

2015 - 2016 Colorado Evaluation



NOT ON TOBACCO (N-O-T) IS AMERICAN LUNG ASSOCIATION'S VOLUNTARY SMOKING CESSATION PROGRAM FOR MIDDLE AND HIGH SCHOOL AGE STUDENTS

N-O-T Works!

Quit by the End of the Program



E-Cigarettes (52%) Chew (49%)
Marijuana (26%) Cigarettes (21%)

Quit Attempts Prior to N-O-T



Smokers (64%) Marijuana (39%)
Chew (32%) E-Cigarettes (25%)

Reduced Daily Intake

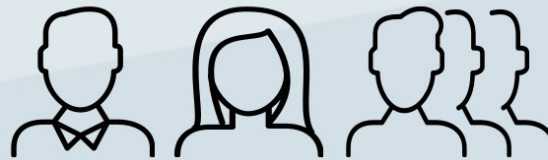
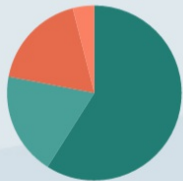


Chew (78%) Cigarettes (71%)
E-Cigarettes (55%) Marijuana (47%)

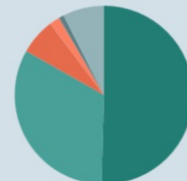
Age

Who Participated?

Race/Ethnicity



65% Male 35% Female 19% LGBTQ



16-17 years (59%) 14-15 years (19%)
18-21 years (18%) 11-13 years (4%)

White/Caucasian (50.47%) Hispanic/Latino (32.71%)
African American/Black (6.54%)
American Indian/Alaskan Native (1.87%)
Asian/Pacific Islander (0.93%)
More than One Race (7.48%)

➤ The average age N-O-T participants started smoking was 12.4 years old

➤ Students on average had smoking for four years when they joined N-O-T

A Holistic Approach



66% Improved Diet & Exercise



50% Bettered Grades & Increased Attendance



76% Manage Stress Better