



AAFP Tobacco and Nicotine Chapter/Family Medicine Residency Program Mini Grants
Final Report
2015-2016

Each question in this Final Report should be answered thoroughly and completely.

Describe your project. Please answer the following questions.

1. Why did you choose this project? In other words, how was it relevant to your chapter/residency?
Tar Wars is a unique program that was started by family physicians and is owned and operated by the American Academy of Family Physicians. Smoking is a leading cause of preventable health problems in the United States. Smoking leads to death from cancer and from other chronic illnesses such as emphysema, heart disease, and stroke. Currently in the U.S, there are more than 4.5 million children under the age of 18 who smoke. This translates to approximately 22% of high school students reporting that they are smokers. Of these, approximately 1/3 will die prematurely from smoking-related illnesses. Children are particularly at risk for becoming smokers because they are greatly influenced by the media, advertising, and peer pressure. Also, they are less likely to consider the long-term health effects. We often see the impact of smoking and nicotine addiction in our patients. Tar Wars is a worthy cause that gives health care providers the opportunity to educate students long before they would present in our office and also recruits more voices against tobacco abuse.
2. What did you do and how did you accomplish it?
We organized and matched family medicine residents with participating elementary schools. Schools were recruited with invitation letters. Residents visited 4th and 5th grade classrooms and gave an interactive presentation on harms of tobacco abuse and advertisement ploys used by the tobacco industry. Other forms of nicotine use including hookah and e-cigarettes were also addressed in presentations.
3. What were your goals and to what extent did you achieve them?
Specific goals of Tar Wars include: 1) education regarding tobacco-free lifestyle, 2) allowing local health care representatives to engage in community activities and provide important health education for young school age children, 3) encourage community involvement regarding all aspects of the Tar Wars program.
Over 800 students participated in program. Surveys were not successfully collected from all students but pre presentation score increased from average of 83% to 91% after presentation on knowledge based questions. Each of our presenters enjoyed working with the students. We also completed a Delaware State poster competition in which students created posters against smoking.
4. How did you measure your goals?
We kept track of presentations and pre and post presentation surveys were completed.
5. How did this project benefit your chapter/residency? Please provide examples.
This project provided an opportunity for family medicine residents to collaborate with community schools to educate students about the harms of tobacco use and the tactics the tobacco industry uses to ensnare more individuals in nicotine addiction. As with any teaching opportunity, our residents also learned from this experience. The 4th and 5th grade students are very inquisitive and have great questions. In addition, a lot of the residents have never smoked and do not even have a family member who was significantly impacted by smoking. Hearing these students share about their family members and loved one's brings home the fact that

smoking continues to be a real problem that causes heart ache in addition to the terrible statistics that we are already know. In particular, I recall a young girl who was worried about her grandmother dying from smoking. She was tearful while sharing her fear with the school guidance counselor and felt powerless to help her grandmother.

6. What challenges did you face implementing your project and how did you overcome them?
At times matching school availability with resident availability was challenging. In addition, no response was received from many of the schools that were sent an invitation letter. Most of these challenges were addressed with time. So reaching out to schools earlier was better.

Describe how other chapters/residencies could learn from your project.

7. Do you think that your project could be easily adapted by other chapters/residency programs? Why or why not?
Yes, the most important resources, schools and residents, are easily available. It is simply a matter of communicating with schools and finding supportive health care providers.
8. What recommendations would you have for other chapters/residencies who want to replicate your project?
Funding via AAFP and American Lung Association has been instrumental in arranging supplies and material needed for presentations. So definitely take advantage of available supports and resources.

Contact Information

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NOTE: AAFP would like to help disseminate your good work by sharing your project with others via the AAFP Mini-grant web page. Please indicate whether you consent to AAFP sharing on its website your project results, final report and contact information. Yes No