

# Appendix: Resources



## CHAPTER 1

### Publications

American Academy of Health Behavior. Special Issue on Youth Tobacco Cessation. *American Journal of Health Behavior* 2003;27(suppl 2).

National Cancer Institute. Population Based Smoking Cessation: Proceedings of a Conference on What Works to Influence Cessation in the General Population. In: *Smoking and Tobacco Control Monograph No. 12*. Bethesda, MD: U.S. Department of Health and Human Services, National Institutes of Health, National Cancer Institute; 2000. NIH Pub. No. 00-4892.

National Cancer Institute. Changing Adolescent Smoking Prevalence. In: *Smoking and Tobacco Control Monograph No. 14*. Bethesda, MD: U.S. Department of Health and Human Services, National Institutes of Health, National Cancer Institute; 2001. NIH Pub. No. 02-5086.

U.S. Department of Health and Human Services. *Reducing Tobacco Use: A Report of the Surgeon General*. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention; 2000.

Substance Abuse and Mental Health Services Administration. *Reducing Tobacco Use Among Youth: Community-Based Approaches, A Guideline*. Washington, DC: U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, Center for Substance Abuse Prevention; 1997. DHHS Pub. No. (SMA)97-3146.

Farrelly MC, Vilsaint M-C, Lindsey D. Cigarette Smoking Among Youth: Results from the 2000 National Youth Tobacco Survey. *Legacy First Look Report 7*. Washington, DC: American Legacy Foundation; 2001.

Raw M, Anderson P, Batra A, et al. WHO Europe Evidence Based Recommendations on the Treatment of Tobacco Dependence. *Tobacco Control* 2002;11:44–6. Available at <http://tc.bmjournals.com/cgi/content/full/11/1/44>.

Wasserman MP. Guide to Community Preventive Services: State and Local Opportunities for Tobacco Use Reduction. *American Journal of Preventive Medicine* 2001;20(Suppl 2):8–9.

Fiore MC, Bailey WC, Cohen SJ, et al. *Treating Tobacco Use and Dependence: Clinical Practice Guideline*. Rockville, MD: U.S. Department of Health and Human Services, Public Health Service; 2000.

### **Internet Resources**

Office on Smoking and Health, Centers for Disease Control and Prevention (CDC), U.S. Department of Health and Human Services. Available at <http://www.cdc.gov/tobacco>.

CDC provides national leadership for a comprehensive approach to reducing tobacco use. CDC leads and coordinates efforts to prevent tobacco use among youth, promote smoking cessation among youth and adults, protect nonsmokers from environmental tobacco smoke, and eliminate tobacco-related health disparities. The Web site provides tips on how to quit, educational materials, and scientific publications.

National Cancer Institute (NCI), National Institutes of Health, U.S. Department of Health and Human Services. Available at <http://www.smokefree.gov>.

The mission of NCI's Tobacco Control Research Branch is to lead and collaborate on research and to disseminate evidenced-based findings to prevent, treat, and control tobacco use. The Web site provides help in quitting smoking, including an online, step-by-step cessation guide and telephone numbers for local, state, and national quitlines.

Tobacco Technical Assistance Consortium (TTAC). Available at <http://www.ttac.org>.

TTAC is a not-for-profit organization funded by the American Cancer Society, the American Legacy Foundation, and The Robert Wood Johnson Foundation to provide technical assistance and training to people working in the field of tobacco-use prevention and control. This support is designed to increase knowledge and skills, foster strong leadership, increase organizational support, and strengthen partnerships.

Center for Tobacco Cessation. Available at <http://www.cessationcenter.org>.

This Web site was developed by the Next Generation California Tobacco Control Alliance to help health care practitioners learn more about smoking cessation. The Online Cessation Resource Center is designed to be a central source for resources created by tobacco cessation and control experts to help health care providers in their daily practice.

*Guide to Community Preventive Services*. Available at <http://www.thecommunityguide.org/tobacco>.

This publication summarizes what is known about the effectiveness of community-based interventions in three areas of tobacco-use prevention and control: preventing tobacco-use initiation, increasing cessation, and reducing exposure to environmental tobacco smoke.

Communities of Excellence in Tobacco Control, American Cancer Society. Available at [http://www.cancer.org/docroot/PED/content/PED\\_1\\_5X\\_Communities\\_of\\_Excellence.asp](http://www.cancer.org/docroot/PED/content/PED_1_5X_Communities_of_Excellence.asp).

The Communities of Excellence program can help community groups and health professionals develop effective strategies to reduce and control local tobacco use. A planning guide provides information on how to develop action plans and organizational tips on how to achieve tobacco control goals.

Campaign for Tobacco-Free Kids. Available at <http://www.tobaccofreekids.org>.

This campaign is one of the nation's largest nongovernmental initiatives ever launched to protect children from tobacco addiction and exposure to secondhand smoke. The campaign's goals are to deglamorize tobacco use through counter-marketing, change public policies to protect children from tobacco use, and increase the number of organizations and individuals working to reduce tobacco use.

Canadian National Clearinghouse on Tobacco and Health. Available at <http://www.ncth.ca>.

This one-stop tobacco control resource provides current information on tobacco use trends, research, and statistics, as well as "best practices" in tobacco prevention and control in the areas of cessation, legislation, taxation, and environmental tobacco smoke.

Treatobacco.net: Database & Educational Resource for Treatment of Tobacco Dependence. Available at <http://www.treatobacco.net>.

This unique source provides evidence-based data on treating tobacco dependence compiled by a panel of international experts. Topics include the efficacy, safety, demographics, health effects, health economics, and policies of treatment for tobacco dependence.

## CHAPTER 2

### Publications

Kretzmann JP, McKnight JL, Sheehan G, Green M, Puntteney D. *A Guide to Capacity Inventories: Mobilizing the Community Skills of Local Residents*. Chicago: ACTA Publications; 1997. Available at <http://www.northwestern.edu/ipr/publications/community/capinv.html>.

### Internet Resources

Centers for Disease Control and Prevention, U.S. Department of Health and Human Services. Available at <http://www.cdc.gov>.

National Public Health Performance Standards (NPHPS) Program. Public Health Program and Practice Office. Available at <http://www.phppo.cdc.gov/nphpsp>. The national public health performance standards were created for state and local public health systems and public health governing bodies.

*Planned Approach to Community Health: Guide for the Local Coordinator*. National Center for Chronic Disease Prevention and Health Promotion. Available at <http://www.cdc.gov/nccdphp/patch/index.htm>. Planned Approach to Community Health (PATCH) is considered an effective model for planning, conducting, and evaluating community health promotion and disease prevention programs.

*School Health Index: For Physical Activity, Healthy Eating, and a Tobacco-Free Lifestyle*. National Center for Chronic Disease Prevention and Health Promotion. Available at <http://www.cdc.gov/HealthyYouth/SHI>. A self-assessment and planning guide to 1) help schools identify the strengths and weaknesses of their health promotion policies and programs; 2) develop action plans for improving student health; and 3) involve teachers, parents, students, and the community in improving school policies and programs. For more information, e-mail [healthyyouth@cdc.gov](mailto:healthyyouth@cdc.gov), call 1-888-231-6405, or fax 1-888-282-7681.

National Association of County and City Health Officials (NACCHO). Available at <http://www.naccho.org>.

*APEXPH Workbook*. Guides health officials in assessing and improving the organizational capacity of their departments and in working with local communities to assess and improve the health status of their residents. Available at <http://www.naccho.org/cat1.cfm>.

*MAPP Field Guide*. An easy-to-read overview of MAPP, a community-driven strategic planning process. Available at <http://www.naccho.org/prod102.cfm>.

*Making Strategic Decisions about Service Delivery: An Action Tool for Assessment and Transitioning*. A step-by-step guide to assessing whether to continue providing clinical services, determining how (if appropriate) to transition these services to other community providers, and monitoring community and patient outcomes resulting from the transferral of services. Available at <http://www.naccho.org/project52.cfm>.

National Association of Local Boards of Health (NALBOH). Available at <http://www.nalboh.org>.

NALBOH is a national partner in the National Public Health Performance Standards (NPHPS) Program. The NPHPS Program promotes continuous quality improvement, resulting in stronger connections among local public health system partners, greater awareness of the interconnectedness of public health activities, and identification of strengths and weaknesses that can be addressed through improvement efforts.

## CHAPTER 3

### Publications

U.S. Department of Health and Human Services. *Preventing Tobacco Use Among Young People: A Report of the Surgeon General*. Atlanta: U.S. Department of Health and Human Services, Public Health Service, Centers for Disease Control and Prevention; 1994.

Lynch BS, Bonnie RJ, editors; Committee on Preventing Nicotine Addiction in Children and Youths, Institute of Medicine. *Growing Up Tobacco Free: Preventing Nicotine Addiction in Children and Youths*. Washington, DC: National Academy Press; 1994.

*Guidelines for Adolescent Preventive Services (GAPS). Recommendations Monograph*. American Medical Association; 1997. ISBN: 0-89970-929-X. Available at <http://www.ama-assn.org/ama/pub/category/1980.html>.

### Internet Resources

ImpacTEEN: A Policy Research Partnership to Reduce Youth Substance Use. Available at <http://impacteen.org>.

ImpacTEEN is an interdisciplinary partnership of nationally recognized substance abuse experts with specialties in such areas as economics, etiology, epidemiology, law, political science, public policy, psychology, and sociology.

American Academy of Pediatrics (AAP). Available at <http://www.aap.org/advocacy/chmcoun.htm>.

AAP is committed to the attainment of optimal physical, mental, and social health and well-being for all infants, children, adolescents, and young adults. The Web site includes instructions for tobacco counseling and media education in the practice setting (i.e., understanding and confronting how images and messages in the mass media affect the health and well-being of children and adolescents), as well as educational materials for parents and teenagers on the risks of tobacco use.

Tobacco Control Research Branch, National Cancer Institute (NCI), National Institutes of Health, U.S. Department of Health and Human Services. Available at <http://www.smokefree.gov>.

The mission of NCI's Tobacco Control Research Branch is to lead and collaborate on research and to disseminate evidenced-based findings to prevent, treat, and control tobacco use. The Web site provides help in quitting smoking, including an online, step-by-step cessation guide and telephone numbers for local, state, and national quitlines.

The Robert Wood Johnson Foundation. Available at <http://www.rwjf.org/programs>.

The foundation seeks to improve the health and health care of all Americans through grant funding in four areas. The goal for one of these areas is to reduce the personal, social, and economic harm caused by substance abuse, including tobacco use. Grants are given to medical facilities, public schools, research organizations, and community groups.

*Examining Youth Tobacco Use Cessation and Relapse Prevention*. Health Canada; 1997. Available at [http://www.hc-sc.gc.ca/hecs-sesc/tobacco/prog\\_arc/youth\\_smoking/](http://www.hc-sc.gc.ca/hecs-sesc/tobacco/prog_arc/youth_smoking/).

This report looks at the factors associated with adolescent self-initiated smoking cessation. It explores the decision to quit, successful quit attempts, and relapse among youth smokers. The report reviews the effectiveness of existing smoking-cessation programs available to youth and provides recommendations for future research and programs in the area of adolescent smoking cessation.

## CHAPTER 4

### Publications

American Academy of Health Behavior. Special Issue on Youth Tobacco Cessation. *American Journal of Health Behavior* 2003;27 Suppl 2.

American Cancer Society. *A Resource Guide to Youth Tobacco Cessation Programs*. Atlanta: American Cancer Society, Tobacco Control Program; 1998.

### Internet Resources

The Center for Health and Health Care in Schools (CHHCS). Available at <http://www.healthinschools.org/about.asp>.

CHHCS seeks to strengthen the well-being of U.S. children and youth through effective health programs and health care services in schools by serving as a policy and program resource.

*Guidelines for Youth Tobacco Prevention/Intervention Services at Multnomah County School-Based Health Centers*. Available at <http://www.healthinschools.org/sbhcs/tobacco/>.

*Urban Institute Project Report. Problem Behavior Prevention and School-Based Health Centers: Programs and Prospects. Appendix 6: Information, Ordering and Training Guide to Twenty-One Rigorously Evaluated Interventions.* Available at <http://www.healthinschools.org/sbhcs/papers/append6.asp>.

*Tobacco Use Cessation Programs: An Inventory of Canadian Tobacco Cessation Programs and Resources. 2000 Update.* Available at [http://www.hc-sc.gc.ca/hecs-sesc/tobacco/pdf/inventory\\_e.pdf](http://www.hc-sc.gc.ca/hecs-sesc/tobacco/pdf/inventory_e.pdf).

This document lists cessation programs and services (e.g., self-help programs, group programs, counseling programs, toll-free quitlines, tobacco Web sites) currently available at national or provincial levels.

Tobacco Control Programme, Health Canada. Available at <http://www.hc-sc.gc.ca/hecs-sesc/tobacco>.

This Web site provides a wealth of information about tobacco prevention and control efforts in Canada, including federal policies and programs, cessation interventions, and media campaigns. Specific resources and information aimed at young people are available at <http://www.hc-sc.gc.ca/hecs-sesc/tobacco/youth/index.html>.

## CHAPTER 5

### Internet Resources

*Basic Guide to Program Evaluation.* 1999. Available at [http://www.mapnp.org/library/evaluatn/fnl\\_eval.htm](http://www.mapnp.org/library/evaluatn/fnl_eval.htm).

This document provides guidance toward planning and implementing an evaluation process for for-profit or nonprofit programs.

The Community Tool Box, University of Kansas. Available at <http://ctb.ukans.edu/>.

The Tool Box provides over 6,000 pages of practical information on how to promote community health and development.

Program Evaluation Tool Kit, Available at [http://www.medicine.uottawa.ca/epid/chru/evaltoolkit\\_eng.htm](http://www.medicine.uottawa.ca/epid/chru/evaltoolkit_eng.htm).

The Program Evaluation Tool Kit is tailored to meet the information and decision-making needs of public health program managers. It also will be useful to field staff, medical officers, senior managers, and anyone assisting with evaluation (e.g., health unit program evaluation specialists, epidemiologists, community nurse specialists, health planners, information analysts, outside consultants).

Online Evaluation Resource Library (OERL), National Science Foundation. Available at <http://oerl.sri.com>.

This library was developed for professionals seeking to design, conduct, document, or review project evaluations. OERL's mission is to help continuously improve project evaluations, which are critical to determining project effectiveness.

*User-Friendly Handbook for Mixed Method Evaluations*. National Science Foundation; 1997. Available at <http://www.ehr.nsf.gov/EHR/REC/pubs/NSF97-153/start.htm>.

This handbook was developed to help evaluate the progress and effectiveness of projects funded by the National Science Foundation's Directorate for Education and Human Resources. Mixed method evaluation combines quantitative and qualitative techniques.

Collaborative, Participatory, and Empowerment Evaluation, American Evaluation Association. Available at <http://www.stanford.edu/~davidf/empowermentevaluation.html>.

This Web site presents information on empowerment evaluation, which uses both qualitative and quantitative methodologies. It includes a detailed list of Internet resources, software, handbooks, and guides.

User's Guide to Evaluation: Tools for National Service Programs, AmeriCorps, Project Star. Available at <http://www.projectstar.org/star/Library/toolkit.html>.

The User's Guide is designed to help programs meet key evaluation needs related to the following priority areas: education, public safety, human needs, and the environment.











## **Youth Tobacco Cessation Collaborative**

Centers for Disease Control and Prevention

American Legacy Foundation

Canadian Tobacco Control Research Initiative

National Cancer Institute