

It's Not Water Vapor

A Statewide Initiative to Address E-cigarette Use in Middle and High Schools in Kansas

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Background

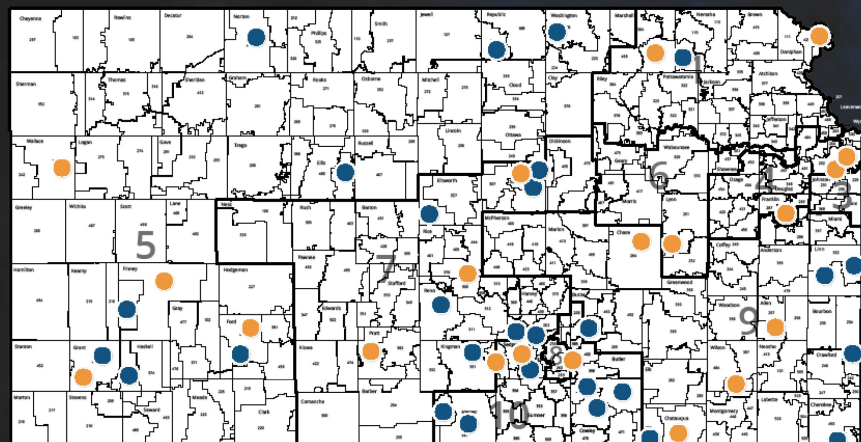
- In 2019, nearly a quarter (22%) of Kansas high school students reported using e-cigarettes in the past 30 days.
- In 2020, the Kansas Vaping Task Force recommended the implementation of the Project Extension for Community Healthcare Outcomes (ECHO) model to build capacity around vaping cessation in schools.
- Originally a collaborative medical education model, Project ECHO is now used across disciplines to promote knowledge sharing, peer learning, and the implementation of best practices.¹
- The goal of the statewide pilot **Vaping ECHO for Education** was to apply the Whole School, Whole Community, Whole Child (WSCC) Model² and use a collaborative learning approach to equip critical school-based personnel in Kansas with resources, tools, and techniques to address e-cigarette use.



References

- The University of New Mexico Health Sciences (2022). Project ECHO. Retrieved from: <https://hsa.unm.edu/echo/>
- CDC National Center for Chronic Disease Prevention and Health Promotion (2021). Whole School, Whole Community, Whole Child (WSCC) Model. Retrieved from: <https://www.cdc.gov/healthyschools/wsc/index.htm>

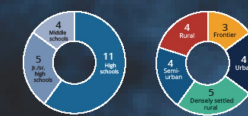
Vaping ECHO for Education Pilot Schools Selection Map



Total Applications Received: 49

Selected Pilot Schools: 20

Schools Not Selected: 29



Program Attendance

122

Number of School
Team Participants
Registered

70

Number of School
Team Participants Who
Completed Posttest

Program Component	Number of School Teams in Attendance (out of 20)	Number of School Team Participants in Attendance
Orientation	20	87
Summit	20	90
ECHO 1 — Tobacco Prevention in the School Setting	20	78
ECHO 2 — Legal Issues	20	93
ECHO 3 — Introduction to Addiction and Cessation	20	78
ECHO 4 — Discussing Cessation: Putting Cessation Into Practice	20	78
ECHO 5 — A Student- Centered Approach	20	77
ECHO 6 — School Action Plan Presentations	19	80
ECHO 7 — School Debrief	17	44

Methods

Project Methods

The Vaping ECHO for Education pilot program ran from August 2021–May 2022. Schools were selected based on geography, school team makeup, and student demographic characteristics. Twenty-one multidisciplinary teams of school personnel (122 participants) in middle and high schools

across Kansas were enrolled in the pilot program, i.e., Cohort 1. Administered by a cross-sector partnership, including academia, non-profit, state agency, and other organizations, the Vaping ECHO pilot program was comprised of four structured learning components:



SUMMIT

Kickoff summit to understand
the issue and share
experience.



TOOL KIT

Web-based toolkit consisting of
resources for implementation in
a school setting.



ACTION PLAN

Action plans developed by
school teams to address
e-cigarette use.



PROJECT ECHO

Seven learning sessions, including 5
specialized training sessions using the
Project ECHO model and 2 sessions
dedicated for action plan presentations
and debrief, respectively.

All Vaping ECHO sessions were conducted via the Zoom
videoconferencing platform.

Evaluation Methods

To measure the effectiveness and impact of the Vaping ECHO pilot program, a program evaluation comprising process evaluation and outcome evaluation was conducted. Evaluation data sources and methods are below.

- Posttest survey data (n = 70) to assess progress toward overall pilot goals.
- Attendance records and continuing education units (CEUs)/Certificates of Attendance to assess program participation.
- Posttest and post-program survey data were collected using the REDCap application and analyzed using SAS 9.4 and Microsoft Excel, respectively.
- School action plan data to assess progress toward school-specific goals during the pilot period.
- School action plan data were collected via an action plan follow-up survey and Dropbox file submissions. Action plan follow-up survey was administered via the REDCap application and analyzed using Microsoft Excel.

Lessons Learned

- The ECHO model is a promising collaborative learning approach for advancing vaping cessation in schools. The following program components were identified as helpful by the participants: expert presenters, opportunity to collaborate with peers, case studies, action plans, and tailored curriculum.

Next Steps

- Outcome evaluation report for Cohort I currently in progress.
- Lessons learned from process evaluation are to be incorporated into the revised protocol for Cohort II.
- Launch Cohort II for the Fall of 2022–2023 school year with additional schools across the state and ensure community engagement remains an integral part of Cohort II.
- Continue community engagement by means of educational efforts.

