

Substance Use Disorders in the Latino Population

4-Part Learning Series

Module 2:

Tobacco Use Disorder Screening and Treatment

Presented By

Haner Hernandez, PhD, CPS, CADCI, LADCI

Acknowledgment

Presented in 2023 by the National Hispanic and Latino Addiction Technology Transfer Center (ATTC) Network, National Latino Behavioral Health Association (NLBHA) P.O. Box 1360, Pena Blanca, NM 87041.

<https://attcnetwork.org/centers/national-hispanic-and-latino-attc/home>

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At the time of this publication, Miriam E. Delphin-Rittmon, Ph.D., served as Assistant Secretary for Mental Health and Substance Use in the U.S. Department of Health and Human Services and the Administrator of the Substance Abuse and Mental Health Services Administration.

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Presented 2023



The use of affirming language inspires hope and advances recovery.

LANGUAGE MATTERS.

Words have power.

PEOPLE FIRST.

The ATTC Network uses affirming language to promote the promises of recovery by advancing evidence-based and culturally informed practices.



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Fredrick Sandoval, MPA
Executive Director
NLBHA

NLBHA's Mission

The Mission and Goal of The National Latino Behavioral Health Association is to influence national behavioral health policy, eliminate disparities in funding and access to services and improve the quality of services and treatment outcomes for Latino populations.





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NLBHA's Objectives

NLBHA's Objective is to provide national leadership on mental health and substance abuse concerns of the Latino community. NLBHA's Policy Priorities are:

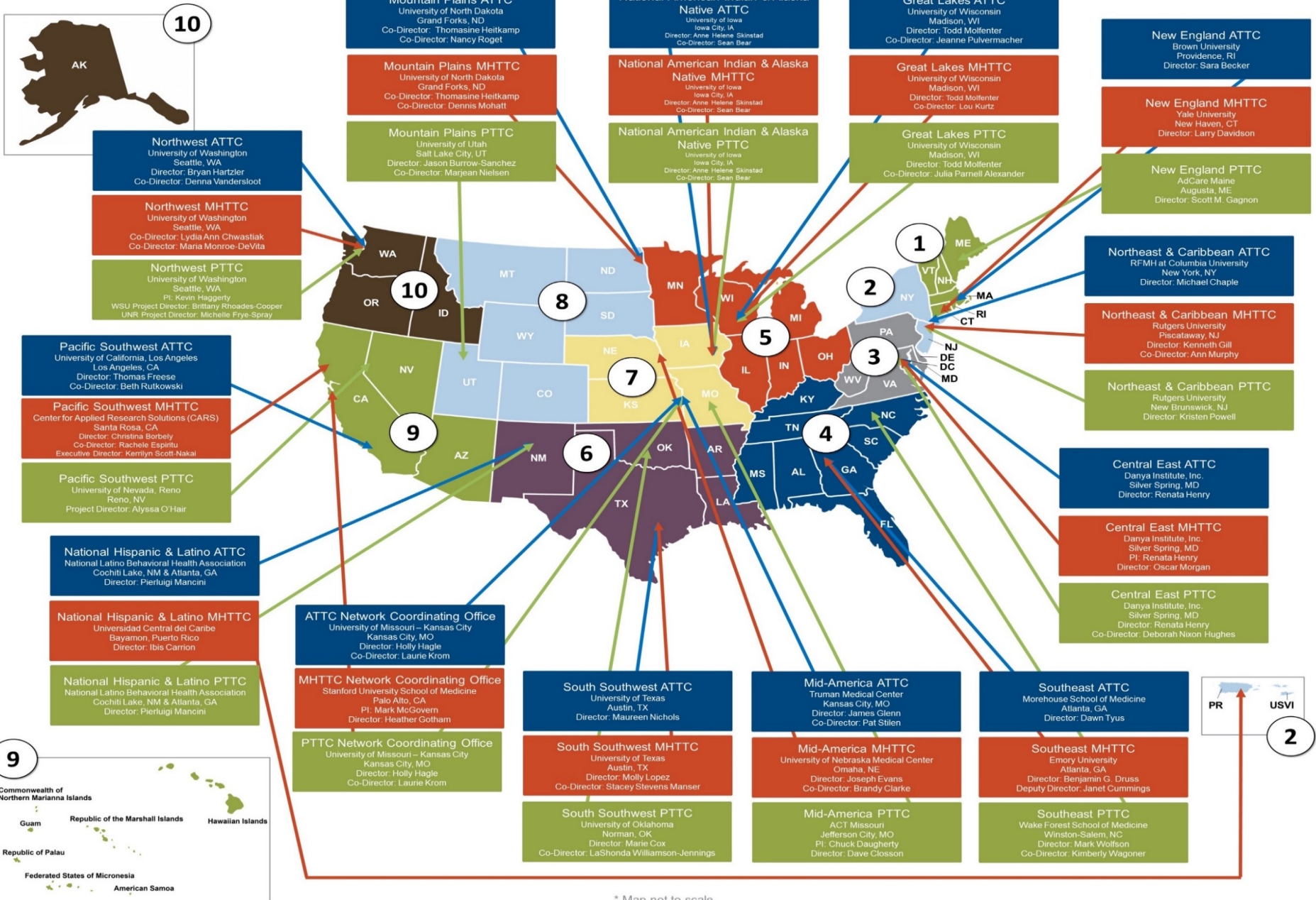
1. Targeted Capacity Expansion of Mental Health Services for Latinos
2. Latino Behavioral Health Evidenced-Based Practices
3. Legislation to increase the number of Counselors/Therapists/Other Behavioral Health Practitioners
4. Funding for Co-Occurring Disorders of Alcohol and Substance Abuse
5. Opioid Crisis in the Latino Community
6. Suicide Prevention



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* Map not to scale.



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National Hispanic and Latino ATTC Mission

The mission of the National Hispanic and Latino Addiction Technology Transfer Center is to provide high-quality training and technical assistance to improve the capacity of the workforce serving Hispanic and Latino communities in behavioral health, treatment, and recovery. We disseminate and support the implementation of evidence-based and promising practices to enhance service delivery, promote the growth of a diverse, culturally competent workforce, and bridge access to quality behavioral health services. We are committed to increasing health equity and access to effective culturally and linguistically grounded approaches.



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Today's Presenter



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Director of the Latino Addiction Counselor Education (LACE)
Program of Massachusetts





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Course Outline



Module 1. Alcohol and SUD Screening and Treatment



Module 2. Tobacco and SUD Screening and Treatment



Module 3. Opioids and SUD Screening and Treatment



Module 4. Stimulants and SUD Screening and Treatment



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Module 2 Overview

- Introduction to SUD in the Latino Population
- Tobacco Use in the Latino Population
- Treatment of Tobacco Use Disorder in Latino Populations



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Introduction- Substance Use Disorders (SUD) among the Latino population living in the United States

The Diagnostic and Statistical Manual of Mental Disorders 5 (DSM-5) defines SUD as a constellation of behaviors involved in compulsive drug seeking including impaired control of substance use, impaired social interactions with others because of substance use, risky drug use (e.g., substance use in hazardous settings), and pharmacological changes (e.g., experiencing withdrawal symptoms).



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Question to consider

What do you think about the no-smoking policies in schools? Do they help to decrease or increase the number of students that smoke?

When consistently enforced, school no-smoking policies are associated with decreased smoking prevalence among adolescents (Pentz et al., 1989a)



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Tobacco Use Disorder



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Tobacco use

In 2019, an estimated 14.0% (34.1 million) of U.S. adults were current cigarette smokers. Current cigarette smokers were defined as persons who had smoked ≥ 100 cigarettes during their lifetime and continue using cigarettes either every day or some days.

SAMSHA, 2015
Dawson et al., 2015
Grant et al, 2015



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Tobacco use continued

- **Cigarette smoking causes about one of every five deaths in the United States each year.** In 2014, cigarette smoking (including secondhand smoke) was estimated to cause more than 480,000 deaths: 278,544 deaths among men and 201,773 among women.
- Tobacco smoking is estimated to lead to premature death. A **'premature death from smoking'** is defined as a death from a smoking-related disease in an individual who would otherwise have died later from another cause.
- On average, these **premature deaths involve 10 years of life years lost.** Quitting smoking before the age of 40 reduces the risk of dying from smoking-related diseases by about 90%.



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Age, gender, and ethnicity

- Relative to nonuse of tobacco, **White (Middle and High School) students had a higher relative risk than Blacks for tobacco use.**
- **Whites and Hispanics had a higher relative risk than Black youth for use of tobacco plus other substance use disorders.** These racial differences in tobacco use did not change over time (2011,2013,2015).
- **Types of tobacco products used have varied by year and race. In 2015, the e-cigarette was the most commonly used product among youth from all racial groups.**
- Evidence supports that **cigarette smoking is significantly lower among non-Hispanic Black youth compared with Whites.**



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Chartier et al, 2016



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American Indians/Alaska Natives (AI/AN, Non-Hispanic)

- In 2019, **20.9% of AI/AN adults in the United States smoked cigarettes, compared with 14.0% of U.S. adults overall.** AI/ANs have a higher prevalence of current smoking than most other racial/ethnic groups in the United States.
- **AI/AN men and women were found to have a higher percentage of smoking-related deaths from heart disease and stroke than white men and women.**

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Hispanics and smoking

- **The prevalence of cigarette smoking among Hispanics is generally lower than the prevalence among other racial/ethnic groups in the United States, with the exception of non-Hispanic Asians.**
- However, smoking prevalence among Hispanic men is significantly higher than among Hispanic women, and there are significant differences in smoking prevalence among subgroups within this population
- Among both men and women, **smoking prevalence is highest among Puerto Ricans** and lowest among Central or South Americans.

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Lesbian, Gay, Bisexual, and Transgender (LGBT)

Smoking prevalence among LGBT individuals in the United States is higher than among heterosexual/straight individuals. This may be in part due to the aggressive marketing of tobacco products to this community.

In 2019, the prevalence of current **cigarette smoking among lesbian, gay, and bisexual adults was 19.2%**, compared with 13.8% among heterosexual/straight adults

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Adults with disabilities

Adults with disabilities are more likely to be cigarette smokers than those without disabilities. In 2019, the prevalence of current cigarette smoking **among adults with disabilities was 21.1% compared with 13.3% among adults with no disability.**



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People with mental health conditions

Approximately 1 in 4 (or 25%) of adults in the U.S. have some form of mental illness or substance use disorder, and these adults consume almost 40% of all cigarettes smoked by adults overall.

In 2019, **27.2% of U.S. adults with any mental illness reported smoking cigarettes during the past month compared to 15.8% of adults with no mental illness.**



[Image from freestock](#)

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Etiology of tobacco use disorders: Sociocultural factors

- Tobacco-related health disparities still exist in communities of color
 - Latinos are the least protected group in terms of secondhand smoke in the workplace
- A number of indicators of assimilation to U.S. culture as well as socio-demographic variables predict substance use among Latinos
 - Gender roles – machismo
 - English Language proficiency
 - Regional differences in patterns of substance use among “within group Latinos
 - Immigrant generations are at greater risk for mental health problems
- Access to treatment
 - Latinos have less access to substance use treatment and must wait longer to access such services as compared to non-Hispanics.
 - Some of the disparities in treatment that occur within the Latino community can be resolved through the increased availability of culturally informed treatments.

Wells et al, 2001
Chartier et al, 2016





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Treatment of Tobacco Use Disorder in Latino Populations



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‘Tobacco is a legal drug that kills many of its users when used exactly as intended by manufacturers.’

In 2019, the WHO announced that tobacco (i.e., tobacco cigarettes, pipes, cigars, waterpipes, smokeless tobacco products, and heated tobacco products, *but not e-cigarettes*) kills up to half of its users and **more than 8 million people each year**, of which 7 million are the result of direct tobacco use. While exposure to second-hand smoke accounts for over 1.2 million deaths among non-smokers.

World Health Organization



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TUD treatment tools

NICOTINE REPLACEMENT THERAPY

VACCINE DEVELOPMENT

VARENICLINE (CHANTIX)

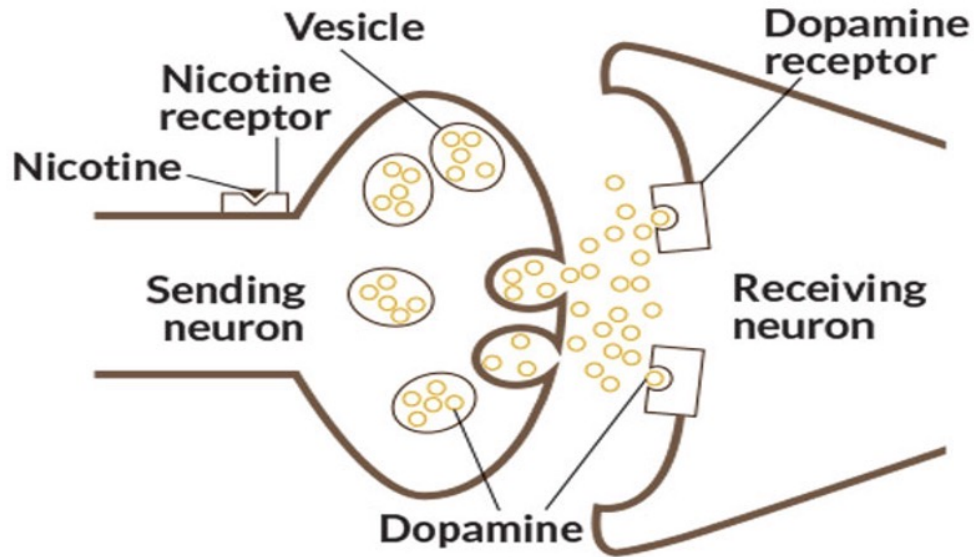
BUPROPION (WELLBUTRIN, ZYBAN)





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Nicotine Replacement Therapy (NRT)

The aim of NRT is to replace the nicotine that people who smoke usually get from cigarettes, so the urge to smoke is reduced and they can stop smoking altogether. NRT improves a person's chances of stopping smoking, and people use it to quit.

Using a nicotine patch plus another type of NRT (such as gum or lozenge) together made it **15% to 36% more likely that a person would successfully stop smoking than if they used one type of NRT alone.**



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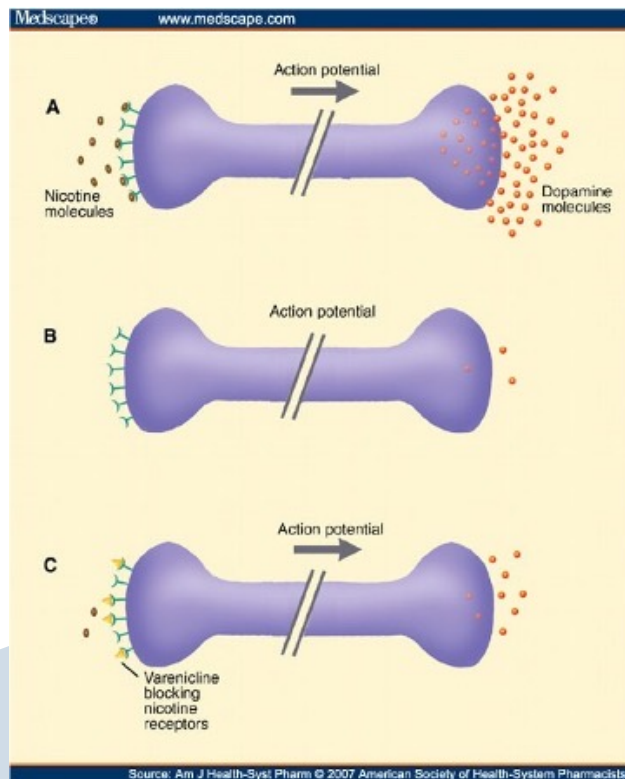


Vaccine development is another area of exploration in smoking cessation. The primary mechanism of a vaccine would consist in generating antibodies that bind to nicotine to reduce its entry into the brain.

Condition or disease	Intervention/treatment	Phase
Smoking Cessation	Biological: <u>NicVAX</u> conjugate vaccine Biological: Placebo	Phase 2

Potts et al, 2007





[Image from medscape](#)

Varenicline (Chantix) is a medication that aids in smoking cessation by acting as a **nicotine receptor partial agonist**. It's one of several first-line medications recommended to increase long-term smoking abstinence.





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Bupropion (Wellbutrin, Zyban)

First non-nicotinic drug treatment approved by the FDA to stop smoking. An antidepressant that stimulates noradrenergic and dopaminergic functions, it has been shown to double abstinence rates even in the long term, which is why it is used as a first-line drug to treat smoking. It is not, however, indicated in smokers with a history or risk of seizures, or in pregnant or breastfeeding women.



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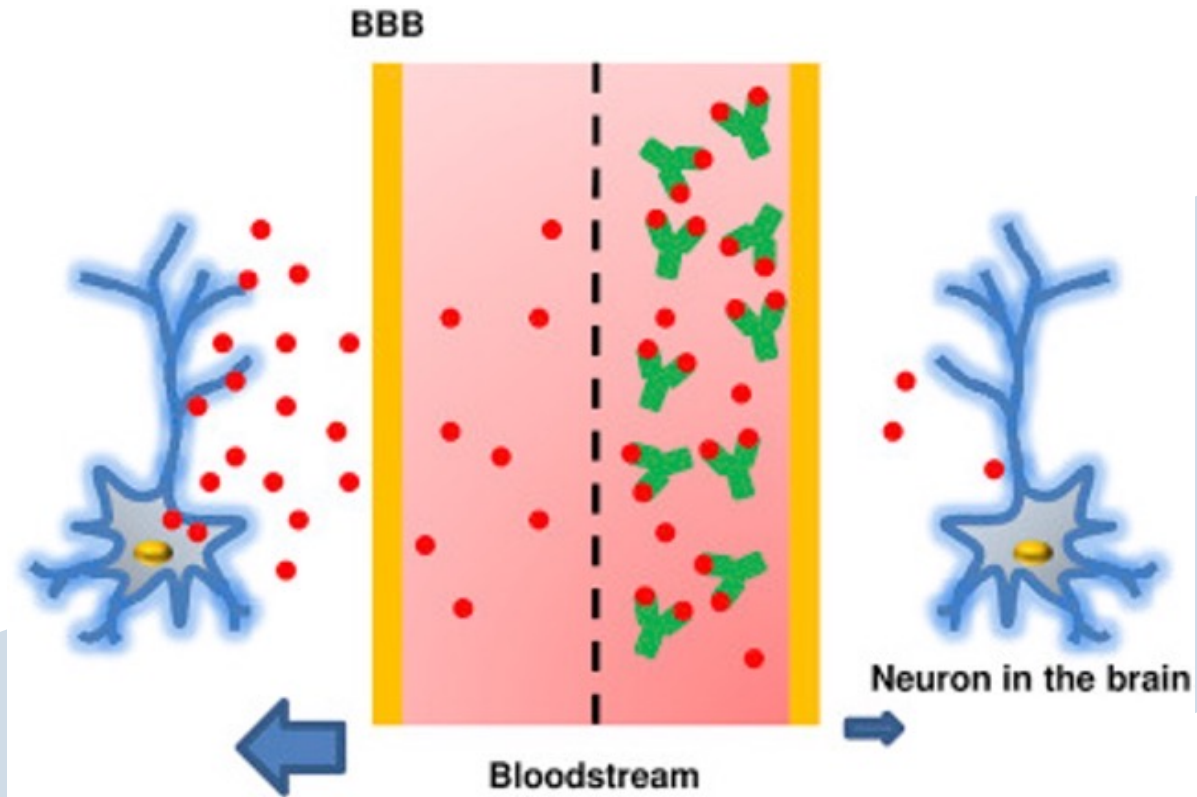


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[Image from sciencedirect](#)



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Here is what we learned

1.) Knowledge reminder

In 2019, an estimated 14.0% (34.1 million) of U.S. adults were current cigarette smokers. Current cigarette smokers were defined as persons who had smoked ≥ 100 cigarettes during their lifetime and continue using cigarettes either every day or some days.

2.) Knowledge reminder

The prevalence of cigarette smoking among Hispanics is generally lower than the prevalence among other racial/ethnic groups in the United States, except for non-Hispanic Asians.

3.) Knowledge reminder

The aim of NRT is to replace the nicotine that people who smoke usually get from cigarettes, so the urge to smoke is reduced and they can stop smoking altogether. NRT improves a person's chances of stopping smoking, and people use it to quit.





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Substance Abuse and Mental Health Data Archive

<https://www.datafiles.samhsa.gov>

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Coming up next:
**Substance Use Disorders
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4-Part Learning Series
Module 3:
*Opioids and SUD Screening and
Treatment*



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