

Thoughts on Light and Intermittent Smoking and Variations Therein

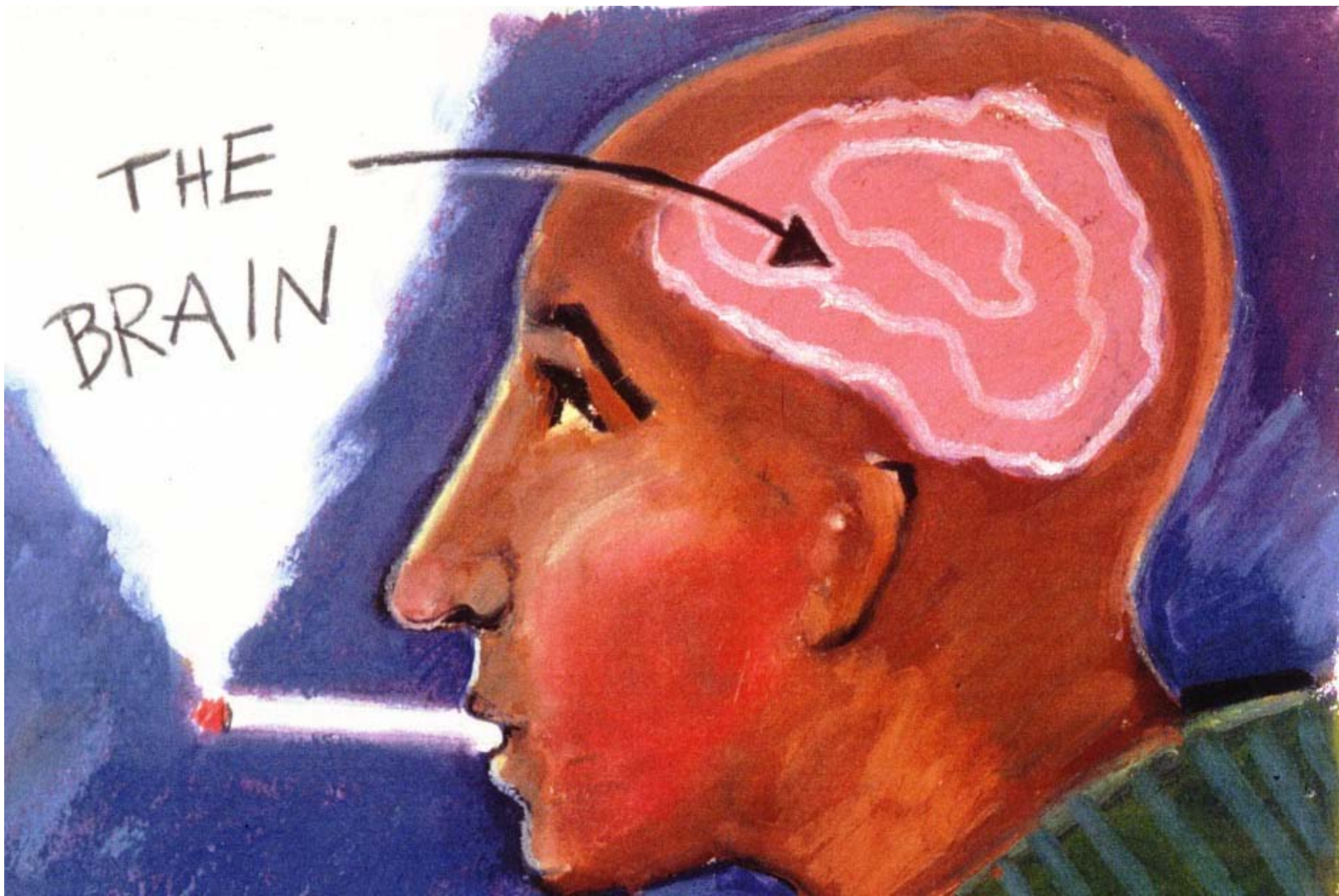
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Ethnic Disparities in Tobacco

- A scientific puzzle
 - What explains light and intermittent smoking?
 - Why should there be ethnic differences?
- A public health imperative
 - How can we reduce tobacco use and harm in underserved communities?
 - How do approaches need to be changed to impact underserved communities?



**I smoke for only
one reason.
I'm addicted**





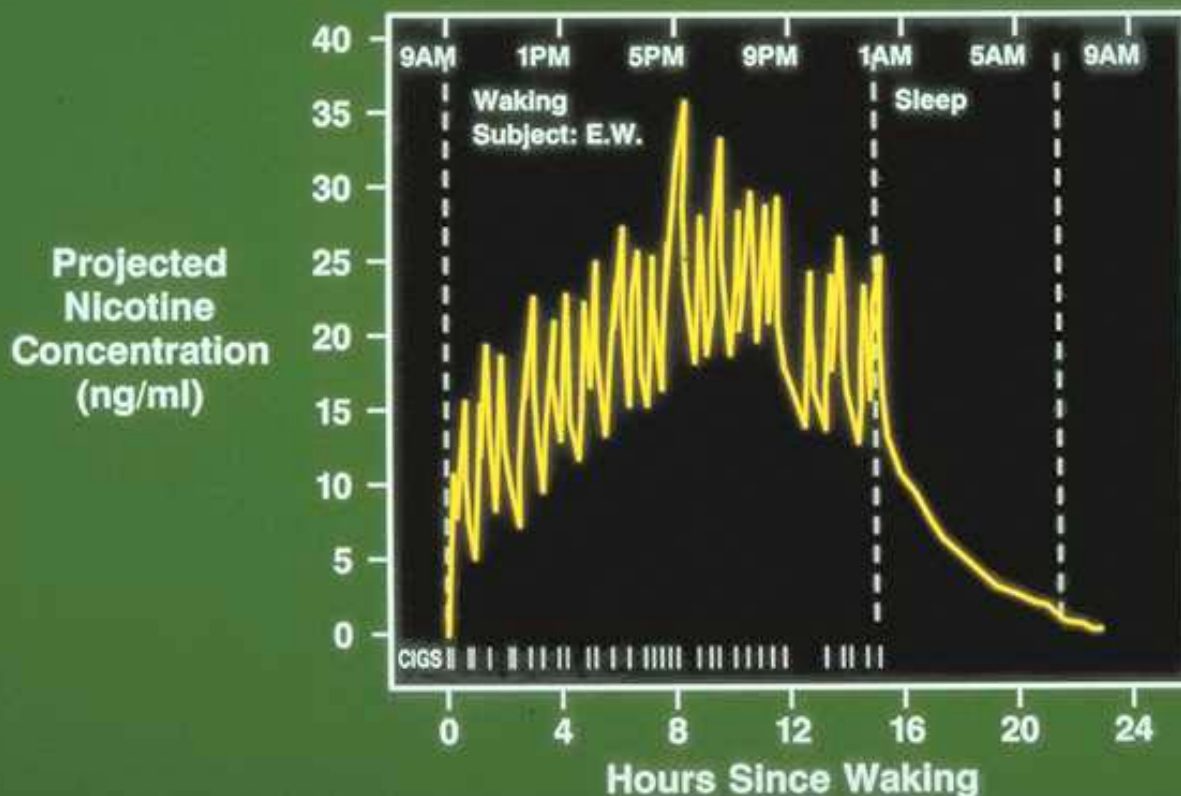




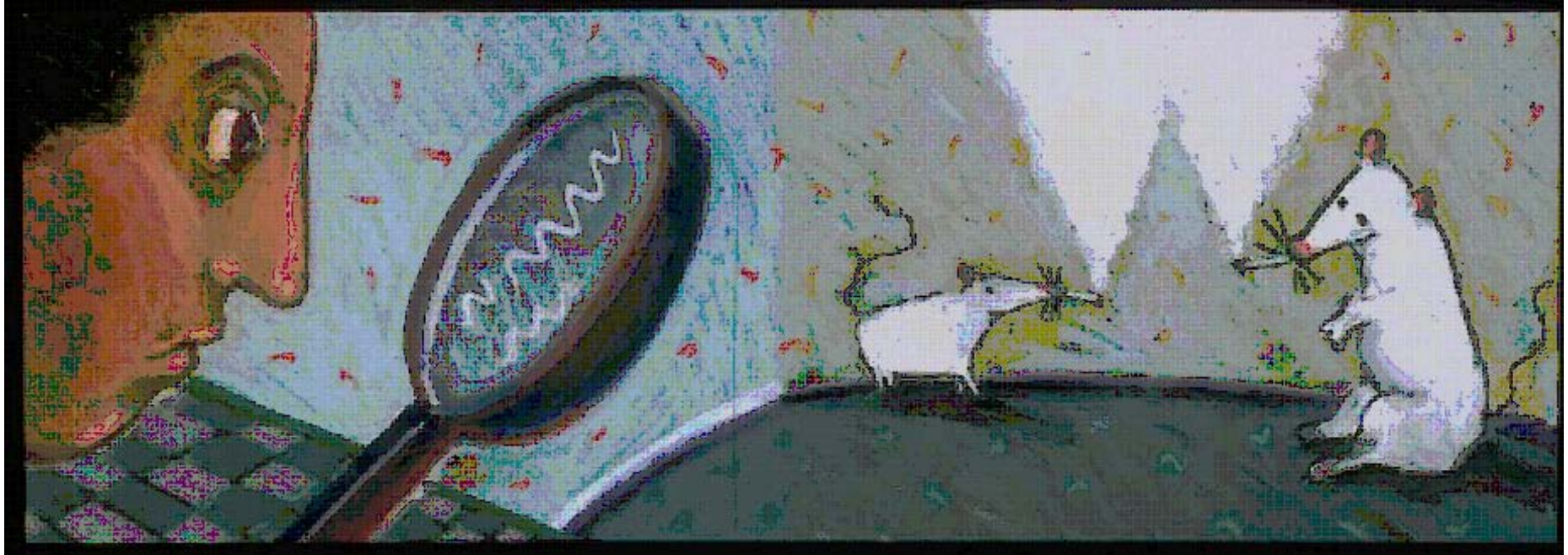


Smokers Maintain Nicotine Levels Throughout the Day

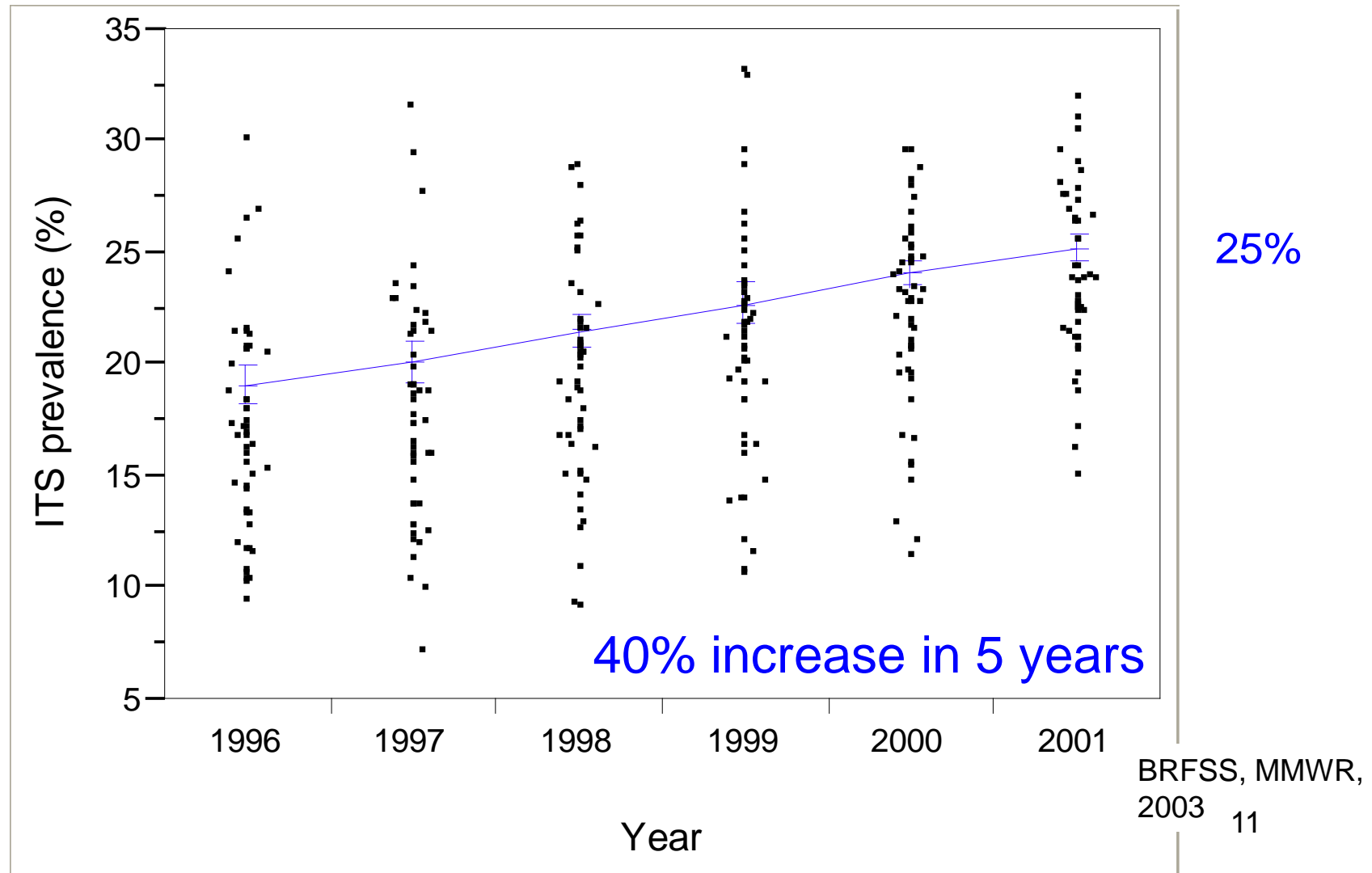
Projected Serum Nicotine Concentration over the Smoking Day

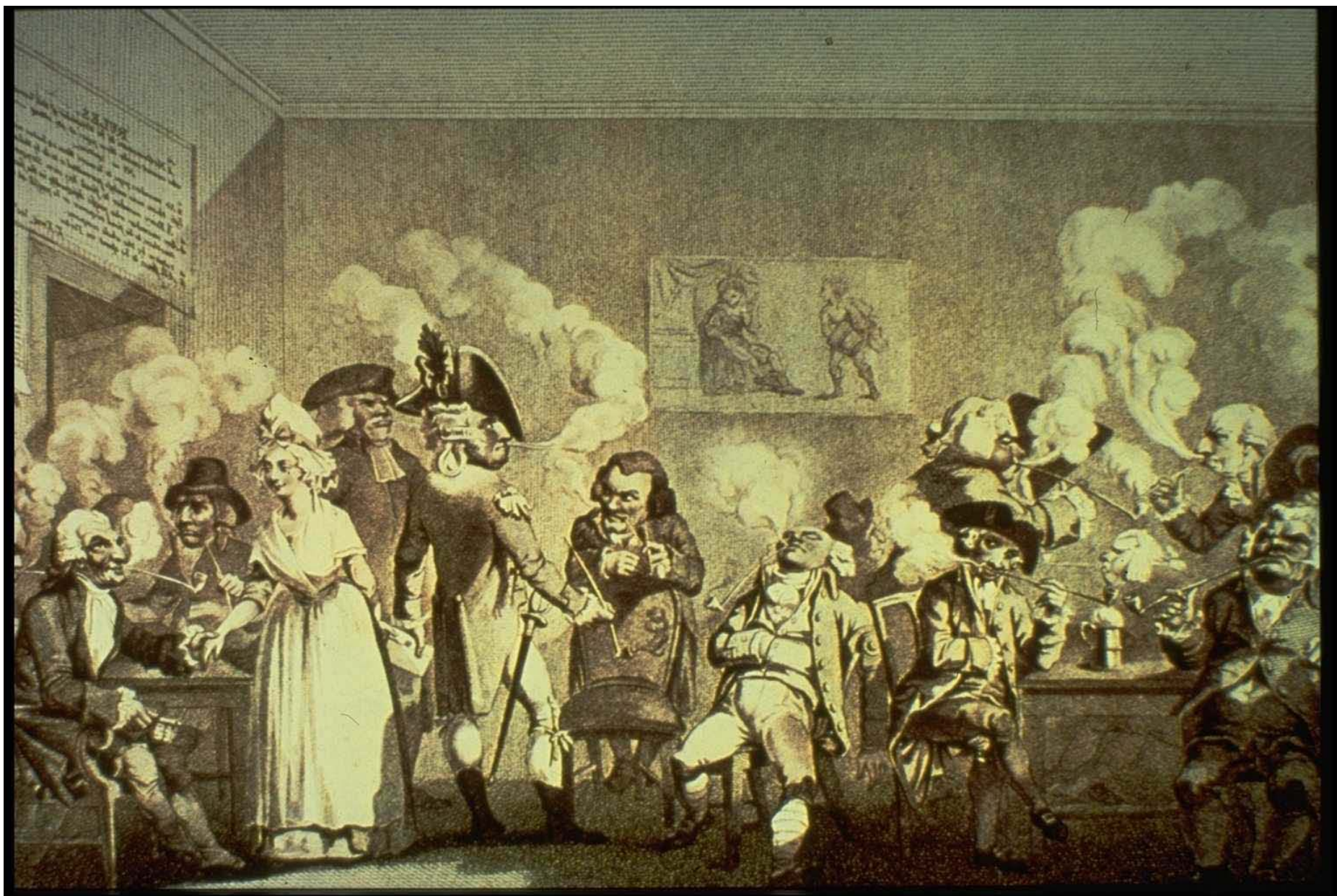


Does All Smokers' Behavior Match the Model?



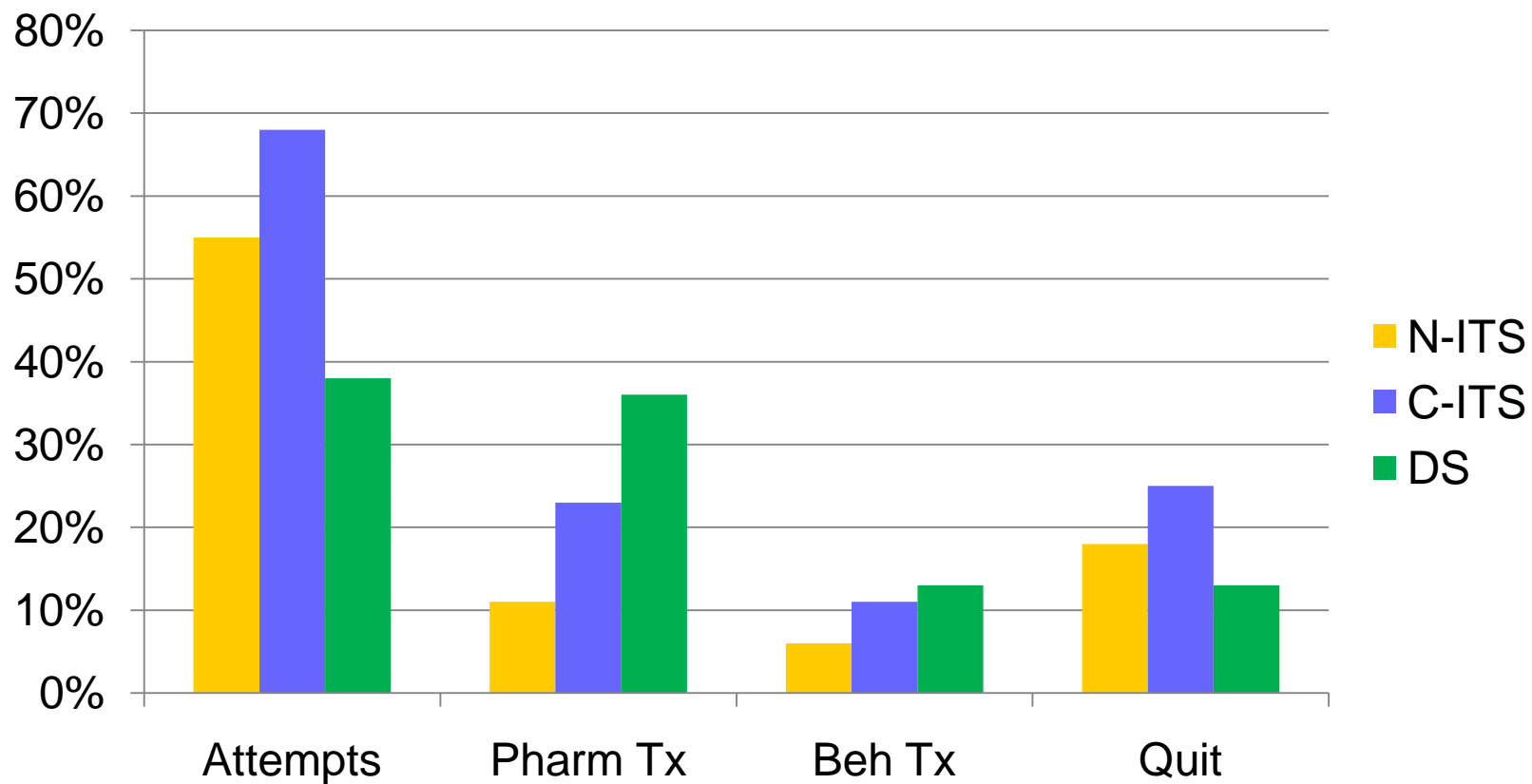
Non-Daily, Intermittent Smoking (ITS) is Prevalent, and Rising







Quitting



Stimulus Control

- Association of behavior with particular stimuli, settings
- May exercise control over behavior
 - Often prescribed for behavior change



Why Ethnic Differences?

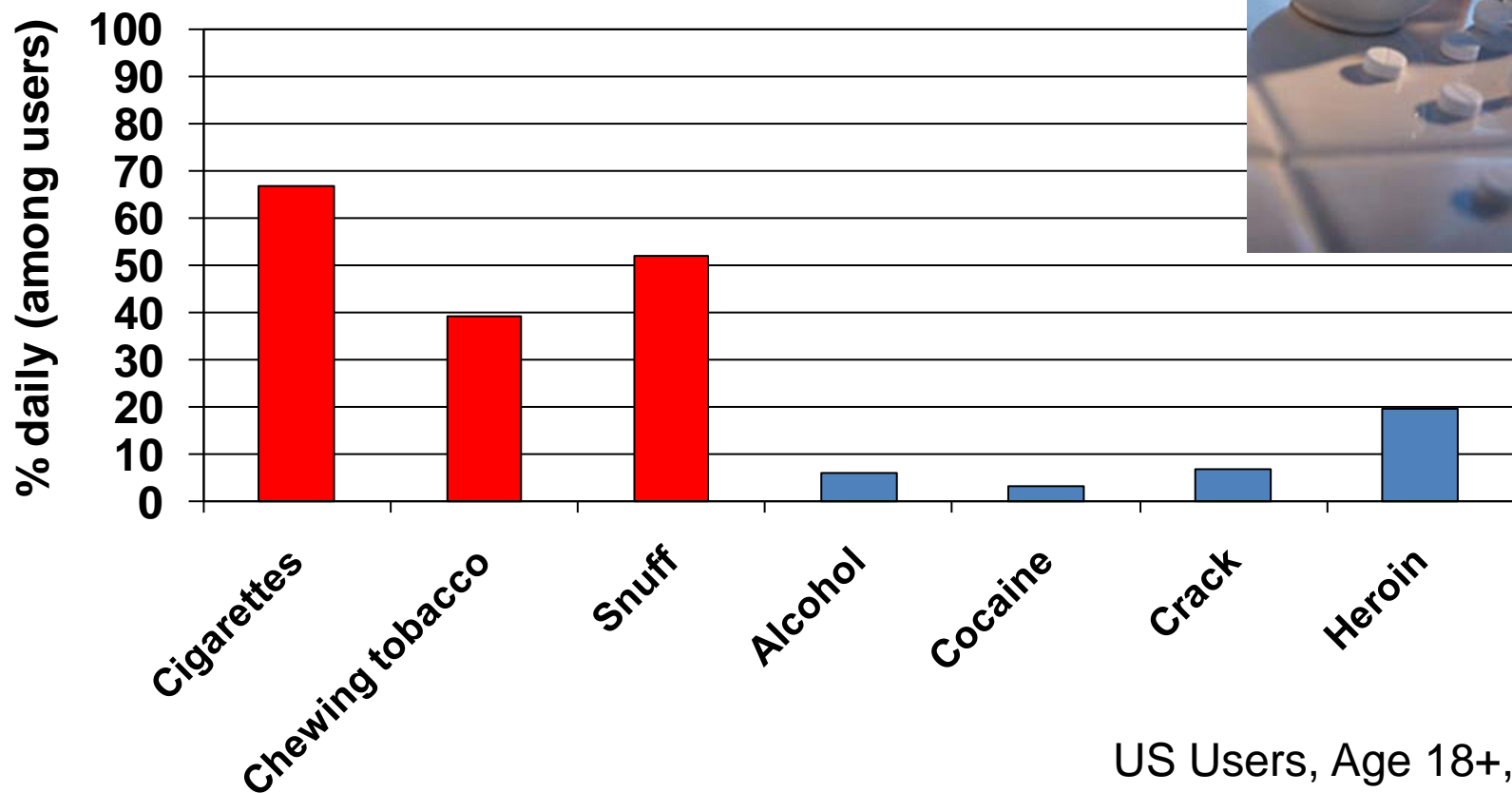
- Culture
 - What aspect?
 - Acculturation in US populations
 - Differential marketing
 - Within-group heterogeneity
- Biology
 - What aspect?
 - Nicotine metabolism
 - Nicotine tolerance
 - Nicotine dependence
 - Vulnerability to disease

Are 20th Century White Europeans The Outliers?

- In many countries, ITS is dominant.
For example,
 - > 2/3rds of smokers in Mexico, Guatemala, Ecuador are ITS
 - 50,000,000 non-daily smokers in China alone
 - ~ 1/2 of female smokers in China are ITS
- Millions of smokers can't be wrong!



How Common is Daily Use of “Addictive” Drugs?



US Users, Age 18+,
NSDUH, 2003

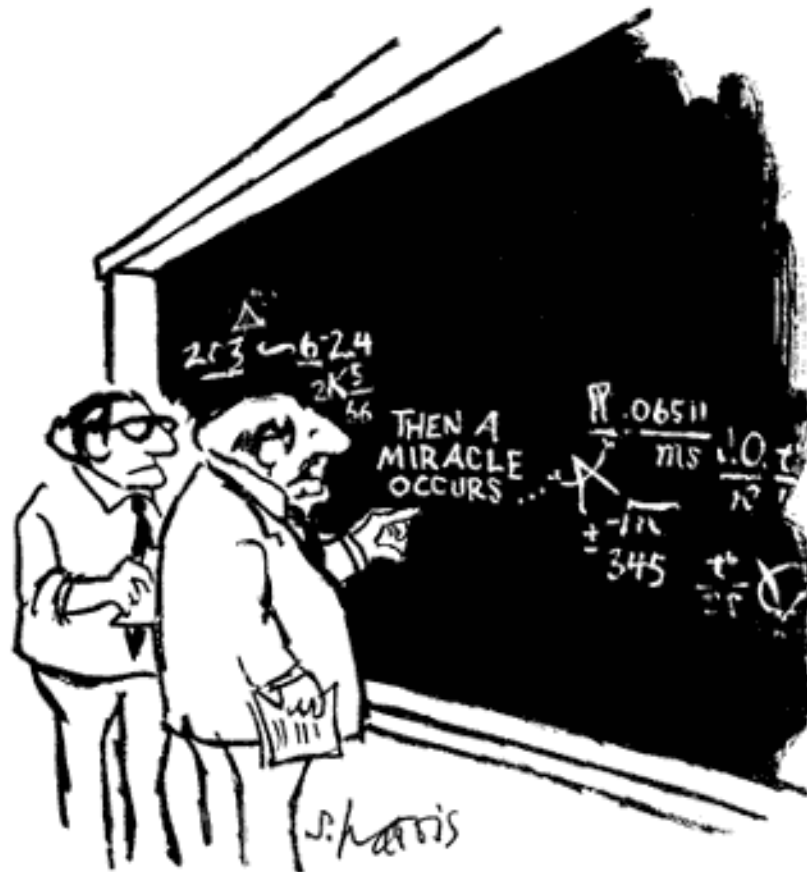
Troubling Thought...

- Our science of smoking behavior is largely based on studying heavy, almost constant, smoking
- This pattern may be an anomaly, based on 80 years of unusual conditions in majority groups in the West:
 - unrestricted availability
 - of inexpensive products,
 - with norms promoting or permitting unconstrained use
- What we have considered fundamental about tobacco use and addiction may be contingent, describing only a “corner case”

New Approaches

- Reach
 - Deliver current interventions to “hard to reach” populations
- Tailoring
 - Tailor interventions to particular needs, styles, culture, relevance
- Innovation
 - Develop new approaches

Some Work Left To Do....



"I think you should be more explicit here in step two."