

Name of Program/Strategy: Native American Prevention Project Against AIDS and Substance Abuse

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1. Overview and description

The Native American Prevention Project Against AIDS and Substance Abuse (NAPPASA) school curriculum consists of a 24-session program that addresses multiple issues facing Native American communities. Classroom sessions were designed to build knowledge, acquire and practice prevention skills with peers, and foster new positive peer group norms for preventive communications and behaviors in the context of Native American values. The curriculum covers facts and issues about alcohol and other drug (AOD) abuse; basic reproductive biology; HIV/AIDS; linking AOD to HIV; sexually transmitted diseases (STDs) and how they are transmitted; how assertive communication skills can prevent unwanted sex, pregnancy, and STDs; decision-making skills; healthy options; social skills; coping with pressures; and reinforced practice and role-plays. Booster sessions involve activities, community meetings, and showing NAPPASA-produced videos and print media.

2. Implementation considerations (if available)

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3. Descriptive Information

Areas of Interest	Substance abuse prevention
Outcomes	1: Lower risk of alcohol and other drug use 2: Lower rates of risky sexual behavior
Outcome Categories	Alcohol Drugs Tobacco
Ages	13-17 (Adolescent)
Genders	Male Female
Races/Ethnicities	American Indian or Alaska Native
Settings	School
Geographic Locations	Rural and/or frontier Tribal
Implementation History	
NIH Funding/CER Studies	
Adaptations	
Adverse Effects	
IOM Prevention Categories	Selective

4. Outcomes

Outcome 1: Lower risk of alcohol and other drug use

Description of Measures	The evaluation used a pretest-posttest quasi-experimental design with nonequivalent control groups.
Key Findings	Compared with nonintervention groups, a significantly higher percentage of NAPPASA intervention participants remained in or moved to the lower risk alcohol and other drug (AOD) use category at both 9th and 10th grade follow-up. Among the baseline nonusers, the "normal developmental trend toward increased AOD use" was slowed.

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Studies Measuring Outcome	
Study Designs	
Quality of Research Rating	

Outcome 2: Reduced delinquent behavior at one-year follow-up

Description of Measures	The evaluation used a pretest-posttest quasi-experimental design with nonequivalent control groups.
Key Findings	Intervention youths showed greater maintenance of virginity and lower rates of some types of risky sexual behavior in nonvirgins. Among the older nonvirgin youths, NAPPASA participants were less likely to have had sex while drunk or high, a particularly risky behavior for transmission of STDs including HIV. The NAPPASA students consistently showed a marked increase in their use of family, rules, laws, religion, traditional ways, and community protective influences to help them avoid health-risking behaviors.
Studies Measuring Outcome	
Study Designs	
Quality of Research Rating	

5. **Cost effectiveness report** (Washington State Institute of Public Policy – if available)
6. **Washington State results** (from Performance Based Prevention System (PBPS) – if available)
7. **Where is this program/strategy being used (if available)?**

Washington Counties	Oregon Counties

8. Study Populations

Evaluation Methodology

The evaluation used a pretest–posttest quasi-experimental design with nonequivalent control groups. Data was collected on 2,704 (2,038 treatment and 666 control) high school students. The NAPPASA curriculum was administered to 790 students in eighth grade, 1,021 students in ninth grade, and 227 students in both grades. All groups were administered pretests, immediate posttests, and a follow-up test.

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Each student completed a standard AOD–use questionnaire (the American Drug and Alcohol Survey) at baseline, with selected items repeated at posttest and follow-up. A second questionnaire (NAPPASA’s Health Behavior Survey) was also administered. The follow-up intervals differed by grade. There was a 3-month (eighth grade) or a 6-month (ninth grade) follow-up and an 8-month (eighth grade) or 1-year (ninth grade) follow-up. Seventy-seven percent of the subjects were identified as “American Indian” or “American Indian plus other,” while 12 percent were Anglo, 7 percent Hispanic, and 4 percent African-American. The male–female ratio was roughly 1:1.

Evaluation Outcome

Compared with nonintervention groups, a significantly higher percentage of NAPPASA intervention participants remained in or moved to the lower risk AOD use category at both 9th and 10th grade follow-up. Among the baseline nonusers, the “normal developmental trend toward increased AOD use” was slowed. Preventive interventions targeting sexual behavior often raise concerns that teaching about this may lead to an increase in sexual activity. However, intervention youths showed greater maintenance of virginity and lower rates of some types of risky sexual behavior in nonvirgins. Among the older nonvirgin youths, NAPPASA participants were less likely to have had sex while drunk or high, a particularly risky behavior for transmission of STDs including HIV. The NAPPASA students consistently showed a marked increase in their use of family, rules, laws, religion, traditional ways, and community protective influences to help them avoid health-risking behaviors.

Supplementary Materials

Baldwin, Julie A., Jon E. Rolf, Jeannette L. Johnson, Jeremy Bowers, Christine J. Benally, and Robert T. Trotter. 1996. “Developing Culturally Sensitive HIV/AIDS and Substance Abuse Prevention Curricula for Native American Youth.” *Journal of School Health* 66(9):322–27.

Johnson, Jeannette L., and Mark C. Cameron. 2001. “Barriers to Providing Effective Mental Health Services to American Indians.” *Mental Health Services Research* 3(4):215–23.

Rolf, Jon E., Tonja R. Nansel, Julie A. Baldwin, Jeannette L. Johnson, and Christine J. Benally. 2002. “HIV/AIDS and Alcohol and Other Drug Abuse Prevention in American Indian Communities: Behavioral and Community Effects.” In Patricia D. Mail, Suzanne Heurtin–Roberts, Susan E. Martin, and Jan Howard (eds.). *Alcohol Use Among American Indians and Alaska Natives: Multiple Perspectives on a Complex Problem*. National Institute on Alcohol Abuse and Alcoholism Research Monograph No. 37. Bethesda, Md.: National Institute on Alcohol Abuse and Alcoholism.

9. Quality of Research

10. Readiness for Dissemination

11. Costs

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12. Contacts

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