

# Youth Health Issues Other Than Nutrition

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**Region:** WEST

**Circle which primary base program it addresses**

4-H

FCS

## Section 1. Relevance

### **Where did this issue surface?**

Texas Community Futures Forum

### **What is the issue/problem?**

Increased use of substance abuse (tobacco, alcohol, and drugs)

### **Problem size and scope? (How many people does it affect? How wide spread?)**

64% of high school students have tried smoking at least once, and 28% are current smokers. According to Weekly Reader, National Survey on Drugs and Drinking, more than half of 6<sup>th</sup> graders reported peer pressure to drink beer, wine, or liquor. One out of every three sixth graders said they were pressured to use marijuana. Other issues include suicide, self esteem, home violence and school violence.

### **Problem severity? (How serious is this issue?)** *High*

Description: Almost two-thirds of the counties in the West Region identified substance abuse as an issue in their county.

### **Target Audience? (Who does the problem impact and how many?)**

Grade 3 and up

### **What are some general characteristics of the audience this program targets?**

Youth observing modeled behavior by significant adult role models, peer pressure, low self-esteem, "perceived personal immunity."  
Market health benefits, focus on positive role models, cost savings, increase self-worth, perceived long term benefits

## Section 2. Response

### **State the goal of the program**

*Reduce the number of youth involved with substance abuse (tobacco, alcohol, drugs)*

**State the outcome objectives.** These are the objectives that describe the intended results of a program (e.g. attitudes, knowledge, skills, adoption of practice/technology, change of behavior). Examples include:

<b>Client Change</b>	<b>At the end of this program, will....</b>
<i>Knowledge</i>	increase knowledge on.... The ill effects of substance abuse; the health benefits of staying substance free.
<i>Skills</i>	develop skills.... Refusal skills, good decision making skills
<i>Attitude</i>	change their attitudes pertaining to... “Perceived personal immunity”; acceptance of peers; “reframing” the acceptance of societal attitudes of recreational drug use (tobacco, alcohol) as harmful drugs
<i>Behavior Change</i>	adopt.... Refusal skills, healthy life style
<i>Best Practice</i>	adopt .....
	Reject use of any recreational drug or inappropriate use of any drug

**Program Design.**

<b>Topic (Subject Matter)</b>	<b>Strategy to Deliver Content (Method)</b>	<b>Existing Resource(s)</b>	<b>Contact Person(s) (Includes CEA’s Specialists, Commodity Reps)</b>
Healthy Relationships			
Self - esteem	develop a mentor program for girls  a self - esteem camp or empowerment camp for girls		

Aims for Success	mentoring programs or youth w/business professionals		
Tobacco			
Alcohol		Shadow Dreams MADD	
Drugs		Need up to date training and information	
Sexual Issues		Need up to date training and information True love waits program	
Suicide		Yellow Ribbon Campaign	
Depression		Mental Health	
Domestic Violence			

Child Abuse			
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## Results

Listed below are some survey and question examples you may want to use with your youth audiences.

# Drug and Alcohol Evaluation Example

### Likert Scaled Type Questions

Statement	Strongly Disagree	Disagree	No Opinion	Agree	Strongly Agree
I have a better understanding the effects of alcohol can have on me during my life.					
Smokeless tobacco products can lead to health problems just like smoke tobacco products do.					
I have friends that do not force me to use drugs and alcohol.					
I feel like I have someone to talk to concerning drugs and alcohol.					
My parents have talked to me about the dangers of drugs and alcohol.					
I do not give into peer pressure when it comes to drugs and alcohol.					
I choose to hang out with my friends because they do not use drugs and alcohol.					
I do not hang out with those kids that use drugs and alcohol.					
It is NOT cool to use drugs and alcohol.					
I now see that the decisions I make now can effect the rest of my life.					
These days, fewer young people are starting to smoke.					
If cigarettes were not advertised anywhere, fewer young people would start to smoke.					

### Specific Behavior Questions

During the past 30 days, on how many days did you use tobacco?

0 days  
1 to 5 days  
6 to 10 days  
11 to 15 days  
16 to 20 days  
21 to 25 days  
26 to 30 days

**During the past 6 months, how many times, if any, have you tried to quit using tobacco?**

None  
1 time  
2 times  
3 to 5 times  
6 to 9 times  
10 or more times  
I do not use tobacco products.

**Open Ended Questions or Interviews**

**What are diseases you can get because of tobacco use?**

**Do you have the self-esteem to not give in to peer pressure on these topics learned today?**

**Why do you choose not to use drugs or drink alcohol? Answer only if you do not use drugs or alcohol.**

**Do you think it would be easy or hard for you to buy cigarettes (dip or drink alcohol) (if you wanted some)?**

**Do you think it is cool to smoke (dip or drink alcohol) ? Why or why not?**

Do you think alcohol use by youth is a serious problem? Why or why not?

What would you recommend as a solution to the underage drinking problem?

## Example of a Safety Camp Evaluation Terry County Safety Day

*Thanks so much for being an active participant in Terry County Safety Day. As a result of your participation, we would for you to take a brief moment of your time to help Terry County make our programs more effective for you. Thanks!*

How old are you? \_\_\_\_\_

Which are you?                      Girl                      Boy                      (Circle One)

Please read each statement carefully and answer it. Place a checkmark in the box you think best describes you.

Statement	Strongly Disagree	Disagree	No Opinion	Agree	Strongly Agree
I understand that I should not approach wild animals alone.					
I should be careful about approaching animals that I do not know because they could be carrying diseases.					
I have a better understanding of what rabies is and I know some signs animals show when they have rabies.					
I should always wear my seatbelt.					
I should wear sun screen when playing outside so that my skin is protected.					
I should leave poisonous bugs alone and not disturb them.					
I should find an adult if a see a bug I think is poisonous.					
I know that I should not touch a power line with a stick.					

I have a better understanding the effects of drugs and alcohol can have on me during my life.					
It is important to follow the instructions when handling power tools.					
Tools are NOT toys and should be treated with respect.					
If my clothes catch on fire, I should roll on the ground to put it out.					
Having an accident with tools and farm equipment can cause disabilities for me the rest of my life.					
I now see that the decisions I make now can effect the rest of my life.					

**Do you have the self-esteem to not give in to peer pressure on these topics learned today? (Circle One)**

\_\_\_\_\_ YES

NO

**What is the most significant thing you learned today?**

**Is there anything you learned today that will cause you to change the way you do things?**

**Will you go home and tell others about what you learned? (Circle One)**

\_\_\_\_\_ YES

NO

