

# Colorado

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N-O-T Class

## **Not on Tobacco (N-O-T)**

This year, more than 1,600 students, ages 14-19, participated in the state's only voluntary tobacco cessation program. Eighty-two percent of the youth who completed the program quit smoking or reduced their cigarette consumption by over half a pack. Seventy percent of the organizations running the N-O-T program in Colorado have been implementing the program for at least three straight years. This allows a continued presence, a supportive tobacco cessation program for youth and sustainability throughout the state.



Run the Republic Stair Climb

## **Lung Health Programs**

The American Lung Association's Breathe Well, Live Well is a unique Colorado program for adults with asthma. The American Lung Association in Colorado along with CREA Results and University of Colorado Hospital Pulmonary Rehabilitation piloted the program and successfully implemented it in two sessions, both in Spanish, to Denver Latino community.

## **Breathing Matters**

Living Well with COPD & Asthma is a brand-new event created and implemented by the American Lung Association in Colorado along with University of Colorado Hospital Pulmonary Rehabilitation and Colorado COPD Connection. This event provided an opportunity for open dialog among medical professionals, caregivers and patients. The topics featured were advocacy, pharmaceutical research, nutrition and quality of life.



Run the 'Rocks 5K

## **Special Events**

Special events continue to be critical to our success. This year, nearly 1,100 people participated in the second annual Kaiser Permanente Run the 'Rocks, a unique and challenging 5K run/walk at Red Rocks Park. In addition, 1,700 individuals took to the stairs at the fourth annual Anthem Run the Republic, a 56-story stair climb up the Republic Plaza, Denver's tallest building. Through these two events, the American Lung Association raised nearly \$500,000 to support vital lung health programs.