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
- 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

#### Sexual Risk Taking
- 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

#### Substance Abuse
- 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

#### Smoking
- 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

#### Energy Drink-Alcohol Consumption
- 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

### Evidence-Based Research / Interventions

#### Current Status: Implementing & Validating Interventions
- 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

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

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

### Research Findings

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

### 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
- Examining 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, Ate, 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 pollution

### Needed Resources and Collaborators

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

### Researchers

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