AAP Section on Tobacco Control News

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AAP Tobacco Policy Statements– Updated and Expanded
Harold J. Farber, MD, MSPH, FCCP, FAAP, Section Policy Chair

The Section on Tobacco Control has updated and expanded the AAP’s policy statements on tobacco control. To help guide policy and practice to protect children from tobacco, nicotine, and tobacco smoke we were not satisfied with just one statement. To accommodate different audiences, we have developed a clinical practice policy statement, a public policy statement, and a technical report to describe the evidence base supporting recommendations made in these statements. In addition, a policy statement about electronic nicotine delivery systems (ENDS) will be published. ENDS use is increasingly popular in the United States, and this statement was created in response to a growing concern about these products and continued requests from Academy members for guidance. This policy statement will be published at the same time as the other documents, in the November issue of Pediatrics—so keep your eyes peeled!

The Section has created companion resources that will be released with the Policy Statements. These resources include policy issue fact sheets, a tobacco control coding (continued page 5)

From the Section Chair
Karen Wilson, MD, MPH, FAAP, Chair

The Section has undergone several changes in the last few months. We became a full-fledged Academy Section (no more ‘Provisional’ in our name), we are publishing three policy statements and a technical report in the coming weeks, and we have begun to see some of our founding leaders rotating off our Executive Committee. Ruth Etzel, MD, PhD, FAAP, has stepped down from Section Co-Chair, and we now have a Chair-Elect, Judith Groner, MD, FAAP, who will take over when I rotate off of the Committee next summer.

Our Section has accomplished a tremendous amount of work in our three provisional years:

- Published 4 newsletters to keep our members informed on Section activities, in addition to our two-way listserv
- Presented on 7 AAP Richmond Center webinars
- Authored or co-sponsored 5 resolutions at the AAP Annual Leadership Forum

We continue to work closely with other Academy groups to review policy documents, manuals, and textbooks and co-sponsor events like national conference educational sessions. (continued page 5)
Robert Gunther, MD, MPH, FAAP

Q: How did you get started in tobacco control work?
A: I became more intensely interested in this work during my public health training several years ago. The effect tobacco use has on health in my state, nationally and globally aroused my concern and my passion for this issue. Living in the tobacco belt most of my adult life I began to understand the public health effects in a very direct way. Then I became involved with advocacy work with my Chapter around tobacco issues. One thing just led to another.

Q: What advocacy/research/clinical practice activities are you currently involved with?
A: Our Chapter participated in the AAP Richmond Center Visiting Lectureship Program. We were privileged to have Jonathan Winickoff as our mentor. I was struck by his can do attitude and how he was able to surmount resistance to change in one of the teaching programs. He lead the staff pediatricians, residents and students through the process of talking with families about their tobacco use. It was like being present with a Picasso.

Maureen Novak, MD, FAAP

Q: How did you get started in tobacco control work?
A: My memories of childhood with my grandmother who had Type 1 DM, was sitting with her as she smoked Kool cigarettes. Although, the memories of sitting with her are positive, when I smell the same fragrance, I recall the effects on her health. As a junior faculty member at the UF College of Medicine, I was very fortunate to be part of PIPS—Partners in the Prevention of Substance Abuse- an interprofessional program developed at the University of Florida to educate all incoming health science center students in the harms of tobacco exposure, motivational interviewing and then service to the community by the students through teaching in middle schools. This was funded via a Macy Grant and Area Health Education Centers. As a Pediatric clerkship director, I was able to effect change via curricular content and include tobacco cessation. I think the biggest success was the interprofessional strength of faculty advocates in making our campus smoke and tobacco free!

Q: What advocacy/research/clinical practice activities are you currently involved with?
A: Currently, I serve as a mentor to junior and mid level faculty: Maria Kelly, MD, FAAP and Ginny Kockler, MD, FAAP, who have taken on and expanded the roles of these roles of curricular leads at our institution. We now have tobacco cessation and intervention materials in all levels of medical education with direct service to patients in our clinics and children’s hospital. We are looking critically at our efforts to see if learner outcomes are changed based on the curricular changes.

Q: What is your favorite tip for addressing tobacco use and/or prevention in adults and adolescents?
A: Learn Motivational Interviewing! It is a skill that one can use for almost all things we counsel for in pediatrics. And of course use teachable moments, both with our students and patients/parents.
Welcome to the Section on Tobacco Control!

New Members

Alabama

Bhavin Doshi, MD, FAAP
Rebekah Savage, MD, FAAP

California

Karen Bodnar, MD, FAAP
Dean Sidelinger, MD MSEd, FAAP

Colorado

Julie Venci, MD, FAAP

Indiana

Jenny Baenziger, MD, FAAP

Iowa

Anthony Fischer, MD, FAAP

Maryland

Jean Limpert, MD, FAAP

Nebraska

Ashley Miller, PA-C

New Hampshire

Kristin Migliori, CPNP-PC

New York

Hoda Karbalivand, MD
Shetal Shah, MD, FAAP

Ohio

Margaret Stager, MD, FAAP

Oregon

Sandra Rood, MD, FAAP

Tennessee

Ashley O'Barr, CPNP-AC

Texas

Monica Marshall, PA-C
Carl Tapia, MD MPH, FAAP

International

Canada

Sharon T. Ardythe Burey, MD, FAAP

Kuwait

Kamal Abdelfatah, MD
Lofty Aly, MD
Yasser Al-Kahf, MD
Nisreen El-Abiad, MD
Nesrin El-Khatib, MD
Fayez Hafez, MD
Ahmed Ibrahim, MD
Mohamed Mostafa, MD
Ahmed Nassef, MD

United Arab Emirates

Abdelazim Abdalla, MD
Mazen Abou-Chaaban, MD
Deepti Chaturvedi, MD
Tarek El-Sayed, MD
Shahid Gauhar, MD
Khaled Hamzeh, MD
Anwar Mousa, MD
Khalil Rehman, MD, FAAP
Mohammed Sadik, MD
Essam Abdel Bary, MD

Uruguay

Valeria Defaz, MD

Can Mindfulness Training Help Adolescents Quit Smoking? Developing a Smartphone App with Mindfulness for Teen Smoking Cessation

Lori Pbert, PhD, and Judson Brewer, MD, University of Massachusetts Medical School

The 2014 Surgeon General’s Report, Preventing Tobacco Use Among Youth and Young Adults, provides clear and powerful evidence that effective cessation treatment is needed for the more than 3.6 million youth who smoke. While most adolescent smokers want to quit and have made a serious quit attempt in the past year, most quit attempts are unassisted, success is rare and relapse is high. Existing interventions tend to require intensive in-person treatment with limited success, averaging 11.8% vs. 7.5% (control) abstinence in meta-analysis. Therefore novel, accessible and mechanically-based treatment approaches with broad dissemination ability are needed to support adolescents who want to quit in their efforts to stop smoking.

Why is it difficult to quit smoking? An associative learning “addictive loop” is formed between nicotine and both positive and negative affective states through positive and negative reinforcement. Cues that trigger these states lead to cue-induced craving and, through repetition, become automated over time outside of consciousness or awareness. Our usual cessation strategies teach smokers to avoid cues or substitute behaviors, but these do not directly dismantle the cue addictive loop and thus smokers are vulnerable to relapse. This addictive loop suggests a target for new therapies, dismantle the loop rather than use avoidance or substitution strategies. How may we do this? Mindfulness training (MT) may target the addictive loop, bringing automated smoking behavior into awareness and helping smokers work mindfully with negative affect and craving. A recent randomized controlled trial suggests mindfulness training (MT) may be effective for increasing tobacco abstinence in adults, finding MT was associated with twice the smoking abstinence rate among adult smokers as the American Lung Association’s Freedom from Smoking program. While shown to be efficacious for smoking cessation in adults, MT has not been tested in adolescents. In addition, dissemination of MT is challenging due to the need for experienced MT therapists, high time demand, and high costs associated with in-person treatment delivery. Mobile, smartphone technologies provide a promising medium for overcoming these barriers to dissemination. However, a recent Cochrane review suggests smartphone-based treatments for smoking cessation such as text messaging may be beneficial relative to control, but quit rates remain modest (e.g. 9% vs. 4% abstinence at 6 months). None of the reviewed studies incorporated MT. We have developed a smartphone application based on our efficacious MT manual for smoking cessation, Craving to Quit (C2Q). In an NIH-(continued page 7)
Upcoming Tobacco Control Educational Opportunities

AAP 2015 National Conference and Exhibition
Presentations and Events

Sunday, October 25
Session H2087- Section Program: “From coding to motivation – practical tips on helping parents and teens quit smoking.”
1-5:00pm; Renaissance East Salon
1:00 pm Welcome: Karen M. Wilson, MD, MPH, FAAP, Section Chair
1:10 pm How do I code and bill for helping parents? - Coding & Billing for Counseling regarding smoking, secondhand smoke, and tobacco products  Faculty: Jyothi Marbin, MD, FAAP
2:10 pm Making the screen your friend - Using your electronic heath record (EHR) to help you identify and intervene with smokers  Faculty: Adam Goldstein, MD, MPH
3:10 pm Improving communication with families - Application of Motivational Interviewing techniques to help smokers quit smoking and reduce children’s secondhand smoke exposure  Faculty: Susanne Tanski, MD, MPH, FAAP
4:00 pm Poster session and reception

Section Publishing Workshop
5-7:00pm
Renaissance Meeting Room 12-14
Open to Section members only- please visit www.aap.org/sotco to join. Membership is free for current AAP members. The Section on Tobacco Control would like to offer assistance to members trying to author a manuscript. This session is intended for both new authors who need guidance and tips on how to draft a publication-worthy article, or for experienced authors looking for input on a new approach to their work, or ideas on what to do next. Members of the Section Executive Committee will be available to discuss projects, offer their expertise, and share tools.

Monday, October 26
Session F3085: What Do You Know about E-Cigarettes, Hookah Sticks, and Vaping? (Repeats as F4010)
Faculty: Rachel Grana, PhD, MPH
2-2:45pm; Convention Center, 207 A

Tuesday, October 27
Session F4010: What Do You Know about E-Cigarettes, Hookah Sticks, and Vaping? (Repeats as F3085)
Faculty: Rachel Grana, PhD, MPH
8:30-9:15am; Convention Center, 202 A

Don’t forget to visit the AAP Richmond Center booth in the exhibit hall’s AAP Resource Center- free SOTCo lanyards are available for Section members at the booth!

Attending this year’s National Conference? Take some time to talk with us about adolescent health!
The AAP Julius B. Richmond Center of Excellence is collaborating with Columbia University and seeking primary care pediatricians to participate in focus groups at the upcoming 2015 National Conference. Discussions will focus on clinical preventive services and private, one-on-one care for adolescents and young adults. We’d like to hear about your knowledge and perceptions of these services as well as your experiences delivering them in practice. Information gained from these focus groups will be used in the development of health communication materials for youth and parents. Participants will receive a $50 gift card as a thank you for their time. Focus groups will be held at the following dates and times:
Sunday 10/25, 8:30-10am and 10:30- 12pm
Monday 10/26, 8:30-10am and 10:30- 12pm
To learn more about these groups or reserve a spot, contact Kristen Kaseeska at 847-434-4269 or kkaseeska@aap.org.
Policy Statements, continued from page 1

fact sheet, and information to help inform policy and advocacy work. The resources will be available on Tobacco Smoke” to discuss recommendations made in the statements, current policy issues related to recommendations in the statements, and the Academy’s actions on those issues. Serving as webinar faculty are Karen Wilson, MD, FAAP, Section Chair, and James Baumberger, MPP, Assistant Director of the AAP Department of Federal Affairs. To register for this webinar, please visit http://bit.ly/SOTCowebinar.

Ruth—
Thank you for all your guidance, support, and hard work to establish the AAP Section on Tobacco Control. We thank you for all you’ve done for this group, and hope to continue your work in the years to come. Good luck in your new role at EPA- we will miss you!
-The AAP Section on Tobacco Control Executive Committee & Staff

Not one of these tremendous accomplishments could have been done without the guidance of Dr. Etzel, who has long championed an Academy Section devoted to tobacco control, and who helped facilitate the creation of our group in 2012. Dr. Etzel is now the Director of the Office of Children’s Health Protection at the U.S. Environmental Protection Agency, and is stepping down from the Committee as her new duties are keeping her quite busy.

Filling the Executive Committee vacancy left by Dr. Etzel is Brian Jenssen, MD, FAAP, who previously served as our Resident Liaison and helped the Section through its Provisional years. Welcome back, Brian- we are so happy to have you as part of the Section leadership!

In the coming year, we have much more planned for the Section. We created a strategic plan that further cements our multi-disciplinary approach to tobacco control. We’re well on our way to meeting many of the targets we have identified, such as establishing connections to AAP chapters, including an external liaison from the American Academy of Family Physicians in our Section leadership, and working with the AAP Department of Public Affairs to ensure that our Section leaders are trained in public speaking and can effectively represent our group in media. We are also excited to offer a publication workshop for Section members during the 2015 NCE in Washington DC. This session will help authors learn strategies to take their work from an abstract to a manuscript, and will be held Sunday, October 25th at 5pm in the Renaissance Meeting Room 12-14. For more details on our strategic plan, please visit our Members Only Web page at bit.ly/SOTComembers. And of course, we will be out in force at the NCE, promoting the release of our newly released statements- the statements and accompanying resources will be posted to http://bit.ly/AAPpolicy when the embargo lifts.

This is such an exciting time to be a SOTCo member, and we invite everyone to join us to celebrate our accomplishments at our Section program October 25th at 1pm in the Renaissance Ballroom East, during the NCE. See you there!
Smoke-free New Orleans
Fernando Urrego, MD, FAAP

New Orleans is probably best known for its incredible Mardi Gras parades, Jazz Fest, and irresistible and delicious beignets. A city so unique in its history and free-spirited living that it is no wonder it is known as the city of laissez-faire! The city has a new reason to celebrate- as of April of 2015, it joins 700 other cities in enacting a smoke-free ordinance. In doing so, city leaders are committing to protecting its citizens by reducing exposure to second hand smoke and encouraging smokers to quit. The city’s ordinance includes bars and casinos. For a state that has received failing grades from the American Lung Association for its efforts in tobacco prevention, tobacco taxation, and access to cessation services, this is a tremendous accomplishment! Concerns of loss of revenue from such an ordinance is no longer a concern- the city’s biggest casino has actually seen an increase in revenue of 73% compared to before the ordinance. Non-smokers can now enjoy levels of indoor quality with 96% less particulate-matter pollution than before. There is no doubt that these measures will help protect the many children that are still exposed to the harms of second hand smoke. We now have clean air—les bon temp roulez!

Protecting Children from Non-Communicable Diseases: Leadership Advocacy Workshop Series
Kiran Patel, MPH, Program Manager, AAP Global Child Health

NCD Child is a global multi-stakeholder coalition, championing the rights and needs of children, adolescents, and youth who are living with, at risk of developing, or affected by NCDs. NCD Child is committed to the prevention of Non-communicable diseases (NCDs) in children and adolescents, and to the treatment and palliation, care and support, protection and participation of children and adolescents affected by NCDs throughout their life-course. The American Academy of Pediatrics (AAP) serves as the Secretariat for NCD Child. NCD Child is leading a series of activities, calling attention to child and adolescent NCD issues, which highlight the discrepancies between recent global commitments to a life-course approach to NCDs and current global targets, indicators, and key recommendations for health in the post-2015 Sustainable Development Goals framework. Part of the activities will be regional workshops to engage national child health leaders, youth-serving NGOs, and national governments through regional workshops designed to activate child and adolescent NCD stakeholders.

The regional workshops will include a mix of key lectures, panels, and group breakouts. Workshop content will provide introductory advocacy lessons, a global overview of the state of NCDs in children and adolescents, practical strategies to effectively advocate for the inclusion of children and adolescents in country-level NCD agendas, and a detailed look at the current regional and country-level targets for NCDs along with appropriate policies to affect change. For more information, contact NCDChild@aap.org or find them on Twitter: @NCDChild.

During the 2014 American Public Health Association conference, tobacco control advocates took to the streets of New Orleans in a second line parade to support the clean indoor air ordinance. Photo credit: Smokefree NOLA.
randomized controlled trial comparing it to another smoking cessation app for teens and written materials only. In this way we can tease out the effect of a novel treatment for tobacco addiction – mindfulness training – with a novel and accessible treatment delivery method – smartphone app. If found to be effective, C2Q-Teen offers an innovative and potentially cost-effective and powerful intervention for supporting teens in their efforts to quit and remain abstinent that would be relatively easy to disseminate widely and have tremendous public health significance.

### How to Get More Involved in the Section

1. Encourage your friends and colleagues to join the Section. Membership is free for AAP members & only $20 for Affiliate Members. Remember to renew your membership annually!
2. Attend a tobacco session at the AAP National Conference & Exhibition in October (See page 4).
3. Volunteer: We always seek members to write newsletter stories or education materials, and review statements, chapters, or materials from other AAP groups. Section staff will provide you with all the information you need to be an effective reviewer or content creator – you bring the expertise!
4. Contact us at notobacco@aap.org to let us know if you’d like to volunteer, what you would like to see in the next Newsletter, or what type of activities and resources you’d like the Section to offer.

### (Mindfulness Training: continued from page 6)

Funded trial we have adapted this app for adolescent smokers – Craving to Quit-Teen – and are now testing its feasibility and efficacy in a randomized controlled trial comparing it to another smoking cessation app for teens and written materials only. In this way we can tease out the effect of a novel treatment for tobacco addiction – mindfulness training – with a novel and accessible treatment delivery method – smartphone app. If found to be effective, C2Q-Teen offers an innovative and potentially cost-effective and powerful intervention for supporting teens in their efforts to quit and remain abstinent that would be relatively easy to disseminate widely and have tremendous public health significance.

### (Member Spotlight: Gunther, continued from page 2)

Excellent training opportunity. The leadership team for our office returned to the practice. Physicians, nursing, and support staff were able to sit down and create a change process for the practice and were able to successfully create a system in our office that identified tobacco use in families and provided opportunities to set the change in motion. One of the most gratifying comments came from one of my colleagues when they said, “I can do this (tobacco cessation). I really made a difference for this family.” Another poignant moment when I was able to help one of our nurses quit smoking. Families say thank you many times when they return and have had success in quitting and even those families that don’t have success thank us for caring.

Q: What is your favorite tip for addressing tobacco use and/or prevention in adults and adolescents?

A: Give all your patients the opportunity to quit. Sometimes the one you least suspect would have an interest in quitting is ready that day, cease that moment.

### 2016 Visiting Lectureship Program Grants

The AAP Julius B. Richmond Visiting Lectureship Program provides grants of up to $3,000 to support two-day, customized, educational meetings aimed at protecting the health of children and families by controlling tobacco smoke exposure. The lectureships are designed to promote secondhand smoke exposure control and to integrate tobacco control and prevention into medical education, health departments and state or national pediatric organizations, both in the U.S. and abroad. The deadline for submissions is November 13, 2015 and award notifications will be made December 1, 2015. The Call for Proposals is posted on the AAP Richmond Center Web site.
Meet the Section on Tobacco Control
Executive Committee

Chair: Karen Wilson, MD, MPH, FAAP
Denver, CO
Associate Professor & Section Head of Pediatric Hospital Medicine, Children’s Hospital Colorado

Chair-Elect, Education Chair:
Judith Groner, MD, FAAP
Columbus, OH
Clinical Professor Pediatrics, The Ohio State University & Attending Physician, Nationwide Children’s Hospital

Membership Chair:
Sophie Balk, MD, FAAP
Bronx, NY
Professor of Clinical Pediatrics at Albert Einstein College of Medicine and General Pediatrtician, Children’s Hospital at Montefiore

Policy Chair:
Harold Farber, MD, MSPH, FAAP
Houston, TX
Associate Professor Pediatrics – Pulmonary Section, Baylor College of Medicine & Texas Children’s Hospital

Member:
John Moore, MD, FAAP
Roanoke, VA
Assistant Professor of Pediatrics, Virginia Tech–Carilion School of Medicine

Member:
Brian Jenssen, MD, FAAP
Philadelphia, PA
Fellow, University of Pennsylvania Robert Wood Johnson Foundation Clinical Scholar Program & Attending Physician, The Children’s Hospital of Philadelphia

Resident Liaison:
Monica Tang, MD
Durham, NC
Internal Medicine–Pediatrics Resident, Duke University Medical Center

Publications Chair & Newsletter Editor:
Susan Walley, MD, CTTS, FAAP
Birmingham, AL
Associate Professor of Pediatrics, Division of Pediatric Hospital Medicine, University of Alabama at Birmingham & Children’s of Alabama

Section on Tobacco Control Staff

Janet Brishke, MPH, Section Manager
Colleen Spatz, MSBA, Section Coordinator