

Live Long & Healthy (High School Student Wellness Survey) Project Overview

Project Goal: *To improve the lifelong health of our students* by gathering information (using a paper survey) from high school students in the Three Rivers School District that will be used to develop an intervention program. The project team includes students, expert community members, and medical professionals. Transparency and sharing of data is a key element of this project. Findings will be shared with students, parents, school administration, Oregon Health & Sciences University (OHSU), and community and state and local health agencies.

Our objective is for the survey to be on the leading edge of gathering and identifying timely information on student behaviors. The data will be analyzed and correlated to determine the relationships between attitudes / behaviors and substance abuse and will be used to develop the intervention program.

Problem: According to the Oregon Health Authority, tobacco use in Josephine County is among the highest level in Oregon- which results in the county having near the highest incidence of and death rates from lung cancer in the state. In becoming aware of this statistic, the JCF students decided to launch a multi-phase campaign to persuade their fellow students “to not start using tobacco and non-cigarette tobacco products (chewing, vaping, etc.) in the first place”. Phase 1 of this campaign is to gather information from the Three Rivers high school students about their behaviors, experiences, and attitudes and the second phase will be to seek additional funding from OHSU to develop and execute an intervention program based on the information obtained in the survey. Funding has been obtained for Phase 1.

Process/Plan: *This will be a completely confidential and anonymous survey* – no one will be able to identify the answers to a particular student. Parents will have the ability to opt their students out of the survey. The survey will obtain specific information on cigarette use and the use of non-cigarette tobacco products. It will also gather important information regarding economic status and behaviors such as: student attitudes about school and extracurricular activities, bullying, emotional and mental health, alcohol use, marijuana use, and prescription drug use that will be used to correlate information critical in developing an effective intervention program.

Survey Uniqueness: A very unique aspect of this survey is that it will ask students about “why” they are using these substances. Our medical advisors felt it was important to delve into the reasons for the student behaviors and to determine the root cause(s) of adolescent involvement in tobacco/substance abuse. Our survey is also unique in that students themselves were involved in developing the survey questions and they conducted focus groups at each of the high schools to get input on the questions. This allowed the team to form the questions in the most understandable and unbiased format.

Phase 1 Project Timeline:

- August – November 2017: Worked with students, experts, and medical professionals to develop the survey and conduct focus groups. Obtained approval of the survey from OHSU.
- February 2018: Conduct the survey; work with school administration staff to schedule and administer the survey.
- March – June 2018: Perform data analysis and develop correlations on the information and identify major issues/ trends.

Project milestones to date:

- Survey project goals and objectives discussed with Superintendent last fall.
- Obtained Phase 1 project funding from OHSU, the Ford Family Foundation, and Josephine County Public Health Department (pending).
- Built a coalition of students and adults knowledgeable about community health issues to lead and provide guidance to the project. In addition to a student advisory team, we also have a professional advisory team consisting of Dr. Richard Cohen, retired MA, MD, FACS and past Board member of Asante; Christine Back, RN, BSN, Utilization Management, PrimaryHealth/JCF Advisor; Malinda Wilson, Certified Tobacco Cessation Facilitator with the American Cancer Society; Shawn Martinez, Prevention and Treatment Coordinator Josephine County; and Diane Hoover, Director Blue Zone Grants Pass. Coordinators from the Oregon Health Authority (OHA) – Public Health Division are also partners on this project. A coach from OHSU also serves as a project advisor.
- JCF entered into a contract (\$9,000) with Pride Surveys (Pride) to provide survey advice and guidance; prepare survey booklets; process the survey; develop reports on the data. The OHA contracts with Pride to administer the Oregon Healthy Teen (OHT) and Student Wellness Surveys (SWS). Pride is nationally recognized as experts in survey administration. A strict project calendar with interim due dates for the final survey questions (December 10) was developed.
- Developed the survey. Using the OHT Survey as our starting point, our student and expert member team (including feedback from Pride) developed the survey.
- Conducted student focus groups at each high school. About 30 students (10 at each school) took the survey during their lunch period and provided feedback during their lunch period the following day. Highlights included:
 - Survey is 109 questions. Most students completed it in 30-35 minutes; some completed it in 15-20 minutes.
 - Students provided valuable feedback on the questions and the way the questions were worded. Feedback included comments on how the questions were relevant to the issues the students are observing or experiencing on campus such as the significant use of chewing tobacco by boys.
 - Students appreciated being included in the process.

Outstanding Issues:

- Obtain Three Rivers School District Board approval.
- SWS Administration.
 - The SWS is scheduled to be administered in March. It has 164 questions and covers a very broad range of topics including suicide, gambling, family and social experiences; height and weight which are not in the JCF Survey.
 - Only about one-third of the SWS questions are included in the JCF Survey. These questions must be included in the JCF survey to do the correlation analysis necessary to develop the intervention program. In addition, Pride says surveys are often validated by asking students the same questions within 3 weeks.

Options:

1. Students in all grades take the JCF Survey in February and juniors take the SWS in March as currently scheduled. Though juniors will take both surveys, there will be complete data for all students that will be used to develop the intervention program.
2. Juniors take the SWS; all other students take the JCF Survey.
 - a. Administer the JCF Survey in February and the SWS survey in March.
 - b. Administer both surveys during the same period on the same day in either February or March.