

Helping **Young** **Smokers** *Quit*

Identifying Best Practices for Tobacco Cessation

Community-Based Youth Cessation Programs: Characteristics of Sustaining Programs

Amy Sporer, MS, Robin Mermelstein, PhD, Sherry Emery, PhD,
Oksana Pugach, MPH
University of Illinois at Chicago
Institute for Health Research and Policy

&

Sue Curry, PhD
University of Iowa
College of Public Health

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Importance of Program Sustainability

- Substantial resources are often committed to community-based health programs, yet programs are often short-lived
- Understanding factors that influence program sustainability is important for improving and maintaining access to health promotion programs

Goal of Current Study

- To compare characteristics of youth smoking cessation programs assessed at a 3 year interval

Sustainability Questions

- How many of the programs found at Time 1 are still in operation three years later?
- Do programs that survive change over time?

Helping Young Smokers Quit: Identifying Best Practices for Tobacco Cessation

Study conducted as part of The Helping Young Smokers Quit initiative (HYSQ).

HYSQ is a multi-phase project that addresses the critical need to disseminate effective, developmentally appropriate cessation programs for adolescent smokers.

Methods

- Identified and surveyed a national sample of community-based youth cessation programs at Time 1*
- Attempted to recontact and resurvey programs 3 years later at Time 2

* See Curry et al, AJPH, 2007

Identification of Programs at Time 1

- Snowball sampling protocol in a representative sample of 408 counties in the U.S.
- Key informants in 4 sectors (Health, Education, Voluntary Organizations, Tobacco Control Community)
- Program administrators screened to determine eligibility and then interviewed

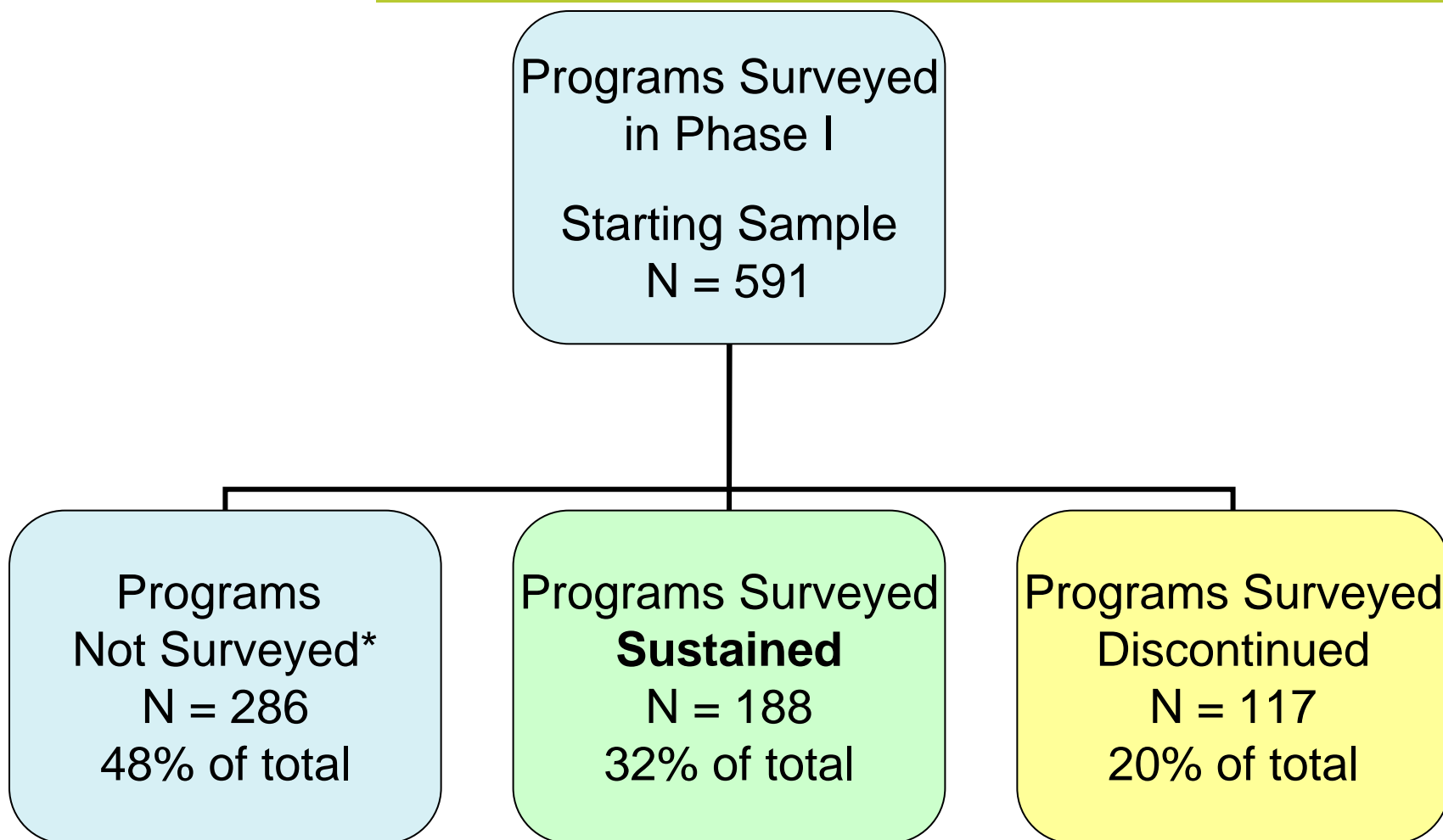
591 Programs Profiled

- Enrollment
 - 56% voluntary
 - 9% mandatory only
- Program setting, format, and content
 - 90% school-based
 - 95% in-person group meetings
 - 87% externally developed programs

591 Programs Profiled

- # of youth served annually = 66
- Average of 1 paid FTE
- 77% very likely still operating in one year
- Main challenges
 - Sufficient enrollment (81%)
 - Sufficient operating funds (56%)
 - Retaining staff (26%)

Recontact Results



*Reasons for not surveyed: 23% unable to locate; 7.4% not able to interview/no answer; 5.4% refusal; 6.4% other

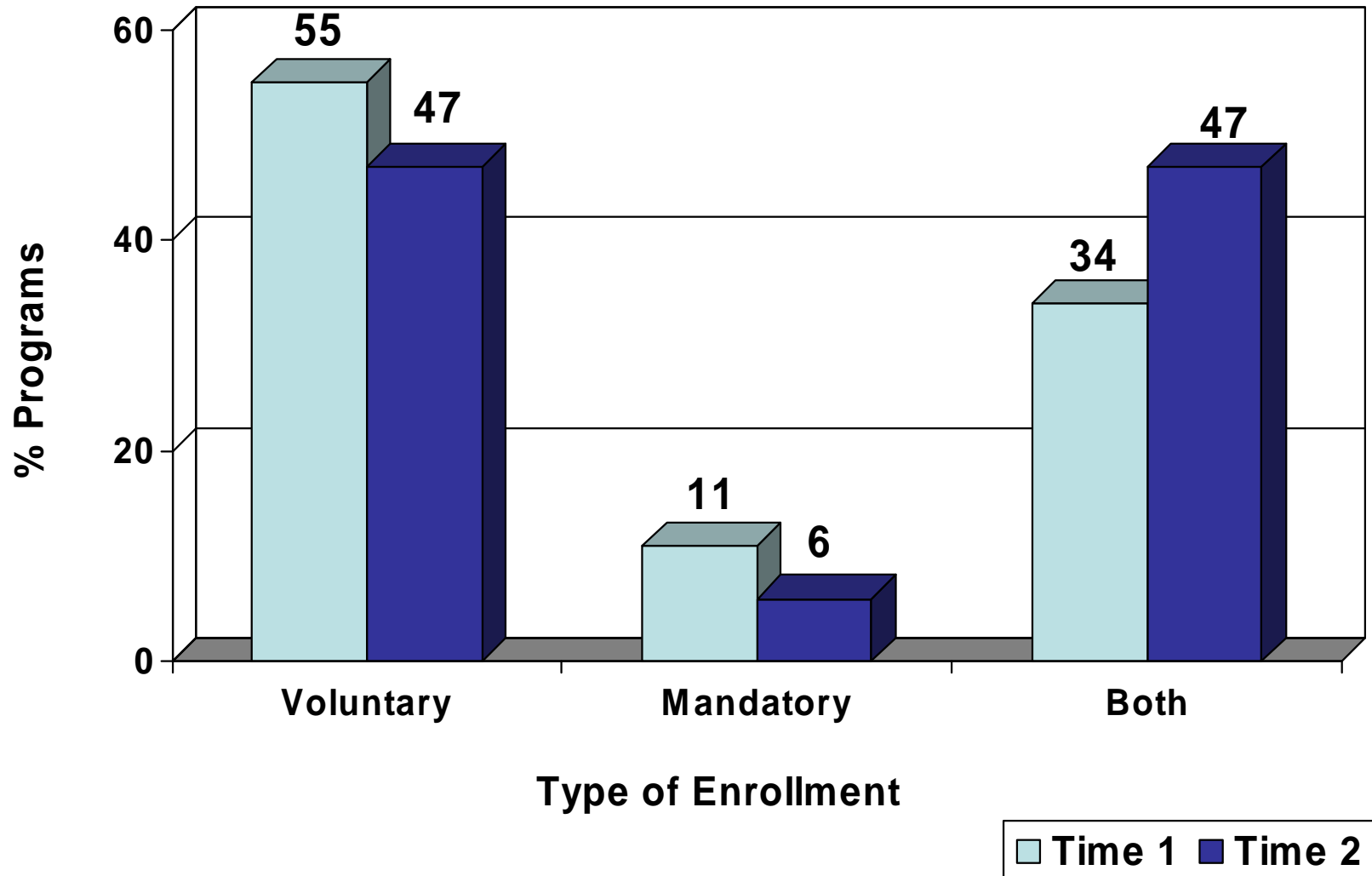
Among Surviving Programs

- How often were programs suspended and for what reasons?
- Did mandatory/voluntary enrollment type change?
- Is there evidence of adaptation over time of program content?
- Were program resources reduced, maintained, or increased?
- Has youth enrollment increased?

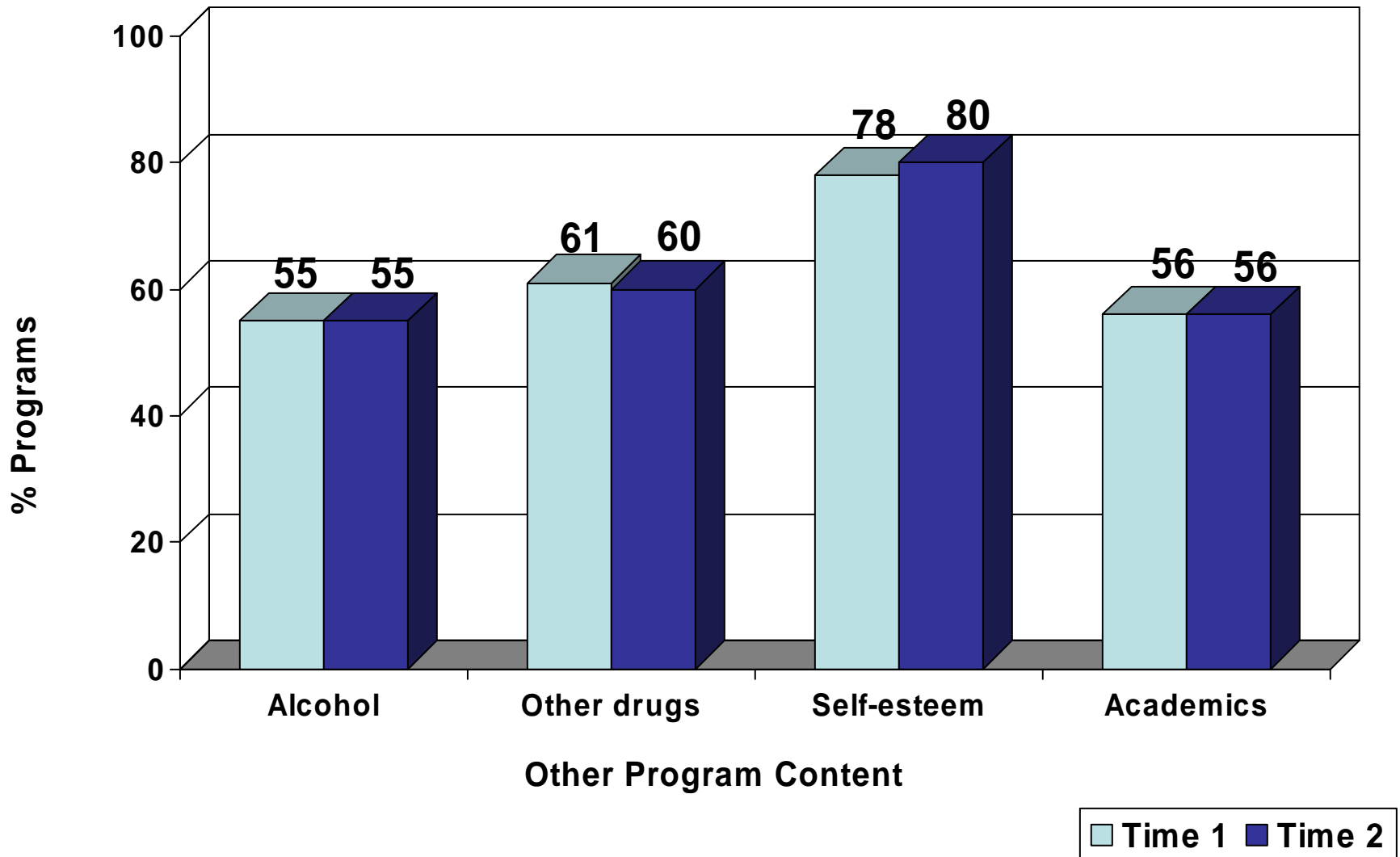
Continuous Operations

- 20% stopped being offered for a time
- Reasons for suspending:
 - 60% - no staff
 - 8% - no space
 - 47% - not enough money
 - 67% - not enough youth signed up
 - 39% - not enough youth mandated to Tx
- 40% were considered a “trial” or “pilot” program

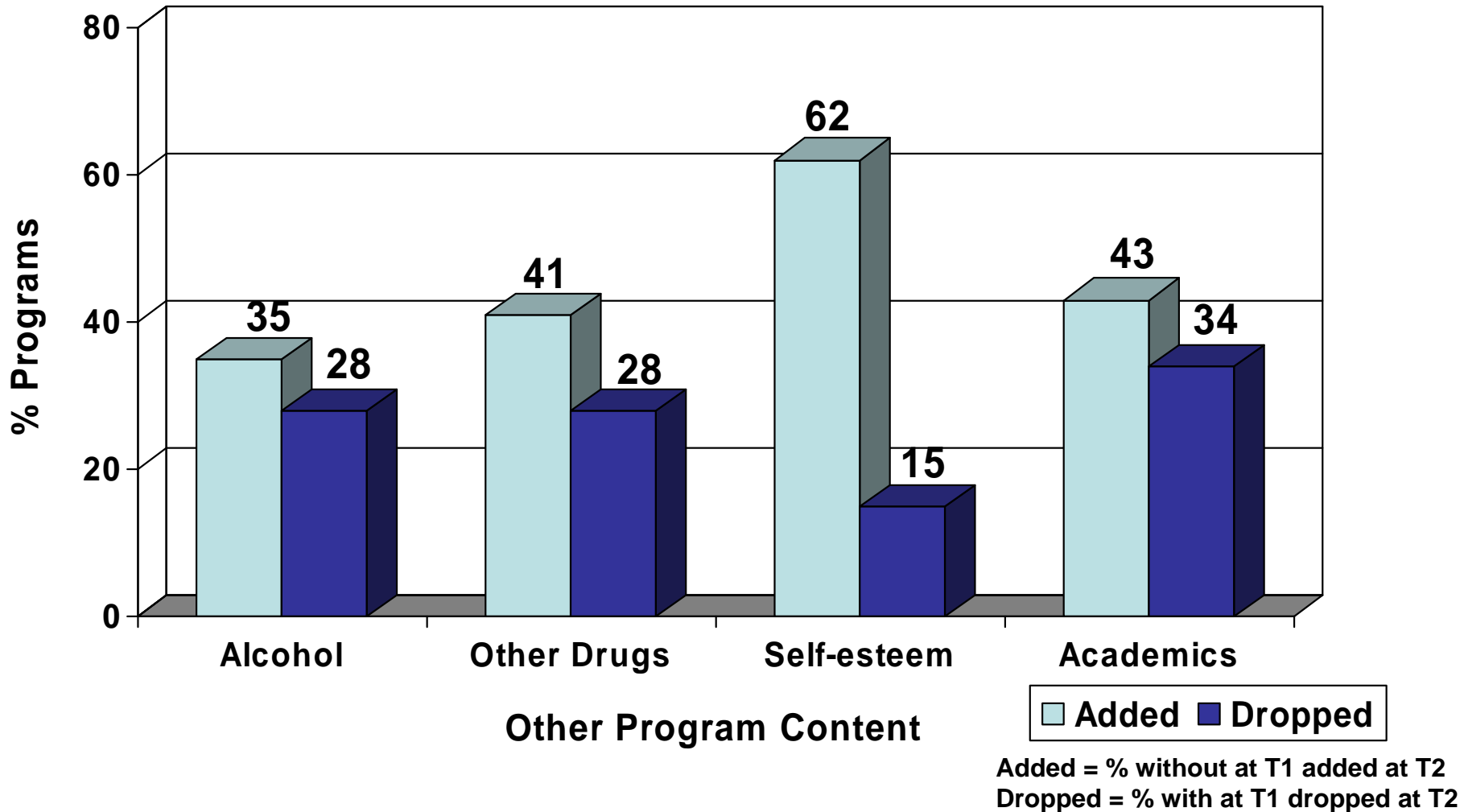
Mandatory vs. Voluntary Enrollment



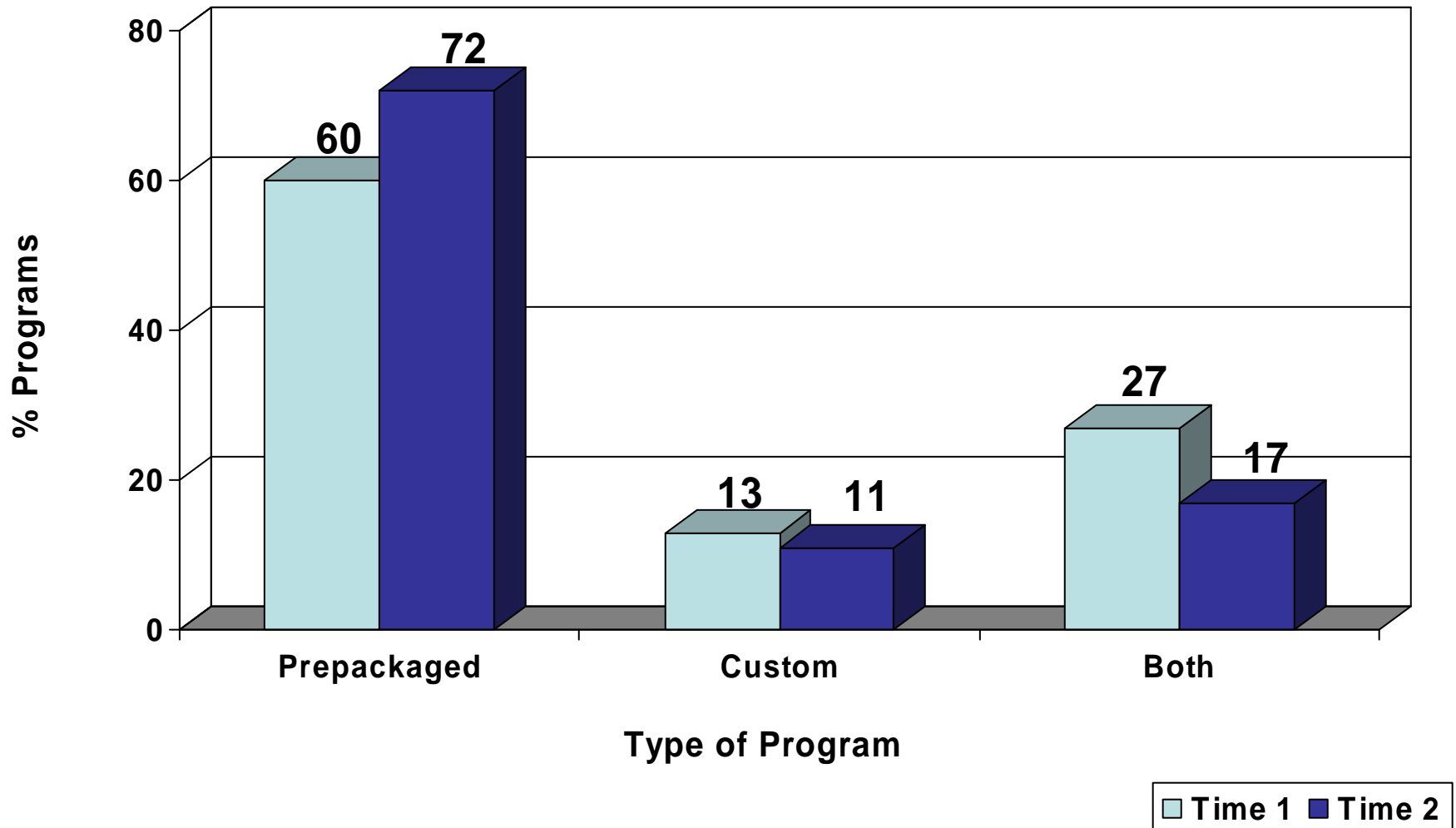
Non-Tobacco Program Content



Change in Program Topics: Time 1 to Time 2



Prepackaged Programs



Resources

- Over the past 3 years, program resources have:
 - Grown - 19%
 - Stayed the same – 52%
 - Reduced – 29%
- Average paid FTE went up from 1 to 1.7
- % challenged to obtain sufficient resources & to retain staff stayed the same

Enrollment

- Average annual enrollment increased from 66 to 84
- In programs with both voluntary and mandatory enrollment
 - 35% reported decrease in mandated participants
 - 18% reported increase
 - 47% remained the same

Summary

- Only 32% of initial sample of programs were located and still in operation
- Some programs temporarily suspended due primarily to insufficient staff or low demand
- Sustained programs
 - Increased FTE
 - Increased enrollment
 - Decreased mandatory participation

Summary

- Sustained programs
 - Added non-tobacco content more often than dropping it
 - Increased use of standardized, prepackaged programs
- A complete understanding of determinants of sustainability awaits comparison with discontinued programs
- Stay tuned... www.hysq.org