

James & Esther King Biomedical Research Program

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*Anatomy and Cell Biology
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*2009 Program
New Investigator (3-year project)*

Project Title: The Effectiveness of the Reducing Environmental Tobacco Exposure Program within a Healthy Steps for Young Children Pediatric Model: A Randomized-Controlled Trial

Project Summary: The long-term primary objective of the University of Miami's Reducing Environmental Tobacco Exposure Program (RETEP) is to reduce young children's exposure to environmental tobacco smoke (ETS) by using a motivational intervention within Healthy Steps pediatric primary care practices. RETEP's aims include: training program staff on ETS screening and RETEP intervention protocol and evaluating the effects of ETS screening and RETEP intervention on children's exposure to ETS, child health, and parent smoking rates. The aims reflect the program's intentions to reduce children's exposure to ETS and ETS-related child illnesses (e.g., respiratory illnesses). Children's exposure to ETS will be measured through child urine samples and parent report. The intervention's impact on child health will be directly measured by medical chart review.

The intervention aims to reduce parent-smoking rates indirectly by delivering the ETS reduction intervention, which focuses on: informing parents about ETS exposure effects on children; assessing parents' willingness to reduce their child's exposure to ETS; assessing barriers to change; and assisting parents in making individualized ETS reduction plans. Specifically, these personalized plans will focus on decreasing ETS smoke in the home, car, and if the parent is ready, a referral and resource guide for smoking cessation will be provided. The main focus of the intervention will be improving the health of children exposed to ETS.