

Identifying Health Risk Behaviors to Develop Evidence-Based Interventions and Inform Public Health Policy and Practice

Research Goals: To develop, implement, and validate theory-driven, evidence-based interventions through identification of cognitive, social, policy, and environmental

HEALTH RISK BEHAVIORS

Teen Dating Violence



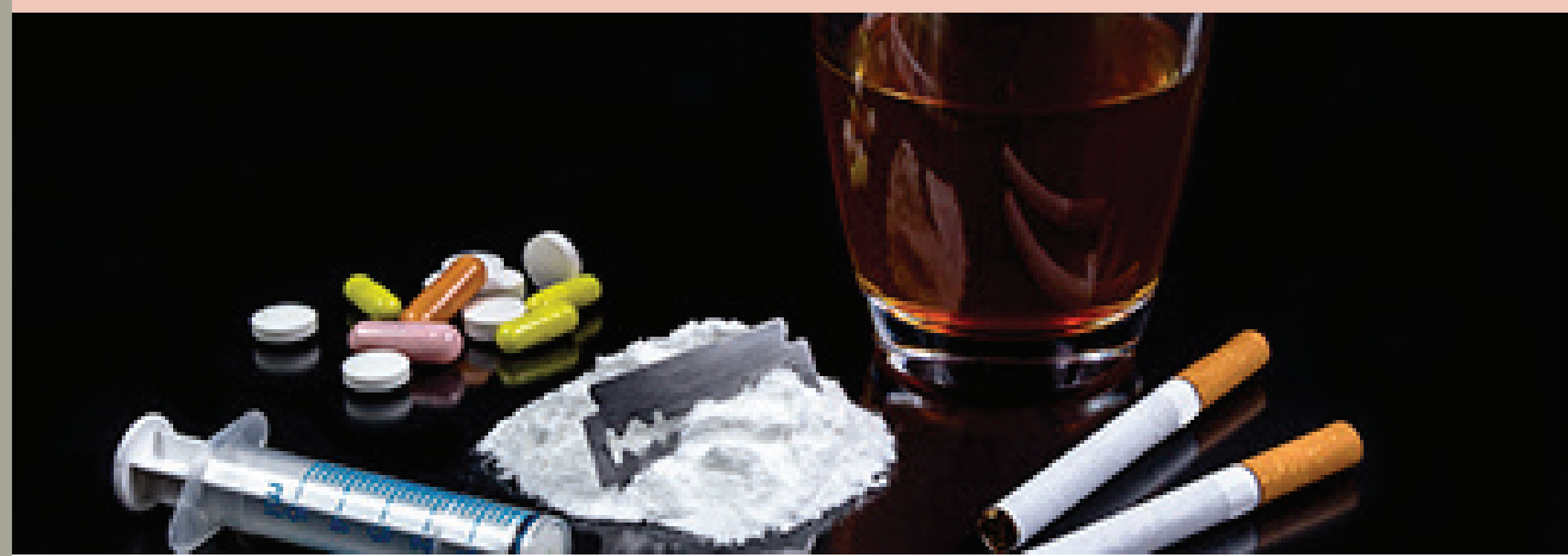
Getty Images. Digital Image. U.S. News. U.S. News & World Report L.P., April 2016. Web. January 2016.

Sexual Risk Taking



Getty Images. Digital Image. The Huffington Post. The Huffington Post.com, Inc., October 2014. Web. January 2016.

Substance Abuse



Digital Image. Centers for Disease Control and Prevention. U.S. Department of Health & Human Services, October 2016. Web. January 2016.

Smoking



Energy Drink-Alcohol Consumption



Getty Images. Digital Image. CNN. Cable News Network-Turner Broadcasting System, Inc., November 2010. Web. January 2016.

EVIDENCE-BASED RESEARCH / INTERVENTIONS

Current Status: Implementing & Validating Interventions

- Develop and validate dating violence prevention curriculum for public middle and high school students in Paso del Norte Health Foundation service region (El Paso and New Mexico)
- Develop online training for teachers



Current Status: Implementing & Validating Interventions

- Deliver and evaluate evidence-based sexuality education curricula to students in two low-SES communities in Santa Rosa and Maverick counties, on the Texas-Mexico border



Current Status: Conducting Research to Inform Evidence-Based Interventions & Seeking Funding

- Explored the differences in rural and urban adolescent access points for licit substances such as alcohol and tobacco
- Exploring the differences in rural and urban adolescent access points for other substances such as marijuana, inhalants, prescription medications, and other drugs
- Use information on adolescent access points to inform intervention and/or public policy strategies for prevention

Current Status: Implementing & Collecting Data

- Smoking cessation programs open to Texas State students, faculty, staff, and the local community
 - » *The Last Drag*, cessation program designed specifically for the LGBT population
 - » *Fresh Start*, cessation program for all populations
- Analyze indoor air quality in smoking and smoke-free restaurants and bars to determine the effectiveness of smoke-free ordinances. Six-month time-phased measurement to determine levels of second-hand and third-hand particulate matter



Current Status: Conducting Research to Inform Evidence-Based Interventions & Seeking Funding

- Continued analysis of epidemiological data related to adolescent use of energy drinks
- Further exploration of the behavioral correlates associated with energy drink use, including high-risk personal and social behaviors
- Collaborators will be identified to develop interventions aligned with findings based on secondary analysis of data sets
- Initiating partnership with Hays-Caldwell Council on Alcohol and Drug Abuse to explore energy drink consumption patterns among adolescents in treatment and post-treatment

RESEARCH FINDINGS

- 32 teachers and community members trained in the curriculum using a web-based platform
- Pilot testing of curriculum during spring 2017 in El Paso ISD and Deming (NM) Public Schools
- Pre/post intervention pilot testing by measuring attitudes and potential behaviors related to dating violence prevention
- Pilot testing results will inform curriculum modifications, with full implementation in fall 2017

- Two evidence-based sexuality education curricula presented to over 500 middle and high school youth in Santa Rosa and Maverick counties
- Pre/post assessment of sexual risk-behaviors at 3, 6, and 12 months following intervention
- 3-month follow-up beginning spring 2017
- Delivering additional teacher training in curriculum
- Development of institutionalization plans underway

- Easiest access to both alcohol and tobacco is through adolescent peers
- Tobacco is easily accessed through adult family members, while alcohol is easily accessed through non-family adults
- Self-access is the most difficult for both substances; however, males are likely to self-purchase both alcohol and tobacco when compared to females
- Females are more likely to gain access to both alcohol and tobacco from non-peer youth

- = "Very Unhealthy" pollution, based on EPA standards
- Smoke-free ordinances provide significant public health protection from exposure to particulate matter in restaurant, bars, and hospitality venues
- Reductions in particulate matter continue up to six months after ordinance implementation
- Developed the *Campus Tobacco Policy Scale* to assist university health professionals in measuring student readiness for tobacco-free campus policies

- Among adolescents, early consumption of energy drinks increases various high-risk health behaviors such as alcohol use, non-medical use of prescription drugs, risky sexual behavior, risky driving behavior
- Early energy drink use is related to lower consumption of healthy, low-sugar beverages (water and low-sugar milk) and higher consumption of high-sugar beverages (sodas, fruit juices, sports drinks, sweetened fruit drinks)
- Adolescents who consume energy drinks are at greater risk for higher body mass index
- Adolescents who combine alcohol and energy drinks engage in risky behavior more frequently than those who use alcohol alone, despite students' beliefs that energy drinks help them stay sober

Future Research

- Longitudinal study to monitor short- and long-term attitudes and health risk behaviors of students completing sexuality education and dating violence prevention programs
- Examine the social-ecological influences on health behaviors related to substance use, including alcohol, tobacco, illicit and licit drugs
- Conduct secondary analyses of multiple national databases to expand emerging research on energy drink consumption among adolescents by examining health-related behavioral correlations, including physical activity, nutrition, sexual activity, tobacco, and illicit drug use
 - » National Institute on Drug Abuse – *Monitoring the Future Annual Survey*
 - » Centers for Disease Control and Prevention – *Youth Risk Behavior Surveillance System, National Health and Nutrition Examination Survey*
 - » National Cancer Institute – *Family Life, Activity, Sun, Health, and Eating Study*
- Identify cognitive, social, and environmental factors that influence adolescent energy drink/alcohol consumption within a national sample
- Develop survey items/instruments to reflect broader population of energy drink consumers (e.g., shift workers, medical residents and interns)

Research Assets

- Evidence-based sexuality education curricula
- Evidence-informed dating violence prevention
- Validation protocols for school-based curricula
- Expertise in analysis of secondary governmental data
- SidePak™ Aerosol Monitor for indoor air quality testing of particulate matter
- Professional network of leading substance abuse researchers



Needed Resources and Collaborators

Additional personnel and technology for data collection, analysis, and secure storage

Researchers

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