

Not on Tobacco (N-O-T) is American Lung Association's Voluntary Smoking Cessation Program for High School Students Ages 14-19.

A Holistic Approach

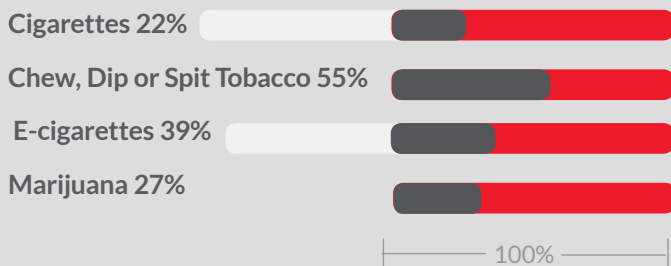


66% Improved Diet & Exercise | 61% Improved Grades & Increased Attendance | 81% Managed Stress Better

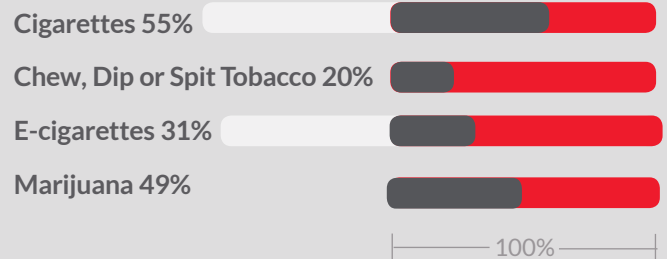
N-O-T Works!

97% of participants would recommend N-O-T to a friend

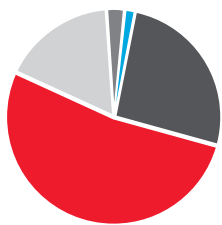
Quit By the End of the Program



Reduced Daily Intake

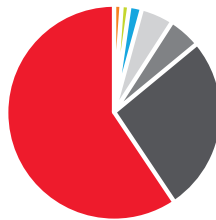


Who Participated?



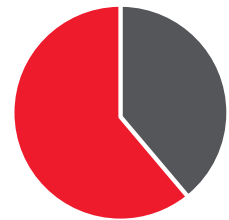
Age

- Less than 12 yo 1%
- 12-13 yo 3%
- 14-15 yo 26%
- 16-17 yo 52%
- 18-21 yo 18%



Race/Ethnicity

- White/Caucasian 60%
- Hispanic/Latino 27%
- Black/African American 5%
- Mixed Race 5%
- American Indian/Alaskan Native 1%
- Asian 1%
- Other 1%



Male/Female

- Male 61%
- Female 39%

22% of participants identified as LGBTQ