

**EMBARGOED UNTIL: 3 P.M. TUESDAY, MAY 6, 2008**

## **Frequently Asked Questions**

### **2008 Public Health Service Clinical Practice Guideline Update: Treating Tobacco Use and Dependence**

**May 7, 2008**

#### **Q. What is the 2008 Public Health Service Clinical Practice Guideline?**

*Treating Tobacco Use and Dependence: 2008 Update*, is a United States Public Health Service-sponsored clinical practice guideline, produced by a panel of 24 individuals charged with the responsibility of identifying effective, experimentally validated treatments and practices for tobacco dependence.

#### **Q. Who are the primary audiences for the 2008 Guideline?**

The two primary audiences for the 2008 Guideline are: a) clinicians who care for patients who smoke and b) health systems, insurers, and purchasers who influence the care received by patients who smoke.

#### **Q. Why is the document so important to smokers and their families?**

More than 70% of smokers visit a clinician each year. Many of these smokers want to quit tobacco use. Smokers value the advice of their clinician. The Guideline provides clinicians and the health systems where they work with the evidence-based tools that can help smokers successfully quit tobacco use. The Guideline was designed to address a central health challenge in American today - tobacco use remains the #1 cause of preventable illness and death in the United States, responsible for more than 400,000 deaths. The Update provides a blueprint to reduce this needless illness and death.

#### **Q. Why is this called an update?**

Two prior versions of the Guideline have been published. In 1996, the United States Agency for Healthcare Policy and Research (now the Agency for Healthcare Research and Quality) published *Smoking Cessation: A Clinical Practice Guideline*. In 2000, the United States Public Health Service published *Treating Tobacco Use and Dependence: A Clinical Practice Guideline*. The 2008 Clinical Practice Guideline is an update of the 2000 Guideline.

#### **Q. What's new in this Guideline Update?**

The 2008 Guideline Update reviewed and analyzed more than 8,700 research studies on tobacco dependence published between 1975 and 2007. Clinicians and health systems turn to the Guideline Update for the most current, experimentally validated treatments for their patients who smoke. Key findings in the Guideline Update include:

- Tobacco dependence is a chronic condition that often requires repeated intervention. However, effective treatments exist that can significantly increase rates of successful cessation.
- All clinicians and healthcare delivery systems should consistently identify and offer treatment to every tobacco user who visits a healthcare setting.
- Combining counseling and medication is the most effective clinical treatment of tobacco dependence and should be offered to individuals making a quit attempt.
- Quitline counseling is effective with diverse populations and has broad reach.
- There are now seven effective medications approved by the FDA for treating tobacco dependence. Combinations of medication have also been evaluated.

**Q. What's new in the Guideline for health systems?**

- Providing insurance coverage for evidence-based tobacco dependence treatments increases the rates that smokers use those treatments and the rates that smokers quit.
- Training clinicians and chart reminders result in the increased delivery of evidence-based treatments to smokers.

**Q. What organizations and individuals were involved in creating this Guideline Update?**

The Guideline Update was sponsored by a consortium of eight Federal Government and nonprofit organizations: the Agency for Healthcare Research and Quality (AHRQ); Centers for Disease Control and Prevention (CDC); National Cancer Institute (NCI); National Heart, Lung, and Blood Institute (NHLBI); National Institute on Drug Abuse (NIDA); Robert Wood Johnson Foundation (RWJF); The American Legacy Foundation; and the University of Wisconsin Center for Tobacco Research and Intervention (UW-CTRI). The Update was prepared by a private sector panel of 24 clinicians and scientists.

**Q. How was the Guideline Update prepared?**

The Guideline Update panel began its work in July 2006. Assisted by staff, the panel solicited input from the scientific and treatment communities regarding topics from the 2000 Guideline that needed updating. Based on that input and panel deliberations, 11 topics were identified for detailed updating. Comprehensive searches of the scientific literature were completed, expanding the body of research considered by the Guideline Update panel to more than 8,700 scientific articles. These articles served as a basis for conducting meta-analyses and reviewing the literature to make recommendations for the 2008 Update.

**Q. Who reviewed the Guideline Update recommendations?**

After a draft of the Guideline Update was completed in the fall of 2007, the document was sent to more than 90 independent peer reviewers. In addition, a Federal Register Announcement invited public input. Input from peer reviewers and the public assisted the panel in preparing a final version of the Guideline Update.

**Q. Who has endorsed the Guideline Update?**

Fifty organizations, including the American Medical Association, the American Cancer Society, the American Lung Association, the American Heart Association, and the Society for Research on Nicotine and Tobacco, reviewed and endorsed the Guideline Update prior to its release on May 7<sup>th</sup>.

**Q. How can I get a copy of the Guideline Update?**

The Guideline Update is available at <http://www.surgeongeneral.gov/tobacco> or 1-800-358-9295.

**Q. What other Guideline-related materials will be available?**

In addition to the full Guideline Update, a “pocket guide” for clinicians and a brochure for smokers will be available on May 7<sup>th</sup>. Over the next few months, additional Guideline-related products will be developed. They will all be available at <http://www.surgeongeneral.gov/tobacco> or 1-800-358-9295.