

# San Joaquin County Public Health Services Smoking & Tobacco Outreach/Prevention Program (STOPP)

## Objective 1-E-3: Education/Participant Retrospective Pre-test Summary Results and Recommendations

July 2025

### Background

In 2022, the California Department of Public Health (CDPH) California Tobacco Control Program (CTCP) granted funds to San Joaquin County Public Health Services (PHS) for their Smoking & Tobacco Outreach/Prevention Program (STOPP). The purpose of the six-year grant is to reduce the use of tobacco in local jurisdictions through policy and educational campaigns, educational materials, training and technical assistance, and help in quitting tobacco (CDPH, 2017).

Objective 1 seeks to adopt and implement a comprehensive Tobacco Retail Licensing (TRL) policy. This TRL will require retailers that sell, give, or furnish tobacco products to be licensed, designate a portion of the license fee for enforcement, prohibit police harassment of persons who purchase, use or possess tobacco, and exclude any provision that criminalizes a person for the purchase, use, or possession of tobacco products. Additionally, the TRL policy will prohibit/eliminate the sale and distribution of any mentholated cigarettes and other flavored tobacco products and paraphernalia (e.g., smokeless tobacco products, dissolvable tobacco products, flavored premium cigars such as little cigars, cigarillos, hookah tobacco, e-cigarettes, e-hookah, and wrappers).

The STOPP team conducted an educational presentation for youth attending the Youth Mental Health Development Academy to increase their knowledge on various topics such as, flavored tobacco and vaping and local tobacco retail licensing. The presentation was evaluated using a retrospective pre-test (RPT). A summary of the retrospective pretests is compiled and evaluated in this report.

### Methods

The STOPP team conducted a single educational presentation and subsequent RPTs on 6/5/2025. The RPTs were administered to assess changes in knowledge levels among participants (Appendix 1). The RPTs also serve to inform STOPP staff of the presentation's

effectiveness and anticipate needs for additional support and/or education. The RPT format allows participants to rate their perceived change in level of knowledge on topics covered in the presentation. Unlike a traditional pre and post survey, the RPT is administered at the conclusion of a presentation and allows participants to retroactively gauge their level of knowledge prior to the presentation versus after the presentation. This format diminishes the risk of a participant gauging their level of knowledge at a higher level before the presentation, only to find “you don’t know, what you don’t know”.

Participants self-reported their level of knowledge regarding statements presented in the RPT. Respondents were given a scale of 0 to 10 to rate their knowledge. A knowledge level of (0) indicated no knowledge, and 1-10 indicated the range from very little knowledge (1) to a lot of knowledge (10). An average score of all participants from each statement was calculated and the percent change was determined based on the average response scores.

The presentation was delivered to a group of 30 youth who attended the Youth Mental Health Development Academy. The presentation was conducted in-person, and an online survey was administered at the conclusion of the presentation using the *Survey Analytics* platform. A total of 26 youth responded to the survey, and 87% response rate.

## Results

**Table 1: Summary of Scores**

Measure	Number of Respondents	*Knowledge Before	*Knowledge After	% Change (+/-)
Please rate your level of knowledge or understanding of public health.	26	4.9	8.7	+77.55%
Please rate your level of knowledge or understanding of e-cigarettes/vaping products.	26	5.2	8.8	+69.23%
Please rate your level of knowledge or understanding of the health risks associated with nicotine.	26	5.7	9.1	+59.65%
Please rate your level of knowledge or understanding of why youth are using e-cigarettes/vaping products.	26	5.7	8.6	+50.88%
Please rate your level of knowledge or understanding of OARS skills in motivational interviewing.	26	3.1	8.1	+161.29%
Please rate your level of skill in presenting to an audience.	26	5.5	8.2	+49.09%
Total		5	8.6	+72%

\*Value represents a combined average of all responses.

The measure that experienced the most significant increase in knowledge (86.11%) among participants was their level of knowledge or understanding of OARS skills in motivating interviewing. On the other hand, the level of skill in presenting to an audience showed the least growth, with an increase of 49.09% among participants. However, this measure had one of the highest average pre presentation score, indicating that the participants were pretty confident in their ability to present to an audience.

As for topics specifically related to smoking/vaping and nicotine, participants' knowledge of e-cigarettes/vaping products experienced the most significant increase (+69.23%). However, participants' understanding of *why* youth are using e-cigarettes/vaping products showed the least growth in knowledge (+50.88%).

Overall, the educational presentation received a highly positive rating (9.8) from all participants.

## Conclusion and Recommendations

Overall, STOPP's educational presentation at the Youth Mental Health Development Academy was successful at increasing the level of knowledge of participants. The average percent increase in level of knowledge was 72% (starting score 5 – ending score 8.6). STOPP should consider the following recommendations:

- Incorporate more information on why youth are using e-cigarettes/vaping products.
- Include survey questions related to TRL policies to measure participants knowledge on this subject.

# Appendix 1: STOPP Retrospective Pre-Tests Survey Instrument

Hello,

You are invited to participate in our survey for the Youth Mental Health Development Academy training on tobacco, vaping, and mental health. The survey will take about 2 minutes to complete, and there are no right or wrong answers. It is completely voluntary and we will not ask for your name. Thank you for your participation!

Please rate your level of knowledge or understanding of public health. (0=none; 10=high)

BEFORE the training	<input type="checkbox"/>
AFTER the training	<input type="checkbox"/>

Please rate your level of knowledge or understanding of e-cigarettes/vaping products. (0=none; 10=high)

BEFORE the training	<input type="checkbox"/>
AFTER the training	<input type="checkbox"/>

Please rate your level of knowledge or understanding of the health risks associated with nicotine. (0=none; 10=high)

BEFORE the training	<input type="checkbox"/>
AFTER the training	<input type="checkbox"/>

Please rate your level of knowledge or understanding of why youth are using e-cigarettes/vaping products. (0=none; 10=high)

BEFORE the training	<input type="checkbox"/>
AFTER the training	<input type="checkbox"/>

Please rate your level of knowledge or understanding of OARS skills in motivational interviewing. (0=none; 10=high)

BEFORE the training	<input type="checkbox"/>
AFTER the training	<input type="checkbox"/>

Please rate your level of skill in presenting to an audience. (0=none; 10=high)

BEFORE the training	<input type="checkbox"/>
AFTER the training	<input type="checkbox"/>

Please rate your overall experience with today's training. (0=bad experience; 10=awesome experience)

	<input type="checkbox"/>