Perspectives from the Youth Action Board – a Quality Improvement Project

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Who We Are?

REACH Lab

REACH – Research and Education to empower AYA to Choose Health

- Dr. Bonnie Halpern-Felsher, Professor & PI
- School of Medicine
- Department of Pediatrics
- Division of Adolescent Medicine
To empower and promote adolescent and young adult health through collaborative research, education, and policy.
Meet the Core Lab/Team

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Francesca Vescia, BA
Research Coordinator

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Why a Youth Action Board?

01. To elevate youth voice

02. Strengthen substance use prevention tools for youth.

03. Expand substance use prevention research.
Do you have a YAB at your site?
WHO IS YAB?

19 MEMBERS
AGES 13-23

79% FEMALE
42% 11th graders
95% youth of color
89% California residents
What YAB Does

01 Health Education & Curriculum Think Tanks

02 Communications & Outreach

03 Policy & Research
YAB Highlights

Enter into the World of YAB...
**Trivia Thursday**

**Trivia Question**
Which of the following is **FALSE** about pod-based e-cigarettes/vapes (like JUUL, Puff Bar) that contain nicotine?

A. They create an aerosol, not a water vapor
B. They contain nicotine
C. They feel less harsh on the throat compared to cigarettes, making it easy for young people to use them
D. Each pod has less nicotine than a pack of cigarettes

**Answer:**
D is false because one single pod actually has approximately double the mg of nicotine compared to a single pack of cigarettes.
YOU-TH SPEAK! STAYING HEALTHY & STRONG DURING THESE UNCERTAIN TIMES

TUES, JUNE 23, 2020
4:00 PM - 5:00 PM PST / 7:00 PM - 8:00 PM EST
THE STANFORD TOBACCO PREVENTION TOOLKIT YOUTH ACTION BOARD PRESENTS:

NICOTINE V.S. NATURE

...the hidden poison in our communities

APRIL 24TH, 2021
10AM–NOON (PST) – 1–3PM (EST)

Let's take initiative by discussing how nicotine endangers our local communities and how we can help combat this pressing issue.

Last day to register is 4/23/21 or until sold out.

What's more American than smoking?

- Asian Americans have struggled to "fit in" with society. They're not always celebrated in this country. A recent rise in Asian hate crimes is an example of this.
- Young Asian Americans may feel pressured to prove their "American-ness." What is more American than the Marlboro Man? This is still true, but for vaping now.
- Young Asian Americans may see vaping as an easy way to fit in.

VAPE- & SMOKE-FREE = PROTECTING ASIAN HEALTH
WHAT DID YAB SAY?

https://www.youtube.com/watch?v=x1iCCRWPA7A

Check out our video!
At the end of the 10 months of the YAB program, participants completed a survey that included closed and open-end questions.

The survey queried YAB members about their demographics, health behaviors, skill development, and program satisfaction.
How valuable was community building (e.g., check-ins, warmups, YAB parties) to you?
Findings:

Most (94%) of the YAB members rated community building and trusted adult mentorship as “quite” or “extremely” valuable aspects of YAB.
Poll Question

How valuable was the end of the YAB cycle honorarium?
Findings:

A majority of YAB also reported improvements in health knowledge (89%) and health navigation (94%); and reported highly valuing the honorarium received at the end of the cycle (88%).
Poll Question

How many YAB members reported feeling proud from their involvement with internship?
All YAB members reported feeling proud and that their perspectives were valued (100%)
Participant Quotes:

(1) “Being in YAB really allowed me to come out of my shell”

(2) “I also think that my creative skills benefited because I don’t use them as much as I would like and YAB got me to use them for a good cause.”
Participant Quotes:

(3) “I did a little more public speaking through zoom which taught me how to resolve problems fast and efficiently.”

(4) “I loved the YAB Party nights because I felt as if I got to know the other YABbers better.”
Findings:

100% of the YAB members reported developing various skills, with qualitative responses indicating gaining cooperation and socialization skills; 100% gained confidence in communication skills, including public speaking, graphic design, and advocacy skills as a result of their participation; and qualitative responses indicated developing skills in flexibility, empathy, and creativity.
Findings:

A majority of YAB also reported improvements in health knowledge (89%) and health navigation (94%); and reported highly valuing the honorarium received at the end of the cycle (88%).
Limitations

All data were self-reported by YAB members.

Results have limited generalizability.
Conclusions

Participation in a Youth Action Board using PYD principles can be an effective way for youth to develop community building and emotional skills, as well as improve health knowledge and health navigation.

Youth participation in research should include community building, opportunities for skill development, and opportunities for personal growth.

Quality improvements in programming can enrich youth experience in future YAB program cycles.