

# Youth Tobacco Cessation

*A Guide for Making Informed Decisions*



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# Youth Tobacco Cessation

A Guide for Making Informed Decisions



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This guide was developed for the Youth Tobacco Cessation Collaborative  
in close partnership with





# Preface



In 2000, the Youth Tobacco Cessation Collaborative (YTCC) published the *National Blueprint for Action: Youth and Young Adult Tobacco-Use Cessation* to guide discussion on how to help young tobacco users quit. This publication noted a lack of research showing what strategies and programs work for youth interventions and outlined goals for addressing this knowledge gap.

In response, the U.S. Centers for Disease Control and Prevention (CDC), the Canadian Tobacco Control Research Initiative (CTCRI), the U.S. National Cancer Institute (NCI), and the American Legacy Foundation (Legacy) worked to produce this publication, *Youth Tobacco Cessation: A Guide for Making Informed Decisions*. Representatives of these organizations assessed current efforts designed to help youth quit using tobacco and sought to identify “best practices.”

The process began with a literature review of 66 published studies on youth tobacco-use cessation and reduction. An evidence review panel composed of experts in policy, practice, and research was then formed to systematically assess the quality of evidence from the existing studies. Panel members concluded that most of the studies lacked the quality or consistency of findings to allow conclusive recommendations about effective practices and that more evidence was needed to document the effectiveness of current interventions for youth tobacco-use cessation.

Unfortunately, guidance on how to help youth quit using tobacco is needed now. To address this need, a “better practices” model developed recently by CTCRI was employed. This model seeks to draw from both science and

experience to identify intervention approaches that are practical as well as effective. Because evidence was insufficient to create best practices, a special advisory panel was convened and charged with using the better practices model to develop practical guidelines on what issues should be considered when deciding whether and how to develop youth tobacco-use cessation programs. This panel was composed of people experienced in developing and delivering adolescent and young adult interventions. The result is *Youth Tobacco Cessation: A Guide for Making Informed Decisions*.

As research and programs on youth tobacco-use cessation continue, our knowledge and understanding of this area will grow, and our efforts should improve. We hope this publication will help influence and guide this growth.

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