

PROGRAM & DESCRIPTION	MAJOR COMPONENTS	STUDIED POPULATIONS	OUTCOMES
PROMISING			
<p>Program: SPORT Prevention Plus Wellness Website: https://preventionpluswellness.com Description: A health promotion program that highlights the positive image benefits of an active lifestyle to reduce the use of alcohol, tobacco and drug use by high school students in addition to improving their overall physical health. Strategy Type: Brief intervention Setting: School Age: Late Adolescence (15-18) – High School Length: 1 session brief intervention</p>	<p>Health behavior screen, one-on-one consultation, a take home fitness prescription recommending the youth to set health-related goals</p>	<p>56% female, 44% male; 51% White, 22% Black, 28% other</p>	<ul style="list-style-type: none"> • Reduced alcohol consumption, initiation, alcohol use risk, and drug use behaviors (30-day cigarette frequency) three months post-intervention • Increased exercise habits at posttest
<p>Program: Strengthening Families 10-14 Website: www.extension.iastate.edu/sfp Description: A group parenting and youth skills program that aims to help parents/caregivers learn nurturing skills that support their children, teaches parents/caregivers how to discipline and guide their youth effectively, gives youth a healthy future orientation and an increased appreciation of their parents/caregivers, and teaches youth skills for dealing with stress and peer pressure. Strategy Type: Family-based intervention Setting: Community Age: Late Childhood (5-11) – K/Elementary; Early Adolescence (12-14) – Middle School Length: Weekly 2 hour sessions for 7 total sessions</p>	<p><u>Caregivers:</u> Enhance parenting skills and promote effective parenting styles; <u>Youth:</u> Build life skills and foster positive attitudes</p> <p><u>Family:</u> Strengthen family bonds, promote positive communication, and enhance joint problem-solving</p>	<p>51% female, 49% male; 98% Caucasian</p>	<ul style="list-style-type: none"> • Reduced rates of initiation in each of the three alcohol ever-use measures at the one- and two-year follow-ups • Reduced transitions to substance use at the two-year follow-up
<p>Program: Strong African American Families Program Website: www.cfr.uga.edu Description: A culturally tailored, family-centered program designed for Black families in rural communities to build on strengths of African American culture to prevent substance abuse and other behaviors among youth by strengthening positive family interactions, enhancing caregivers’ efforts to help youth reach positive goals and prepare for teen years. Strategy Type: Family-based intervention Setting: Community Age: Late Childhood (5-11) – K/Elementary; Early Adolescence (12-14) – Middle School Length: 7 weeks, 2 hours per week</p>	<p><u>Caregivers:</u> Enhance parenting skills, strengthen relationship with child <u>Youth:</u> Promote competence to avoid risky behavior, set goals for the future, and strengthen relationship with caregiver <u>Family:</u> Strengthen family bonds and communication, understand importance of family values, and develop strategies for addressing experiences of racism and discrimination</p>	<p><u>Study 1:</u> 54% female, 46% male; 100% Black <u>Study 2:</u> 53% female, 47% male; 100% Black</p>	<ul style="list-style-type: none"> • Reduced levels of youth risk behaviors (at posttest) • Fewer “new alcohol users” and slower growth in alcohol use at long-term follow up