School Health Education Profile Tobacco Module: 
Adaptation and Use to Assess the Extent of Implementation of CDC Recommendations for "Best Practice" in School Tobacco Programs

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Purpose: To quantitatively assess the level of fit between the CDC Guidelines for School Health Programs to Prevent Tobacco Use and Addiction (October 2012) recommendations and school practices through a classification of the CDC School Health Education Profile Tobacco Module (SHEPP-TM) survey questions by seven guideline recommendation categories and the level of congruence fit between the guideline recommendations and reported practices and identification of areas requiring supplemental questions for future analysis.

Method: The School Health Education Profile Tobacco Module (SHEPP-TM) survey was developed by CDC to monitor tobacco prevention and control activities nationwide among middle and high schools. Validity and reliability of the survey instrument were established. A sample of health educators from 10 of the 50 U.S. Education Service Centers modified the SHEPP-TM to comprehensively cover school policies and practices in Texas. Results were used to develop the Principal and Health Coordinator Survey, a national sample of secondary schools within the U.S. Each study area received the same survey. The principal survey included questions regarding school tobacco policies and their enforcement. The Health Coordinator Survey consisted of questions regarding tobacco prevention instruction. Overall, 111 adults completed the secondary school survey. 87% completed both surveys. 15% were high schools and 65% were middle schools.

The SHEPP-TM survey questions were categorized by the guidelines component described. Through analysis of the CDC Guidelines and current literature, criteria were developed to determine the level of congruence between the recommendations and survey responses. To establish validity of the classification system, five expert method-based scores were reviewed. The criteria and classification system were modified. The criteria developed resulted in the Congruence Score. A score of 0 was given if reported practice was congruent with the guideline; 1 was given if reported practice was partially congruent; 2 was given if reported practice was not congruent. Missing data was scored as 0. A percentage score was calculated based on the maximum possible points and the actual points achieved. A score of 100% indicated high congruence between practice and guidelines recommendations; 70% indicated moderate congruence, and 55% indicated low congruence.

<table>
<thead>
<tr>
<th>Component</th>
<th>SHEPP-TM Questions</th>
<th>Possible points</th>
<th>Possible points</th>
<th>Possible points</th>
<th>Possible points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Smoking intervention in 9th-grade curriculum</td>
<td>0</td>
<td>Provision of in-depth information about tobacco use prevention</td>
<td>2</td>
<td>86%</td>
<td>0</td>
</tr>
<tr>
<td>Active tobacco-free policies and procedures</td>
<td>1</td>
<td>Methods used for tobacco use prevention</td>
<td>3</td>
<td>86%</td>
<td>0</td>
</tr>
<tr>
<td>Within the school environment</td>
<td>2</td>
<td>Provision of staff support for tobacco use prevention education</td>
<td>2</td>
<td>86%</td>
<td>0</td>
</tr>
<tr>
<td>Family or friends in tobacco use prevention education</td>
<td>3</td>
<td>Prevention program participation among adult and all school staff</td>
<td>2</td>
<td>86%</td>
<td>0</td>
</tr>
<tr>
<td>Amount of monitoring and feedback for tobacco programs</td>
<td>4</td>
<td>Share the tobacco prevention program with regular intervals</td>
<td>4</td>
<td>86%</td>
<td>0</td>
</tr>
</tbody>
</table>

Score:
- Possible points 0
- Average points achieved: 3.46
- Current score: 86%
- Possible points 6
- Average points achieved: 0
- Current score: 0%
- Possible points 12
- Average points achieved: 0
- Current score: 0%
- Possible points 20
- Average points achieved: 0
- Current score: 0%
- Possible points 30
- Average points achieved: 0
- Current score: 0%
- Possible points 40
- Average points achieved: 0
- Current score: 0%
- Possible points 50
- Average points achieved: 0
- Current score: 0%

Conclusion and Recommendations: 1) The study compared with high congruence between recommendations and practices of school tobacco policies. All other components were practical and moderate congruency. Since the CDC requires schools to prohibit tobacco use throughout the school environment, high congruence of practices and enforcement was expected. 2) When the SHEPP-TM questions were classified by the seven CDC guideline components, with the exception of enforcement of school tobacco policies, all components had sufficient questions to determine congruency. Additional questions should be included in future survey instruments to comprehensively assess school tobacco component. 3) Strengthening of the scoring method utilized to assess the relative weight of each component and determine the relative weight of each component. Future assessment of school tobacco prevention programs can be used to determine congruency in the School Health Education Profile Tobacco Module.

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