In May 2016, over 2,000 students participated in a pilot test of the CATCH My Breath program, a best-practices youth E-cigarette prevention program developed by the Michael & Susan Dell Center for Healthy Living at UTHealth School of Public Health.

**STUDENT FEEDBACK** *(n=1,371)*

After completing the program...

- **86%** are less likely to use E-cigarettes.
- **86%** know more about E-cigarette use.
- **82%** will look at E-cigarette ads differently.
- **70%** discussed what they learned with family or friends.

"CATCH My Breath clarified how E-cigarettes work and the chemicals in them, and it was helpful to me because I didn’t know too much about them either. It also gave the kids a chance to explore reasons why people start using E-cigarettes in the first place and to identify other things to do besides smoke."

**TEACHER FEEDBACK** *(n=28)*

- **91%** felt confident in their ability to teach the lessons.
- **68%** said their students liked the lessons.

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**PILOT PROGRAM PARTICIPANTS**

- **2,255** students
- **6-8** grades
- **26** schools
- **5** states