin or Zyban? What is your assessment of their effectiveness?

In April, we asked, "Are your students allowed or encouraged to repeat **TAP**? What about repeating **TEG** for a second or third policy violation?"

Kay Yantz, the Pulmonary Health and Wellness Coordinator at Blanchard Valley Regional Health Center in Findlay, OH, wrote to say that they allow teens to repeat **TEG**. Most referrals come from Juvenile Court. She wrote, "Our philosophy is that reinforcement may at some point get through to them."

Cindy Douds, Prevention Educator for Recovery & Prevention Resources of Delaware and Morrow Counties in Ohio says, "Our students are encouraged to repeat **TAP**. Those that were successful in quitting the first time often have helpful insights ('been there, done that') for the new participants." Most **TEG** students are referred from the courts and are not asked to repeat the program.

Eddie Zager from Apollo High School in Simi Valley, CA, allows students to attend **TAP** as often as they would like. His philosophy is, "If they are not successful in quitting the first time, I have a much better chance of reaching them if they are in the room rather than out of the room. I also encourage the repeating group members to help facilitate. Then they feel like examples and are more apt to be successful." Eddie allows students to repeat **TEG** for a 2nd offense, but also asks them to write a report or create a poster on the dangers of tobacco.