Breaking Free
FROM NICOTINE IN SOUTH L.A.

AMPLIFY!
FOSTERING A LEGACY OF
PHYSICAL·MENTAL·SPIRITUAL WELLNESS

Breaking Free from Nicotine in South LA Learning collaborative
A Toolkit for Action
Service Planning Area 6 (SPA 6)

Breaking Free from Nicotine in South LA
Learning collaborative Toolkit

The **"Breaking Free from Nicotine in South LA"** (Breaking Free) learning collaborative is a partnership between the Amplify Statewide coordinating Center and the Los Angeles County Department of Public Health.
This "Culturally Competent Learning Collaborative Toolkit" is a product of the partnership

The Toolkit is a work-in-progress and will continually be updated. If you have any suggestions or questions, please contact:

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Acknowledgments

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This Toolkit would not have been produced without the time and commitment of many people. I would like to acknowledge the following individuals for their contributions to the development of this toolkit:

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Breaking Free from Nicotine in South LA
Learning collaborative Toolkit

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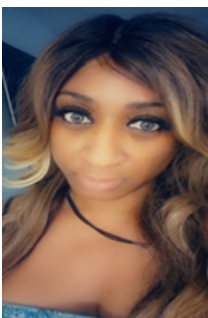Amplify State Coordinating Center

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Breaking Free from Nicotine in South LA Learning collaborative Toolkit

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Introduction

Ideas behind Breaking Free. The driving ideas behind the Breaking Free Learning collaborative include:

Vision

"Access to culturally competent tobacco cessation services for African Americans in SPA 6" is the Breaking Free from Nicotine in South LA learning collaborative vision.

Mission

The Breaking Free from Nicotine in South LA Learning Collaborative's mission is to increase the capacity, capability, and confidence of community-based organizations to provide culturally appropriate tobacco cessation services to community residents living in Service Planning Area Six (SPA 6). Capacity and capability building will occur in three areas: Tobacco cessation services knowledge, skills, and attitudes; community engagement, and organizational policies, practices, and procedures. Provide technical assistance in the development of a culturally competent Learning collaborative toolkit developed by and for community-based organizations.

Goals

·Align organizational beliefs and practices with CLAS standards.
·Ensure culturally competent implementation fidelity.
·Implement CLAS standards that can be accomplished in a year.

Philosophy

We believe:
·Cultural competence is not acquired in a limited timeframe or by learning a set of facts about specific populations.
·Black/African American cultures are diverse and continuously evolving.
·Developing cultural competence is an ongoing process that begins with cultural awareness and a commitment to understanding the role that culture plays in tobacco cessation services.

Purpose of Toolkit and Learning Collaborative

What is the Breaking Free Learning Collaborative toolkit?

The Breaking Free Learning Collaborative toolkit is a collection of authoritative and adaptable resources on establishing a learning collaborative, cultural competency, and culturally appropriate tobacco cessation interventions.

In addition to sharing best practices in establishing a culturally competent learning collaborative in the toolkit, we share our experiences, lessons learned and strategies in establishing the Breaking Free learning collaborative. However, the purpose of the learning collaborative toolkit is not to promote a cookie-cutter approach. We hope you will use the information and strategies shared in a way that makes sense for your organization.

Why a Breaking Free Learning Collaborative Toolkit?

The Breaking Free from Nicotine Learning Collaborative Toolkit is meant to:
- Provide guidance in establishing a cessation capacity-building learning collaborative.
- Offer practical advice and guidance regarding tobacco cessation capacity building.
- Provide a process for integrating the National CLAS standards into community-based organizations' mission and workflow.
- Be practical and action-oriented.

Methodology for establishing a Learning collaborative

How to establish your Breaking Free Learning Collaborative

1. Identify key stakeholders, potential learning collaborative members, community advocacy groups, and tobacco cessation referral sources.
2. Recruit learning collaborative members.
3. Identify problems and issues
4. Determine the scope of your learning collaborative based on issues identified and community needs assessment.
5. Assess learning collaborative members' strengths, knowledge, skills, and attitudes pre and post-participation in the learning collaborative.
Develop a strategy for collecting culturally competent content and resources (case studies, best practices, demographics, psychographics, models, etc.) for convenings, problem identification, and gaps in tobacco cessation services.
6. Vet collected data and information.
7. Develop cessation capacity convenings /training based on gaps in cessation services, knowledge, and skill deficits.
8. Create ongoing content and strategies as needed to build your infrastructure.

Methodology and Community Data Driving Breaking Free

Methodology driving Breaking Free. To create this toolkit, the University of California Berkeley School of Social Work resource "How to Build an Implementation Toolkit from Start to Finish", was modified. This resource was selected because it includes guidance on implementation processes, strategies and fidelity, use of community champions, networking, and community stakeholder support.

Methodology driving Breaking Free. The methodology used to gain community input and devise the toolkit included:
1. Analyzing LA County Public Health Department existing data.
2. Identifying cessation services being provided or lack thereof in SPA 6.
3. Conducting convenings with community stakeholders, health and wellness community organizations, and transitional housing program for the homeless
4. organizations, and tobacco control coalitions/organizations serving SPA 6.
5. Conducting individual interviews with clinical practitioners, and certified tobacco treatment specialists practicing in the area.
6. Conducting community asset mapping activities to identify tobacco cessation services disparities.

Community data driving Breaking Free. Community data that informed the culturally competent toolkit contents included SPA 6 community psychographics, demographics, tobacco cessation disparities and inequities, health disparities data, death/premature death data, and tobacco use in SPA 6 data (see Appendices A-E). Data highlights include:

The % of SPA 6's adults with less than a high school diploma was twice as high as that of all of Los Angeles.

Preliminary research indicates there are 500 tobacco retailers in SPA 6 and three tobacco cessation providers.

8% of residents in SPA 6 are 65+ years old.

African Americans had low dropout rates and were least impoverished, yet their life expectancies was 10 yrs less than other racial groups.

Women in SPA 6 were more likely to die of coranary heart disease, while men were more likely to die of homicide.

SPA 6 has the highest percentage of people reporting being uninsured, not having dental insurance and having poor access to medical care.

While it may seem that African Americans in SPA 6 are faring better than other groups, the reported disparities (i.e, lower life expectancy, higher rates of tobacco use, limited or lack of insurance) highlight underlying issues or challenges that place them at greater risk for the observed disparities. Such disparities are often intertwined with tobacco use, where cessation or local access to cessation services become crucial in the start of addressing some of the observed disparities.

Learning Collaborative structure and Framework

"If you want to go fast go alone; if you want to go far go together
--African Proverb

The Breaking Free learning collaborative follows a collective intelligence cohort learning model and framework. The collective expertise and contributions learning collaborative members bring to the experience are invaluable. Collaborating with each other is strongly emphasized to facilitate member bonding and support. Learning collaborative members take turns sharing their personal and organizational expertise during convenings.

During the infrastructure building phase of the learning collaborative, members met monthly and then transitioned to meeting every other month. During the month that the members don't meet, they are assigned activities to complete. For example, during the month of June, the members met and learned about cultural competency assessment. During the month of July, members did not meet and are expected to complete the cultural competency assessment to assess their organization's competencies.

Learning collaborative convenings focus on building mindset, skillset and toolset capacity, and competencies in the areas of tobacco cessation, cultural competency, implementation strategies, and community engagement.

Our philosophy is that learning collaborative members are the authors of the toolkit. Their input regarding convening topics, etc. helped determine the scope of the toolkit. A sample of learning collaborative convening topics include Nicotine dependence 101, motivational interviewing, cessation coaching, and community tobacco cessation needs.

Learning collaborative Member Organizations

Organization diversity is an asset in learning collaborative membership because it is important that all community perspectives are considered in intervention planning and community engagement. Organization members in the Breaking Free learning collaborative members are diverse in size, population served, and capabilities. They are organizations already serving the SPA 6 community or willing to serve SPA 6 communities.

We currently have 10 member organizations representing a tobacco cessation outpatient clinic, youth-serving organization, men's cancer network, women-serving organization, African American cultural center, housing authority, and a faith-based organization.

Member organizations must have an interest in and make a commitment to providing tobacco cessation services for African Americans living in SPA 6, have no ties to the tobacco industry, and be a smoke-free facility.

Faculty, Roles, and Responsibilities

The role of the learning collaborative faculty is to provide technical assistance to learning collaborative members so that the members can increase their capacity to deliver culturally competent tobacco cessation interventions in SPA 6.

Faculty are responsible for:

- Providing cessation capacity-building guidance, cessation tools, and resources.
- Providing cessation capacity-building feedback.
- Facilitating CBO member cohesiveness.
- Teaching basic cessation knowledge and skills.
- Facilitating learning collaborative meetings.
- Developing cessation capacity training activities, setting expectations, and performance measures.
- Hosting individual member virtual coaching support calls.

We hold weekly faculty team meetings to discuss and monitor learning collaborative accomplishments and needs. Each faculty member submits a monthly report.

Breaking Free from Nicotine in South LA
Learning collaborative Toolkit

Timeline and Milestones

Phase 1: 12/15/21 to 06/30/22 *Planning and Infrastructure Building*

Step 1-Plan learning collaborative infrastructure

Step 2-Recruit learning collaborative members

Step 3- Orientate learning collaborative members

Phase 2: 07/1/22 to 06/30/23 *Community and learning Collaborative convenings*

Conduct key informant interviews

Pilot culturally competent toolkit

Refine toolkit

Community briefings

 Learning collaborative faculty established monthly and quarterly timetables and milestones to monitor project accomplishments, track deliverables and ensure the learning collaborative would meet reimbursement activities expectations. It is important to get the "right" people and organizations in your learning collaborative to reach your capacity-building goals. To that end, we were purposeful in recruiting organizations to join the learning collaborative. The first step is to identify the skills, knowledge, and attitudes needed to address tobacco cessation capacity building. Our mission is to build the capacity of 10 organizations to offer a culturally competent tobacco cessation intervention by making the learning collaborative experience purposeful, practical, and personalized to each organization.

During phase one, the Breaking Free faculty networked with community-based organizations, community stakeholders, tobacco control advocates, and faith-based organizations to recruit 10 learning collaborative members. Five members were recruited in December. Those five organizations were instrumental in identifying other individuals and organizations.

During phase two, community engagement and toolkit implementation is the focus.

Community Engagement

We work collaboratively with community organizations, agencies, institutions, or individuals that share our interest in building cessation capacity in SPA 6. We also work closely with our learning collaborative members to engage the community in the development and implementation of the toolkit and learning collaborative convenings. To date, we have established the following community engagement plan:

Convening Goal: 75   Proposed convenings (68) – to be identified convenings (7)

10	Learning Collaboratives (1 each) hosted convenings	10
	Ask two of their partners to host a convening	20
4	Community Engagement (CE) Quarterly Workshop	
	& TA Session (1.5 hours)	4
12	Monthly Learning Collaborative Meetings	12
10	Ambassadors to host convenings	10
2	TA with the Evaluator	2
	Technical Assistance with Learning Collaborative .15, .30 or 60 minutes	10

Evaluation
Assessing the Learning Collaborative

 Once you have implemented your learning collaborative, you will need to have a few things in place to assess or evaluate how the learning collaborative is performing. At the end of Parts 1 and 2, you will find resources and tools to help you assess/evaluate your learning collaborative. You will want to do two types of assessments: (1) Process assessment or evaluation and (2) Outcome assessment or evaluation.
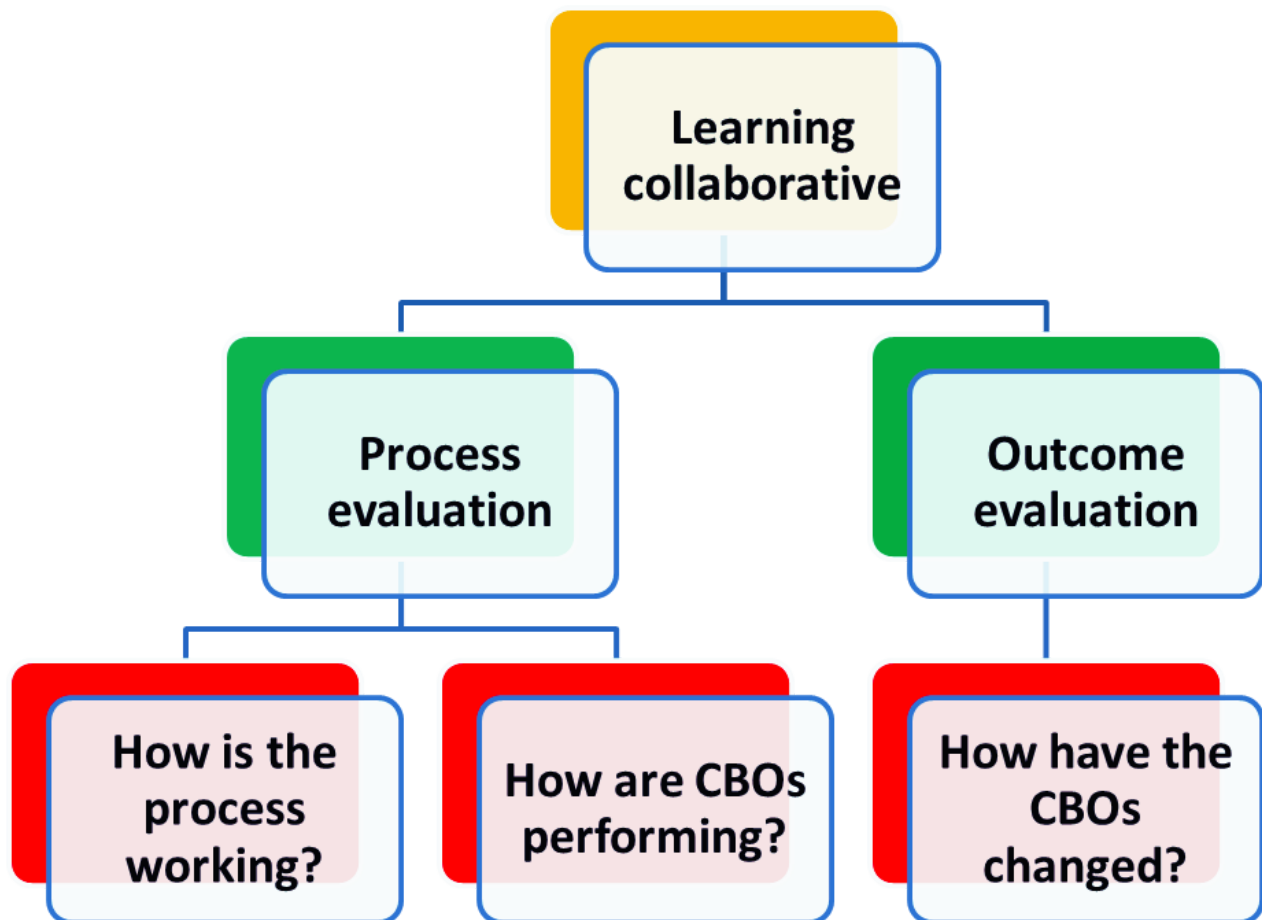
```
                    Learning
                  collaborative

        Process                      Outcome
       evaluation                   evaluation

  How is the      How are CBOs     How have the
   process        performing?          CBOs
   working?                         changed?
```

Process Assessment / Evaluation

Your process evaluation will help determine how your learning collaborative is performing as A PROGRAM. It helps look at:

- Whether your organization is achieving its learning collaborative goals and mission.
- What is being done (such as… how many sessions are offered on regular basis, are recruitment efforts working, and are community organizations enrolling)?
- How are things being done (such as… how were organizations recruited, who delivered the learning collaborative curriculum, and in general how is the program doing)?

Outcome Assessment / Evaluation

Your outcome evaluation will help determine what change or impact took place with your community-based organizations as a result of participating in the learning collaborative. It helps to look at:

- What changed, improved, increased, decreased, was learned?
- How much did they change, improve, increase, decrease, or learn?

"If you talk to a man in a language he understands, that goes to his head. If you talk to him in his language, that goes to his heart". —Nelson Mandela, former president of South Africa

We believe cultural competence is an essential strategy in building cessation capacity in the SPA 6 community, decreasing tobacco use disparities and inequities in tobacco, and is vital to the effective delivery of tobacco cessation services. Culturally responsive knowledge, attitudes, and skills can improve client engagement in services, relationships between clients and providers, and treatment retention and outcomes.

Defining Cultural Competence
Cultural Competency aims to foster constructive interactions between members of different cultures. The following is a widely used definition:
"Cultural competency is the individual and organizational ability to have and utilize policies, appropriately trained and skilled employees, and specialized resources to systematically anticipate, recognize, and respond to the varying expectations of clients, customers, and co-workers of diverse backgrounds (Ross,2011).

On the next page, you will find the 15 National culturally and Linguistically Appropriate Standards (CLAS). The purpose of the standards are:
- To advance health equity, improve quality services, and help eliminate health tobacco cessation disparities and inequities; and
- Establish a blueprint for community-based organizations to "Provide effective, equitable, understandable, and respectful information and services that are culturally responsive to African Americans' cultural beliefs, social norms, and other communication and community engagement needs."

CLAS Standards

Office of Minority Health. (n.d.) National CLAS Standards.
U.S. Department of Health and Human Services

Standard 1: Provide effective, equitable, understandable, and respectful quality care and services.

Standard 4: Educate and train governance, leadership, and workforce in culturally and linguistically appropriate policies and practices on an ongoing basis.

Standard 8: Provide easy-to-understand print and multimedia materials and signage in the languages commonly used by populations in the service area.

Standard 9: Infuse CLAS goals, policies, and management accountability throughout an organization's planning and operations.

Standard 10: Conduct ongoing assessments of an organization's CLAS-related activities and integrate CLAS-related measures into measurement and continuous quality improvement activities.

Standard 11: Collect and maintain accurate and reliable demographic data to monitor and evaluate the impact of CLAS on health equity and outcomes and to inform service delivery.

Standard 11: Collect and maintain accurate and reliable demographic data to monitor and evaluate the impact of CLAS on health equity and outcomes and to inform service delivery.

Standard 12: Conduct regular assessments of community health assets and needs and use the results to plan and implement services that respond to the cultural and linguistic diversity of populations in the service area.

Standard 13: Partner with a community to design, implement, and evaluate policies, practices, and services to ensure cultural and linguistic appropriateness.

Standard 15: Communicate the organization's progress in implementing and sustaining CLAS to all stakeholders, constituents, and the public.

Tools to help you keep track of your progress in addressing these standards can be found in the "Resources & Tools for Part 1A" below.

The Cultural and Linguistic Appropriate standards (CLAS) 3 Step Process

Step 1: Complete the Organizational Self-Assessment Tool
Self-assessment is the first step in the implementation process. Think of the assessment as a snapshot of your organization's cultural competency.
Click here to download the organizational self-assessment tool.

Step 2: Implementation Planning Exercise
This exercise will allow you to acknowledge your organization's work being done around each CLAS Standard and identify CLAS standard areas that need to be implemented or modified. Think of this step as an overall view of your CLAS efforts, goals, and strategies.
Click here to download the Implementation PlanningTemplate.
Use the CLAS Standards& Strategies ReferenceSheet to see examples of strategies to implement.

Step 3: Action Planning
The action plan identifies the specific task, responsible parties, and implementation timeline. Think of the action planning step as the "roadmap" which will get you to your destination (goals).
Click here to download the Action Planning Template

In order to "stay on this path," we want to help you address the following four core values during Part 1A's training:

Culturally Competent Organization

Values diversity and incorporates at all levels the importance of culture.	**Conducts an assessment of cross-cultural relations.**
Is vigilant towards and manages the dynamics of cultural difference. Expands its cultural knowledge.	**Adapts its services to meet the culturally-unique needs of individuals served**

To help stay on this "path," during Part 1A of the CCCTP process we will review with you the **National Culturally and Linguistically Appropriate Services (CLAS) Standards** which were adopted by the authors of this toolkit for the purposes of guiding the development and implementation of Breaking Free from Nicotine in South LA Learning colloboarative toolkit.

Part 2A Resources & Tools

Culturally Competent Resources	Recommended Culturally Competent Resources
• CLAS-Assessment Tool	• ATTC Network Health Knowledge: Special Topics in Behavioral Health: Understanding the Basics of Race, Ethnicity, and Culture
• Cultural Competence Self-assessment Tool	• Georgetown University National Center for Cultural Competence
• Enhanced Standards for CLAS	• HHS.Gov Think Cultural Health
• Action Planning Handout	• National American Indian/Alaska Native ATTC
	• National Council on Interpreting in Health Care
	• NIATx

Tools

CLAS Standards for Health Equity

Culturally and Linguistically Appropriate Services

The National Culturally and Linguistically Appropriate Services (CLAS) Standards are intended to advance health equity, improve quality services, and help eliminate health tobacco cessation disparities and inequities by establishing a blueprint for community-based organizations to "Provide effective, equitable, understandable, and respectful information and services that are culturally responsive to African Americans cultural beliefs, social norms, and other communication and community engagement needs." The authors of this toolkit have adopted the following CLAS standards to guide the development and implementation of Breaking Free from Nicotine in South LA culturally competent toolkit.

Please indicate ✓which CLAS standard will be demonstrated during your lesson delivery

***Please select 1-3 standards**

CLAS Standard

	Standard
☐	**Standard 1**: Provide effective, equitable, understandable, and respectful quality care and services
☐	**Standard 4**: Educate and train governance, leadership, and workforce in culturally and linguistically appropriate policies and practices on an ongoing basis
☐	**Standard 8**: Provide easy-to-understand print and multimedia materials and signage in the languages commonly used by populations in the service area
☐	**Standard 9**: Infuse CLAS goals, policies, and management accountability throughout an organization's planning and operations
☐	**Standard 10**: Conduct ongoing assessments of an organization's CLAS-related activities and integrate CLAS-related measures into measurement and continuous quality improvement activities
☐	**Standard 11**: Collect and maintain accurate and reliable demographic data to monitor and evaluate the impact of CLAS on health equity and outcomes and to inform service delivery
☐	**Standard 12**: Conduct regular assessments of community health assets and needs and use the results to plan and implement services that respond to the cultural and linguistic diversity of populations in the service area
☐	**Standard 13**: Partner with a community to design, implement, and evaluate policies, practices, and services to ensure cultural and linguistic appropriateness
☐	**Standard 15**: Communicate the organization's progress in implementing and sustaining CLAS to all stakeholders, constituents, and the public.

Building community-based organizations' capacity to offer culturally appropriate tobacco cessation interventions is a low-cost-effective way to address tobacco cessation disparities and inequities.

Rather than reinventing the wheel, Breaking Free took advantage of the excellent resources available at no cost or low cost. See appendix ----for a partial list of curated resources.
 Click on the links to visit the website to learn more about the topic. You can find additional resources on our member website. www.breakingfree.com.

Considering the characteristics/smoking behaviors common among African Americans who smoke is the foundation for building the capacity to offer culturally competent cessation interventions. for example, African Americans:

• Begin smoking later in life
• Smoke fewer cigarettes per day
• Take fewer puffs per cigarette
• Tendency to inhale more deeply (most likely because of high menthol use).

How to provide culturally appropriate tobacco cessation coaching using the Screening, Brief Intervention, Referral to Treatment (SBIRT) and 5 As is covered in learning collaborative convenings.

Weekly Lesson Assessment

Please indicate with a ✓ which of these expected results for CBO members is addressed in this lesson (most appropriate).

Confidence:
☐ Positive Attitude
☐ Initiative
☐ Effective Communicator

Knowledge:
☐ Tobacco 101
☐ Strategies to stop smoking
☐ Coping strategies

Responsible:
☐ Use of skills to quit smoking
☐ Consistent program participation

Foundation Cessation Skills Reinforced (please indicate ✓ which of these skills is reinforced in your lesson)

☐ Available reading resources
☐ Available technology
☐ Available medications
☐ Evidence-based quit methods
☐ Feeling comfortable wanting to quit

Quarterly Program Check-In

For fidelity purposes, it is **<u>recommended</u>** about every 3-4 months staff implementing the tobacco cessation intervention meet to determine if the following tasks are being addressed:

Recruitment-related tasks

Did recruitment efforts go as planned? Yes / No - - If no, what happened, and was the challenge solved?

Were the number of clients targeted for enrollment met? Yes / No - - If no, what happened, and was the challenge resolved?

Program implementation-related tasks:

Were the lessons implemented as planned? Yes / No - - If no, what happened, and was the challenge resolved?

Is the staff happy with the way the program is going? Yes / Somewhat / No - - Please say discuss with one another your responses.

CLAS Standards-related tasks:

1) List the 1 to 3 CLAS Standards selected in the list below:

A) Standard #1 _____ Has the program been able to address this standard?

B) Standard #2 _____ Has the program been able to address this standard?

C) Standard #3 _____ Has the program been able to address this standard?

Outcome Evaluation Tools

SMOKING CESSATION SURVEY - PRE

ID#_____

Date: ____/____/____

Gender: ☐ Male   ☐ Female
☐ Transgender-male   ☐ Non-Binary
☐ Transgender-female   ☐ Queer
☐ Gender not listed

Age group: ☐ 18-25   ☐ 26-35   ☐ 36-50   ☐ 51 or older

Survey Completion Period: ☐ Pre-test   ☐ Post-test

Presenter: _____

How did you learn about the Cessation Group?

Please take your time to carefully answer the following questions. Your responses will remain confidential. There are no right or wrong answers.

Put a check mark in the corresponding box on the right	True	False	Unsure
1. Smoking is only a bad habit and not an addiction.			
2. Smoking is a learned behavior.			
3. Nicotine is a drug that is as addictive as cocaine or heroin.			
4. There are several stages of grief related to quitting smoking.			
5. Over 42 chemicals in cigarette smoke are known to cause cancer.			
6. Smoking causes 87 percent of all lung cancers.			
7. The people who make other lifestyle changes when quitting smoking are the people who become permanently successful at staying smoke free.			
8. People smoke to handle stress.			
9. Most smokers quit on their first attempt.			
10. Withdrawal symptoms are all psychological.			
11. A few days after quitting smoking your sense of taste and smell return to normal.			
12. Between five and ten years after quitting smoking your risk of heart disease and lung cancer return to that of a non-smoker.			

13. Are you currently smoking?
☐ Yes
☐ No

14. What age did you start smoking? _____ years of age.

15. Has your doctor, dentist or other health provider, ever advised you to quit smoking?

    ☐ Yes
    ☐ No

16. On average, how many cigarettes do you smoke per day?   cigarettes.

17. Before attending this class have you ever quit smoking for at least one day at any time?

    ☐ Never quit
    ☐ Quit 1-2 times
    ☐ Quit 3-4 times
    ☐ Quit 5 or more times

18. What is the longest period that you have ever quit smoking?

19. What methods have you used to quit? *(check all that apply)*

    ☐ Cessation Class
    ☐ Support Group
    ☐ On your own
    ☐ Medication (i.e. Gum, patch, prescription)
    ☐ Other_____

20. If you still smoke, do you think you might attempt to quit in the future?

    ☐ Yes
    ☐ No

If yes, how?

(check all that apply.)

    ☐ Cessation Class
    ☐ Support Group
    ☐ On your own
    ☐ Medication (i.e. Gum, patch, prescription)
    ☐ Other_____

21. How do you feel about your smoking right now? *(check one)*

    ☐ I do not think I need to quit
    ☐ I am thinking about quitting
    ☐ I feel ready to stop smoking now
    ☐ I feel ready to stop smoking in the next few months
    ☐ I have quit already

SMOKING CESSATION SURVEY - POST

ID#_____

Date: ____ / ____ / ____		Gender: ☐ Male ☐ Female ☐ Transgender-male ☐ Non-Binary ☐ Transgender-female ☐ Queer ☐ Gender not listed

Age group: ☐ 18-25 ☐ 26-35 ☐ 36-50 ☐ 51 or older

Survey Completion Period: ☐ Pre-test ☐ Post-test

Presenter: _____

How did you learn about the Cessation Group?

Please take your time to carefully answer the following questions. Your responses will remain confidential. There are no right or wrong answers.

Post-Program Only:
Have you quit smoking for at least one day since starting these classes?   ☐ Yes ☐ No
☐ Already quit before first class

If yes, how many times (since starting these classes)?_____

What was the longest length of time (since starting these classes)?_____

Put a checkmark in the corresponding box on the right	True	False	Unsure
1. Smoking is only a bad habit and not an addiction.			
2. Smoking is a learned behavior.			
3. Nicotine is a drug that is as addictive as cocaine or heroin.			
4. There are several stages of grief related to quitting smoking.			
5. Over 42 chemicals in cigarette smoke are known to cause cancer.			
6. Smoking causes 87 percent of all lung cancers.			
7. The people who make other lifestyle changes when quitting smoking are the people who become permanently successful at staying smoke free.			
8. People smoke to handle stress.			
9. Most smokers quit on their first attempt.			
10. Withdrawal symptoms are all psychological.			
11. A few days after quitting smoking your sense of taste and smell return to normal.			

12. Between five and ten years after quitting smoking your risk of heart disease and lung cancer return to that of a non-smoker.			

13. Are you currently smoking?
☐ Yes
☐ No

14. What age did you start smoking? _____ years of age.

15. Has your doctor, dentist or other health provider, ever advised you to quit smoking?

☐ Yes
☐ No

16. On average, how many cigarettes do you smoke per day? _____ cigarettes.

17. Before attending this class have you ever quit smoking for at least one day at any time?
☐ Never quit
☐ Quit 1-2 times
☐ Quit 3-4 times
☐ Quit 5 or more times

18. What is the longest period that you have ever quit smoking? _____

19. What methods have you used to quit?   (check all that apply)
☐ Cessation Class
☐ Support Group
☐ On your own
☐ Medication (i.e. Gum, patch, prescription)
☐ Other_____

20. If you still smoke, do you think you might attempt to quit in the future?
☐ Yes
☐ No

If yes, how?

(check all that apply.)
☐ Cessation Class
☐ Support Group
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☐ Medication (i.e. Gum, patch, prescription)
☐ Other_____

21. How do you feel about your smoking right now? (check one)
☐ I do not think I need to quit
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☐ I feel ready to stop smoking in the next few months
☐ I have quit already

References

Office of Minority Health. (n.d.) National CLAS Standards. U.S. Department of Health and Human Services

Ross (2011) ReInventing Diversity. Alexandria, VA: Rowen and Littlefield

Appendix A. Service Planning Area 6 or (SPA 6)

Service Planning Area 6, or SPA 6, serves the communities of:

Adams-Normandie

Athens-Westmont,

Century Palms/Cove,

East Rancho Dominguez,

Exposition Park,

Figueroa Park Square,

Florence-Firestone,

Green Meadows,

Harvard Park,

Jefferson Park,

Lynwood,

Rosewood/West Rancho Dominguez,

South Park,

Vermont Knolls

Vermont Vista

View Park/Windsor Hills

West Rancho Dominguez

West Vernon

Athens Village

Baldwin Hills,

Compton,

Crenshaw

Exposition,

Florence-Firestone

Gramercy Place

Harbor Gateway

Hyde Park

Leimert Park

Paramount

Rosewood

University Park

Vermont Square

Vernon Central

View Heights

Watts

Willowbrook

Appendix B. Demographics of SPA 6

Service Planning Area 6: South

Demographics	Los Angeles County	SPA 6
Total population[1]	10,019,362	1,030,078
% male/female[1]	49%/51%	49%/51%
% of population ages 0-17[1]	23%	30%
% of population ages 65+[1]	12%	8%
% of adults who report having a disability[2]	19%	17%

Appendix C. SPA 6 Racial/Ethnic Disparities

Health Indicator	Los Angeles County	SPA 6				
		SPA 6 Overall	White	Black	Latino	Asian
% of adults with less than a high school diploma[3]	24%	44%	14%	16%	61%	14%
% of population that lives in poverty (household income <100% Federal Poverty Level [FPL])[3]	17%	31%	33%	27%	32%	35%
Median household income[3]	$56,241	$36,400	$53,902	$35,545	$37,897	$33,561
% of households that are crowded [a, three]	12%	22%	6%	6%	37%	10%
% of population that is foreign-born[3]	35%	36%	14%	5%	50%	62%
Life expectancy (in years) [four]	81.8	78.1	70.6	74.0	84.6	80.7[b]

Appendix D. Top Five Causes of Death & Premature Death

Causes of Death		Causes of Premature Death (Death Before Age 75)		Causes of Premature Death in SPA 6, by Sex	
Los Angeles County	SPA 6	Los Angeles County	SPA 6	Males	Females
Coronary heart disease (138)	Coronary heart disease (173)	Coronary heart disease	Homicide	Homicide	Coronary heart disease
Stroke (36)	Stroke (48)	Homicide	Coronary heart disease	Coronary heart disease	Breast cancer
Lung cancer (33)	Lung Cancer (41)	Suicide	Motor vehicle crash	Motor vehicle crash	Stroke
Emphysema/COPD (30)	Diabetes (33)	Motor vehicle crash	Liver disease	Liver disease	Lung cancer
Alzheimer's disease (25)	Emphysema/COPD (33)	Liver disease	Stroke	Suicide	Homicide

Appendix E.   Health Indicators

Social Environment	Los Angeles County	SPA 6
Housing and Homelessness		
Homeless Population[e,6]	35,524	7,044
% of households with high housing burden (pay more than 30% of income on housing costs)[3]	52%	64%
Education		
% of schools that have API score greater than or equal to 800[f,7]	38%	13%
Food Security		
% of households with incomes <300% FPL that are food insecure[g,2]	31%	30%
Average % of students in public schools eligible for free or reduced price meals[8]	67%	81%
Physical Environment	**Los Angeles County**	**SPA 6**
Community Safety		
% of adults who perceive their neighborhood to be safe from crime[2]	84%	64% (lowest SPA)
Average annual death rate for firearm homicide per 100,000 population[9]	5.4 deaths	15.9 deaths
Livable Communities		
% of adults who use walking paths, parks, playgrounds or sport fields in their neighborhood[2]	52%	46%
% of adults whose neighborhoods do not have walking paths, parks, playgrounds, or sports fields in their neighborhood[2]	14%	17%
Commute time to work > 1 hour[3]	12%	12%
Access to Medical and Dental Care[2]	**Los Angeles County**	**SPA 6**
% of adults ages 18-64 years who are uninsured	29%	38% (highest SPA)
% of children who are uninsured	5%	9% (statistically unstable)
% of adults who reported difficulty accessing medical care	32%	45% (highest SPA)
% of adults who do not have dental insurance	52%	63% (highest SPA)
% of adults who did not obtain dental care in the past year because they could not afford it	30%	35%
% of children who do not have dental insurance	22%	24%
% of children ages 3-17 years who did not obtain dental care in the past year because they could not afford it	13%	15%
% of adults who did not obtain needed prescription medication in the past year because they could not afford it	15%	19% (highest SPA)
Health Status	**Los Angeles County**	**SPA 6**
Adults, Mothers, Adolescents		
% of adults who perceive their health is fair/poor[2]	21%	31% (highest SPA)
% of live births where mother received prenatal care during the first trimester of pregnancy[10]	82%	77%
% of children ages 6 months-5 years whose mothers breastfed at least 6 months[2]	45%	44%
Rate of births (per 1,000 live births) to females 15-19 years[10]	28	51 (highest SPA)
Mental Health		
% of adults ever diagnosed with depression[2]	12%	11%
% of population with incomes ≤200% FPL with an estimated need for mental health services who received publicly funded mental health services[11]	45%	46%
% of adults who tried to access mental health care in the past year[2]	8%	7%

The Power of Compassion

*Sympathy looks in and says, "**I'm sorry.**"*
*Compassion goes in and says, "**I'm with you.**"*
*Sympathy looks in and says, "**I would like to help.**"*
*Compassion goes in and says, "**I am here to help.**"*
*Sympathy says, "**I wish I could carry your burden.**"*
*Compassion says "**Cast your burden on me.**"*
Sympathy often irritates with many words.
Compassion helps and hears in quietness and understanding.
-Author Unknown

NICOTINE, TAR, AND CO CONTENT OF DOMESTIC CIGARETTES IN 2007
            (Regular Brands, sorted by brand name and attributes)

NIC	TAR	CO	BRAND NAME	LEN	FLTR	PACK	STRENGTH	STYLE	PACK TYPE	OTHER
0.2	3	1	ACCORD	68	F	HP				H
0.3	5	1	ACCORD	68	F	HP				H
0.8	14	14	American	83	F	HP	FF			H
0.9	15	15	Austin	83	F	HP	FF			H
0.8	11	13	Austin	83	F	HP	LT			H
0.9	15	16	Austin	84	F	SP	FF			S
0.7	10	12	Austin	84	F	SP	LT			S
0.4	5	7	Austin	84	F	SP	ULTRA-LT			S
0.9	14	17	Austin	99	F	SP	FF			S
0.8	10	11	Austin	99	F	SP	LT			S
0.4	5	7	Austin	99	F	SP	ULTRA-LT			S
0.3	4	4	Barclay	85	F	HP	ULTRA-LT			H
0.3	4	4	Barclay	85	F	SP	ULTRA-LT			S
0.5	6	6	Barclay	100	F	SP	ULTRA-LT			S
1.0	16	17	BASIC	83	F	HP	FULL-FLA		FSC	H
0.9	14	14	BASIC	83	F	HP	FULL-FLA			H
0.7	10	13	BASIC	83	F	HP	LT		FSC	H
0.7	10	12	BASIC	83	F	HP	LT			H
0.4	6	9	BASIC	83	F	HP	ULTRA-LT		FSC	H
0.5	6	8	BASIC	83	F	HP	ULTRA-LT			WASH H
0.4	5	7	BASIC	83	F	HP	ULTRA-LT			H
1.3	21	14	BASIC	83	N	SP		NON-FLTR	FSC	S
1.1	18	11	BASIC	83	N	SP		NON-FLTR		S
1.0	16	17	BASIC	84	F	SP	FULL-FLA		FSC	S

0.9	15	14	BASIC	84	F	SP	FULL-FLA			S
0.7	12	14	BASIC	84	F	SP	LT		FSC	S
0.7	10	12	BASIC	84	F	SP	LT			S
0.5	6	9	BASIC	84	F	SP	ULTRA-LT		FSC	S
0.4	5	7	BASIC	84	F	SP	ULTRA-LT			S
1.0	15	18	BASIC	98	F	HP	FULL-FLA		FSC	H
0.9	14	15	BASIC	98	F	HP	FULL-FLA			H
0.8	11	14	BASIC	98	F	HP	LT		FSC	H
0.7	10	12	BASIC	98	F	HP	LT			H
0.4	5	8	BASIC	98	F	HP	ULTRA-LT		FSC	H
0.4	5	9	BASIC	98	F	HP	ULTRA-LT			WASH H
0.4	5	7	BASIC	98	F	HP	ULTRA-LT			H
1.0	15	18	BASIC	99	F	SP	FULL-FLA		FSC	S
0.9	14	15	BASIC	99	F	SP	FULL-FLA			S
0.8	11	15	BASIC	99	F	SP	LT		FSC	S
0.7	10	12	BASIC	99	F	SP	LT			S
0.5	5	8	BASIC	99	F	SP	ULTRA-LT		FSC	S
0.4	5	7	BASIC	99	F	SP	ULTRA-LT			S
1.1	15	13	BENSON A	84	F	HP		DLX	FSC	H
1.0	13	11	BENSON A	84	F	HP		DLX		H
0.8	11	13	BENSON A	84	F	SP		M-FILTER	FSC	S
0.8	11	11	BENSON A	84	F	SP		M-FILTER		S
0.8	11	12	BENSON A	98	F	HP	LT		FSC	H
0.8	10	10	BENSON A	98	F	HP	LT			H
0.5	5	7	BENSON A	98	F	HP	ULTRA-LT	DLX	FSC	H
0.5	5	6	BENSON A	98	F	HP	ULTRA-LT	DLX		H
1.0	12	13	BENSON A	98	F	HP			FSC	H
1.1	15	15	BENSON A	98	F	HP			PR	H

1.0	14	13	BENSON A	98	F	HP				H
0.8	11	13	BENSON A	99	F	SP	LT		FSC	S
0.8	11	12	BENSON A	99	F	SP	LT			S
1.0	13	13	BENSON A	99	F	SP			FSC	S
1.0	14	14	BENSON A	99	F	SP				S
0.8	14	15	Best Value	83	F	HP	FF			H
0.7	10	12	Best Value	83	F	HP	LT			H
0.9	15	16	Best Value	84	F	SP	FF			S
0.7	10	12	Best Value	84	F	SP	LT			S
0.4	4	6	Best Value	84	F	SP	ULTRA-LT			S
1.1	19	14	Best Value	84	N	SP	FF			S
0.9	14	16	Best Value	98	F	HP	FF			H
0.8	10	12	Best Value	98	F	HP	LT			H
0.9	13	16	Best Value	99	F	SP	FF			S
0.8	10	12	Best Value	99	F	SP	LT			S
0.4	5	7	Best Value	99	F	SP	ULTRA-LT			S
0.9	15	15	Bonus Valu	83	F	HP	FF			H
0.8	11	13	Bonus Valu	83	F	HP	LT			H
0.9	15	16	Bonus Valu	84	F	SP	FF			S
0.7	10	12	Bonus Valu	84	F	SP	LT			S
0.4	4	6	Bonus Valu	84	F	SP	ULTRA-LT			S
1.2	20	14	Bonus Valu	84	N	SP	FF			S
0.9	14	17	Bonus Valu	99	F	SP	FF			S
0.8	10	11	Bonus Valu	99	F	SP	LT			S
0.4	5	7	Bonus Valu	99	F	SP	ULTRA-LT			S
0.9	14	15	BRISTOL	99	F	SP	FULL-FLA			S
0.9	14	18	BRONSON	85	F	HP	FF	.	.	H
1.0	14	19	BRONSON	85	F	HP	FF	.	.	H

			Brand	Length	F/N	Pack	Type			Flag
0.8	10	13	BRONSON	85	F	HP	LT	.	.	H
0.8	10	14	BRONSON	85	F	HP	LT	.	.	H
0.9	14	18	BRONSON	85	F	SP	FF	.	.	S
0.8	10	13	BRONSON	85	F	SP	LT	.	.	S
0.5	5	7	BRONSON	85	F	SP	UL	.	.	S
1.5	20	14	BRONSON	85	N	SP	FF	.	.	S
1.0	15	20	BRONSON	100	F	SP	FF	.	.	S
1.0	15	21	BRONSON	100	F	SP	FF	.	.	S
0.8	10	15	BRONSON	100	F	SP	LT	.	.	S
0.8	10	15	BRONSON	100	F	SP	LT	.	.	S
0.5	5	7	BRONSON	100	F	SP	UL	.	.	S
0.5	5	7	BRONSON	100	F	SP	UL	.	.	S
0.5	6	6	BRONSON	100	F	SP	UL	.	.	S
0.7	10	13	CAMBRIDG	84	F	SP	LT		FSC	S
0.7	9	11	CAMBRIDG	84	F	SP	LT			S
0.7	10	12	CAMBRIDG	98	F	HP	LT			H
0.5	5	8	CAMBRIDG	98	F	HP	ULTRA-LT			H
1.0	16	18	CAMBRIDG	99	F	SP	FULL-FLA		FSC	S
0.9	14	15	CAMBRIDG	99	F	SP	FULL-FLA			S
0.8	12	15	CAMBRIDG	99	F	SP	LT		FSC	S
0.7	10	12	CAMBRIDG	99	F	SP	LT			S
0.4	6	9	CAMBRIDG	99	F	SP	ULTRA-LT		FSC	S
0.4	5	8	CAMBRIDG	99	F	SP	ULTRA-LT			S
1.7	23	13	Camel	69	N	SP	FF			S
1.2	17	17	Camel	79	F	HP	FF	WIDES		H
0.9	11	10	Camel	79	F	HP	LT	WIDES		H
1.2	16	12	Camel	83	F	HP	FF			H
1.2	16	13	Camel	83	F	HP	FF			H

0.7	10	10	Camel SPECIAL	83	F	HP H	LT	
1.0	13	12	Camel ROYAL	83	F	HP H	LT	T-
0.7	9	10	Camel H	83	F	HP	LT	
0.7	9	10	Camel H	83	F	HP	LT	
0.8	10	10	Camel H	83	F	HP	LT	
0.8	10	10	Camel H	83	F	HP	LT	
0.4	5	6	Camel H	83	F	HP	ULTRA-LT	
1.2	16	13	Camel S	84	F	SP	FF	
0.9	11	10	Camel S	84	F	SP	LT	
0.9	12	12	Camel H	85	F	HP	FF	
0.9	12	12	Camel H	85	F	HP	FF	
0.9	12	13	Camel H	85	F	HP	FF	
1.0	11	12	Camel H	85	F	HP	LT	
1.2	16	14	Camel H	98	F	HP	FF	
0.8	10	10	Camel SPECIAL	98	F	HP H	LT	
0.8	9	10	Camel H	98	F	HP	LT	
0.9	10	11	Camel H	98	F	HP	LT	
0.4	5	6	Camel H	98	F	HP	ULTRA-LT	
1.0	11	12	Camel H	100	F	HP	LT	
1.3	17	15	Camel S	100	F	SP	FF	
0.9	11	11	Camel S	100	F	SP	LT	
1.0	11	9	CANADIAN H	72	F	HP	EXTRA-LT	
1.1	13	11	CANADIAN H	72	F	HP	LT	
1.3	16	14	CANADIAN H	72	F	HP		
1.1	11	11	CANADIAN H	84	F	HP	EXTRA-LT	
1.2	12	13	CANADIAN H	84	F	HP	LT	
0.8	9	6	Capri H	100	F	HP	LT	
0.5	5	4	Capri H	100	F	HP	ULTRA-LT	

5

			Brand						
1.0	12	8	Capri	120	F	HP	LT		H
0.1	1	1	Carlton	85	F	HP	ULTRA-LT		H
0.1	1	2	Carlton	85	F	SP	ULTRA-LT		S
0.1	1	1	Carlton	100	F	HP	ULTRA-LT		H
0.1	1	1	Carlton	100	F	SP	ULTRA-LT		S
0.5	5	3	Carlton	120	F	SP	ULTRA-LT	SLIMS	S
0.9	15	15	Charter	83	F	HP	FF		H
0.8	11	13	Charter	83	F	HP	LT		H
0.9	15	16	Charter	84	F	SP	FF		S
0.7	10	12	Charter	84	F	SP	LT		S
0.4	4	6	Charter	84	F	SP	ULTRA-LT		S
0.9	14	17	Charter	99	F	SP	FF		S
0.8	10	11	Charter	99	F	SP	LT		S
0.4	5	7	Charter	99	F	SP	ULTRA-LT		S
0.8	11	13	CHESTER	83	F	HP	LT	FSC	H
0.7	10	12	CHESTER	83	F	HP	LT		H
1.0	15	15	CHESTER	83	F	HP		FSC	H
1.0	14	13	CHESTER	83	F	HP			H
1.3	22	14	CHESTER	83	N	SP		FSC	S
1.1	18	11	CHESTER	83	N	SP			S
0.8	10	12	CHESTER	98	F	HP	LT	FSC	H
0.7	9	11	CHESTER	98	F	HP	LT		H
1.1	15	16	CHESTER	98	F	HP		FSC	H
1.0	14	15	CHESTER	98	F	HP			H
0.9	15	15	Cimarron	83	F	HP	FF		H
0.8	11	13	Cimarron	83	F	HP	LT		H
0.9	15	16	Cimarron	84	F	SP	FF		S
0.7	10	12	Cimarron	84	F	SP	LT		S

0.4	4	6	Cimarron	84	F	SP	ULTRA-LT			
S										
0.9	14	17	Cimarron	99	F	SP	FF			
S										
0.8	10	11	Cimarron	99	F	SP	LT			
S										
0.4	5	7	Cimarron	99	F	SP	ULTRA-LT			
S										
0.9	14	18	CLASS A -	85	F	SP	FF	.	.	
S										
0.8	10	13	CLASS A -	85	F	SP	LT	.	.	
S										
0.5	6	6	CLASS A -	85	F	SP	UL	.	.	
S										
1.5	20	14	CLASS A -	85	N	SP	FF	.	.	
S										
1.0	15	20	CLASS A -	100	F	SP	FF	.	.	
S										
0.8	10	15	CLASS A -	100	F	SP	LT	.	.	
S										
0.5	5	7	CLASS A -	100	F	SP	UL	.	.	
S										
1.3	20	13	COMMAND	83	N	SP				FSC
S										
1.1	17	10	COMMAND	83	N	SP				
S										
0.7	11	14	DAVES	83	F	HP	LT			FSC
H										
0.7	11	13	DAVES	83	F	HP	LT			
H										
1.0	17	18	DAVES	83	F	HP				FSC
H										
0.9	14	13	DAVES	83	F	HP				
H										
1.0	13	12	Doral	83	F	HP	FF			
H										
0.8	9	10	Doral	83	F	HP	LT			
H										
0.4	4	5	Doral	83	F	HP	ULTRA-LT			
H										
1.0	14	12	Doral	84	F	SP	FF			
S										
0.8	10	10	Doral	84	F	SP	LT			
S										
0.4	4	5	Doral	84	F	SP	ULTRA-LT			
S										
1.6	25	14	Doral	84	N	SP	FF			
S										
1.1	13	13	Doral	98	F	HP	FF			
H										
0.8	9	10	Doral	98	F	HP	LT			
H										
0.4	4	6	Doral	98	F	HP	ULTRA-LT			
H										
1.1	14	13	Doral	99	F	SP	FF			
S										

0.4	4	6	Doral	99	F	SP	ULTRA-LT			S
0.7	8	8	Doral	100	F	HP	LT	SLIMS		H
0.8	10	11	Doral	100	F	SP	LT			S
1.2	13	13	Dunhill	100	F	HP	LT			H
0.9	9	10	Dunhill	100	F	HP	MILD-LT			H
0.9	14	18	EAGLE 20'	85	F	HP	FF	.	.	H
0.7	10	12	EAGLE 20'	85	F	HP	LT	.	.	H
0.9	14	18	EAGLE 20'	85	F	SP	FF	.	.	S
0.8	10	14	EAGLE 20'	85	F	SP	LT	.	.	S
0.4	5	5	EAGLE 20'	85	F	SP	UL	.	.	S
1.5	21	16	EAGLE 20'	85	N	SP	FF	.	.	S
1.0	15	20	EAGLE 20'	100	F	HP	FF	.	.	H
0.8	10	16	EAGLE 20'	100	F	HP	LT	.	.	H
1.0	15	20	EAGLE 20'	100	F	SP	FF	.	.	S
0.8	10	16	EAGLE 20'	100	F	SP	LT	.	.	S
0.5	5	7	EAGLE 20'	100	F	SP	UL	.	.	S
0.2	5	5	Eclipse	83	F	HP	ULTRA-LT			H
1.4	22	14	ENGLISH O	84	N	HP			FSC	H
1.3	19	10	ENGLISH O	84	N	HP				H
1.0	12	12	EVE LT 12	120	F	HP	LT	.	.	H
1.1	12	11	EVE LT 12	120	F	HP	LT	.	.	H
0.5	6	5	EVE UL 12	120	F	HP	UL	.	.	H
0.6	6	5	EVE UL 12	120	F	HP	UL	.	.	H
0.8	11	13	First Choice	83	F	HP	LT			H
0.9	15	16	First Choice	84	F	SP	FF			S
0.7	10	12	First Choice	84	F	SP	LT			S
0.4	4	6	First Choice	84	F	SP	ULTRA-LT			S
1.2	20	14	First Choice	84	N	SP	FF			S

```
  0.9    14    16  First Choice    98  F    HP    FF
H
  0.8    10    12  First Choice    98  F    HP    LT
H
  0.9    14    17  First Choice    99  F    SP    FF
S
  0.8    10    11  First Choice    99  F    SP    LT
S
  0.4     5     7  First Choice    99  F    SP    ULTRA-LT
S
  0.9    15    15  Gold Coast      83  F    HP    FF
H
  0.8    11    13  Gold Coast      83  F    HP    LT
H
  0.9    15    16  Gold Coast      84  F    SP    FF
S
  0.7    10    12  Gold Coast      84  F    SP    LT
S
  0.9    14    17  Gold Coast      99  F    SP    FF
S
  0.8    10    11  Gold Coast      99  F    SP    LT
S
  0.4     5     7  Gold Coast      99  F    SP    ULTRA-LT
S
  0.9    14    16  Gold Coast     100  F    HP    FF
H
  0.8    10    12  Gold Coast     100  F    HP    LT
H
  0.5     6     7  GPC             83  F    HP    ULTRA-LT
H
  0.4     6     6  GPC             83  F    SP    ULTRA-LT
S
  0.9    14    14  GPC             85  F    HP    FF
H
  0.7     9    11  GPC             85  F    HP    LT
H
  0.9    14    14  GPC             85  F    SP    FF
S
  0.6     9    11  GPC             85  F    SP    LT
S
  1.2    20    13  GPC             85  N    SP    FF
S
  0.9    14    14  GPC            100  F    HP    FF
H
  0.8    10    11  GPC            100  F    HP    LT
H
  0.5     6     7  GPC            100  F    HP    ULTRA-LT
H
  0.9    14    15  GPC            100  F    SP    FF
S
  0.8    10    12  GPC            100  F    SP    LT
S
  0.5     6     7  GPC            100  F    SP    ULTRA-LT
S
  0.9    14    18  GRAND PR        85  F    HP    FF          .            .
H
```

H	1.0	14	19	GRAND PR	85	F	HP	FF	.	.
H	0.8	10	13	GRAND PR	85	F	HP	LT	.	.
H	0.8	10	14	GRAND PR	85	F	HP	LT	.	.
S	0.9	14	18	GRAND PR	85	F	SP	FF	.	.
S	0.8	10	13	GRAND PR	85	F	SP	LT	.	.
S	1.5	20	14	GRAND PR	85	N	SP	FF	.	.
S	1.7	24	19	GRAND PR	85	N	SP	FF	.	.
H	1.0	15	20	GRAND PR	100	F	HP	FF	.	.
H	1.0	15	21	GRAND PR	100	F	HP	FF	.	.
H	0.8	10	15	GRAND PR	100	F	HP	LT	.	.
H	0.8	10	15	GRAND PR	100	F	HP	LT	.	.
H	0.5	5	7	GRAND PR	100	F	HP	UL	.	.
H	0.5	5	7	GRAND PR	100	F	HP	UL	.	.
S	1.0	15	20	GRAND PR	100	F	SP	FF	.	.
S	1.0	15	21	GRAND PR	100	F	SP	FF	.	.
S	0.8	10	15	GRAND PR	100	F	SP	LT	.	.
S	0.8	10	15	GRAND PR	100	F	SP	LT	.	.
S	0.5	5	7	GRAND PR	100	F	SP	UL	.	.
S	0.5	5	7	GRAND PR	100	F	SP	UL	.	.
H	0.9	15	15	Highway	83	F	HP	FF		
H	0.8	11	13	Highway	83	F	HP	LT		
H	0.4	5	8	Highway	83	F	HP	ULTRA-LT		
S	0.9	14	17	Highway	99	F	SP	FF		
S	0.8	10	11	Highway	99	F	SP	LT		
H	0.8	10	12	Highway	100	F	HP	LT		
H	0.9	15	15	Jacks	83	F	HP	FF		
H	0.8	11	13	Jacks	83	F	HP	LT		
S	0.9	15	16	Jacks	84	F	SP	FF		

0.7	10	12	Jacks	84	F	SP	LT		
S									
0.4	4	6	Jacks	84	F	SP	ULTRA-LT		
S									
1.2	20	14	Jacks	84	N	SP	FF		
S									
0.5	7	9	Jacks	98	F	HP	LT		
H									
0.8	10	12	Jacks	98	F	HP	LT		
H									
0.9	14	17	Jacks	99	F	SP	FF		
S									
0.8	10	11	Jacks	99	F	SP	LT		
S									
0.4	5	7	Jacks	99	F	SP	ULTRA-LT		
S									
0.9	12	12	KENT	80	F	HP		KING,F,H	
H									
1.0	13	13	KENT	85	F	SP		KING,F,S	
S									
1.1	14	13	KENT	100	F	SP		100's,F,S	
S									
0.7	8	9	KENT GOL	80	F	HP	LT	King,F,HP	
H									
0.8	8	10	KENT GOL	85	F	SP	LT	KING,F,S	
S									
0.9	10	10	KENT GOL	100	F	HP	LT	100's,F,H	
H									
0.9	10	10	KENT GOL	100	F	SP	LT	100's,F,S	
S									
0.5	5	6	KENT III	85	F	SP	ULTRA-LT	ULTRA LIG	
S									
0.6	6	6	KENT III	100	F	HP	ULTRA-LT	ULTRA LIG	
H									
0.6	6	6	KENT III	100	F	SP	ULTRA-LT	ULTRA LIG	
S									
1.0	14	19	KINGSPOR	85	F	HP	FF	.	.
H									
0.8	10	14	KINGSPOR	85	F	HP	LT	.	.
H									
0.5	5	6	KINGSPOR	85	F	HP	UL	.	.
H									
0.9	14	18	KINGSPOR	85	F	SP	FF	.	.
S									
0.8	10	13	KINGSPOR	85	F	SP	LT	.	.
S									
0.5	5	5	KINGSPOR	85	F	SP	UL	.	.
S									
1.5	20	14	KINGSPOR	85	N	SP	FF	.	.
S									
1.0	15	20	KINGSPOR	100	F	HP	FF	.	.
H									
0.8	10	15	KINGSPOR	100	F	HP	LT	.	.
H									
0.4	5	7	KINGSPOR	100	F	HP	UL	.	.
H									

1.0	15	20	KINGSPOR	100	F	SP	FF	.	.	S
0.8	10	15	KINGSPOR	100	F	SP	LT	.	.	S
0.5	5	7	KINGSPOR	100	F	SP	UL	.	.	S
1.0	16	16	L&M	83	F	HP	FULL-FLA		FSC	H
0.9	15	14	L&M	83	F	HP	FULL-FLA			H
0.7	11	14	L&M	83	F	HP	LT		FSC	H
0.7	10	12	L&M	83	F	HP	LT		OTHR-UST	H
0.7	10	12	L&M	83	F	HP	LT		PR	H
0.7	11	13	L&M	83	F	HP	LT			H
0.8	13	12	L&M	83	F	HP			OTHR-UST	H
0.8	13	12	L&M	83	F	HP			PR	H
0.9	13	13	L&M	84	F	SP			FSC	S
0.9	13	12	L&M	84	F	SP				S
0.9	14	16	L&M	98	F	HP	FULL-FLA		FSC	H
0.9	15	16	L&M	98	F	HP	FULL-FLA			H
0.7	12	15	L&M	98	F	HP	LT		FSC	H
0.7	11	14	L&M	98	F	HP	LT			H
0.9	13	13	L&M	99	F	SP				S
0.8	9	9	LARK	84	F	SP	LT		FSC	S
0.7	9	8	LARK	84	F	SP	LT			S
1.0	12	12	LARK	84	F	SP			FSC	S
0.9	12	11	LARK	84	F	SP				S
0.8	10	11	LARK	99	F	SP	LT		FSC	S
0.8	10	10	LARK	99	F	SP	LT			S
1.0	12	14	LARK	99	F	SP			FSC	S
1.0	13	12	LARK	99	F	SP				S
0.9	15	16	Legend	84	F	SP	FF			S
0.7	10	12	Legend	84	F	SP	LT			S

0.4	4	6	Legend	84	F	SP	ULTRA-LT			S
1.2	20	14	Legend	84	N	SP	FF			S
0.9	15	15	Legend	85	F	HP	FF			H
0.8	11	13	Legend	85	F	HP	LT			H
0.9	14	16	Legend	98	F	HP	FF			H
0.8	10	12	Legend	98	F	HP	LT			H
0.9	14	17	Legend	99	F	SP	FF			S
0.8	10	11	Legend	99	F	SP	LT			S
0.4	5	7	Legend	99	F	SP	ULTRA-LT			S
0.4	5	8	Legend	100	F	HP	ULTRA-LT			H
0.9	14	17	LIGGETT S	85	F	HP	FF	.	.	H
1.0	14	19	LIGGETT S	85	F	HP	FF	.	.	H
0.7	10	13	LIGGETT S	85	F	HP	LT	.	.	H
0.8	10	14	LIGGETT S	85	F	HP	LT	.	.	H
0.4	5	6	LIGGETT S	85	F	HP	UL	.	.	H
0.9	14	17	LIGGETT S	85	F	SP	FF	.	.	S
1.0	14	19	LIGGETT S	85	F	SP	FF	.	.	S
0.7	10	13	LIGGETT S	85	F	SP	LT	.	.	S
0.8	10	14	LIGGETT S	85	F	SP	LT	.	.	S
1.5	20	14	LIGGETT S	85	N	SP	FF	.	.	S
1.7	24	19	LIGGETT S	85	N	SP	FF	.	.	S
1.0	15	19	LIGGETT S	100	F	HP	FF	.	.	H
1.0	15	21	LIGGETT S	100	F	HP	FF	.	.	H
0.8	10	15	LIGGETT S	100	F	HP	LT	.	.	H
0.8	10	15	LIGGETT S	100	F	HP	LT	.	.	H
0.4	5	7	LIGGETT S	100	F	HP	UL	.	.	H
0.5	5	7	LIGGETT S	100	F	HP	UL	.	.	H
0.5	5	7	LIGGETT S	100	F	HP	UL	.	.	H

1.0	15	19	LIGGETT S	100	F	SP	FF	.		.
S										
1.0	15	21	LIGGETT S	100	F	SP	FF	.		.
S										
0.8	10	15	LIGGETT S	100	F	SP	LT	.		.
S										
0.8	10	15	LIGGETT S	100	F	SP	LT	.		.
S										
0.5	5	7	LIGGETT S	100	F	SP	UL	.		.
S										
0.5	5	7	LIGGETT S	100	F	SP	UL	.		.
S										
1.2	21	12	Lucky Strik	70	F	SP	FF			
S										
0.7	8	10	MALIBU	100	F	BOX	LIGHT	SLIM		.
H										
0.5	6	7	MALIBU	100	F	BOX	ULTRA LI	SLIM		.
H										
0.9	10	12	MALIBU	100	F	S	LIGHT	.		
s										
0.6	6	9	MALIBU	100	F	S	ULTRA LI	.		
S										
0.9	10	10	MALIBU	120	F	S	LIGHT	.		
S										
0.9	15	16	Marker	84	F	SP	FF			
S										
0.7	10	12	Marker	84	F	SP	LT			
S										
0.9	14	17	Marker	99	F	SP	FF			
S										
0.8	10	11	Marker	99	F	SP	LT			
S										
0.4	5	7	Marker	99	F	SP	ULTRA-LT			
S										
0.7	10	10	MARLBOR	72	F	HP	LT			FSC
H										
0.7	10	9	MARLBOR	72	F	HP	LT			
H										
0.9	13	12	MARLBOR	72	F	HP		RED		FSC
H										
0.9	13	11	MARLBOR	72	F	HP		RED		
H										
1.1	15	14	MARLBOR	79	F	HP				FSC
H										
1.1	15	13	MARLBOR	79	F	HP				PR
H										
1.0	15	13	MARLBOR	79	F	HP				
H										
0.8	11	12	MARLBOR	83	F	HP	LT			FSC
H										
0.8	11	13	MARLBOR	83	F	HP	LT			PR
H										
0.8	11	11	MARLBOR	83	F	HP	LT			
H										
0.9	11	12	MARLBOR	83	F	HP	MEDIUM			FSC
H										

0.9	12	12	MARLBORH	83	F	HP	MEDIUM		PR
0.8	11	11	MARLBORH	83	F	HP	MEDIUM		
0.5	6	8	MARLBORH	83	F	HP	ULTRA-LT		FSC
0.5	6	7	MARLBORH	83	F	HP	ULTRA-LT		
0.5	6	8	MARLBORH	83	F	HP	ULTRA-LT		
0.9	13	13	MARLBORH	83	F	HP		BLEND 27	FSC
0.9	13	13	MARLBORH	83	F	HP		BLEND 27	PR
0.8	12	12	MARLBORH	83	F	HP		BLEND 27	
0.4	4	6	MARLBORH ATLANTA	83	F	HP		ULTRA-SM	
0.5	5	6	MARLBORH LAKE	83	F	HP		ULTRA-SM	SLT
0.4	5	6	MARLBORH TAMPA	83	F	HP		ULTRA-SM	
1.0	11	11	MARLBORH	83	F	HP		VA BLEND	FSC
0.9	11	11	MARLBORH	83	F	HP		VA BLEND	
0.8	11	12	MARLBORH	84	F	HP	LT		FSC
0.8	11	11	MARLBORH	84	F	HP	LT		
1.1	15	15	MARLBORH	84	F	HP			FSC
1.1	15	13	MARLBORH	84	F	HP			
0.8	11	12	MARLBORS	84	F	SP	LT		FSC
0.8	11	12	MARLBORS	84	F	SP	LT		
0.9	12	13	MARLBORS	84	F	SP	MEDIUM		FSC
0.9	12	13	MARLBORS	84	F	SP	MEDIUM		
0.9	13	14	MARLBORS	84	F	SP		BLEND 27	FSC
0.8	12	12	MARLBORS	84	F	SP		BLEND 27	
1.1	16	15	MARLBORS	84	F	SP			FSC
1.1	15	13	MARLBORS	84	F	SP			
0.8	10	12	MARLBORH	98	F	HP	LT		FSC
0.8	10	11	MARLBORH	98	F	HP	LT		
1.0	13	14	MARLBORH	98	F	HP	MEDIUM		FSC

1.0	13	12	MARLBOR	98	F	HP	MEDIUM			H
0.5	6	8	MARLBOR	98	F	HP	ULTRA-LT		FSC	H
0.5	5	8	MARLBOR	98	F	HP	ULTRA-LT			H
0.5	6	7	MARLBOR	98	F	HP	ULTRA-LT			H
0.9	11	12	MARLBOR	98	F	HP		VA BLEND	FSC	H
1.0	11	12	MARLBOR	98	F	HP		VA BLEND		H
1.2	15	15	MARLBOR	98	F	HP			FSC	H
1.1	15	13	MARLBOR	98	F	HP				H
0.9	11	13	MARLBOR	99	F	SP	LT		FSC	S
0.8	10	11	MARLBOR	99	F	SP	LT			S
1.1	14	15	MARLBOR	99	F	SP	MEDIUM		FSC	S
1.0	13	12	MARLBOR	99	F	SP	MEDIUM			S
1.2	16	16	MARLBOR	99	F	SP			FSC	S
1.1	16	14	MARLBOR	99	F	SP	OTHR-UST			S
1.1	15	13	MARLBOR	99	F	SP				S
1.0	14	13	Marshall M	83	F	HP	LT			H
1.1	14	12	Marshall M	83	F	HP	LT			H
1.1	14	13	Marshall M	83	F	HP	LT			H
1.1	15	13	Marshall M	83	F	HP	LT			H
1.2	14	14	Marshall M	83	F	HP	LT			H
1.2	14	14	Marshall M	83	F	HP	LT			H
1.2	14	15	Marshall M	83	F	HP	LT			H
1.2	14	15	Marshall M	83	F	HP	LT			H
1.2	14	15	Marshall M	83	F	HP	LT			H
1.2	17	16	Marshall M	83	F	HP	LT			H
1.3	14	13	Marshall M	83	F	HP	LT			H
1.3	14	13	Marshall M	83	F	HP	LT			H
1.4	13	11	Marshall M	83	F	HP	LT			H

0.8	11	10	MAVERICK	80	F	HP	LT	KING,F,H		H
0.9	15	15	MAVERICK	80	F	HP		KING,F,H		H
0.8	10	11	MAVERICK	85	F	HP	LT	100,F,HP		H
0.7	9	11	MAVERICK	85	F	HP	LT	KING,F,H		H
1.2	17	16	MAVERICK	85	F	HP		100,F,HP		H
1.1	18	16	MAVERICK	85	F	HP		KING,F,H		H
0.8	11	11	MAVERICK	85	F	SP	LT	KING,F,S		S
1.0	15	16	MAVERICK	85	F	SP		KING,F,S		S
0.7	9	11	MAVERICK	100	F	HP	LT	100,F,HP		H
1.3	19	18	MAVERICK	100	F	HP		100,F,HP		H
0.8	10	11	MAVERICK	100	F	SP	LT	100,F,SP,		S
1.2	17	16	MAVERICK	100	F	SP		100,F,SP		S
1.5	18	15	MAX	120	F	SP		120,F,SP		S
0.9	14	19	MERIDIAN	85	F	HP	FF	.	.	H
0.8	10	14	MERIDIAN	85	F	HP	LT	.	.	H
0.9	14	19	MERIDIAN	85	F	SP	FF	.	.	S
0.8	10	14	MERIDIAN	85	F	SP	LT	.	.	S
0.5	6	7	MERIDIAN	85	F	SP	UL	.	.	S
1.7	23	18	MERIDIAN	85	N	SP	FF	.	.	S
1.0	15	21	MERIDIAN	100	F	SP	FF	.	.	S
0.8	10	15	MERIDIAN	100	F	SP	LT	.	.	S
0.5	5	7	MERIDIAN	100	F	SP	UL	.	.	S
0.6	7	9	MERIT	83	F	HP	LT	RC BOX	FSC	H
0.6	8	10	MERIT	83	F	HP	LT	RC BOX	PR	H
0.6	7	9	MERIT	83	F	HP	LT	RC BOX		H
0.2	1	3	MERIT	83	F	HP	ULTIMA	RC BOX	FSC	H
0.1	1	3	MERIT	83	F	HP	ULTIMA	RC BOX		H
0.4	4	6	MERIT	83	F	HP	ULTRA-LT	RC BOX	FSC	H

0.4	4	6	MERIT	83	F	HP	ULTRA-LT	RC BOX	
H									
0.6	7	10	MERIT	84	F	SP	LT		FSC
S									
0.6	7	9	MERIT	84	F	SP	LT		
S									
0.2	2	3	MERIT	84	F	SP	ULTIMA		FSC
S									
0.2	1	3	MERIT	84	F	SP	ULTIMA		
S									
0.4	4	6	MERIT	84	F	SP	ULTRA-LT		FSC
S									
0.4	5	6	MERIT	84	F	SP	ULTRA-LT		
S									
0.3	3	5	MERIT	98	F	HP	ULTIMA	RC BOX	FSC
H									
0.3	3	4	MERIT	98	F	HP	ULTIMA	RC BOX	
H									
0.5	5	7	MERIT	98	F	HP	ULTRA-LT	RC BOX	FSC
H									
0.5	5	7	MERIT	98	F	HP	ULTRA-LT	RC BOX	
H									
0.8	10	12	MERIT	99	F	SP	LT		FSC
S									
0.8	10	11	MERIT	99	F	SP	LT		
S									
0.3	3	5	MERIT	99	F	SP	ULTIMA		FSC
S									
0.3	2	4	MERIT	99	F	SP	ULTIMA		
S									
0.5	6	8	MERIT	99	F	SP	ULTRA-LT		FSC
S									
0.5	5	7	MERIT	99	F	SP	ULTRA-LT		
S									
0.7	8	9	Misty	100	F	HP	LT		
H									
0.6	6	6	Misty	100	F	HP	ULTRA-LT		
H									
1.0	11	10	Misty	120	F	HP	LT		
H									
0.9	15	15	Monarch	83	F	HP	FF		
H									
0.8	11	13	Monarch	83	F	HP	LT		
H									
0.9	15	16	Monarch	84	F	SP	FF		
S									
0.7	10	12	Monarch	84	F	SP	LT		
S									
0.4	4	6	Monarch	84	F	SP	ULTRA-LT		
S									
1.2	20	14	Monarch	84	N	SP	FF		
S									
0.9	14	17	Monarch	99	F	SP	FF		
S									
0.8	10	11	Monarch	99	F	SP	LT		
S									

0.4	5	7	Monarch	99	F	SP	ULTRA-LT			S
1.1	15	14	MONTCLA	84	F	BOX	FULL FLA	.		H
0.9	11	12	MONTCLA	84	F	BOX	LIGHT	.		H
1.1	15	14	MONTCLA	84	F	SOFT	FULL FLA	.		S
0.9	11	12	MONTCLA	84	F	SOFT	LIGHT	.		S
0.5	6	7	MONTCLA	84	F	SOFT	ULTRA LI	.		S
1.2	15	15	MONTCLA	100	F	SOFT	FULL FLA	.		S
0.9	10	12	MONTCLA	100	F	SOFT	LIGHT	.		S
0.5	6	9	MONTCLA	100	F	SOFT	ULTRA LI	.		S
1.0	14	19	MONTEGO	85	F	HP	FF	.	.	H
0.8	10	14	MONTEGO	85	F	HP	LT	.	.	H
1.0	14	19	MONTEGO	85	F	SP	FF	.	.	S
0.8	10	14	MONTEGO	85	F	SP	LT	.	.	S
1.0	15	21	MONTEGO	100	F	HP	FF	.	.	H
0.8	10	15	MONTEGO	100	F	HP	LT	.	.	H
0.5	5	7	MONTEGO	100	F	HP	UL	.	.	H
0.8	10	15	MONTEGO	100	F	SP	LT	.	.	S
0.8	9	8	More	98	F	HP	LT			H
1.1	13	19	More	120	F	SP	FF			S
1.0	12	15	More	120	F	SP	LT			WHITE S
0.9	10	17	More	120	F	SP	LT			S
0.9	15	15	Mustang	83	F	HP	FF			H
0.8	11	13	Mustang	83	F	HP	LT			H
0.9	15	16	Mustang	84	F	SP	FF			S
0.7	10	12	Mustang	84	F	SP	LT			S
0.4	4	6	Mustang	84	F	SP	ULTRA-LT			S
0.9	14	16	Mustang	98	F	HP	FF			H
0.8	10	12	Mustang	98	F	HP	LT			H

0.4	5	8	Mustang	98	F	HP	ULTRA-LT		
H									
0.9	14	17	Mustang	99	F	SP	FF		
S									
0.8	10	11	Mustang	99	F	SP	LT		
S									
0.4	5	7	Mustang	99	F	SP	ULTRA-LT		
S									
1.32	11.1	9.2	NATURAL	84	F	HARD	LIGHT	A8	A8
H									
1.4	12	11.1	NATURAL	84	F	HARD	LIGHT	A8	IST
H									
1.13	7.9	7.3	NATURAL	84	F	HARD	LIGHT	ORGANIC	A8
H									
1.18	8.7	9.4	NATURAL	84	F	HARD	LIGHT	ORGANIC	IST
H									
1.64	13.8	9.1	NATURAL	84	F	HARD	MEDIUM	A8	A8
H									
1.47	12.7	11.6	NATURAL	84	F	HARD	MEDIUM	A8	IST
H									
1.82	16.4	12	NATURAL	84	F	HARD	REGULAR	A8	A8
H									
1.71	17	17.6	NATURAL	84	F	HARD	REGULAR	A8	IST
H									
1.78	13.6	10.4	NATURAL	84	F	HARD	REGULAR	ORGANIC	A8
H									
1.84	14.8	12.9	NATURAL	84	F	HARD	REGULAR	ORGANIC	IST
H									
1.56	15.4	16.8	NATURAL	84	F	HARD	REGULAR	PERIQUE	IST
S									
0.82	6.4	6.5	NATURAL	84	F	HARD	ULTRA LT	A8	A8
H									
0.74	5.9	6.9	NATURAL	84	F	HARD	ULTRA LT	A8	IST
H									
1.32	11.1	9.2	NATURAL	84	F	SOFT	LIGHT	A8	A8
S									
1.4	12	11.1	NATURAL	84	F	SOFT	LIGHT	A8	IST
S									
1.82	16.4	12	NATURAL	84	F	SOFT	REGULAR	A8	A8
S									
1.71	17	17.6	NATURAL	84	F	SOFT	REGULAR	A8	IST
S									
1.6	15	11.9	NATURAL	84	F	SOFT	REGULAR	PERIQUE	A8
S									
2.68	27.4	12.8	NATURAL	84	N	SOFT	REGULAR	A8	A8
S									
2.89	30.9	16.2	NATURAL	84	N	SOFT	REGULAR	A8	IST
S									
0.8	11	13	NEWPORT	100	F	HP	LT	100,F,HP	
H									
0.2	1	2	Now	84	F	SP	ULTRA-LT		
S									
0.3	3	4	Now	100	F	SP	ULTRA-LT		
S									
0.7	10	10	OLD GOLD	80	F	HP	LT	KING,F,H	
H									

1.2	15	15	OLD GOLD	80	F	HP		KING,F,HP		H
0.7	10	10	OLD GOLD	85	F	SP	LT	KING,F,SP		S
1.2	16	16	OLD GOLD	85	F	SP		KING,F,SP		S
0.8	11	11	OLD GOLD	85	NF	HP		100,F,HP,L		S
2.0	28	17	OLD GOLD	85	NF	SP	STRAIGHT	KING,SP,		S
1.3	15	17	OLD GOLD	100	F	HP		100,F,HP,		H
0.9	11	10	OLD GOLD	100	F	SP	LT	100,F,SP,L		S
0.7	9	10	OLD GOLD	100	F	SP	LT	100,F,SP,U		S
1.3	16	17	OLD GOLD	100	F	SP		100,F,SP		S
0.5	4	4	OLD GOLD	100	F	SP		100,F,SP,U		S
0.5	5	6	Pall Mall	83	F	HP	ULTRA-LT			H
1.1	14	11	Pall Mall	85	F	HP	FF			H
0.9	11	9	Pall Mall	85	F	HP	LT			H
1.6	25	15	Pall Mall	85	N	SP	FF			H
1.1	13	11	Pall Mall	100	F	HP	FF			H
0.9	10	9	Pall Mall	100	F	HP	LT			H
0.5	5	7	Pall Mall	100	F	HP	ULTRA-LT			H
1.2	14	12	Pall Mall	100	F	SP	FF			S
1.0	15	13	PARLIAME	79	F	HP	FULL-FLA		FSC	H
1.0	14	12	PARLIAME	79	F	HP	FULL-FLA			H
0.7	9	10	PARLIAME	79	F	HP	LT		FSC	H
0.7	9	9	PARLIAME	79	F	HP	LT		PR	H
0.7	9	9	PARLIAME	79	F	HP	LT			H
0.5	5	7	PARLIAME	79	F	HP	ULTRA-LT		FSC	H
0.5	5	6	PARLIAME	79	F	HP	ULTRA-LT			H
0.8	10	11	PARLIAME	84	F	SP	LT		FSC	S
0.7	9	9	PARLIAME	84	F	SP	LT			S
1.0	12	13	PARLIAME	98	F	HP	LT	RC BOX	FSC	H

1.0	12	13	PARLIAME	98	F	HP	LT	RC BOX		H
0.9	11	12	PARLIAME	98	F	SP	LT		FSC	S
0.9	11	11	PARLIAME	98	F	SP	LT			S
1.1	19	11	PLAYERS	70	N	HP		NAVY CUT		H
0.8	11	13	PLAYERS	83	F	HP	LT		FSC	H
0.8	11	10	PLAYERS	83	F	HP	LT			H
1.0	14	14	PLAYERS	98	F	HP			FSC	H
1.0	13	12	PLAYERS	98	F	HP				H
0.9	15	18	PYRAMID	85	F	HP	FF	.	.	H
0.8	10	13	PYRAMID	85	F	HP	LT	.	.	H
1.0	14	19	PYRAMID	85	F	SP	FF	.	.	S
0.8	10	14	PYRAMID	85	F	SP	LT	.	.	S
1.7	24	19	PYRAMID	85	N	SP	FF	.	.	S
1.0	15	21	PYRAMID	100	F	SP	FF	.	.	S
0.8	10	15	PYRAMID	100	F	SP	LT	.	.	S
0.5	5	7	PYRAMID	100	F	SP	UL	.	.	S
1.0	14	19	QUALITY F	85	F	HP	FF	.	.	H
0.9	15	18	QUALITY F	85	F	SP	FF	.	.	S
1.0	15	21	QUALITY F	100	F	SP	FF	.	.	S
0.8	10	14	QUALITY L	85	F	SP	LT	.	.	S
0.8	10	15	QUALITY L	100	F	SP	LT	.	.	S
1.7	24	19	QUALITY N	85	N	SP	FF	.	.	S
0.5	5	6	QUALITY U	85	F	SP	UL	.	.	S
0.5	5	7	QUALITY U	100	F	SP	UL	.	.	S
0.5	8	11	QUEST 1 L	85	F	HP	LT	.	.	H
0.6	10	19	QUEST 1 L	85	F	HP	LT	.	.	H
0.3	8	11	QUEST 2 L	85	F	HP	LT	.	.	H
0.4	10	19	QUEST 2 L	85	F	HP	LT	.	.	H

0.04	8	12	QUEST 3 L	85	F	HP	LT	.	.
H									
0.05	4	7	QUEST 3 L	85	F	HP	LT	.	.
H									
1.2	13	13	ROTHMAN	84	F	HP		SPECIAL	RED
H									
1.4	16	17	ROTHMAN	84	F	HP			BLUE
BLUE	H								
1.0	13	13	SARATOG	120	F	HP			FSC
H									
1.0	13	12	SARATOG	120	F	HP			
H									
0.9	10	11	SATIN	100	F	SP		100,F,SP	
S									
0.9	15	16	Signature	84	F	SP	FF		
S									
0.7	10	12	Signature	84	F	SP	LT		
S									
0.4	4	6	Signature	84	F	SP	ULTRA-LT		
S									
0.9	15	15	Signature	85	F	HP	FF		
H									
0.8	11	13	Signature	85	F	HP	LT		
H									
0.9	14	17	Signature	99	F	SP	FF		
S									
0.8	10	11	Signature	99	F	SP	LT		
S									
0.4	5	7	Signature	99	F	SP	ULTRA-LT		
S									
0.9	14	16	Signature	100	F	HP	FF		
H									
0.8	10	12	Signature	100	F	HP	LT		
H									
0.4	5	8	Signature	100	F	HP	ULTRA-LT		
H									
0.9	14	19	SILVER EA	85	F	HP	FF	.	.
H									
0.8	10	14	SILVER EA	85	F	HP	LT	.	.
H									
0.9	14	19	SILVER EA	85	F	SP	FF	.	.
S									
0.8	10	14	SILVER EA	85	F	SP	LT	.	.
S									
1.7	24	18	SILVER EA	85	N	SP	FF	.	.
S									
1.0	15	21	SILVER EA	100	F	HP	FF	.	.
H									
0.8	10	15	SILVER EA	100	F	HP	LT	.	.
H									
0.5	5	7	SILVER EA	100	F	HP	UL	.	.
H									
1.0	15	21	SILVER EA	100	F	SP	FF	.	.
S									
0.8	10	15	SILVER EA	100	F	SP	LT	.	.
S									

0.5	5	7	SILVER EA	100	F	SP	UL	.	.
S									
0.8	10	11	SILVER EA	120	F	HP	LT	.	.
H									
0.5	6	5	SILVER EA	120	F	HP	UL	.	.
H									
0.8	10	15	SINCEREL	100	F	SP	LT	.	.
S									
0.5	5	7	SINCEREL	100	F	SP	UL	.	.
S									
0.9	15	15	Smoke One	83	F	HP	FF		
H									
0.9	15	16	Smoke One	84	F	SP	FF		
S									
0.7	10	12	Smoke One	84	F	SP	LT		
S									
0.8	10	12	Smoke One	98	F	HP	LT		
H									
0.9	14	17	Smoke One	99	F	SP	FF		
S									
0.8	10	11	Smoke One	99	F	SP	LT		
S									
0.4	5	7	Smoke One	99	F	SP	ULTRA-LT		
S									
0.9	14	16	Smoke One	100	F	HP	FF		
H									
1.1	15	14	SONOMA	84	F	BOX	FULL FLA	.	
H									
0.9	11	12	SONOMA	84	F	BOX	LIGHT	.	
H									
1.4	22	15	SONOMA	84	N	SOFT	FULL FLA	.	
S									
1.1	15	15	SONOMA	100	F	BOX	FULL FLA	.	
S									
1.2	15	15	SONOMA	100	F	BOX	FULL FLA	.	
S									
0.9	10	12	SONOMA	100	F	BOX	LIGHT	.	
H									
1.2	15	15	SONOMA	100	F	SOFT	FULL FLA	.	
S									
0.9	10	12	SONOMA	100	F	SOFT	LIGHT	.	
S									
0.6	6	9	SONOMA	100	F	SOFT	ULTRA LI	.	
S									
1.2	12	14	State Expre	83	F	HP	FF		
H									
0.9	9	9	State Expre	83	F	HP	LT		
H									
1.1	12	14	State Expre	100	F	HP	FF		
H									
0.9	15	15	Sundance	83	F	HP	FF		
H									
0.8	11	13	Sundance	83	F	HP	LT		
H									
0.9	15	16	Sundance	84	F	SP	FF		
S									

0.7	10	12	Sundance	84	F	SP	LT				S
0.4	4	6	Sundance	84	F	SP	ULTRA-LT				S
1.2	20	14	Sundance	84	N	SP	FF				S
0.9	14	16	Sundance	98	F	HP	FF				H
0.8	10	12	Sundance	98	F	HP	LT				H
0.9	14	17	Sundance	99	F	SP	FF				S
0.8	10	11	Sundance	99	F	SP	LT				S
0.4	5	7	Sundance	99	F	SP	ULTRA-LT				S
0.9	13	12	Tareyton	85	F	SP	FF				S
1.0	13	14	Tareyton	100	F	SP	FF				S
0.7	9	10	Tareyton	100	F	SP	LT				S
0.9	14	17	TOURNEY	85	F	HP	FF	.	.		H
1.0	14	19	TOURNEY	85	F	HP	FF	.	.		H
0.7	10	13	TOURNEY	85	F	HP	LT	.	.		H
0.8	10	14	TOURNEY	85	F	HP	LT	.	.		H
0.9	14	17	TOURNEY	85	F	SP	FF	.	.		S
1.0	14	19	TOURNEY	85	F	SP	FF	.	.		S
0.7	10	13	TOURNEY	85	F	SP	LT	.	.		S
0.8	10	14	TOURNEY	85	F	SP	LT	.	.		S
1.5	20	14	TOURNEY	85	N	SP	FF	.	.		S
1.7	24	19	TOURNEY	85	N	SP	FF	.	.		S
1.0	15	19	TOURNEY	100	F	HP	FF	.	.		H
1.0	15	21	TOURNEY	100	F	HP	FF	.	.		H
0.8	10	15	TOURNEY	100	F	HP	LT	.	.		H
0.8	10	15	TOURNEY	100	F	HP	LT	.	.		H
1.0	15	19	TOURNEY	100	F	SP	FF	.	.		S
1.0	15	21	TOURNEY	100	F	SP	FF	.	.		S
0.8	10	15	TOURNEY	100	F	SP	LT	.	.		S

0.8	10	15	TOURNEY	100	F	SP	LT	.	.	S
0.5	5	7	TOURNEY	100	F	SP	UL	.	.	S
0.5	5	7	TOURNEY	100	F	SP	UL	.	.	S
0.9	11	11	TOURNEY	120	F	HP	LT	.	.	H
1.0	12	12	TOURNEY	120	F	HP	LT	.	.	H
0.5	6	5	TOURNEY	120	F	HP	UL	.	.	H
0.6	6	5	TOURNEY	120	F	HP	UL	.	.	H
0.8	11	13	Tri-Brand	83	F	HP	LT			H
0.9	15	16	Tri-Brand	84	F	SP	FF			S
0.7	10	12	Tri-Brand	84	F	SP	LT			S
0.4	4	6	Tri-Brand	84	F	SP	ULTRA-LT			S
1.2	20	14	Tri-Brand	84	N	SP	FF			S
0.9	14	17	Tri-Brand	99	F	SP	FF			S
0.8	10	11	Tri-Brand	99	F	SP	LT			S
0.4	5	7	Tri-Brand	99	F	SP	ULTRA-LT			S
0.5	5	5	TRUE	80	F	HP		KING,F,H		H
0.5	5	5	TRUE	85	F	SP		KING,F,S		S
0.6	7	6	TRUE	100	F	HP		100,F,HP		H
0.7	7	7	TRUE	100	F	SP		100,F,SP		S
0.4	4	5	TRIUMPH	85	F	SP		KING,F,S		S
1.1	15	14	TUSCANY	84	F	BOX	FULL FLA	.		H
0.9	11	12	TUSCANY	84	F	BOX	LIGHT	.		H
1.2	15	15	TUSCANY	100	F	BOX	FULL FLA	.		H
0.9	10	12	TUSCANY	100	F	BOX	LIGHT	.		H
0.6	6	9	TUSCANY	100	f	BOX	ULTRA LI	.		h
1.0	15	20	USA - FF 1	100	F	HP	FF	.	.	H
1.0	15	20	USA - FF 1	100	F	SP	FF	.	.	S
0.9	14	18	USA - FF K	85	F	HP	FF	.	.	H

0.9	14	18	USA - FF K	85	F	SP	FF	.	.
S									
0.8	10	16	USA - LT 1	100	F	HP	LT	.	.
H									
0.8	10	16	USA - LT 1	100	F	SP	LT	.	.
S									
0.8	10	14	USA - LT K	85	F	HP	LT	.	.
H									
0.8	10	14	USA - LT K	85	F	SP	LT	.	.
S									
0.5	5	7	USA - UL 1	100	F	SP	UL	.	.
S									
1.1	15	14	USA GOLD	84	F	BOX	FULL FLA	.	
H									
0.9	11	12	USA GOLD	84	F	BOX	LIGHT	.	
H									
1.1	15	14	USA GOLD	84	F	SOFT	FULL FLA	.	
S									
0.9	11	12	USA GOLD	84	F	SOFT	LIGHT	.	
S									
0.5	6	8	USA GOLD	84	F	SOFT	ULTRA LI	.	
S									
1.4	22	15	USA GOLD	84	N	SOFT	FULL FLA	.	
S									
1.2	15	15	USA GOLD	100	F	BOX	FULL FLA	.	
H									
0.9	10	12	USA GOLD	100	F	BOX	LIGHT	.	
H									
0.6	6	9	USA GOLD	100	F	BOX	ULTRA LI	.	
H									
1.2	15	15	USA GOLD	100	F	SOFT	FULL FLA	.	
S									
0.9	10	12	USA GOLD	100	F	SOFT	LIGHT	.	
S									
0.6	6	9	USA GOLD	100	F	SOFT	ULTRA LI	.	
S									
0.9	15	15	Value Pride	83	F	HP	FF		
H									
0.9	15	16	Value Pride	84	F	SP	FF		
S									
0.7	10	12	Value Pride	84	F	SP	LT		
S									
0.4	4	6	Value Pride	84	F	SP	ULTRA-LT		
S									
1.2	20	14	Value Pride	84	N	SP	FF		
S									
0.9	14	17	Value Pride	99	F	SP	FF		
S									
0.8	10	11	Value Pride	99	F	SP	LT		
S									
0.4	5	7	Value Pride	99	F	SP	ULTRA-LT		
S									
0.5	6	7	Vantage	83	F	HP	ULTRA-LT		
H									
0.8	9	10	Vantage	84	F	SP	LT		
S									

0.4	5	7	Vantage	84	F	SP	ULTRA-LT			S
0.5	5	7	Vantage	98	F	HP	ULTRA-LT			H
0.8	8	9	Vantage	100	F	SP	LT			S
0.4	5	7	Vantage	100	F	SP	ULTRA-LT			S
0.9	14	14	Viceroy	85	F	HP	FF			H
0.7	10	11	Viceroy	85	F	HP	LT			H
0.9	14	14	Viceroy	85	F	SP	FF			S
0.7	10	11	Viceroy	85	F	SP	LT			S
1.0	13	14	Viceroy	100	F	HP	FF			H
0.9	11	12	Viceroy	100	F	HP	LT			H
0.5	6	7	Viceroy	100	F	HP	ULTRA-LT			H
0.7	9	10	VIRGINIA S	98	F	HP	LT		FSC	H
0.7	9	10	VIRGINIA S	98	F	HP	LT			H
0.5	6	6	VIRGINIA S	98	F	HP	ULTRA-LT		FSC	H
0.5	5	5	VIRGINIA S	98	F	HP	ULTRA-LT			H
0.6	7	7	VIRGINIA S	98	F	HP		SUP-SLIM	FSC	H
0.5	6	5	VIRGINIA S	98	F	HP		SUP-SLIM		H
1.0	14	13	VIRGINIA S	98	F	HP			FSC	H
1.0	14	12	VIRGINIA S	98	F	HP				H
1.1	15	13	VIRGINIA S	98	F	SP			FSC	S
1.1	14	12	VIRGINIA S	98	F	SP				S
1.0	13	13	VIRGINIA S	120	F	HP	LT	LUX	FSC	H
1.0	13	12	VIRGINIA S	120	F	HP	LT	LUX		H
0.5	6	7	VIRGINIA S	120	F	HP	ULTRA-LT	LUX	FSC	H
0.5	6	6	VIRGINIA S	120	F	HP	ULTRA-LT	LUX		H
1.1	14	13	Winston	83	F	HP	FF			SELECT H
1.1	14	13	Winston	83	F	HP	FF			H
1.2	15	13	Winston	83	F	HP	FF			H

0.8	9	9	Winston	83	F	HP	LT			S2
										H
0.8	10	10	Winston	83	F	HP	LT			
SELECT	H									
0.8	10	11	Winston	83	F	HP	LT			
H										
0.9	10	10	Winston	83	F	HP	LT			
H										
0.5	5	6	Winston	83	F	HP	ULTRA-LT			
H										
0.5	6	7	Winston	83	F	HP	ULTRA-LT			
H										
1.1	14	13	Winston	84	F	SP	FF			
S										
0.9	10	10	Winston	84	F	SP	LT			
S										
0.5	5	6	Winston	84	F	SP	ULTRA-LT			
S										
1.1	14	13	Winston	98	F	HP	FF			
H										
0.9	10	9	Winston	98	F	HP	LT	SLIMS		
SELECT	H									
0.9	10	11	Winston	98	F	HP	LT			S2
H										
0.9	10	12	Winston	98	F	HP	LT			
H										
0.5	5	6	Winston	98	F	HP	ULTRA-LT			
H										
1.3	16	15	Winston	100	F	HP	FF			
H										
0.9	11	13	Winston	100	F	HP	LT			
H										
1.2	14	14	Winston	100	F	SP	FF			
S										
0.9	10	11	Winston	100	F	SP	LT			
S										
0.5	4	6	Winston	100	F	SP	ULTRA-LT			
S										
0.9	15	15	Worth	83	F	HP	FF			
H										
0.8	11	13	Worth	83	F	HP	LT			
H										
0.9	15	16	Worth	84	F	SP	FF			
S										
0.7	10	12	Worth	84	F	SP	LT			
S										
0.4	4	6	Worth	84	F	SP	ULTRA-LT			
S										
1.2	20	14	Worth	84	N	SP	FF			
S										
0.9	14	17	Worth	99	F	SP	FF			
S										
0.8	10	11	Worth	99	F	SP	LT			
S										
0.4	5	7	Worth	99	F	SP	ULTRA-LT			
S										

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   1.0    14    19  YOURS FF         85  F      SP     FF       .          .
S
   1.0    15    21  YOURS FF        100  F      SP     FF       .          .
S
   0.8    10    14  YOURS LT         85  F      HP     LT       .          .
H
   0.8    10    14  YOURS LT         85  F      SP     LT       .          .
S
   0.8    10    15  YOURS LT        100  F      SP     LT       .          .
S
   1.7    24    19  YOURS NF         85  N      SP     FF       .          .
S
   0.5     5     6  YOURS UL         85  F      SP     UL       .          .
S
   0.5     5     7  YOURS UL        100  F      SP     UL       .          .
S


KEY
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F    = Filter        N/NF = Non-Filter
H/HP = Hard Pack     S/SP = Soft Pack
FF   = Full Flavor   LT   = Light         UL = Ultra Light
DLX  = Deluxe
FSC  = Fire safe cigarette
LEN equals millimeters per cigarette.

NIC = Nicotine in milligrams per cigarette.
TAR = Total particulate matter in milligrams per cigarette less
      nicotine and water.
CO  = Carbon monoxide in milligrams per cigarette.

Source:
2006 and 2007 Tar, Nicotine, and Carbon Monoxide Reports,
        released under the Freedom of Information Act on May 15, 2012
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NOTE: As far as I know, the last published report on the tar, nicotine, and CO content of cigarettes was <u>Tar, Nicotine, and Carbon Monoxide of the Smoke of 1294 Varieties of Domestic Cigarettes For the Year 1998</u>. According to an article at <u>http://freegovinfo.info/archive/200608</u>, the last report was released in September 1999 and the Federal Trade Commission has continued collecting data on nicotine but has not published reports on the findings.

In using the above table, be careful to note the precise brand and packaging as the content can vary widely in similar varieties. For example, the tables for regular (non-menthol) cigarettes indicates that Carlton 120s have about five times the tar and nicotine content of 85s (Kings) and 100s.

Nicotine Content in Tobacco Products

Product	Nicotine content	Suggested Rx
Cigarettes	1.1mg to 1.8mg per cigarette (22mg to 36mg/pack)	21mg patch QD x28 days plus NRT gum or NRT lozenge (4mg/2mg). Evaluate decrease patch dose monthly (PACT nurses to track?). May add Bupropion if no contraindications.
Cigars	13.3mg average	Patch and Short Acting NRT (4mg/2mg) based on # of cigars per day. May add Bupropion if no contraindications.
Mini-cigars (i.e. 'Swishers or Dark Horse)	3.8mg per mini-cigar = 76mg/pack	42mg to 21mg (depending on # smoked) plus Short Acting NRT (4mg/2mg). May add Bupropion if no contraindications.
Pipe	5.2mg average per bowl	Patch and Short Acting NRT (4mg/2mg) based on # of bowls smoked per day. May add Bupropion if no contraindications.
Chewing/dipping can (i.e. Skoal, Copenhagen)	88mg per can of dip/chew	42mg Patch and Short Acting NRT (4mg/2mg). May add Bupropion if no contraindications.
Loose leaf pouch (i.e. Redman)	144mg per pouch	42mg Patch and Short Acting NRT (4mg/2mg). May add Bupropion if no contraindications.
Hookah (water pipe)	One 45-60 minute session = approximately one pack of cigarettes in nicotine and tar content	21mg Patch and Short Acting NRT (4mg/2mg). May add Bupropion if no contraindications.
Bidi's (hand rolled cigarettes imported from India)	One bidi contains 3 to 5 times as much nicotine as a regular cigarette	Patch and Short Acting NRT (4mg/2mg) based on # of bidi's smoked per day. May add Bupropion if no contraindications.
Kretek (Clove cigarette)	Little research available. Increased risk of acute lung injury, especially with asthma or respiratory infections.	Short Acting NRT (4mg/2mg) based on # of Kretek's per day. May add Bupropion if no contraindications.
	References available on request	

Clinical Pearls

- **Optimal length of treatment is not established for NRT**

- **Evidence for using NRT gum/lozenge for 6 months or greater, results in improved quit rates**

- **Combination of NRT patches and NRT gum/lozenge or NRT patches and gum/lozenge + Bupropion is most effective**

- **NRT gum/lozenge absorption is affected by pH: advise against drinking coffee, tea, soda, juice while gum/lozenge is in mouth**

- **Advise using NRT gum/lozenge to 'stay ahead of the craving' by using a piece every hour while awake (or at least for the first 3 hours), especially within the first 7-30 days**

- **Use of Bupropion for 52 weeks produces about 42% successful quit**

- **Bupropion can be used with Prozac, Zoloft, Celexa and most all meds for depression**

- **Bupropion contraindicated if: known seizure disorder (ever); structural brain abnormality; serious closed head injury (unconscious for 30 minutes or greater within past 5 years)**

- **Initial symptom of nicotine toxicity = NAUSEA**

- **Electronic cigarettes: not regulated; can contain from 0mg to .2mg to 2mg per e-cigarette; many brands contain nitrosamines (cancer causing agents) despite label saying otherwise; active ingredient of antifreeze added to most brands to produce 'puff of smoke'**

- **Two problems: 1.) physical addiction to nicotine (out in 72 hours) and, 2.) psychological/behavioral problem. Treating only physical addiction = high failure rate.**

- **Strongly advocate use of**

  - ➤ **VA groups and/or individual therapy**
  - ➤ **Quit lines (1-800-QUITNOW or American Lung Association 1-800-784-8937)**
  - ➤ **Internet resources (www.ucanquit2.org or www.becomeanex.org or www.smokefree.gov)**
  - ➤ **Family/friend support**

How much nicotine is in a Newport menthol cigarette?

December 8, 2019 By [Author](#) [Mixed](#)

How much nicotine is in a Newport menthol cigarette?

Menthol content and menthol in smoke varied more than nicotine smoke yields. Under Federal Trade Commission conditions, nicotine per puff ranged from 0.11 mg (Marlboro Milds) to 0.16 mg (Newport); nicotine per cigarette ranged from 0.82 mg (Marlboro Milds) to 1.20 mg (Newport).

How much nicotine is in Newports?

Tied for the No. — spot in the Massachusetts tests were Newport 100s filter menthol hard pack and Newport 100s filter menthol soft 25-pack. Each produced 2.9 milligrams of nicotine per cigarette, more than three times the amount produced by the mildest cigarettes.

How much is a NIC in Newport 100?

Sub-Brands with Highest Nicotine Yield – 2004

Manufacturer/Brand/ Sub-Brand	Nicotine Yield (mg)
Lorillard: Newport 100 Filter Full Flavor Hard Pack/Soft Pack Menthol	3.2
Lorillard: Newport 100 Filter Full Flavor Soft Pack 25 Menthol	3.1

RJ Reynolds: Camel 70 Non Filter Full Flavor Soft Pack	3.0

Are newports high nicotine?

A 1998 Massachusetts Department of Public Health report indicated that Newports alongside unfiltered Camel cigarettes contained the highest levels of nicotine in cigarettes on the market. In the following six years, Lorillard Tobacco increased the amount of nicotine in Newports by 10%.

Is 20mg nicotine a lot?

It's a good place to start to get you used to vaping and will give you enough to keep the cravings away. 18mg nicotine through to 20mg nicotine – This a high nicotine level for people who are getting through a serious number of cigarettes, by this we mean over a pack a day.

Do light cigarettes have less nicotine?

Light cigarettes have nicotine levels of 0.6 to 1 milligrams, while regular cigarettes contain between 1.2 and 1.4 milligrams. Thus, low-nicotine cigarettes function almost the same as regular cigarettes in terms of brain nicotine-receptor occupancy.

What is the nicotine level in a Newport?

Newport cigarettes had the most nicotine of any American brand tested, at 13.4 mg per cigarette. A Marlboro red contains 10.9 mg of nicotine , and the median of all the brands tested was 10.2 mg per cigarette.

How many milligrams of nicotine in Newport cigarettes?

Newport cigarettes had the most nicotine of any American brand tested, at 13.4 mg per cigarette. A Marlboro red contains 10.9 mg of nicotine, and the median of all the brands tested was 10.2 mg per cigarette.

How much nicotine does a normal cigarette have?

How many mg of nicotine is in a cigarette varies slightly depending on the type of cigarette. For example, a "light" cigarette may have less nicotine than Marlboro Reds . The amount of nicotine in a cigarette can vary from 8 mg up to 20 mg. The average is 12 mg of nicotine in a cigarette.

How much nicotine is in a cigarette and what it depends on?

Generally, cigarettes contain anywhere from 8 mg up to 20 mg of nicotine each dependent upon factors like "flavor" and "strength". Cigarettes formerly came with indications of nicotine and tar content such as "light", "mellow", "full flavor", "ultra" but these terms have been since outlawed by the FDA.

Newport cigarettes had the most **nicotine** of any American brand tested, at 13.4 **mg** per **cigarette**. A Marlboro red contains 10.9 **mg** of **nicotine**, and the median of all the brands tested was 10.2 **mg** per **cigarette**

Brand	Name	Amount of Nicotine
Marlboro	Marlboro Red	1.2 mg
Marlboro	Marlboro Menthol	0.8 mg
Marlboro	Fusion Blast Eight	0.7 mg
Marlboro	Marlboro Ultra Lights	0.5 mg
Marlboro	Clear Hybrid 6s	0.8 mg
Newport	Newport Box	13.4 mg
Newport	Newport Smooth Select	10 mg
Newport	Newport Menthol Blue	9 mg
Newport	Newport Non-Menthol	9 mg
Newport	Newport Platinum Blue	11 mg
Camel	Camel Crush	12 mg
Camel	Camel Blue Cigarettes	0.26 mg
Camel	Camel Menthol	2.56 mg
Camel	Camel Carton	0.5 mg
Camel	Camel Menthol Cigarettes	0.7 mg
Maverick	Full Flavor Kings	0.8 mg
Maverick	Full Flavor 100s	0.8 mg
Maverick	Gold Kings (previously Lights)	0.7 mg

Brand	Name	Amount of Nicotine
Maverick	Gold 100s (previously Lights)	0.7 mg
Maverick	Silver 100s (previously Ultra Lights)	0.5 mg
Winston	Winston Red - Full Flavor: Kings, 100's	2.41 mg
Winston	Winston White - Ultra Lights: Kings, 100's	1.89 mg
Winston	Winston Select – Kings	3 mg
Winston	Winston Black - Bold - Kings, 100's	2.58 mg
Winston	Winston Gold - Lights – Kings, 100's	2.47 mg

Organization's Name:		Date:

CLAS Implementation Action Planning Template
2022-23

CLAS Standard #:	
CLAS Name/Theme:	
Proposed Strategy:	

List 5-7 major activities which will be required to accomplish this strategy:

	What	Who	When
1.			
2.			
3.			
4.			
5.			
6.			
7.			

How many calendar quarters will it take to complete this strategy?

Resources needed (Staff/$$):

Group Members: