

**Comments of Paul Billings – As Prepared for Delivery**  
**National Senior Vice President, Public Policy**  
**American Lung Association**  
**For**  
**HHS Roundtable Invitation on Engaging Patients and Communities on Tobacco Cessation**  
**May 4, 2022**

Hello. My name is Paul Billings and I'm the National Senior Vice President of President of Public Policy at the American Lung Association. Thank you for this roundtable and bringing focus to this important prevention approach. Today I'd like to make three key points concerning tobacco cessation as a strategy to prevent cancer.

First, The Centers for Disease Control and Prevention, through the Office on Smoking and Health, play a crucial role in reducing tobacco use. They track trends in tobacco use, quitting and coverage of quit-smoking medication. Additionally, they provide resources to states for public health infrastructure that creates strategies for tobacco users to quit.

As Michelle shared with us, there are two very important FDA proposed rules to end the sale of menthol cigarettes and flavored cigars. When these rules take effect, there will be additional opportunities for cessation, especially among priority populations. Resources for the Office on Smoking and Health will be needed even more. So It is essential that CDC gets robust funding – both in the President's Budget and ultimately by Congress. Let me repeat that, CDC's Office on Smoking and Health needs more funds to fulfill its vital mission.

Second, FDA's Center for Drug Evaluation and Research needs to strongly enforce regulations around e-cigarettes companies making false cessation claims. These products are not cessation products. Data show that most adults who use e-cigarettes also use conventional cigarettes – dual use, keeping them at risk of many diseases, including cancer. Switching is not quitting.

And finally, the addiction to nicotine is very strong. On average it takes an individual 8-11 quit attempts before someone is able to quit for good. There are 7 FDA-approved medications that have been proven safe and effective to help smokers quit. But we need more evidence-based, FDA-approved treatment options especially for people under 18. (DEFER TO AAP) More research and ultimately more evidence-based solutions.

Thank you for inviting me to participate in this important discussion.

