



Not-On-Tobacco

Broward County, Florida

2008-2009 Program Summary

N-O-T is the American Lung Association's voluntary smoking cessation program for high school students designed to help students stop smoking, reduce the number of cigarettes smoked, increase healthy lifestyle behaviors, and improve life management skills. 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.

During the academic year 2008-2009, American Lung Association in Florida-South Area recruited 9 high schools in Broward County to implement 18 N-O-T programs, to a total of 211 participants. A total of 24 facilitators were recruited and trained to implement N-O-T.

Smoking Behavior

- The average age at which N-O-T participants started smoking was 13.
- On average, students had been smoking for 2 years and 4 months when they joined N-O-T.
- The average daily smoking was 9.5 cigarettes

Smoking Background

- Over 70% reported that they had tried to quit smoking at least once before.
- Over 96% reported having close friends who smoke.
- 52% reported they have a parent or guardian who smokes.

Behavior Change

- 58% of the N-O-T participants who completed the program quit.
- Of the 42.0% still smoking, 45% cut back their tobacco use.
- 62% reported feeling better about themselves.
- Over half reported exercising more and eating better
- Over one-third reported making better grades.
- Over one-third reported attending school more often.
- 70% reported to be very and/or extremely confident to continue to smoke less or remain smoke-free.

