

# 2009-2010 N-O-T PROGRAM SUMMARY

## What is N-O-T?

N-O-T (Not on Tobacco) is the American Lung Association's voluntary smoking cessation program for high school students. Over the ten-week program, participants learn to identify their reasons for smoking, healthy alternatives to tobacco use, and people who will support them in their efforts to quit.

29 schools and organizations serving youth across Vermont applied for stipends, reaching over 200 teen tobacco users. 75% of the teens that began the 10-week program finished and 26% of them reported they were not smoking at the end of 10 weeks. 30 trained facilitators comprised of school and community personnel including teachers, guidance counselors, school nurses and student assistant professionals (SAPs) facilitated a total of 31 groups. 40% of these facilitators have four to seven years experience with N-O-T.

## Smoking Behavior of N-O-T Participant

- The average age at which N-O-T participants started smoking was 11.
- Over 40% of N-O-T participants tried to quit at least three times in the past.
- 66% of N-O-T participants lives with someone who smokes and 75% have an important person in their lives that smokes.
- Prior to joining N-O-T, the average participant smoked nearly 13 cigarettes per day.

## N-O-T REALLY Works!

- 26% of N-O-T participants that finished the program reported they were not smoking at the end of ten weeks.
- For those that continued to smoke, they reduced consumption from an average of 13 cigarettes to less than 9 per day.
- For those participants that did not stop smoking, 31% were taking action to quit.
- 35% of those who finished N-O-T exercise more, 41% feel better about themselves and 38% deal better with stress.



N-O-T is provided in partnership with the Center for Health and Learning. Funded in part by the Vermont Department of Health.

## Reflections from some of the extraordinary N-O-T facilitators:

"Positive group! Motivated to quit and/or learn about tobacco!"

"Having our first N-O-T group at [this school] has aided in changing the climate/culture here!"

[Today is] Quit Ceremony, both very positive about being smoke-free and money savings."

"Not one student could identify a reliable support person—parents, boyfriends all smoke."

"Challenging group but I am thrilled with the progress each has made. Another 10-week success."

"Three report not smoking at all! Five out of six had major accomplishments!"

"I will check in with all participants over vacation—I really do not want all their progress to go away over break."