

Description:

The American Lung Association's Freedom From Smoking clinics are offered. For more information, see the detailed program description in Part 1.

1149. AMERICAN LUNG ASSOCIATION OF NORTH-EAST PENNSYLVANIA, Post Office Box 115, Scranton, Pennsylvania 18504.

Program Title:

Freedom From Smoking Clinics.

Contact:

Mr. Raymond Bechtel, Executive Director
(717)346-1784 or (717)343-0987.

Description:

The American Lung Association's Freedom From Smoking clinics are offered. For more information, see the detailed program description in Part 1.

1150. AMERICAN LUNG ASSOCIATION OF NORTHWEST PENNSYLVANIA, 352 West Eighth Street, Erie, Pennsylvania 16502.

Program Title:

Freedom From Smoking Clinics.

Contact:

Joy Greco, R.N., Program Director
(814)454-0109.

Description:

The American Lung Association's Freedom From Smoking clinics are offered. For more information, see the detailed program description in Part 1.

1151. AMERICAN LUNG ASSOCIATION OF PHILADELPHIA AND MONTGOMERY COUNTY, 1100 East Hector Street, Third Floor East, Suite 360, Conshohocken, Pennsylvania 19428.

Program Title:

Freedom From Smoking.

Contact:

Ms. Amy Lupinski, Program Manager
(215)735-2200.

Description:

The American Lung Association's Freedom From Smoking program is offered. For more information, see the detailed program description in Part 1.

1152. AMERICAN LUNG ASSOCIATION OF PHILADELPHIA AND MONTGOMERY COUNTY, 1100 East Hector Street, Third Floor East, Suite 360, Conshohocken, Pennsylvania 19428.

Program Title:

School Health Education.

Contact:

Ms. Amy Lupinski, Program Manager
(215)735-2200.

Description:

Various curriculum programs designed to prevent children from beginning to smoke and emphasizing general good health are offered.

1153. AMERICAN LUNG ASSOCIATION OF SOUTH ALLEGHENIES, 124 North Center Avenue, Post Office Box 247, Somerset, Pennsylvania 15501.

Program Title:

Freedom From Smoking Clinics.

Contact:

Ms. Mary Barrons, Executive Director
(814)445-5747 or (814)536-7245.

Description:

The American Lung Association's Freedom From Smoking clinics are offered. For more information, see the detailed program description in Part 1.

1154. AMERICAN LUNG ASSOCIATION OF SOUTH CENTRAL PENNSYLVANIA, 488 West Market Street, Box 1125, York, Pennsylvania 17405.

Program Title:

Freedom From Smoking.

Contact:

Ms. Lisa M. Marriott, Director of Programs
(717)845-3639.

Description:

The seven-session Freedom From Smoking clinic was designed by the American Lung Association to help smokers join with others to quit their habit. This program is offered to both the community and to local worksites. A minimum of 20 participants is required. For more information, see the detailed program description in Part 1.

1155. AMERICAN LUNG ASSOCIATION OF SOUTH CENTRAL PENNSYLVANIA, 488 West Market Street, Box 1125, York, Pennsylvania 17405.

Program Title:

Freedom From Smoking Self-Help Manuals.

Contact:

Ms. Lisa M. Marriott, Director of Programs
(717)845-3639.

Description:

The Freedom From Smoking self-help manuals are comprehensive quit-smoking guides developed by the American Lung Association. For more information, see the detailed program description in Part 1.

1156. AMERICAN LUNG ASSOCIATION OF SOUTH CENTRAL PENNSYLVANIA, 488 West Market Street, Box 1125, York, Pennsylvania 17405.

Program Title:
In Control.

Contact:
Ms. Lisa M. Marriott, Director of Programs
(717)845-3639.

Description:
In Control, the American Lung Association's home video program, is available. For more information, see the detailed program description in Part 1.

1157. AMERICAN LUNG ASSOCIATION OF SOUTH CENTRAL PENNSYLVANIA, 488 West Market Street, Box 1125, York, Pennsylvania 17405.

Program Title:
Smoking And Pregnancy.

Contact:
Ms. Lisa M. Marriott, Director of Programs
(717)845-3639.

Description:
The Smoking And Pregnancy program designed by the American Lung Association and the Freedom From Smoking For You And Your Baby package are available. For more information, see the detailed program descriptions in Part 1.

1158. AMERICAN LUNG ASSOCIATION OF WESTERN PENNSYLVANIA, 2851 Bedford Avenue, Pittsburgh, Pennsylvania 15219.

Program Title:
A Lifetime Of Freedom From Smoking.

Contact:
Ms. Julie Carlin, Program Associate
(412)621-0400.

Description:
This self-help followup manual is available for a minimal cost. For more information, see the detailed program description in Part 1.

1159. AMERICAN LUNG ASSOCIATION OF WESTERN PENNSYLVANIA, 2851 Bedford Avenue, Pittsburgh, Pennsylvania 15219.

Program Title:
Freedom From Smoking Clinics.

Contact:
Ms. Julie Carlin, Program Associate
(412)621-0400.

Description:
The American Lung Association's Freedom From Smoking

clinics are offered to the community and to private organizations. For more information, see the detailed program description in Part 1.

1160. AMERICAN LUNG ASSOCIATION OF WESTERN PENNSYLVANIA, 2851 Bedford Avenue, Pittsburgh, Pennsylvania 15219.

Program Title:
Freedom From Smoking In 20 Days.

Contact:
Ms. Julie Carlin, Program Associate
(412)621-0400.

Description:
This self-help manual is available at minimal cost. For more information, see the detailed program description in Part 1.

1161. AMERICAN LUNG ASSOCIATION OF WESTERN PENNSYLVANIA, 2851 Bedford Avenue, Pittsburgh, Pennsylvania 15219.

Program Title:
In Control.

Contact:
Ms. Julie Carlin, Program Associate
(412)621-0400.

Description:
The American Lung Association's In Control smoking cessation videocassette is available for loan or purchase. For more information, see the detailed program description in Part 1.

1162. AMERICAN LUNG ASSOCIATION OF WESTERN PENNSYLVANIA, 2851 Bedford Avenue, Pittsburgh, Pennsylvania 15219.

Program Title:
21-Day Personal Smoking Reduction Program.

Contact:
Ms. Julie Carlin, Program Associate
(412)621-0400.

Description:
The 21-day program is an exclusive, copyrighted program developed by the American Lung Association of Western Pennsylvania, formerly the Christmas Seal League. It features a reduction schedule tailored to each smoker's habit. A unique system of progress report cards is used throughout and even after completion of this program. The program has been requested by over 150,000 people locally and is being followed as part of a study being conducted by Carnegie-Mellon University funded by a grant from the National Institutes of Health. The 21-Day Personal Smoking Reduction Program, complete with a Quitter's Handbook, daily guide, personalized schedule, and progress report cards, is offered for free.

1163. BEHAVIORAL MEDICINE GROUP, INC., 355 Flowers Mill Road, Post Office Box L103, Langhorne, Pennsylvania 19047.

Program Title:

Stop Smoking Without Weight Gain.

Contact:

Program Coordinator
(215)752-7111.

Description:

In this approach to smoking cessation, smokers are believed to be inherently motivated to quit. Relapses in quitting do not indicate a lack of motivation, but the persistence of physical and psychological factors that makes quitting difficult. In an approach called Restart Prevention, these problems are addressed in the following four areas: weight control, withdrawal symptom control, habit control, and stress control.

1164. CHESTER COUNTY HEALTH DEPARTMENT, 326 North Walnut Street, West Chester, Pennsylvania 19380.

Program Title:

Babies Don't Thrive In Smoke-Filled Wombs.

Contact:

Ms. Susan Pizzi, Public Health Educator
(215)431-6259.

Description:

This is one of the ten 30-minute programs delivered in the educational segment of the department's prenatal service. The public health educator teaches, through a group process, the effects that smoking has on both the baby and mother during pregnancy as well as after delivery. Pamphlets from the American Lung Association, the U.S. Department of Health and Human Services, and the Developmental Disabilities Planning Council and a 6-minute slide program are also used to reinforce the teaching. Quit Smoking Kits have been developed and are used during the one-on-one counseling sessions by both the public health educator and the public health nurse.

1165. ERIE COUNTY DEPARTMENT OF HEALTH, 606 West Second Street, Erie, Pennsylvania 16507.

Program Title:

Health Risk Reduction Project.

Contact:

Ms. Janet Vogt, Public Health Educator
(814)454-5811 ext.374.

Description:

The Northwest Pennsylvania Coalition on Smoking and Health is affiliated with the Erie County Department of Health. Recent activities and accomplishments include: 1) distribution of a smoke-free kit to restaurants interested in smoke-free dining; 2) support for and promotion of the Growing Healthy comprehensive school health curriculum; 3) survey of schools to determine the status of smoking education and policies on

smoking for students and school employees; and 4) distribution of a Model Policy For Smoking In The Workplace packet to local employers and technical assistance and advice to companies interested in developing a policy.

1166. PENNSYLVANIA DEPARTMENT OF HEALTH, Post Office Box 90, Harrisburg, Pennsylvania 17108.

Program Title:

Self-Help Smoking Cessation.

Contact:

Ms. Teresa V. Brown, Cancer Program Administrator
(717)787-5251.

Description:

This program was designed to assist smoking mothers of pre-school children attending clinics to stop smoking. It is a cost-effective smoking cessation program that can be used by health care professionals with minimal training and little disruption of clinic activities. The contractor, the Fox Chase Cancer Center, will provide training, educational materials, and evaluation instruments to clinic sites. The program will continue at the Department of Health until December 31, 1989. "Quitting Times: A Magazine For Women Who Smoke" and client tip sheets are integral parts of the intervention.

1167. PENNSYLVANIA STATE UNIVERSITY, 1 White Building, University Park, Pennsylvania 16802.

Program Title:

Youth Helping Youth: A Behavioral Approach To Self-Control Of Smoking.

Contact:

Dr. Richard St. Pierre, Program Director
(814)863-0435.

Description:

This program trains instructors who then train selected senior high school students to conduct a smoking cessation clinic within their school setting. Training sessions are held over a 2-week period and cover the following topics: an overview of smoking and health issues, self-control of smoking behavior, strategies and methods to increase motivation, and structure and format of clinic sessions. The cessation clinics are also conducted over a 2-week period with two weekly sessions and two optional maintenance sessions in the following 2 weeks.

1168. STUDIES ON SMOKING, INC., 125 High Street, Edinboro, Pennsylvania 16412.

Program Title:

SOS Stop Smoking Clinics.

Contact:

G. H. Miller, M.D., Director
(814)734-5538.

Description:

The primary objective of the clinic is to attain a cure rate of 65-

75 percent at the completion of the 1-year program. The SOS Stop Smoking Clinics make use of lectures, films, and group and individualized counseling. The materials come from the extensive research of Studies on Smoking, the latest research on smoking and health, information and materials provided by the National health associations, and State and local smoking and health groups. The clinics have been held in Erie County, Pennsylvania, and in the State of Indiana for the Cummins Engine Company. The clinics consist of 25 sessions over a 12-month period with a concentration of 15 sessions during the first 10 weeks. Participants are continually checked with a device that measures their carbon monoxide exhalations to determine whether they have started smoking again. Individualized counseling is used to maintain permanent smoking cessation for those having difficulties. At the end of the year each participant is checked to see that smoking cessation has been maintained.

The SOS Stop Smoking Clinics include clinics for the general public, special clinics for business and industry, and personalized clinics for long-term smoking cessation. Recently, wellness programs have been initiated for companies that want all smokers to become permanent former smokers in a 2- to 5-year period. This program will enable them to have a smoke-free environment before the year 2000.

1169. UNIVERSITY OF PITTSBURGH, 5K01 Forbes Quadrangle, Pittsburgh, Pennsylvania 15260.

Program Title:
Maximizing Adolescent Potentials.

Contact:
Carl I. Fertman, Ph.D., Executive Director
(412)648-7196.

Description:
Maximizing Adolescent Potentials (MAPS) program focuses on the prevention of smoking, drug, and alcohol problems among youth. Programs that promote nonsmoking have been developed using concepts of enhancing coping skills and social support networks to assist children and adolescents in dealing with their concerns about smoking. All programs are school based. Teacher training is also available.

1170. WELLNESS CENTER, St. Joseph Hospital, 250 College Avenue, Lancaster, Pennsylvania 17604.

Program Title:
Freedom From Smoking.

Contact:
Ms. Romaine Sneath, Director
(717)291-8148.

Description:
The instructor is a respiratory therapist trained by the American Lung Association to present the Freedom From Smoking program. For more information, see the detailed program description in Part 1.

PUERTO RICO

1171. ASOCIACION PUERTORRIQUENA DEL CORAZON, Cabo Alverlo 554, Hato Rey, Puerto Rico 00918.

Program Title:
Call It Quits.

Contact:
Mildred A. Merced, M.Ed., Program Director
(809)751-6595.

Description:
The American Heart Association's Heart At Work and Heart Rx programs are available. For more information, see the detailed program description in Part 1. In addition, the Association is making available for distribution to corporations and workplaces a public awareness brochure, Area de Aire Limpio, Gracias Por no Fumar (Clear Air Area, Thank You For Not Smoking).

1172. MAYAGUEZ PUBLIC HEALTH UNIT, PUERTO RICO DEPARTMENT OF HEALTH, Western Health Region, Box 400, Mayaguez, Puerto Rico 00709.

Program Title:
Educational Program Service.

Contact:
Ms. Ada T. Capo de Colley, Medical Director
(809)832-2162 or (809)832-5053.

Description:
Patients are advised of the hazards of smoking in individual education in the clinics and in group lectures to prenatal patients (mostly new mothers) and diabetics. Consultation is based on a general knowledge of the hazards of smoking, such as the many forms of cancer, premature babies, low weight babies, coronary heart disease, premature aging,

premature changes of the skin, oral decay, sinusitis, and shortened life. Each professional has acquired this informa-

tion during the training for his or her profession by reading journals or attending continuing medical education courses.

RHODE ISLAND

1173. AMERICAN CANCER SOCIETY, RHODE ISLAND DIVISION, INC., 400 Main Street, Pawtucket, Rhode Island 02860-2996.

Program Title:
Breaking Free.

Contact:
Alan J. Ventetuolo, M.Ed., Director of Public Education
(401)722-8480.

Description:
This smoking prevention/cessation program is available to area schools. For more information, see the detailed program description in Part 1.

1174. AMERICAN CANCER SOCIETY, RHODE ISLAND DIVISION, INC., 400 Main Street, Pawtucket, Rhode Island 02860-2996.

Program Title:
Check It Out.

Contact:
Alan J. Ventetuolo, M.Ed., Director of Public Education
(401)722-8480.

Description:
This smokeless tobacco prevention/cessation program utilizes audiovisual and accompanying educational literature.

1175. AMERICAN CANCER SOCIETY, RHODE ISLAND DIVISION, INC., 400 Main Street, Pawtucket, Rhode Island 02860-2996.

Program Title:
Dangers Of Smoking And Benefits Of Quitting.

Contact:
Alan J. Ventetuolo, M.Ed., Director of Public Education
(401)722-8480.

Description:
This educational program addresses physical, psychological, and social problems associated with tobacco use. The immediate and long-term benefits of quitting smoking are discussed as well as the hazardous health effects of passive smoking. Speakers, audiovisual aids, and supporting educational literature are used.

1176. AMERICAN CANCER SOCIETY, RHODE ISLAND DIVISION, INC., 400 Main Street, Pawtucket, Rhode Island 02860-2996.

Program Title:
FreshStart.

Contact:
Alan J. Ventetuolo, M.Ed., Director of Public Education
(401)722-8480.

Description:
The American Cancer Society's FreshStart smoking cessation clinic is offered. For more information, see the detailed program description in Part 1.

1177. AMERICAN CANCER SOCIETY, RHODE ISLAND DIVISION, INC., 400 Main Street, Pawtucket, Rhode Island 02860-2996.

Program Title:
Health Myself.

Contact:
Alan J. Ventetuolo, M.Ed., Director of Public Education
(401)722-8480.

Description:
The American Cancer Society's Health Myself program is offered to area schools. For more information, see the detailed program description in Part 1.

1178. AMERICAN CANCER SOCIETY, RHODE ISLAND DIVISION, INC., 400 Main Street, Pawtucket, Rhode Island 02860-2996.

Program Title:
Starting Free: Good Air For Me.

Contact:
Alan J. Ventetuolo, M.Ed., Director of Public Education
(401)722-8480.

Description:
This smoking prevention program is offered to area schools. For more information, see the detailed program description in Part 1.

1179. BLUE CROSS AND BLUE SHIELD OF RHODE ISLAND, 444 Westminster Mall, Providence, Rhode Island 02901.

Program Title:
In Control.

Contact:
Ms. Lois Gardner, Manager, Corporate Training and Development
(401)272-8500.

Description:
A six-session program conducted by the In Control Stop Smoking Center of Cranston, Rhode Island, has been offered to all employees. The program combines a variety of techniques. In addition, Blue Cross and Blue Shield offers a stress management program to all employees. This four-session program includes information and activities on stress reduction, nutrition, fitness, and lifestyles.

1180. IN CONTROL STOP SMOKING CENTER, 1013 Reservoir Avenue, Cranston, Rhode Island 02910.

Program Title:
Stop Smoking Program.

Contact:
Ms. Gail Weisberg, Program Coordinator
(401)943-6690.

Description:
The program consists of six 1-hour sessions (one on a Tuesday and then Monday through Friday the following week). The course includes behavior modification; Dynamic Mind Reconditioning, a cassette system to use at home; psychology of addiction; stress handling; weight control as it applies to quitting smoking; physical changes; misconceptions people have; and the biochemistry. The Center's program is done on-site in industry, insurance companies, and hospitals throughout the United States and Canada. Companies either have the Center's staff come to their companies or are trained to perform the program. One hundred and fifty companies are presently using this system.

1181. RHODE ISLAND GROUP HEALTH ASSOCIATION, 530 North Main Street, Providence, Rhode Island 02904.

Program Title:
Agreement to Quit.

Contact:
Ms. Patricia O. Blenkiron, Manager, Health Education and Health Programs
(401)732-0300.

Description:
A contract is signed with the clinical provider by Rhode Island Group Health Association members ready to quit. They are sent information by mail and followed up by telephone for 1 month.

1182. RHODE ISLAND GROUP HEALTH ASSOCIATION, 530 North Main Street, Providence, Rhode Island 02904.

Program Title:
Quit Smoking Workshop.

Contact:
Ms. Patricia O. Blenkiron, Manager, Health Education and Health Programs
(401)732-0300.

Description:
Smokers who wish to quit meet for 6 weeks to learn about the hazards of smoking and to provide each other with group support while quitting. A positive approach emphasizing the benefits of quitting is used. Other topics discussed include an individual's reasons for smoking and for quitting, the anticipated withdrawal symptoms and how to handle them, relaxation and exercise techniques, and how not to gain weight while quitting smoking. In addition to the six sessions, there are optional monthly followup sessions to check on progress and provide support and reinforcement.

1183. RHODE ISLAND LUNG ASSOCIATION, 10 Abbott Park Place, Providence, Rhode Island 02903.

Program Title:
Biofeedback Smoking Education Project.

Contact:
Mr. Claude LaBrosse, Program Coordinator
(401)421-6487.

Description:
The American Lung Association's Biofeedback Smoking Education Project is offered. For more information, see the detailed program description in Part 1.

1184. RHODE ISLAND LUNG ASSOCIATION, 10 Abbott Park Place, Providence, Rhode Island 02903.

Program Title:
Freedom From Smoking At Work.

Contact:
Mr. Claude LaBrosse, Program Coordinator
(401)421-6487.

Description:
Trained staff help companies develop a comprehensive approach to reducing smoking at the workplace. For more information, see the detailed program description in Part 1.

1185. RHODE ISLAND LUNG ASSOCIATION, 10 Abbott Park Place, Providence, Rhode Island 02903.

Program Title:
Freedom From Smoking Clinics.

Contact:
Mr. Claude LaBrosse, Program Coordinator
(401)421-6487.

Description:

The American Lung Association's Freedom From Smoking clinics are offered. For more information, see the detailed program description in Part 1.

1186. RHODE ISLAND LUNG ASSOCIATION, 10 Abbott Park Place, Providence, Rhode Island 02903.**Program Title:**

Freedom From Smoking Self-Help.

Contact:

Mr. Claude LaBrosse, Program Coordinator
(401)421-6487.

Description:

The American Lung Association's Freedom From Smoking self-help program is offered. For more information, see the detailed program description in Part 1.

1187. RHODE ISLAND LUNG ASSOCIATION, 10 Abbott Park Place, Providence, Rhode Island 02903.**Program Title:**

In Control.

Contact:

Mr. Claude LaBrosse, Program Coordinator
(401)421-6487.

Description:

The American Lung Association's In Control video program is offered. For more information, see the detailed program description in Part 1.

1188. RHODE ISLAND LUNG ASSOCIATION, 10 Abbott Park Place, Providence, Rhode Island 02903.**Program Title:**

Lungs Are For Life.

Contact:

Mr. Claude LaBrosse, Program Coordinator
(401)421-6487.

Description:

The American Lung Association's Lungs Are For Life program is used. For more information, see the detailed program description in Part 1.

1189. RHODE ISLAND LUNG ASSOCIATION, 10 Abbott Park Place, Providence, Rhode Island 02903.**Program Title:**

Marijuana: A Second Look.

Contact:

Mr. Claude LaBrosse, Program Coordinator
(401)421-6487.

Description:

The American Lung Association's Marijuana: A Second Look is offered for youth. For more information, see the detailed program description in Part 1.

1190. RHODE ISLAND LUNG ASSOCIATION, 10 Abbott Park Place, Providence, Rhode Island 02903.**Program Title:**

Octopuff In Kumquat.

Contact:

Mr. Claude LaBrosse, Program Coordinator
(401)421-6487.

Description:

The American Lung Association's "Octopuff In Kumquat" film and materials are available. For more information, see the detailed program description in Part 1.

1191. RHODE ISLAND LUNG ASSOCIATION, 10 Abbott Park Place, Providence, Rhode Island 02903.**Program Title:**

Smokers In Transition.

Contact:

Mr. Claude LaBrosse, Program Coordinator
(401)421-6487.

Description:

Smokers In Transition is a followup maintenance group for people who have stopped smoking and are in transition to a nonsmoking lifestyle. Groups meet regularly at various locations in the State.

1192. RHODE ISLAND LUNG ASSOCIATION, 10 Abbott Park Place, Providence, Rhode Island 02903.**Program Title:**

Smoking And Pregnancy.

Contact:

Mr. Claude LaBrosse, Program Coordinator
(401)421-6487.

Description:

The American Lung Association's Smoking And Pregnancy program is offered. For more information, see the detailed program description in Part 1.

1193. RHODE ISLAND LUNG ASSOCIATION, 10 Abbott Park Place, Providence, Rhode Island 02903.**Program Title:**

Tobacco-Free Young America Project.

Contact:

Mr. Claude LaBrosse, Program Coordinator
(401)421-6487.

Description:

For more information about the Tobacco-Free Young America Project, see the detailed program description in Part 1.

1194. RHODE ISLAND STATE DEPARTMENT OF HEALTH, Office of Health Promotion, 75 Davis Street, Room 103, Providence, Rhode Island 02908.

Program Title:

High School Smoking Education.

Contact:

Ms. Amy L. Savastano, Program Coordinator
(401)277-6957.

Description:

The Smoking Education program improves health knowledge and provides a positive role model for a healthful behavior change. The program consists of two classroom visits to cover the topics of physical hazards, pregnancy and smoking, smokeless tobacco, secondhand smoke, advertising, and laws concerning smoking. Materials used include a film, an Ecolyzer-carbon monoxide tester, posters, Squeezey lung demonstration, and pre- and posttests.

1195. RHODE ISLAND STATE DEPARTMENT OF HEALTH, Office of Health Promotion, 103 Cannon Building, 75 Davis Street, Providence, Rhode Island 02908.

Program Title:

High School Smoking Survey.

Contact:

Robert M. Cabral, Ph.D., Program Coordinator
(401)277-6957.

Description:

The High School Smoking Survey is a standardized questionnaire designed to measure attitudes, knowledge, and behavior regarding cigarette smoking. Students are questioned on family smoking behaviors, beliefs about the harmful effects of smoking, extent of usage, age of onset, and reasons they would quit. All information regarding the survey and results is confidential. Participating schools receive data analyses on their own students along with comparative summaries representing all schools in the survey. Survey results provide information to school administrators for developing smoking policies, curricula, and other activities related to health education. The data also allow for trend analysis over time.

1196. RHODE ISLAND STATE DEPARTMENT OF HEALTH, Office of Health Promotion, 103 Cannon Building, 75 Davis Street, Providence, Rhode Island 02908.

Program Title:

Youth Council On Smoking.

Contact:

Ms. Amy L. Benevides, Program Coordinator
(401)277-6957.

Description:

The Youth Council on Smoking is a cross-age teaching program that trains high school students to discuss the hazards of smoking with elementary school children. The high school training consists of four sessions. The elementary school visits consist of two sessions in 2 consecutive weeks that include an explanation of physical and emotional hazards of smoking and a preparation of children for decision making regarding cigarettes. The materials used include films, posters, and Squeezey lungs.

SOUTH CAROLINA

1197. AMERICAN CANCER SOCIETY, SOUTH CAROLINA DIVISION, INC., 2214 Devine Street, Columbia, South Carolina 29205.

Program Title:
FreshStart.

Contact:

Ms. Cindy Cothran, Senior Vice President for Education
(803)256-0245.

Description:

The American Cancer Society's FreshStart program is offered free of charge to all participants. For more information, see the detailed program description in Part 1.

1198. AMERICAN HEART ASSOCIATION, SOUTH CAROLINA AFFILIATE, 400 Percival Road, Post Office Box 6604, Columbia, South Carolina 29260.

Program Title:
In Control.

Contact:

Ms. Mary Beth Schultz, Program Associate
(803)738-9540.

Description:

The American Lung Association's In Control videocassette program is available to the general public. For more information, see the detailed program description in Part 1.

1199. BRUCE HOSPITAL SYSTEM, The Fitness Forum Health and Wellness Center, 121 East Cedar Street, Florence, South Carolina, 29501.

Program Title:
Smokeless.

Contact:
Ms. Robin D. Hutchinson, Community Relations Director and Karen Kemper, M.S.P.H.
(803)661-3785 and (803)661-3875.

Description:
The Smokeless system, developed by the American Institute for Preventive Medicine, is a highly structured, multifaceted smoking cessation program. Participants learn systematic techniques to prevent the urge to smoke and to eliminate cravings that may develop. Cessation booklets and followup services are provided.

1200. CATAWBA PUBLIC HEALTH DISTRICT, Post Office Box 817, Lancaster, South Carolina 29720.

Program Title:
Freedom From Smoking.

Contact:
Jacque Linderman, R.N., C.D.E., Program Coordinator
(803)286-9948.

Description:
The American Lung Association's Freedom From Smoking program is offered to the general public, on an as requested basis. For more information, see the detailed program description in Part 1.

1201. CATAWBA PUBLIC HEALTH DISTRICT, Post Office Box 817, Lancaster, South Carolina 29720.

Program Title:
FreshStart.

Contact:
Jacque Linderman, R.N., C.D.E., Program Coordinator
(803)286-9948.

Description:
The American Cancer Society's FreshStart program is offered to city employees and health department patients. For more information, see the detailed program description in Part 1.

1202. CATAWBA PUBLIC HEALTH DISTRICT, Post Office Box 817, Lancaster, South Carolina 29720.

Program Title:
Smoker Chart Tag.

Contact:
Joyce B. Brown, R.N., P.N.S., Program Coordinator
(803)286-9948.

Description:

The charts of all health department patients who smoke are tagged with red smoker labels. This is done to alert all staff members to deliver reinforcement for smoking cessation.

1203. CATAWBA PUBLIC HEALTH DISTRICT, Post Office Box 817, Lancaster, South Carolina 29720.

Program Title:
Smoking And Pregnancy Prenatal Class.

Contact:
Ms. Deedy Smith, Health Educator
(803)324-7521.

Description:
This class is taught to prenatal patients once a quarter. Patients are taught the ill effects smoking has on their own bodies as well as on their babies. The ways one can be hooked on cigarettes, approaches to quitting, and coping skills for withdrawal symptoms are discussed. For those who seek additional help, referrals are made to the FreshStart program.

1204. SOUTH CAROLINA DEPARTMENT OF HEALTH AND ENVIRONMENTAL CONTROL, 2600 Bull Street, Columbia, South Carolina 29201.

Program Title:
Cardiovascular Disease Prevention – Community-Based Intervention.

Contact:
Ms. Maria Whitehead, Project Director
(803)734-4790.

Description:
The purpose of the grant is to implement and evaluate a community-based cardiovascular disease risk reduction program with the hope that the model developed can be replicated with even fewer resources and disseminated in South Carolina and elsewhere.

Program implementation will begin shortly in Florence using community resources and directed by a coordinating committee of Florence leaders. One of the behaviors targeted for intervention is smoking. Since Florence is in the center of South Carolina's tobacco belt, as well as stroke and heart disease belt, the manner and enthusiasm with which smoking cessation is pursued within this community will be very interesting to observe.

1205. SOUTH CAROLINA DEPARTMENT OF HEALTH AND ENVIRONMENTAL CONTROL, Office of Health Education, 2600 Bull Street, Columbia, South Carolina 29201.

Program Title:
Carolina Healthstyle.

Contact:

Ms. Dorothy Maysey, Health Education Consultant
(803)734-4650.

Description:

Carolina Healthstyle is the name given to the State employee wellness program. Carolina Healthstyle staff have been working with the various wellness committees to develop smoking cessation programs and agency smoking policies. A number of agencies have provided programs to their staff and developed their own smoking policies.

Carolina Healthstyle has been evaluated by administering a lengthy questionnaire that includes a variety of health knowledge, behavior, and behavioral intent questions. It has been administered to a random sample of State employees in the Columbia area. Analysis has been done on smoking from the first two administrations of the questionnaire: smoking did not decrease, but the number of cigarettes smoked by smokers did decrease.

1206. SOUTH CAROLINA DEPARTMENT OF HEALTH AND ENVIRONMENTAL CONTROL, 2600 Bull Street, Columbia, South Carolina 29201.

Program Title:

Preconception Intervention Project.

Contact:

Ms. Marion Clark, Health Educator III
(803)536-9060.

Description:

Family planning patients are risk assessed when they come for services. They are given written materials on their risk behaviors and steps to make changes. If they are interested in change, they are counseled by a social worker (Upper Savannah) or referred to a class in the community (Edisto).

1207. SOUTH CAROLINA DEPARTMENT OF HEALTH AND ENVIRONMENTAL CONTROL, 2600 Bull Street, Columbia, South Carolina, 29201.

Program Title:

Prenatal Smoking Cessation.

Contact:

Ms. Kelli Schroeder, Health Educator III, East Midlands Health District
(803)734-8959.

Description:

When prenatals come to the Health Department for care and are identified as smokers, the health educator provides counseling and instruction on how to use the Richard Windsor booklet, Prenatal Smoking Cessation. Followup is done by the nursing staff. The purchase of the Windsor booklets was funded by a March of Dimes grant.

1208. SOUTH CAROLINA DEPARTMENT OF HEALTH AND ENVIRONMENTAL CONTROL, Office of Health Education, 2600 Bull Street, Columbia, South Carolina 29201.

Program Title:

Prenatal Smoking.

Contact:

Ms. Sara Jo Moore, Health Educator III, Appalachia I Health District
(803)225-3731.

Description:

Prenatals, upon entry into prenatal care, are assessed as to smoking behavior and number of cigarettes smoked. Those who smoke are targeted for specific interventions that include behavioral contracting and followup discussions at each visit. Incentives to stop smoking and cues to action are included.

1209. YORK COUNTY HEALTH DEPARTMENT, Post Office Box 3057 CRS, Rock Hill, South Carolina 29730.

Program Title:

FreshStart.

Contact:

Ms. Deedy Smith, Health Educator
(803)324-7521.

Description:

The American Cancer Society's FreshStart program is offered. For more information, see the detailed program description in Part 1.

SOUTH DAKOTA

1210. AMERICAN CANCER SOCIETY, SOUTH DAKOTA DIVISION, INC., 1025 North Minnesota Avenue, Hillcrest Plaza, Sioux Falls, South Dakota 57104.

Program Title:

Smoke/Tobacco-Free Young America.

Contact:

Ms. Olive Rissky, Education Chairman
(605)996-7286.

Description:

This is an ongoing public education program aimed at vocational educational students aged 17 to 21, to discourage

teenage students from beginning to smoke or to encourage them to quit if they have already begun. Smokeless tobacco is also addressed as a health hazard.

1211. AMERICAN CANCER SOCIETY, SOUTH DAKOTA DIVISION, INC., 1025 North Minnesota Avenue, Hillcrest Plaza, Sioux Falls, South Dakota 57104.

Program Title:
FreshStart.

Contact:
Ms. Olive Rissky, Education Chairman
(605)996-7286.

Description:
The American Cancer Society's FreshStart smoking cessation clinic is offered. For more information, see the detailed program description in Part 1.

1212. BLACK HILLS HEALTH AND EDUCATION CENTER, Post Office Box 1, Hermosa, South Dakota 57744.

Program Title:
Wellness Program.

Contact:
Mr. Klaus Irrgang, Program Coordinator
(605)255-4101.

Description:
A residential 12-day lifestyle program with special attention given to persons who want to give up smoking, the program focuses on the whole person, including the physical, mental, social, and spiritual aspects. The benefits experienced far exceed quitting smoking: nutritional habits are altered, exercise tolerance is increased, an individual exercise prescription is given, and better stress management techniques are learned. Followup is also provided.

1213. RAPID CITY REGIONAL HOSPITAL INC., 353 Fairmont Boulevard, Rapid City, South Dakota 57701.

Program Title:
Smokeless.

Contact:
Ms. Mardi Beaumont, Coordinator
(605)341-1905.

Description:
The Smokeless system, developed by the American Institute for Preventive Medicine, is a highly structured, multifaceted smoking cessation program. Participants learn systematic techniques to prevent the urge to smoke and to eliminate cravings that may develop. Cessation booklets and followup services are provided.

1214. RAPID CITY REGIONAL HOSPITAL, INC., 353 Fairmont Boulevard, Rapid City, South Dakota 57701.

Program Title:
Stay Well/How To Quit Smoking.

Contact:
Ms. Mardi Beaumont, Coordinator
(605)341-1905.

Description:
Stay Well/How to Quit Smoking is a 7-week program using behavior modification techniques.

1215. SOUTH DAKOTA DEPARTMENT OF HEALTH, Joe Foss Building, 523 East Capitol, Pierre, South Dakota 57501-3182.

Program Title:
Tobacco Initiatives.

Contact:
Lynne Post, M.P.H., Director, Health Education/Promotion
(605)773-3361.

Description:
The South Dakota Department of Health, in its efforts at tobacco program development, is a member of HEALTHNET, a Statewide coalition focused toward Smoke-Free Society by the Year 2000. The Department also acts as a resource to the community, businesses, State government, and others regarding smoke-free policy development and other issues regarding tobacco programs, such as implementation, cessation, and evaluation. In fiscal year 1988, the Department will be developing a new Health Promotion Unit that will have, as part of its program agenda, a specific tobacco initiative section.

1216. SOUTH DAKOTA LUNG ASSOCIATION, 208 East 13th Street, Sioux Falls, South Dakota 57102-1099.

Program Title:
Freedom From Smoking At Work.

Contact:
Mr. Robert Roby, Field Consultant
(603)336-7222.

Description:
The American Lung Association's Freedom From Smoking At Work program is offered. For more information, see the detailed program description in Part 1.

1217. SOUTH DAKOTA LUNG ASSOCIATION, 208 East 13th Street, Sioux Falls, South Dakota 57102-1099.

Program Title:
Freedom From Smoking Clinics.

Contact:

Mr. Robert Roby, Field Consultant
(603)366-7222.

Description:

Smoking cessation programs are available at 29 sites throughout South Dakota, using the American Lung Association's tested program. For more information, see the detailed program description in Part 1.

1218. SOUTH DAKOTA LUNG ASSOCIATION, 208 East 13th Street, Sioux Falls, South Dakota 57102-1099.

Program Title:

Freedom From Smoking Clinic Leader Training.

Contact:

Mr. Robert Roby, Field Consultant
(603)336-7222.

Description:

The American Lung Association encourages staff, volunteers, and paid leaders to attend a 1-1/2-day training program for those interested in becoming clinic leaders. By the end of the training program for clinic leaders, participants will be able to: 1) clarify the role of smoking cessation clinics within the total Freedom From Smoking (FFS) program; 2) describe the theoretical/philosophical basis for the methodology used in conducting the FFS clinic; 3) identify techniques for helping individuals select the smoking cessation program best suited to their needs; and 4) practice solving problems related to the behavior of FFS clinic participants.

1219. SOUTH DAKOTA LUNG ASSOCIATION, 208 East 13th Street, Sioux Falls, South Dakota 57102-1099.

Program Title:

Freedom From Smoking For You And Your Baby.

Contact:

Mr. Robert Roby, Field Consultant
(603)366-7222.

Description:

This 32-page manual is a self-help program designed to assist a pregnant woman in quitting smoking in 10 days. For more information, see the detailed program description in Part 1.

1220. SOUTH DAKOTA LUNG ASSOCIATION, 208 East 13th Street, Sioux Falls, South Dakota 57102-1099.

Program Title:

Freedom From Smoking For You And Your Family.

Contact:

Mr. Robert Roby, Field Consultant
(603)336-7222.

Description:

As a new component to the American Lung Association's Smoke-Free Family campaign, this 54-page manual assists smokers in kicking the habit. For more information, see the detailed program description in Part 1.

1221. SOUTH DAKOTA LUNG ASSOCIATION, 208 East 13th Street, Sioux Falls, South Dakota 57102-1099.

Program Title:

Freedom From Smoking Self-Help Manuals.

Contact:

Mr. Robert Roby, Field Consultant
(603)336-7222.

Description:

This set of two colorful guides to the quitting process includes a step-by-step approach to quitting and a guide to reinforcing and maintaining the participant's decision to quit. For more information, see the detailed program description in Part 1.

1222. SOUTH DAKOTA LUNG ASSOCIATION, 208 East 13th Street, Sioux Falls, South Dakota 57102-1099.

Program Title:

Health Fairs.

Contact:

Mr. Robert Roby, Field Consultant
(603)366-7222.

Description:

The South Dakota Lung Association participates in over 30 health fairs each year, featuring special exhibits and computer programs that lead participants through a self-test, using the Smokescreen program, and others.

1223. SOUTH DAKOTA LUNG ASSOCIATION, 208 East 13th Street, Sioux Falls, South Dakota 57102-1099.

Program Title:

In Control.

Contact:

Mr. Robert Roby, Field Consultant
(603)336-7222.

Description:

The In Control videocassette program is offered. For more information, see the detailed program description in Part 1.

1224. SOUTH DAKOTA LUNG ASSOCIATION, 208 East 13th Street, Sioux Falls, South Dakota 57102-1099.

Program Title:

Marijuana: A Second Look.

Contact:
Mr. Robert Roby, Field Consultant
(603)366-7222.

Description:
The American Lung Association's Marijuana: A Second Look program is offered. For more information, see the detailed program description in Part 1.

1225. SOUTH DAKOTA LUNG ASSOCIATION, 208 East 13th Street, Sioux Falls, South Dakota 57102-1099.

Program Title:
Recess And Time Out.

Contact:
Mr. Robert Roby, Field Consultant
(603)366-7222.

Description:
This is a children's health newspaper, distributed four times a year to all children in South Dakota in grades 3 through 6. Feature articles emphasize good health and wise health choices.

1226. SOUTH DAKOTA LUNG ASSOCIATION, 208 East 13th Street, Sioux Falls, South Dakota 57102-1099.

Program Title:
Smokescreen.

Contact:
Mr. Robert Roby, Field Consultant
(603)366-7222.

Description:
The South Dakota Lung Association has computerized smoking education programs for students in grades 7 through 12, developed by the American Lung Association of Minnesota and the Minnesota Educational Computing Consortium. Smokescreen is comprehensive. There are six programs on one disk and graphics are used. Students can compute the exact cost of smoking, discover each brand's carbon monoxide content, and learn about marijuana. Smokescreen can be used in the classroom, smoking cessation clinics, patient education classes, and at health fairs. Equipment required is an Apple computer (11.11 + 11e), disk drive, and color or black-and-white monitor.

TENNESSEE

1227. AMERICAN CANCER SOCIETY, TENNESSEE DIVISION, INC., 1315 Eighth Avenue South, Nashville, Tennessee 37203.

Program Title:
Why Quit Quiz.

Contact:
Mr. Jim Carrigan, Director of Public Education
(615)255-1ACS.

Description:
The American Cancer Society's Why Quit Quiz is used. For more information, see the detailed program description in Part 1.

1228. AMERICAN CANCER SOCIETY, TENNESSEE DIVISION, INC., 1315 Eighth Avenue South, Nashville, Tennessee 37203.

Program Title:
FreshStart.

Contact:
Mr. Jim Carrigan, Director of Public Education
(615)255-1ACS.

Description:
The American Cancer Society's FreshStart program is

available as requested. For more information, see the detailed program description in Part 1.

1229. AMERICAN LUNG ASSOCIATION OF TENNESSEE, 1717 West End Avenue, Suite 201, Post Office Box 399, Nashville, Tennessee 37202.

Program Title:
Freedom From Smoking Manuals.

Contact:
Mr. William F. Busse, Executive Director
(615)329-1151.

Description:
The program is presented in the form of two manuals: Freedom From Smoking In 20 Days, helps a person stop smoking and the second, A Lifetime Of Freedom From Smoking, helps a person stay off cigarettes. For more information, see the detailed program description in Part 1.

1230. AMERICAN LUNG ASSOCIATION OF TENNESSEE, 1717 West End Avenue, Suite 201, Post Office Box 399, Nashville, Tennessee 37202.

Program Title:
Smoking And Pregnancy.

Contact:

Mr. William F. Busse, Executive Director
(615)329-1151.

Description:

The American Lung Association's Smoking And Pregnancy program is offered. For more information, see the detailed program description in Part 1.

1231. AMERICAN LUNG ASSOCIATION OF TENNESSEE, 1717 West End Avenue, Suite 201, Post Office Box 399, Nashville, Tennessee 37202.

Program Title:

Freedom From Smoking Clinics.

Contact:

Mr. William F. Busse, Executive Director
(615)329-1151.

Description:

The American Lung Association's group cessation clinics are offered. Community-based programs are held periodically in each region or they may be available through a local health care facility or at a worksite. For more information, see the detailed program description in Part 1.

1232. AMERICAN LUNG ASSOCIATION OF TENNESSEE, 1717 West End Avenue, Suite 201, Post Office Box 399, Nashville, Tennessee 37202.

Program Title:

Freedom From Smoking At Work.

Contact:

Mr. William F. Busse, Executive Director
(615)329-1151.

Description:

The American Lung Association's worksite cessation and policy development program is offered. For more information, see the detailed program description in Part 1.

1233. AMERICAN LUNG ASSOCIATION OF TENNESSEE, 1717 West End Avenue, Suite 201, Post Office Box 399, Nashville, Tennessee 37202.

Program Title:

Smoking Prevention.

Contact:

Mr. William F. Busse, Executive Director
(615)329-1151.

Description:

The American Lung Association of Tennessee disseminates to the schools and other community organizations facts relevant to the dangers of starting to smoke and urges children to maintain good health habits. The Association promotes, in elementary schools, the Growing Healthy comprehensive health curriculum, which emphasizes the need for good health habits and increases the knowledge of the harm that can come

to a person who smokes. For more information, see the detailed program description in Part 1. The Association also assists in promoting legislation to curb smoking in public places.

1234. CARTER-UNICOI-JOHNSON HEALTH DISTRICT, TENNESSEE DEPARTMENT OF HEALTH AND ENVIRONMENT, Post Office Box 788, Holston and G Street, Elizabethton, Tennessee 37643.

Program Title:

Tobacco Use Prevention Program.

Contact:

Mr. Terry Henson, School Health Educator
(615)543-2521.

Description:

The Tobacco Use Prevention Program is a week-long, 5-hour program presented to all grade-5 students in the Carter County School System. Students learn the risks and effects of tobacco use, including the correlation between tobacco use and cardiorespiratory diseases and cancers. The program includes student workbooks – Using Tobacco, Is It For Me; a variety of audiovisual aids such as books, pamphlets, slides, posters, films, anatomical models, and laboratory smokers; role playing, games and demonstrations, lectures, group discussions, and question and answer sessions. Surveys given before the program and at the end of the school year assess changes in students' attitudes and behavior.

1235. CHATTANOOGA-HAMILTON COUNTY HEALTH DEPARTMENT, 921 East Third Street, Chattanooga, Tennessee 37403-2165.

Program Title:

Freedom From Smoking.

Contact:

William D. Ulmer, M.A., Chairman, Health Promotion and Wellness.
(615)757-2065.

Description:

The American Lung Association's Freedom From Smoking program is offered a minimum of three times per year to the general community and employees of area businesses. For more information, see the detailed program description in Part 1.

1236. CHATTANOOGA-HAMILTON COUNTY HEALTH DEPARTMENT, 921 East Third Street, Chattanooga, Tennessee 37403-2165.

Program Title:

Living Smokelessly.

Contact:

William D. Ulmer, M.A., Chairman, Health Promotion and Wellness
(615)757-2065.

Description:

A minimum of three 1-hour programs is presented quarterly to college students, high school students, community/civic groups, and high-risk minority groups. The program consists of general presentations and focuses on awareness, the distribution of educational materials, and the identification of area resources and referrals.

1237. CHATTANOOGA-HAMILTON COUNTY HEALTH DEPARTMENT, 921 East Third Street, Chattanooga, Tennessee 37403-2165.

Program Title:

Smokeless Tobacco.

Contact:

William D. Ulmer, M.A., Chairman, Health Promotion and Wellness
(615)757-2065.

Description:

For the Tennessee Department of Health and Environment, the Chattanooga-Hamilton County health department provides a program on smokeless tobacco to students in grades 5 and 6 in the town of Sale Creek. The program begins with a pretest questionnaire on smoking, tobacco products and new State and National tobacco laws. A 1-hour lecture is given for 4 consecutive days. The materials used include word search worksheets, posters, and pamphlets, voluntary posters, and homeroom door decorating inspired by a contest. This program receives local media coverage.

1238. CLARKSVILLE-MONTGOMERY COUNTY HEALTH DEPARTMENT, Box 1026, Clarksville, Tennessee 37040.

Program Title:

Smoking Cessation.

Contact:

Ms. Elaine Horn, Health Promotion
(615)645-9016.

Description:

The Smoking Cessation Program is offered three times yearly and when requested. The program is available to hospital employees, prenatales, industries, and any interested groups from the community. The program's objectives are immediate cessation or reduction in smoking and maintenance of cessation. Lectures, films, pamphlets, worksheets, displays, and homework assignments are all utilized.

1239. EAST TENNESSEE REGIONAL HEALTH OFFICE, Post Office Box 59019, Knoxville, Tennessee 3795-9019.

Program Title:

Smoking Cessation Courses.

Contact:

Ms. Kay Burnett, Health Promotion Coordinator and Ms. Teresa Garren, School Health Educator
(615)546-9221.

Description:

High school students who smoke, dip, or chew tobacco products on school grounds are offered smoking cessation courses as an alternative to detention. The students attend five classes either before or after school taught by the School Health Educator.

1240. EAST TENNESSEE REGIONAL HEALTH OFFICE, Post Office Box 59019, Knoxville, Tennessee 3795-9019.

Program Title:

Smokeless Tobacco Education.

Contact:

Ms. Kay Burnett, Health Promotion Coordinator and Ms. Teresa Garren, School Health Educator
(615)546-9221.

Description:

There are three lessons on the dangers of smokeless tobacco products presented to students in grades 6 through 8. The program provides education for both intervention and cessation.

1241. FIRST TENNESSEE REGIONAL HEALTH OFFICE, 1233 Southwest Avenue Extension, Johnson City, Tennessee 37605-2966.

Program Title:

Freedom From Smoking Clinics.

Contact:

Ms. Lesa L. Dotson, Director, Health Promotion
(615)929-5900.

Description:

The American Lung Association's Freedom From Smoking clinics are made available to worksites and the community upon request. For more information, see the detailed program description in Part 1.

1242. FIRST TENNESSEE REGIONAL HEALTH OFFICE, 1233 Southwest Avenue Extension, Johnson City, Tennessee 37605-2966.

Program Title:

Smoking Policy Survey.

Contact:

Ms. Dallas Jones, Public Health Educator III
(615)928-7125.

Description:

A telephone survey is being conducted by health educators at the Washington County Health Department. The goal is to contact all area businesses and industries to ascertain worksite policies on smoking and to gauge interest in providing smoking cessation programming. Surveys will be tabulated upon completion and a report submitted to the Medical Director of the Washington County Health Department and the Health Promotion Director of the First Tennessee Regional Health Office.

1243. FIRST TENNESSEE REGIONAL HEALTH OFFICE, 1233 Southwest Avenue Extension, Johnson City, Tennessee 37601-6519.

Program Title:

Using Tobacco: Is It For Me?

Contact:

Ms. Terry Henson, Public Health Educator II, Carter County and Ms. Tina Wilson, Public Health Educator II, Hawkins County
(615)543-2521 and (615)272-7641.

Description:

A teaching unit is offered 1 hour each day for 5 days to all grade-5 students in the Carter County, Rogersville City, and Hawkins County school systems. The main focus of this program is to diminish the problem of adolescent tobacco use through preventive educational strategies and techniques that will help increase knowledge and awareness of the risk factors. The program specifically addresses the health effects of tobacco usage and the decision-making process. Tobacco products that are discussed include cigarettes, cigars, pipe tobacco, chewing tobacco, and snuff. The overall goal of this program is to enable the student to make responsible, informed decisions regarding his or her own health.

1244. HCA REGIONAL HOSPITAL OF JACKSON, 49 Old Hickory Boulevard East, Jackson, Tennessee 38305.

Program Title:

HCA Smoking Cessation Program.

Contact:

Ms. Deborah Mills, Director of Education
(901)668-2100.

Description:

The HCA Smoking Cessation Program utilizes a systematic series of copyrighted procedures that effectively neutralize the desire for tobacco. It is a total lifestyle approach to smoking cessation that consists of behavior modification, stress management, coping skills, and weight control. It addresses cigarette smoking from psychological, physiological, sociological, and behavioral perspectives.

1245. HOLSTON VALLEY HOSPITAL AND MEDICAL CENTER, Post Office Box 238, Kingsport, Tennessee 37662.

Program Title:

The Effects Of Smoking On The Respiratory System.

Contact:

Ms. Penny Hensley, Respiratory Nurse
(615)246-3322.

Description:

At the request of his or her physician, an inpatient views a synchronized slide-tape presentation on the hazards of smoking, the reasons why people choose to smoke, and the ways in which a person can kick the habit. The smoker is encouraged to kick the nicotine habit in order to become a healthier person. Along with the slide-tape presentation, the program contains a pre- and posttest, a list of objectives, a fact sheet, and a glossary. Although this module was designed for use as a patient education program, it may also be used with community groups interested in a short-term stop-smoking program.

1246. HOLSTON VALLEY HOSPITAL AND MEDICAL CENTER, Post Office Box 238, West Ravine Street, Kingsport, Tennessee 37662.

Program Title:

Stop Smoking Program.

Contact:

Mr. Marty Runyan, Health Educator, Department of Education
(615)229-7779.

Description:

Six structured educational sessions conducted by a group leader expedite the cessation process by providing understanding of the hazards of smoking and of the reasons why a particular individual chooses to smoke. Once these factors are understood, a methodology of quitting is taught, and a spirit of group support emerges. At the completion of the program, participants are able to list three diseases that have a direct relationship to cigarette smoking, evaluate personal baseline pulmonary functions, and identify resources that provide ongoing support for those who have stopped smoking. The program uses various pamphlets and materials supplied by the American Cancer Society, the American Heart Association, and the American Lung Association. In addition, two films about smoking are shown. A followup evaluation is made to determine the percentage of participants who have stopped smoking or have reduced the number of cigarettes that they smoke.

1247. NORTHWEST REGIONAL OFFICE, TENNESSEE DEPARTMENT OF HEALTH AND ENVIRONMENT, Post Office Box 190, 1010 Mount Zion Road, Union City, Tennessee 38261.

Program Title:

Clearing The Air.

Contact:

Sammie S. Walker, R.N., Health Promotion Coordinator
(901)885-7700.

Description:

A workshop in strategies and resources for smoking cessation is offered to health care providers and representatives from local industry interested in health promotion and smoking cessation.

1248. **NORTHWEST REGIONAL OFFICE, TENNESSEE DEPARTMENT OF HEALTH AND EDUCATION, Post Office Box 190, 1010 Mount Zion Road, Union City, Tennessee 38261.**

Program Title:

Smoking Prevention Program.

Contact:

Sammie S. Walker, R.N., Health Promotion Coordinator
(901)855-7700.

Description:

For the Tennessee Department of Health and Environment, the Northwest Regional Office provides a smoking prevention program to students in grades 5 through 8 in Carroll County. The program consists of a 15-minute lecture on smokeless tobacco and a 40-minute videotape on smokeless tobacco. In addition, a questionnaire is given on usage of smokeless tobacco to be used as baseline data for health education.

1249. **SOUTH CENTRAL REGION, TENNESSEE DEPARTMENT OF HEALTH AND ENVIRONMENT, Health Promotion Section, 100 Ninth Avenue North, Nashville, Tennessee 37219-5405.**

Program Title:

Smokeless Tobacco.

Contact:

Ms. Mary Lee Johnson, Health Promotion Coordinator
(615)741.7300.

Description:

In the South Central Region, there are two counties that maintain a smokeless tobacco program. Lewis County Elementary School gives this program to the grade 4 and 5 classes, while the schools in Marshall County provide it only to the grade 5 students. For both counties the program is the same. It begins with a pretest to assess the students' knowledge of smokeless tobacco and then there are weekly 1-hour classes for the 6 subsequent weeks. Visual aids such as Mr. Gross Mouth, Smokey Sue, and a videotape called Smokeless Tobacco: The Real Truth are used. The program also consists of a lecture on self-esteem and a final posttest to determine how much the students have learned about smokeless tobacco.

1250. **SOUTHEAST REGIONAL OFFICE, TENNESSEE DEPARTMENT OF HEALTH AND ENVIRONMENT, 2501 Milne Avenue, Chattanooga, Tennessee 37406-3399.**

Program Title:

Freedom From Smoking.

Contact:

Sharlinda S. Turner, M.D., Director
(615)624-9921.

Description:

The American Lung Association's Freedom From Smoking Program is offered to the general community, upon demand, in all 10 of the counties the Regional Office serves. Its availability is advertised in news releases and worksite wellness programs. For more information, see the detailed program description in Part 1.

1251. **TENNESSEE DEPARTMENT OF HEALTH AND ENVIRONMENT, Health Promotion Section, 100 Ninth Avenue North, Nashville, Tennessee 37219-5405.**

Program Title:

Activities To Promote Nonsmoking.

Contact:

Ms. Connie Pearson, Worksite Wellness Director
(615)741-7366.

Description:

The State of Tennessee continues to place emphasis on reducing the use of tobacco products through its school health, health promotion, prenatal, and adult wellness programs. In December 1986, a Statewide educational campaign designed to increase the public's awareness of the risks associated with the use of smokeless tobacco was launched. In March 1987, summary data of the Teen Wellness Check Research Project revealed that a higher percentage of teen males in Tennessee used smokeless tobacco (23 percent) than smoked (19 percent). Timely school health projects, placing emphasis on the use of smokeless tobacco, had already begun in 5 of Tennessee's 13 public health regions. The Health Promotion Section continues to offer smoking cessation classes in several regional health offices in conjunction with its Adult Wellness Program.

1252. **TENNESSEE DEPARTMENT OF HEALTH AND ENVIRONMENT, Health Promotion Section, 100 Ninth Avenue North, Nashville, Tennessee 37219-5405.**

Program Title:

Intensified Nutrition Education For Women, Infants, And Children Prenatals.

Contact:

Ms. Moïse Peay, Nutrition Education Coordinator
(615)741-7218.

Description:

The Tennessee Department of Health and Environment program, Women, Infants, and Children (WIC) has implemented a pilot nutrition education project designed to determine the effect of intensified versus standard current Tennessee WIC nutrition education on WIC prenatal clients in

four Tennessee counties. One desired result of this program is an increase in the percentage of women in the test groups who quit smoking and/or decrease smoking. Currently 43 percent of the women in the four counties in east Tennessee smoke. To make counseling as consistent as possible and to provide general topical guidelines, five instructional modules were developed for this project in conjunction with east Tennessee nutritionists. One of these modules instructs on the effects of smoking on unborn babies and the need for smoking cessation. Counselors will provide smoking cessation counseling using the American Lung Association (ALA) smoking cessation package, ALA flip chart, and Your Health is in Your Hands, a health department flyer.

1253. UPPER CUMBERLAND REGIONAL OFFICE, TENNESSEE DEPARTMENT OF HEALTH AND ENVIRONMENT, Health Promotion Section, 100 Ninth Avenue North, Nashville, Tennessee 37219-5405.

Program Title:
Smokeless Tobacco.

Contact:
Ms. Nina Whitfield, Health Promotion
(615)528-7531.

Description:
The Upper Cumberland Region sponsors a Smokeless Tobacco program for grade-6 students at Fox Elementary School in Red Boiling Springs (Macon County). The program begins with a pretest and two lectures about smokeless tobacco and its effects. The lectures are supported by handouts, discussions on the consequences of using tobacco, a posttest, and the following films: "Don't Take The Risk," "The Haunted Mouth," and "Check It Out."

1254. TENNESSEE DEPARTMENT OF HEALTH AND ENVIRONMENT, Health Promotion Section, 100 Ninth Avenue North, Nashville, Tennessee 37219-5405.

Program Title:
Smoking Cessation Classes.

Contact:
Ms. Beverly Bitterman, Acting Director, Employee Health Service
(615)741-7366.

Description:
The Employee Health Service (EHS) offers smoking cessation classes four times a year to State employees. State employees are permitted, according to the Department of Personnel, to use work time to attend class twice a week for 3 weeks. Each class lasts 2 hours. The EHS uses a group structure and followup classes are available upon request. Class participants choose when and how often they want to return for motivation. Course content includes a variety of strategies modified from the American Lung Association's Guide For Clinic Leaders – Freedom From Smoking. The EHS program differs because of the inclusion of a computerized health risk appraisal, which is a graphic display calculating the effect that cigarette smoking and other health risk behaviors have on overall health age. Other strategies used in the EHS program include the use of films, nutritionists, and fitness specialists as guest speakers, and everyone's favorite treat – all the ice water with lemon they can drink. A heavy emphasis is placed on the use of behavioral change contracts. These written commitments that identify outcome behavior are secured during the first meeting but may be changed at any time.

TEXAS

1255. AMERICAN CANCER SOCIETY, TEXAS DIVISION, INC., 2433 Ridgpoint Drive-A, Post Office Box 9863, Austin, Texas 78766.

Program Title:
FreshStart.

Contact:
Mr. James Morgan, Associate Vice President for Programs
(512)928-2262.

Description:
The American Cancer Society's FreshStart program is offered. For more information, see the detailed program description in Part 1.

1256. AMERICAN CANCER SOCIETY, TEXAS DIVISION, INC., 2433 Ridgpoint Drive-A, Post Office Box 9863, Austin, Texas 78766.

Program Title:
School Smoking Prevention.

Contact:
Mr. James Morgan, Associate Vice President for Programs
(512)928-2262.

Description:
Smoking prevention programs are sponsored for preschool through high school students. Free kits are provided to the schools and each year in November the Great American Smokeout is held.

1257. AMERICAN HEART ASSOCIATION, Post Office Box 15186, Austin, Texas 78761.

Program Title:
In Control.

Contact:
Ms. Amy Martin, Program Assistant
(512)836-7220.

Description:
The American Lung Association videocassette, In Control, is available for loan or purchase through this American Heart Association office. For more information, see the detailed program description in Part 1.

1258. AMERICAN HEART ASSOCIATION, Post Office Box 15186, Austin, Texas 78761.

Program Title:
Save A Sweet Heart.

Contact:
Ms. Amy Martin, Program Assistant
(512)836-7220.

Description:
The Save A Sweet Heart program of the American Heart Association is offered free to junior and senior high school students and is run by the students themselves. For more information, see the detailed program description in Part 1.

1259. AMERICAN LUNG ASSOCIATION, DALLAS AREA, Park Central I, 7616 LBJ Freeway, Suite 100, Dallas, Texas 75251.

Program Title:
Freedom From Smoking.

Contact:
Ms. Janis Reich, Program Director
(214)239-LUNG.

Description:
The American Lung Association's Freedom From Smoking program is used as well as the In Control videocassette. For more information, see the detailed program descriptions in Part 1.

1260. AMERICAN LUNG ASSOCIATION, DALLAS AREA, Park Central I, 7616 LBJ Freeway, Suite 100, Dallas, Texas 75251.

Program Title:
Freedom From Smoking At Work And Public Places.

Contact:
Ms. Janis Reich, Program Director
(214)239-LUNG.

Description:
Literature, audiovisuals, and consultation are available for employers, employees, and concerned citizens wanting to develop policies to create smoke-free environments in the workplace or in public places.

1261. AMERICAN LUNG ASSOCIATION, DALLAS AREA, Park Central I, 7616 LBJ Freeway, Suite 100, Dallas, Texas 75251.

Program Title:
Lungs Are For Life.

Contact:
Ms. Janis Reich, Program Director
(214)239-LUNG.

Description:
This program is composed of four health curriculum modules for students in kindergarten and grades 1 through 4. For more information, see the detailed program description in Part 1.

1262. AMERICAN LUNG ASSOCIATION, DALLAS AREA, Park Central I, 7616 LBJ Freeway, Suite 100, Dallas, Texas 75251.

Program Title:
Marijuana: A Second Look.

Contact:
Ms. Janis Reich, Program Director
(214)239-LUNG.

Description:
The American Lung Association's Marijuana: A Second Look education program is offered. For more information, see the detailed program description in Part 1.

1263. AMERICAN LUNG ASSOCIATION, DALLAS AREA, Park Central I, 7616 LBJ Freeway, Suite 100, Dallas, Texas 75251.

Program Title:
Smoking And Pregnancy.

Contact:
Ms. Carolyn Rousseau, Program Associate
(214)239-LUNG.

Description:
The American Lung Association's Smoking And Pregnancy program is offered. For more information, see the detailed program description in Part 1.

1264. AMERICAN LUNG ASSOCIATION, DALLAS AREA, Park Central I, 7616 LBJ Freeway, Suite 100, Dallas, Texas 75251.

Program Title:
Smoking Deserves A Smart Answer.

Contact:
Ms. Janis Reich, Program Director
(214)239-LUNG.

Description:
The American Lung Association's Smoking Deserves A Smart Answer program is offered. For more information, see the detailed program description in Part 1.

1265. AMERICAN LUNG ASSOCIATION, DALLAS AREA, Park Central I, 7616 LBJ Freeway, Suite 100, Dallas, Texas 75251.

Program Title:
Students Teaching About Risks Smoking.

Contact:
Ms. Carolyn Rousseau, Program Associate
(214)239-LUNG.

Description:
Students Teachings About Risks Smoking (STARS) is a peer-teaching program in which Association staff or volunteers train high school students to teach students in grades 5 and 6 about the health hazards of smoking.

1266. AMERICAN LUNG ASSOCIATION OF TEXAS, 3520 Executive Center Drive, Suite G-100, Austin, Texas 78731-1698.

Program Title:
Death In The West.

Contact:
Ms. Jana Jahns, Program Administrator
(800)252-LUNG.

Description:
"Death In The West" is a documentary distributed in connection with the California Nonsmokers' Rights Foundation. It contrasts the advertising images with the reality of American cowboys dying from cigarette-related diseases. The 5-day curriculum plan is suitable for elementary and junior high students.

1267. AMERICAN LUNG ASSOCIATION OF TEXAS, 3520 Executive Center Drive, Suite G-100, Austin, Texas 78731-1698.

Program Title:
Freedom From Smoking.

Contact:
Ms. Jana Jahns, Program Administrator
(800)252-LUNG.

Description:
The American Lung Association's Freedom From Smoking

clinics are offered. For more information, see the detailed program description in Part 1.

1268. AMERICAN LUNG ASSOCIATION OF TEXAS, 3520 Executive Center Drive, Suite G-100, Austin, Texas 78731-1698.

Program Title:
Marijuana: A Second Look.

Contact:
Ms. Jana Jahns, Program Administrator
(800)252-LUNG.

Description:
The American Lung Association's Marijuana: A Second Look program is offered. For more information, see the detailed program description in Part 1.

1269. AMERICAN LUNG ASSOCIATION OF TEXAS, 3520 Executive Center Drive, Suite G-100, Austin, Texas 78731-1698.

Program Title:
Second-Hand Smoke.

Contact:
Ms. Jana Jahns, Program Administrator
(800)252-LUNG.

Description:
This 5-day curriculum for upper elementary, junior, and senior high students supplements the viewing of the Second-Hand Smoke videotape. The curriculum is designed to allow students to explore the impact of tobacco advertising, the need to protect nonsmokers, and the skills necessary to deal individually with secondhand smoke exposure.

1270. AMERICAN LUNG ASSOCIATION OF TEXAS, 3520 Executive Center Drive, Suite G-100, Austin, Texas 78731-1698.

Program Title:
Smoking And Pregnancy.

Contact:
Ms. Jana Jahns, Program Administrator
(800)252-LUNG.

Description:
The American Lung Association's Smoking And Pregnancy program is offered. For more information, see the detailed program description in Part 1.

1271. AMERICAN LUNG ASSOCIATION OF TEXAS, 3520 Executive Center Drive, Suite G-100, Austin, Texas 78731-1698.

Program Title:
Smoking Deserves A Smart Answer.

Contact:

Ms. Jana Jahns, Program Administrator
(800)252-LUNG.

Description:

The American Lung Association's Smoking Deserves A Smart Answer program is offered. For more information, see the detailed program description in Part 1.

1272. AMERICAN LUNG ASSOCIATION, SAN JACINTO AREA, 777 Post Oak Boulevard, Suite 222, Houston, Texas 77056.

Program Title:

Freedom From Smoking At Work.

Contact:

Ms. Ross Bannister, Program Administrator – Smoking or Health
(713)963-9935.

Description:

The American Lung Association's Freedom From Smoking At Work program is offered. For more information, see the detailed program description in Part 1.

1273. AMERICAN LUNG ASSOCIATION, SAN JACINTO AREA, 777 Post Oak Boulevard, Suite 222, Houston, Texas 77056.

Program Title:

Freedom From Smoking Clinics.

Contact:

Mr. Ross Bannister, Program Administrator
(713)963-9935.

Description:

The American Lung Association's Freedom From Smoking clinics are offered. For more information, see the detailed program description in Part 1.

1274. AMERICAN LUNG ASSOCIATION, SAN JACINTO AREA, 777 Post Oak Boulevard, Suite 222, Houston, Texas 77056.

Program Title:

Freedom From Smoking For You And Your Baby.

Contact:

Mr. Ross Bannister, Program Administrator
(713)963-9935.

Description:

This 32-page manual is a self-help program designed to assist a pregnant woman in quitting smoking in 10 days. For more information, see the detailed program description in Part 1.

1275. AMERICAN LUNG ASSOCIATION, SAN JACINTO AREA, 777 Post Oak Boulevard, Suite 222, Houston, Texas 77056.

Program Title:

Freedom From Smoking Manuals.

Contact:

Mr. Ross Bannister, Program Administrator
(713)963-9935.

Description:

This program includes two manuals that enable a motivated smoker to successfully quit smoking. For more information, see the detailed program description in Part 1.

1276. CITY OF HOUSTON HEALTH AND HUMAN SERVICES, 1115 North MacGregor, Houston, Texas 77030-1797.

Program Title:

FreshStart.

Contact:

Inez C. Manning, Dr.N., Health Educator Coordinator
(713)794-9158.

Description:

The American Cancer Society's FreshStart program is offered to Health and Human Services employees, as requested. For more information, see the detailed program description in Part 1.

1277. GRAYSON COUNTY HEALTH DEPARTMENT, 515 North Walnut, Sherman, Texas 75090.

Program Title:

The Wellness Program.

Contact:

Ms. Carol Fulenwider, Program Coordinator
(214)465-2878.

Description:

The Wellness Program is a multifaceted adult health effort. Three full-time employees provide daily services. The Wellness Clinic includes a questionnaire that identifies smokers and thus provides a foundation for counseling and referral. Counseling is supported by printed material from the American Cancer Society, the National Cancer Institute, the American Lung Association, the Texas Department of Health, and others. The referrals are made to local programs and to the participant's personal physician.

Wellness Outreach/Health Promotion activities are frequently planned to meet special community needs. Past efforts have included Stop Smoking classes at the Health Department. Now classes are cosponsored with local colleges, community education programs, the American Cancer Society, the American Lung Association, and others.

1278. HUGULEY MEMORIAL HOSPITAL, 11801 South Freeway, Post Office Box 6337, Fort Worth, Texas 76115.

Program Title:
Breathe-Free Plan To Stop Smoking.

Contact:
Manager of Health Education
(817)551-1771.

Description:
The program is offered as part of the hospital's Help Yourself To Life community health education seminar series. For more information about the Seventh-Day Adventist Breathe-Free Plan To Stop Smoking, see the detailed program description in Part 1.

1279. LAREDO-WEBB COUNTY HEALTH DEPARTMENT, Post Office Box 2337, Laredo, Texas 78044-2337.

Program Title:
Buena Vida Lifestyle Program.

Contact:
Carmen Seibert, M.A., Chief, Health Promotion Director
(512)723-2402.

Description:
The Laredo-Webb County Health Department began planning a health promotion program for the prevention of chronic diseases during the late 1970s. To deal with smoking, the department continually maintains a media campaign geared toward educating the public of the dangers of smoking and smoking cessation techniques. Smoking cessation clinics are also offered at various sites throughout the city. The FreshStart program of the American Cancer Society is used as a foundation. These clinics last 3 weeks and meet three times a week for a total of nine sessions. They are offered on a monthly basis. For more information, see the detailed program description in Part 1.

1280. METHODIST HOSPITAL, SID W. RICHARDSON INSTITUTE FOR PREVENTIVE MEDICINE, 6565 Fanin M.S. S400, Houston, Texas 77030.

Program Title:
Stop Smoking.

Contact:
Dr. William Myerson, Program Coordinator
(713)790-6450.

Description:
The program is designed to help participants gradually stop smoking with a minimum of withdrawal symptoms and without weight gain. The goal of the program is complete smoking abstinence for a lifetime. The program uses nonaversive behavior modification techniques. During the withdrawal phase, Nicorette gum (a prescription substitute) is available to help alleviate the discomfort associated with tobacco withdrawal.

An ecolyzer is used to analyze carbon monoxide levels. Following the initial withdrawal phase, the program focuses on long-term success by teaching participants techniques to avoid relapses. Classes are 1 1/2 hours long and meet weekly for 8 weeks. Lifetime followup sessions are available at no charge.

1281. PRESBYTERIAN HOSPITAL OF DALLAS, FINLEY EWING CARDIOVASCULAR AND FITNESS CENTER, 5721 Phoenix Drive, Dallas, Texas 75231.

Program Title:
Smokeless.

Contact:
Ms. Teresa Weber, Program Coordinator
(214)696-7074.

Description:
The Smokeless system, developed by the American Institute for Preventive Medicine, is a highly structured, multifaceted smoking cessation program. Participants learn systematic techniques to prevent the urge to smoke and to eliminate cravings that may develop. Cessation booklets and followup services are provided.

1282. TEXAS DEPARTMENT OF HEALTH, OFFICE OF SMOKING AND HEALTH, 1100 West 49th Street, Austin, Texas 78756-3199.

Program Title:
Tobacco Information Clearinghouse.

Contact:
Ron Todd, M.S.Ed., Coordinator
(512)458-7111 or (800)345-8647.

Description:
The department's objectives are: 1) to help prevent young people from using tobacco products; 2) to assist smokers who want to quit; and 3) to promote clean indoor air in Texas. The Tobacco Information Clearinghouse of the Office of Smoking and Health was established to coordinate these information and education activities. The Tobacco Information Clearinghouse has three objectives: first, to establish a Statewide clearinghouse for tobacco information; second, to provide technical assistance to worksites and communities in the development of smoking policies, programs, and ordinances; and, third, to carry out a series of promotional initiatives to publicize the availability of programs, information, and support. To achieve these goals, the Directory of Smoking Resources and Contacts in Texas was published in 1986. In addition, staff are trained to respond to requests for information, to research and maintain the directory of the current programs, and to handle referrals to cessation and intervention programs. Training for cessation facilitators is also provided. The department has developed an information package for establishing local ordinances that restrict smoking in public places and for implementing worksite smoking policies. Development is under way for health fair and professional meeting exhibits, a tobacco information guide for teachers of

grades 5 and 6, and extensive contact with community organizations to enlist their support. An information package on

smokeless tobacco for dentists and articles for the public in related newsletters and other publications will be circulated.

UTAH

**1283. AMERICAN CANCER SOCIETY, UTAH DIVISION,
610 East South Temple Street, Salt Lake City,
Utah 84102.**

Program Title:
FreshStart.

Contact:
Ms. Clara Glasker, Program Coordinator
(801)322-0431.

Description:
The American Cancer Society's FreshStart program is offered. For more information, see the detailed program description in Part 1.

**1284. AMERICAN LUNG ASSOCIATION OF UTAH, 1930
South 1100 East, Salt Lake City, Utah 84106.**

Program Title:
Double Plus Program.

Contact:
Mr. Ed Grudzinski, Smoking Program Coordinator
(801)484-4456.

Description:
This modification of the Freedom From Smoking self-help method provides for a group of individuals to organize a group effort to quit. Preparation, clarification, motivation, and the buddy system are added through group meetings. Prior to this, individuals go through their own Freedom From Smoking In 20 Days program.

**1285. AMERICAN LUNG ASSOCIATION OF UTAH, 1930
South 1100 East, Salt Lake City, Utah 84106.**

Program Title:
Freedom From Smoking Clinics.

Contact:
Mr. Ed Grudzinski, Smoking Program Coordinator
(801)484-4456.

Description:
The American Lung Association's Freedom From Smoking clinics are offered. Corporations are encouraged to allow group smoking cessation clinics at their worksites for employees. For more information, see the detailed program description in Part 1.

**1286. AMERICAN LUNG ASSOCIATION OF UTAH, 1930
South 1100 East, Salt Lake City, Utah 84106.**

Program Title:
Freedom From Smoking For You And Your Baby.

Contact:
Mr. Ed Grudzinski, Smoking Program Coordinator
(801)484-4456.

Description:
The American Lung Association self-help manual is offered to pregnant women. For more information, see the detailed program description in Part 1.

**1287. AMERICAN LUNG ASSOCIATION OF UTAH, 1930
South 1100 East, Salt Lake City, Utah 84106.**

Program Title:
Freedom From Smoking For You And Your Family.

Contact:
Mr. Ed Grudzinski, Smoking Program Coordinator
(801)484-4456.

Description:
As a new component to the American Lung Association's Smoke-Free Family campaign, this 54-page manual assists smokers in kicking the habit. For more information, see the detailed program description in Part 1.

**1288. AMERICAN LUNG ASSOCIATION OF UTAH, 1930
South 1100 East, Salt Lake City, Utah 84106.**

Program Title:
Freedom From Smoking In 20 Days.

Contact:
Mr. Ed Grudzinski, Smoking Program Coordinator
(801)484-4456.

Description:
The American Lung Association's Freedom From Smoking In 20 Days self-help manual is offered. For more information, see the detailed program description in Part 1.

**1289. AMERICAN LUNG ASSOCIATION OF UTAH, 1930
South 1100 East, Salt Lake City, Utah 84106.**

Program Title:
Hypnosis Cessation Clinics.

Contact:
Mr. Ed Grudzinski, Smoking Program Coordinator
(801)484-4456.

Description:

This is a group hypnosis program conducted in one 2-hour session. During the first hour, smoking habits, previous attempts at quitting, and reasons for quitting are discussed. During the second hour, the hypnotist helps reinforce positive images of a nonsmoker that assist the smoker in kicking the habit. A cassette tape is given so that individuals are provided with a daily followup.

1290. AMERICAN LUNG ASSOCIATION OF UTAH, 1930 South 1100 East, Salt Lake City, Utah 84106.

Program Title:
Lungs Are For Life.

Contact:
Mr. Ed Grudzinski, Smoking Program Coordinator
(801)484-4456.

Description:
The American Lung Association's Lungs Are For Life program is offered. For more information, see the detailed program description in Part 1.

1291. AMERICAN LUNG ASSOCIATION OF UTAH, 1930 South 1100 East, Salt Lake City, Utah 84106.

Program Title:
Marijuana: A Second Look.

Contact:
Mr. Ed Grudzinski, Smoking Program Coordinator
(801)484-4456.

Description:
The American Lung Association's Marijuana: A Second Look program is offered. For more information, see the detailed program description in Part 1.

1292. UTAH DEPARTMENT OF HEALTH, DIVISION OF COMMUNITY HEALTH SERVICES, 288 North 1460 West, Post Office Box 16660, Salt Lake City, Utah 84116-0660.

Program Title:
Tobacco-Free Utah.

Contact:
Ms. Christine Chalkley, Coordinator
(801)538-6120.

Description:
The Surgeon General has issued a challenge for a Smoke-Free Society by the Year 2000. Considering this goal, recent legislation was passed in Utah to raise the cigarette excise tax from 12 cents a pack to 23 cents a pack. A portion of the revenue is now being dispersed to local health departments to pursue the goal of Tobacco-Free Utah. During Fiscal Year 1988, the Tobacco-Free program staff will: 1) offer smoking and smokeless tobacco cessation programs to junior and senior high school students; 2) provide tobacco education in-service training to teachers attending kindergarten through

grade 12 workshops; 3) collect tobacco use prevalence data among adolescent and adults; 4) provide smoking cessation services to pregnant women attending Women, Infant, and Children clinics; 5) promote and enforce the Utah Indoor Clean Air Act in conjunction with environmental health personnel; and, 6) coordinate with local school districts to develop a long-term plan for tobacco-free schools.

1293. UTAH DEPARTMENT OF HEALTH, DIVISION OF COMMUNITY HEALTH SERVICES, 288 North 1460 West, Post Office Box 16660, Salt Lake City, Utah 84116-0660.

Program Title:
Tobacco Risk Reduction Program.

Contact:
Ms. Christine Chalkley, Coordinator
(801)538-6120.

Description:
As part of a mandatory Statewide kindergarten through grade 12 tobacco, alcohol, and drug program, teachers are provided information and teaching strategies on the traditional long-term consequences of smoking and, most important, the immediate consequences that are believed to be highly salient to young people. In addition, skills relevant to decision making and resisting peer pressure are emphasized.

1294. UTAH DEPARTMENT OF HEALTH, DIVISION OF COMMUNITY HEALTH SERVICES, 288 North 1460 West, Post Office Box 16660, Salt Lake City, Utah 84116-0660.

Program Title:
Utah Coalition On Smoking And Health.

Contact:
Ms. Christine Chalkley, Coordinator
(801)538-6120.

Description:
The Utah Coalition on Smoking and Health (UCSH) is an organization of Utahns interested in the promotion of tobacco education. Established in 1984 to foster the development of effective public smoking policies in Utah and to provide current information to the public concerning the adverse health affects and economic impact of tobacco use, the UCSH has been instrumental in successfully advocating the passage of such legislation as requiring warning labels on smokeless tobacco products sold in Utah, prohibiting the sale of clove cigarettes in Utah, and strengthening the Utah Clean Indoor Air Act, which requires public and private workplaces to provide for the "health, safety, welfare, comfort, and environment of nonsmokers."

1295. UTAH DEPARTMENT OF HEALTH, DIVISION OF COMMUNITY HEALTH SERVICES, 288 North 1460 West, Post Office Box 16660, Salt Lake City, Utah 84116-0660.

Program Title:
Utah Clean Indoor Air Act.

Contact:
Ms. Christine Chalkley, Coordinator
(801)538-6120.

Description:
With the passage of a strengthened version of the Utah Clean

Indoor Air Act, which restricts smoking in public places, the Tobacco Risk Reduction Program staff has been providing Smoking Policy Packets to businesses Statewide. The educational materials include a copy of the law, rules and regulations, sample smoking policies, smoking cessation resources, and numerous workplace smoking articles. In addition, staff offers policy development consultation upon request and publishes a yearly Smoking OR Health newsletter for Utah businesses.

VERMONT

1296. AMERICAN CANCER SOCIETY, VERMONT DIVISION, INC., 13 Loomis Street, Drawer C, Montpelier, Vermont 05602.

Program Title:
FreshStart.

Contact:
Ms. Nancy Zorn, Program Director
(802)223-2348.

Description:
The American Cancer Society's FreshStart program is offered periodically throughout the year. For more information, see the detailed program description in Part 1.

designed to educate students about cardiovascular disease and its prevention through adoption of a healthy lifestyle. For more information, see the detailed program description in Part 1.

1299. AMERICAN HEART ASSOCIATION, VERMONT AFFILIATE, 1929 Shelburne Road, Post Office Box 130, Shelburne, Vermont 05482.

Program Title:
Public Health Education.

Contact:
Mr. James Gears, Program Director
(802)985-8048.

Description:
The American Heart Association's Public Health Education program consists of numerous materials designed to educate the public on cardiovascular disease and risk factors modifications. In the area of smoking, materials such as films, pamphlets, and posters are available to educate as well as assist individuals in smoking cessation.

1297. AMERICAN HEART ASSOCIATION, VERMONT AFFILIATE, 1929 Shelburne Road, Post Office Box 130, Shelburne, Vermont 05482.

Program Title:
Heart At Work.

Contact:
Mr. James Gears, Program Director
(802)985-8048.

Description:
Heart At Work is a health awareness program designed to educate and promote the adoption of heart healthy behaviors. For more information, see the detailed program description in Part 1.

1300. VERMONT DEPARTMENT OF HEALTH, 1193 North Avenue, Post Office Box 70, Burlington, Vermont 05402.

Program Title:
Heart Healthy Vermonter.

Contact:
Ms. Deborah Owen Dameron, Health Promotion Specialist
(802)863-7611.

Description:
The Heart Healthy Vermonter program is a community-based effort to reduce the rate of heart disease by focusing on the three major risk factors of smoking, high blood pressure, and high serum cholesterol. The goals of the smoking component are to reduce the incidence of smoking among Vermonters, to reduce the number of public places and worksites that do not have smoking policies, and to create an atmosphere in Vermont that encourages nonsmoking as the normal behavior.

1298. AMERICAN HEART ASSOCIATION, VERMONT AFFILIATE, 1929 Shelburne Road, Post Office Box 130, Shelburne, Vermont 05482.

Program Title:
Heart Health Education For The Young.

Contact:
Mr. James Gears, Program Director
(802)985-8048.

Description:
The Heart Health Education For The Young program is

The strategies used to achieve these goals include an annual Quit And Win Contest, assisting employers with the implemen-