



California Adolescent Health Collaborative

CAHC NEWS

Summer 2009

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California Adolescent Health Collaborative Summer 2009 Newsletter

Summer is underway and so far, especially for some of our steering committee members, it has been a rewarding one.

We'd also like to thank Taproot Foundation for the rewarding experience we have had collaborating with them.

Three Cheers for Dr. Claire Brindis!

Congratulations to CAHC steering committee member Dr. Claire Brindis who was recently appointed Director of [Philip R. Lee Institute for Health Policy Studies](#). Dr. Brindis will continue the Institute's legacy of leadership and service established by founding director Dr. Philip R. Lee and prior director Dr. Harold S. Luft. She will continue to encourage and enhance the collaborations between IHPS faculty and other UCSF researchers, educators and clinicians.

Hearty Congratulations to Dr. Tomás A. Magaña!

California Adolescent Health Collaborative

National Center for Youth Law

National Adolescent Health Information
Center (NAHIC) at UCSF

Adolescent Health Working Group

Congratulations to CAHC steering committee member Dr. Tomás A. Magaña, attending physician of adolescent medicine at Children's Hospital Oakland and medical director of Alameda County's Juvenile Justice Center, who received The California Wellness Foundation's "Champions of Health Professions Diversity" award. Dr. Magaña has dedicated himself to helping youth empower themselves to pursue careers in health care. Dr. Magaña was deeply affected by the lack of diversity he experienced throughout his medical training. In an effort to address the disparities, he co-founded the [FACES](#) for the Future program at Children's Hospital & Research Center Oakland in 2000.

Taproot is Tops!

A big thank you to the Taproot Foundation that awarded CAHC with a service grant last fall and collaborated to help define CAHC's competitive landscape and identify potential collaborators and competitors. [The Taproot Foundation](#) pairs non-profits with consultants from the business sector to provide competitor/collaborator analysis. The project was completed recently and was a great success. We'd particularly like to thank Mary Fermi, Account Director; Cara Schwartz, Project Manager; and Nick Nazareno and Stacie Chan, Strategy Associates for all their insight and hard work!

In The News

Mental Health

Are Adolescents Being Screened for Emotional Distress in Primary Care?

This study measured the degree to which primary care providers screened for emotional distress among adolescent patients. About one-third of adolescents reported discussing emotional health with their primary care providers. Although 27% of teens endorsed discussing emotional distress, distress was not a significant predictor of talking to a provider about emotions.

[Read study.](#)

Mental Health Problems More Common In Kids Who Feel Racial Discrimination

A new UCLA/RAND study found that perceived racial or ethnic discrimination is not an uncommon experience among fifth-grade students, and that it may have a negative effect on their mental health.

[Read more.](#)

Technology

Behavioral Health IT: Toward Seamless Care for California's Kids

This report examines the current status, challenges, and opportunities for behavioral health information systems, particularly electronic health records (EHRs) and personal health records (PHRs), that support government-sponsored mental health services for children and adolescents in California.

[Read report.](#)

Study Identifies Six Teen Sexual Health Myths Spread by Web

Health web sites informing teens about sex are often riddled with errors and omissions, according to new research from Lucile

Packard Children's Hospital and the Stanford University School of Medicine. Myths about birth control, sexually transmitted diseases and Pap exams are not dispelled, even on several sites reviewed by doctors, the study found.

[Download article.](#)

Adolescents and Electronic Media: Growing Up Plugged In

This brief provides a concise overview of research relating electronic media to the health, social development, and educational outcomes of adolescents. It also presents data describing trends and inequalities in access to electronic media, including the time adolescents spend and the activities they engage in through these media. It concludes with a discussion of the implications for policy, research, and data collection.

[Read brief.](#)

Reproductive and Sexual Health

New Polling Data on Latino Teens

When asked who most influences their decisions about sex, Latino teens cite their parents more than any other source. These and other findings are published in a new survey commissioned by The National Campaign to Prevent Teen and Unplanned Pregnancy and the National Council of La Raza (NCLR).

[Read more.](#)

Trends in Adolescent and Young Adult Health in the United States

This review presents a national health profile of adolescents and young adults (ages 10-24). The data presented include trends on demographics, mortality, health-related behaviors, and healthcare access and utilization, as well as the most significant gender and racial/ethnic disparities.

[Read abstract.](#)

Sexual Behavior of African American Adolescent Girls and Young Women Affected by Fear of Abuse

A new study finds that the fear of abuse may heighten the risk of possible contraction of a sexually transmitted infection (STI) among adolescent girls and young women as negotiating condom use diminishes.

[Read more.](#)

New Study Examines Trends in Teen Reproductive Health

A new Child Trends study finds that changes in family and relationship characteristics among American teens have been associated with positive trends in reproductive health since the early 1990s. Despite these positive trends, however, the recent increase in the U.S. teen birth rate shows the importance of continued improvement of teen reproductive health behaviors.

[Read more.](#)

Partner Behavior Better Predicts STD Risks

According to a recent study, risky behaviors such as not using condoms or having sex with multiple people put young adults at risk for contracting sexually transmitted diseases, but perhaps not as much risk as the characteristics of their sexual partners.

[Read article.](#)

Alcohol and Drug Abuse

Binge Drinking May Damage Teens' Brains

When teens go on a binge drinking episode, they may be doing serious damage to the sensitive "white matter" in their brain, a

new MRI-based study suggests. White matter is involved in relaying information between brain cells. This means that damage caused to the developing brain by bouts of heavy drinking could affect thinking and memory, even lowering school performance.

[Download article.](#)

Underage Drinking Laws and their Relationship to Fatal Car Crashes in the United States

This study investigates minimum legal drinking age legislation and highlights the impact of various laws such as "False ID Use" laws on underage drivers involved in traffic fatalities.

[Download article.](#)

Nutrition and Physical Activity

Eating Behaviors and Perceptions of Food Among Food-Insecure Youths

This study explores differences in adolescents' eating habits, perceptions, and dietary intakes by food security status. Compared with food-secure youths, food-insecure youths were more likely to perceive that eating healthfully was inconvenient and that healthy food did not taste good. Additionally, food-insecure youths reported eating more fast food and fewer family meals and breakfasts per week, than did youths who were food secure.

[Read more.](#)

Health Care Delivery

A Review of the Health Care Needs of Female Adolescents

This integrative review seeks to identify current needs of the female adolescent within a primary care setting. Female adolescents have multifaceted health care needs that need to be addressed including sexual activity, substance and tobacco use, psychosocial issues, chronic diseases, and behavior. Although some of the issues identified are common to all adolescents, the female adolescent risk is compounded due to additional sexual health risks. According to the review, the needs may be best met by an advanced practice nurse who is able to focus time on the specific health care of the adolescent female.

[Read review.](#)

Resources

Juvenile Justice

Consent to Medical Treatment for Foster Children: California Law

This publication was created by the National Center for Youth Law as part of its Teen Health Rights Initiative and provides information and resources to providers of adolescent health services.

[Download manual.](#)

Reproductive and Sexual Health

Advocates for Youth New Website

Advocates for Youth has a new website with several exciting features: The Sex Education Resource Center, a one-stop shop for sex education advocates and educators, including state policy updates, evidence-based sex ed programs, model sexual health standards, and supplemental lesson plans; an expanded Parents' Sex Ed Center, providing a plethora of parenting tips, advice from experts, and publications to help parents talk to their kids about puberty, sexual health and relationships, among

other topics; Today's News, a new homepage feature, updated daily to include recent news articles and breaking stories about adolescent sexual and reproductive health; and much more.

[View website.](#)

Why Screen for Chlamydia?: An Implementation Guide for Healthcare Providers

This new guide aims to help health care providers improve the delivery of Chlamydia screening services to women. Screening rates for Chlamydia remain low in the United States even though failure to identify this sexually transmitted disease and treat infected women can lead to infertility, ectopic pregnancy and chronic pelvic pain.

[Read more.](#)

Nutrition and Physical Activity

New CanFit Brief: After School Physical Activity

This policy brief presents recommendations from the Youth Activity Policy (YAP) project funded by Kaiser Permanente, Northern California Region's Healthy Eating Active Living Initiative. The brief examines the neighborhood structures already serving youth and assesses how they might become engaged in community health initiatives that strengthen or expand physical activity opportunities for young people. The brief outlines eight recommendations for this process.

[Download brief.](#)

Social Marketing: Nutrition and Physical Activity Course

This course provides training for public health professionals about how to use social marketing to plan nutrition, physical activity, and obesity prevention programs. The course was developed and maintained by the Centers for Disease Control and Prevention; Division of Nutrition, Physical Activity, and Obesity.

[Read more.](#)

Technology

Hookup 365/24/7 - Youth-Focused Text- Messaging Program: Update

In our spring newsletter we reported on "Hookup 365/24/7", a youth-focused text-messaging program which was launched statewide this April. Since the launch of "Hookup", over 800 youth have signed up for the service, with about 30% requesting clinic referrals. As "Hookup" launched during STD Awareness month, the first few tips included centered around STD prevention, screening and treatment information. In the coming months, "Hookup" intends to give youth the opportunity to send in their own sexual health tips, the best of which will be featured as weekly texts.

[Find out more.](#)

YouTube, Facebook, MySpace, Blogs, and More: Innovative Ways Local Health Departments are Reaching Adolescents

Developed by The National Association of County and City Health Officials' (NACCHO) Adolescent Health Project, this issue brief discusses the rising use of the Internet among adolescents; describes the web sites that adolescents visit; and profiles initiatives that local health departments can and have used to educate and empower adolescents to make informed and responsible choices about their health and well-being.

[Read more.](#)

LGBTQ

National Recommended Best Practices for Serving LGBT Homeless Youth

This policy brief provides a brief overview of homelessness among LGBT youth and makes recommendations that provide direction to agencies and not-for-profit organizations to increase their competency in working with LGBT homeless youth. The recommendations include specific guidance on improving practice, organizational culture, and residential services to better serve LGBT youth. This brief was co-authored by Lambda Legal, the National Alliance to End Homelessness, the National Network for Youth, and the National Center for Lesbian Rights.

[Read brief.](#)

Health Care Delivery

How Social Marketing Can Help Adolescent Health Care Utilization

Fewer than half of adolescents receive the recommended annual preventive health care visit. This is cause for concern as adolescence is a critical time period when many risky behaviors may begin to develop. Potential future applications of social marketing for health plans, providers and adolescents are explored in this brief.

[Read brief.](#)

Family Strengths and Employment

Exploring The Links Between Family Strengths and Adolescent Outcomes

This new Child Trends brief finds that family strengths are associated with significantly better outcomes for adolescents in both lower-income and higher-income families.

[Read brief.](#)

Disconnected Youth: A Look at 16- to 24-Year Olds Who Are Not Working or In School

For all of 2007 and part of 2008, 1.9 million youth ages 16 through 24 (or 5.1% of this population) were not in school or working. Given the state of the current economy and its projected course over the next year or two, rates of disconnection may climb. This report provides a context for Congress about the characteristics of disconnected youth and the circumstances in which they live. These data may be useful as Congress considers policies to retain students in high school and to provide them with greater job training and employment opportunities.

[Read more.](#)

Policy Updates

Budget Cuts

As the California budget crisis continues, the Governor and legislature are proposing cuts of nearly \$16 billion in spending from the General Fund to close the budget gap. Critical health, social service and education programs, and services for adolescents continue to be threatened with drastic reductions, and in many cases, elimination.

Visit the [CAHC website](#) for a list of cuts as well as up-to-date information.

Responsible Education About Life (REAL) Act

The Responsible Education About Life (REAL) Act, sponsored by Senator Frank Lautenberg (D-NJ) and Representatives Barbara Lee (D-CA) and Christopher Shays (R-CT), would provide federal money to support responsible sex education in schools. This education would include science-based, medically accurate, and age appropriate public health information about both abstinence and contraception.

You can support these bills by encouraging your congressional delegations to be co-sponsors on the REAL Act in the House

and Senate. To see the list of current co-sponsors, go to thomas.loc.gov and search for keywords Responsible Education About Life Act or by bill numbers: HB1551 and SB611.

[Find out more.](#)

Program Profile

Big City Mountaineers

Big City Mountaineers (BCM), an experiential education and youth development nonprofit that serves Bay Area communities, has recently introduced a new program for teens and their families in Alameda County. Since this Spring, the Urban Family Gateway (UFG) program has connected urban teens and their adult family members as mentors with recreational activities at local, public lands while raising awareness of healthy lifestyles and outdoor resources. In partnership with local outdoor service providers like Save the Bay, Trips for Kids, and the Great Western Power Company, BCM offers single-day activities that include hiking, biking, fishing, rock climbing, and canoeing in an effort to provide fun, positive and safe opportunities for interaction. Teen participants can range from 13 to 18 years old, while adult family members - parents, cousins, extended relatives, and/or mentors - should be at least 23 years of age. UFG weekend trips provide opportunities for groups who are mixed in gender and age. With a unique youth development curriculum, UFG activities also act as a bridge to other exciting BCM and outdoor experiences.

For more information about participation or employment opportunities regarding the Urban Family Gateway program, go to the [BMC website](#), or call Amy Blum, program manager, at (510) 895-8607 or (510) 457- 5743.

Upcoming Events

Urban Adolescent Health Summit, July 9, 2009

This free urban adolescent health summit takes place in Los Angeles and is hosted by the National Minority AIDS Education and Training Center in collaboration with Childrens Hospital Los Angeles, County of Los Angeles Public Health, Northwest AIDS Education and Training Center, Pacific AIDS Education and Training Center, and Spectrum.

[Download flyer and registration form.](#)

Back to the Basics: Remembering What Matters, September 23-25, 2009

The 2009 TeenNow California conference will focus on how programs and staff can survive these difficult times by staying focused on priorities and ensuring excellent services for California's youth. The conference, to be held in San Diego, features keynote speakers Shelby Knox, of The Education Of Shelby Knox, and Nicole Lynn Lewis, a former teen parent and nationally known speaker.

[Find out more.](#)

Sexual Health Roundtable on Sexual and Reproductive Health Issues, September 29, 2009

The Southern California Sexual Health Collaborative hosts this roundtable event at the California Endowment in Los Angeles to discuss sexual and reproductive health issues.

[Find out more.](#)

School Wellness Conference, October 6-7, 2009

The California School Boards Association, in partnership with the California Department of Education and California Department of Public Health, are hosting the 2009 School Wellness Conference. This conference will build upon the inaugural 2007 event, which was the largest school wellness conference in the nation.

[Visit website.](#)

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.](#)

Funders

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

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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