

American Lung Association Smoking Cessation Programs



The American Lung Association provides several programs that help tens of thousands of smokers quit every year. Freedom from Smoking[®] is considered to be the gold standard of smoking cessation programs. All of these programs include components of the intensive counseling interventions recommended in the Guideline. More information about these programs can be found at www.lungusa.org.

Freedom From Smoking[®]:

The Freedom From Smoking[®] program has been helping smokers quit for over two decades. The program is offered in three different formats. It began in 1980 as a self-help manual, which is still available today. The eight-module program is also offered as a group clinic in many areas of the country. Additionally, in 1999 the American Lung Association launched Freedom From Smoking Online (www.ffsonline.org), which takes smokers through the modules online and provides interaction with other smokers from across the country.



Participants in Freedom From Smoking[®] develop a personalized step-by-step plan to quit smoking. Each session uses a positive behavior change approach and encourages participants to work through the problems and process of quitting individually as well as in a group.

Evidence has shown that Freedom from Smoking[®] is very effective at helping smokers quit.^{i ii}

Not-On-Tobacco:

This program for teens aged 14-19 was developed by the American Lung Association and West Virginia University. Introduced in 1997, it is now the most widely available teen tobacco cessation program in the country.

The program includes 10 sessions conducted in small groups. N-O-T is a voluntary (non-punitive) program that offers participants support, guidance, and instruction on understanding the reasons they started smoking, preparing to quit, and preventing a relapse once they have quit.



Not-On-Tobacco has proven to be effective in helping teens quit smoking.^{iii iv}

Lung Helpline (1-800-LUNGUSA):

The Lung Helpline is a valuable resource to anyone interested in and affected by lung health. The Helpline is staffed by registered nurses and respiratory therapists. Callers can ask about a variety of lung-related topics – 70% of calls are related to tobacco cessation.

The Lung Helpline can help callers quit smoking, and refer them to local programs and treatments that will also help. The nurses and therapists at the Helpline also answer questions submitted through the American Lung Association website.

ⁱ Lando HA, McGovern PG, Barrios FX, Etringer BD. Comparative evaluation of American Cancer Society and American Lung Association smoking cessation clinics. *American Journal of Public Health* May 1990, 80(5): 554-9.

ⁱⁱ Thieleke J, McMahon J, Meyer G, AhYun K. An evaluation of the Freedom From Smoking[®] Online cessation program among Wisconsin residents. *Wisconsin Medical Journal* 2005, 104(4): 41-4.

ⁱⁱⁱ Horn K, Dino G, Kalsekar I & Mody R. The impact of Not On Tobacco on teen smoking cessation: End-of-program evaluation results, 1998 to 2003. *Journal of Adolescent Research* 2005, 20(6): 640-61.

^{iv} Horn K, Dino G, Kalsekar I & Fernandes A. Appalachian teen smokers: Not On Tobacco 15 months later. *American Journal of Public Health* 2004, 94(2): 181-4.