

March/April 2003

Initial Indicators of Effectiveness for a High School Drug Prevention Program

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All Stars, Sr. is a comprehensive high school health education supplement designed to prevent high-risk behaviors among adolescents. The program includes topics such as personal health, nutrition, interpersonal relationships, and stress, with a special emphasis on drug prevention. Effective research-based programs that target late onset prevention and early cessation of high-risk behaviors among high school students are not yet widely available. All Stars, Sr. fills this need by providing high schools with a program that promotes positive change in research-based mediating variables. The purpose of this study was to conduct an initial evaluation of All Stars, Sr., to examine program effects on drug use as well as mediating variables related to other high-risk behaviors. Six suburban high schools in North Carolina were randomly assigned to treatment and comparison conditions. Immediate pre- and posttest surveys were used to evaluate program effects. Results indicate that students exposed to All Stars, Sr. became increasingly likely to view drug use, poor nutrition, and stress as not fitting with their desired future lives. Additionally, students who participated in all Stars, Sr. were significantly less likely to have smoked cigarettes, and they demonstrated a trend toward less drunkenness than comparison students.

Media Relations for Health Educators: The Inside Story About the News Media

M.D. Barnes, M. Giles, B.L. Neiger, S. Thomsen, and R. Thackeray The practice of using mass media in public health education practice is increasing. However, the challenges most health educators face in using the news media include either not knowing how to access the media or feeling a sense of ambivalence due to the risk of being misquoted or misrepresented. Developing an appreciation for the motivations and purposes of the new media is the responsibility of health educators and serves an important basis for successfully dealing with the media. Specifically, this article identifies the environment, operating elements, and standards of the news media; explains how to contact the right media representative; and presents guidelines for dealing with the media.

The Relationship Between Cellular Phone Use, Performance, and Reaction Time Among College Students: Implications for Cellular Phone Use While Driving

Adam Szyfman, Gregory Wanner, and Leslie Spencer

Two studies were performed to determine the relationship between cellular phone use and either reaction time or performance among college students. In the first study 60 undergraduates completed a computerized reaction time test. Mean reaction times were significantly higher when participants were talking on a cellular phone, either handheld or on a headset, than when they were not. In the second study 40 undergraduates steered a remote-controlled car through an obstacle course. Performance scores were significantly poorer for participants when they were talking on a cellular phone than when they were not. A majority of participants reporting using cellular phones while driving, yet believed this was a dangerous practice. We recommend incorporation of

education about cellular phone use and driving in health/safety curriculum for high school and college students.

Unwritten Roles for Survival and Success: Senior Faculty Speak to Junior Faculty

Kim Miller and Melody Noland

An evolving body of research has examined the process of mentoring relationships among senior and junior faculty in health education and health promotion academic programs. However, little attention has been given to understanding the specific content of interactions between mentors and protégés. This qualitative research was conducted to identify the knowledge, behaviors, and skills senior faculty believe are important for success of new health promotion and health education faculty. Senior faculty (n=11) in health education/health promotion at major universities in the United States were interviewed to determine the kinds of advice they have given to junior faculty when they have mentored. Data were collected by in-person and telephone interviews.

Research-related themes included having a research focus; working with teams; knowing institutional expectations; and balancing quantitative versus qualitative methodology. Teaching-related themes centered on the importance of working with students; using resources; and balancing teaching load with other responsibilities. Themes related to service included seeking appropriate types of service for achieving promotion and tenure; realizing the quantity of service required; and using service for learning opportunities. These results can be useful to developing junior faculty in health education and health promotion and to senior faculty mentors in terms of advising their protégés.

Stemming Racial and Ethnic Disparities in the Rising Tide of Obesity

Steven R. Hawks and Hala N. Madanat

At the national level, obesity and obesity-related illnesses are increasing dramatically. As with many other public health problems, some racial and ethnic populations are disproportionately affected. This article presents current information on the prevalence and consequences of obesity for racial and ethnic groups in the United States and evaluates race/culture-specific causes of obesity for these populations. After analysis of various interventions that attempt to address this problem, a full-spectrum, three-pronged model for eliminating racial and ethnic disparities in obesity is presented and discussed. It is argued that a comprehensive population model, with a balance between downstream, midstream, and upstream interventions is necessary. Examples of culturally appropriate interventions that address the behavioral, social, and environmental determinants of obesity at each of these levels are presented. Using the tools of sound theory, appropriate methods, and cultural sensitivity, health educators are in a unique position to provide leadership to this effort.

Diabetes Coverage in Mass-Circulating Women's Magazines, 1995-2001

Lorraine Silver Wallace

This review evaluates the accuracy of diabetes mellitus coverage in selected mass-circulating women's magazines from 1995 through 2001. The ProQuest database was searched to obtain all citations from five women's magazines (*Better Homes and Gardens*, *Good Housekeeping*, *Ladies Home Journal*, *Family Circle*, and *Woman's Day*) and three magazines with a large African-American audience (*Ebony*, *Essence*, and *Jet*).

**AMERICAN JOURNAL OF
HEALTH EDUCATION**

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A content analysis abstraction form was developed to collect information from the articles in the following areas: sources of information used, description of insulin/diabetes, incidence/prevalence statistics, risk factors, symptoms, prevention measures, and long-term complications. Forty-nine articles were identified in all magazines combined over the 7 year time period. Overall, current diabetes prevalence rates, risk factors, symptoms, preventive measures, and long-term complications were not discussed in great detail. The findings suggest that coverage of diabetes in women's magazine articles does not reflect the true public health significance of this disease.