

**Title of Intervention:** Not on Tobacco (NOT) Program

**Website:** <http://www.lungusa.org/associations/states/wisconsin/events-programs/not-on-tobacco-n-o-t/>

**Intervention Strategies:** Group Education

**Purpose of the Intervention:** To help teens quit and reduce smoking

**Population:** Students ages 14-19 who smoke

**Setting:** Private non-classroom school settings in urban, suburban, rural and mixed areas in Florida; community-based

**Partners:** School districts, American Lung Association

**Intervention Description:**

- Group Education: The Not on Tobacco program included one weekly session over 10 weeks. The program was delivered to small, same-gender groups during school hours by same-gender facilitators. The sessions included 1) orientation, 2) motivation issues, 3) stress management, 4) smoking history and nicotine addiction, 5) physical, psychological and social effects of smoking, 6) preparing to quit, urges, cravings and relapse prevention, 7) stress management and healing, 8) dealing with family and peer pressure, 9) volunteerism and recognizing social, cultural and media ploys and 10) renewing smoke-free pledges and accessing resources and support.

**Theory:** Social Cognitive Theory

**Resources Required:**

- Staff/Volunteers: Adult facilitators, American Lung Association staff/volunteers, principals
- Training: American Lung Association training for facilitators
- Technology: Not mentioned
- Space: Meeting space
- Budget: Not mentioned
- Intervention: Program curriculum
- Evaluation: Surveys

**Evaluation:**

- Design: Pre- and post-test
- Methods and Measures:
  - Baseline surveys assessed smoking status, demographics, age of initial smoking, number of cigarettes smoked, number of previous quit attempts and caregivers' and friend's smoking status.
  - Baseline self-reports assessed current smoking status.
  - Carbon monoxide validation corroborated self-reported abstinence.

**Outcomes:**

- Short Term Impact: Not measured
- Long Term Impact: The intervention group was twice as likely to quit smoking when compared to the control group. The female intervention group was more likely to quit smoking than the control group.

**Maintenance:** Four booster sessions that were designed in the same curriculum format and emphasized experimental learning were delivered at the end of the core sessions.

**Lessons Learned:** Reduction in smoking may be an important aspect of the quitting process for adolescents and should be considered by school health professionals as a viable measure of program efficacy and motivation.

**Citation(s):**

Dino, G., K. Horn, et al. (2001). "Statewide demonstration of not on tobacco: a gender-sensitive teen smoking program." *J Sch Nurs* 17(2): 90-96.

Horn, K., G. Dino, et al. (1999). "Feasibility evaluation of not on tobacco: the American Lung Association's new stop smoking programme for adolescents." *Health Educ* 5: 192-206.

Dino, G., K. Horn, et al. (1998). "A positive response to teen smoking: why not?" *Natl Assoc Secondary Principals Bulletin* 82(601): 46-58.