

The Nicotine Challenger

Winter 2005

Volume 12, Number 1

A View From The Director

At the beginning of a new year it is customary to set goals for the year ahead, so I've selected my four goals for tobacco and health in 2005- two focusing on New Jersey and two at the national level.

1 Protect New Jersey Workers From Tobacco Smoke Pollution New Jersey is now almost surrounded by Northeastern states that have passed comprehensive state-wide legislation protecting workers and the public from having to inhale tobacco smoke pollution in public places. A recent study found that the air in New Jersey bars contains nine times greater levels of toxic respirable particles compared with bars in near-by New York. The evidence for the serious health effects of exposure to tobacco smoke pollution has mounted in the past couple of years as has the evidence that business actually grows in bars and restaurants when they go smoke-free.

More information on this issue, including copies of the most recent scientific reports, are available from our website homepage at www.tobaccoprogram.org.

2 Fund Comprehensive Tobacco Control in New Jersey I have written on this issue on numerous occasions in this column. The argument remains the same and makes even more sense in tight budget times, because reducing tobacco consumption reduces healthcare costs in addition to improving health. New Jersey's Comprehensive Tobacco Control Program is an effective and successful program and deserves to be funded at least at the minimum levels recommended by the CDC in 1999 (\$45m per year). Both adult and youth cigarette smoking prevalence have fallen by 15% in the past few years in New Jersey, and the latest national survey (2003) found that New Jersey now has the 5th lowest daily smoking prevalence in the country (14%). With clean air legislation and proper funding for tobacco control, New Jersey could lead the country in reducing smoking and improving health.

3 Implement Federal Regulation of Tobacco Products In 2004, like ten years earlier, there was a real possibility of legislation being passed that would grant the US Food and Drug Administration the authority to regulate tobacco products. Unfortunately, this opportunity was not taken, but the need remains. It is a bizarre anomaly that the only consumer product that kills when used as intended can be sold with very little restriction, and with very little government control over the harmfulness or addictiveness of the product. Rational federal regulation would enhance health warnings, reduce toxin delivery, restrict marketing (particularly to young people), ban false or misleading claims, and do all this without limiting the rights of individuals or groups to legal redress for harms caused by current or previous tobacco products.

4 Ratification of the W.H.O. Framework Convention for Tobacco Control (FCTC) The FCTC is the World Health Organization's first international public health treaty focusing on reducing the harm to health from tobacco and will enter into force on February 27, 2005. It contains a host of provisions that are effective in reducing the health effects of tobacco – including bans on deceptive marketing and restricting smoking in workplaces. It has been signed by over 167 countries (including the US) and ratified by over 48 countries (including Australia, Canada and the UK, but not the US). The FCTC is only legally binding in countries that choose to ratify. So far the United States has not been inclined to ratify the FCTC but it would be an enormous boost to global public health if this treaty became law in the United States.

I like to have a mix of goals for the year – some clearly achievable, some very challenging – just to keep life interesting. I wish you a happy and healthy 2005 and hope your goals come true.

*Jonathan Foulds PhD
Director, Tobacco Dependence Program*

UMDNJ Tobacco Dependence Program in the News! *by Patricia Repetto, M.Ed.*

If you are a frequent viewer of the NBC Today Show or a subscriber to the Journal of the American Medical Association (JAMA), you might have seen reference made to the Tobacco Dependence Program in the past few months. As the issue of quitting smoking continues to go mainstream and be highlighted more often in the media, the UMDNJ-Tobacco Dependence Program (TDP) has been called upon for its advice on issues related to the treatment of tobacco dependence.

The TDP on The TODAY Show

In October of this past year, The Today Show produced a show focusing on quitting issues unique to women and reached out to the TDP for assistance in identifying women who were currently enrolled in our clinic or had successfully quit smoking as a result of receiving treatment in our clinic. The show featured two of our clients who spoke very highly of the services that they received at our clinic. The show aired on October 30th and also featured Cheryl Heaton of the American Legacy Foundation as well as Richard Hurt of the Mayo Clinic. To view a video clip from the show, please visit the website www.americanlegacy.org.



continued on page 2

Foulds, Jonathan, MA, MAppSci, PhD

Director

jonathan.foulds@umdnj.edu
732-235-8213

Maurer, Joan

Training Secretary

joan.maurer@umdnj.edu
732-235-8220

Order-Connors, Bernice, LCSW, CADC

Addictions Coordinator

bernice.connors@umdnj.edu
732-235-8228

Repetto, Patricia, M.Ed.

Administrative Director

patricia.repetto@umdnj.edu
732-235-8215

Richardson, Donna, LCSW, CADC

Clinic Coordinator

donna.richardson@umdnj.edu
732-235-8223

Speelman, Nancy, CSW, CADC, CMS

Training and Education Coordinator

nancy.speelman@umdnj.edu
732-235-8218

Steinberg, Michael, MD, MPH

Clinic Medical Director

michael.steinberg@umdnj.edu
732-235-8219

Underwood, Lisa

Faculty Secretary

underwli@umdnj.edu
732-235-8202

Williams, Jill, MD

Staff Psychiatrist

jill.williams@umdnj.edu
732-235-8224

Zelentz, Stacey

Mental Health Clinician

stacey.zelentz@umdnj.edu
732-235-8203

Ziedonis, Douglas, MD, MPH

Medical Director

doug.ziedonis@umdnj.edu
732-235-8214

**New Staff at the Tobacco
Dependence Program**



Stacey Zelentz
Mental Health Clinician

The Tobacco Dependence Program would like to welcome the newest addition to our staff. Stacey Zelentz has 13 years of experience with chemical dependency treatment and mental health treatment and comes to us from the Behavioral Health Care unit of UMDNJ. Stacey will be working as a mental health clinician in our tobacco dependence clinic, performing individual assessments and providing individual and group counseling services. Stacey is licensed as a clinical social worker and certified as a drug and alcohol counselor and is fluent in Spanish. We look forward to working with Stacey and welcome her as part of our team!

The **Tobacco Dependence Program** is dedicated to reducing the harm to health caused by tobacco use. We do this through education, treatment, research and advocacy.

The **Tobacco Dependence Program**, UMDNJ-School of Public Health, helps programs, organizations and clinicians deal with tobacco issues and nicotine dependence.

Products and services include:

- ◆ **consultation**
- ◆ **education and training**
- ◆ **policy & program development**
- ◆ **treatment planning**
- ◆ **staff recovery workshops**
- ◆ **tobacco dependence treatment**



Sponsored by New Jersey Department of Health and Senior Services through the Comprehensive Tobacco Control Program.

The Nicotine Challenger is a publication of the **Tobacco Dependence Program**.

Newsletter design & production by *Pressing Issues, Inc.* (732) 549-9054

Upcoming Trainings

Feb 26th **Integrating Tobacco into Your Medical Practice**

Jun 13-17 **5-Day Tobacco Treatment Specialist Training**

For further information and registration for one of these training events, please visit the Training and Education section of our website:

www.tobaccoprogram.org

TDP in the News continued from page 1

TDP in the Journal of American Medical Association (JAMA)

In the September 15th issue of JAMA, UMDNJ TDP staff were quoted in a 3-page article that focused on counseling and pharmacotherapy for tobacco dependence treatment. The article suggested that smokers nationwide are not getting adequate help to quit smoking and referenced the UMDNJ Tobacco Dependence Program as a model for how to effectively treat for tobacco dependence. The TDP was listed as one of the top resources for clinicians and consumers looking for information on quitting smoking. JAMA subscribers can review the article at <http://jama.ama-assn.org/cgi/reprint/292/11/1286>.

TDP in Newsday

In a recent AP story that ran in the December 25th edition of Newsday, the TDP was recognized for its significant contributions in integrating tobacco treatment into residential treatment facilities. The primary focus of the article was the re-instatement of nicotine replacement therapy into the residential treatment programs in New Jersey, a benefit that was cut this past year due to budget cuts. Many persons interviewed for the story, including Dr. Wesley Clark of SAMHSA and Janis Dauer, program manager at the Alliance for Prevention and Treatment of Nicotine Addiction, cited New Jersey's tobacco treatment model as the strongest for those suffering from alcohol or other drugs. The TDP spearheaded the creation of this strategy under the leadership of the late Dr. John Slade. In 2001, NJ residential treatment facilities went smoke free and smokers were offered specialized counseling for tobacco addiction. As a result of this program's success, the TDP has helped over a dozen other states with the development of their treatment programs for substance abuse users.