

## **A Bespoke Approach to Vaping and Smoking Cessation in Schools and Youth Services**

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### **Background:**

Tobacco and e-cigarette use in young people is a growing concern because of associated health risks. Literature has typically reported reasons for use and attitudes among young people who vape or smoke. Less is known about effective cessation interventions.

### **Aim:**

To design, implement and evaluate the feasibility and acceptability of a multi-component intervention aimed at reducing vaping/smoking rates of young people.

### **Approach:**

An intersectoral vaping/smoking cessation intervention targeting young people aged 12–25 from priority populations attending selected schools and youth services within SLHD will be developed over 6 months. Co-design of the intervention includes representatives from health, education, and young people. Program components comprise:

1. Upskilling two SLHD health staff via online training to:
  - a. Deliver vaping/smoking cessation education/training via a train-the-trainer approach to frontline staff working with young people in the district.
  - b. Serve as champions for promoting/expanding cessation activities.
2. Engaging young people as peer workers to support youth with vaping/smoking cessation.
3. Providing cost-free nicotine replacement therapy (NRT) where appropriate at the schools and/or youth health services.

### **Outcomes:**

A mixed-methods evaluation will be used to measure outcomes including reach, adoption, acceptability, feasibility and changes in knowledge, attitudes, and behaviour. We will evaluate attendance and number of train-the-trainer sessions completed, peer workers trained, young people reached and the number who cease or attempt ceasing vaping/smoking. Implementation evaluation will include a series of surveys, interviews and focus groups of staff, peer workers and youth engaged.

### **Innovation and Significance:**

Marginalised young people face increased barriers to engaging with healthcare. This project will implement and evaluate bespoke, youth friendly and acceptable vaping/smoking cessation strategies through co-design and intersectoral collaboration delivered in trusted settings to address knowledge gaps regarding youth vaping cessation interventions.

### **Disclosure of Interest Statement:**

The authors of this abstract have no conflicts of interest to declare.