

# 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	EVIDENCE-BASED RESEARCH / INTERVENTIONS	RESEARCH FINDINGS	Future Research
<p><b>Teen Dating Violence</b></p>  <p><small>Getty Images. Digital Image. U.S. News. U.S. News &amp; World Report L.P., April 2016. Web. January 2016.</small></p>	<p><b>Current Status: Implementing &amp; Validating Interventions</b></p> <ul style="list-style-type: none"> <li>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)</li> <li>Develop online training for teachers</li> </ul> 	<ul style="list-style-type: none"> <li>32 teachers and community members trained in the curriculum using a web-based platform</li> <li>Pilot testing of curriculum during spring 2017 in El Paso ISD and Deming (NM) Public Schools</li> <li>Pre/post intervention pilot testing by measuring attitudes and potential behaviors related to dating violence prevention</li> <li>Pilot testing results will inform curriculum modifications, with full implementation in fall 2017</li> </ul>	<ul style="list-style-type: none"> <li>Longitudinal study to monitor short- and long-term attitudes and health risk behaviors of students completing sexuality education and dating violence prevention programs</li> </ul>
<p><b>Sexual Risk Taking</b></p>  <p><small>Getty Images. Digital Image. The Huffington Post. The Huffington Post.com, Inc., October 2014. Web. January 2016.</small></p>	<p><b>Current Status: Implementing &amp; Validating Interventions</b></p> <ul style="list-style-type: none"> <li>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</li> </ul> 	<ul style="list-style-type: none"> <li>Two evidence-based sexuality education curricula presented to over 500 middle and high school youth in Santa Rosa and Maverick counties</li> <li>Pre/post assessment of sexual risk-behaviors at 3, 6, and 12 months following intervention</li> <li>3-month follow-up beginning spring 2017</li> <li>Delivering additional teacher training in curriculum</li> <li>Development of institutionalization plans underway</li> </ul>	<ul style="list-style-type: none"> <li>Examine the social-ecological influences on health behaviors related to substance use, including alcohol, tobacco, illicit and licit drugs</li> <li>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 <ul style="list-style-type: none"> <li>National Institute on Drug Abuse – <i>Monitoring the Future Annual Survey</i></li> <li>Centers for Disease Control and Prevention – <i>Youth Risk Behavior Surveillance System, National Health and Nutrition Examination Survey</i></li> <li>National Cancer Institute – <i>Family Life, Activity, Sun, Health, and Eating Study</i></li> </ul> </li> </ul>
<p><b>Substance Abuse</b></p>  <p><small>Digital Image. Centers for Disease Control and Prevention. U.S. Department of Health &amp; Human Services, October 2016. Web. January 2016.</small></p>	<p><b>Current Status: Conducting Research to Inform Evidence-Based Interventions &amp; Seeking Funding</b></p> <ul style="list-style-type: none"> <li>Explored the differences in rural and urban adolescent access points for licit substances such as alcohol and tobacco</li> <li>Exploring the differences in rural and urban adolescent access points for other substances such as marijuana, inhalants, prescription medications, and other drugs</li> <li>Use information on adolescent access points to inform intervention and/or public policy strategies for prevention</li> </ul>	<ul style="list-style-type: none"> <li>Easiest access to both alcohol and tobacco is through adolescent peers</li> <li>Tobacco is easily accessed through adult family members, while alcohol is easily accessed through non-family adults</li> <li>Self-access is the most difficult for both substances; however, males are likely to self-purchase both alcohol and tobacco when compared to females</li> <li>Females are more likely to gain access to both alcohol and tobacco from non-peer youth</li> </ul>	<ul style="list-style-type: none"> <li>Identify cognitive, social, and environmental factors that influence adolescent energy drink/alcohol consumption within a national sample</li> <li>Develop survey items/instruments to reflect broader population of energy drink consumers (e.g., shift workers, medical residents and interns)</li> </ul>
<p><b>Smoking</b></p> 	<p><b>Current Status: Implementing &amp; Collecting Data</b></p> <ul style="list-style-type: none"> <li>Smoking cessation programs open to Texas State students, faculty, staff, and the local community <ul style="list-style-type: none"> <li><i>The Last Drag</i>, cessation program designed specifically for the LGBT population</li> <li><i>Fresh Start</i>, cessation program for all populations</li> </ul> </li> <li>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</li> </ul> 	<ul style="list-style-type: none"> <li>“Very Unhealthy” pollution, based on EPA standards</li> <li>Smoke-free ordinances provide significant public health protection from exposure to particulate matter in restaurant, bars, and hospitality venues</li> <li>Reductions in particulate matter continue up to six months after ordinance implementation</li> <li>Developed the <i>Campus Tobacco Policy Scale</i> to assist university health professionals in measuring student readiness for tobacco-free campus policies</li> </ul>	<p><b>Research Assets</b></p> <ul style="list-style-type: none"> <li>Evidence-based sexuality education curricula</li> <li>Evidence-informed dating violence prevention</li> <li>Validation protocols for school-based curricula</li> <li>Expertise in analysis of secondary governmental data</li> <li>SidePak™ Aerosol Monitor for indoor air quality testing of particulate matter</li> <li>Professional network of leading substance abuse researchers</li> </ul>  <p><u>Needed Resources and Collaborators</u> Additional personnel and technology for data collection, analysis, and secure storage</p>
<p><b>Energy Drink-Alcohol Consumption</b></p>  <p><small>Getty Images. Digital Image. CNN. Cable News Network-Turner Broadcasting System, Inc., November 2010. Web. January 2016.</small></p>	<p><b>Current Status: Conducting Research to Inform Evidence-Based Interventions &amp; Seeking Funding</b></p> <ul style="list-style-type: none"> <li>Continued analysis of epidemiological data related to adolescent use of energy drinks</li> <li>Further exploration of the behavioral correlates associated with energy drink use, including high-risk personal and social behaviors</li> <li>Collaborators will be identified to develop interventions aligned with findings based on secondary analysis of data sets</li> <li>Initiating partnership with Hays-Caldwell Council on Alcohol and Drug Abuse to explore energy drink consumption patterns among adolescents in treatment and post-treatment</li> </ul>	<ul style="list-style-type: none"> <li>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</li> <li>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)</li> <li>Adolescents who consume energy drinks are at greater risk for higher body mass index</li> <li>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</li> </ul>	<p><b>Researchers</b></p> <ul style="list-style-type: none"> <li><b>Dr. David C. Wiley</b>, Professor of Health Education Department of Health and Human Performance</li> <li><b>Dr. Jeff Housman</b>, Associate Professor of Health Education Department of Health and Human Performance</li> <li><b>Dr. Ronald D. Williams, Jr.</b>, Associate Professor of Health Education Department of Health and Human Performance</li> </ul>