



**CALIFORNIA STATE SCIENCE FAIR
2004 PROJECT SUMMARY**

Name(s) Katelyn M. Ridgeway	Project Number J1715
Project Title Stop Smoking Aids or Cold Turkey?	
<p style="text-align: center;">Abstract</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p>	
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.	