

California Adolescent Health Collaborative Newsletter

Summer 2011

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

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Organization Profile

Family Health Outcomes Project

The Family Health Outcomes Project FHOP, established in 1992 at the University of California, San Francisco (UCSF), is a cooperative effort of the Department of Family and Community Medicine and the Institute for Health Policy Studies (IHPS). FHOP's work includes: developing or adapting standardized approaches to health outcomes monitoring; identifying and developing indicators of health and wellness; developing approaches for longitudinal monitoring of indicators and tracking of individuals and developing methods for unique client identification. The project also does research on the factors which impact maternal, child, and adolescent health outcomes. FHOP provides technical assistance and training to state and local health jurisdictions related to using data for assessment and planning. FHOP staff is available to provide consultation to public and private agencies in: developing agency goals and indicators, program planning and evaluation, data and small area analysis, survey development and building capacity for the use of data. To learn more about FHOP or view their training topics and materials, please visit <http://fhop.ucsf.edu>.

Quick Links

[California Adolescent Health Collaborative](#)

[National Center for Youth Law](#)

[National Adolescent Health Information Center at UCSF](#)

[Adolescent Health Working Group](#)

Dear Colleagues and Friends:

In the next few weeks look for exciting new materials, perfect for some summer reading, on our website. Our California Adolescent Health Data Set, a collection of California-wide and county-specific data about the health status of adolescents, will soon receive its first installment of new data. We also will be releasing a social media paper focusing on behavioral health.

Before summer gets away, remember that pertussis boosters are due at the start of the upcoming school year. Read the latest, including possible extensions to this requirement, in our *In the News* section.

Finally, we'd like to direct you to the right sidebar of the newsletter where you'll find the Family Health Outcomes Project highlighted as our organizational profile.

Happy reading!

Sincerely,

California Adolescent Health Collaborative

In the News

CALIFORNIA HEALTH

New Legislation Could Extend Tdap Deadline

A new school immunization law requires all students entering 7th through 12th grades in the 2011-2012 school year in California to be immunized with a pertussis (whooping cough) vaccine booster called Tdap. The fast approaching deadline could be extended if the Governor approves legislation providing a 30-day extension for students and schools. Despite this possibility, students should get their immunizations as soon as possible to avoid the rush. The immunization has been approved for pregnant teens. Find out more at www.shotsforschool.org.



\$14 Million Awarded to School-Based Health Centers in California

There's reason to celebrate in California: Thirty-five school-based health centers (SBHCs) have been awarded a total of \$14 million in grants for equipment and facilities from the federal government. This means more and improved health services for thousands of students, including many teens who depend on SBHCs for their health care! The grants are part of federal health care reform, which for the first time in history includes a dedicated federal funding stream specifically for SBHCs.

Latina Adolescents' Perceptions of their Male Partners' Influences on Childbearing

This study explored the role that male partners play in the occurrence of pregnancy and their influence on first-time mothers' future plans. Qualitative analysis revealed that partners played a significant role in the use of contraception, timing and desire for pregnancy and young women's post-pregnancy plans for education, work and childrearing.

More Than a Third of Teens do not Participate in Physical Education

Despite a state requirement that public middle and high school students get 400 minutes of physical education every 10 days, approximately 1.3 million teens - more than a third of all adolescents enrolled in California public schools - do not participate in any school-based physical education classes.

Three Part Series on Social, Environmental, and Economic Factors that Affect Teens' Health

This series focuses on the challenges and opportunities teens experience in their schools and communities. [Article 1](#). [Article 2](#). [Article 3](#).

REPRODUCTIVE HEALTH

Institute of Medicine Panel Recommends Insurance Coverage for Contraception

The Institute of Medicine advises that contraceptives for women be treated as one of the several preventive services provided free of charge under the new health law.

MEDIA

Girl Scouts Joins American Medical Association in Promoting Healthy Media for Youth

Earlier this summer, Girl Scouts of the USA (GSUSA) joined the American Medical Association (AMA) in urging advertisers to promote healthy media images. The new policy will "encourage advertising associations to work with public and private sector organizations concerned with child and adolescent health to develop guidelines for advertisements, especially those appearing in teen-oriented publications, that would discourage the altering of photographs in a manner that could promote unrealistic expectations of appropriate body image."

Bringing Social Media Discussions to Teen Checkups

According to a report, published this spring in *Pediatrics*, physicians who are not talking to young patients about texting or Facebook should work social media into the conversation.

NUTRITION AND PHYSICAL ACTIVITY

Extreme Dieting Often Lasts to Adulthood

In this longitudinal study participants who engaged in dieting and disordered eating behaviors during adolescence were at increased risk for these behaviors 10 years later. Tracking was particularly consistent for the older girls and boys transitioning from middle adolescence to middle young adulthood.

Impact of Physical Activity on Academic Achievement

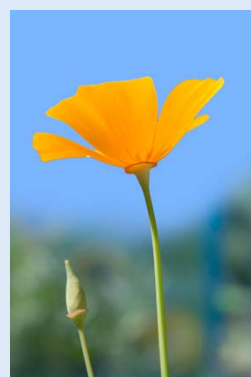
Preventative Medicine's June issue focuses on the impact of physical activity on academic achievement.

Resources

CALIFORNIA HEALTH

The California Health Students Research Project

This project is devoted to understanding and addressing issues of health and well-being that affect student achievement. The project provides evidence-based policy and practice recommendations to foster the school culture, environment, supports and services needed to give all youth the opportunity to be successful learners.



REPRODUCTIVE HEALTH

RH Reality Check Interviews the Creator of Maria Talks

Maria Talks, a public health website covering issues like sexuality, sexually transmitted diseases, birth control, pregnancy, and emergency contraception, has been the subject of controversy for its frank sexual health information for young people.

MENTAL HEALTH

ReachOut.com

ReachOut is an information and support service using evidence based principles and technology to help teens and young adults facing tough times and struggling with mental health issues. All content is written by teens and young adults.

HEALTH CARE DELIVERY

Health Equity for Adolescents Webinar

In this recent webinar from the National Institute for Health Care Management Foundation (NIHCM), stakeholders discuss how health plans and health plan foundations can provide the education, tools and resources necessary for adolescents to lead long and healthy lives.

Protecting Confidential Health Services for Adolescents & Young Adults: Strategies & Considerations for Health Plans

This issue brief from the National Institute for Health Care Management reviews the legal protections in place to ensure confidential care delivery for adolescents and young adults, the effect of privacy and confidentiality concerns on the use of health services, and health insurance system barriers and other challenges to delivering confidential care to this population.

Implementing a Local Collaboration for Youth in Your Community

This guide, created by the National Collaboration for Youth (NCY), assists in identifying or forming an association of local child- and youth-serving agencies.

MEDIA

Internet-Safety Educational Tool and Website

Yousphere.com provides internet safety resources geared at parents, teachers, and students including their *NetSkills4Life* application which teaches safe internet skills.

Policy Updates

California Budget

On June 30, the Governor signed the 2011-12 Budget Bill and the remaining bills needed to implement the budget agreement. The budget includes deep cuts to education and health and social services. Read more about the budget in this report by the California Budget Project.



Health Care Reform Explained

This short animation by the Kaiser Family Foundation explains the problems with the current health care system, the changes that are happening now, and the big changes coming in 2014.

Upcoming Events

TeenNOW California Conference, September 26-27 & October 11-12, 2011 - Oakland and Los Angeles

Join other youth-serving professionals at TeenNOW's annual conference: *Pushing Forward: Using What We've Learned to Maintain Momentum*. The Northern California Conference will be held in September and the Southern California Conference in October. Registration is now open.

Healthy Teen Network's Conference, October 11-14, 2011 - Pennsylvania

Healthy Teen Network's conference, *Bridging the Gender Divide: Toward a Balanced Approach to Promoting Healthy Youth and Young Families*, will be held this fall in Pittsburgh, Pennsylvania. Early bird registration runs through the beginning of September.

Show your support!

If you want to contribute, please contact us at support@californiateenhealth.org.

CAHC is proudly supported by [The California Endowment](#); [MCAH Program, California Department of Public Health](#); and [Office of Juvenile Justice and Delinquency Prevention, U.S. Department of Justice](#).