



Tackling Tobacco-Concurrent Addictions among At-risk Youth in Ottawa: A Peer-led 'PROMPT' Approach to Harm Reduction

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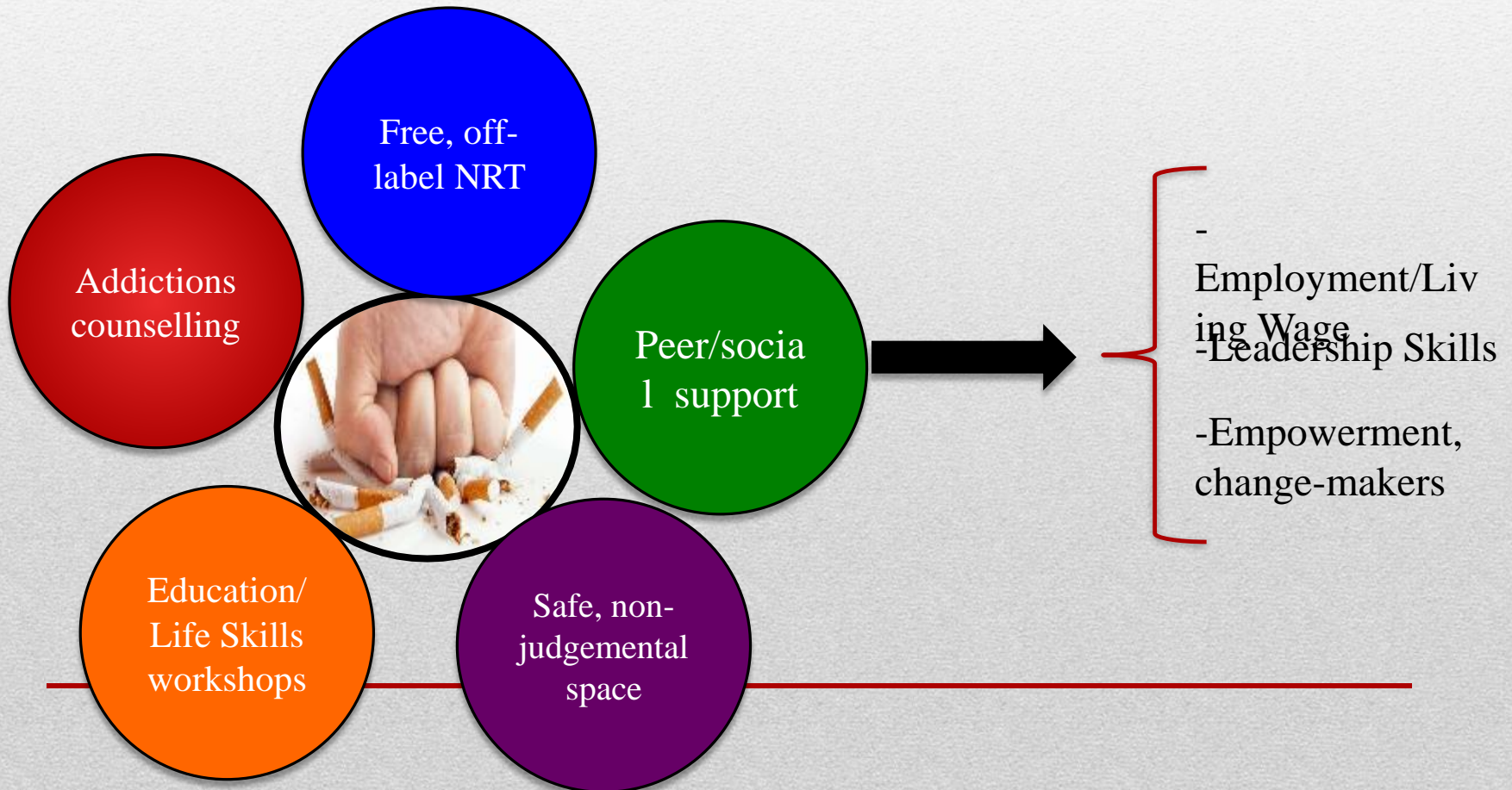
PROBLEM?

- Smoking at an early age has several detrimental short and long-term health consequences (WHO)
 - Increased risk of most smoking-related cancers
 - Associated with mental health issues & risky behaviours
- Statistics show, that teens who smoke are:
 - **3x** more likely to use **alcohol**
 - **8x** more likely to use **marijuana**
 - **22x** more likely to use **cocaine**



How can we tackle this innovatively?

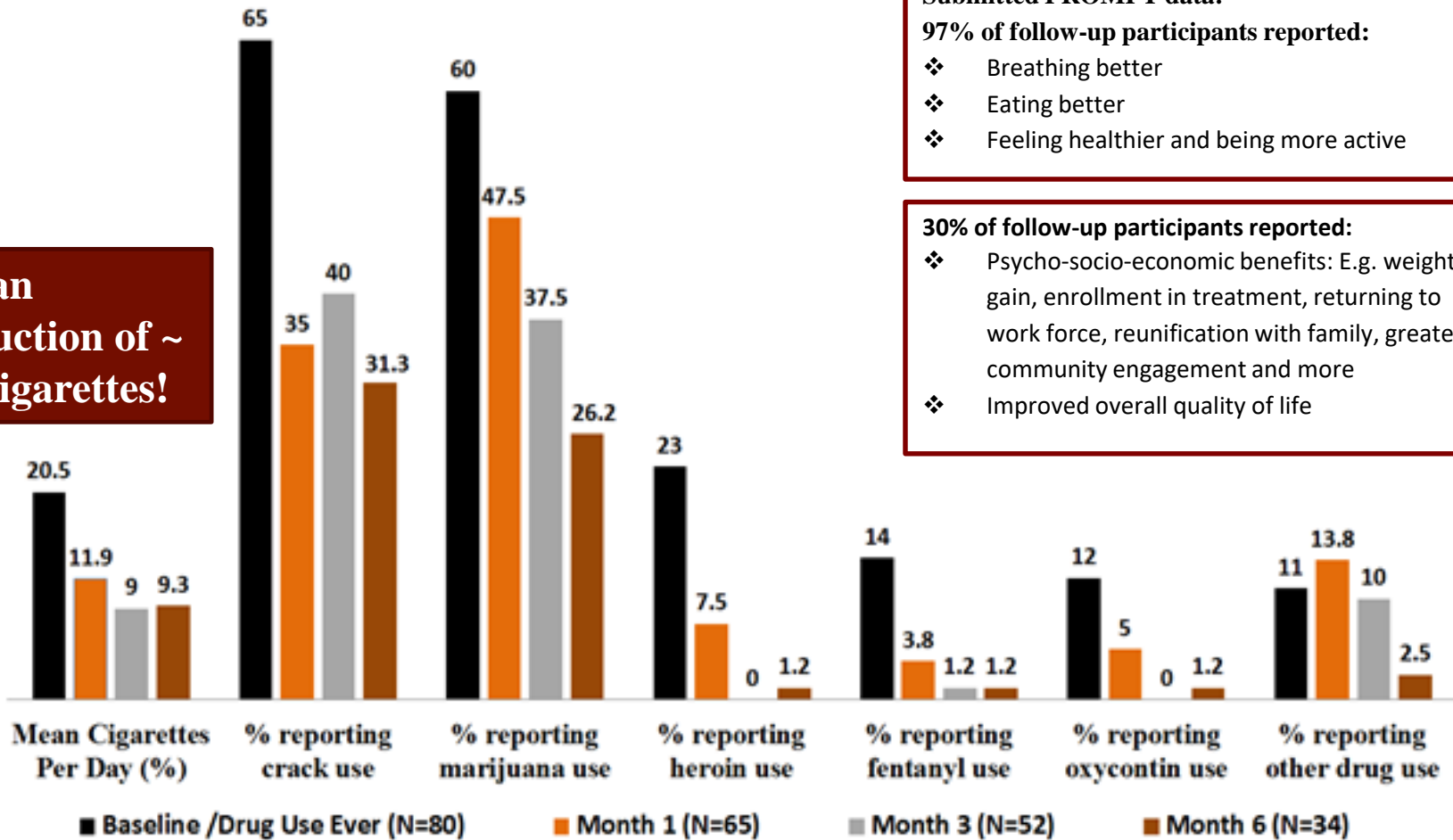
PROMPT! Participatory Research in Ottawa: Management & Point-of-care for Tobacco-dependence



The Statistics...

Cigarette and Substance Use

Mean reduction of ~11 cigarettes!



Submitted PROMPT data:
97% of follow-up participants reported:

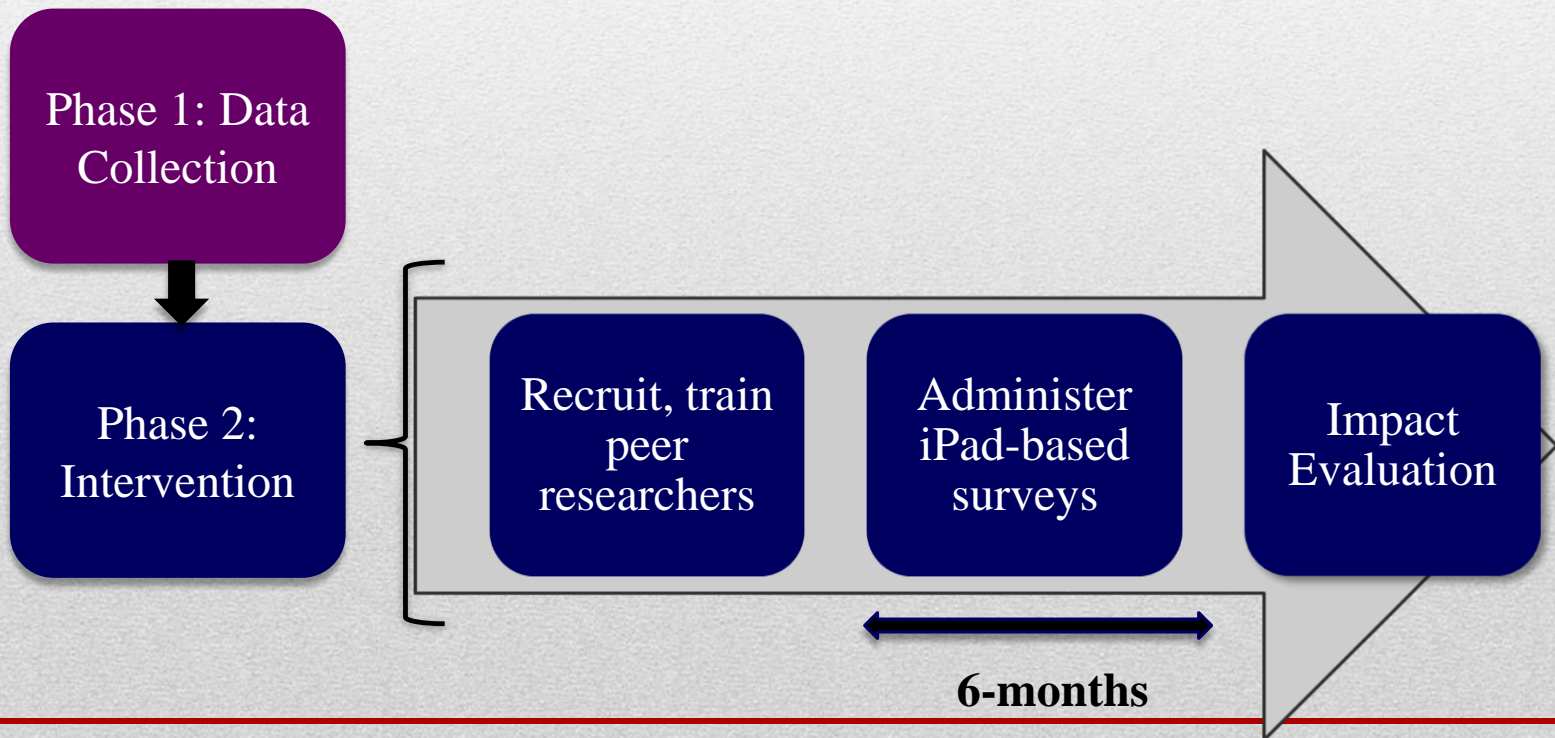
- ❖ Breathing better
- ❖ Eating better
- ❖ Feeling healthier and being more active

30% of follow-up participants reported:

- ❖ Psycho-socio-economic benefits: E.g. weight gain, enrollment in treatment, returning to work force, reunification with family, greater community engagement and more
- ❖ Improved overall quality of life

What's the Plan?

- Feasibility study = **SUCCESS** → **SCALE** to At-risk Youth
- 2 Partners: Operation Come Home & We The Parents
- \$30,000 of funding from United Way Ottawa & Mitacs Accelerate



My Ask?



Feedback



**Partnerships,
Advocacy, &
Awareness**



Funding

Thank you! Questions?

