

# E-Cigarette, Marijuana, & Other Drug Prevention Grant Application



## Applicant Information:

<b>Timeline</b>	<ul style="list-style-type: none"> <li>• <u>Application Due Date</u>: Monday, October 1, by 11:59</li> <li>• <u>Funding Status Notification</u>: On or after Monday, October 21, 2024</li> <li>• <u>Project period</u>: Through the remainder of the fiscal year (10/01/2024 to 06/30/2025)</li> </ul>								
<b>Organization Name:</b>	Utah State University Extension								
<b>Organization Address:</b>	<table border="0" style="width: 100%;"> <tr> <td style="width: 50%;">117 S. Main St.</td> <td style="width: 25%;">Monticello, UT</td> <td style="width: 25%;">84535</td> </tr> <tr> <td style="text-align: center;"><i>Address</i></td> <td style="text-align: center;"><i>City</i></td> <td style="text-align: center;"><i>Zip</i></td> </tr> </table>	117 S. Main St.	Monticello, UT	84535	<i>Address</i>	<i>City</i>	<i>Zip</i>		
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<b>Contact Information:</b>	<table border="0" style="width: 100%;"> <tr> <td style="width: 60%;"><u>ryan.benally@usu.edu</u></td> <td style="width: 40%;"><u>(928)785-7310</u></td> </tr> <tr> <td style="text-align: center;"><i>Email</i></td> <td style="text-align: center;"><i>Phone</i></td> </tr> <tr> <td style="text-align: center;"><u>Ryan Benally</u></td> <td style="text-align: center;"><u>Extension Assistant Professor</u></td> </tr> <tr> <td style="text-align: center;"><i>Organizational Representative</i></td> <td style="text-align: center;"><i>Title</i></td> </tr> </table>	<u>ryan.benally@usu.edu</u>	<u>(928)785-7310</u>	<i>Email</i>	<i>Phone</i>	<u>Ryan Benally</u>	<u>Extension Assistant Professor</u>	<i>Organizational Representative</i>	<i>Title</i>
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<b>Organizational Type:</b>	<ul style="list-style-type: none"> <li>○ <u>Coalition</u>: a coalition of community organizations this is focused on substance abuse and prevention.</li> <li>○ <u>Local Government Agency</u>: a local government agency, including a law enforcement agency, for a program that is focused on substance abuse and prevention.</li> <li>○ <u>Education</u>: a local education agency as defined in Section 53J-1-301</li> <li>○ <u>Other</u>: other organizations focused or able to provide evidence-based program(s) that are focused on substance abuse prevention.</li> </ul>								
<b>Organizational Description:</b>	<p>Provide a brief description of the agency applying for funding. Include any experience or expertise the agency has with the population they intend to serve.</p> <p>Utah State University provides research-based programs and resources with the goal of improving the lives of individuals, families and communities throughout Utah. USU Extension operates through a cooperative agreement between the United States Department of Agriculture, Utah State University, and county governments. Program areas include:</p> <ul style="list-style-type: none"> <li>- Agriculture and Natural Resources</li> <li>- Gardening</li> <li>- Home, Family, and Food</li> <li>- Utah 4-H and Youth</li> </ul>								
<b>Amount Requested No more than \$80,000</b>	\$ 15,000								

## **Plan Synopsis**

### **Statement of the Problem:**

Current statistics indicate that a substantial percentage of adolescents experiment with tobacco products, including cigarettes, e-cigarettes, and other forms of nicotine. Despite significant efforts to reduce tobacco consumption, youth tobacco use remains a pressing public health issue.

According to the U.S. Centers for Disease Control and Prevention (CDC), nationally, 12.6% of high school students currently use tobacco products. Most notably, e-cigarettes being the most commonly used tobacco product since 2014. Social and physical environments such as mass media, fellow student peer tobacco use, and positive person views of tobacco use have been factors in the increase in all tobacco use.

In San Juan County, according to SHARP report of 2023, nicotine vaping use has increased between the years of 2011 and 2023 from 0.6% to 8.3% in all grades. Typically youth are 3.6 times more like to transition from vaping to using combustible cigarettes later in life.

### **Community to be Served**

San Juan County Youth inside and out of the school systems of the San Juan School District and community engagement events which are orientated to youth audiences. Youth ranges will be K-12<sup>th</sup> grades.

Utah State University (USU) Extension provides research-based programs and resources with the goal of improving the lives of individuals, families and communities throughout San Juan County. USU Extension facilitates a number of existing programs that provide positive reinforcement as well as health and nutrition. Utah 4-H Youth Development and USU Extension's Create Better Health are two programs which already engage with San Juan County Youth in our communities and school systems. Currently, USU Extension in engagement youth development in San Juan High School, Whitehorse High School, Montezuma Creek Elementary School, Blanding Elementary School, Bluff, Elementary School, and Monument Valley Elementary School. USU Extension is planned to continue to expand our presence at community health events, school events, and youth events where tobacco prevention would be applied.

USU Extension would supplement the E-Cigarette, Marijuana, & Other Drug Prevention Grant program into existing scheduled program events and workshops as well as increasing community engagement events that would specifically implement prevention of tobacco use. USU Extension sponsored 4-H youth program areas in Family and Consumer Science and Healthy Living core areas include "Prevention of Tobacco, Alcohol, and Other Drug Use."

### **Strategies, Activities, or Aims:**

- Disseminate information/education.
- Enhance individual life skills.
- Provide activities that reduce risk factors or enhance protective factors.
- Changing consequences by addressing incentives or disincentives.

Risk factors:	Protective factors:	Goals and Objectives:
<ul style="list-style-type: none"> <li>✚ Social Factors</li> <li>✚ Living Conditions and socio-economic</li> <li>✚ Sympathetic Tobacco Advertising and Mass Media</li> <li>✚ Tobacco Use among Lower-income youth</li> <li>✚ Product accessibility</li> </ul>	<ul style="list-style-type: none"> <li>✚ Social support of friends and family</li> <li>✚ School inclusivity and school support</li> <li>✚ Parent monitoring and navigating roles with child engagement</li> <li>✚ Discuss the dangers of vaping</li> </ul>	<ul style="list-style-type: none"> <li>✚ Reducing tobacco use among youth students and community youth</li> <li>✚ Through community engagement, educate the risks of continued tobacco use for immediate and long term</li> <li>✚ Expand the number of individual educational impacts exposed to Tobacco Prevention education by 5%</li> <li>✚ Successfully incorporate the Tobacco prevention program in to appropriate USU Extension youth events</li> <li>✚ Establish the differences between Commercial tobacco use and Cultural Traditional Tobacco use</li> </ul>

**Evidence-based practices to be used:**

Ensure that our program is consistent with the CDC’s Empower Vape-Free Youth™ campaign and Tobacco Free Utah program under the Utah Department of Health & Human Services.

Evaluation data sources:

## 12 Month Action Plan

Groundwork: October 2024 -January 2025				
Strategy/Activity	Who is Responsible?	By When?	Outcome?	
Begin researching and building curriculum for Community Youth and Student engagement sessions about Tobacco Prevention	USU Faculty and USU Create Better Health Staff	JAN 2025	<i>Process Objective:</i>	By January 2025, USU Extension will have completed a program curriculum to be implement with existing USU Extension programming and individual tobacco prevention session/workshops
			<i>Short-Term Objective:</i>	USU Extension will incorporate 4-H Youth Programming, Create Better Health, and elements from the CHW Core Skills curriculum.
			<i>Long-Term Objective:</i>	USU Extension will have successfully incorporated three major programming areas to cultivate an efficient Tobacco Prevention program for San Juan County's Youth

**Groundwork: October 2024 -January 2025**

<b>Strategy/Activity</b>	<b>Who is Responsible?</b>	<b>By When?</b>	<b>Outcome?</b>	
<p>Begin discussions with existing partners where USU Extension engagement with youth programs to obtain approvals to implement Tobacco Prevention programming</p>	<p>USU Faculty and USU Create Better Health Staff</p>	<p>JAN 2025</p>	<p><i>Process Objective:</i></p>	<p>By January 2025, USU Extension will have obtain permission from existing program partners include Tobacco prevention.</p>
			<p><i>Short-Term Objective:</i></p>	<p>USU Extension will lead discussion to begin implementing tobacco prevention with existing community partners.</p>
			<p><i>Long-Term Objective:</i></p>	<p>USU Extension will have successfully gained approvals from 4 partner organizations to implement tobacco prevention in existing scheduled programs.</p>

**Implementation: January 2025 – April 2025**

Strategy/Activity	Who is Responsible?	By When?	Outcome?	
<p>Disseminate information and education</p> <p>Provide activities that reduce risk factors or enhance protective factors.</p>	<p>USU Faculty and USU Create Better Health Staff</p>	<p>April 2025</p>	<p><i>Process Objective:</i></p>	<p>By April 2025, USU Extension will have successfully implemented Tobacco Prevention into its programs as well as initiating newer opportunities for program implementation</p>
			<p><i>Short-Term Objective:</i></p>	<p>USU Extension will educate youth and students of the risks of Tobacco use and Vaping. 4 student/youth engagement activities per month is anticipated at minimum that would involve Tobacco prevention programming</p>
			<p><i>Long-Term Objective:</i></p>	<p>Decrease vaping and tobacco use by 3% by incorporating Youth Development strategies and Healthy Living alternatives and provide strategies on making health behavior choices using CHW Core Skill recommendation</p>

**Feedback and Evaluation Assessments: May 2025 – June 30, 2025**

Strategy/Activity	Who is Responsible?	By When?	Outcome?	
Implement a short Pre and Post Survey that would reflect the impact of Tobacco prevention program	USU Faculty and USU Create Better Health Staff	April 2025	<i>Process Objective:</i>	By June 30, 2025, USU extension will have completed collected data from pre/post surveys and feedback from program implementation sessions/workshops
			<i>Short-Term Objective:</i>	USU Extension will incorporate methods from existing programs on strategies to effectively collect data
			<i>Long-Term Objective:</i>	Information collected will provide insight on positive impacts for Tobacco prevention as well as providing new perspectives of efficiently implementing future programs for Tobacco prevention

## Budget Form

Please complete the following budget form.

Category of Funding	Justification	Funding Amount
Personnel Salary		\$ 5,000
Fringe Benefits		\$
Travel (in/out of state)		\$
Supplies		\$ 4,000
Equipment		\$ 4,000
Subcontractors		\$
Media Outreach		\$ 2,000
Other		\$
<b>Total Amount Requested</b>		\$ 15,000

\*If additional space is needed, feel free to attach as many pages as needed to your application

## Reporting Project Progress

Grant recipients will report to the local health department four times over the year of funding. Reports are due on the 15<sup>th</sup> of each month (October, January, April, July). The grant recipient shall report the following:

1. List quarterly activities accomplished.
2. Provide accounting for the expenditure of grant funds.
3. Describe measurable outcomes as a result of the expenditures.
4. Describe the impact and effectiveness of programs and activities funded through the grant.
5. Indicate the amount of grant funds remaining on the date that the report is submitted.

After a grant recipient expends all funds awarded to the recipient under the grant program, the grant recipient shall submit a final report to the local health department.

On or before September 1 of each year, each local health department shall submit the reports to the Associations of Local Health Departments, who in collaboration with the Department of health, submit a report to the Health and Utah State Legislature Human Services Interim Committee.

## Appendix A – Developing Measurable Objectives

To be able to effectively evaluate your project, it is critical that you develop measurable objectives. This appendix provides information on developing objectives. It also provides examples of well-written measurable objectives.

### OBJECTIVES

*Definition* – Objectives describe the result to be achieved and the manner in which they will be achieved. Multiple objectives are generally needed to address a single goal. Well-written objectives help set programs priorities and targets for progress and accountability. It is recommended that you avoid verbs that may have vague meanings to describe the intended outcomes, like “understand” or “know” because it may prove difficult to measure them. Instead, use verbs that document action, such as: “By the end of 2025, 75 percent of program participants will be placed in permanent