



CDC's Prevention Research Centers are striving to decrease smoking—a preventable cause of death and disease in the United States.



The Prevention Research Centers are a network of academic health centers, partner communities, and public health practitioners that conduct community-based participatory research to prevent disease and disability.

FACING THE ISSUES

- *Smoking can cause chronic lung disease and heart disease as well as cancer of the lungs, throat, mouth, and bladder. Smoking also contributes to cancer of the cervix, pancreas, and kidneys.*
- *About 1 in 8 middle school students and more than 1 in 3 high school students report using some form of tobacco in the past month.*
- *People who quit smoking have immediate health benefits and long-term rewards, such as improved circulation, increased lung function, and decreased risk of heart attack, stroke, and lung cancer.*

Smoking Prevention

Researchers at the Prevention Research Center (PRC) in Missouri developed the Heart Health Project, which trains members of community coalitions in the Ozark and Bootheel regions of the state to conduct health promotion activities, such as tobacco education workshops and antismoking poster contests for students. Some coalitions have established smoke-free policies and encouraged local governments to enforce the Clean Air Act. These efforts resulted in smoke-free policies for more than 100 schools, businesses, and public facilities.

At the PRC in Florida, researchers are evaluating a program aimed at keeping middle school students from smoking. Schools in the program adopt smoke-free policies and stage a theatre production to enhance students' tobacco refusal skills. Teachers are testing a smoking prevention curriculum with students, and parents are being taught how to be positive role models as well as how to talk about and set no

smoking rules with their children. At the PRC in New York City, researchers are identifying factors in African-American women's lives that bring about initial tobacco use at older ages. Late initiation of tobacco use among these women is associated with situational factors, such as exposure to trauma and chronic life stress. The researchers are developing prevention strategies, and the results will be shared with public health practitioners and other tobacco-control advocates.

Researching Smoking Cessation

Researchers in West Virginia collaborated with national health associations and local community organizations to develop a smoking cessation program for young people. The program, Not On Tobacco (NOT), contains gender-specific curricula designed to educate, encourage, and support teenage students in quitting smoking. Participants are taught effective interpersonal skills and positive ways to manage stress. The PRC is now evaluating a fitness

module newly added to NOT to determine its effects on smoking cessation and physical activity.

In California, researchers at one PRC are evaluating two self-help, Internet-based quit-smoking programs adapted to the perspective of Korean-American men. During the year-long evaluation, researchers will compare the quit-smoking rates of more than 2,000 Korean-American male smokers who are participating in the programs, and will also analyze the processes the men used to quit smoking.

Researchers at the PRC in Alabama have trained community health advisors to promote smoking cessation among low-income and African-American residents in rural areas of the state in an effort to reduce residents' risks for cancer and heart disease. Researchers are now evaluating the effects of these programs in several medically underserved communities.

Reducing Exposure to Secondhand Smoke

Every year nearly 300,000 children suffer from respiratory tract infections because of exposure to secondhand smoke. Researchers at the PRC in Kentucky provided educational materials for 1,000 parents who smoke to inform them about the dangers of secondhand smoke and provide guidance for instituting a ban on smoking inside their homes.

Spotlight on Success

Not On Tobacco (NOT), a quit-smoking program for young people 14 to 19 years of age, was developed and tested by PRC researchers at West Virginia University, in collaboration with local departments of education and the American Lung Association. Initial evaluation results showed that the percentage of students who quit smoking was almost 4 times higher among NOT participants than in comparison groups. The American Lung Association adopted the program and disseminates it nationally. Since 1999, more than 100,000 teenagers in 48 states have participated in the NOT program. Translating the materials into Spanish is further increasing the program's reach, and a version is also being adapted for American Indian youth. Because of its success, NOT has been recognized as an effective program by the National Registry of Effective Programs and is listed as a model program on the Substance Abuse and Mental Health Services Administration's Web site (<http://www.modelprograms.samhsa.gov>).

The PRC in New Mexico created a training program for pediatricians to learn how to motivate parents of their patients to quit smoking. Researchers at the Alabama PRC developed a curriculum for pre-school teachers to teach students about the dangers of secondhand smoke and how to share what they learn with their parents. The school also gives parents information about local quit-smoking programs.

Professional Education

For several years, researchers at the PRC in North Carolina conducted a national training center and trained state health department staff and other tobacco control advocates in all 50 states and several territories on how to advocate for local and state policies, develop and evaluate tobacco control programs, prevent smoking among young people, and communicate related health information. By the end of the week-long training, participants learned to design, implement, and evaluate effective tobacco prevention and control strategies.