

Midland States Program Highlights for:

KENTUCKY:

- Smoking ends over 438,000 lives per year – and every death it causes is preventable. The American Lung Association in Kentucky's Freedom From Smoking (FFS) program has helped hundreds of thousands of adult smokers take back their lives through proven skills and techniques for quitting. First introduced nationwide in 1981, FFS has since been celebrated as America's gold standard in cessation programs.

In 2015, due to the persistent negotiations of the American Lung Association in Kentucky, the state Health Department chose to implement Freedom From Smoking as the smoking cessation program of choice. Since then, 156 Freedom From Smoking facilitators have been trained and 40 new FFS clinics were offered across the state helping over 300 participants to quit smoking.

- The American Lung Association in Kentucky received a grant through Anthem to focus on the state's behavioral health population who smoke. Nine health care professionals who support this population have been trained in the Freedom From Smoking program. These facilitators cover six sites supporting people with a mental health diagnosis either as outpatient or inpatient.

MICHIGAN:

- Most young smokers want to quit smoking, but are unable to succeed on their own.

Not On Tobacco (N-O-T) is a state-of-the-science, school-based program that provides assistance to teens who wish to quit smoking. The program covers the entire quitting process, including the prevention of relapses.

Through funding from the Grabda Foundation, the American Lung Association in Michigan offered the N-O-T on Tobacco program and tobacco prevention projects in the greater Detroit area in partnership with the Family Resource Center. They helped 28 teenagers quit smoking and worked on prevention education with 84 students. The prevention projects included prevention displays in schools and the community, writing tobacco vendor letters for the tobacco coalition, and various awareness activities.

OHIO:

- No child should have to struggle for air. But that's the reality for more than 325,000 children across Ohio. Kids with asthma face countless challenges throughout their childhood, some leading to hospitalization and even death. According to the American Lung Association in Ohio, asthmatic children face enough challenges. Being able to play shouldn't be one of them.
- This year, the American Lung Association in Ohio hosted an Asthma Educator Institute at Cincinnati Children's Hospital. The American Lung Association Asthma Educator Institute (AEI) is a two-day preparatory course for those qualified to take the National Asthma Educator Certification Board (NAECB) exam. 48 qualified participants learned how to better educate patients about asthma through case studies, hands on demonstration, and practice.