

Glossary of Terms

Big Tobacco

This term is commonly used in reference to the top three grossing tobacco companies: Phillip Morris, RJ Reynolds, and Brown & Williamson. Additional information about these companies can be obtained by visiting the Big Tobacco Sucks website at www.bigtabaccosucks.com.

Centers for Disease Control and Prevention (CDC)

CDC is the federal agency that is responsible for developing and applying disease prevention and control, environmental health, and health promotion and education activities. The CDC's Office on Smoking and Health provides a variety of tobacco education resources. For more information, visit the CDC website, www.cdc.gov.

CO Monitor

A carbon monoxide (CO) monitor tests the level of expired CO in a person's lungs. As a person quits smoking, they will see a rapid decrease of CO. One of the difficulties smokers have when they quit is seeing results when quitting. Expired CO and blood pressure monitoring are two ways to show a person the immediate benefits to quitting smoking.

Chronic Obstruction Pulmonary Disease (COPD)

Also referred to as Chronic Obstructive Lung Disease (COLD), Tabor's 17th Edition of the Cyclopedic Medical Dictionary defines COLD as the "disease process that causes decreased ability of the lungs to perform their function of ventilation." In COPD, lung function may be reduced to less than 50 percent, which creates labored breathing. There may or may not be a chronic cough present.

County Tobacco Control Coalitions

The Tobacco Prevention and Control Programs in Oregon and Washington have contracts with county health agencies that are responsible for coordinating local tobacco prevention coalitions. These coalitions are developing and implementing community-based tobacco control strategies to create tobacco-free environments and reduce youth access to tobacco.

Environmental Tobacco Smoke (ETS)

Also called "secondhand smoke," ETS is the combination of two forms of smoke from burning tobacco products: sidestream smoke is the smoke that is emitted between puffs of a burning cigarette, pipe, or cigar, and mainstream smoke is the smoke that is exhaled by the smoker. Nonsmokers who are exposed to ETS absorb nicotine and other compounds just as smokers do.

Fred Hutchinson Cancer Research Center

The "Hutch" is a world-renowned, nonprofit institution in Seattle that is dedicated to eliminating cancer as a cause of suffering and death. It is one of forty-one comprehensive cancer centers designated by the National Cancer Institute. For more information, visit the website, www.fhcrc.org.

Great American Smokeout (GASO)

The Great American Smokeout is a nationally recognized event is sponsored by the American Cancer Society. Held annually on the third Thursday of each November, the Great American Smokeout was created to challenge people to quit using tobacco for a day or longer and raise awareness about other effective ways to quit for good. Ideas for activities to be held during the Great American Smokeout can be found at www.cancer.org/smokeout.

Health Care Providers

Professionals who provide medical care, counseling, and other support services for students are referred to as “health care providers” in this Intervention Manual. They may include physicians, nurses, physician assistants, nurse practitioners, and other non-medical staff.

Kick Butts Day

Established in 1995, Kick Butts Day is the Campaign for Tobacco Free Kids’ annual event that encourages young adults to advocate awareness of the deceitful practices committed by Big Tobacco. Activities that coincide with KBD typically focus on Big Tobacco’s manipulative business practices, including racial profiling, marketing among youth and college students, experiments to make tobacco more addictive, and animal testing.

Nicotine Replacement Therapy (NRT)

Nicotine Replacement Therapy (NRT) comes in several forms: transdermal nicotine therapy (the patch), nicotine gum, and nicotine lozenge. NRT is designed to provide a steady stream of nicotine that helps the smoker deal with nicotine cravings while quitting. NRT use is not recommended for certain groups of people, depending upon one’s state of health and daily tobacco intake. Persons on certain types of medications should work closely with their primary care physician to monitor medication dose during tobacco cessation. NRT patches, gum, and lozenges are available over-the-counter.

Pack Tracks

Created by the American Lung Association®, Pack Tracks are designed to help a tobacco user study their habit by identifying when, where, and why they use tobacco during a 24-hour period. The pack track card is typically carried inside a cigarette pack/can of chew tobacco as the user will document their consumption each day for a specified period of time in order to examine what triggers their tobacco use. Pack Tracks can be obtained through your local American Lung Association.

Peer Health Educators

Peer health educators are trained to assist students working toward tobacco cessation. They may assist at campus-sponsored health promotion events, provide tobacco cessation information to other students, or offer support to students during the cessation process..

Quit Kit

This resource is designed to help students overcome cravings and/or withdrawal symptoms during the cessation process. Quit Kits typically contain gum, mints, lollipop, binder clip, rubber band, cartoons, a pen, a worry stone, a toothbrush and toothpaste, and other assorted items to help in the cessation process.

Residence Advisors

Residence Advisors (RAs) are students who are responsible for sections or floors of a campus residence hall (e.g., dorm). Their responsibilities can include leading regular meetings, programs, and helping students deal with difficult or new situations.

World No Tobacco Day (WNTD)

World No Tobacco Day was established in the United States to draw attention to the worldwide impact of tobacco use, improve public health by encouraging people not to use tobacco, and assisting users to quit. World No Tobacco Day is observed annually on May 31st. Additional information about World No Tobacco Day can be found at: www.wntd.com.

Website References

American Lung Association	www.lungusa.org
American Cancer Society	www.cancer.org
BACCHUS & GAMMA Peer Education Network	www.tobaccofreeu.org
Big Tobacco Sucks	www.bigtabaccosucks.com
Campaign for Tobacco Free Kids	www.tobaccofreekids.org
Centers for Disease Control and Prevention	www.cdc.gov
CigaretteLitter.org	www.cigarettelitter.org
College Tobacco Prevention Resource	www.ttac.org/college/index.htm
Globalink	www.globalink.org
Health Edco	www.HealthEdco.com
Kick Butts Day	www.kickbuttsday.org
National Institute on Drug Abuse	www.smoking.drugabuse.gov
National Cancer Institute	www.nci.nih.gov
Oregon Mint Snuff Company	www.mintsnuff.com
The Legacy Foundation	www.americanlegacy.org
Tobacco-Free Periodicals Project	www.tobaccofreeperiodicals.org
The Truth Campaign	www.thetruth.com
Tobacco Technical Assistance Consortium	www.ttac.org
U.S. Department of Health and Human Services	www.hhs.gov
World Health Organization	www.who.int
World No Tobacco Day	www.wntd.org