

Translation of an Evidence-based Teen Driving Program into a Workplace Wellness Program

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Background

Steering Teens Safe

- Significantly increases successful driving conversations between parents and teens, and
- Teens whose parents are trained in Steering Teens Safe report talking about more driving topics (Peek-Asa et al 2014)

Objective: Use translation science to incorporate Steering Teens Safe into workplace wellness programs.

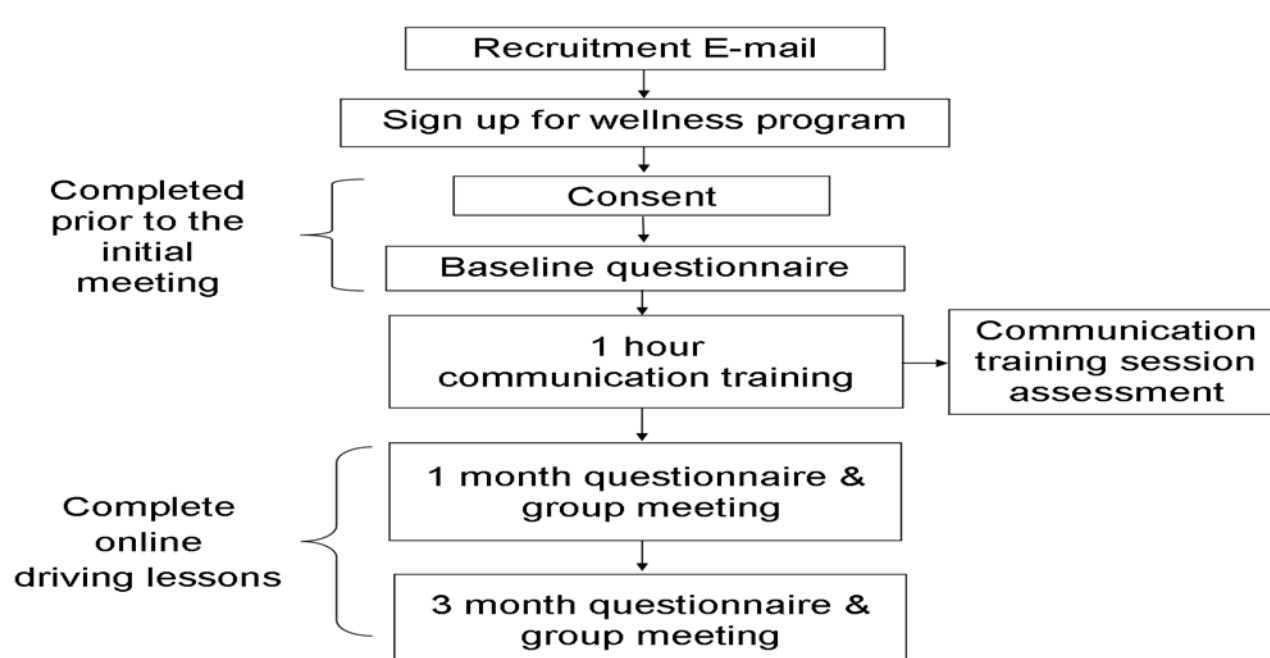
Methods

Methodology for Replicating Effective Programs (REP) Framework Process of Translating an Existing Efficacious Intervention into a Workplace Wellness Program

PRE-CONDITIONS	PRE-IMPLEMENTATION	IMPLEMENTATION	MAINTENANCE AND EVOLUTION
Identification of efficacious intervention that fits workplace	Staff training Pilot testing	Implementation of the refined program	Organizational support to sustain Intervention
Formative research with workplace staff /employees	Core activities and customized delivery Logistics planning	Technical assistance/ongoing support Evaluation of implementation	Recommendation on sustainability strategies Re-customizing intervention delivery as needed
Packaging intervention For training and assessment		Feedback and refinement	

Taken from: Kilbourne, A. et al (2007). Implementing evidence-based interventions in Health care: Application of the replicating effective programs framework. Implementation Science, 2, 42.

Steering Teens Safe Workplace Wellness Protocol



Results

Pre-condition and Pre-implementation

PRE-CONDITIONS

Completed a focus group with 8 parent employees and 1 human resources staff

- Facilitators
 - Wellness program in place
 - Safe driving important
- Barriers
 - Time to complete
 - Acceptance of new communication style

Result: Re-packaged Steering Teens Safe to be an online program

Steering Teens Safe
A Parent Guide for Safe Teen Driving

PRE-IMPLEMENTATION

Wellness staff trained in

- Steering Teens Safe
- Effective communication
 - How, what, tell me more questions
 - Reflections

Pilot tested with 10 parents

Revision of online program and communication training

Implementation

Table 1. Demographic Characteristics of Subjects (N=32)

	N (%) ¹
Parent	
Father/Step-Father	14 (43.8)
Mother	18 (56.2)
Education	
High school grad	2 (6.7)
Some college	9 (30.0)
Bachelor's degree	9 (30.0)
Grad school or more	9 (30.0)
Marital status	
Married	30 (93.8)
Single	2 (6.2)
Previously taught a child to drive	18 (56.2)
Driving teaching duties	
Intervention parent only	14 (43.8)
Other parent only	3 (9.4)
Both parents equally	15 (46.9)
Child have own car	16 (50%)

¹Column totals may not equal 32 due to missing values

Figure 1. Over the Course of the Wellness Program, Parent Risky Driving Decreased while Typical Parent-Teen Conversations Improved Significantly from Baseline to 3-month Follow-up

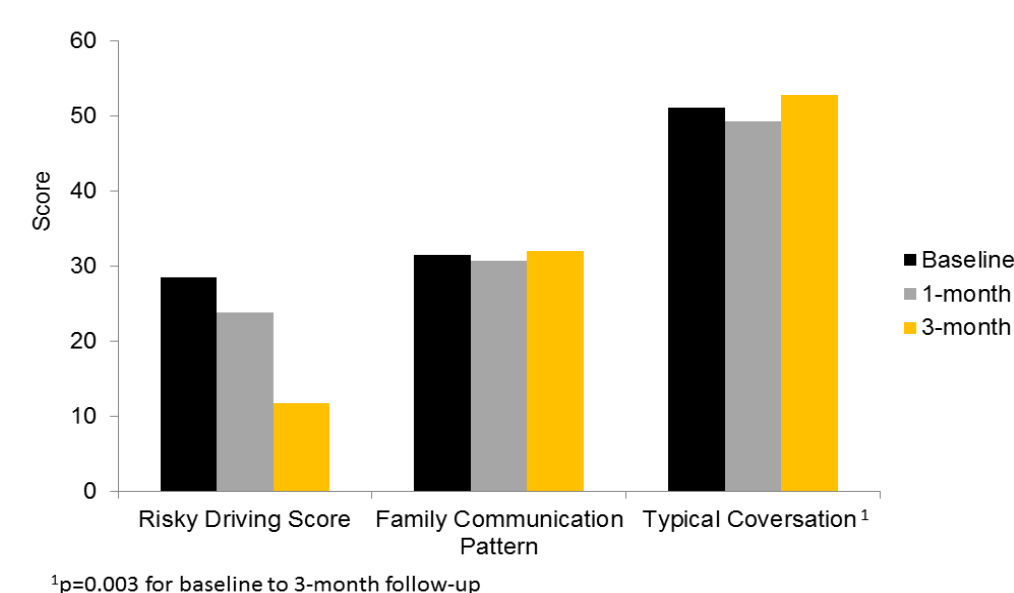


Table 2. Steering Teens Safe Wellness Program, Web Lesson Completion (N=25)

Basic Safety Principles	N(%)	Specials Skills for Rural Roads	N(%)	Setting Guidelines for Driving	N(%)
Take the job of driving seriously	18 (72.0)	Driving on 2-lane roads	12 (48.0)	When/where allowed to drive	11 (44.0)
Always wear your seatbelt	18 (72.0)	Driving on gravel roads	14 (56.0)	Who can be in the car	11 (44.0)
Avoid distractions while driving	17 (68.0)	Uncontrolled intersections	10 (40.0)	What happens if driving expectations are not met	10 (40.0)
Never drive when impaired	14 (56.0)	Sharing the road with trucks and farm equipment	14 (56.0)		
Be a safe passenger	14 (56.0)				
Important Skills for Safe Driving		Special Driving Situations			
Follow all traffic signals	11 (44.0)	Collisions with animals	14 (56.0)		
Maintain a safe speed	14 (56.0)	Driving in bad weather	15 (60.0)		
Changing lanes	12 (48.0)	Emergency maneuvers	13 (52.0)		
Don't follow too closely	12 (48.0)	Other special driving situations	11 (44.0)		
Communicate w/other vehicles	14 (56.0)				
Turning at intersections	13 (52.0)				

Quotes from Parents

"The questions helped—you were calmer going into it because you had some things in the back of your mind about how to ask the questions".

"To me the fruit of reflections is the awareness of what my teen is experiencing. It's a technique to diffuse emotion. Yelling at kids makes them more nervous".

Conclusions

- Steering Teens Safe is a highly accepted workplace wellness program
- Parent's involved in the study had effective communication skills at baseline but improvement in typical conversations was seen after the wellness program.
- Parent's were most likely to complete the lessons on taking driving seriously and always wearing your seatbelt.
- Parent's were least likely to complete the web lessons on setting guidelines for your child to drive.

Acknowledgments

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