

# The Not So Glamorous Side of Smoking

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# Special Thanks To

- Newberry Family Practice, Newberry, SC
- Renee Martin, Tobacco Intervention & Prevention Strategy (TIPS) coordinator
- Laurie Pautenaude, Mid-Carolina AHEC coordinator

# Tobacco Use among Adolescent Girls

- Much of the progress in reducing smoking prevalence among girls in the 1970s and 1980s was lost with the increased prevalence in the 1990s. Current smoking rates among high school senior girls were the same in 2000 as in 1988. (CDC)
- Teenagers may be more vulnerable to nicotine dependence than adults because the teen's brain is still developing, girls seem to get hooked quicker than boys, and report more symptoms of dependence (Tobacco Control 2002;11:228)
- In 2000 29.7% of female high school students report having smoked in the past 30 days.(Surgeon General report)
- 36% of high school students in SC smoke (DHEC)
- 15 million packs of cigarettes are bought or smoked by kids in SC (DHEC)

# Tobacco Use Among Adolescent in Newberry County

- In 1992-93 among students 15 and older, 13.3% first smoked by age 11, 30.8% by age 13, and 43.5% by age 15. In a typical month, 13.7% of 7th and 8th graders smoked (Kids Count)

# AIMS

- Global Aims
  - To reduce smoking rates among adolescent girls in Newberry County
- Local Aims
  - Asses baseline levels of knowledge and behavior
  - Develop a program geared toward adolescent girls that will provide education and help reduce incidence of smoking among this age group
- Evidence for community support include an active TIPS program in the community, support of the local school system, and support of local healthcare providers

# Measures

- Amount of interest recorded on survey
- Current level of knowledge and behavior

# Possible Changes for Improvement

- Develop a *Glamour Day*
- Drivers: support of the TIPS coordinator an established program and support of local schools
- Barriers: coordination of participants , development of interest in program, resources for the program

# PDSA Cycle : Plan

- Review projects done by pervious students in Newberry
- Assess the needs of the community
- Gather data about the rate of smoking among adolescent girls
- Determine an effective way to interest the target population

# PDSA Cycle :Do

- Meet with Renee Martin of TIPS, and Laurie Patenaude of AHEC to discuss community needs and project ideas
- Literature review: [Http://www.cdc.gov/tobacco](http://www.cdc.gov/tobacco); Tobacco Control 2002;11:228-235, [www.kidscount.org](http://www.kidscount.org), <http://tobaccofreekids.org>; <http://www.scdhec.net>

# PDSA Cycle : Study

- Asses the possible impact of intervention at this age

## PDSA Cycle : Act

- Get input from AHEC site coordinator, staff at NFM and TIPS coordinator about the plausibility and ideas for improvement of project plan.

# PDSA Cycle : Plan

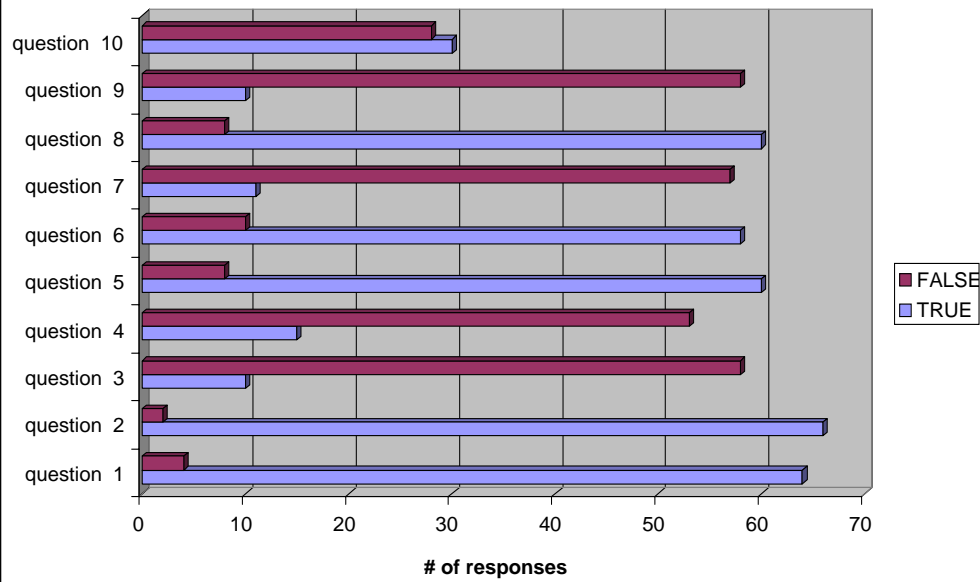
- Develop a survey that assesses the interest in this type of program and level of knowledge about smoking and behavior level to be administered to 6th graders

## PDSA Cycle : Do

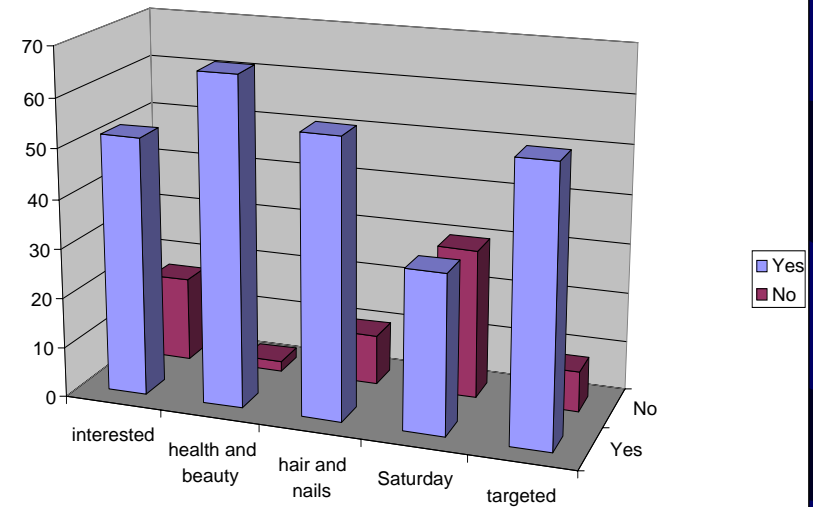
- Developed surveys in conjunction with TIPS coordinator
- Took surveys to Newberry Middle School and had them filled out by the 6th grade in homeroom

# PDSA Cycle : Study

### Tobacco Knowledge



### Girls Interest In Glamour Da



# Suggestions From Students

- Ideas for improvement
  - Have snacks
  - Have dancing
  - Hold event during school
  - Have students who have been impacted present
- Possible topics
  - Why people smoke
  - Stats on Lung Cancer
  - Problems caused by smoking
  - Effects of smoking on the body

# Assessment of behavior level and data on student

- Average age of students respondents =11
- Percent of students living with a smoker =38
- 91% report they will never try tobacco
- 7% report they may possibly try tobacco
- 1% report they are likely to try tobacco
- 81% report they have not seen the Tar Wars Presentation

## PDSA Cycle : Act

- The next step in the cycle is to organize the volunteers for the program
- Secure funds for the event
- Develop the topics that will be covered in the event
- Arrange a speaker for the event
- Develop an itinerary for the event

# Lessons Learned

- I learned about the difficulty trying to coordinate with a variety of different groups with different views on a subject
- The importance of having the support for a plan to be followed through with
- It is possible to make changes in a community given the community is interested in making improvements and sufficient support is provided