**2021-2023 Grant Cycle Data for Indicator 16/*Breathe***

Below are the highlights for Indicator 16 and “*Breathe: Healthy Steps for Living Tobacco Free*” for the 2021-2023 grant cycle 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 at [www.justbreathein.org](http://www.justbreathein.org).

*Special Note: Due to the design and distribution method of Breathe surveys, the reported percentages are somewhat limited in their ability to describe the actual tobacco-related beliefs, attitudes, and behaviors among staff members of the organizations trained as well as the parents/guardians surveyed. The main purpose of the Breathe data is to serve as an internal evaluation tool for our funded partners and the organizations utilizing Breathe. Statistics should not be shared with the general public.*

**General *Breathe* Stats for 2021-2023**

* 69 *Breathe* Trainings were completed (including 23 *Breathe* Refreshers,)
  + 38 trainings were conducted in person; 31 trainings were conducted virtually
* 1,434 people attended a *Breathe* Training
* 73 Counties were reached with *Breathe*

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

* 862 Pre Assessments were completed; 783 Post Assessments were completed
* 64.2% had previously been training on tobacco/smoking
* Prior to the Breathe training 52.3% said they refer parents to smoking cessation resources
* 98.1% would recommend the *Breathe* Training to others
* Those who felt prepared to discuss tobacco/smoking with parents (very prepared and somewhat prepared) went from 61.7% before the training to 94.2% after the training.
* Those who felt prepared to discuss second/thirdhand smoke with parents (very prepared and somewhat prepared) went from 61.3% before the training to 94.3% after the training.
* Those who felt prepared to discuss marijuana with parents (very prepared and somewhat prepared) went from 46.2% before the training to 86.6% after the training.
* 98.2% indicated they were extremely likely or somewhat likely to use the *Breathe* training materials.

**Key Results from *Breathe* One Month Follow Up Surveys *(only sent to participants of full Breathe trainings)***

* 174 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, Children’s Activities, Coloring Book, and *Breathe* Videos
* INTENT TO USE was highest for the Parent Handouts, followed by the Parent Activities, *Breathe* Videos, Children’s Activities, and the Flip Chart

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

* 376 Pre Assessments were completed; 347 Post Assessments were completed
  + 68.3% attended the previous *Breathe* training
  + 59.6% knew where a *Breathe* Kit was stored at their center
* The most USED *Breathe* components were the Parent Handouts, Children’s Activities, and Parent Activities
* INTENT TO USE was highest for the Parent Handouts, Coloring Sheets, and Children’s Activities
* 96.5% would recommend the *Breathe* Refresher Training to others

**Key Results from the County Coordinator Survey**

* 24 County Coordinators Completed the *Breathe* Feedback Survey
  + 21 County Coordinators conducted a *Breathe* training, 3 did not
    - Of those who conducted a training, 7 County Coordinators conducted one *Breathe* training and 14 conducted 2 or more trainings
* In addition to completing the *Breathe* trainings, the top Indicator 16 activities completed included: giving out Quit Now Indiana Materials, sharing the *Breathe* e-newsletter, and providing Community/Parent education
* The least likely Indicator 16 activities completed included: enrolling organization as a preferred organization, reviewing partners health assessment forms, and executing memorandums of understanding
* 91.7% of respondents found the *Breathe* website Extremely or Somewhat Helpful
* Of those who have joined the *Breathe* Facebook group, 56.3% found it Extremely or Somewhat Helpful
* Of those who are receiving the *Breathe* newsletter, 91.7% found it Extremely or Somewhat Helpful
* Of the *Breathe* kit components, County Coordinators found the Children’s Coloring Book and the Parent Handouts the most useful.
* When asked “Did you choose the Tobacco Free Families indicator for the 2023-2025 grant cycle?” 20 County Coordinators said Yes and 4 said No.

**Key Results from Parent Surveys**

* 541 Parent Surveys were completed (including 57 in Spanish), representing 26 counties
* 17.7% of parents reported they currently smoke, chew tobacco, or use e-cigarettes/vape (English Survey = 19.5%; Spanish Survey = 1.8%)
  + Of those parents who smoke, 47.7% said they were interested in resources to help them quit
* 10.2% of parents indicated their child is exposed to tobacco smoke and/or e-cigarette vapor in the home or car
* 11.1% of parents indicated their child has ever been diagnosed with asthma or another chronic respiratory illness
* 57% of parents indicated they received education about the dangers of tobacco and secondhand smoke in the past 3 months
  + 81.8% of parents found the tobacco education to be Very Helpful or Somewhat Helpful

***Report Completed by Health Ed Pros***

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