**Name(s)**  
Katelyn M. Ridgeway

**Project Title**  
Stop Smoking Aids or Cold Turkey?

**Abstract**

**Objectives/Goals**  
The purpose of this project was to determine the quit smoking method or product that had the greatest success rate, and which methods or products had a dominant failure. This project also determined the age group that most people started smoking. Another goal I had was to identify the dominant reason why people started smoking.

**Methods/Materials**  
To answer my questions, I decided to survey previous, and current smokers. To get quality results, I had to get a huge quantity of surveys filled out. To do this, I stood outside of grocery stores with my parents collecting surveys from either previous or current smokers. I also dropped off stacks of surveys at doctors offices for patients to fill out while they were waiting. My main materials were surveys, clipboards, and pencils.

**Results**  
After I finished surveying, I had a whopping total of 1,005 surveys! 721 out of 808 previous smokers (89 percent) who tried cold turkey (no aid) succeeded. Products containing Nicotine such as patches and gum had a dominant failure. 85 percent failed using Nicotine products. 659 out of 811 (81 percent) started smoking in their teens, the average age being 16. I also found out that most start either because of peer pressure or because they want to be cool.

**Conclusions/Discussion**  
I concluded that the best way to quit smoking is to go cold turkey and not with Nicotine products. I also concluded that most start in their teens-high school years. This result goes to show how important it is to talk to kids about not smoking since this is a very influential age.

**Summary Statement**  
The soul purpose of this project was to determine the best way for smokers to quit.

**Help Received**  
Dad spray painted my board, attached turkey and chains. Parents helped me collect surveys.