



WHAT'S ON TAP?

CHICAGO SOCIAL DRINKING PROJECT (CSDP)
THE UNIVERSITY OF CHICAGO

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CSDP Follow-Up Progress

Thanks to all our participants in the Chicago Social Drinking Project (CSDP). Our success is a direct reflection of your continued participation in follow-up. The follow-up completion rate for CSDP is extremely high [99.05%]. To update you, the first five years of our grant funding is complete (6/03-6/08). **We are happy to announce that we were awarded a second grant award (6/08-6/13). More details of our next phase will be coming to you shortly.** To show our appreciation, a gift will be mailed to you this month—we hope you take it out to the park and enjoy!



Director's Note



We here at the CSDP hope that you are happy to see summer finally come our way. This spring has been busy for me. The good news is that **we have secured five more years of funding for the Chicago Social Drinking Project.** We hope many of you will continue with your already excellent participation in longer-term follow-ups. We will be telling you more details soon.

This issue of "What's On Tap?" includes a recent publication on smoking cessation, winners of our April 2008 lottery, a local convention story, and a matching game with some famous quotes.

Dr. Andrea King
Principal Investigator

Community Outreach for South Side Smokers

One of Dr. King's more recent publications describes a smoking cessation program tailored to African-American residents of Hyde Park. The importance of this study is underscored by the fact that, when compared to other ethnic groups, African-American smokers have higher rates of lung cancer and other tobacco-related problems while their smoking cessation rates are lower than other racial/ethnic groups. Historically, smoking cessation clinical trials have recruited low numbers of African-American participants. This may be due to the lack of outreach from the researchers as well as lack of access to and comfort with clinic treatment in

African-American smokers. Several years ago, Dr. King and her group piloted a community-delivered smoking cessation study in mostly African-American neighborhoods on the South Side (Woodlawn and Englewood). Participants were 50 African-American smokers who were interested in quitting smoking. They were offered nicotine replacement patches for 4 weeks and attended 6 weekly group counseling sessions in their community (schools, churches, etc.). They then completed follow-up visits 3 and 6 months after their quit date. Overall, 74% of those enrolled completed the treatment,

and at the end of 4 weeks of treatment, 34% were smoke-free. Quit rates at 3 and 6 months were 22% and 18%, respectively. These results are similar to smoking cessation rates in Caucasians and other racial and ethnic groups. A community-centered approach may be a viable option for African-American smokers who want to quit. Providing greater accessibility to smoking cessation resources and developing a strong extended social network could play a large role in the success of these programs.

King et al. (2008). A pilot community-based intensive smoking cessation intervention in African Americans: Feasibility, acceptability, and early outcome indicators. JNMA 100: 208-217.

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Concerned about your drinking or substance use or about that of a friend or family member?

The CSDP's principal investigator, Andrea King, is available to speak with you on a confidential basis and provide suggestions, feedback, or referrals, if needed.

Dr King's Direct Line: 773-702-6181

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April 2008 Raffle Results

The Chicago Social Drinking Project conducted its sixth Bi-Annual Raffle on April 1, 2008. Subject #560 was our grand-prize winner, receiving a \$100 Target gift card ("Thanks so much you guys! This is great!"). Our runner-up won a \$20 gift card (#567) while our third-place winners earned \$10 gift cards (#543, 568, and 578). Our next Bi-Annual Raffle will take place in October 2008! Anyone who completes his/her annual follow-up between April and September is eligible for the drawing—just make sure to finish by the 15th of the month in which it is due. Good luck to all!

Global Beer Expo: What's New in Beer?

Every spring, Luis Glunz Beer holds a tasting that rivals Oktoberfest. The Chicago-based distributor hosted its 14th Annual Global Beer Expo in May. According to Jerry Glunz, the general manager of the company, "We started doing this to tell customers we have something besides regular beers." This year, 2,000 local retailers and bar owners were introduced to the latest in brews from around the world. Among the newest products is a breakfast stout made with oats, chocolate, and Sumatra and Kona coffee and an ale aged in oak barrels discarded from the

Jack Daniel's distillery. The expo's popularity has soared in recent years, necessitating a move from the company's warehouse to a convention center in Rosemont. With everything from rare imported brews to local favorites on tap, this conference is a dream for the beer connoisseur.

"Beer bash outgrows itself." Source: <http://www.suntimes.com/business/945853,CST-NWS-beer13.article>

"Beer expo pitches stouts, porters, ales, and meads." Source: <http://www.chicagotribune.com/features/lifestyle/q/chi-0518-guy-new-beers-for-summemay18,0,464716.story>

Trivia Corner



While these men are famous for their contributions to politics and the arts, some of their most memorable quotes have to do with drinking! Put your trivia knowledge to the test by matching the quote to its author. The answers are provided below.

1) "I cook with wine, sometimes I even add it to the food."

2) "The whole world is about three drinks behind."

3) "I've stopped drinking. Now I just freeze it on a stick and eat it like a Popsicle."

4) "Always remember that I have taken more out of alcohol than alcohol has taken out of me."

5) "Wine is bottled poetry."

6) "Beer is proof that God loves us and wants us to be happy."



A) Dean Martin

B) Benjamin Franklin

C) Winston Churchill

D) Humphrey Bogart

E) W.C. Fields

F) Robert Louis Stevenson



Answers: 1E, 2D, 3A, 4C, 5F, 6B

Sources: Lendler, Ian. *Alcoholica Esoterica*. New York: Penguin Books, 2005. Quote Garden (<http://www.quote garden.com/alcohol.html>).