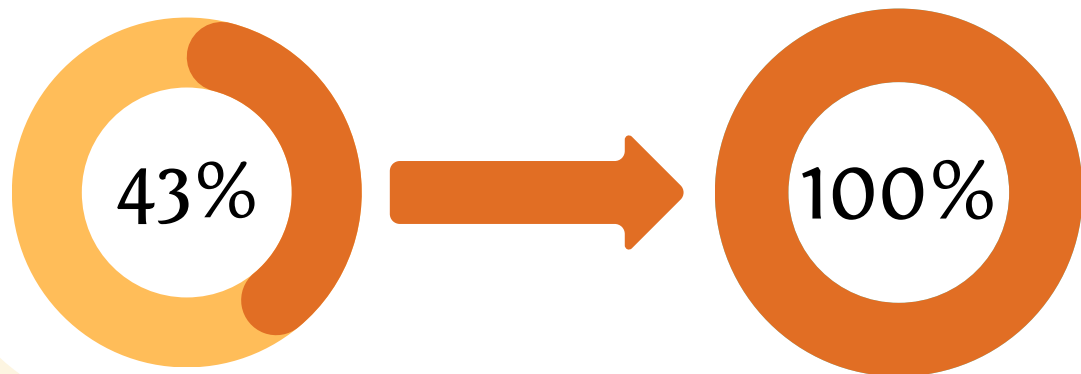


# SMARTPHONE APP TO HELP AMERICAN INDIANS QUIT SMOKING

## RATIONALE FOR PROJECT

To increase quitting smoking from 43% to 100% in American Indians

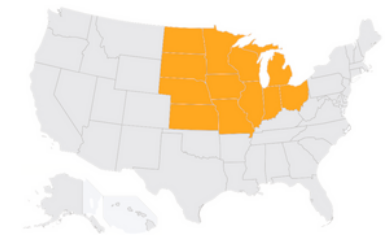


## GOALS

Co-develop with community partners a smartphone app for quitting smoking that is designed for American Indian communities and see how it works

## WHO PARTICIPATED

American Indian persons residing in Midwest states



## STEPS WE FOLLOWED

### STEP 1



We first did Interviews with American Indian persons to get their feedback on the original app

what we learned

Promote ways to heal and address grief and trauma

Providing access to traditional tobacco

Desire to protect youth/future generations



Desire to live in a traditional way

### STEP 2



Updated the app to fit American Indian culture

### STEP 3



Tested the new QuitGuide for Natives App and received feedback from American Indians

# RESULTS

Figure 1. How likely would participants recommend the app to a friend?

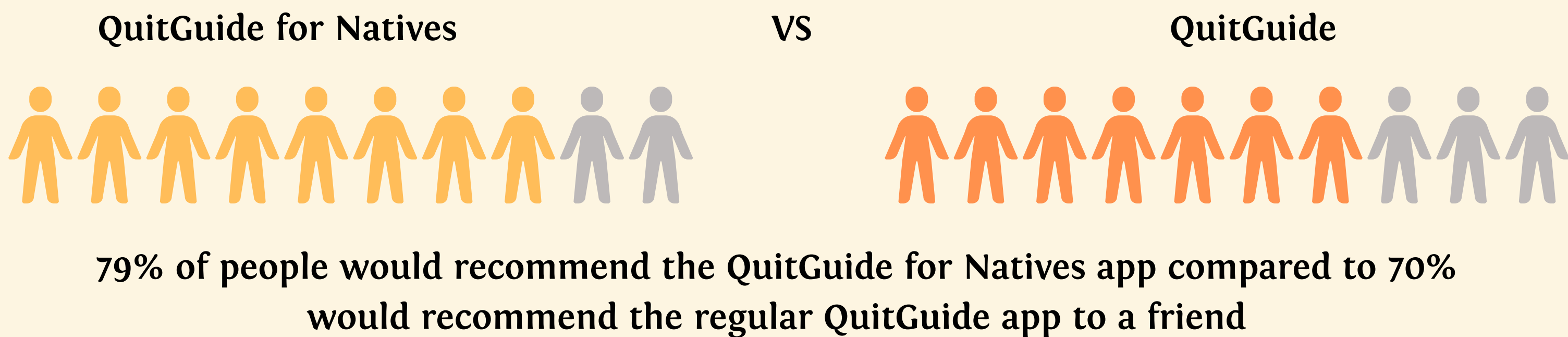


Figure 2. Does the app fit my American Indian Culture?

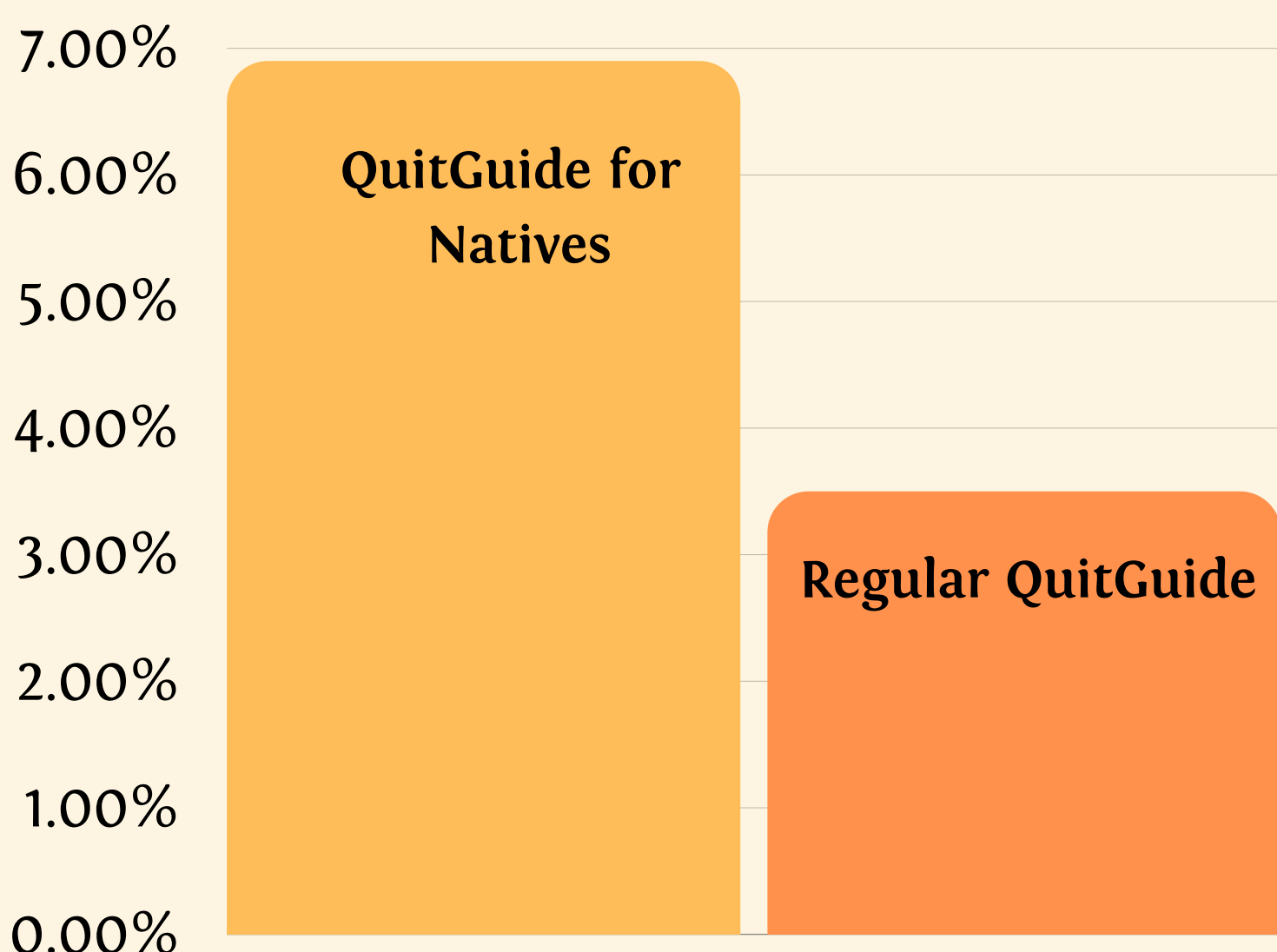
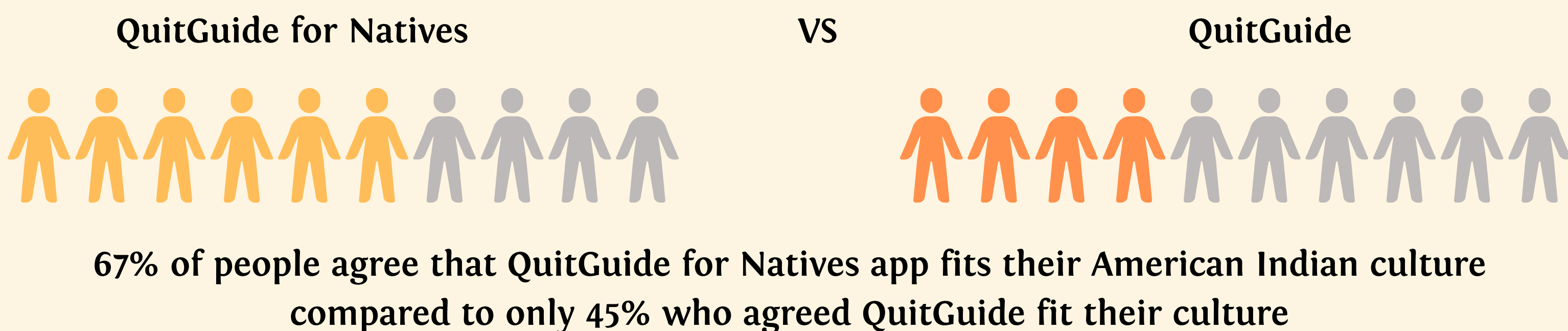


Figure 3. Participants using QuitGuide for Natives had a higher percentage of quitting smoking

## NEXT STEPS AND RESOURCES

- Larger study to confirm these preliminary findings.
- Using our learning to inform other digital resources to help American Indian persons quit smoking
- Currently QuitGuide for Natives is for research purposes only. In the meantime consider using SmokeFreeNATIVE a text message program to help you quit smoking. Text NATIVE to 47848 which was informed by our learning

For more information: See DOI 10.1136/tc-2024-058665 or contact authors: Dr. Dana Carroll: dcarroll@umn.edu and Wyatt Pickner: wpickner@aicaf.org  
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