

UNIVERSITY of
STIRLING



NICOTINE & TOBACCO: CURRENT ISSUES, POLICY AND PRACTICE

STIRLING COURT HOTEL, UNIVERSITY OF STIRLING, STIRLING,
SCOTLAND, UK, FK9 4LA

11TH-14TH MAY, 2020



SPECTRUM

Shaping public health policies
to reduce inequalities & harm

NICOTINE & TOBACCO: CURRENT ISSUES, POLICY AND PRACTICE

Day One: Monday, 11th May	
12.00pm	<p>Welcome and Introduction</p> <p><i>Linda Bauld will outline of the format of the course, aims and learning objectives</i></p>
12.15pm	<p>Prof Linda Bauld, University of Edinburgh <i>Policies on nicotine and tobacco: an overview</i></p> <p>This session will introduce policies on nicotine and tobacco in the context of policy-making and the policy process. An introduction to the international context will be provided including the Framework Convention on Tobacco Control. Supply and demand side policies will be introduced as well as evidence about the effectiveness of particular policies, particularly those focusing on reducing smoking in high prevalence target groups. Harm reduction policy will be introduced and then discussed in more detail later in the course.</p>
1.15pm	Lunch
2.00pm	<p>Sheila Duffy – ASH Scotland <i>Tobacco policy in Scotland: past progress, current and future priorities</i></p> <p>This session will provide an overview of current tobacco and related policy issues in Scotland. Progress will be described and key priorities identified. This will include Scotland’s tobacco control action plan, our new Public Health Scotland body, and discussion about partnership work on smoking prevention and reduction.</p>
3.00pm	<p>Prof Jamie Brown – University College London <i>Latest trends in cigarette smoking and electronic cigarette use</i></p> <p>This session will provide the most up-to-date information available on rates of smoking, attempts to stop smoking, methods used to stop and success at stopping in the UK. It will present evidence on the real-world effectiveness of different methods of stopping and what other factors influence rates of quit attempts and quit success. It will examine what the evidence indicates is the effect of the recent increase in e-electronic cigarette use.</p>
4.00pm	Break



Day One: Monday, 11th May, continued	
4.20pm	<p>Cecilia Farren, GASP <i>The story of tobacco and tobacco control</i></p> <p>The tobacco plant has been cultivated for human consumption for thousands of years. This presentation will provide an overview of the history of tobacco use and will also cover key milestones in the campaign to reduce the harm caused by tobacco.</p>
5.30pm	Day one end
7.30pm	Networking Dinner

Day Two: Tuesday 12th May	
9.00am	Introduction to the day
9.05am	<p>Prof John Britton, University of Nottingham <i>Health effects of tobacco and nicotine</i></p> <p>Tobacco use has a range of health effects and causes respiratory, circulatory and cardiovascular disease and cancer. This session will outline the health impact of smoking and second hand smoke exposure in adults and in children. It will also explore the benefits of smoking cessation. Health effects of nicotine when delivered through pharmaceutical products (such as Nicotine replacement therapy) and other nicotine containing products (such as e-cigarettes) will also be outlined.</p>
10.20am	<p>Prof Jamie Pearce, University of Edinburgh <i>Tobacco availability</i></p> <p>This session will consider an area of tobacco control that has received limited attention: the local availability of tobacco products. We will consider the evidence linking local availability, pricing and smoking-related outcomes. This will include presenting new findings on how availability and pricing varies across communities in Scotland. Discussion will also consider the implications of a variety of policy scenarios designed to reduce the availability of tobacco products.</p>
11.20am	Break



Day Two: Tuesday 12th May, continued	
11.45am	<p>Dr Angela Attwood, University of Bristol <i>Nicotine dependence</i></p> <p>This session will explore the biological basis of nicotine dependence, including the effects of nicotine on the central nervous system, and individual differences in susceptibility to dependence. It will also discuss the role of genetic factors in dependence, and their impact on response to smoking cessation pharmacotherapies and other nicotine containing devices.</p>
1.15pm	Lunch
2.00pm	<p>Dr Kasia Campbell, University of Nottingham <i>Smoking in pregnancy</i></p> <p>This session will cover the harms of smoking in pregnancy, smoking prevalence and predictors of smoking in pregnancy and postpartum. It will also outline qualitative research on women's experience of smoking and cessation, both during pregnancy and postpartum, the evidence for the effectiveness of interventions to aid smoking cessation during pregnancy with a focus on face-to-face behavioural support, financial incentives, self-help, pharmacotherapy, and population-level interventions.</p>
3.30pm	Break
4.00pm	<p>Prof Kamran Siddiqi, University of York <i>Smokeless tobacco</i></p> <p>This session will explore which evidence-based initiatives are required to control ST use, particularly for communities facing the greatest disease burdens. A quarter of the world's tobacco use is in the form of smokeless tobacco (ST) i.e. tobacco products which are consumed without burning. The types of ST used worldwide vary greatly and the products used in Asia and Africa usually contain higher levels of cancer-producing chemicals than those used elsewhere. There are 300 million ST users in the world with the vast majority (85%) living in South Asia. ST use is also common in the UK among people of South Asian-origin. ST products are addictive, cause cancer, increased cardiovascular mortality risks and poor pregnancy outcomes. Despite more than half a million people dying every year due to ST-related cancers and other diseases, ST remains largely neglected by policy makers and researchers.</p>
5.30pm	End of day two



Day 3: Wednesday 13th May	
9.00am	Introduction to day three
9.05am	<p>Dr Deborah Robson, Kings College London <i>Smoking and mental health</i></p> <p>The relationship between smoking and mental health has been neglected compared with the relationship between smoking and physical health. In the UK it is estimated that between 30 and 42% of cigarettes are consumed by those with mental health problems. Smoking is elevated among those with poor mental health, and for those with some diagnoses, smoking is a majority behaviour: not only do more people smoke, but they smoke more heavily and there is a dose response relationship with the illness. Furthermore, there is little evidence of tobacco control impacting smoking prevalence in some severely ill groups. This talk explores the relationship between smoking, nicotine and mental health and what can be done about it.</p>
10.30am	<p>Dr Sharon Cox, London South Bank University <i>Smoking and homelessness</i></p> <p>Smoking is extremely common amongst adults experiencing homelessness, with prevalence rates ranging from 70-90%. This has a significant impact on health, as adults in this group often present with poor cardiac and respiratory health, as well as a financial impact, with estimates that up to a third of income being spent on tobacco. However, there is evidence that those defined as homeless do wish to quit smoking, and our research shows that many attempts are made. Unfortunately quit attempts are short lived and often unaided. This talk will discuss the barriers and facilitators to smoking cessation within this group and provide an overview of studies which show how best to implement services for effective change.</p>
11.30am	Break
11.50am	<p>Dr Catherine Kimber, London South Bank University <i>Treatment approaches for stopping smoking including harm reduction</i></p> <p>This session will provide an overview of current evidence-based behavioural and pharmacological treatments for smoking cessation and harm reduction. It will then introduce some of the recently developed novel nicotine delivery products including electronic cigarettes and discuss their potential for helping smokers to cut down or quit.</p>
1.15pm	Lunch



Day Three: Wednesday 13th May, continued	
2.00pm	<p>Crawford Moodie, University of Stirling <i>Tobacco packaging as a communications tool: Up to and beyond plain packaging</i></p> <p>This session will explore how tobacco companies have used packaging to promote their products and how regulators have used packaging to deter use. One way that governments have attempted to dissuade consumers is via plain (or standardised) packaging, which has been introduced in Australia in December 2012 and France in January 2017. From May 2017 cigarettes and rolling tobacco in the UK had to come in plain packs and meet the requirements set by the Tobacco Products Directive. How tobacco companies have responded to this legislation, and what other opportunities there are for using the pack to communicate health risks and dissuade use, will be outlined.</p>
3.30pm	Break
4.00pm	<p>Dr Allison Ford, University of Stirling <i>Young people, smoking and e-cigarette use</i></p> <p>Smoking uptake in the UK starts in the early teens and continues until the mid-twenties. The first part of this session will outline trends in smoking in young people in the UK and consider the factors that influence uptake and addiction. It will also outline what we know about e-cigarette experimentation and use in young people. The second part will critically assess policies and interventions to reduce smoking in young people.</p>
5.30pm	End of day three



Day 4: Thursday 14th May	
9.00am	Introduction to day four
9.05am	<p>Dr Tessa Langley, University of Nottingham <i>Use of mass media for smoking prevention and cessation</i></p> <p>This session will first of all examine the most up to date evidence concerning the impact of mass media on smoking prevention and cessation, what mass media campaigns can realistically achieve, and the characteristics of mass media campaigns which have been found to increase their effectiveness.</p>
10.40am	Break
11.00am	<p>Prof Jeff Collin, University of Edinburgh and UKCTAS <i>The tobacco industry</i></p> <p>This session will provide an introduction to the tobacco industry, outline who the major tobacco companies are both globally and in the UK and introduce tobacco industry documents as a source of evidence on the tobacco industry. It will explore in some detail how the industry has traditionally responded to threats to its profitability and the tactics it uses to influence and undermine tobacco control policy. Finally, the session will explore what the future holds for the tobacco industry and the implications of this for tobacco control.</p>
12.30pm	Module ends

HOW TO FIND US

Stirling Court Hotel is just two miles from the centre of Stirling in central Scotland.

To find the best way to travel to and from the venue go to:

<https://www.stir.ac.uk/about/getting-here/>

This will take you to the University of Stirling website and will show you a map of the area and give you the opportunity to search all available transport options. Below we have summarized some general travel options when planning your travel.

By Air

The nearest international airports to Stirling are Edinburgh and Glasgow Airports. Regular buses or trams can take you from either airport to the city centres where you can then access frequent train services to Stirling. You can check timetables on the [Citylink](#) website and find out more about [Edinburgh Airport Bus Connections](#).

You can also pre-book a taxi in advance using [Stirling Taxi's online system](#).

Driving from the airport

Glasgow Airport is approximately an hour drive to the University campus while Edinburgh Airport is a 45 minute drive.

Arriving via Dublin? Important information

There is no routine passport control between Dublin and the UK. This means that you may not pass through passport control in the UK if you arrive from Dublin. If you arrive from Dublin with a Tier 4 (General) visa you should keep your flight confirmation emails/papers about the Dublin-UK flight and carry them with you the next time you travel. You will have to leave the UK and re-enter within three months of arrival so that your Tier 4 (General) visa can be activated. This can obviously be costly so any savings made arriving in Dublin initially may be lost.

By train

Stirling is at the heart of Scotland and enjoys excellent rail services to Scotland and the rest of the UK. Regular services run between Edinburgh, Glasgow, Inverness, Aberdeen and Dundee.

Visit [Scotrail](#) or [trainline.com](#) for fares, timetables and journey information.



Travelling between train stations and the campus

Our Stirling campus is a 40 minute walk from Stirling city centre /train station and 30 mins from Bridge of Allan rail station.

Stirling train station is the easiest option to complete the journey by bus or taxi.

Bridge of Allan train station is the easiest option to complete the journey by walking or cycling.

On Foot

Stirling Rail Station to University of Stirling (Approx 40 minutes walk)

On exiting Stirling Rail station turn right and follow Goosecroft Road until its junction with Wallace Street.

Turn right into Wallace Street (you will pass a large Tesco Store on your right).

At end of Wallace Street follow the underpass footpath and then cross the historic Old Stirling Bridge over the River Forth. Carry straight on until you reach the pelican crossing at the junction of Cornton Road/Causewayhead Road.

Cross over at the crossing and then proceed straight along Causewayhead Road (A9), passing under the railway bridge and, on the right, the entrance to Stirling County Rugby Club.

Continue straight on up Causewayhead Road until reaching the Causewayhead roundabout.

By bus from Stirling station

Unilink 'shuttle' service: Stirling City – University of Stirling – Stirling City

53: Whins of Milton – University (via Stirling City Centre)

54: Stirling - Stirling (via Cornton, Bridge of Allan, University, Causewayhead)

54A: Stirling - Stirling (via Causewayhead, University, Bridge of Allan, Cornton)

Turn left at the Causeway head roundabout and follow the path along until reaching the pelican crossing at Wallace High School where you should cross to the pavement on the opposite side of the road.

Continue on the A9. Thereafter you can opt to either access the University via:

the entrance to the Scottish Institute of Sport (quite a steep climb, with the University's sports facilities on your left) which takes you out opposite the main Cottrell Building car park.



The University's main entrance (accessed by continuing past the turn off for the Scottish Institute of Sport). At the main entrance you should cross over the road to access the footpath which runs from the main entrance to the campus itself.

Bridge of Allan Rail Station to University of Stirling (Approx 30 minutes walk)

From the train station make your way up to the A9 main road (road bridge crosses over the railway line).

Once on the main road, turn right and make your way into the town of Bridge of Allan.

Cross the road at the pelican crossing, located at the Allanwater Café, and then continue to make your way through the town. Follow this route all the way through the town and out the other side.

The main entrance to the University of Stirling is located approximately one mile after leaving Bridge of Allan

By Coach or Bus

Stirling is well connected by Scotland's coach network and Stirling's bus station is next to the train station. You can check timetables on the [Citylink](#) website and find out more about Edinburgh Airport Bus Connections.

The University of Stirling has excellent bus links from Stirling city centre, and some from Bridge of Allan. The Unilink shuttle bus between Stirling centre, the train station and the main University campus is the one of the handiest and most regular services. Most bus services to the campus run from either just outside Stirling's Rail Station or a two minute walk away, in Murray Place.

Regular travellers to and from the University can also enjoy substantially discounted fares on buses by purchasing a weekly FirstWeek ticket. FirstWeek ticket holders can enjoy unlimited travel within their designated travel zone over a period of seven days.

Find out more about the First Group's services and times to the campus.

Busses to and from the campus and surrounding area are also operated by the providers listed below. Visit their websites for the most up-to-date timetable information:

[Mackies](#)
[Stagecoach](#)

By Car

Visitors to Stirling Court Hotel who choose to bring their car should note the following directions:

From the East, South or West take the M9 to Junction 11. At the junction, there is a roundabout which marks the end of the M9. From here you should take the exit for Bridge of Allan, follow the road through the town itself, and after about 200 metres you will find the University entrance on the left.

From the North take the A9 to the same roundabout and follow the same route through Bridge of Allan as above.

Electric vehicles

There are two electric vehicle charging stations located within Cottrell Main Car Park and at the rear of the Pathfoot Building. There are four designated spaces allowing up to four electric cars to recharge simultaneously.

Electricity is provided free-of-charge. However, users are still required to display a valid parking permit or Pay and Display ticket. A maximum charging time of 4 hours applies following which time users are requested to move their vehicles to an alternative designated parking space to allow others to use the facilities.

Park and ride

There are two park and ride routes in Stirling, situated at Castleview and Springkerse, with buses every 12 minutes to and from Stirling city centre. From Stirling city centre, you can access First Bus routes UL and 54, both of which come on to the Stirling campus.