

Why Should We Treat Tobacco Dependence?



Controlling for confounders, close to **half a million people die** annually in the US from tobacco related causes *that could have been prevented*

Even exposure to *small amounts* of **direct or indirect** tobacco smoke increase risk of CV mortality

Tobacco dependence is not “just a habit”; it’s a chronic disease

https://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/tobacco_related_mortality/

Fiore, et al, 2008; Pope, et al, 2009



What do *we think we know* about tobacco use among persons with MI/SUD?

- A. It is their only pleasure in life, why take it away from them?
- B. They will relapse to their primary substance use disorder if they quit.
- C. Nicotine improves mood and anxiety disorders.
- D. Some people just can't quit.

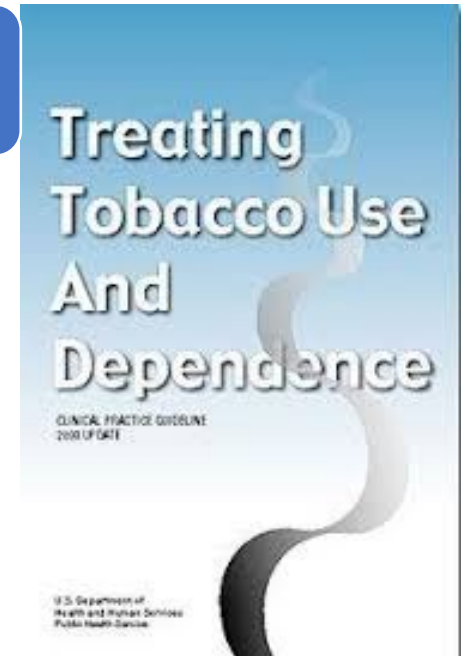
In reality, at least 75% of smokers with SUD and 50% of those with MI want to quit!

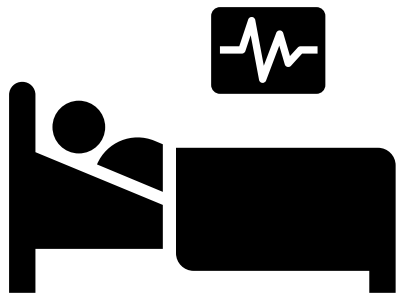
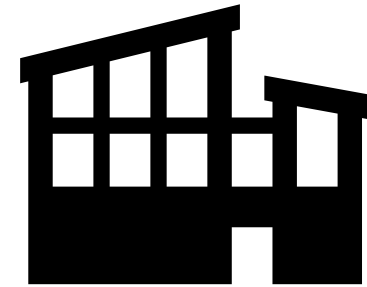
“A Tobacco Treatment Specialist (TTS) is a professional who possesses the skills, knowledge and training to provide effective, evidence-based interventions for tobacco dependence **across a range of intensities.**”

(ATTUD.org)

TTSs are specifically trained to:

- Identify the unique needs of vulnerable populations
- Provide targeted and tailored treatment for individuals and groups
- Address and treat all forms of tobacco use using evidence-based interventions
- Serve as a resource for tobacco and nicotine dependence prevention, treatment, and the implementation of systems strategies to reduce tobacco use prevalence





TTSs have various professional backgrounds and work in a variety of settings, such as hospitals, community health centers, HMOs, medical and dental practices, schools, social service agencies, tobacco treatment centers, quitlines, drug abuse treatment programs and mental health centers.

BREATHE Tobacco Treatment Specialist (TTS) Training Course

- One of 27 accredited TTS global training programs
- Only asynchronous (self-paced), all online accredited training program
- Content experts provide 27 hours of multimedia content in a user/device-friendly format
- 5 - 6 cohorts offered annually
- Behavioral Health focused cohort each spring
- Scholarships may be available for eligible KY participants

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View All Pages

1.1.1 Tobacco Use Trends (20 min.)

Tobacco Products Immediately Covered under the TCA

Newly Deemed Tobacco Products

Cigarettes, Roll-Your-Own Tobacco, Electronic Nicotine Delivery Systems (ENDS), Hookah Tobacco, Nicotine Gels, Smokeless Tobacco Products, Cigars, Dissolvable Tobacco (Strips, orbs, pellets), Pipe Tobacco

Congressional Research Service report on FDA Regulation of Tobacco Products, February 2020
<https://fas.org/srg/crs/misc/R45867.pdf>

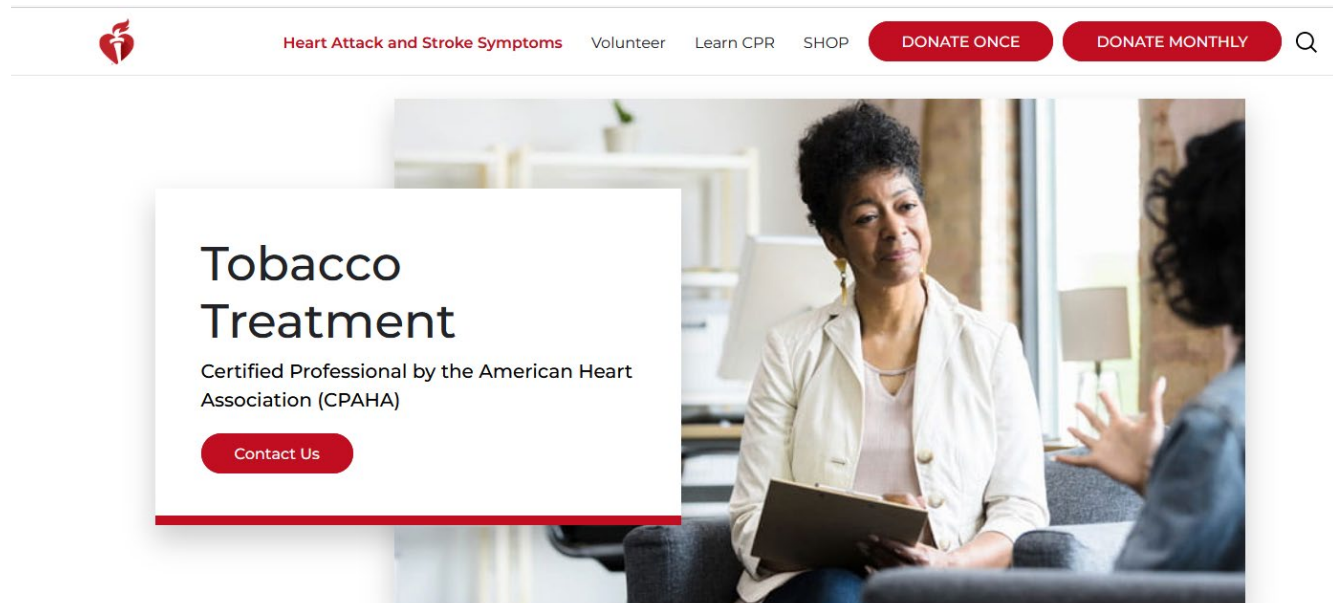
BREATHE
Bringing Research, Policy, and Advocacy to Support Healthy Environments

<http://www.uky.edu/breathe/tobacco-treatment/tobacco-treatment-specialist-training>

Info on additional accredited programs: <https://cttp.org/accredited-programs/>

New Certification for Tobacco Treatment Specialists through the American Heart Association

(<https://www.heart.org/en/professional/quality-improvement/healthcare-certification/tobacco-treatment-certification>)



The screenshot shows the top navigation bar of the American Heart Association website. It includes the AHA logo, links for "Heart Attack and Stroke Symptoms", "Volunteer", "Learn CPR", and "SHOP". There are two red buttons: "DONATE ONCE" and "DONATE MONTHLY", followed by a search icon. Below the navigation is a large banner image of a woman in a white lab coat sitting and talking to another person. Overlaid on the left side of the banner is a white box with the text "Tobacco Treatment" in large bold letters, followed by "Certified Professional by the American Heart Association (CPAHA)" and a red "Contact Us" button.

The gold standard tradition of certification for high-quality health care organizations is now available to individual professionals. Display your dedication to helping patients live longer, healthier lives by stopping the use of tobacco and nicotine by completing your certification journey.

This certification offers a framework for evaluating health care professionals interested in demonstrating their commitment to tobacco control strategies including evidence-based tobacco cessation therapies. Certification provides validation that an individual has followed the American Heart Association's rigorous, science-backed requirements.

Commercial tobacco use is the leading cause of preventable disease, disability, and death in the U.S.

- 3-year renewable certification
- Launched October 26, 2023
- Developed in collaboration with ATTUD – the Association for the Treatment of Tobacco Use and Dependence (www.attud.org)
- Key step in efforts to obtain CMMS recognition as treatment providers