

impact

University of Idaho Extension programs that are making a difference in Idaho.

4-H teen health advocates teach vaping prevention at national youth health summit

AT A GLANCE

4-H health advocates train peers on vaping prevention at local and national events.

The Situation

Young people practice and experiment with health behaviors throughout their adolescent and teen years (10 to 19 years old). During these years, the behaviors that youth establish will directly determine their health status and chronic disease risks in adulthood. One negative health behavior is smoking and vaping through the use of electronic nicotine delivery systems.

The 2019 Youth Risk Behavior Survey (YRBS) provides a current assessment of young peoples' smoking and vaping behaviors. YRBS reports the following smoking/vaping behaviors in high school students:

- 22% have tried cigarette smoking.
- 48% have used an electronic vapor product at least once during their lifetime, and 23% in the last 30 days.
- Of those who currently use tobacco or e-cigarettes, 57% tried to quit at least once during the previous 12 months.
- 9% used electronic vaping products frequently (on 20 or more of the previous 30 days).

One goal of Healthy People 2020 is to improve the healthy development, safety and well-being of Idaho's young people. University of Idaho Extension 4-H



4-H health advocates teaching at the National Youth Summit on Healthy Living.

Youth Development's healthy living programming aligns with this goal. Project Filter, through Idaho Department of Health and Welfare, leads the state efforts on tobacco use prevention.

Our Response

4-H teen health advocates are teaching their peers to understand the harmful effects of e-cigarettes and vaping. In November 2019, six health advocates were trained by Idaho Project Filter to use the Stanford Medicine Tobacco Prevention Toolkit. In addition to basic education on tobacco, e-cigarettes and vaping/pod devices, this one-day training covered topics such as nicotine addiction, targeted marketing towards youth and tips for utilizing the tool kit. The health advocates developed a one-hour presentation which was

presented to their 4-H club and at the state 4-H teen health advocate training in January 2020. Two health advocates were accepted to present a workshop at the National Youth Summit on Healthy Living, February 2020.

The workshop titled *Ash trays and sugar cookies are more related than you think: A Look at Vaping* covered facts on e-cigarettes and vape pens, their design and how they work, chemicals and flavors in products, effects on health and current marketing strategies geared to teens. Using the Stanford Medicine Tobacco Prevention Toolkit, a nationally recognized curriculum, the health advocates shared evidence-informed information with their peers. Their goal was to increase teens' knowledge of e-cigarettes and vaping while inspiring them to take positive steps for their overall health. Three hands-on activities and follow-up discussions covered:

1. Comparing nicotine levels in e-cigarettes and cigarettes.
2. Physical activity demonstrating effect of vaping on lungs.
3. Current marketing campaigns and how to rewrite the message to be preventative.

Program Outcomes

Thirty-eight teens participated in the activities and engaged in the discussion. The health advocates and area Extension educator posed multiple questions for a post-workshop survey. The health advocates selected

three questions based on the activities taught. Workshop participants were asked the following three survey questions:

- Which ingredient in e-juice makes it highly addictive? Benzoic Acid, Glycerol or Nicotine
- Juul pods are recyclable? Yes or No
- How much nicotine is in a Juul pod? 21.2mm, 5% or 41.3mm

Twenty participants completed the survey. All (100%) answered the three questions correctly. Five offered accolades such as “love the activities,” “it was great,” “Ya’ll did an amazing job” and “everything was great.” Three suggested tips on presentation style — “talk slower,” “speak louder, more forceful” and “work on eye contact.” Considering that this was their first experience presenting to a national audience, the teen health advocates deemed their workshop a success.

The Future

The health advocates continue to hone their presentation skills and share the vaping prevention curriculum. They are also members of UI Extension’s Well Connected Communities Initiative in Caldwell and members of the Caldwell Health Coalition. They plan to continue to teach their peers at school sites and virtually during the 2020-2021 school year.

- 2019 Youth Risk Behavior Survey: <https://www.sde.idaho.gov/student-engagement/school-health/files/youth/Youth-Risk-Behavior-Survey-Results-2019.pdf>

FOR MORE INFORMATION

Maureen Toomey, Area Extension Educator • University of Idaho Extension 4-H Youth Development • 208-454-7648 • mtoomey@uidaho.edu

Jackie Amende, Extension Educator • University of Idaho Extension, Canyon County • 208-459-6003 • jmende@uidaho.edu

Sofia Dueñas, 4-H Teen Health Advocate • University of Idaho Extension 4-H Youth Development

Julissa Hernandez Alejandre, 4-H Teen Health Advocate • University of Idaho Extension 4-H Youth Development

31-20-mtoomey-4-h-vaping-prevention • 10/20