

# **Prevention Programs**

## **ABCD-iet Program**

The ABCD-iet Program offered at SMHS is a 12- week program designed to help educate and assist school aged children in lowering their BMI's. The course is designed to teach students and their families about small changes every few weeks that can make a big difference in a year. This prevention program was developed and implemented through the University of Pittsburgh School of Nursing.

## **N-O-T Program**

Not On Tobacco is a 10-week smoking cessation program specifically designed for teenagers who want to stop smoking. The program was developed by the American Lung Association in collaboration with researchers at West Virginia University. At SMHS, the program protects confidences and no disciplinary action is taken against those students who volunteer for the program.

To learn more about lung health and programs and events offered by the American Lung Association, visit their website at: [www.lungusa.org](http://www.lungusa.org)

## **Pennsylvania Advocates for Nutrition & Activity (PANA)**

To promote healthy eating and active living, SMHS participates in several PANA activities throughout the school year including, "Apple Crunch Day", "Go for the Greens" and the annual "Trojan Walk". For more Information about the childhood obesity epidemic as well as interventions to reverse and prevent the effects of obesity in children, see the following websites:

[www.panaonline.org](http://www.panaonline.org)

and

[www.nrgbalance.org](http://www.nrgbalance.org)



## **Remembering Adam**

Remembering Adam is a voluntary drug screening program offered at SMHS to promote the importance of being drug free and to increase awareness of the destructive outcomes of substance abuse. Learn more about Remembering Adam at: [www.rememberingadam.org](http://www.rememberingadam.org)