

Public Health Youth Leadership Academy Program

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Collaborative Partners



Asian Alliance for Health (www.AsiansforHealth.org)



Chinese Community Health Resource Center (www.cchrhealth.org)



Youth Commission, City and County of San Francisco

(www.sfbos.org/index.aspx?page=5585)



Youth for the Chinese Elderly of American Red Cross,
San Francisco Chapter

(www.redcross.org/local/ca/san-francisco/volunteer/youth-volunteer-services/youth-for-chinese-elderly)

Funding Sources

- Asian Alliance for Health
- Cathay Bank Foundation
- Chinese Community Health Resource Center
- Chinese Hospital Health System

Internal Review Board Approved

Received IRB approval from the Ethnical and Independent Review Services.

Disclosure

There is no conflict of interest to disclose.

Background/Significance

- The public health workforce shortage projected that 250,000 health professionals in the US will be in demand by 2020 ^(1, 2)
- Studies showed youth-targeted hands-on trainings promote:
 - awareness & interest in health career subjects ^(3, 4)
 - gain of leadership skills ⁽⁵⁾
 - self motivation & sense of responsibility ⁽⁶⁾
 - empowerment [self-efficacy; self-esteem; social, emotional and behavioral outcomes] ⁽⁷⁾
- Peer-delivered education is effective in influencing youth health behaviors ^(8,9)

Goals

1. To raise awareness about and cultivate interests in public health among Asian American teens
2. To empower and build leadership skills among the teens

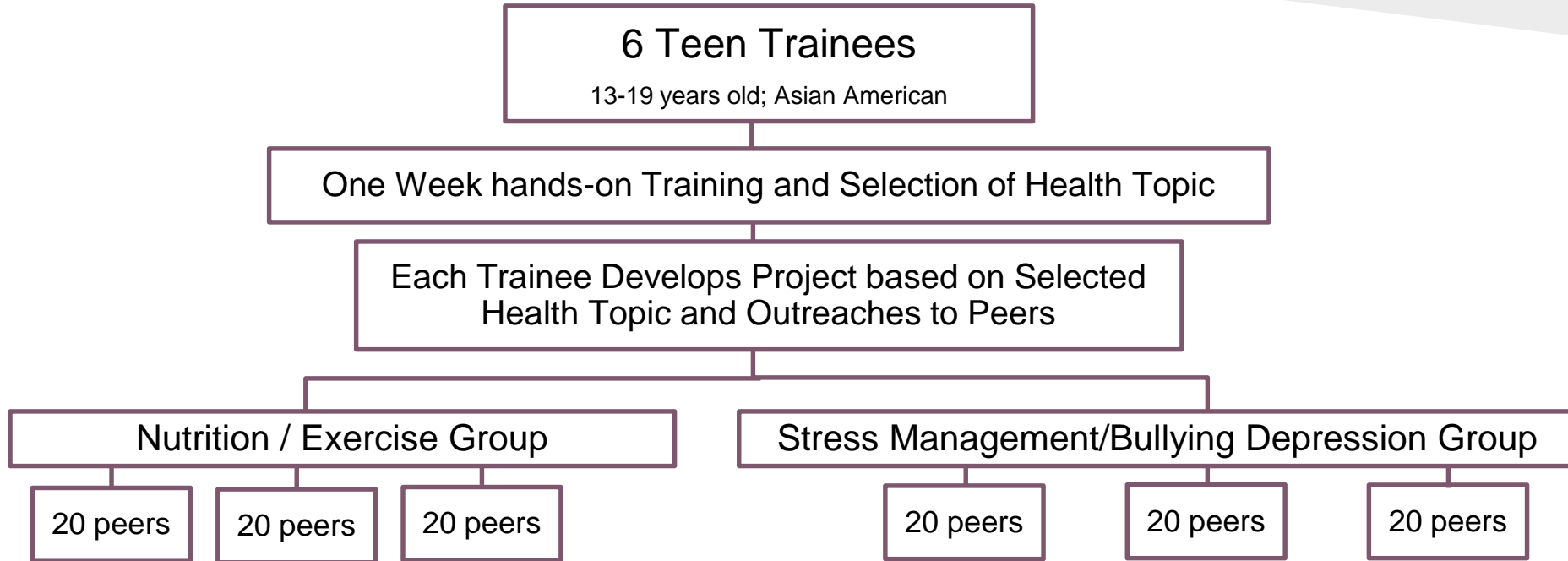


Objectives

Teen Trainees were to:

1. Complete a 5-day hands-on in-person training
2. Develop health outreach projects from need assessment phase to evaluation phase, in teams
3. Develop and execute a recruitment plan that each Trainee would recruit 20 peers
4. Participate in the evaluation of the program through focus group
5. Monitor his/her participants' completion of the surveys
6. Participate in abstract and presentation preparations, and finding dissemination through conferences and meetings

Methods



Methods (cont'd)

Recruitment of Teen Trainees through:

- Community partners and their networks
- Local middle and high schools
- CCHRC's Teen health website (www.teensincharge.org)
- Social media platforms (Facebook, Twitter, Weibo, etc.)

Methods (cont'd)

Application and selection process of the Youth Academy Program:

- Online application through (www.teensincharge.org)
- The Program Planning Committee selected Trainees based on the following criteria:
 - 13 to 19 year of age
 - expressed interest in gaining leadership skills
 - expressed interest in the program and available to participate in the program in-person

Methods (cont'd)

Incentives for participation:

- Certificates of achievement
- Minimum of 60 community service hours
- Stipend of \$250 USD
- Opportunity to make presentation at a national professional conference

Methods (cont'd)

One-Week Hands-On Training



Methods (cont'd)

Invited Speakers:

Eric Wu, Youth Commissioner, City and County of San Francisco, CA

Allen Lu, Coordinator of Community Outreach and Civic Engagement, San Francisco Youth Commission

Edward A. Chow, MD, President of the Health Commission, City and County of San Francisco, CA

Angela Sun, PhD, MPH, Founder/ President Asian Alliance for Health and Executive Director, Chinese Community Health Resource Center

Kari Lee, Executive Director, San Francisco Chinatown YMCA

Methods (cont'd)

Training Curriculum included :

- Basics of Public Health ◇
- Leadership skills
- Team building skills ◇
- Presentation/Public Speaking Skills ◇
- Community Outreach Concepts ◇
- Program promotion ◇
- Participant Recruitment
- Informed Consent
- Project Planning
- Data Collection
- Project Evaluation

◇ Trainee suggested training topics were incorporated into the curriculum

Methods (cont'd)

Development of the Intervention Material-Health Video Projects

Using stop-motion photography, the Youth Trainee created videos illustrating public health issues concerning teens:

- Nutrition & Physical Activity
- Stress Management/Bullying & Depression

Teens selected the topics from five given topics:

- (1) Body image/Eating Disorder
- (2) Suicide/Depression/Bullying
- (3) Nutrition/Health
- (4) Violence prevention- related
- (5) Substance abuse/Tobacco Use

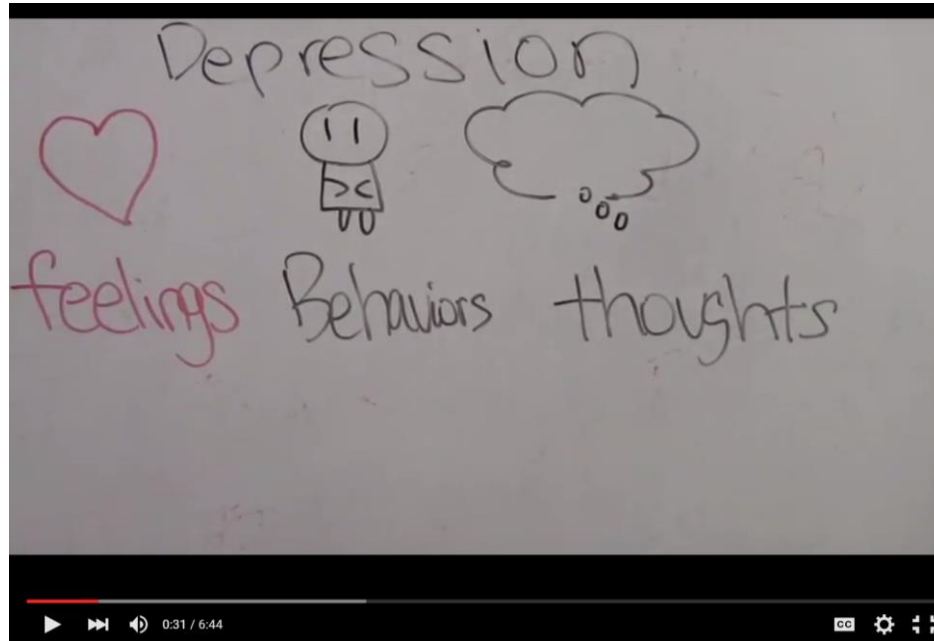
Nutrition & Physical Activity

<https://youtu.be/sMxcnmR2inQ>



Stress Management/Bullying & Depression

<https://youtu.be/w8KOJAK9SIA>

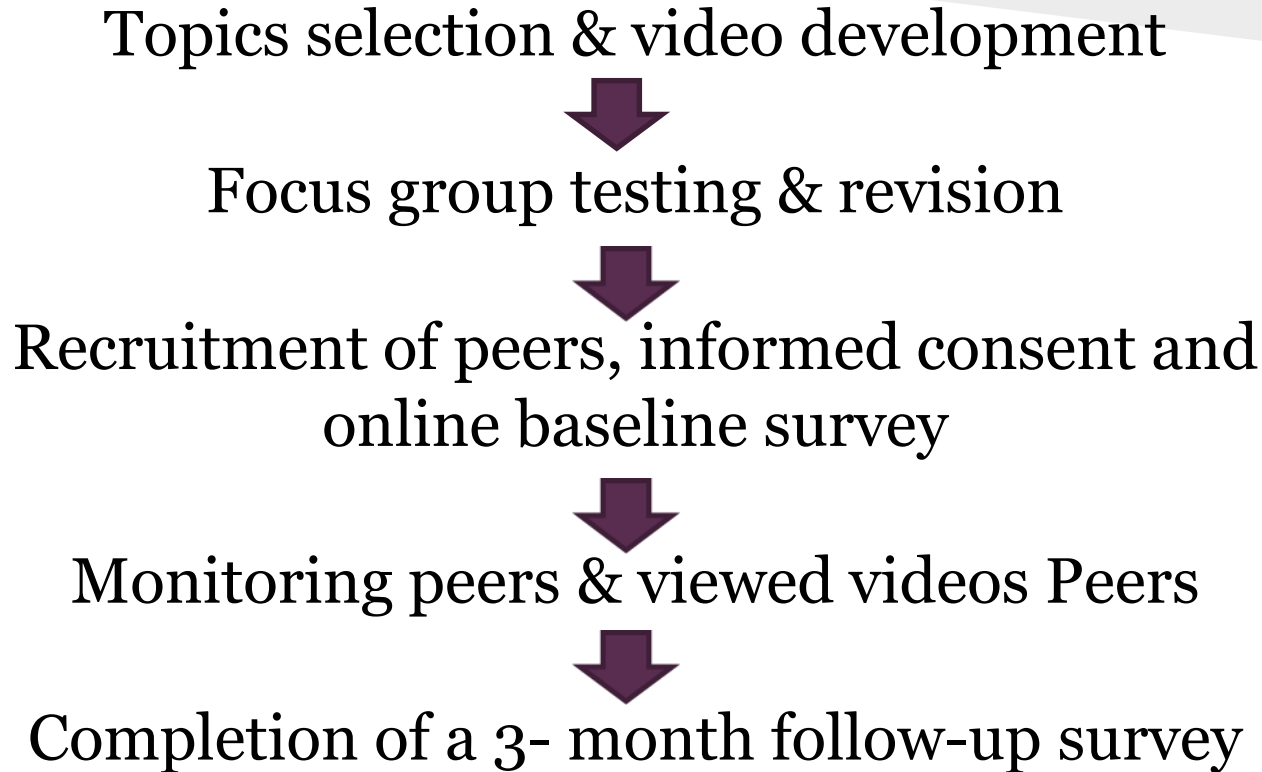


Methods (cont'd)

Teen Trainees' Project Responsibilities:

- Finalize intervention materials
- Recruited 20 peers as participants to view health videos
- Collected informed consents
- Followed-up with peers' participation to complete the surveys
- Monitored the peers' reactions through social media
- Provide progress updates to program staff
- Attended regular meetings with program staff
- Participate in program evaluation, development of abstract and conference presentation

Project Flow Chart for Trainees



Results (cont'd)

Focus group interviews with the trainees (N=6) were conducted to learn and understand about their experience with the program.

Results (cont'd)

Personal Experience

- . Met new friends
- . Collaborated with organizations
- . Engaged with local community members in SF Chinatown
- . Built confidence in approaching others
- . Learned presentation skills and developed our ability to collaborate with others
- . Discussed impacts and effects of public health in relation to our own lives



Takeaways & Final Thoughts

Positive Outcomes and Lessons Learned:

- We now have a better understanding of Public Health and the project topics
- Learning about the phases of health education from needs assessment to evaluation
- We are more confident to take on a leadership role
- Our actions can be positive influences of our peers' behaviors
- Always be flexible—our project changed many times due to conflicts within groups, during recruitment, etc.
- We learned to manage our time, as we had to complete our tasks within the time we had to work together
- Build consistency and punctuality among peers and coordinators

Takeaways & Final Thoughts

Challenges:

- Working with a team and accounting for other people's schedules
- Recruitment of project participants
- Project Time Management
- Conflict with school schedules
- Follow-up and coordinating with project participants
- Transportation challenges for in-person meetings

Results (cont'd)

Evaluation of Health Video Project:

- Peer participants (N=64)
- Design
 - randomized controlled trial
 - groups served as control for one another
 - groups: Nutrition & Physical Activity (n=46); Stress Management/ Bullying & Depression (n=18)
- Survey time points:
 - baseline
 - 3 months following baseline

Results (cont'd)

Project Survey Instrument

Adapted from:

- 2013 State and Local Youth Risk Behavior Survey
- Perceived Stress Scale-4 (PSS-4)

Domains examined:

- demographic characteristics
- dietary and eating behaviors
- physical activity engagement
- perception of stress
- confidence in handling problem

Asian American Public Health Youth Leadership Academy (AAPHYLA) Pre-Survey

This survey is about health and behavior. It has been developed so you can tell us what you do that may affect your health.

DO NOT write your name on this survey. The answers you give will be kept private. Please answer as truthfully as possible.

The questions that ask about your background will be only used to describe the types of students completing this survey. The information will not be used to find out your name. No names will be reported.

Thank you for your help!

Directions: Select one answer.

1. How old are you?
 - A. 13 years old
 - B. 14 years old
 - C. 15 years old
 - D. 16 years old
 - E. 17 years old
 - F. 18 years old
 - G. 19 years old
2. What is your gender?
 - A. Female
 - B. Male
3. In what grade are you?
 - A. 9th grade
 - B. 10th grade
 - C. 11th grade
 - D. 12th grade
 - E. Ungraded or other grade
4. Are you Hispanic or Latino?
 - A. Yes
 - B. No

5. What is your race? (Select one or more responses)
 - A. American Indian or Alaska Native
 - B. Asian
 - C. Black or African American
 - D. Native Hawaiian or Other Pacific Islander
 - E. White

The following 9 questions ask about food you ate or drank during the past 7 days. Think about all the meals and snacks you had from the time you got up until you went to bed. Be sure to include food you ate at home, at school, at restaurants, or anywhere else.

6. During the past 7 days, how many times did you drink fruit juices such as orange juice, apple juice, or grape juice? (Do NOT count punch, Kool-Aid, sports drinks, or other fruit-flavored drinks.)
 - A. I did not drink 100% fruit juice during the past 7 days
 - B. 1 to 3 times during the past 7 days
 - C. 4 to 6 times during the past 7 days
 - D. 1 time per day
 - E. 2 times per day
 - F. 3 times per day
 - G. 4 or more times per day
7. During the past 7 days, how many times did you eat fruit? (Do NOT count fruit juice.)
 - A. I did not eat fruit during the past 7 days
 - B. 1 to 3 times during the past 7 days
 - C. 4 to 6 times during the past 7 days
 - D. 1 time per day
 - E. 2 times per day
 - F. 3 times per day
 - G. 4 or more times per day
8. During the past 7 days, how many times did you eat green salad?
 - A. I did not eat green salad during the past 7 days
 - B. 1 to 3 times during the past 7 days
 - C. 4 to 6 times during the past 7 days
 - D. 1 time per day
 - E. 2 times per day
 - F. 3 times per day
 - G. 4 or more times per day

9. During the past 7 days, how many times did you eat potatoes? (Do NOT count French fries, fried potatoes, or potato chips.)

- A. I did not eat potatoes during the past 7 days
- B. 1 to 3 times during the past 7 days
- C. 4 to 6 times during the past 7 days
- D. 1 time per day
- E. 2 times per day
- F. 3 times per day
- G. 4 or more times per day

10. During the past 7 days, how many times did you eat carrots?

- A. I did not eat carrots during the past 7 days
- B. 1 to 3 times during the past 7 days
- C. 4 to 6 times during the past 7 days
- D. 1 time per day
- E. 2 times per day
- F. 3 times per day
- G. 4 or more times per day

11. During the past 7 days, how many times did you eat other vegetables? (Do NOT count green salad, potatoes, or carrots.)

- A. I did not eat other vegetables during the past 7 days
- B. 1 to 3 times during the past 7 days
- C. 4 to 6 times during the past 7 days
- D. 1 time per day
- E. 2 times per day
- F. 3 times per day
- G. 4 or more times per day

12. During the past 7 days, how many times did you drink a can, bottle, or glass of soda or pop, such as Coke, Pepsi, or Sprite? (Do NOT count diet soda or diet pop.)

- A. I did not drink soda or pop during the past 7 days
- B. 1 to 3 times during the past 7 days
- C. 4 to 6 times during the past 7 days
- D. 1 time per day
- E. 2 times per day
- F. 3 times per day
- G. 4 or more times per day

13. During the past 7 days, how many glasses of milk did you drink? (Count the milk you drank in a glass or cup, from a carton, or with cereal. Count the half pint of milk served at school as equal to one glass.)

- A. I did not drink milk during the past 7 days
- B. 1 to 3 glasses during the past 7 days
- C. 4 to 6 glasses during the past 7 days
- D. 1 glass per day
- E. 2 glasses per day
- F. 3 glasses per day
- G. 4 or more glasses per day

14. During the past 7 days, how many times did you eat breakfast?

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days
- G. 6 days
- H. 7 days

The following 5 questions ask about physical activity.

15. During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? (Add up all the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time.)

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days
- G. 6 days
- H. 7 days

16. On an average school day, how many hours do you watch TV?
- A. I do not watch TV on an average school day
 - B. Less than 1 hour per day
 - C. 1 hour per day
 - D. 2 hours per day
 - E. 3 hours per day
 - F. 4 hours per day
 - G. 5 or more hours per day
17. On an average school day, how many hours do you play video or computer games or use a computer for something that is not schoolwork? (Count time spent on things such as Xbox, PlayStation, an iPod, an iPad or other tablet, a smartphone, YouTube, Facebook or other social networking tools, and the Internet.)
- A. I do not play video or computer games or use a computer for something that is not schoolwork
 - B. Less than 1 hour per day
 - C. 1 hour per day
 - D. 2 hours per day
 - E. 3 hours per day
 - F. 4 hours per day
 - G. 5 or more hours per day
18. In an average week when you are in school, on how many days do you go to physical education (PE) class?
- A. 0 days
 - B. 1 day
 - C. 2 days
 - D. 3 days
 - E. 4 days
 - F. 5 days
19. During the past 12 months, how many sports teams did you play? (Count as many teams run by your school or community groups.)
- A. 0 teams
 - B. 1 team
 - C. 2 teams
 - D. 3 or more teams

The following 4 questions ask you about your feelings and thoughts during THE LAST MONTH. In each case, please indicate your response by choosing one answer representing HOW OFTEN you felt or thought a certain way.

20. In the last month, how often have you felt that you were unable to control the important things in your life?
- 0 – Never
 - 1 – Almost Never
 - 2 – Sometimes
 - 3 – Fairly Often
 - 4 – Very Often
21. In the last month, how often have you felt confident about your ability to handle your personal problems?
- 0 – Never
 - 1 – Almost Never
 - 2 – Sometimes
 - 3 – Fairly Often
 - 4 – Very Often
22. In the last month, how often have you felt that things were going your way?
- 0 – Never
 - 1 – Almost Never
 - 2 – Sometimes
 - 3 – Fairly Often
 - 4 – Very Often
23. In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?
- 0 – Never
 - 1 – Almost Never
 - 2 – Sometimes
 - 3 – Fairly Often
 - 4 – Very Often

Results (cont'd)

Descriptive Analysis of Health Video Project

- t-test and paired t-test were conducted

Health Video Results

- No significance were detected among outcome variables tested

Project Limitation(s):

- small sample size
- short duration of follow up

Acknowledgements

- San Francisco Chinatown YMCA
- Peers of the Teen Trainees

Thank You



Questions



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