

Design and evaluation of a tobacco-prevention program targeting Chinese American youth in New York City

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Abstract: In 1994 the Centers for Disease Control and Prevention recognized the importance of incorporating tobacco prevention programs into school curricula with the publication of guidelines for such programs. Included in these guidelines are recommendations to provide instruction about the consequences of tobacco use and to provide tobacco prevention programs to all students, with a particularly intensive curriculum in junior high school. Many school-based programs have been developed and tested; however, most have been delivered in English. This paper presents a culturally appropriate tobacco prevention curriculum developed for Chinese American 7th and 8th graders. The curriculum was delivered by a community organizer, in conjunction with lay health advocates, in one junior high school with a large proportion of Chinese immigrant students in New York City. This curriculum, delivered in English and Mandarin, began with 7th graders in four classrooms and consisted of seven sessions during the first year with a booster session the second year. Various presentation methods were used, including lectures, videos, demonstration, and group discussion. Valuable information about components that worked well and parts that need to be improved was gathered from school administrators, teachers, lay health advocates, and the community organizer who delivered the curriculum. This information should be incorporated into future tobacco prevention programs targeting the Chinese American community.

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