

Know the Score: Building sporting club capacity to prevent vaping harms in young people

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Background: The year-long Good Sports Vaping Prevention project created and trialled a suite of vaping prevention activities for Australian community sporting clubs. These new activities were designed to build the capacity of sporting clubs to support young people to reduce or avoid vaping. The long-term aim of these activities was to ensure that young people have access to support and information about the harms of vaping from adults they trust, in an environment they feel comfortable.

Intervention: A multi-pronged approach was used to upskill different cohorts within clubs, leading to three evidence-informed education activities – a workshop for club communities to build their knowledge of vaping harms, and demonstrate how policies and practices can prevent vaping harm; a training session to boost coach knowledge about the harms of vaping and their confidence to talk to young people about vaping; and an information session for junior members covering vaping harms, and how to avoid and quit vaping.

Effectiveness and Implementation: Over 250 clubs participated in at least one of the three activities. Survey data from workshop participants provided support for the key outcomes, with 92-97% of respondents reporting improvements in knowledge of vaping harms and how to address vaping at the club. Similar findings were obtained for the coach training in terms of building knowledge, confidence and capacity to address vaping directly with young people. The information session for junior players also demonstrated positive impact, improving knowledge about the risks of vaping (83%) and how to avoid or quit vaping (79-88%) for the majority.

Conclusion and Next Steps: This project has demonstrated that all three vaping prevention activities build the capacity of club communities, as intended. The content has been integrated into the Good Sports program, providing Australian clubs with free, evidence-informed, and easy to access content to reduce rates of vaping both at a club and community level.

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