
XII. Cessation Programs

The youth component of a comprehensive tobacco control program must focus not only on prevention but also cessation. Quitting early has significant individual and public health benefits. Many youth who are regular tobacco users want to quit but find it difficult. Public-health based alternatives are needed when youth are caught breaking school or community rules on tobacco use or purchase. The Youth Tobacco Survey measures students' attitudes towards, beliefs about, and experience with cessation.

Desire to quit:

Middle school students who chew betelnut with cigarettes or smokeless tobacco reported that many want to quit using tobacco and even more want to quit using betelnut completely.

Table 32: Desire to Quit Among Students Who Use Tobacco in Elaus

Response	Proportion
NO, I don't want to stop adding cigarettes or smokeless tobacco to my betelnut chew	36.0%
YES, I want to stop adding cigarettes or smokeless tobacco to my betelnut chew	22.4%
YES, I want to stop chewing betelnut altogether	41.6%

Among students who smoke cigarettes, **84.1%** say that they want to quit.

69.6% of students who chew betelnut with cigarettes or smokeless tobacco answered that they could quit now if they wanted to. Similarly, **68.6%** of those who currently smoke cigarettes believe that they would be able to quit now if they wanted to.

Efforts to quit:

About **64%** of students who chew betelnut with cigarettes or smokeless tobacco have tried to quit at least once in the past year.

Table 33: Efforts to Quit Among Students Who Use Tobacco in Elaus

Number of Efforts in Past 12 Months	Proportion
None	36.0%
1 time	18.5%
2 times	9.8%
3 to 5 times	13.1%
6 to 9 times	3.9%
10 or more times	18.7%

More than 2/3 (**68.5%**) of students who have ever smoked have tried to quit at least once in their lifetimes. A surprising proportion, **20.5%**, have tried to quit ten or more times.

Table 34: Efforts to Quit Among Students Who Smoke Cigarettes

Number of Efforts Ever	Proportion
None	31.5%
1 time	32.7%
2 times	8.7%
3 to 5 times	3.9%
6 to 9 times	2.8%
10 or more times	20.5%

Interest in cessation programs:

As the numbers above indicate, stopping tobacco use is difficult, even for youth who are strongly motivated to quit. **67.4%** of middle school students who have used tobacco said that they would be interested in joining a program to help them quit smoking, quit chewing smokeless tobacco, or quit chewing betelnut with any form of tobacco.

