

## Background

Helping Young Smokers Quit (HYSQ) is a four-year, two-phase initiative designed to identify, characterize, and evaluate youth cessation programs.

The results of this initiative will help to fill a gap in knowledge about the types and elements of youth cessation programs currently offered, those that are effective and ineffective, and point to promising directions for future research and programming.

### Phase I:

- Data collection was completed in August 2003
- 591 youth cessation programs were identified and characterized
- Program survey obtained information about:
  - Community context
  - Organizational setting
  - Participants
  - Program implementation
  - Program content
  - Evaluation practices

### Phase II:

- Conduct 40-50 program evaluations
- Use standard measures and methods
- Identify and evaluate a strategic mix of practices used by youth cessation programs
- Design is being finalized; plan to enter the field Fall 2004

## Phase I Methods

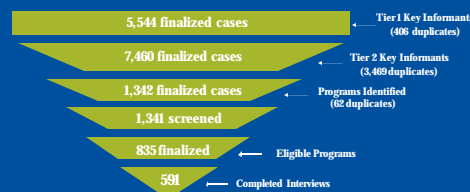
A stratified, random, nationally representative sample of 408 counties in the US; counties were selected with probability proportionate to size of the youth population (10-24 years old)

Programs identified through a key informant snowball sampling process beginning in 4 community sectors:

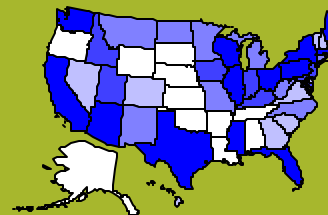
- Health
- Education
- Voluntary organizations
- Tobacco control community

Once identified, program administrators were screened to determine eligibility; 45-minute telephone administered surveys were conducted.

## Snowball Sampling Process



## Results



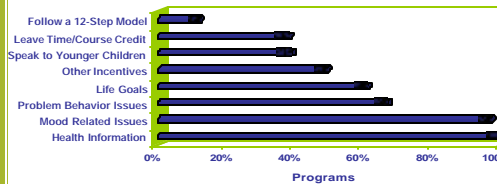
Programs Identified by State

### 591 Youth Tobacco Cessation Programs:

- 91% were found in schools
- 56% were voluntary only; 9% were mandatory only
- 73% employed a group+adjunct format
- 64% were externally developed; 13% were internally developed
- 89% utilized a facilitator guide/manual
- 88% used trained counselors

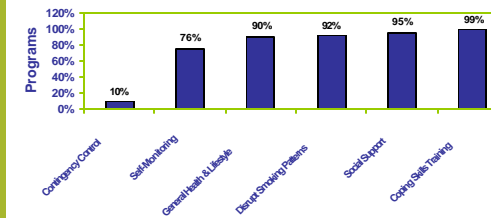
There is surprising homogeneity in the programs found.

### General Program Content



Programs reported doing a bit of everything.

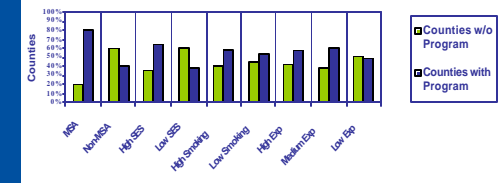
### Cognitive Behavioral Strategies Implemented



At least 90% of programs reported utilizing 4 of 6 cognitive behavioral strategies.

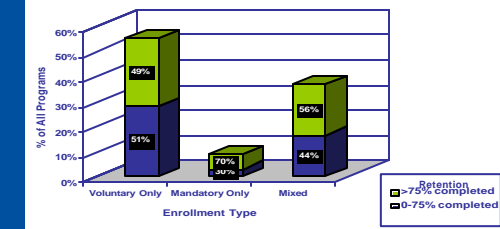
## Results

### Program Availability by Stratification Criteria



- Urban, higher income counties are more likely to have programs.
- Program availability is unrelated to youth smoking prevalence or per capita tobacco control expenditures.

### Retention by Program Enrollment (N=539)



- Mandatory enrollment is associated with higher retention rates.

## Next Steps

- Recruit 40-60 youth cessation programs for inclusion in Phase II
- Rigorous program evaluations
- Development of a self-evaluation tool that youth cessation programs can adopt for ongoing self-evaluation and quality improvement
- Additional analyses of Phase I data (recruitment & retention, program funding & community support, and current practices in program evaluation)
- Program website available January 2004