

A Comparison of School-Wide Tobacco Education Coverage in Intervention and Non- Intervention Schools

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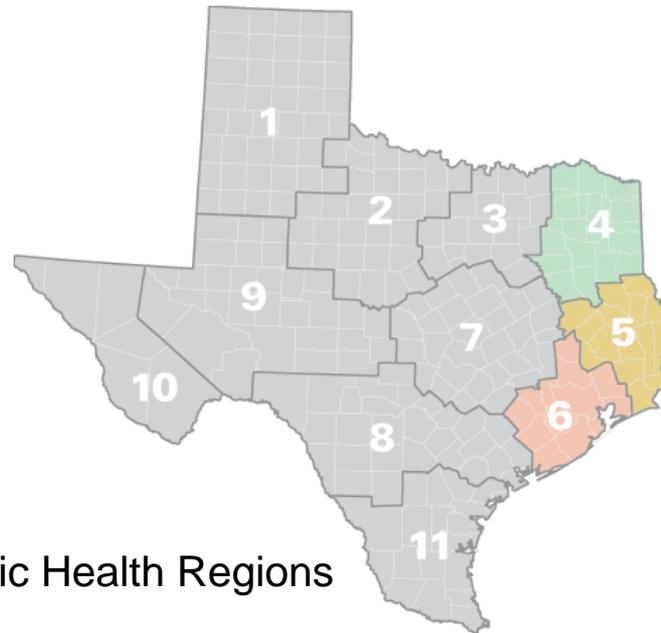
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Purpose:

- **Provide local, regional, and state school and health officials a comparison of school tobacco prevention and control (TPC) practices in intervention and non-intervention schools in the East Texas study area.**

Background:

- This study was part of the ongoing surveillance and evaluation of the Texas Department of Health (TDH) *Texas Tobacco Prevention Initiative* in schools.



Texas Public Health Regions

Focus of this Study:

- **Assessment of provision of instruction of 18 tobacco related topics in six different school settings across intervention and non-intervention schools.**

Topics:

- Short-term health consequences of cigarette smoking
- Long-term health consequences of cigarette smoking
- Benefits of not smoking cigarettes
- Risks of cigar or pipe smoking
- Short-term health consequences of smokeless tobacco
- Long-term health consequences of smokeless tobacco
- Benefits of using smokeless tobacco
- Addictive effects of nicotine in tobacco products
- How many young people use tobacco
- Number of illnesses and deaths related to tobacco use
- Influence of families on tobacco use
- Influence of media on tobacco use
- Social or cultural influences on tobacco use
- How to find valid information or services related to tobacco use prevention or cessation
- Making a personal commitment to remain tobacco free
- How students can influence or support others in prevention of tobacco use
- How students can influence others with efforts to quit tobacco
- Economic costs of tobacco

School settings:

- **Classroom instruction**
- **School-wide events**
- **Counselor or Nurse**
- **Peer counseling programs**
- **Teen advocacy programs**
- **After school programs**

Intervention Schools:

- **Curriculum specific training,**
- **Up to \$2000.00 for materials and supplies, and**
- **Involved in specific tobacco-related activities.**

State-Required Intervention Activities:

- Instruct students on tobacco use prevention with the appropriate curriculum:
 - *Project TNT (Towards No Tobacco)* at the middle school level,
 - *NOT (Not On Tobacco)* at the high school level;
- Conduct as least one tobacco prevention event;
- Provide education and training for parents and staff regarding local policies and ordinances as well as Texas tobacco laws; and
- Establish STARS, PALS, or TATU groups or other peer mentor programs at the high school level.

Participants:

- In 2002 surveys were mailed to the 134 schools that completed a survey at baseline.
 - 84 (63%) schools completed the *Health Coordinator Survey*
 - 36 Intervention Schools
 - 48 Non-Intervention Schools
 - Positions held by participants included:
 - Health teacher
 - Safe and Drug Free School Coordinator
 - School nurse
 - Program area coordinator in health and/or PE

Instruments:

- The *Health Coordinator Survey* was designed to correspond to the CDC School Health Education Profile Tobacco Module (SHEP-TM).
- The surveys, used at baseline in 2000, were modified to reflect school activity in the 2001-2002 school year.

Data Analysis:

- **Frequencies, means, and chi-square analysis were used to compare changes in school tobacco prevention and control activity in intervention and non-intervention schools.**
- **A significance level of < 0.05 was established for all analyses.**

Results:

Percentage of schools delivering at least one of the 18 tobacco-related topics by setting

Setting	%
Classroom instruction	96%
School-wide events	56%
Counselor or Nurse	24%
Peer counseling programs	16%
Teen advocacy programs	14%
After school programs	13%
N = 84	

Results:

Comparison of mean number of topics covered by setting

Setting	Overall N=84	Intervention N = 36	Non Intervention N= 48	F
Classroom instruction	15.1	15.3	14.9	n/s
School-wide events	5.6	8.8	3.3	15.042**
Counselor or Nurse	2.7	3.5	2.2	n/s
Peer counseling programs	1.4	2.8	0.4	7.627**
Teen advocacy programs	1.0	2.1	0.2	6.276*
After school programs	0.9	1.6	0.4	n/s

t-test; Total number of topics = 18

*p < .05, **p < .01, n/s = Not Significant

Results:

- Intervention schools had significantly higher levels of topic coverage in:
 - School-wide events,
 - Peer counseling, and
 - Teen advocacy training.

Results:

- **Intervention schools were significantly more likely to provide tobacco instruction outside the classroom through:**
 - **School counselor**
 - **Coach**

Results:

Persons providing tobacco education outside the classroom

Person	Overall N=84	Intervention n=36	Non- Intervention n=48	χ^2
School counselor	43%	61%	29%	8.017**
School nurse	49%	58%	42%	n/s
Adult guest speakers	48%	58%	40%	n/s
Safe & Drug Free School Coordinator	43%	47%	40%	n/s
Coach	37%	56%	23%	8.869**

*p < .05, **p < .01, n/s = Not Significant

Conclusions:

- **While the state-funded intervention involved relatively moderate levels of support, numerous differences between intervention and non-intervention schools emerged.**
 - **Intervention schools covered more topics in a comprehensive manner that used multiple settings in the school, including**
 - **school-wide events,**
 - **peer counseling,**
 - **teen advocacy, and**
 - **After-school programs.**

Conclusions:

- The enhanced use of a comprehensive approach to tobacco education has been noted through research to increase the strength of school programs in modifying student behaviors.

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