



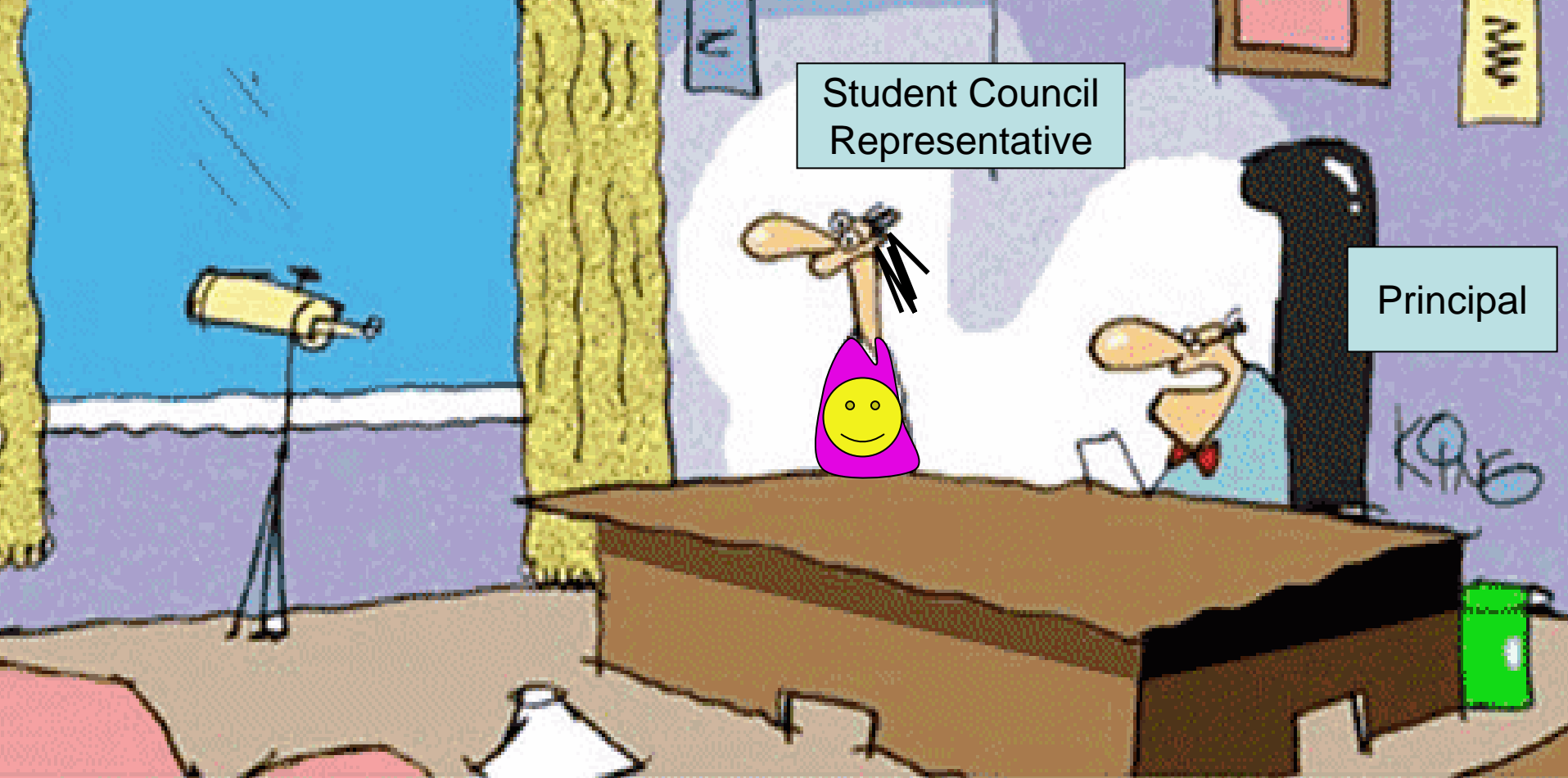
# Youth smoking and school smoking policies

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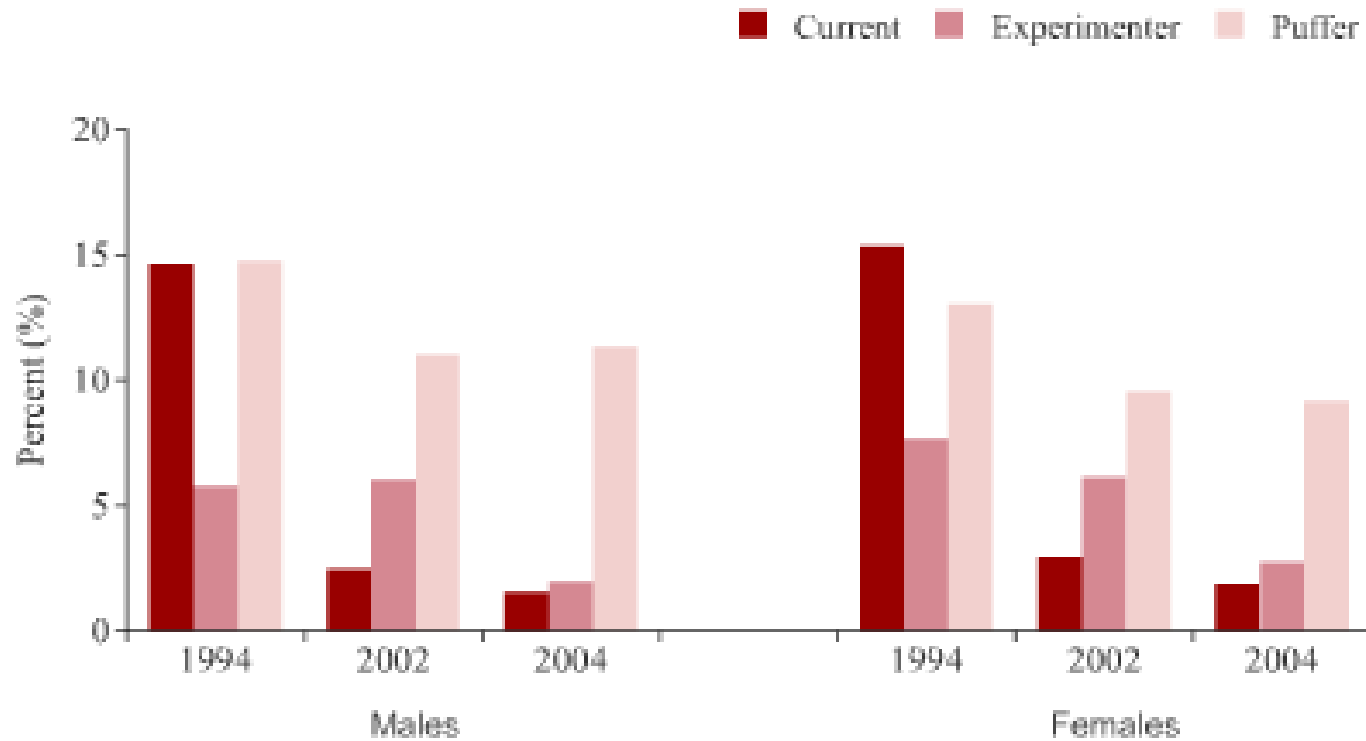
*"I've set up a smoking section for you guys. If you look through that high-powered telescope, you'll actually be able to see it."*



*What are the unanswered  
questions about school  
smoking policies?*



# YSS Prevalence Data





# Youth Smoking

- Pattern of smoking shifting
  - Occasional/ non-daily
  - Daily
- Current definitions are categorically and temporally rigid



# Why schools?

- Established systems to target adolescent behaviour
- Social behaviours are modeled and reinforced
- Identified in ecological models as an influence proximal to behaviour

(Alexander et al., 2001; Bandura, 1997; Eccles, 1985; Flay et al., 1999; Sallis & Owen, 1997)



## What do know from the literature on school tobacco control policies?

- Lower smoking prevalence related to policy strength (Moore, Roberts & Tudor-Smith, 2001; Pentz, et al., 1989)
- Little or no relationship between school policies and smoking prevalence (Clarke, White, Hill, & Borland, 1994; Charlton & While, 1994)
- Effects of ON ban unclear; mixed reports; but enforcement inconsistent (Northrup, Ashley, & Ferrence, 1998)



# What do we (think we) know about school tobacco policies?

- Nature of policies
  - Written policies
  - Implemented policies
- Strong policies (?)
  - Developed with students
  - Comprehensive
  - Consistently enforced
  - Visible
  - Prevention & cessation
  - Punishment/reinforcement

**(Darling et al., 2006; Lovato et al., in press; Pentz et al., 1997; Ross et al., 1995; Stephens & English, 2002)**



# What do we need to know?

- Prevalence & strength of policies
- Relationship between policies and smoking in adolescents
- Approach:
  - Broad conceptual research
  - Theoretical
  - Multidimensional
  - Core outcomes, standardized indicators for surveillance, monitoring, evaluation



## 2 examples of current research...

1. School Policy & YSS (Grades 5-9)
2. Project Impact (Grades 10-11)

- Individual behaviour

- Youth surveys (SHAPES/YSS)

- Written policies

A yellow rectangular box containing the word 'INTENTION' in black capital letters. A yellow arrow points from the right side of the box to the text 'Written policies' in the list item above.

INTENTION

- School board and school
  - Coded using rubric (Stephens & English, 2002)

- Administrator interviews

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IMPLEMENTATION

- Coded using rubric (Stephens & English, 2002)

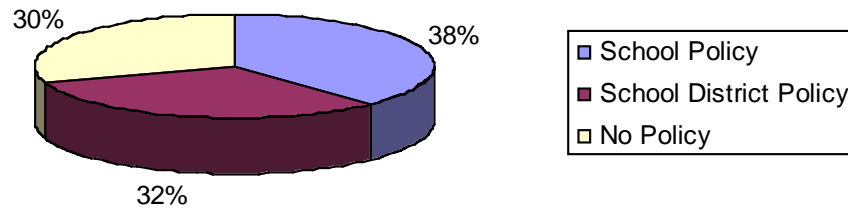


*School Policies*  
*Grades 5-9*

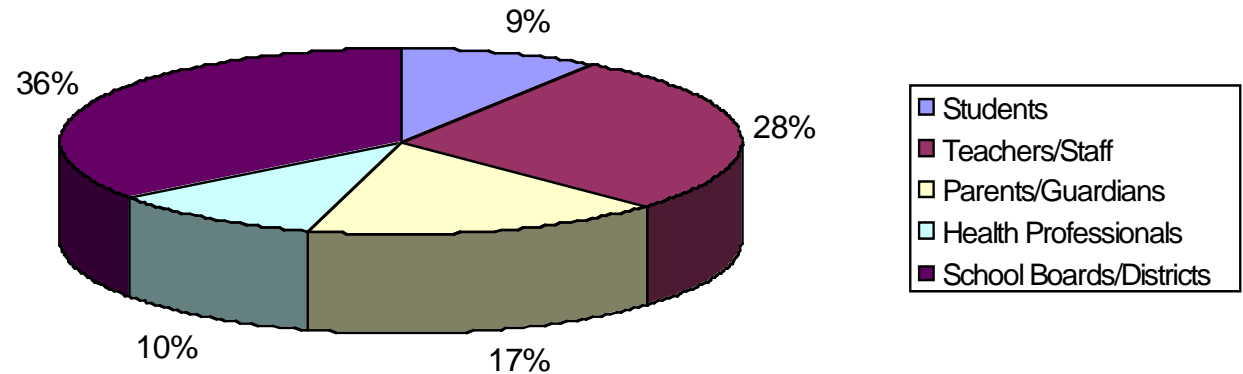


## School Policies

Is there a written policy?



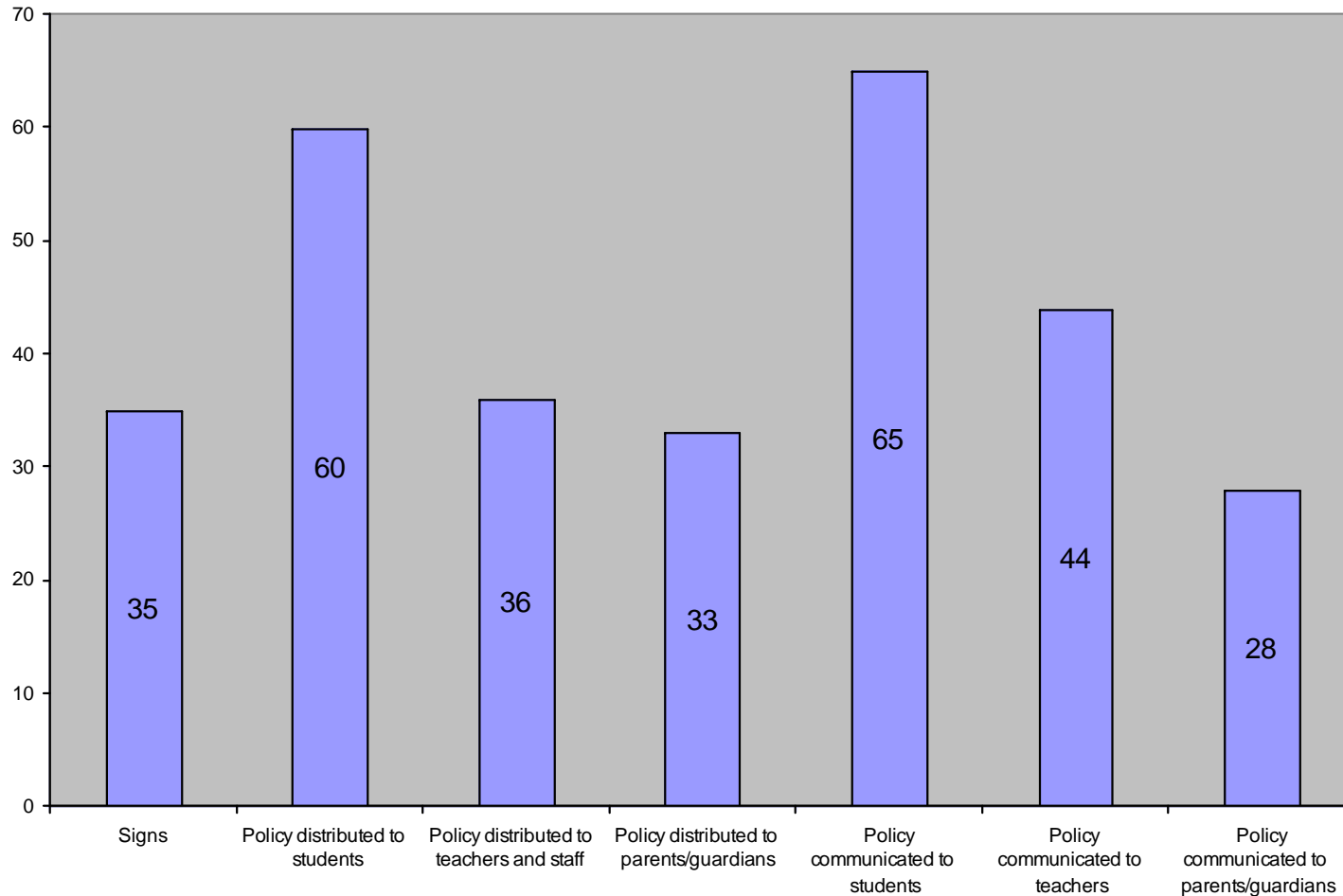
Who is involved in the development of the policy?





## School Policies

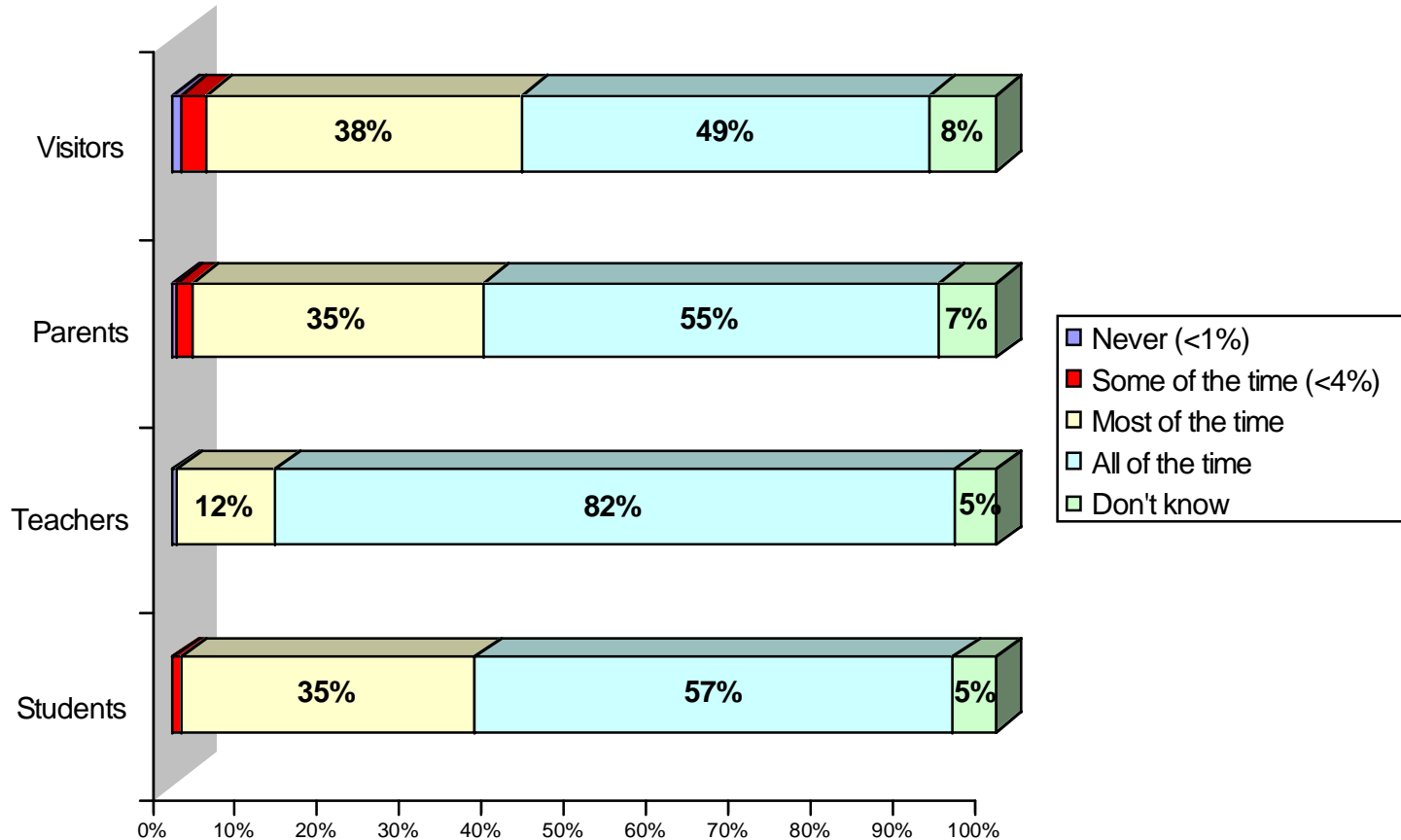
### Percentage of administrators indicating how policy is communicated to students





# School Policies

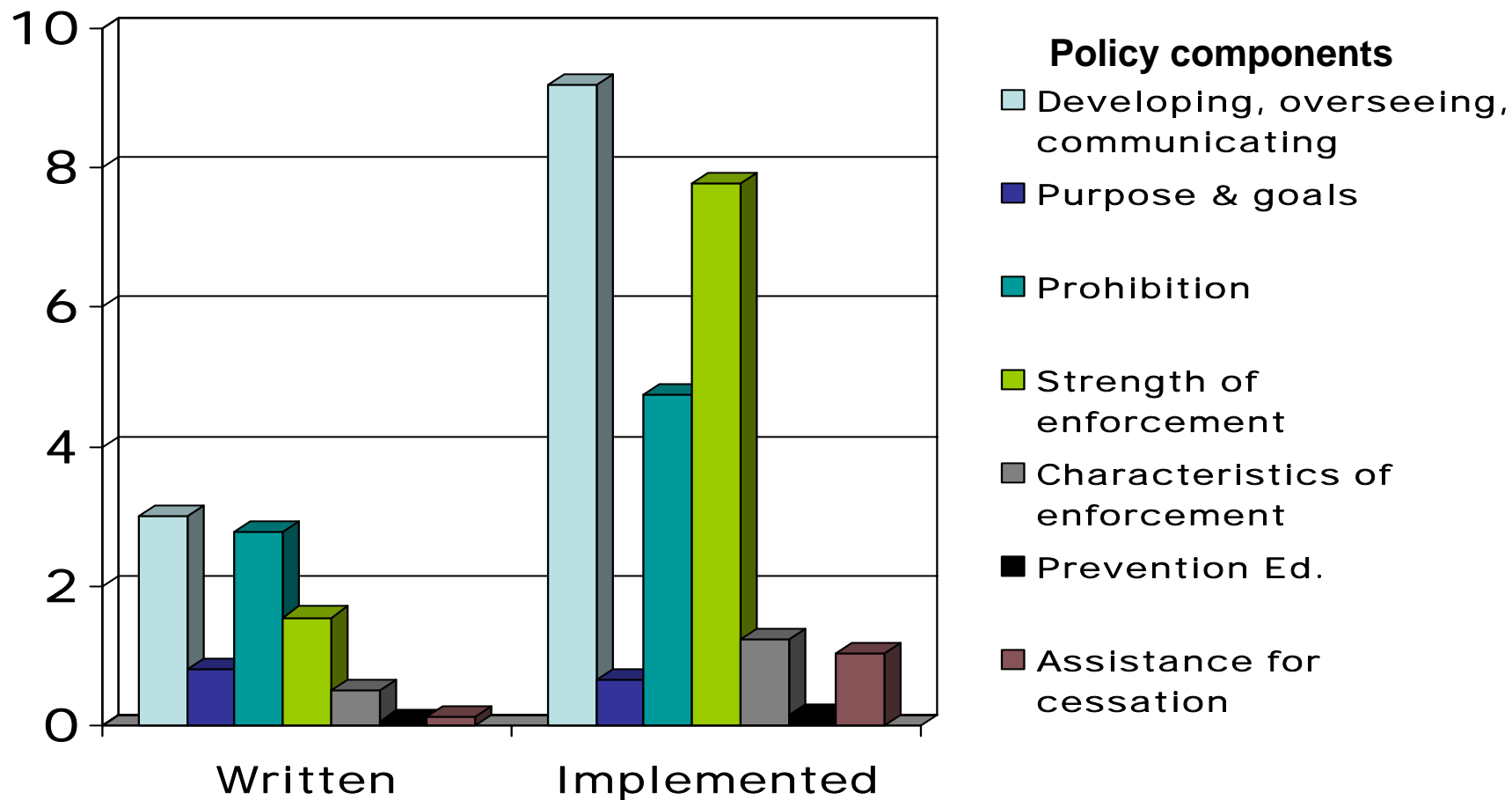
## % of administrators indicating extent of policy adherence



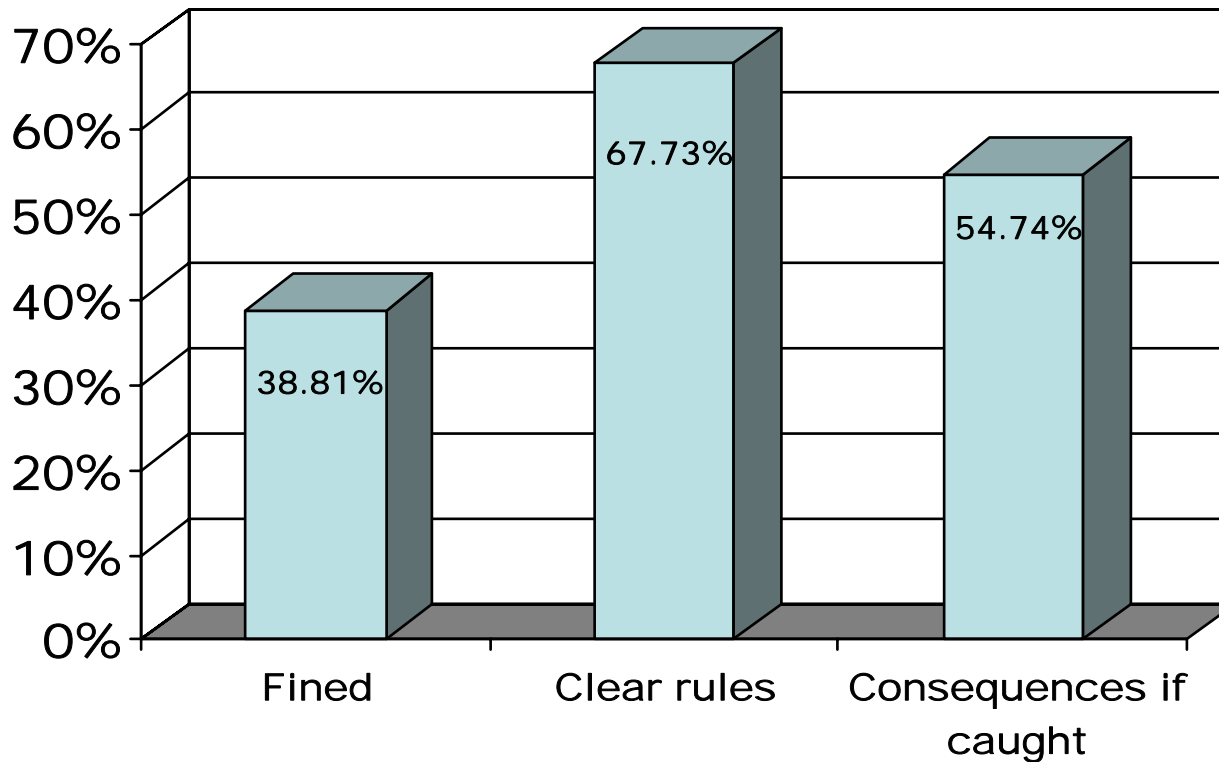


Grades 10-11

### Policy scores (comparable items)



### Percentage of students indicating perceptions of tobacco policy enforcement



# Linking policies to smoking behaviour

## What have we found so far?

- Global school smoking prevalence
  - Students' perceptions of policy enforcement and smoking prevalence
- Smoking on school property
  - Policy intention and implementation
  - Students' perceptions
- Smoking off school property
  - Students' perceptions



# Implications for research

- Comprehensive and theoretical approaches to understanding effective tobacco control policies
- Policies need to be written to be implemented & communicated
- Multidimensional framework
- Expand knowledge on characteristics of smoking behaviour
- Take advantage of natural experiments



# Questions and New Directions

- Should ALL schools have a policy regardless of their provincial/municipal regulations?
- Should school boards play a stronger role in initiating a board wide policy? How can school boards be supported to accomplish this?
- Should school policies be a part of ongoing monitoring and surveillance in tobacco control?



## *Some unanswered questions...*

- The vast majority of secondary schools have a school policy, some schools use district policy others develop their own—we don't know what works best
- There is mixed evidence regarding the characteristics of school policies that predict school smoking



## *Some unanswered questions...*

- School health decision-makers need information to identify best practices in school non-smoking policies
- Measurement of policies is an area that needs further development
- We don't know the ideal program policy mix for different school/community contexts

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THANK YOU

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# Rubric

1. Develop, oversee, communicate policy
2. Purpose & goals
3. Tobacco-Free Environments
  - I. Prohibition
  - II. Strength of Enforcement
  - III. Characteristics of Enforcement
  - IV. Consistency of Enforcement
4. Tobacco Use Prevention Education
5. Assistance to Overcome Tobacco Addictions
6. Adherence



## What do we know works?

- **Laws and regulations** that prevent access to tobacco products, reduce exposure to tobacco smoke, and restrict advertising
- Mass media campaigns (*some evidence*)
- School-based prevention **programs** effective in short-term
- Comprehensive state/provincial **strategies** reduce tobacco use in young adults