



Overview

Quash is a free smoking and vaping cessation program for youth and emerging adults (ages 14-30), that makes it easy to build a custom plan for quitting. Co-designed with youth and available across Canada in English and French, Quash consists of four core program elements:

1. Curated [website](#) and [resources](#)
2. Mobile app (available in the [Apple App Store](#) and [Google Play Store](#))
3. [Adult ally training](#)
4. [Coaching](#)

Over the last three years, the Lung Health Foundation (LHF) has been funded by Health Canada to develop, implement and evaluate the program, which launched in 2021. Now, LHF is focused on raising awareness about Quash, increasing use, and training adult allies to support young people in using it.

The Quash Program

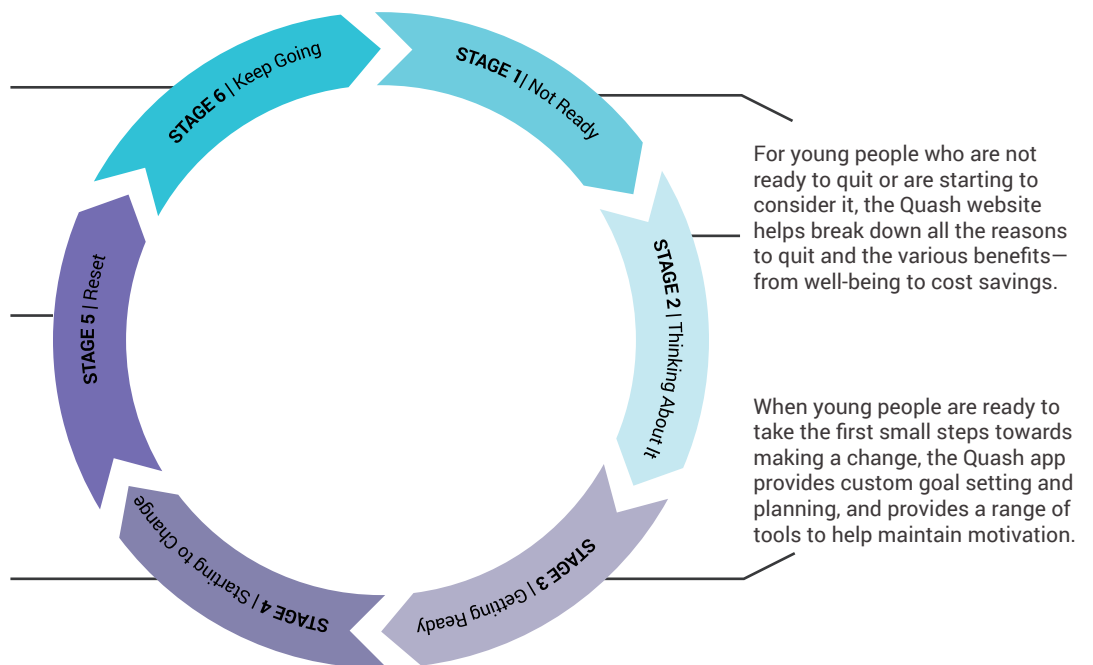
Behaviour Change Web and App Resources

Using the “transtheoretical model” or “stages of change”, Quash aims to be judgment-free and grounded in behaviour change. Through a mobile app and associated web resources, Quash educates young people on the dangers of smoking and vaping, and coaches them through the following process.

Even once an individual achieves a smoke and vape-free lifestyle, the Quash app is designed to promote ongoing use, to keep cravings and triggers in check—and even help friends on their quit journeys.

Everyone faces setbacks. The Quash app focuses on encouragement and success, by allowing opportunities to review and revise custom triggers, goals, motivators, and supports—and offering positive reminders to forgive slip-ups and move forward.

Once actively engaged in goal setting, the Quash app helps guide the way with the Quit Goal and Health Habit trackers, cravings log, and a rewards system to celebrate successes.



Quash App Features



SETTINGS

Click on the settings icon. View the welcome tutorial to help you get on-boarded and ready to take action. You can also easily change passwords, notifications and language settings.



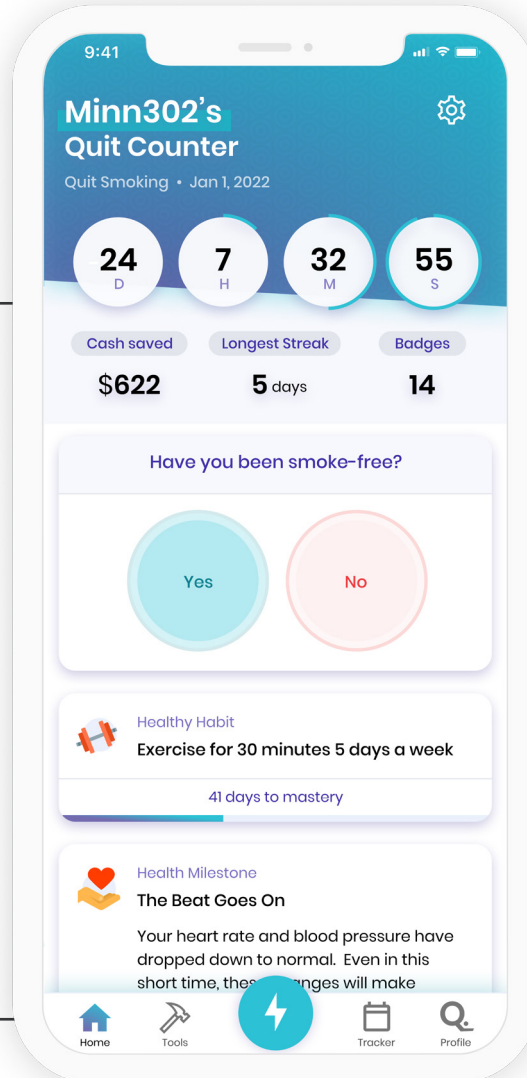
PROFILE

Get an overview. Review and manage your quit plan in your Profile. If things change, you can edit your plan. Visit your 'Log' and write a few thoughts in your journal. View your achievements and see how many badges you are earning along the way.



TRACKER

See your progress overtime. Whether you're looking at your quit goal or your healthy habits, your victories and setbacks will be catalogued so you can celebrate how far you've come and what you've achieved.



DASHBOARD

Keep track of what you accomplish. Track your successes and setbacks on your dashboard and we'll show you your longest quit streak, how much money you've saved and how many badges you've earned.



TOOLS

Find helpful tips for quitting. Our 'Tools' section is full of ideas and resources that can help you reduce, quit and maintain your quit status. Take a look to find activities, strategies, help lines and lots more on how to help yourself through the Quash process.



CRAVINGS

Beat your cravings. Log your cravings whenever they creep up. Track how intense they are, what you were feeling and what situation you were in. Visit your 'Log' under your 'Profile' and recognize patterns that are causing you trouble.

Adult Ally Training

LHF has developed a free, online, self-guided training course, consisting of six modules, for adults interested in delivering the Quash program to young people they work with. The program focuses on building skills and knowledge with respect to youth smoking and vaping, and best practices in engaging youth and supporting them in their cessation goals.

Coaching

Once trained, a certified facilitator can lead a group of young people through seven sessions, in person or online, to help them get started on their quit journey on the app, focusing on: goal setting, developing a quit plan, creating a toolkit, dealing with slips, celebrating achievements and progress, and ultimately, staying smoke/vape-free.

Learn More

The Lung Health Foundation's dedicated Quash website, [QuashApp.com](https://quashapp.com), contains more information about how Quash works, links to the app and training program, and a wide range of promotional assets to share Quash across your networks.

If you want to hear more about Quash directly from the Lung Health Foundation, contact us at quash@lunghealth.ca.

Quash.

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BACKGROUND

The Lung Health Foundation co-developed Quash with youth, for youth, based on the understanding that every individual has a unique experience when quitting.

Quash's development was informed by extensive research by the Ontario Tobacco Research Unit (OTRU), which consisted of an environmental scan, a literature review, needs assessments conducted with both youth and adults, as well as youth and adult key informant interviews.

Following development, OTRU led a beta testing process consisting of surveys and interviews with youth and adults, to guide further Quash refinements.

Now, with Quash launched and fully implemented, OTRU is conducting an evaluation—again, consisting of user surveys and interviews—to report on Quash's performance in its first year of operation. The evaluation, along with a report on web analytics, usage, and awareness data, is expected to be completed in fall 2022.

ABOUT THE LUNG HEALTH FOUNDATION

The Lung Health Foundation is dedicated to ending gaps in the prevention, diagnosis, and care of lung disease in Canada. We invest in the future by driving groundbreaking research, and we give patients and their families the programs and support they need today.

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