



Medical Education and Research Grant Outcome Report

Name: The Wisconsin Smokers Health Studies

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Department: Medicine

Program: Targeted

Grant Duration: 01-01-2007 to 06-30-2009 (30 months)

Expenditures: \$599,839 (100%)

Use of Funds (Taxonomy): Clinical Research

Research Keywords: Tobacco Dependence, Smoking Cessation, Tobacco Use, Tobacco Control

► **Description:** The UW Center for Tobacco Research and Intervention (UW-CRTI) has undertaken the largest-ever smoking cessation trial, addressing the long-term, psychological, and social effects of smoking and quitting. These studies provided cessation treatment to more than 2,800 Wisconsin smokers. Early results from these trials showed promising results including effective new models for engaging smokers; unusually high quit rates among smokers; and the enrollment of smokers into a longer-term study of health and psychosocial effects of smoking. The grant from MERC was aimed at expanding follow up within the Wisconsin Smokers Health Studies, a longitudinal study initially funded by the National Institutes of Health.

► **Contributions/Results:** With MERC funding, the UW-CRTI was able to invite participants to continue in the study for at least three years. This has enriched the information gleaned about the health and health system consequences of successful and unsuccessful quitting.

Overall, this project has made significant progress in designing new treatment algorithms. It has reported higher smoking cessation rates. A third research aim, an exploration of the long-term physical and psychological and social benefits of quitting will be completed after the third year data.

► **Met Objectives:** Project completed

► **Timeline for Application of Results:** Less than three years

► **New Partnerships or Collaborations:** This project involved a series of collaborations beyond UW-CRTI. Within UW, there were numerous first-time collaborations with physicians, graduate students, and post-doctoral researchers. In addition, a new partnership was formed with Harvard Medical School. The next round of trials will continue research collaborations with the Institute for Clinical and Translational Research, the UW Department of Education Psychology, the Carbone Cancer Center, the UW Business School, the Department of Population Health Sciences, the Industrial Engineering Department, and the Kinesiology Department. It will also include significant new collaborations with Aurora Health Care, DeanCare, Mercy Health Care, and Penn State University.

► **Matched Dollars (cash or in-kind):** None

► **Dissemination:** The two main outcome papers will appear in the *Archives of Internal Medicine* and the *Archives of General Psychiatry*. Project results have been presented at conferences sponsored by the Society of Research in Nicotine and Tobacco; the National Institute of on Drug Abuse; the American Heart Association; and the UW Department of Medicine. There are 10 more papers that may be produced on these studies, including one on the invitation and recruitment model and another with an economic analysis based on long-term data from Aurora Clinics network.

► **Additional Funding:** Received \$11.4M from a variety of sources, including the National Institutes of Health