



Adolescent Health Collaborative

AHC NEWS

SUMMER 2008

IN THIS ISSUE

Conference -- Save the Date!
In The News
Resources
Policy Updates
Youth Development Spotlight
Upcoming Events
Funders

Sign Up

SIGN-UP!

QUICK LINKS

California Adolescent Health Collaborative
National Center for Youth Law
National Adolescent Health Information
Center (NAHIC) at UCSF
Adolescent Health Working Group

California Adolescent Health Collaborative Summer 2008 Newsletter

Conference -- Save the Date!

Youth Issues 2008: Transforming Services, Transforming Community

The California AHC 2008 Conference will be held on Thursday and Friday, September 18-19, 2008 in Los Angeles. The theme of the conference is "Youth Issues 2008: Transforming Services, Transforming Community." Plenary Sessions will highlight Teen Dating Violence, Reproductive Justice Issues, and School Health Centers. To register and find out more about the conference visit our [website](#). Register on-line by June 30 to get the discounted rate.

For further details or to request a table to displaying your organization's information, please contact Sharon Kosch, Conference Coordinator at skosch@californiateenhealth.org.

In The News

Teen Birth Rate Up for First Time in 15 Years in California

After 15 years of declines, California's teen birth rate increased in 2006, according to a report issued in May by the Public Health Institute. The state's birth rate for teen births increased from 37.2 per 1,000 teens in 2005 to 37.8 per 1,000 teens in 2006. California's teen birth rate still is below the national average of 41.9 births per 1,000 teens.

[Read more.](#)

[Download the report.](#)

Parenting Practices and Parents' Perceptions of Young Adolescent Urban Girls' Alcohol and Sexual Behaviors

Young adolescent girls who live in urban communities with disproportionately high prevalences of HIV and other sexually transmitted infections are at considerable risk for initiating sex and alcohol use before age 13. Underestimation of girls' risks on the parts of both parents and professionals creates barriers to prevention. A study published in the May issue of *Journal of Adolescent Health* examines parenting practices and parents' perceptions of their young adolescent daughters' behaviors. The authors explore relationships between parents and daughters as well as daughters' reports of their own behaviors.

[Read the abstract.](#)

Converging Evidence Leaves Policy Behind: Sex Education in the United States

School-based sex education has the potential to prevent sexually transmitted infections and unwanted pregnancies and to promote healthy sexuality. Yet local, state, and national sex education policies in the United States comprise a bewildering patchwork of mandates, funding restrictions, omissions, and compromises, often at odds from one level to the next. As a result, the sex education received by most students is fragmented, incomplete, and frequently based on ineffective approaches and curricula - an unacceptable state of affairs in a time of increasing teen birth rates and epidemics of sexually transmitted infections among American youth.

[Read more.](#)

Perception that Teens Frequently Substitute Oral Sex for Intercourse a Myth

Slightly more than half (55%) of 15-19-year-olds have engaged in heterosexual oral sex, 50% have engaged in vaginal sex and 11% have had anal sex, according to a new Guttmacher Institute study. However, both oral and anal sex are much more common among teens who have already had vaginal intercourse than among those who have not, suggesting that teens initiate a range of sexual activities around the same time, rather than substitute one for another.

"There is a widespread belief that teens engage in nonvaginal forms of sex, especially oral sex, as a way to be sexually active while still claiming that technically, they are virgins," says study author Laura Lindberg. "However, our research shows that this supposed substitution of oral sex for vaginal sex is largely a myth. There is no good evidence that teens who have not had intercourse engage in oral sex with a series of partners."

[Read more.](#)

Smart vs. Cool: Culture, Race and Ethnicity in Silicon Valley Schools

After years of tiptoeing around racial issues for fear of invoking stereotypes, California educators are now looking squarely at how ethnicity and culture shape achievement and attitudes toward school. The *Mercury News* interviewed dozens of students from varying backgrounds to examine the "racial achievement gap" and a delicate question that underlies it: Why do so many kids - especially Latinos - believe "school is uncool"?

[Read more.](#)

Insomnia Chronic and Common Among US Adolescents

A new study suggests that insomnia among adolescents in the United States is chronic and common, with a prevalence that is as high as or higher than that of other psychiatric conditions, including major depression, generalized anxiety, conduct disorders, and substance abuse.

In the first prospective, community-based study to examine chronic insomnia in youth aged 11 to 17 years, researchers at the University of Texas Health Science Center found that more than 25% of those surveyed had one or more symptoms of insomnia, and 5% of subjects met the diagnostic criteria for insomnia.

[Read more.](#)

Teens with Depression at High Risk for Relapse

Long-term maintenance treatment is likely to sustain improvement and prevent recurrence among adolescents with major depression, according to an NIMH-funded study published in the April 2008 issue of the Archives of General Psychiatry.

[Read more.](#)

Comparison Between Characteristics of Adolescents with and without Bedroom Televisions

It has been well documented that adolescents spend a great deal of time watching TV. Heavy TV use is of concern because more use is associated with negative behavioral and physical outcomes, such as poor school performance, poor dietary habits, and a higher body mass index. A related factor that may contribute to increased TV viewing is the presence of a TV in adolescents' bedrooms, according to a study published in the April 2008 issue of Pediatrics. The authors conclude that "refraining from placing a TV in adolescents' bedrooms may be a first step in helping to decrease screen time and subsequent behaviors associated with increased TV watching."

[Read Abstract.](#)

E-Journal Focuses on Children and Electronic Media

The spring 2008 issue of "The Future of Children" features nine articles on the most common forms of electronic media in use today and their influence on the well-being of children and adolescents. The e-journal, published by Princeton University's Woodrow Wilson School of Public and International Affairs and the Brookings Institution, is organized by children's outcomes and considers evidence separately for children vs. adolescents, boys vs. girls, and advantaged vs. disadvantaged children. Topics include how exposure to different media forms is linked with such aspects of child well-being as school achievement, cognition, engagement in extracurricular activities, social interaction with peers and family, aggression, fear and anxiety, risky behaviors, and healthy lifestyle choices.

[Read more.](#)

The Health Status of Youth in Juvenile Detention Facilities

The authors review the factors affecting the health of youth in detention, and the health problems that are among the greatest sources of morbidity and mortality in youth in juvenile detention facilities. The authors report that mental health and sexual health are two areas of particular concern in this adolescent population. Also, that lack of insurance represents a barrier to health care access for youth upon their release from detention.

[Read abstract.](#)

Resources

Mental Health in Adolescence: A Critical Time for Prevention and Early Intervention

The Adolescent Health Collaborative recently released a mental health fact sheet detailing prevalence of mental illness among adolescents, mental health treatment for youth, as well as ideas for improving mental health services for youth through the Mental Health Services Act's prevention and early intervention component.

[Download the fact sheet.](#)

Briefs on Emergency Contraception

The Bixby Center at UCSF recently released a set of briefs on emergency contraception.

[Read the briefs.](#)

HPV Vaccine Parent Brochure

The California Department of Public Health recently released a parent brochure on the HPV vaccine. The brochure, "Got a Preteen Daughter?" is available online in both English and Spanish. Print copies can be requested from the Immunization Program at local health departments by referencing IMM-852 or IMM- 852-S for Spanish.

[Download brochure in English.](#)

[Download brochure in Spanish.](#)

[Request printed copies.](#)

Nation's High School Students Showing Overall Improvements in Health-Related Behaviors

Today's high school students are less likely to engage in many health risk behaviors than high school students in the early 1990s, according to the 2007 National Youth Risk Behavior Survey (YRBS), recently released by the Centers for Disease Control and Prevention (CDC). Although the study documents substantial improvements over time in many health risk behaviors among all high school students, Hispanic students remain at greater risk for certain health related behaviors and have not matched the progress made over time by black students and white students in reducing some sexual risk behaviors.

[Download the 2007 Youth Risk Behavior Survey data.](#)

Latina Teen Pregnancy Rate is Almost Twice the National Average

Teen pregnancy and birth rates among all teens have declined by about one-third since the early 1990s. Even so, the Latina teen pregnancy rate is almost twice the national average and has declined about half as fast as the national rate. At present, the National Campaign estimates that 51% of Latinas get pregnant at least once by age 20 (compared to 3 in 10 nationally). In addition, a new summary analysis of existing data prepared by the National Campaign also shows that the birth rate for Latinas aged 15-19 increased in 16 of 37 reporting states and the District of Columbia between 1990 and 2005.

[Learn more.](#)

What Works in Substance Use

A new Child Trends fact sheet on what works for preventing and stopping substance use in adolescents was released in May.

[Download the fact sheet.](#)

Significance of Underage Alcohol Use in Child and Adolescent Health and Development

The April 2008 supplement to Pediatrics addresses the complex relationship between development and underage drinking. The supplement, sponsored by the National Institute on Alcohol Abuse and Alcoholism (NIAAA), draws from discussions among members of the NIAAA Team on Underage Drinking and its group of outside experts about the nature and extent of underage drinking in the United States and efforts to integrate research in child and adolescent development with alcohol research. The first article provides a developmental framework for understanding and addressing underage drinking. The next three articles present information on underage drinking divided into three age groupings: children under age 10, younger adolescents (ages 10-15), and older adolescents (ages 16-20). The final three articles review the state of the science on prevention and treatment

interventions for underage drinking.

[Read more.](#)

Center for Law & Social Policy (CLASP) Report

Center for Law & Social Policy's (CLASP) newest publication, "A Collective Responsibility, A Collective Work: Supporting the Path to Positive Life Outcomes for Youth in Economically Distressed Communities", presents a picture of risk and challenge for youth in distressed communities and outlines how these communities can band together to create a continuum of supportive activities to bolster youth's success in school and life.

[Download the report.](#)

Healthy People 2010 Objectives Midcourse Review

As part of Healthy People 2010, a national consensus panel identified twenty-one Healthy People 2010 objectives as critical to adolescent and young adult health. These objectives span six areas: mortality, unintentional injury, violence, mental health and substance use, reproductive health, and the prevention of chronic disease during adulthood. Progress on these objectives was reviewed by National Adolescent Health Information Center (NAHIC) as part of the Healthy People 2010 Midcourse Review.

The review found little or no improvement on most objectives. Expert recommendations call for broad, population-based efforts to improve adolescent health. However, changes in health policy are largely issue-based and occur incrementally.

[Read more.](#)

Policy Updates

Constitutional Amendment Requiring Parental Notification for Minor's Abortion on the Ballot in November

For the third time, California voters will be asked to decide whether to amend the state constitution to require state-scripted notification, court hearings and delay before pregnant teenagers under 18 may obtain an abortion. Currently, minors may obtain reproductive health services without the consent of a parent. Even so, studies show that in states without parental involvement laws, the majority of young women (61%) discuss reproductive issues with their parents and for those 14 and under, that number rises to 90%.

Notable provisions of the newest version of the initiative include:

- It would incorporate all its provisions in the state constitution.
- It would allow minors to seek a judicial bypass of parent notification. A teen would need to file forms with the court, schedule a hearing, and personally appear before a judge. The judge could only waive notification if the teenager is able to prove by clear and convincing evidence either that she is sufficiently mature to make her own decisions or that abortion without notification is in her best interest.
- If a teen believes she cannot notify her parents, it would allow her to allege parental mistreatment in order to request notification be sent to an alternative family member. To invoke alternate notification, she must write out a history of charges against her parents and provide the document to the physician. The physician may then send the state form notice to a designated substitute relative instead of the teen's parents. The doctor then must send the teen's written statement to law enforcement.
- It expands the ability of parents to bring civil lawsuits against doctors who care for teenagers for failing to comply with the initiative's exact provisions decades after an abortion is performed.

The Bixby Center for Global Reproductive Health at UCSF has compiled a fact sheet on parental notification, which is available

online:

[Adolescents & Parental Notification for Abortion: What can California Learn from the Experience of Other States?](#)

May Revise of California Budget Still Contains Many Cuts Harmful for Youth

The budget revise submitted by the Governor contains cuts and restrictions to health coverage and education, which, if implemented, will have a negative impact on services and supports available for California's children and adolescents. Children Now released a statement outlining areas of concern.

[Read the statement.](#)

California Latinas for Reproductive Justice Work with Senator Kuehl on a Sexual Health Education and HIV/AIDS Prevention bill.

SB 1600 was introduced by Senator Kuehl.

The California Comprehensive Sexual Health and HIV/AIDS Prevention Education Act authorizes school districts to provide comprehensive sexual health education, consisting of age-appropriate instruction, in kindergarten through 12th grade. The act requires school districts to ensure that all pupils in grades 7 to 12 receive HIV/AIDS prevention education at least once in junior high or middle school and at least once in high school. The act requires school districts to cooperatively plan and conduct in-service training for all school district personnel who provide HIV/AIDS prevention education, through regional planning, joint powers agreements, or contract services.

[Find out more.](#)

Youth Development Spotlight

The California School Health Centers Association's (CSHC) Youth Board

2007-2008 was the inaugural year for the CSHC Youth Board, a group of transition aged youth from throughout the state who are committed, creative, and passionate advocates striving to improve the health of California's youth through the enhancement and expansion of school health centers. In just nine short months, the board developed their vision for increasing youth engagement statewide to support school health centers, represented CSHC at conferences and legislative events, and provided CSHC with an ongoing, invaluable youth voice and perspective. They completed their first technical assistance training in April for West Contra Costa Unified School District site coordinators on the topic of effective youth engagement practices and increasing youth participation. Additionally, the board has developed a workshop for the National Assembly on School Based Health Care conference in June.

Denise Felix, a member of the board, reflected on her experience: "When I first accepted the invitation to be on the youth board, I did not know what being on the youth board would entail. . .the atmosphere that the SHC coordinators created. . .has allowed us to feel very welcome and to open up our minds to the many possibilities that could come out of [our] work. . . . So far, my experience being on the youth board has been a very rewarding one. I know that our teamwork as a youth board and as an association will do great things for the state of California and may even serve as an example for the rest of the United States. . . . I went to my first Mental Health Services Oversight and Accountability Commission (MHSOAC) meeting on April 24, and I am very excited for our future involvement in these meetings. I hope that the youth board will influence an increase in youth involvement in state organizations that are currently and mainly adult-driven."

For more information about the CSHC youth board, contact Kathleen Gutierrez, Youth Board Coordinator, at kgutierrez@schoolhealthcenters.org.

Upcoming Events

California Family Health Council, Inc., Breaking the Cycle of Teen Intimate Partner Violence, June 17, 2008

The California Family Health Council, Inc., Breaking the Cycle of Teen Intimate Partner Violence (IPV) will be held June 17, 2008 in Los Angeles, CA.

[Find out more.](#)

National School-Based Health Care Convention, June 25-28, 2008

The National School-Based Health Care Convention will be held June 25-28 in Los Angeles, CA.

[Find out more.](#)

FACES Summer Medical Academy, July 7-18, 2008

FACES Summer Medical Academy at Children's Hospital & Research Center Oakland will be held July 7-18, 2008. The fourth annual Summer Medical Academy will provide participants with two weeks of exciting educational opportunities and engaging, hands-on activities that allow students to experience what it's like to be a medical student and doctor.

[Find out more.](#)

The Epidemic of Suicide Among Adolescents & Young Adults, August 4, 2008 AHC sponsors "The Epidemic of Suicide Among Adolescents & Young Adults" this summer in Sacramento. Suicide is the third leading cause of death for 15-to-24- year-olds, and the fourth leading cause of death for 10- to-14-year-olds. Expanding our knowledge of risk and protective factors is a key strategy in reducing adolescent suicide. Join us for a 3-hour workshop covering the epidemiology of adolescent suicide, suicide among Latino youth, intervention/crisis management, local community resources, and school-based suicide prevention programs.

Speakers will be Dr. Deborah A. Kimokeo, Prevention & Crisis Manager at the Davis Joint Unified School District, Marilyn Koenig, Director of the Sacramento Chapter of Friends for Survival, Inc., and Linnaia Keune, MFT, ARA, Clinical Director at La Familia Counseling Center.

[Find out more.](#)

2008 California Youth Conference, August 5-8, 2008

Hosted by the San Mateo County Friday Night Live and the Youth Leadership Institute, this conference will highlight issues affecting youth and their communities, as well as strategies that young people are utilizing to help create positive social change. The theme of the conference is "What if We Stop the Music?"

The conference is intended for youth and their adult allies who are interested in creating a youth voice to address issues in their local communities as well as across the state.

[Find out more.](#)

California Adolescent Health Conference 2008, September 18-19, 2008

The 2008 Adolescent Health Conference, "Youth Issues 2008: Transforming Services, Transforming Communities," will be held September 18-19 in Los Angeles, CA. The conference is coordinated by the Adolescent Health Collaborative and will provide opportunities to challenge your thinking, collaborate with your colleagues, and join in creative problem solving to address the issues of youth. This is a conference for doctors, nurses, social workers, program staff, peer educators, health educators, advocates, youth development staff, parents, youth and behavioral health professionals who work with and support youth. A youth track is being planned by youth for youth health educators.

[Find out more.](#)

California Alliance Concerned with School-Age Parenting and Pregnancy Prevention (CAC SAP) Conference 2008, September 24-26, 2008

CACSAP's 2008 Conference, "Step up to the Challenge: Turning Obstacles into Opportunity", will be held in Irvine, CA at the Hyatt Regency.

[Find out more.](#)

Dimensions X: The Conference, September 26, 2008

"Dimensions X: The Conference" will be held September 26 at the LGBT Center in San Francisco. This conference will provide a forum for healthcare providers to learn about Dimensions' unique and effective model that serves Lesbian/Gay/Bisexual/Transgender/Intersex/Queer (LGBTQIQ) adolescents and to learn about current practices for providing culturally competent care to this population.

[Find out more.](#)

It's My Life Conference, October 31-November 2, 2008

"It's My Life" convenes over 700 participants --youth in foster care, alumni of care, caregivers, practitioners, and advocates -- who share innovative practices designed to guide preparation for adulthood services for youth aging out of foster care. "It's My Life" takes place in Los Angeles October 31-November 2.

[Find out more.](#)

Healthy Teen Network Conference, October 29- November 1, 2008

The 2008 Healthy Teen Network Conference, "Speaking Many Languages: Respecting Diversity, Believing in Equity," will be held this fall in Albuquerque, NM. The conference features advances in the fields of teen pregnancy, parenting and prevention, and offers concrete strategies to increase one's ability to serve youth in the 21st Century.

[Find out more.](#)

Funders

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

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

If you have an item you would like to include in AHC's newsletter, please contact us at lizw@californiateenhealth.org

Sincerely,

California Adolescent Health Collaborative Staff

email: lizw@californiateenhealth.org

phone: 510.834.4433

web: <http://www.californiateenhealth.org>

[Forward email](#)

 **SafeUnsubscribe**®

This email was sent to robink@californiateenhealth.org by lizw@californiateenhealth.org.

[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe](#)™ | [Privacy Policy](#).

Email Marketing by



California Adolescent Health Collaborative | 555 12th Street. 10th Floor | Oakland | CA | 94607