All Nations Breath of Life (ANBL)

American Indians have some of the highest smoking rates of any racial/ethnic group in the United States and some of the lowest quit rates. All Nations Breath of Life (ANBL) is a quit smoking program that was developed with community partners using community-based participatory research to address these rates. The goal of ANBL is to stop the recreational use of commercial tobacco among AI, while allowing those who practice traditional use through prayer, ceremony, and in other ways, to continue to do so.

ANBL has five components:

1. **Group Support Sessions**: 7 weekly group-based support sessions, which are led by a Native group facilitator.
2. **Individual Telephone Counseling**: Facilitators call participants to see if they are experiencing any medicine side-effects, as well as to discuss personal issues and remind them of the next group session.
3. **Educational Curriculum**: Includes educational brochures that offer culturally specific elements related to quitting.
4. **Quit Smoking Medicine**: A variety of quit smoking medicines are provided at no cost to participants.
5. **Incentives**: Culturally appropriate items to help with quitting are provided, such as relaxing flute music and a DVD about respecting traditional tobacco.

**What did we do and how did we do it?**

This study provided ANBL to 312 American Indian participants from Kansas, Missouri, Colorado, Texas, and Michigan. To determine if ANBL was successful in helping participants quit smoking, we followed participants in person for 6 months and contacted them by phone at 12 months.

**What we want to share with you!**

**Initial Results:**

1. More than half of the participants who completed the program had quit smoking by the end of the group sessions (12 weeks after the program started).
2. 222 participants completed the program through the 6-month follow-up; 31% of these people were still not smoking!
3. After 12 months, 34% of the ANBL participants we were able to reach by phone were not smoking!

These results show that the ANBL program holds promising results and has the potential to reduce smoking rates among American Indians.