

# Population Assessment of Tobacco and Health (PATH) Study

## What is the PATH study?

The PATH study is a new national study on tobacco and health. It will help in developing important policies on tobacco products to protect the public health of Americans.

The study will include people age 12 and older who may or may not use tobacco. We'll interview about 59,000 people at their homes.

- The topics that we'll ask about include:
  - Age, gender, and education.
  - Health, including tobacco use, use of medicines, and health conditions.
- We'll ask adults for samples of urine, cells from inside their cheeks, and blood.
  - People can choose whether or not to provide these samples.
  - People can also choose to provide some samples but not others.
  - A trained professional will collect the samples, using safe practices.
  - We may use samples for biological research, such as genetic research.
  - We will not ask people under the age of 18 for samples.
- We'll combine information from many people. We'll use the information for research purposes only. We'll keep people's information private from persons not connected with the research, in keeping with the study's Certificate of Confidentiality.

## Who is doing this study?

The National Institutes of Health (NIH), in partnership with the Food and Drug Administration (FDA), is sponsoring the PATH study. Westat, an independent research firm, will conduct the study. Other research institutions and universities are also helping.

## Why was my household selected? Why do you need information about people in my household?

We can't interview everyone. It would take too long and cost too much. So we've selected households by chance from a list of addresses.

Your household represents many others in the United States. Whether to participate is up to you. However, the interviews and samples we collect will be much more complete and useful if your household and many others say yes.

We'd like to talk to an adult in your household and ask a few questions about the people who live there. This information will help us select people to participate in the study.

### **What happens if someone in my household is selected?**

If someone in your household is selected, we'll ask him or her to take part in an interview and to give samples. Then, the person can decide whether to be part of the study. If you're selected, we hope you'll say yes.

If the person who's selected is younger than 18 years old, we'll interview that person only if the parent or guardian gives permission and the young person agrees to participate. We will not ask youth to give samples.

### **Why should I be part of this study?**

You should be part of this study because it will help to improve the health of millions of Americans.

The PATH study is the largest ever of its kind on tobacco and health. Whether you use tobacco or not, if you participate in the study, you'll be an important part of what is learned about tobacco products and how they affect health.

The study results will help, for example, in reducing tobacco use among youth and assisting tobacco users who want to quit in your community and the Nation.

### **How will you protect my privacy?**

Everything you provide will be kept private.

- Your interview answers and samples will not be associated with your name.
- We will identify your interview answers and samples by a number only.
- Your name and contact information will be kept separately in secure computer files.

### **Will I get anything for being in the PATH study?**

Yes. As a thank you for participating, if selected for the study, adult household members will be offered up to \$70 for fully participating in both of two home visits.

As a thank you for completing a short interview, we will offer an adult household member \$10. This interview will help us decide who should be selected for the study.

Based on the answers to the short interview, you or other members of your household may be selected to participate further. As a thank you for completing the first home visit, we will offer each participating adult \$35 for completing a longer interview and another \$10 for time providing cells from inside the mouth (cheek cells). In addition, we will offer each participating adult \$25 as a thank you for completing the second home visit, where a health professional will collect a blood sample and request a urine sample. Selected adults can choose to participate in the interview but not give samples; or they can choose to give us some samples but not others.

Each selected youth will be offered \$25 for completing an interview.

**How long does the study last?**

Once a year for at least 3 years, we'll ask the same people to complete interviews, and we'll ask adults to give us urine samples and cheek cells. We'll ask for blood samples this year and 2 years from now.

Each year the interview will take a little over 60 minutes for adults and about 30 minutes for youth. If adults give samples, that will take about 5 minutes for the urine samples and cheek cells, and about 10 minutes for the blood samples.

Each year adults and youth can decide whether they want to take part in the study.

**How can I get more information about the PATH study?**

The PATH study interviewer can answer any questions you may have about the study.

Also, for more information on the study, you can go to the PATH study website at [www.pathstudyinfo.nih.gov](http://www.pathstudyinfo.nih.gov) (if you have a smartphone, you can scan the QR code below to visit the website) or call toll-free at 1-888-311-1819.

[PATH QR Code]