

# Effectiveness Evaluation of the N-O-T Smoking Cessation Program for Adolescents

Connie L. Kohler, DrPH; Yu-Mei M. Schoenberger, PhD, MPH;  
T. Mark Beasley, PhD; Martha M. Phillips, PhD, MPH, MBA

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**Objective:** To evaluate the effectiveness of the Not-On-Tobacco Program. **Methods:** Forty-four high schools implemented the program (n=241 students), with 27 comparison schools (n=251 students). Students reported smoking in the last 7 and 30 days at baseline and follow-up. **Results:** Those in the program had an increased likelihood of reporting 30-day abstinence at end of program (OR = 4.2) but not at

6 or 12 months. For 7-day abstinence there was no significant difference for any time point. **Conclusions:** In this effectiveness evaluation the N-O-T Program increased quitting during the program, but the effects were not present at 6 or 12 months.

**Key words:** youth smoking cessation, effectiveness evaluation, NOT Program

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