

# Youth Smoking Cessation Programs: Who are the treatment seekers?

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## Overview

The Helping Young Smokers Quit initiative (HYSQ) is designed to address the critical need to disseminate effective, developmentally appropriate youth smoking cessation programs.

HYSQ aims to answer two broad questions about youth smoking cessation treatment:

- 1) Phase I - How accessible are youth smoking cessation programs: how many exist, where are they, who do they serve, and what do they do?
- 2) Phase II - What program components, processes, and contextual factors are associated with increased recruitment, retention, and quitting behavior?

## Phase II Evaluation Plan

The Phase II Evaluation Plan is guided by a multi-leveled logic model.

### PHASE II LOGIC MODEL



## PROGRAM RECRUITMENT

On March 15th, 2004, HYSQ opened the web-based application to all youth cessation programs in the US. A total of 107 program applications were reviewed. Of those 81 were interviewed by conference call.

## ELIGIBILITY CRITERIA

In order to identify viable, replicable programs for which the HYSQ evaluation would be feasible, applicant programs were initially reviewed based on the following criteria:

- Not part of a research initiative
- Provides direct cessation service
- Primarily serves youth aged 14-18 years
- Willing to insert a baseline session
- Has been implemented in the past year
- Serves a minimum of 15 youth annually
- Has a written guide used by trained staff
- Will assign a liaison to the study

## PROGRAM SELECTION

Program interviews resulted in the selection of 41 program evaluation sites in 18 states across the United States.

## DATA COLLECTION

As illustrated in the logic model, there are multiple levels of data collection.

- Youth participants surveys administered at 4 time points
  - Baseline (n=881),
  - End of the program (n=805),
  - 6-month follow-up (in-process)
  - 12-month follow-up (in-process)

• Program-level data: program leader interviews and attendance records

• Contextual data: Organizational and Community leader interviews, and local tobacco ordinances

## Characteristics of Treatment Seekers at Baseline

### DEMOGRAPHICS

Average Age 16.8 years

Gender 50% Male

### Race/Ethnicity

- 2% American Indian/Alaskan Native
- 1% Asian
- 6% Black/African American
- 1% Hawaiian/Pacific Islander
- 10% Latino/Hispanic
- 76% Non-Latino White
- 4% 2 or more of the above

### SCHOOL and ACHIEVEMENT

- 96% currently enrolled in school
- 24% below average grades
- 59% likely to graduate from a 4-year college
- 68% ever suspended or expelled from school

### HEALTH BEHAVIORS

- 67% binge drank in the past month
- 41% trying to lose weight
- 59% exercise = once a month
- 21% daily depressive symptoms in the past 2 weeks

### TOP 5 REASONS FOR QUITTING:

- To save money 40%
- To feel in control 36%
- So I won't smell or look bad 36%
- To prove I can quit 35%
- Know somebody who is sick 33%

### SMOKING BEHAVIOR

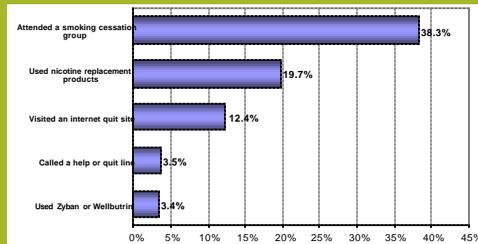
- Average age of 1st cigarette: 11.8 years old
- 54% smoke daily
- 60% smoke first cigarette within 30 minutes of waking up
- 74% live with another smoker

### QUITTING GOALS

- 68% are participating in the program voluntarily
- 54% want to quit for good, but have not yet quit
- 44% plan to quit in next 30 days
- 76% plan to quit in next 6 months

### PRIOR TREATMENT

- 66% have sought some form of assistance prior to entering a program (categories do not sum to 100% due to youth trying multiple strategies)

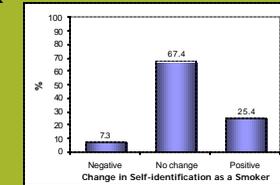


## Changes between Baseline and End-of-program

### CHANGES IN SELF-IDENTIFICATION AS A SMOKER

	% of youth	
	Baseline	End of Program
Regular Smoker	66.9	54.8
Smoke once in a while	22.2	23.8
Ex-Smoker	4.5	9.9
Non-Smoker	6.5	11.5

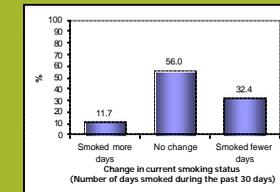
- There was no change in self-identification as a smoker for 67% of participants.
- A statistically significant proportion (25%) of participants changed toward less identification as a smoker between baseline and end-of-program.



### CURRENT SMOKING (days smoked in the past 30)

	% of youth	
	Baseline	End of Program
0 days	7.2	12.3
1-2 days	4.7	5.9
3-5 days	4.7	7.8
6-9 days	5.0	5.0
10-19 days	9.2	10.4
20-29 days	14.4	15.0
All 30 days	54.8	43.6

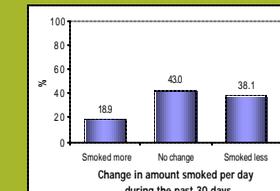
- There was no change in the number of days smoked per month for 56% of participants.
- A statistically significant proportion (32%) of participants smoked fewer days at the end of program, compared to baseline.



### AMOUNT SMOKED

	% of youth	
	Baseline	End of Program
0 cigarette per day	6.6	12.3
<1 cigarette per day	4.9	6.3
1 cigarette per day	5.4	8.0
2-5 cigarette per day	30.7	31.7
6-10 cigarette per day	28.1	22.5
11-20 cigarette per day	17.5	16.0
>20 cigarettes per day	6.8	3.2

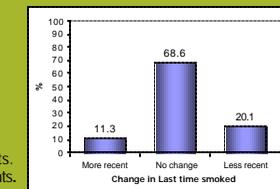
- There was no change in the number of cigarettes smoked per day for 43% of participants.
- A statistically significant proportion of participants (38%) smoked fewer cigarettes per day at end of program, compared to baseline.



### LAST TIME SMOKED

	% of youth	
	Baseline	End of Program
Smoked earlier today	70.3	63.4
Not today, but sometime during the past 7 days	18.0	20.1
Not during the past 7 days	11.7	16.5

- There was no change in the last time smoked for 69% of participants.
- There was a greater number of days abstinent for 20% of participants.



## Conclusions and Future Directions

### TREATMENT SEEKERS

- Most receive average grades or higher, but have engaged in other risk behaviors.
- Over half are daily smokers, with symptoms of addiction.
- Most are seeking treatment voluntarily.
- Most have tried some form of assistance prior to this program.
- They want to quit in the near term.

### CHANGES BETWEEN BASELINE AND END OF PROGRAM

The majority of participants did not change their smoking patterns or their self-perception as smokers.

NONETHELESS at the end of the program, there was a significant:

- Increase in the percent of participants that considered themselves less intensive smokers.
- Decrease in the percent of participants who were current smokers (smoked in the past 30 days).
- Increase in the percent of smokers who reduced the amount they smoked.

### FUTURE DIRECTIONS

#### In the next year, HYSQ will:

- Explore program-as-planned versus program-as-implemented, using program and provider data.
- Collect data on local and state policies related to smoking that were in place in each community during 2004, when most youth were in programs.
- Develop models of youth cessation behavior that include characteristics of the individual participants, program components and leader, organizational context, and community.
- Identify factors associated with youth smoking cessation and progress toward cessation.

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