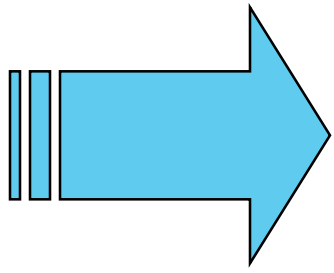


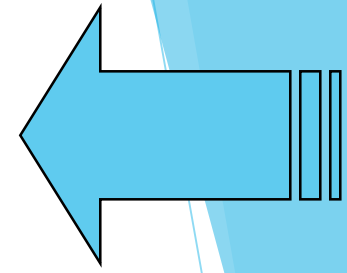
***Solving Multiple Youth
Health Risks Using
Brief Integrated Programs***



Prevention Plus Wellness™



Video Objectives



To describe:

1. The epidemic of multiple, co-existing health risks among American youth.
2. Brief, integrated programs as a cost-effective and practical solution.
3. Integrated prevention with wellness programs and their underlying evidence-based models. (10.5.15)

Epidemic of Multiple & Co-Existing Risks among Youth

- ▶ **Bad News**: Common risks among American youth include ATOD use, as well as physical inactivity, unhealthy eating, lack of sleep and uncontrolled stress.
- ▶ **Bad News**: Many risk behaviors are established during adolescence, are correlated, and increase throughout early adulthood.
- ▶ **More Bad News**: The majority of US youth (53%) experience two or more co-existing risk behaviors, and over a third (36%) experience three or more (Fox, et al, 2010).

Compound Effects of Multiple Health Risks

Alcohol Use

- Injury
- Disease
- Death
- Social problems
- Sadness

+

Phy. Inactivity

- Injury
- Disease
- Death
- Social problems
- Sadness

= ?

The Solution to Multiple Health Risks?

1. Cost-effectively bundle (i.e., integrate) health risk and health enhancing behaviors in single programs.
2. Brief integrated programs are even more cost-effective and practical in time-strapped settings.

Potential Advantages of Integrated P+W Interventions

- **Bundled prevention plus wellness (P+W) programs more cost-effective than single behavior interventions**
- **More likely to achieve broader and larger effects**
- **“Whole health” programs increase parent, provider and youth participation**



More Potential Advantages of P+W Integrated Interventions

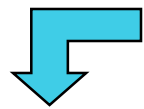
- **Brief P+W programs save time and money and increase reach**
- **More funding available for prevention + wellness, and behavioral + physical healthcare approaches**



What are PPW Programs?

1. **PPW Programs** are single-lesson and other very brief cost-saving prevention AND wellness interventions.
2. **PPW Programs** holistically link increasing physical activity, healthy eating, and other health enhancing habits and images with avoiding alcohol, tobacco, marijuana and other drug use.
3. **PPW Programs** are customized to each youth's health habits, and scripted to increase fidelity.





What are PPW Programs?



- 4. *PPW Programs*** can be implemented in nearly any setting in one-on-one or group formats.
- 5. *PPW Programs like SPORT and InShape*** are listed in NREPP, and have been proven to influence both health enhancing and risk behaviors for up to one year.
- 6. *All PPW Programs*** are based on the Prevention Plus Wellness (PPW) Approach using evidence-based theory and practices models.

The Behavior-Image Model (BIM)

- ▶ BIM is a road map for developing integrated multiple health behavior interventions emphasizing positive behaviors and self-identity content.
- ▶ BIM was used to develop over a dozen brief PPW integrated interventions, including:
 1. *SPORT PPW for adolescents,*
 2. *InShape PPW for college aged adults,*
 3. *SPORT 2 PPW for youth, and*
 4. *In God's Image (IGI) for youth.*

PPW Programs are Based on the Proven Four Step SFGF Model

- 1) **Screen** youth for their current health habits,
- 2) **Feedback** and wellness image communication is provided to youth in individual or group formats integrating ATOD use and healthy behaviors,
- 3) **Goal-setting** and monitoring of multiple behavior goals is conducted so youth avoid ATOD use while increasing their health and fitness habits, and
- 4) **Follow-up** strategies and support are provided to maintain effects.

Prevention Plus Wellness Programs & Services

- ▶ *SPORT PPW*
- ▶ *SPORT 2 PPW*
- ▶ *InShape PPW*
- ▶ *In God's Image (IGI)*
- ▶ Lifetime site licenses
- ▶ Online and onsite implementer workshops
- ▶ Online and onsite TOT workshops
- ▶ Data analysis and program effects feedback
- ▶ Grant researching and writing

For More Information on
Brief Evidence-based Interventions
Integrating Prevention With Wellness

Go to:

<http://preventionpluswellness.com>

info@preventionpluswellness.com

(904) 472-5022



Prevention Plus Wellness™