

2021-2022 Grant Year Data for Indicator 16/*Breathe*

Below are the highlights for Indicator 16 and “*Breathe: Healthy Steps for Living Tobacco Free*” for the 2021-2022 grant year for Health Ed Pros (the statewide partner overseeing *Breathe*) and the TPC funded counties. *Additional data as well as samples of comments and answers to open ended questions can be found in the full data reports at www.justbreathein.org.

General *Breathe* Stats for 2021-2022

- 36 *Breathe* Trainings were completed (including 11 *Breathe* Refreshers.)
 - 17 trainings were conducted in person; 19 trainings were conducted virtually
- 795 people attended a *Breathe* Training (240 in person, 555 virtually)
- 53 Counties were reached with *Breathe*

Key Results from Pre and Post Assessments for Full *Breathe* Trainings

- 438 Pre Assessments were completed; 376 Post Assessments were completed
- 98.4% would recommend the *Breathe* Training to others
- Those who felt prepared to discuss tobacco/smoking with parents (very prepared and somewhat prepared) went from 65.5% before the training to 93.6% after the training.
- Those who felt prepared to discuss second/thirdhand smoke with parents (very prepared and somewhat prepared) went from 65% before the training to 93.6% after the training.
- Those who felt prepared to discuss marijuana with parents (very prepared and somewhat prepared) went from 49.5% before the training to 86.2% after the training.
- 97.6% indicated they were extremely likely or somewhat likely to use the *Breathe* training materials.

Key Results from *Breathe* One Month Follow Up Surveys

- 79 One Month Follow Up Surveys were completed
- The most USED *Breathe* components were the Parent Handouts, Parent Activities, and Children’s Activities
- The most USEFUL *Breathe* components were the Parent Handouts, Parent Activities, and *Breathe* Videos
- INTENT TO USE was highest for the Parent Handouts, followed by the Flipchart, Parent Activities, Children’s Activities, and Videos

Key Results from Pre and Post Assessments for *Breathe* Refresher Trainings

- 224 Pre Assessments were completed; 183 Post Assessments were completed
 - 71.2% attended the previous *Breathe* training
 - 56.1% knew where a *Breathe* Kit was stored at their center
- The most USED *Breathe* components were the Parent Handouts and Children’s Activities
- INTENT TO USE was highest for the Parent Handouts, Children’s Activities, and Coloring Sheets
- 97.8% would recommend the *Breathe* Refresher Training to others

Key Results from the County Coordinator Survey

- 27 County Coordinators Completed the *Breathe* Feedback Survey
- 15 County Coordinators have conducted a *Breathe* training, 8 have not, 4 have not conducted a training yet but have one scheduled
 - Of those who have conducted a training, 8 County Coordinators have conducted one *Breathe* training and 7 have conducted 2 or more trainings
- In addition to completing the *Breathe* trainings, the top Indicator 16 activities completed included: providing Quitline materials, sharing the *Breathe* e-newsletter, and providing Community/Parent/Student education
- The least likely Indicator 16 activities completed included: executing a memorandum of understanding and enrolling organization as a preferred organization
- 80.8% of respondents found the *Breathe* website Extremely or Somewhat Helpful.
- Of those who have joined the *Breathe* Facebook group, 60% found it Extremely or Somewhat Helpful
- Of those who are receiving the *Breathe* newsletter, 80% found it Extremely or Somewhat Helpful
- Of the *Breathe* kit components, County Coordinators found the Children's Activity Booklet and the Parent Handouts the most useful.

Key Results from Parent Surveys

- 295 Parent Surveys were completed (including 26 in Spanish)
- 22.6% of parents reported they currently smoke, chew tobacco, or use e-cigarettes/vape
 - Of those parents who smoke, 38.8% said they were interested in resources to help them quit
- 11.3% of parents indicated their child is exposed to tobacco smoke and/or e-cigarette vapor in the home or car
- 9.6% of parents indicated their child has ever been diagnosed with asthma or another chronic respiratory illness
- 54.1% of parents indicated they received education about the dangers of tobacco and secondhand smoke in the past 3 months
 - 79.4% of parents found the tobacco education to be Very Helpful or Somewhat Helpful

Report Completed by Health Ed Pros

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