



California Adolescent Health Collaborative

CAHC NEWS

Fall 2009

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California Adolescent Health Collaborative Fall 2009 Newsletter

CAHC Welcomes New Steering Committee Members

This fall the CAHC steering committee grows by four new members, expanding its representation more broadly throughout the state. We're pleased to be joined by Kelly Hoffman, Dr. Kimberly West, Robyn Flores, and Arlene Schneir. Kelly Hoffman rounds out our Southern California representation from her position at the Department of Public Health in San Bernardino. Dr. Kimberly West, a former steering committee member, joins us from her new post at the Los Angeles Department of Public Health. Robyn Flores brings us representation from the Central Valley where she works for ACT (Advocacy Coalition of Tulare County for Women and Girls). Arlene Schneir from Children's Hospital Los Angeles, will be replacing Susan Rabinovitz, who will be leaving the committee upon moving to Vancouver, Canada this fall. We'll miss you Susan, but we know you've left us in good hands!

Congratulations to Steering Committee member Charlene

California Adolescent Health Collaborative

National Center for Youth Law

National Adolescent Health Information
Center (NAHIC) at UCSF

Adolescent Health Working Group

Clemens

CAHC Steering Committee member Charlene Clemens was recently awarded TeenNow's David Crawford Member of the Year Award at TeenNow's conference in September. The award is presented each year to someone who has made an outstanding contribution to the organization. Charlene has been honored for her role of advocator, educator, cajoler, nudger, shouter and all-around cheerleader in her position as President of the Adolescent Family Life Program. Congratulations Charlene!

Save the Date: 2010 CAHC Conference

We are pleased to announce that CAHC's 2010 conference will be held in San Francisco, October 28-29, 2010, in partnership with the UCSF School of Nursing. The theme of the conference will be "Transitions".

Get Involved Now in the 2010 Adolescent Health Conference

We're looking for a few good people who are creative, like to plan, get energized working with others, are passionate about issues of adolescent health and wellness, and have lots of ideas for a fantastic conference in 2010! The commitments for this committee are monthly conference calls, coordinating or assisting with a conference project or activity, and attending the conference. Benefits for committee members include complimentary conference registration, opportunities to network with others passionate about issues of adolescent health, and an opportunity to help create a learning environment that stimulates provocative and progressive thinking in the field of adolescent health and wellness. The work of the committee begins in October of 2009 and ends with an evaluation following the conference in November 2010.

If you are interested, please contact Sharon Kosch, Conference Coordinator, at skosch@californiateenhealth.org.

In The News

Nutrition and Physical Activity

Influences on Healthy Dietary Outcomes for Latino Adolescents in California

The affect of acculturation and gender on a healthy diet were examined in Latino adolescents. According to the study, females indicated that feeling healthy and looking good contributed to eating healthfully, while males indicated that good athletic performance contributed to eating healthfully. Mother was influential for both genders, and stronger for females. Less acculturated adolescents had stronger intention to eat healthfully, more tolerance to give up liked food items, and more support and encouragement.

[Read abstract.](#)

Implementation of State-Mandated Nutrition Standards in California High Schools

California high schools are making progress toward implementation of the state nutrition standards. Additional support is needed to provide schools with resources to implement and monitor these policies. Simpler standards and/or a reduction in the foods and beverages sold could better enable schools to achieve and monitor adherence.

[Read abstract.](#)

Health Care Delivery

Adolescents and Influenza A (H1N1)

The pandemic influenza A (H1N1) 2009 virus was identified this April and quickly spread across the United States and throughout the world. The signs and symptoms of H1N1 are similar to that of seasonal influenza, however, the age distribution of both the disease and its severe complications differ. Few people have existing immunity to this virus, creating the potential to cause widespread disease. The highest rates of infection have been among persons aged 5 through 24 years of age and the lowest among persons 65 years and older. The incidence of hospitalization has been highest among children less than 4 years old.

The Advisory Committee on Immunization Practices (ACIP) has recommended five initial target groups for vaccination early in the season when vaccine supplies are limited. These groups include pregnant women, persons who live with or provide care for infants less than 6 months old, health care and emergency medical services personnel, children and young adults aged 6 months through 24 years, and persons aged 26 through 64 years who have medical conditions that put them at higher risk of influenza-related complications. Adolescents are within the target groups as well as pregnant women and pregnant teens; a disproportionate number of pregnant women have been hospitalized and have had severe complications from H1N1 flu. Once the demand for vaccine for the initial target groups has been met at the local level, programs and providers can begin vaccinating the broader population. Talk to your doctor or health care provider if you have more questions.

For more information please visit these sites:

[Ca. Dept. of Public Health, Health Information](#)

[Centers for Disease Control and Prevention](#)

www.flu.gov

Nursing Student Participation in Mentoring Programs Promotes Adolescent Health

This study explored the practical issues encountered by nursing students who participated in three mentoring programs to promote adolescent health. Results revealed a number of issues and suggestions for future mentoring programs, including the general advantages of mentors, growth in professional capability, progress in professional socialization, and the acquisition of health promotion strategies.

[Read more.](#)

Adolescent Preventive Health Care: What Do Parents Want?

Parents find numerous topics important for discussion during well adolescent health care visits suggesting that parents might value a broad range of preventive care services for adolescents. However, some parents appear conflicted about incorporating adolescent confidentiality into prevention-focused visits.

[Read abstract.](#)

Mental Health

Adolescent Risky Behavior May Signal Mature Brain

A new study using brain imaging to study teen behavior indicates that adolescents who engage in dangerous activities have frontal white matter tracts that are more adult in form than their more conservative peers.

[Read more.](#)

Identification of Suicide Risk Among Rural Youth: Implications for the Use of HEADSS

Nurse practitioners have the power to assess psychosocial risk and detect and prevent suicide, a problem plaguing rural areas of the United States. This study explored whether HEADSS, a suicide risk interview tool, is appropriate for guiding suicide risk

assessment of rural adolescents.

[Read abstract.](#)

Mentally Ill Offenders Strain Juvenile System

As cash-starved states slash mental health programs in communities and schools, they are increasingly relying on the juvenile corrections system to handle a generation of young offenders with psychiatric disorders. About two-thirds of the nation's juvenile inmates have at least one mental illness, according to surveys of youth prisons, and are more in need of therapy than punishment.

[Read article.](#)

Reproductive and Sexual Health

Expedited Partner Therapy for Adolescents Diagnosed with Chlamydia or Gonorrhea

Chlamydia and gonorrhea, the most frequently reported sexually transmitted infections, present substantial public health challenges among adolescents. Although these infections are easily treated with antibiotics, many adolescents are reinfected within 3-6 months, usually because their partners remain untreated. Expedited Partner Therapy has been found to reduce the rates of persistent or recurrent gonorrhea and chlamydia infection; however, its routine use is limited by concerns related to liability, cost, compliance, and missed opportunities for prevention counseling.

[Read paper.](#)

Low-Income Kids Report First Sexual Intercourse at 12 Years of Age

Among nearly 1,000 low-income families in three major cities, one in four children between the ages of 11 and 16 reported having sex, with their first sexual intercourse experience occurring at the average age of 12.77.

[Read more.](#)

HPV Shot Found Safe, but Some Experts Question its Benefits

A new study says that Gardasil is safe and no riskier than other vaccines, although there is a small chance of fainting or developing a blood clot after getting the shots. Still, many adolescent health specialists and epidemiologists continue to question the benefit of vaccinating all girls against HPV, a sexually transmitted disease that causes genital warts and some cases of cervical cancer.

[Read article.](#)

Contraceptive Withdrawal in Adolescents: A Complex Picture of Usage

Contraceptive withdrawal is a widespread method in adolescents. This study examines the number of withdrawal acts among a group of sexually active adolescent females and investigates the influence of personal, partner, and family factors on usage patterns.

[Read abstract.](#)

Alcohol and Drug Use

Binge Drinking Affected by Age, To a Degree

As the drinking age has gone up, binge drinking has gone down - except among college students. Researchers report that binge drinking among 18- to 20-year-old men who did not attend college had declined more than 30 percent since the 1970's.

[Read more.](#)

Genes and the Environment Interact to Influence Adolescent Alcohol Use

Adolescent alcohol use and behavior problems are influenced by a combination of genetic and environmental factors. A new study has found that socio-regional factors moderate the importance of genetic influences on early adolescent behavior problems in a way that parallels moderating effects observed for alcohol use later in adolescence.

[Read article.](#)

More Teens Abuse ADHD Stimulants

Abuse of stimulants prescribed for attention deficit hyperactivity disorder (ADHD), particularly amphetamines, is on the rise among teens. Calls to poison centers about teen victims of prescription ADHD drugs jumped 76% between 1998 and 2005.

[Read article.](#)

LGBTQ

Healthcare Preferences of Lesbian, Gay, Bisexual, Transgender and Questioning Youth

Youth place as much importance on provider qualities and interpersonal skills as provider knowledge and experience, and place little importance on a provider's gender and sexual orientation, according to this study. Youth indicated the importance of providers addressing not only health risks, but also wellness and health promotion, and to do so within the context of home and family. Subgroup analyses underscore the need for greater sensitivity to both cultural and developmental differences among LGBTQ youth.

[Read abstract.](#)

Confronting Health Disparities Among Lesbian, Gay, Bisexual And Transgender Youth

This article discusses a recent editorial in the *Journal of Adolescent Health*, which calls on clinicians and health researchers to lead the charge in improving the health and well-being of U.S. LGBT teens. Clinicians can start by providing LGBT teens with high-quality, preventive care in a regular, private, and confidential environment. Health researchers can start by including information on sexual orientation and gender identity in health surveys and assessments.

[Read article.](#)

Technology

Cyber Bullying Affects One in 10 Students

A World Health Organization 2005/2006 survey of human behavior in school-aged children found that 20.8% of respondents reported being perpetrators or victims of physical bullying in the past two months; 53.6% were victims of verbal bullying; 51.4% were victims of relational bullying, which involves social exclusion, and 13.6% of cyber bullying on a computer, cell phone or other electronic device.

[Read article.](#)

Resources

Program Development

Meeting the Needs of Pregnant and Parenting Teens: Local Health Department Programs and Services

This report discusses the importance of addressing the special needs of pregnant and parenting adolescents to improve their own and their children's health and life outcomes. The report, published by the National Association of City and County Health Officials, provides background information on the impact of adolescent childbearing and services and programs for pregnant and parenting adolescents.

[Download report.](#)

Why Teens are Not Involved in Out-of-School Time Programs: The Youth Perspective

Child Trends asked adolescents who were not affiliated with out-of-school time programs to discuss why youth do not participate in these programs. Barriers to participation ranged from a program being located in an unsafe or unfamiliar neighborhood to participation in a program being perceived in a negative light by parents and/or peers. Program improvement strategies ranged from teaching youth practical skills and addressing family issues to offering a variety of activities and hiring skilled, experienced staff.

[Read brief.](#)

Youth Who Are "Disconnected" and Those Who Then Reconnect: Assessing the Influence of Family, Programs, Peers, and Communities

The transition to adulthood can be a turbulent time. To succeed in this transition, adolescents must advance in several areas of development, such as education, work, and financial autonomy. However, some young people who have difficulty with this transition may disconnect from work or school for a lengthy period of time. The term "disconnected youth" is often used to describe these young people. This Research Brief presents the results of new Child Trends' analyses on factors that have a bearing on whether youth become disconnected, as well as factors relating to youth reconnecting after a period of disconnection.

[Read brief.](#)

Reproductive and Sexual Health

National Chlamydia Coalition

This Coalition is supported by [CDC's Division of Sexually Transmitted Diseases Prevention](#) (DSTDP). Its goal is to increase the rates of screening adolescents and young adults, particularly females, for sexually transmitted Chlamydia infections.

Decreasing the proportions of adolescents and young adults with Chlamydia trachomatis infections is one of the 21 critical health objectives of the National Initiative to Improve Adolescent Health.

[Visit website.](#)

Technology

Sex and Tech: Results From a Survey of Teens and Young Adults

"Sexting", a combination of "sex" and "texting", is when a person uses a cell phone to send photos or messages that are sexually explicit. This survey, conducted by The National Campaign to Prevent Teen Pregnancy and CosmoGirl, found that 39% of all teens, 37% of teen girls and 40% of teen boys, have sent sexting messages, while 48% of teens report they have received such messages.

[Read report.](#)

Health Care Delivery

Strategies to Support the Integration of Mental Health into Pediatric Primary Care

Published by the National Institute for Health Care Management (NIHCM) Foundation, this paper provides an overview of research advances and policy trends that support integration of mental health into primary care and explores various strategies primary care providers and health plans can employ to achieve more coordinated and integrated mental health care in the pediatric primary care setting.

[Read paper.](#)

Policy Updates

Policy Expert Brindis Takes the Pulse of Health Care Reform Efforts

Dr. Claire Brindis, director of UCSF's Philip R. Lee Institute for Health Policy Studies at UCSF and professor of pediatrics and health policy, speaks about what she sees as the key issues, challenges and potential solutions to the nation's health care system.

[Read article.](#)

New Policy Statement from Society for Adolescent Medicine Urges Inclusion of Adolescent and Young Adult Health Issues in All Health Care Reform Legislation

As the discussion regarding health care reform moves through Congress and is debated in the public forum, a new policy statement from the Society for Adolescent Medicine (SAM) urges all parties to include adolescent and young adult health issues in the dialogue.

[Read more.](#)

Keeping School Health Centers in Health Care Reform Legislation

Visit the National Assembly on School-Based Health Care's (NASBHC) [website](#) to track the status of the health reform bills in the House and Senate. [Take action](#) by urging your Members of Congress to support school-based health centers in health reform legislation.

For additional information visit the California School Health Centers Association [website](#).

Program Profile

Youth Produce "Teens in Rural Communities" Radio Show Focusing on Health Issues

Teens in rural communities face unique health issues, such as increased risk for depression and substance abuse, which are often exacerbated by isolation and lack of services. In "Frontier" areas like Round Mountain, a community 45 minutes east of Redding, opportunities for socializing are limited and media is often the only way teens can connect with their peers.

This past spring, a unique Shasta County collaborative was formed to address the health needs of area youth. Hill County Health and Wellness Center, Acorn Community Enterprises, KFPR/KCHO (Chico's local public radio station) teamed up to develop a teen-produced radio show, which included a 4-minute health piece, followed by an hour of live call-ins. The youth were trained in the technical aspects of producing a radio program, as well as the creative aspects such as of interviewing, music selection, and sound bites.

For more information, contact [Stacy Wadley](#) at Acorn Community Enterprises.

A podcast of the episode can be accessed on the [Health Dialogues MySpace page](#).

Upcoming Events

Fostering Art, 2009-10 program begins October 7, 2009

A Home Within's photography program for youth in foster care, Fostering Art, is gearing up to begin its 2009 -10 program starting October 7th. Fostering Art is a digital photography and writing program specifically for current or former foster youth ages 15 - 23.

[Find out more.](#)

Best Practices for Promoting Adolescent Health, October 13, 2009

This workshop will include an update on adolescent health in Sonoma County, use of the AHWG Behavioral Health Toolkit, male adolescent reproductive health, serving gay, lesbian, bisexual and transgender youth; plus a teen panel on communication. The event is hosted by the the Sonoma County Teen Health Advocacy Coalition and will be held in Santa Rosa.

[Download flyer.](#)

Celebrating Healthy Teens and Young Families: 30 Years of Making a Difference, October 21-24, 2009

Healthy Teen Network's 30th annual national conference features 50 workshops, keynote addresses by Dr. Michael Carrera and Michele Ozumba, and plenary sessions on connecting with youth through today's technology and on collaborations that improve the health and well being of teens and young families. The conference will be held in Tampa, Florida.

[Download brochure.](#)

[Register here.](#)

Sex::Tech 2010, February 26, 27, 2010

Hosted by ISIS, Sex::Tech is accepting abstract submissions through November 2, 2009 and has begun early bird registration. The conference will be held in San Francisco.

[Find out more.](#)

CAHC 2010 Conference, October 28-29, 2010

The 2010 CAHC conference will be held in San Francisco on October 28-29, 2010, in partnership with the UCSF School of Nursing. More information coming soon!

Funders

The California Adolescent Health Collaborative is funded by the Maternal, Child and Adolescent Health (MCAH) Program, California Department of Public Health, The California Endowment, and Compton Foundation, Inc.

The CAHC would like to thank these organizations for their commitment and generous contributions to improving adolescent health.

Thanks for reading!

If you have an item you would like included in a future CAHC newsletter, please contact us at newsletter@californiateenhealth.org

California Adolescent Health Collaborative

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