



# **SCHOOL-BASED ACCOMPLISHMENTS**

**APRIL 2008**

**MARYLAND CIGARETTE RESTITUTION FUND  
TOBACCO USE PREVENTION AND CESSATION PROGRAM  
LOCAL PUBLIC HEALTH COMPONENT**

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**CIGARETTE RESTITUTION FUND PROGRAM  
LOCAL PUBLIC HEALTH COMPONENT**

**FY 2007 SCHOOL-BASED ACCOMPLISHMENTS**

School programs are one of the nine components of the Center for Disease Control and Prevention (CDC) 1999 *Best Practices for Comprehensive Tobacco Control Programs*. In 1999, the Task Force to End Smoking in Maryland included an element within the Local Public Health Component of the ***Cigarette Restitution Fund Program (CRFP)*** totally dedicated to school-based activities.

- Community Outreach Initiatives
- ***School-based Initiatives***
- Cessation Initiatives
- Enforcement Initiatives

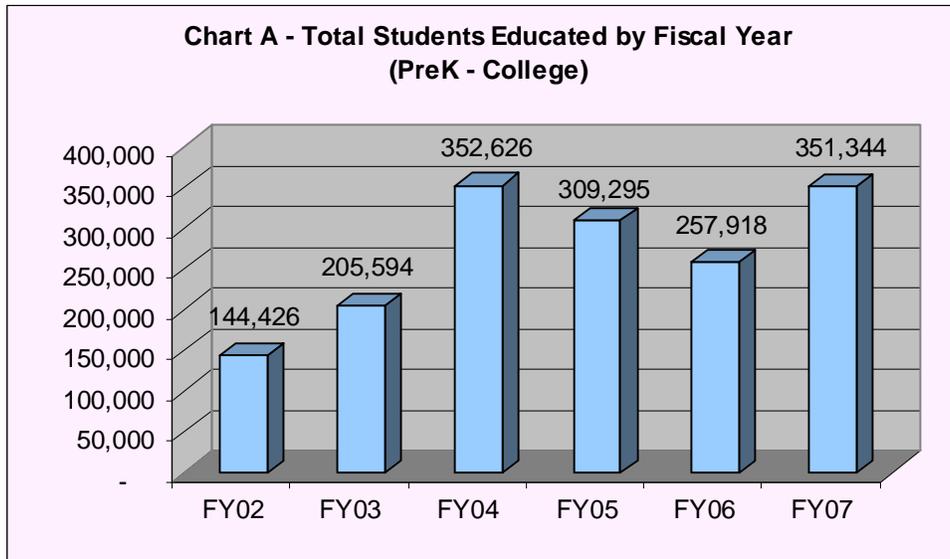
The school-based element of the Local Public Health component provides services and programs to pre-K through college-aged populations. Funds are allocated to local health departments to implement comprehensive school-based tobacco control plans in collaboration with local coalitions and school personnel. The Center for Health Promotion staff approve local plans and provide technical support for the school-based element. Local Health Department staff conduct some of the local activities, but more often than not, they oversee contractual agreements with day care providers, local school systems (LSS's), colleges and other school-based vendors throughout Maryland. Below is a chart that details the FY 2007 allocation amount budgeted for the school-based component in each county of Maryland.

**CRFP FY 2007 SCHOOL-BASED ALLOCATIONS**

<b>County</b>	<b>Allocation (\$)</b>	<b>County</b>	<b>Allocation (\$)</b>
Allegany	68,609.00	Harford	153,653.00
Anne Arundel	227,838.00	Howard	128,022.00
Baltimore City	301,569.00	Kent	38,055.00
Baltimore County	305,206.00	Montgomery	282,989.00
Calvert	81,382.00	Prince George's	266,615.00
Caroline	49,315.00	Queen Anne's	62,309.00
Carroll	96,029.00	St. Mary's	95,435.00
Cecil	91,446.00	Somerset	54,738.00
Charles	96,525.00	Talbot	56,843.00
Dorchester	54,833.00	Washington	89,986.00
Frederick	151,085.00	Wicomico	74,820.00
Garrett	57,061.00	Worcester	65,684.00

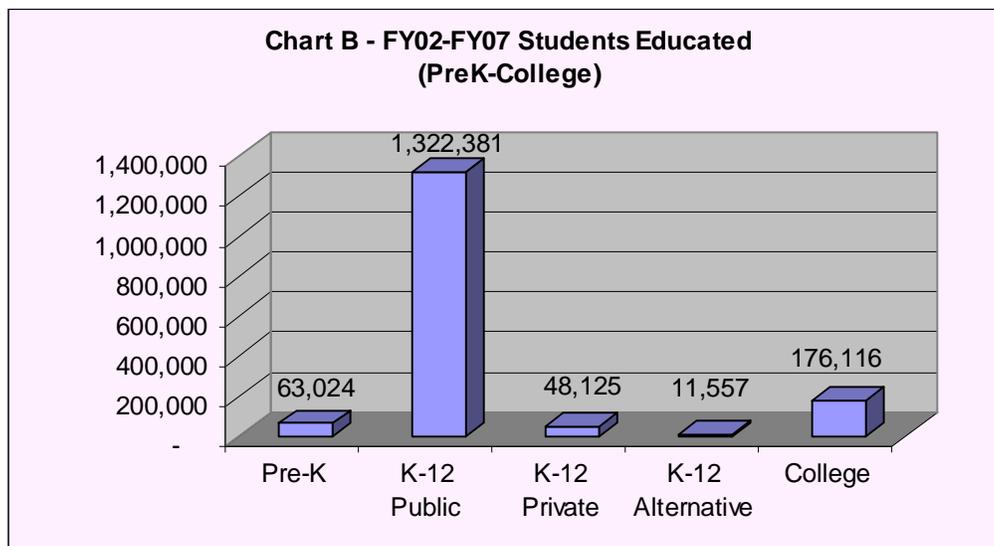
As in previous years, local health departments in Maryland were required to allocate between 24% and 34% of their *CRFP* Local Public Health Component budget to school-based initiatives. Typically, a greater percentage of funds are dedicated to the K-12 population since the research and data indicates that most tobacco use begins during ages 10 to 17.<sup>1</sup> With support from the school-based element tobacco use prevention education has increased in schools and has contributed to significant decreases in tobacco use among school-aged youth within Maryland LSS's.

Chart A illustrates the total number of students educated, pre-K through college. There is a significant increase in the number of students educated in tobacco use prevention from FY02 to FY07. At the end of FY02, 144,426 students were educated, while in FY'07 351,344 students were educated in tobacco use prevention.



Source: Local Public Health Component Database

Chart B gives a breakdown of the numbers of students educated in specific categories, Pre-K through college. The graph indicates that the K-12 public school student population consistently receives the majority of tobacco use prevention education. Curriculum instruction is the primary means by which tobacco use prevention education is obtained by students in Maryland. Table 1 provides detailed information on the numbers of students educated in each school-based category for FY02 through FY07.



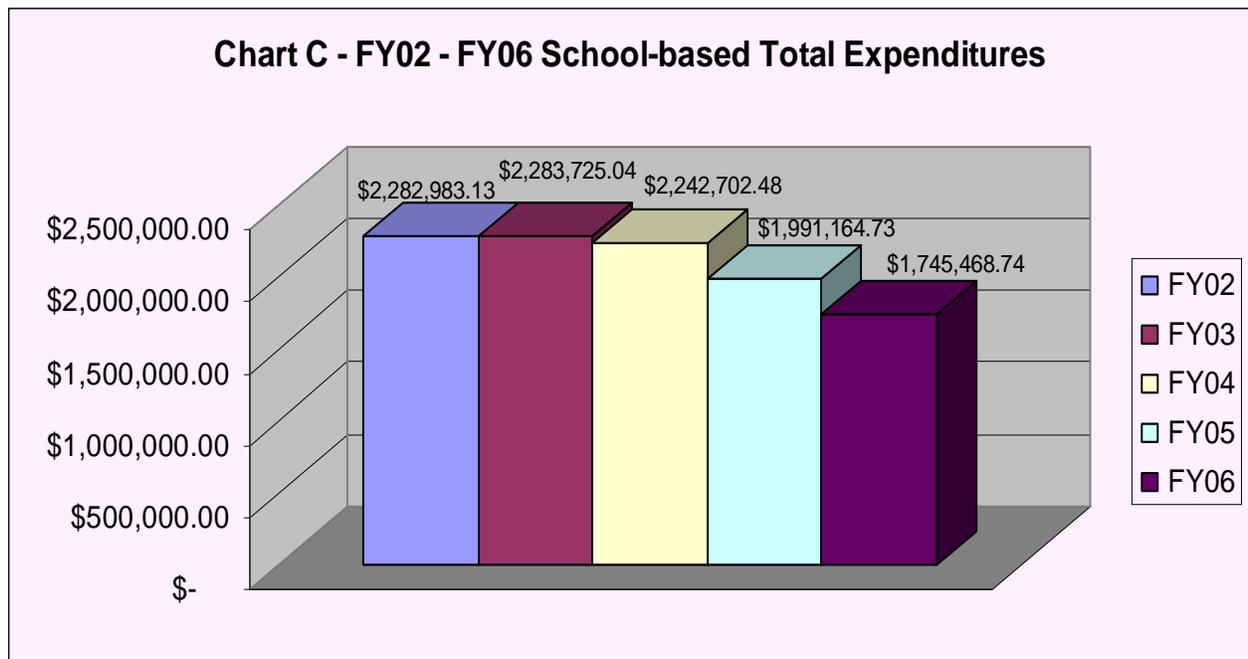
Source: Local Public Health Component Database

Table 1– Students Educated (Pre-K through College)

	FY02	FY03	FY04	FY05	FY06	FY07
Pre-K	-	12,693	12,915	13,508	10,546	13,362
K-12 Public	104,606	152,423	287,296	259,502	216,795	301,759
K-12 Private	-	2,415	9,822	13,382	9,164	13,342
K-12 Alternative	-	260	2,750	3,895	2,181	2,471
College	39,820	37,803	39,843	19,008	19,232	20,410

Source: Local Public Health Component Database

Chart C illustrates the total expenditure amounts in the school-based component from FY 2002 through FY 2006. These figures were derived from the CRFP reconciled budgets of the 24 jurisdictions in Maryland. Over time, funds from CRFP allowed schools to increase the amount of professional development offered to teachers, enhance classroom instruction and tobacco use prevention activities, and provide resources for LSS's to purchase instructional materials for tobacco use prevention education. By building capacity within LSS's, the school-based component of CRFP has shown a significant impact on tobacco use among students as demonstrated in the Maryland Youth Tobacco Survey (MYTS). As CRFP priorities shifted in FY06 to increase the level of cessation services within jurisdictions, school-based efforts slightly declined with a decrease in the overall amount for school-based allocations.



Source: Local Public Health Component Database

Effective school programs that produce a reduction in tobacco use among youth have been inclusive of the CDC's *Guidelines for School Health Programs to Prevent Tobacco Use and Addiction*; implementing tobacco free policies, evidence based curricula, teacher training, parental

involvement, and cessation services.<sup>2</sup> The guidelines include the following seven recommendations for ensuring a quality school program to prevent tobacco use:

1. **Policy-** Develop and enforce a school policy on tobacco use.
2. **Instruction-** Provide instruction about the short and long-term negative physiological and social consequences of tobacco use, social influences on tobacco use, peer norms regarding tobacco use, and refusal skills.
3. **Curriculum -** Provide tobacco use prevention education in grades K-12. Introduce instruction in elementary schools and intensify in middle/junior high schools. Provide reinforcement throughout high school.
4. **Training –** Provide teacher trainings that include reviewing curricula, modeling instructional activities and implementing lessons.
5. **Family Involvement-** Promote discussions at home about tobacco use by assigning homework and projects that involve families, and encourage parents to participate in community efforts to prevent tobacco use.
6. **Tobacco Cessation Efforts –** Schools should provide access to cessation programs that help students and staff stop using tobacco.
7. **Evaluation –** Assess the tobacco use prevention program at regular intervals.

All of the 24 Maryland jurisdictions have incorporated either some or all of these strategies in their LSS's. Of these recommended guidelines, the most common strategies implemented in the *CRFP* school-based component are instruction, curriculum, training and family involvement. Maryland schools that demonstrate the largest impact on student tobacco use instituted the following strategies:

- Prohibited tobacco use at all school facilities and events.
- Encouraged and helped students and staff to quit using tobacco.
- Provided developmentally appropriate instruction in grades K–12 that addresses the social and psychological causes of tobacco use.
- Established a coordinated tobacco use prevention program that reinforces tobacco policies with consistent messages from teachers, students, families, administrators, and community leaders.

Since the onset of the CRF program, there are steady increases in the number of Maryland LSS's that focus on curriculum instruction in public K-12 schools. And, in FY'03, the trend began to expand to both private and alternative schools (See Table 1). The following are brief descriptions for the most commonly used Pre-K and K-12 tobacco use prevention programs currently implemented in Maryland's public, private and alternative schools.

### **Pre-K and Elementary Curricula**

***ABC's of Secondhand Smoke*** is a publication of the Environmental Health Center, a division of the National Safety Council. Packaged as a training module for childcare providers, the curriculum provides background information on secondhand smoke including statistics about its effects on children. It also includes: guides for protecting children from second hand smoke and communicating with parents who smoke; a sample contract for a smoke-free childcare center policy; a list of resources; guides for parental involvement; and, activity sheets for children.

***Dare to be you*** is targeted toward families with 2 to 5 year old children, and is a multi-level prevention program developed by Colorado State University. Theory based, it incorporates social learning theory (Bandura), family systems, ecological/contextual theory (Bronfenbrenner) as well as risk and resiliency models. The program stresses building strengths in the following areas: decision making; problem solving; assertiveness; responsibility; and, empathy/esteem. The curriculum includes: a parent training guide; pre-school activity guide; parent & child activity workbook; and, a community leader's manual. Utilizing a community approach to education, this curriculum involves parents, community members and organizations in teaching students about health and decision making strategies.

The ***Donnie Dinosaur*** curriculum is a product of Syndistar educational publishers. Children learn about the dangers of tobacco from a puppet named Donnie Dinosaur and his friends. Donnie and his friends teach children about the dangers of nicotine use, including the long and short-term effects it has on the body. They are also taught about the way in which the media and advertisers attempt to portray tobacco use as cool. The lessons are taught through songs, skits and other fun activities from a curriculum manual that uses audiotapes, videos, activity sheets, stickers, cards, and certificates.

***Smoke Free that's Me*** is a 50-minute presentation designed to educate children about their lungs, the social influences related to smoking, and how to refuse tobacco products. Reviewing tobacco ads and reporting on the message that the tobacco companies are trying to portray engage the children in non-threatening ways of looking at the influences that surround them. The children receive a smoke-free sticker and a ruler that shows healthy lungs versus diseased lungs to reinforce their knowledge about tobacco use and its effects.

***The Michigan Model*** is a K-12 curriculum that creates a partnership between parents, schools and communities that supports young people in making healthy decisions. Teachers receive training, materials, and ongoing support health instruction. Students develop knowledge and skills in age-appropriate content areas as they proceed from kindergarten through grade 12; the students receive key health messages that are introduced, developed, and reinforced at a time when they can understand and use them. The model also teaches: self- discipline & cooperation; self-respect & respect for others; respect for property and the environment; respect for laws and school rules. While teachers are given access to current research and new teaching ideas, students both acquire and reinforce knowledge and skills through hands-on lessons and opportunities to practice. The Michigan Model undergoes professional evaluation and is regularly revised using the latest health research and teaching methods.

***We Wonder, "We Don't Smoke"*** is a colorful 12-page workbook that helps young children, ages 4-5 years old, learn about the dangers of smoking and engages children in practicing refusal skills so that they are more likely to avoid experimental tobacco use as they grow older. The preschooler's workbook is supported by a *Leader's Guide* that provides teacher resources and strategies for using the workbook in the classroom and a *"Hey Parents!"* page with notes to parents throughout the workbook to promote parent involvement.

### **Recommended K-12 Curricula**

Two K-12 curricula have been identified in the CDC's best practices as "programs that work" with the most credible evidence of sustained impact on youth tobacco use: *Life Skills Training and Project Towards No Tobacco Use (Project TNT)*. In Maryland, all of the 24 LSS's trained staff in CDC-approved curricula and/or implemented classroom instruction on CDC-approved curricula.

**Life Skills™ Training (LST)** is a program that seeks to influence major social and psychological factors that promote the initiation and early use of substances. Life Skills has distinct elementary (8 to 11 years old) and middle school (11 to 14 years old) curricula that are delivered in a series of classroom sessions over 3 years. The sessions use lecture, discussion, coaching, and practice to enhance student's self-esteem, feelings of self-efficacy, ability to make decisions, and ability to resist peer and media pressure. LST develops drug resistance, self-management, and social skills. Research has shown that students who develop skills in these areas are far less likely to engage in a wide range of high-risk behaviors including tobacco use. A two-day Life Skills teacher-training workshop is offered to prepare providers to deliver the curriculum.

### ***Project Towards No Tobacco***

Toward No Tobacco Use (TNT) is a comprehensive, classroom-based curriculum designed to prevent or reduce tobacco use in youth 10 to 15 years old in grades five through ten. The aim of this program is to teach students to describe the course of tobacco-addiction, the consequences of using tobacco, and the prevalence of tobacco use among their peers. TNT is delivered in 10 core lessons with 2 booster lessons one year after the students received the core lessons. A two-day teacher training is recommended prior to implementation of the curriculum.

## **Other K-12 Programs**

**Project ALERT** is a research-based drug prevention curriculum for middle school students (11 to 14 years old). It is a two-year, 14-lesson program that focuses on alcohol, tobacco, marijuana and inhalants. Guided classroom discussions and small group activities stimulate peer interaction and challenge student beliefs and perceptions. Instructors teach 11 core lessons during the first year, and 3-booster sessions the next year. Homework assignments that involve parents enhance learning by fostering parent-child communication.

The **NOT On Tobacco (N-O-T) Program** is a cessation program designed for teenagers who want to stop smoking. The curriculum consists of ten sessions and four follow-up sessions that offer reinforcement. The program offers very specific help with tough problems like nicotine withdrawal and how to manage its symptoms to prevent relapses. The program also deals with issues that matter to teens, such as how to control weight after quitting and how to cope with friends and family members who smoke. The program is gender sensitive, since females have different reasons for smoking, quitting, and relapsing than males.

***Intervening with Teen Tobacco Users (TEG)*** and ***Helping Teens Stop Using Tobacco (TAP)*** are researched based programs that use the Stages of Change, Social Influence Model and Cognitive Behavior Approach. Community Intervention's offers a two-day training.

***TEG*** is an educational program that helps move teenage tobacco users from not wanting to quit to wanting to quit. The program motivates participants to reduce their tobacco use, move toward a healthier lifestyle, quit on their own or join a voluntary tobacco cessation program. Many schools use TEG as an alternative to suspension.

***TAP*** is for students in grades 6<sup>th</sup> -12<sup>th</sup> who want to stop using tobacco. This is a voluntary cessation program that provides teenage tobacco users with the information, motivation and support they need to successfully quit using tobacco products. Facilitators provide the cessation options, guidance, and support for the choices participants make as they design their own personalized approach to quitting. The program consists of eight 40-minute sessions.

### References

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<sup>1</sup> Maryland Department of Health and Mental Hygiene, *Monitoring Changing Tobacco Use Behaviors in Maryland: A Report on the Fiscal Year 2001 and 2003 Maryland Tobacco Surveys*, September 2003.

<sup>2</sup> US Department of Health and Human Services, Centers for Disease Control and Prevention (CDC), *Guidelines for School Health Programs to Prevent Tobacco Use and Addiction*, February 1994

## FY07 Accomplishments

The accomplishments in this matrix highlight the major school-based activities implemented in Maryland LSS's through local health department sponsored *CRFP* programs.

County	Pre-K	K-12	College
Allegany	<ul style="list-style-type: none"> <li>• 1611 Pre-K students educated at <i>Head Start</i> and <i>nursery schools</i></li> </ul>	<ul style="list-style-type: none"> <li>• 9,604 K-12 public school students educated via <i>Life Skills</i> curriculum</li> <li>• 1,661 K-12 private school students educated via <i>Life Skills</i> curriculum</li> <li>• 59 K-12 alternative school/program students educated via <i>Life Skills</i> curriculum</li> <li>• 45 K-12 students provided cessation programs</li> </ul>	<ul style="list-style-type: none"> <li>• 790 college students educated at <i>Frostburg State University</i> and <i>Allegany College</i></li> <li>• <i>Allegany College</i> held an open house for Respiratory Care Week with students setting up tobacco displays and speaking on hazards of smoking</li> <li>• 67 college students provided cessation programs</li> </ul>
Anne Arundel	<ul style="list-style-type: none"> <li>• 495 pre-K students received tobacco education</li> <li>• 2,979 pre-K parents educated</li> </ul>	<ul style="list-style-type: none"> <li>• 19,717 K-12 public students educated at 63 schools through 106 activities</li> <li>• 5,721 K-12 parents educated</li> <li>• 42 K-12 staff trained on tobacco use prevention programs and the <i>Tobacco Free Schools Project</i></li> <li>• 12 high school nurses trained to use the <i>Tobacco Free Schools</i> website to obtain materials and report activities</li> <li>• 16 LHD staff, community partners, and school health nurses participated in TAP/TEG training</li> </ul>	<ul style="list-style-type: none"> <li>• 200 college students educated</li> </ul>
Baltimore City	<ul style="list-style-type: none"> <li>• 1,449 Pre-K students educated through "<i>Donnie Dinosaur</i>" and/or the <i>Smoke-free Baltimore Tour Bus</i></li> <li>• 911 Pre-K parents educated</li> </ul>	<ul style="list-style-type: none"> <li>• 30,214 K-12 public school students educated via <i>Project TNT</i> curriculum, and <i>Smoke Free Baltimore Tour Bus</i></li> <li>• 300 BCPSS 6<sup>th</sup> grade students attended a tobacco use prevention conference</li> <li>• 2,768 K-12 private school students educated via <i>Project TNT</i></li> <li>• 34 BCPSS and 76 Catholic School System teachers trained in <i>Project TNT</i></li> <li>• 804 K-12 alternative school students educated</li> </ul>	<ul style="list-style-type: none"> <li>• 1,328 college students educated at <i>Coppin State University</i> &amp; <i>Morgan State University</i></li> <li>• 49 college students provided cessation programs</li> </ul>

County	Pre-K	K-12	College
Baltimore County	<ul style="list-style-type: none"> <li>• No Activity</li> </ul>	<ul style="list-style-type: none"> <li>• 49,686 BCPS K-12 students educated on tobacco prevention educated through assemblies, in-school presentations, and programs</li> <li>• 4,833 K-12 private school students educated</li> <li>• 300 K-12 alternative school/program students educated on tobacco use</li> <li>• 171 K-12 student provide smoking cessation programs</li> <li>• 113 staff trained in <i>Life Skills</i>, <i>Project TNT</i> and <i>Discovery Health Connection</i></li> <li>• 5,832 K-12 parents educated</li> </ul>	<ul style="list-style-type: none"> <li>• 955 college students educated including face to face education on tobacco use including a <i>Personal Responsibility</i> campaign at <i>UMBC</i> and a smoking cessation awareness campaign at <i>Villa Julie College</i> students signing smoke-free pledges</li> <li>• 105 college students provided cessation programs</li> </ul>
Calvert	<ul style="list-style-type: none"> <li>• 621 Pre-K students educated at <i>Head Start</i></li> <li>• 1,601 Pre-K parents educated</li> <li>• 79 Daycare providers trained at Judy Center and Head Start</li> </ul>	<ul style="list-style-type: none"> <li>• 6,367 K-12 students educated via Calvert Memorial Hospital's <i>Tobacco Road Show</i>, Wayne Alan's <i>Make Smoking Disappear</i> magic show, through peer programs and Kick Butts Day events</li> <li>• 364 K-12 private school students educated</li> <li>• 78 staff trained on tobacco use prevention</li> </ul>	<ul style="list-style-type: none"> <li>• 1,261 college students educated at the <i>College of Southern MD</i> through a peer program and educational events</li> <li>• 65 college students provided cessation programs</li> </ul>
Caroline	<ul style="list-style-type: none"> <li>• 316 Pre-K students educated</li> <li>• 179 pre-K parents educated</li> <li>• 3 daycare providers were trained</li> </ul>	<ul style="list-style-type: none"> <li>• 3,737 K-12 public students educated via <i>Character Counts</i> and other tobacco use prevention activities</li> <li>• 19 K-12 private school students educated</li> <li>• 7 K-12 alternative school/program students educated</li> <li>• 17 K-12 students provided cessation programs</li> <li>• 25 staff trained on tobacco use prevention programs</li> <li>• 595 K-12 parents educated</li> </ul>	<ul style="list-style-type: none"> <li>• No colleges located in Caroline County</li> </ul>
Carroll	<ul style="list-style-type: none"> <li>• 112 Pre-K parents at <i>Head Start</i> educated on secondhand smoke and cessation opportunities</li> </ul>	<ul style="list-style-type: none"> <li>• 21,148 K-12 public school students educated via <i>Life Skills</i> and, <i>Project ACES</i></li> <li>• 141 K-12 private school students educated</li> <li>• 21 K-12 student provided smoking cessation programs</li> <li>• CCPS policy mandating students caught using tobacco to attend <i>TEG</i> program went into effect January 2008</li> </ul>	<ul style="list-style-type: none"> <li>• No Activity</li> </ul>

County	Pre-K	K-12	College
Cecil	<ul style="list-style-type: none"> <li>• 29 Daycare providers educated on tobacco use prevention, dangers of secondhand smoke, and cessation; and, trained to implement <i>We Wonder, We Don't Smoke</i> curriculum</li> <li>• 1,299 Pre-K students and parents educated via <i>We Wonder, We Don't Smoke</i> program</li> </ul>	<ul style="list-style-type: none"> <li>• 12 staff trained on tobacco use prevention programs</li> <li>• 15,678 K-12 public school students educated through presentations, Tobacco Free Poetry Contest, Anti-Smoking Jeopardy Games, bookmark contests, poster contests, and assemblies</li> <li>• 7 staff trained on <i>Life Skills &amp; Project TNT</i> curriculum</li> <li>• 718 private school students educated via <i>Life Skills &amp; Project TNT</i></li> </ul>	<ul style="list-style-type: none"> <li>• 3,178 college students educated through 8 peer-led activities at <i>Cecil Community College</i> including <i>Unity in the Community Day</i>, a tobacco use prevention conference, and a <i>Creativity Against Tobacco Use</i> activity.</li> </ul>
Charles	<ul style="list-style-type: none"> <li>• 3,849 Pre-K students educated at <i>Head Start</i> with the <i>Great Body Shop</i></li> <li>• 506 Pre-K parents educated through the <i>Great Body Shop</i> curriculum</li> </ul>	<ul style="list-style-type: none"> <li>• 5,343 K-12 public school students educated through the <i>Great Body Shop</i> curriculum and <i>TEG</i></li> <li>• 9 K-12 staff trained on <i>TEG/TAP</i></li> <li>• 523 K-12 parents educated</li> </ul>	<ul style="list-style-type: none"> <li>• 1,037 college students educated on the dangers of secondhand smoke and cessation resources at the <i>College of Southern MD</i></li> <li>• 2 college peer groups organized</li> </ul>
Dorchester	<ul style="list-style-type: none"> <li>• 168 Pre-K students educated</li> <li>• 129 Pre-K parents educated</li> <li>• 5 Daycare providers trained</li> </ul>	<ul style="list-style-type: none"> <li>• 3,365 K-12 public school students educated through a variety of activities including a poster contest, essay contest, and multimedia presentations</li> <li>• 23 K-12 private school students educated</li> </ul>	<ul style="list-style-type: none"> <li>• No Activity</li> </ul>
Frederick	<ul style="list-style-type: none"> <li>• 366 Pre-K students educated</li> <li>• 16 Daycare providers trained</li> </ul>	<ul style="list-style-type: none"> <li>• 32,925 K-12 public school students educated through <i>Life Skills and Project TNT</i> instruction as well as presentations by school nurses</li> <li>• 63 K-12 private school students educated</li> <li>• <i>Life Skills and Project TNT</i> curriculum training was provided for 17 CRF vendors and local teachers</li> <li>• 604 K-12 staff trained on tobacco use prevention, <i>Toxic Soup</i> and implementing peer-led tobacco education programs</li> <li>• 151 K-12 alternative school/program students educated</li> </ul>	<ul style="list-style-type: none"> <li>• 47 college students educated</li> </ul>

County	Pre-K	K-12	College
Garrett	<ul style="list-style-type: none"> <li>• 70 Pre-K students educated</li> <li>• 58 pre-K parents educated by health department staff using <i>Dare to Be You</i> program</li> </ul>	<ul style="list-style-type: none"> <li>• 1,921 K-12 students educated through <i>Project TNT</i> and Project ALERT curriculum instruction and/or prevention activities</li> <li>• 3 staff trained on <i>Project TNT</i> curriculum</li> <li>• 21 K-12 alternative school/program students educated</li> </ul>	<ul style="list-style-type: none"> <li>• 204 college students educated at <i>Garrett College</i></li> </ul>
Harford	<ul style="list-style-type: none"> <li>• 126 pre-K students educated through presentation on tobacco use prevention</li> <li>• 88 Pre-K parents educated</li> <li>• 5 Daycare providers trained on tobacco use prevention</li> </ul>	<ul style="list-style-type: none"> <li>• 8,716 K-12 public school students educated</li> <li>• 26 K-12 private school students educated</li> <li>• 28 K-12 students provided cessation programs</li> </ul>	<ul style="list-style-type: none"> <li>• 30 <i>Harford Community College</i> students educated by an oral cancer survivor</li> </ul>
Howard	<ul style="list-style-type: none"> <li>• 340 pre-K students educated</li> <li>• 358 Pre-K parents educated</li> <li>• 12 Daycare providers trained at <i>Head Start</i></li> </ul>	<ul style="list-style-type: none"> <li>• 2,819 K-12 students educated</li> <li>• 1,760 K-12 private school students educated through <i>Life Skills</i> and the <i>Discovery Health Channel</i> interactive tobacco website</li> </ul>	<ul style="list-style-type: none"> <li>• 51 college students educated at <i>Howard Community College</i></li> </ul>
Kent	<ul style="list-style-type: none"> <li>• 366 Pre-K students educated through <i>Donnie the Dinosaur</i> curriculum, <i>Smoking Stinks</i> video, Clean Air Bear, and Smoke Free Puppet</li> <li>• 198 Pre-K parents educated at Shore Up and Judy Center</li> <li>• 10 Daycare providers trained on tobacco use prevention</li> </ul>	<ul style="list-style-type: none"> <li>• 2,525 K-12 public school students educated through <i>Life Skills</i> and <i>Project TNT</i> instruction</li> <li>• 34 K-12 students provided cessation programs</li> <li>• 5 K-12 staff trained on tobacco use prevention programs</li> <li>• 12 Kent County PE/Health teachers trained on best practices for school based programs in Maryland</li> </ul>	<ul style="list-style-type: none"> <li>• 1300 <i>Washington College</i> students educated through GASO and the Kick Butts Advocacy group, which handed out educational literature, quit kits, and incentives</li> <li>• 10 college students provided cessation programs</li> </ul>

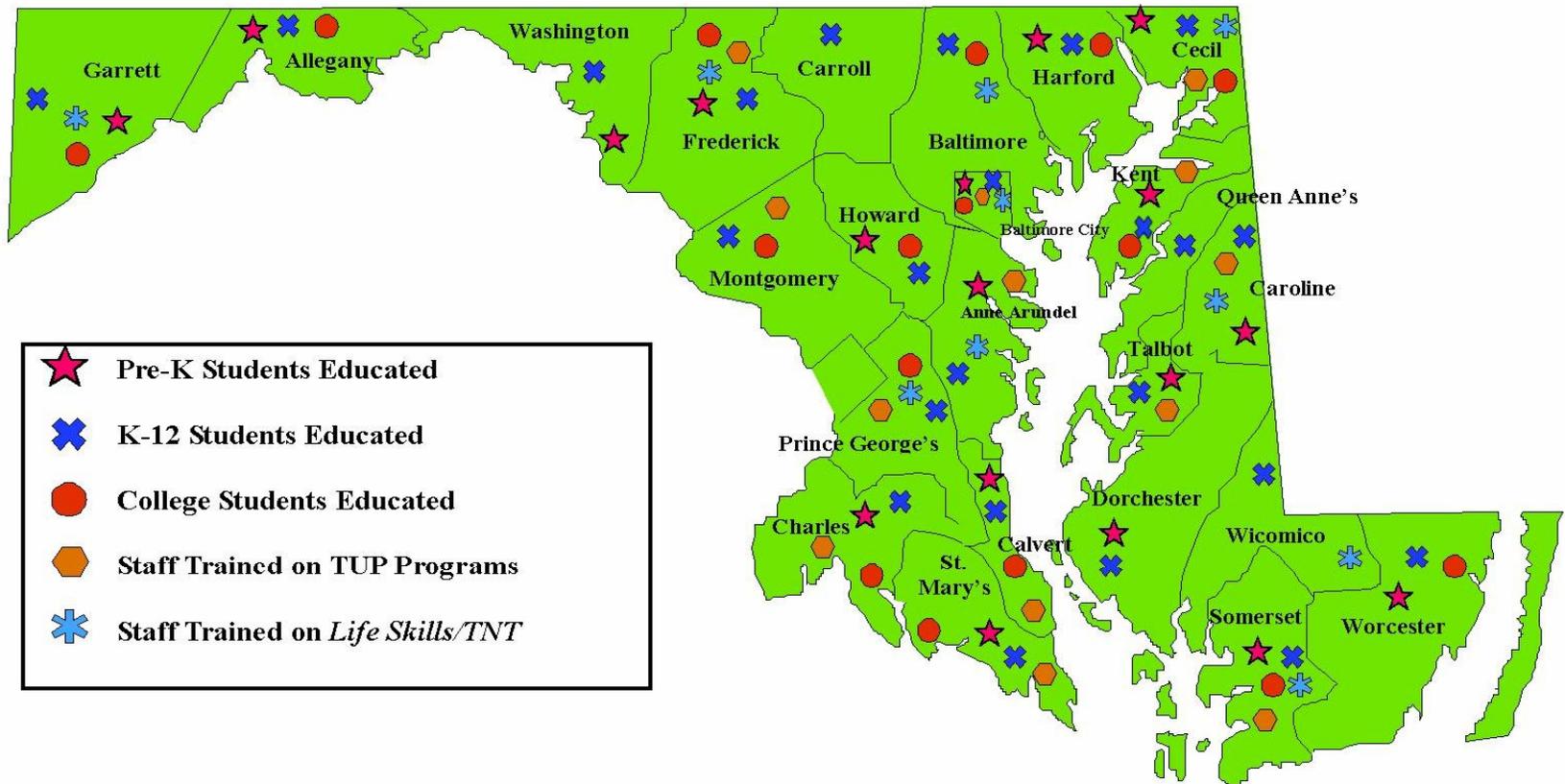
County	Pre-K	K-12	College
Montgomery	<ul style="list-style-type: none"> <li>• No activity</li> </ul>	<ul style="list-style-type: none"> <li>• 254 staff trained on tobacco use prevention programs</li> <li>• 52,349 K-12 public school students educated through <i>Project ALERT</i> and <i>TNT</i></li> <li>• 38 K-12 alternative school/program students educated on the dangers of tobacco use</li> <li>• 502 K-12 students provided cessation programs by the <i>Caron Foundation</i></li> <li>• 35 K-12 parents educated on dangers of tobacco use</li> </ul>	<ul style="list-style-type: none"> <li>• 4,640 college students educated at <i>Montgomery College</i></li> <li>• 21 college students participated in cessation programs</li> </ul>
Prince George's	<ul style="list-style-type: none"> <li>• No activity</li> </ul>	<ul style="list-style-type: none"> <li>• 15,600 K-12 public school students educated in <i>Life Skills</i></li> <li>• 1,050 K-12 private school students educated in <i>Life Skills</i></li> <li>• 502 K-12 alternative school students educated in <i>Life Skills</i></li> <li>• 16 K-12 students provided cessation programs</li> <li>• 177 staff trained on <i>Life Skills/Project TNT</i> curriculum</li> <li>• 55 staff trained on tobacco use prevention programs</li> <li>• 372 K-12 parents educated</li> </ul>	<ul style="list-style-type: none"> <li>• 1,487 college students educated at <i>University of MD-College Park</i></li> <li>• 167 <i>University of MD</i> students provided cessation programs</li> </ul>
Queen Anne's	<ul style="list-style-type: none"> <li>• No activity</li> </ul>	<ul style="list-style-type: none"> <li>• 4,038 K-12 public school students educated including presentations from the <i>Urban Leadership Institute</i> and <i>Retro Bill</i></li> </ul>	<ul style="list-style-type: none"> <li>• No activity</li> </ul>
St. Mary's	<ul style="list-style-type: none"> <li>• 11 Daycare providers trained</li> <li>• 412 Pre-K students educated through <i>No Puff Pals</i>, <i>Second Step</i>, and <i>Great Body Shop</i> programs</li> <li>• 331 Pre-K parents educated through <i>No Puff Pals</i>, <i>Second Step</i>, and <i>Great Body Shop</i> programs</li> </ul>	<ul style="list-style-type: none"> <li>• 8,710 K-12 public school students educated through educational events with <i>Truth About Tobacco</i> program, <i>Sterlen Barr</i>, and <i>Kick Butts Day</i>.</li> <li>• 300 K-12 private school students educated</li> <li>• 9 St. Mary's County Public School nurses trained in <i>TEG/TAP</i></li> <li>• 485 K-12 parents educated</li> </ul>	<ul style="list-style-type: none"> <li>• 981 college students educated at <i>College of Southern MD</i></li> </ul>

County	Pre-K	K-12	College
Somerset	<ul style="list-style-type: none"> <li>• 756 Pre-K students educated</li> <li>• 93 Pre-K parents educated</li> <li>• 51 Daycare providers trained</li> </ul>	<ul style="list-style-type: none"> <li>• 6,083 K-12 public school students educated through <i>Project TNT</i> and by CRF coordinators and health educator on oral tobacco health hazards</li> <li>• 20 K-12 private school students educated</li> <li>• 16 K-12 alternative school students educated</li> <li>• 46 K-12 staff trained on tobacco use prevention programs</li> <li>• 8 staff trained on <i>Project TNT</i> curriculum</li> </ul>	<ul style="list-style-type: none"> <li>• 991 college students educated at <i>University of MD-Eastern Shore</i></li> </ul>
Talbot	<ul style="list-style-type: none"> <li>• 300 Pre-K students educated</li> <li>• 600 Pre-K parents educated</li> </ul>	<ul style="list-style-type: none"> <li>• 2,280 K-12 public school students educated through tobacco use prevention presentations and assemblies with Sterlen Barr and Wayne Allen.</li> <li>• 450 K-12 private school students educated in <i>Life Skills</i></li> <li>• 531 K-12 alternative school students educated</li> <li>• 78 K-12 health teachers received training on the <i>Minnesota Smoking Prevention Program curriculum (MSPP)</i></li> <li>• 300 K-12 parents educated</li> </ul>	<ul style="list-style-type: none"> <li>• No colleges in Talbot County</li> </ul>
Washington	<ul style="list-style-type: none"> <li>• 227 Daycare providers trained</li> <li>• 800 Pre-K students educated</li> <li>• 700 Pre-K parents educated</li> </ul>	<ul style="list-style-type: none"> <li>• 3,040 K-12 public school students educated through tobacco use prevention presentations and <i>Kick Butts Day</i> poster contests</li> <li>• 10 K-12 private school students educated</li> <li>• 53 K-12 parents educated</li> </ul>	<ul style="list-style-type: none"> <li>• No activity</li> </ul>
Wicomico	<ul style="list-style-type: none"> <li>• No activity</li> </ul>	<ul style="list-style-type: none"> <li>• 885 K-12 public school students educated through health class presentations, a GASO event, and a Kick Butts Day event</li> <li>• 113 K-12 private school students educated</li> <li>• 75 staff trained on Life Skills/Project TNT curriculum</li> <li>• 3 K-12 parents educated during American Education Week</li> </ul>	<ul style="list-style-type: none"> <li>• No activity</li> </ul>
Worcester	<ul style="list-style-type: none"> <li>• 18 Pre-K students educated through</li> <li>• 23 Pre-K parents educated on the dangers of secondhand smoke</li> <li>• 64 Daycare providers trained</li> </ul>	<ul style="list-style-type: none"> <li>• 4,894 K-12 public school students educated through <i>Life Skills</i></li> <li>• 334 K-12 private school students educated</li> </ul>	<ul style="list-style-type: none"> <li>• 1,217 college students educated at <i>Wor-Wic Community College</i></li> <li>• 37 college students participated in cessation programs</li> </ul>

**FY 2007 CRFP SCHOOL-BASED PROFILE (Pre-K – College)**

JURISDICTION	Pre-K Students Educated	CDC Approved Curricula in Use (K-12)			Other Tobacco Use Prevention Education (K-12)			College Students Educated	K-12 Peer Leadership Groups	Staff Trained on Tobacco Use Prevention			Sub-vendors				
	Public/Private	Public	Private	Alternative	Public	Private	Alternative	Public/Private	Public	Public	Private	Alternative	Preschool/Daycare Providers	K-12 schools	Colleges	Not-for-profit Organizations	For-profit Organizations
ALLEGANY	✓	✓	✓	✓	✓	✓	✓	✓	✓				✓	✓	✓		
ANNE ARUNDEL	✓				✓	✓		✓		✓							✓
BALTIMORE CITY	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓			✓	✓	✓	
BALTIMORE		✓		✓	✓	✓	✓	✓		✓		✓		✓	✓	✓	
CALVERT	✓				✓	✓		✓		✓			✓	✓	✓	✓	
CAROLINE	✓	✓	✓		✓	✓	✓		✓	✓							
CARROLL		✓			✓									✓			
CECIL	✓		✓		✓	✓	✓	✓		✓	✓			✓	✓		
CHARLES	✓				✓			✓		✓				✓	✓	✓	
DORCHESTER	✓				✓								✓	✓			
FREDERICK	✓	✓			✓	✓	✓	✓	✓	✓				✓		✓	
GARRETT	✓	✓			✓			✓	✓	✓				✓	✓		
HARFORD	✓	✓	✓		✓	✓		✓	✓					✓	✓		
HOWARD	✓				✓	✓		✓						✓	✓	✓	
KENT	✓	✓			✓			✓		✓			✓	✓	✓	✓	
MONTGOMERY		✓			✓		✓	✓	✓	✓				✓	✓	✓	
PRINCE GEORGE'S		✓			✓			✓	✓	✓				✓	✓		
QUEEN ANNE'S					✓												
ST. MARY'S	✓				✓			✓	✓	✓				✓	✓	✓	
SOMERSET	✓				✓	✓	✓	✓	✓	✓				✓	✓	✓	
TALBOT	✓		✓		✓	✓			✓	✓				✓			
WASHINGTON	✓				✓	✓							✓	✓		✓	✓
WICOMICO					✓				✓	✓				✓	✓		
WORCESTER	✓	✓			✓	✓		✓	✓				✓	✓	✓		

# CRFP School-Based Profile (Pre-K -College) FY 2007



## FY'07 School-based Success Stories

### ***Allegany County***

The Allegany County Health Department contracts with the Allegany Board of Education, an alternative school, private schools, and two colleges to offer comprehensive school-based tobacco prevention and cessation in preschools through college. Tobacco prevention education is offered at seven Head Start Centers and 13 public preschools. The *Growing Healthy* curriculum is implemented in every elementary school, while the CDC-approved *Life Skills* curriculum reaches every middle school student in both public and private schools. Allegany County also implements peer programs and, in 2007, they coordinated a Students Helping Other People (SHOP) middle school peer project for tobacco use prevention. The School Health Nurse is an integral part of the CRFP school-based element; the nurse is available at every public school and in a unique position to educate students on tobacco use prevention. Area colleges are also quite active and offer cessation services.

### ***Baltimore City***

Baltimore City's CRFP school-based programs span from Pre-K through college with most tobacco use prevention activity in the K-12 grade levels. Baltimore City sub-contracts all of its school-based activity with the exception of education provided as part of the Tobacco Control Bus activity. A health educator on the CRFP staff has been the health educator on the bus for several years and the bus makes at least one visit to all of the K-12 public schools in Baltimore City each year.

*Head Start* children and their parents receive education through a contract with the UMMC-Patient Resource Center. Public and non-public school students in grade 7 participate in the CDC approved - *Project TNT* through contracts with the Baltimore City Public School System (BCPSS) – Office of Curriculum and Instruction and the Archdiocese of Baltimore. Also, BCPSS grade 6 students attend a tobacco use prevention conference each year under a contract with the Office of Substance Abuse and Violence Prevention. K-12 school-based clinics in BCPSS are contracted to provide educational sessions by school nurses and distribution of tobacco use prevention materials to public school students. College students in Baltimore engage in tobacco use prevention conferences and workshops at Coppin State and Morgan State Universities under a subcontract agreement with Millennium Health and Human Services Development Corp.

### ***Baltimore County***

Baltimore County has a comprehensive school-based tobacco use prevention program. Funding is allocated for all levels of education including Pre-K/Daycare, K-12, alternative schools and colleges. The Pre-K-12 public school initiatives are under the direction of the Office of Safe and Drug-Free Schools which provides training for middle and high school staff on CDC approved *Life Skills* and *Project TNT* curricula. The Pre-K program provides training for daycare providers and education for Pre-K students and parents on the dangers of tobacco use and secondhand smoke. Funds are also used for implementation of local school system curriculum, peer groups, clubs, assemblies and to promote smoke-free school environments. Private and parochial schools receive funding directly from the Baltimore County Health Department for tobacco use prevention programs. Colleges have been funded to provide education and cessation services, and to implement smoke-free policies.

## **Carroll County**

Carroll County Health Department funds the Carroll County Public Schools to provide tobacco use prevention and cessation programs to 22 elementary schools, implement the CDC approved *Life Skills* curriculum in middle and high schools, and conduct cessation and peer support activities. Carroll County Health Department was instrumental in getting the Carroll County Public Schools' administration to mandate the *TEG* Tobacco Awareness Program for youth who violate tobacco use policies in school. In addition, Carroll County Health Department funds two private schools and collaborates with Carroll Community College on tobacco prevention and cessation projects.

## **Cecil County**

Cecil's CRFP school-based activities include Pre-K through college. Cecil County is ahead of all jurisdictions in the state for engaging private and alternative schools in tobacco use prevention and establishing the use of CDC approved *Life Skills* and *Project TNT* curricula into non-public schools.

Cecil County Health Department staff train daycare providers and preschool staff to educate Pre-K children and parents of young children using the "*We Wonder, We Don't Smoke*", "*No Puff Pals*" and "*Donnie Dinosaur*" curricula. The Cecil County Health Department has instituted an annual training for Tobacco Prevention Coordinators in the public schools and provides the coordinators with a template for conducting tobacco use prevention activities with K-12 students. In the K-12 schools, the trained coordinators implement at least four tobacco use prevention activities per school year. Therefore, in addition to the classroom instruction, there are school-wide assemblies, T-shirt and poster contests, anti-tobacco displays and secondhand smoke presentations conducted in public schools throughout Cecil County. To engage college students, Cecil Community College implements eight tobacco use prevention and social norm activities on campus each year.

## **Garrett**

An excellent collaboration exists in Garrett County between the local school board, local colleges and the health department staff in the CRFP school-based element. To educate Pre-K children and parents, Garrett County utilizes the "Dare to be You," program. Garrett's K-12 tobacco use prevention and education effort incorporates *Project TNT*, *TAP* (Tobacco Awareness Program), *TEG* (Tobacco Education Group) and *STEAM* (Student Tobacco Elimination Among Minors) which have all been used consistently for several years. Garrett County also offers one-on-one counseling that is provided by a school nurse through the CRFP funds.

## **Kent**

The Kent County Health Department CRFP school-based program comprehensively provides tobacco use prevention and education to students, Pre-K through college. Kent County contracts with Head Start and other preschools to offer tobacco use prevention and secondhand smoke education to preschoolers and their parents. In elementary and middle schools, teachers use CDC-approved *Life Skills* and *Project TNT* (Toward No Tobacco) curricula in grades 3 through 9. All three of the middle schools in Kent County participate in the Students Against Starting Smoking (SASS) program and Kent County SASS clubs consistently participate

in the annual statewide SASS conference. Kent County offers one of the only high school cessation programs in the state. Finally, Washington College provides prevention and cessation services, as well as maintains a peer advocacy group, called the Kickin' Butts group.

### ***Montgomery County***

Montgomery County has a comprehensive approach to providing tobacco use prevention and education to Pre-K, K-12, and college students that includes use of the *Project TNT* curricula, smoking cessation services, student support clubs, and youth advocacy training as well as social norm campaigns at Montgomery College. The health department contracts with the Montgomery County Public Schools to implement K-12 tobacco use prevention activities, conduct classroom instruction, train teachers, and promote student led activities. Under CRFP contracts with the health department, Community Health Consulting, Inc. provides all of the advocacy training for youth, while the Caron Foundation provides all of the smoking cessation services in the middle and high schools. All of these activities are coordinated by a CRFP funded staff person of the Montgomery County School Public Schools.

### ***Prince George's County's***

Prince George's County CRFP school-based approach includes contracts with the Prince George's County Public Schools, American Lung Association, (ALA) and the University of Maryland-College Park. Prince George's County Public Schools implements the *Life Skills* curriculum in elementary and middle schools, and promotes tobacco use prevention through educational campaigns and contests within the public schools. ALA collaborates with the Foundation School to provide tobacco use prevention activities and smoking cessation sessions to alternative learning students. The University of Maryland implements culturally diverse social norms campaigns and offers individual counseling cessations and pharmacotherapy to college students.

### ***Worcester County***

The Worcester County Health Department has established an excellent relationship with Worcester County Public Schools (WCPS), area preschools, and private schools, as well as Wor-Wic Community College. Their school-based strategies focus on educating students, parents, and service providers; utilizing CDC approved curricula; and providing cessation services. The *ABCs of Secondhand Smoke*, a nationally recognized program, has been used to train daycare providers. WCPS utilizes the *Life Skills* curriculum to educate students in grades seven through nine. Worcester County also trains high school peer leaders and coordinates an innovative program, the Youth Council. The health department works closely with Wor-Wic College to provide tobacco use prevention and cessation services for college students and faculty.



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