

How to Measure Smoking Cessation among Youth

The Department of Health and Human Service's *Healthy People 2020* outlines national targets for reducing tobacco use and increasing quit attempts by young smokers (Grades 9-12). These objectives include reducing the use of tobacco products in the past month from 26.0% to 21.0% (Objective TU-2), reducing cigarette smoking in the past month from 19.5% to 16.0% (Objective TU-2.2), and increasing the percentage of adolescent smokers who have made a quit attempt in the past year from 58.5% to 64.0% (Objective TU-7).¹

The need to measure and monitor smoking cessation among youth is more important than ever because effective cessation interventions now exist for young

smokers. The United States Public Health Services' clinical practice guideline *Treating Tobacco Use and Dependence: 2008 Update* recommends for the first time that adolescent smokers be provided with counseling interventions to aid them in quitting smoking.²

:: EXISTING RESOURCES FOR MEASURING SMOKING CESSATION AMONG YOUTH

While there is no standard set of evaluation indicators or measures to assess smoking cessation behaviors among youth, there are several key documents and resources available on this topic. The following list is not exhaustive, but is representative of what is commonly used to guide evaluation and surveillance efforts.

Evaluation Resources

- **Canadian Tobacco Control Research Initiative³**

AVAILABLE AT:
http://www.youthtobaccoceaseation.org/Uploads/PDF/Indicators_YouthCessation_Phase2_11_08.pdf

Health Canada commissioned a multi-phase project to facilitate the identification, selection, and adoption of standardized indicators for the evaluation of youth cessation programs. During this project, experts succeeded in making recommendations for a set of four core measurement items to be included in a minimum data set upon validation.

- **Helping Young Smokers Quit (HYSQ)⁴**

AVAILABLE AT:
<http://helpingyoungsmokersquit.org/toolkit>

The HYSQ initiative is a multi-phase project that addresses the need to disseminate effective cessation programs for young smokers. HYSQ developed an evaluation toolkit for youth smoking cessation programs. The toolkit provides program administrators with surveys that can be given to participants in cessation programs. It also includes tools to create and analyze reports from pre-program, post-program, and follow-up surveys, and provides suggestions for interpreting results.

- **Key Outcome Indicator Report (KOI)⁵**

AVAILABLE AT:
http://www.cdc.gov/tobacco/tobacco_control_programs/surveillance_evaluation/key_outcome/index.htm

The KOI provides information on 120 key outcome indicators for evaluation of statewide comprehensive tobacco prevention and control programs. The guide includes indicators to evaluate activities related to increasing cessation among adults and youth.

Surveillance Resources

• Monitoring the Future (MTF)⁶

AVAILABLE AT:
<http://monitoringthefuture.org/>

MTF provides annual data on behaviors, knowledge, attitudes, and values related to the use of an array of both illicit and licit drugs among secondary school students, college students, and young adults. Tobacco related indicator topics include cigarette use, initiation, cessation behavior, and brand preference among others.

• National Youth Smoking Cessation Survey (NYSCS)⁷

AVAILABLE IN 2011 AT:
<http://www.icpsr.umich.edu/icpsrweb/ICPSR/>

The NYSCS was a two-year longitudinal telephone study of adolescent and young adult cigarette smokers aged 16–24 years. The study's goal was to provide insight into adolescent and young adult quitting behavior, track changes in quitting behavior over time, and clarify preferences for different types of assisted quitting interventions.

• National Youth Tobacco Survey (NYTS)⁸

AVAILABLE AT:
http://www.cdc.gov/tobacco/data_statistics/surveys/nyts/index.htm

The NYTS, a survey of middle school and high school students in the United States, provides estimates of usage for various tobacco products and several indicators related to smoking cessation goals, attitudes, and behaviors. The survey has been conducted since 2000.

• National Survey on Drug Use or Health (NSDUH)⁹

AVAILABLE AT:
<http://www.icpsr.umich.edu/icpsrweb/ICPSR/>

The NSDUH provides data on the prevalence, patterns, knowledge and attitudes, and consequences of drug and alcohol use and abuse in the United States including tobacco.

• Question Inventory on Tobacco (QIT)¹⁰

AVAILABLE AT:
<http://apps.nccd.cdc.gov/qit/quickSearch.aspx>

QIT, a web-based tool developed by Centers for Disease Control and Prevention's Office on Smoking and Health, categorizes more than 6,000 tobacco-related questions. This site can be used to collect information on survey questions used in the past, locate available data for secondary analyses, and gather ideas for future instrument development.

• Youth Risk Behavior Surveillance System (YRBS)¹¹

AVAILABLE AT:
<http://www.cdc.gov/HealthyYouth/yrbs/index.htm>

The YRBS is a nationally representative survey of students in grades 9 through 12. Conducted biennially, the YRBS serves as the data source for measuring progress toward meeting the Healthy People 2010 objectives to reduce tobacco and increase quit attempts by adolescent smokers.

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