
Kim "Skip" Murray

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Summary of Qualifications

Public health advocate with lived experience, dedicated to bridging divides among regulators, scientists, policymakers, industry, media, the public, and people who use nicotine. Over a decade of leadership in tobacco harm reduction, advancing evidence-based policies that both prevent youth initiation and support effective cessation for people of all ages.

Recognized for translating complex science into clear, accessible messages for public, media, and regulatory audiences. Accomplished conference speaker, panelist, and writer on nicotine policy, risk communication, and stigma reduction. Valued for fostering collaboration across diverse stakeholders and amplifying the voices of people with lived experience.

Education, Training, CE, and Certifications

2024 – National Centre for Smoking Cessation and Training (NCSCT) Very Brief Advice (VBA) on Smoking for Homelessness Services Assessment.

2024 – Medical University of South Carolina (MUSC) Grand Rounds: Tobacco Harm Reduction for People with Mental Health and/or Substance Use Problems

2023 – Tobacco Treatment Specialist (TTS) – Rutgers Tobacco Dependence Program

2023 – University of Vermont (UVM) Center on Rural Addiction Community Rounds – Reaching People Where They're At: Smoking Cessation Treatment Delivery at Your Door

2023 – Be There Certification – Training to support people struggling with mental health issues

2023 – University of Minnesota (UMN) – Integrating Positive Behavior Support with Cognitive Behavioral Therapy to Treat Anxiety in Children and Adults with Intellectual & Developmental Disabilities

2012–Present – Minnesota Department of Health Direct Support Professional Certification & related renewals: Bloodborne Pathogens (annual), First Aid (biennial), CPR/AED (biennial), Medication Administration (annual), ongoing training (monthly).

1997 – Central Lakes College – Small Engine Repair, Non-Degree

1978 – Hennepin Technical College – Commercial Flower Production, Non-Degree

1978 – GED – General Educational Development (equivalent to high school diploma)

1974–1977 – St. Louis Park Senior High School, No Diploma

Professional Experience

(Some dates are approximate; many are based on memory.)

Freelance Writer & Public Health Commentator – 2024–Present

Direct Support Professional – Achieving Independence Inc., 2012–Present

Person-centered, residential care for adults with disabilities; crisis intervention, life skills, medical & behavioral support.

Research Fellow – Taxpayers Protection Alliance Consumer Center – 2022–2024

Specialized in tobacco harm reduction research, policy analysis and consumer engagement.

Owner/Operator – Lakes Vape & Rec Supply – 2018–2021

Provided smoking cessation support, product education, and regulatory compliance guidance to customers.

Assistant Manager – Wild Rice Depot & Wild Rice Liquors; Manager – Wild Rice Cafe – 1996–2001, 2003–2011

Manager – Subway Restaurant – 2001–2003

Assistant Manager – Hardees Restaurant – 1990–1995

Waitress, Bartender, Bouncer – Blue Ox Bar – 1981–1984

Waitress – Cragun’s Resort and Conference Center – 1980–1983

Waitress, Hostess, Dining Room Manager – Perkins Restaurant – 1979–1988

Assistant Manager – Rogers Petroleum – 1977–1979

Quality Control Inspector – Spectra Strip Flexible Circuit Boards – 1977–1978

Assistant Head Cashier – Target – 1974–1977

Musician – 1974–1980

Publications – Peer-Reviewed

Flint, S. W., Naglowski, J., Murray, K., & Simonetti, J. (2025). [A call for increased involvement of people with obesity and neurodiversity in policy, research, and practice](#). *The Lancet Diabetes & Endocrinology*, 13 (5), 371–372. doi: 10.1016/S2213-8587(25)00088-9. PMID: 40274357.

Starr, R., Murray, K., & Chaiton, M. (2023). [The compassion club: A new proposal for transformation of tobacco retail](#). *Nicotine & Tobacco Research*, 25 (12), 1822–1828. doi: 10.1093/ntr/ntac295. PMID: 36591922.

Publications – Op-Eds, Articles

Murray, K. (2024, March – Present). [*Skip’s Corner - A Safe Place to Talk About Hard Things, Substack Blog and Newsletter*](#).

Murray, K. (2025, May 30). [*World Vape Day Follows Tumultuous Year in Tobacco Harm Reduction*](#). *Filter*.

Murray, K. (2025, May 6). [*Ex-FDA Tobacco Head Brian King Joins Campaign for Tobacco-Free Kids*](#). *Filter*.

Murray, K. (2025, April 2). [*FDA Tobacco Head Brian King Among Casualties of Mass HHS Layoffs*](#). *Filter*.

Murray, K. (2025, March 12). [*New CDC Leadership Highly Unlikely to End Its Nicotine Misinformation*](#). *Filter*.

Murray, K. (2024, November 21). [*The Great American Cop-Out*](#). *Filter*.

Murray, K. (2024, August 13). [*In My Vape Shop, I Learned How the VA Lets Veterans Down*](#). *Filter*.

Murray, K. (2024, July 2). [*Supreme Court Will Hear Crucial Triton Vapes Case*](#). *Filter*.

Murray, K. (2024, June 21). [*FDA Authorizes Menthol Vapes: First-Ever Non-Tobacco Flavor*](#). *Filter*.

Murray, K. (2024, June 21). [*The Tobacco Control Act Turns 15: Have We Made Progress at All?*](#). *Filter*.

Murray, K. (2024, May 30). [*Why We Need World Vape Day More Than Ever*](#). *Filter*.

Murray, K. (2024, May 13). [*In the Ugly Nicotine Debate, Being Kind Isn’t Just Right—It’s Effective*](#). *Filter*.

Murray, K. (2024, April 10). *WHO Hits New Low With “Vaping Increases Seizure Risk” Tweet. Filter.*

Murray, K. (2024, March 8). *It’s Critically Important to Tell Women the Truth About Nicotine. Filter.*

Murray, K (2023, October 10). *WHO Ignores People Who Smoke During World Mental Health Day. Taxpayers Protection Alliance.*

Murray, K. (2023, October 2). *American Lung Association Seeks to Suppress Harm Reduction Information. Filter.*

Murray, K. (2023, September 22). *Dose Makes the Poison: The “Chemicals” Smear Against Vaping. Filter.*

Murray, K. (2023, September 12). *Youth Suicide Prevention and Zero-Tolerance School Policies. Filter.*

Murray, K. (2023, July 31). *Stigma and Misinformation Maintain the Devastating Toll of Lung Cancer. Filter.*

Murray, K. (2023, June 5). *Mental Health Awareness? Prioritize Safer Alternatives to Smoking. Filter.*

Murray, K. (2023, January 18). *Op-Ed: The collusion of popcorn lung and fear. The Center Square.*

Murray, K. (2023, January 5). *Tobacco Harm Reduction Is a Universal Human Right. Inside Sources DC Journal.*

Murray, K. (2022, December 7). *Too Much Fluff Over Flavors Town Hall.*

Murray, K. (2022, December 5). *Small Vape Shops Save Lives. Many Communities Are Losing Them. Filter.*

Murray, K. (2022, November 30). *American Cancer Society Should Fight Cancer, Not Vaping. Inside Sources DC Journal.*

Murray, K. (2022, November 16). *‘Tis the Season to Talk About Smoking!. Taxpayers Protection Alliance.*

Murray, K. (2022, September 17). *The Tragic Combination of Smoking, Cancer, and Suicide. Town Hall.*

Murray, K. (2022, September 9). *Op-Ed: Misinformation is deadly for people trying to quit smoking. The Center Square.*

Murray, K. (2022, June 7). *The Road to Quitting Smoking Is Paved With Candy. Inside Sources.*

Murray, K. (2022, June 1). *Op-Ed: Celebrating businesses that have helped reduce the tobacco burden*. *The Center Square*.

Murray, K. (2022, May 8). *Campaign for Tobacco-Free Kids: The Case for Compromise*. *American Institute for Economic Research - The Daily Economy*.

Murray, K. (2022, April 21). *Op-Ed: Health misinformation can be deadly*. *The Center Square*.

Murray, K. (2017, June 20). *Vaping Can Help People Quit Smoking*. *DL-Online*.

Conferences & Webinars

Ahluwalia, J., Olson, C.K., Round, E., Rios-Ortiz, J., Pedigo, A., & Murray, K. (2025, September 15). *Symposium: Collective Progress & Future Sustainability – Key Considerations, Shared Perspectives, and Common Ground*. *Tobacco Science Research Conference (TSRC)*. Knoxville, TN.

Shortall, J., Kleykamp, B.A., Olson, C.K., & Murray, K. (2025, June 26). *Hard to Quit: Tobacco Use Among Older Americans*. *R Street Institute - Safer From Harm Coalition*.

Murray, K. (2025, May 19). *Peer Pathways to Smoking Cessation: Combining traditional methods with new approaches*. *E-Cigarette Summit*. Washington, DC.

Glynn, T., Shahab, L., Benowitz, N., Hartmann-Boyce, J., Sherman, S., Piper, M., & Murray, K. (2025, May 19). *THR, Nicotine & Health Panel*. *E-Cigarette Summit*. Washington, DC.

Murray, K. (2025, May 16). *Who Can We Trust?*, *Food and Drug Law Institute (FDLI) Annual Conference*, Washington, DC.

Ehrlich, S., Niaura, R., Erkkila, B., & Murray, K. (2025, May 16). *Risk Communication about Nicotine: Correcting Misperceptions and Targeting the Right Audiences* panel. *Food and Drug Law Institute (FDLI) Annual Conference*, Washington, DC.

Murray, K. (2025, April 16). *Consequences of Misperceptions – This Time, It's Personal*. *American Tobacco and Nicotine Forum (ATNF)*. Arlington, VA.

Gitchell, J., Delnevo, C., Douglas, C., & Murray, K. (2025, April 16). *Correcting Consumer & Health Care Provider Misperceptions* panel. *American Tobacco and Nicotine Forum (ATNF)*. Arlington, VA.

Satel, S., Murray, K. & two more panelists (whose names I can't remember) (2024, March 7). *More Harm Than Good: The Consequences of Misperceptions*. *Reducing the Stigma of Tobacco Harm Reduction and Improving Health Equity Among Women Who Smoke* panel. Washington, DC.

Williams, D., Stroud, L., Slis, M., Clark, A., & Murray, K. (2023, May 17). [*Impact of Tobacco Harm Reduction on Consumers panel*](#). *Tobacco Harm Reduction: The People and Policies Shaping a Smoke Free Future*. Washington, DC.

Murray, K. (2022, September 28). [*Stories From a Small Town Vape Shop*](#). (video clip) *Global Tobacco and Nicotine Forum (GTNF)*. Washington, DC.

Olson, C.K., Clark, A., Godfrey, W., Taylor, B. & Murray, K. (2022, September 28). [*Forgotten Smokers panel*](#). *Global Tobacco and Nicotine Forum (GTNF)*. Washington, DC.

Interviews (Partial List)

Stafford, B., & Murray, K. (2025, April 4). [*SOUL CRUSHING / Vaping Advocacy, Media Scare Tactics & Push To #Bekind*](#). *Global Forum on Nicotine*.

Shortall, J., & Murray, K. (2025, March 4) [*An Interview With Citizen Tobacco Harm Reduction Advocate Skip Murray*](#). *Safer From Harm*.

Clark, A., Noll-Marsh, K., E, L., & Murray, K. (2024, June 15). [*CASAA - Consumer Advocates for Smoke-free Alternatives Association Fundraiser*](#). *CASAA Livestream*.

Truncali, J., & Murray, K., (2024, April 10). [*Getting to know Kim "Skip" Murray*](#). *In the Vapor*

Katsiashvili, L., & Murray, K., (2024, April 10). [*My transformative journey as a harm reduction advocate with Skip Murray | Ep. 49*](#). *Vaping Unplugged Podcast*.

Lucian, A., & Murray, K. (2023, November 24). [*Misinformation about e-cigarettes is claiming real victims*](#). *Vaporaqui*.

Truncali, J., Swift, T., Kirshberg, P., & Murray, K. (2023, July 19). [*A Chat with Kim "Skip" Murray*](#). *Wednesday Night Live*.

Nobis, C., & Murray, K., (2023, April 5). [*A vaping shop, a farewell to smoking, a new life: Skip Murray*](#). *LIAF Magazine*.

Garrett, D., & Murray, K. (2020, September 4). [*The FDA vs. Tobacco Harm Reduction*](#). *Vida Voices*

Podcasts & Livestreams

Swift, T., Kirshberg, P., Elliott, M., & Murray, K. (2024, July 10). [*Panel Discusses the Chevron Ruling and the PMTA Process*](#), *Wednesday Night Live*.

Loucas, N., Stroud, L., Cullip, M., & Murray, K. (2023, November 22). [TPA Consumer Centre. sCOPE Day 4.](#)

Loucas, N., Stroud, L., & Murray, K. (2023, November 19). [Women in THR. sCOPE Day 2.](#)

Loucas, N., Hudspeth, L., Stroud, L., & Murray, K. (2023, April 2). [How Consumer Advocates Can Use Government Data and Statistics. The Advocates Voice Live – Sunday Sessions.](#)

Loucas, N., Hudspeth, L., Stroud, L., Cullip, M., & Murray, K. (2023, March 5). [How Can Consumers Become More Involved - CoP10. The Advocates Voice Live – Sunday Sessions.](#)

Murray, K. (2023, February 24). [The Future of Vaping in the US: A Conversation with FDA's Dr. Brian King. American Vapor Manufacturers.](#)

Loucas, N., Hudspeth, L., Stroud, L., Slis, M., & Murray, K. (2022, May 20). [Social Media Engagement. The Advocates Voice.](#)

Loucas, N., Hudspeth, L., Stroud, L., & Murray, K. (2022, May 6). [Communication and Engagement, Part 2. The Advocates Voice.](#)

Loucas, N., Hudspeth, L., Stroud, L., & Murray, K. (2022, April 22). [Communication and Engagement, Part 1. The Advocates Voice.](#)

Loucas, N., Hudspeth, L., Stroud, L., & Murray, K. (2022, April 8). [Culture, Collaboration & Consideration. The Advocates Voice.](#)

Loucas, N., Hudspeth, L., & Murray, K. (2022, March 25). [The Art of Self Care. The Advocates Voice.](#)

Owen, C., Wheeler, A., & Murray, K. (2022, February 14). [Episode 15 - Shaping Vaping. American Vapor Manufacturers \(Twitter Spaces\)](#)

Clark, A., Noll-Marsh, K., E, L., Pruen, R. & Murray, K. (2021, December 11). [What is the Safer Nicotine Wiki. CASAA Livestream.](#)

Riffe, P., Crowley, K., Pruen, R., & Murray, K. (2021, November 17). [Nicotine & Neurodiversity. sCOPE Livestream](#)

Stroud, L., Cullip, M., Pruen R., & Murray, K. (2021, November 9). [COP9 Week – Safer Nicotine Wiki. Taxpayers Protection Alliance.](#)

Testimony

Murray, K. (2024, March 25). [Testimony before the Minnesota House Finance Committee \(pages 55-56\), State of Minnesota.](#)

Murray, K. (2022, February 5). [*My video submission to President Biden for his Cancer Moonshot request.*](#)

Murray, K., (2021, December 3). [*The Truth about #DepressionSticks. #sonoflibertyradio.*](#)

Murray, K. (2021, May 7). [*MN Tax Committee Testimony, State of Minnesota.*](#)

Murray, K. (2021, May 3). [*MN Conference Committee Testimony, State of Minnesota.*](#)

Murray, K. (2021, January 26). [*My quit story. Golden Oldies Capitol Tours.*](#)

Murray, K. (2018, May 14). [*Testimony submitted to the MPLS City Council \(pages 127-132 \), City of Minneapolis, MN.*](#)

Murray, K. (2017, September 12). [*Testimony submitted to the Detroit Lakes City Council, City of Detroit Lakes, MN.*](#)

Murray, K. (2017, June 26). [*Testimony submitted to the SLP City Council \(pages 33-35/55 \), City of St. Louis Park, MN.*](#)

Murray, K. (2017, May 2). [*Testimony submitted to the Edina City Council, City of Edina, MN.*](#)

Murray, K. (2017, March 17). [*I Want To Be A Good Dad - Vape Shop Stories.*](#)

Murray, K. (2016, May 16). [*Testimony submitted to the Moorhead City Council, City of Moorhead, MN.*](#)

Murray, K. (2016, May 7). [*I Think You Saved My Life - Vape Shop Stories.*](#)

Murray, K. (2016, January 5). [*Testimony submitted to the Baxter City Council. City of Baxter, MN.*](#)

Awards & Recognition

2021 - Contributions to Tobacco Harm Reduction. Awarded to the Safer Nicotine Wiki team by INNCO (International Network of Nicotine Consumer Organizations)

1992 to 1994 - Assistant Manager of the Year - Dominion Investments, Inc. (owned 21 Hardees Restaurants): 1992 - Awarded for outstanding team building, 1993 - Awarded for developing innovative training methods for staff living with a disability, 1994 - Awarded in recognition of recommendations that were adopted company-wide to reduce food, labor, and paper costs.

1989 - Service Above and Beyond the Call of Duty. Awarded by A.R.M. for my efforts to support, educate, and organize recreational activities for individuals living free of alcohol and illicit drugs.

1986 - Employee of the Year - Perkins Restaurant

1975 - Mission Project of the Year. Awarded while a member of Young Life. The mission project was to organize area youth groups into teams that assisted Senior Citizens with gardening, shoveling, lawn mowing, house painting, garage cleaning, and other projects the Seniors needed help with.

1971 - Service Award for Environmental Awareness. Given in recognition of efforts to involve peers in opportunities to learn about taking care of the earth, initiating a poster contest, and picking up trash at area parks. Awarded by my school, Park Knoll Elementary

Volunteer Service – Nicotine

2024 to Present - Peer facilitator for a virtual smoking cessation support group

2023 to Present – Providing “peer review” from the perspective of a person with lived experience. Three reviews of scientific papers before journal submission. Three reviews on commentaries pre-journal submission. One review of a proposed quit-smoking program. One review of the design of a proposed pilot study.

2022 to Present - Create newsletters and blogs about public health. Distributed initially via e-mail (2022-2024), in 2024, it was moved to a blog called “*Skip’s Corner, A Safe Place to Talk About Hard Things.*”

2020 to Present - Co-Founder - *The Safer Nicotine Wiki.*

2020 to 2022 - Co-Founder - *Golden Oldies Capitol Tours.* (Videos of older Americans quit smoking stories).

2020 to 2022 – Co-Administrator -PMTA Sharing Group. (A Facebook group that helped businesses complete the steps and file a PMTA by the deadline.)

2019 to Present – Co-Administrator - Minnesota Consumer Advocates for Smokefree Alternatives Assoc.

2017 to Present – Founder, Vape Industry Regulation Compliance Group. (A Facebook group that helped businesses comply with the required FDA CTP deadlines due to the deeming rule.)

2016-2019 - Board of Directors THR4Life. (A non-profit organization that educated people on the continuum of risk for nicotine products.)

2015 to 2022 - Co-founder - Minnesota Smoke-Free Alliance. (Unofficial grassroots group that educated people on quitting smoking and alternatives to smoking. Updated people on local and state nicotine policies.)

Volunteer Service – Local Community

(Some dates are approximate; many are based on memory.)

2020 - [Community support during COVID lockdowns](#). (Links to list of donations and activities.)

2019 - Organized a food and personal hygiene items drive for The Shop (local youth center).

2019 – Organized a fundraiser for a father with an undiagnosed medical condition who was unable to work due to poor health.

2018 to 2020 - Food drive for Operation Sandwich. (Program to provide bagged lunches to area youth on days they don't have school, including all of summer break.)

2017 – Food and cleaning supplies drive for victims of Hurricane Harvey.

2015 - Fundraiser for a neighbor battling lung cancer.

2015 - Supplied meals, beverages, and charging stations to victims of an area storm, which at times had winds of 100mph.

2013 – Head of the event committee for a fundraiser for a couple with two children who experienced a house fire.

2012 - Head of Event Committee for a fundraiser for the family of a neighbor with terminal lung cancer.

2012 - Fundraiser for a family waiting for the birth of twins (one with a heart defect).

2010 to 2012 – Genealogy Team Leader – [Families for Forgotten Heroes](#). FFFH located the living next of kin of Veterans who had passed away and no one knew who to contact.

2009 to 2012 - Co-Director and Case Manager - [Unclaimed Persons](#). Unclaimed Persons is a group of hobby and professional genealogists who help coroners and medical examiners identify living next of kin for a decedent.

2009 - Head of Event Committee - Fundraiser for a neighbor who had a leg amputated due to complications from diabetes.

2000 - Planned, organized, and ran a Jr Dragster Championship (youth drag racing program).

1989 - Head of Event Committee - Toy Run. The toys were donated to a local hospital.

1998 to 2003 - Secretary of the Lakes Area Automotive Industry Council (LAAIC). The LAAIC worked with the local college to update and certify the automotive technician program and set up mentorships for students with area repair shops.

Re: Kim “Skip” Murray - Nomination for Representative of the General Public

1988 - Head of Event Committee - Teddy Bear Run. The bears were donated to local law enforcement to give to children in crisis to comfort them.

1987 to 1991 - Co-founder of Chapter 2, Secretary - Association of Recovering Motorcyclists (A.R.M.).

1987 - Head of Event Committee - Fundraiser for a co-worker who needed a kidney and liver transplant.

1982 - Event Planner - Jam Session - Fund Raiser for Camp Confidence. Camp Confidence has recreational and educational programs for people living with disabilities.

1975 to 1977 - Event Planner - Reached out to youth groups at area churches and synagogues and organized groups of young people to assist senior citizens with outdoor chores that they were no longer able to do themselves.

1973 to 1977 - Volunteered at a nursing home as part of a youth program through the American Red Cross.

1971 - Event Planner - Involved all the grades in my elementary school in an environmental awareness campaign.