



**California Adolescent Health Collaborative (CAHC), a project of Public Health Institute (PHI), is a statewide public-private coalition that works to increase understanding and support of adolescent health and well-being.**

## California Adolescent Health Collaborative

### CAHC NEWS

Spring 2010

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### California Adolescent Health Collaborative Spring 2010 Newsletter

#### Thank You for Completing CAHC's Survey

We had a record number of responses to our California Adolescent Health Collaborative 2010 Survey. Thank you to everyone who completed the survey. We'd also like to congratulate Jeanne Prandini, the winner of our drawing for free admission to our 2010 conference. Congratulations Ms. Prandini! We'll see you at the conference.

#### Registration Now Open for CAHC's 2010 Conference

Early bird registration is now open for the California Adolescent Health Collaborative 2010 Adolescent Health Conference "Promoting Healthy Transitions: Tweens, Teens, and Young Adults" which will be held on October 28 & 29, 2010 in Oakland. Register before June 1 and be entered into a drawing for an iTunes gift card.

[Click here to find out more and to register.](#)

#### Save the Date: Teen Dating Violence Workshop in Fresno, July 12

CAHC is working with [TeenNow](#) to organize a Teen Dating Violence workshop in Fresno on Monday, July 12 from 1:00 to 5:00pm. Panelists will discuss a range of topics including legal issues and reproductive coercion. A local teen dating violence peer education program will also present. Contact us for more information.

### **Brief Me about the HPV Vaccine!**

Sponsored by the California Department of Public Health, this HPV awareness campaign engages participants by encouraging them to design artwork and slogans relating to HPV to be featured on clothing. The contest began in April and ends September 13, 2010.

[Find out more.](#)

## **In The News**

### **LGBTQ**

#### **Sexual Orientation and Bullying Among Adolescents**

This study examined the relationship between sexual orientation and bullying victimization and perpetration experiences in a large sample of American youth. The study found significant differences between heterosexual youth, sexual minority youth, and gender.

[Read abstract.](#)

### **Health Care Delivery**

#### **Improving Early Identification & Treatment of Adolescent Depression: Considerations & Strategies for Health Plans**

This brief reviews the prevalence of adolescent depression, consequences of unidentified depression, costs of screening and treatment, and recommendations and tools for primary care providers to identify and treat adolescent depression. The brief also shares opportunities for health plans to support providers in identifying and treating adolescent depression.

[Read brief.](#)

#### **Transition Into Adult Health Care is a Rocky Road for 20 Somethings**

Young adults receive a significant proportion of their care in emergency departments -- nearly twice as much as children and adolescents and nearly three times as much as adults older than 30, according to a recent study.

[Read article.](#)

#### **Who Gets Confidential Care? Disparities in a National Sample of Adolescents**

This study found that adolescents aged 12-17 years who had a preventive visit in the previous year were more likely to have spent time alone with a clinician at their last visit than adolescents without a preventive visit. Young, female, and Hispanic adolescents were less likely to spend time alone with a clinician at their last visit as compared to older, male, and non-Hispanic adolescents.

[Read abstract.](#)

### **Foster Youth**

#### **Fostering Connections and Medical Homes: Addressing Health Disparities Among Children in Substitute Care**

This article discusses the current state of health services for children in foster care, obstacles to accessing care, and policies enacted to address disparities.

[Read abstract.](#)

### **Reproductive and Sexual Health**

#### **Lost Opportunities in Accessing Reproductive Health Care-Can Pediatricians Still Make a Difference?**

This editorial posits that adolescents and young adults greatly benefit from having a variety of entry points and pathways to access reproductive care. Pediatricians can and do play a substantial role in reducing the incidence of unintended pregnancy.

[Read editorial.](#)

## **Male Teens Getting Inadequate Counseling About HIV, STDs**

According to this study, only 26 percent of teens who reported high-risk sex said they received HIV/STI counseling at the doctor's office. Twenty-one percent of all sexually active boys, regardless of risk, said they discussed HIV and other STIs with their doctors.

[Read article.](#)

## **Juvenile Justice**

### **Teen Juries Put a New Spin on Juvenile Justice**

In L.A.'s peer courts, teen juries grill young offenders and then devise deterrents. The new juvenile justice approach is quickly building a track record of preventing repeat crimes.

[Read article.](#)

## **Nutrition and Physical Activity**

### **Exercise Helps Teens Overcome 'Obesity Gene'**

Among genes related to obesity, mutations in the so-called fat mass-and-obesity-associated gene appear to be particularly important. In fact, each copy of a mutation in this gene has been tied to an average jump in weight of about 3.3 pounds. However, an hour of physical activity a day largely negates the gene's effect, according to a new study.

[Read article.](#)

### **One-Fifth of US Teens Have Unhealthy Cholesterol**

One in five American teens has unhealthy cholesterol levels, a major risk factor for heart disease in adults, the U.S. Centers for Disease Control and Prevention reported recently.

[Read article.](#)

### **Prevalence Of High Body Mass Index Among Children And Teens Remains Steady**

The prevalence of high weight for length or high body mass index (BMI) among children and teens in the U.S., ranges from approximately 10 percent for infants and toddlers, to approximately 18 percent for adolescents and teenagers. These rates appear to have remained relatively stable over the past 10 years, except for an increase for 6- to 19-year-old boys who are at the very heaviest weight levels.

[Read article.](#)

## **Technology**

### **Computer-Assisted Program Cuts Repeat Teen Pregnancies**

In this study computer-assisted motivational interventions were found to significantly reduce repeated births and be cost-effective.

[Read article.](#)

### **Study Shows Adolescents Disclose Suicidal Thoughts Using Computerized Tablet**

In a recent study, primary care and mental health care providers used a computerized system to improve care for youths with suicidal thoughts in a primary care setting. With the help of this new technology, 94 percent of the youths who reported suicidal thoughts met with a social worker on the day of the visit.

[Read article.](#)

## **Resources**

## California Health

### **Wasted: The Truth of Underage Drinking in Fresno County**

This documentary features interviews with local community leaders and youth experts who candidly discuss the topic of underage drinking, bringing together many perspectives to create effective solutions. To request a presentation of the film, contact [Leslie Wallace](#).

### **Data Resource Center for Child and Adolescent Health's Website Supports States' Efforts to Use Child Health Data Effectively**

The Data Resource Center for Child and Adolescent Health has recently retooled its Web site so visitors can create custom data profiles, including new health disparities snapshots, using data from the 2007 National Survey of Children's Health. [View the 2007 Custom Data Profiles Web page.](#)

## Sexual and Reproductive Health

### **On-line Course: STD Overview for Non-Clinicians**

Developed by the California STD/HIV Prevention Training Center, this course is designed for health educators, counselors, teachers and other providers working in STD/HIV prevention and education. The course has 7 interactive modules covering topics such as the most common STDs, transmission, consequences, epidemiological data, the connection between HIV and other STDs, information on specific populations at higher risk, STD prevention and how to apply STD facts to interactions with students and clients to encourage more protective behaviors and healthier decision-making.

[View course.](#)

## Foster Youth

### **New Foster Youth Web site**

Foster Ed Connect is a free online community and resource clearinghouse for all people helping California's foster care children succeed in school. This resource is a project of the National Center for Youth Law (NCYL), the California Foster Youth Education Task Force, and the Stuart Foundation. The Web site features a dynamic database of information that all adults working to support foster youth can use in their daily practice.

[Visit website.](#)

## Homeless Youth

### **Free E-Learning Modules For Staff Working with Homeless Youth**

A new series of e-learning modules developed by the Community Trauma Treatment Center for Runaway and Homeless Youth, a collaborative effort of the Hollywood Homeless Youth Partnership, are now available. While these course were designed to help orient and educate direct service staff working with homeless youth, the content is relevant for other high risk and vulnerable populations. All courses are available free of charge.

[Enroll in these training courses.](#)

## Health Care Delivery

### **What Works for Older Youth During the Transition to Adulthood**

This brief examines the role of programs for older youth in promoting positive development and self-sufficiency in adulthood. The study found that education and career programs can be effective, especially for low-income youth and for youth targeted from younger ages. Specific intervention strategies, such as mentoring, case management, and providing child care for young parents, are associated with program success across youth outcomes.

[Read brief.](#)

## Program Profile

## California Latinas for Reproductive Justice (CLRJ)

*"A lot of my friends, we discuss options for birth control...but I am not a doctor, I am not a nurse. [We need] someone to talk to us, we just [need] to have someone who is educated to give us better answers with respect."-22 year old*

How have notable reproductive and sexual health policies impacted California adolescents' rights to access complete and accurate information and services? Does family communication about sex really influence their decisions? Are pregnant and parenting youth provided equal access to educational opportunities? Does the public debate surrounding adolescent childbearing recognize underlying systemic factors or vilify youth?

In *Young Women Speak Out!* California Latinas for Reproductive Justice (CLRJ) assessed young Latinas' perceptions about the implementation of key California reproductive and sexual health policies in order to address the questions posed above. This community-informed research project explored the views and documented the experiences of young Latinas in diverse California regions regarding reproductive and sexual health concerns in order to showcase the day-to-day implications that such policies have among youth in our communities.

[Find out more.](#)

## Policy Updates

### School Based Health Centers (SBHCs) Update

National Assembly on School Based Health Care (NASBHC) and SBHCs are currently urging Congress to secure funding for the recently authorized federal program for SBHCs. These organizations are also working on removing restrictions on emergency funding for SBHCs, granted through the Affordable Care Act, so that the funds can be used for operations instead of strictly for facilities maintenance and improvement.

[Read more.](#)

### FY 2011 Funding for Homeless and Parenting Youth Programs

The annual federal budget and appropriations process has begun, which will determine the funding of a number of different adolescent health programs including the Adolescent Family Life Care (AFLC) program and the Runaway and Homeless Youth Act (RHYA) programs. The AFLC program supports projects to develop, implement and evaluate program interventions to provide comprehensive health care, education and social services to expectant and parenting adolescents. RHYA programs provide funds to community-based organizations to help runaway and homeless youth.

[Stay updated on the funding of these programs.](#)

### Legislative Updates

Below are adolescent health bills currently being addressed by the California State Legislature. Click on the bill number to find out more and follow their progress.

**[SB 516 \(DeSaulnier\)](#)**- This bill seeks to create a youth legislature to give input and advocate for the needs of youth.

**[SB 1200 \(Leno\)](#)**- This bill advocates for timely access to health care for school-aged children.

**[SB 1300 \(Correa\)](#)**- This bill seeks to include teen dating violence in health curriculum.

**[SB 2454 \(Torlakson\)](#)**- This bill advocates for more school nurses.

## Upcoming Events

### **Workshops on Building Capacity for DV/TDV Primary Prevention Programs, May and June 2010**

The California Department of Public Health, Violence Prevention Unit will be offering regional workshops on building capacity for DV/TDV primary prevention programs.

[Find out more.](#)

### **Teen Dating Violence Prevention Workshop, July 12, 2010**

This workshop is sponsored by CAHC and TeenNow. Panelists will discuss a range of topics including legal issues and reproductive coercion. A local teen dating violence peer education program will also present. The workshop will be held between 1:00 and 5:00pm in Fresno. Contact [CAHC](#) for more information.

### **The 12th Annual Western Region Institute for Teachers and Community Health Educators (WRITCHE), July 12-16, 2010**

WRITCHE is a residential training extravaganza for educators working in sexuality, HIV/STI prevention and family planning. It is designed specifically for educators who do group presentations in schools and other community settings. The training will be held in Sonoma.

[Find out more.](#)

### **CAHC 2010 Conference, October 28-29, 2010**

The 2010 CAHC conference, "Promoting Healthy Transitions: Tweens, Teens and Young Adults", will be held in Oakland, October 28-29, 2010, in partnership with the UCSF School of Nursing. Click [here](#) to register now and be entered into a raffle for an iTunes gift card!

## **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, Compton Foundation, Inc., and the Office of Juvenile Justice and Delinquency Prevention, U. S. Department of Justice.

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](mailto:newsletter@californiateenhealth.org).**

### **California Adolescent Health Collaborative**

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