

California Adolescent Health Collaborative Newsletter Winter 2012

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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 in California

Because Adolescents Matter Now

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Organizational Profile

ACT's Female Leadership Academy

ACT promotes social growth and change with a special emphasis on rural women and girls in the Central Valley. ACT's Female Leadership Academy, founded in 2005, is an 8-month program for young women living in Tulare County ages 16-23. In the Academy, participants explore women's issues, developing leadership skills and taking action focused on promoting reproductive rights and justice in their local communities. They connect with other young women doing similar work in the State and lobby in Sacramento. One recent project of the Academy was rating local pharmacies, through surveys and

Dear Colleagues and Friends:

Happy New Year!

We're pleased to announce the completion of our first brief in a series of three on California's Latino adolescents living in rural counties. [Latino adolescents in California's rural counties: a snapshot of health status](#) provides data on health outcomes in injury, overweight and obesity, asthma and sexual and reproductive health, as well as findings from key informant interviews with health professionals in rural counties.

On January 31, CAHC invites you to a panel discussion and the launch of a public awareness campaign to prevent abuse in teen relationships. Panelists include Elizabeth Miller, Lisa Fujie Parks, and Melanie M. Natividad. The event takes place at Raoul Wallenberg Traditional High School in San Francisco. Send an email to sfpanevent@webershandwick.com to RSVP or to get more information.

Finally, you'll find ACT's Female Leadership Academy, a reproductive justice program in Tulare County, highlighted as our organizational profile in the right sidebar of the newsletter.

Happy reading!

Sincerely,

California Adolescent Health Collaborative

In the News

CALIFORNIA HEALTH Number of School Health Clinics in California Rises

Despite persisting financial challenges, there are 183 school health centers in California, an increase from 121 in 2004. Twelve more clinics are expected to open by next summer.



undercover shoppers, for friendliness to teenagers, availability of emergency contraceptives and the reproductive health information available to teen customers. The alumni from the Academy continue to stay involved in local community action projects through their continued membership in ACT.

Quick Links

[California Adolescent Health Collaborative](#)

[National Center for Youth Law](#)

[National Adolescent and Young Adult Health Information Center at UCSE](#)

[Adolescent Health Working Group](#)

Preteen Vaccine Week in February

Preteen Vaccine Week is February 12-18, 2012.

All 11- and 12-year-olds are recommended to receive the following vaccines:

- Tdap (tetanus, diphtheria, and pertussis (whooping cough)) vaccine. This is required for ALL incoming 7th graders for the 2012-13 and annually thereafter.
- Meningococcal vaccine
- HPV (human papillomavirus) 3-dose vaccine series. Both girls AND boys are recommended to receive the vaccine series.
- Influenza vaccine (annual)

Preteen Vaccine Week is also a great opportunity for preteens to get up-to-date on other immunizations (e.g., 2 doses of varicella (chicken pox) vaccine) and discuss other health issues.

NUTRITION AND PHYSICAL ACTIVITY

Los Angeles Schools' Healthful Lunch Menu Rejected by Students

Los Angeles Unified School District is re-evaluating its new line of healthful school lunches and bringing back the favorites. The switch from high in fat, sugar and sodium foods to healthier foods last year had thousands of students dropping out of the school lunch program.

In-Store Calorie Signs Reduce Teenage Sugary Drink Consumption

This study found that signs with calorie information reduced the probability of adolescents buying sugary beverages by approximately 40% in comparison to providing no calorie information. The most effective sign provided a physical activity equivalent and reduced the chances of Black teens buying one by 50%. This investigation is the first to analyze the influence of different presentations of calorie information on teen customers purchases.

REPRODUCTIVE HEALTH

Human Papillomavirus Vaccine and Sexual Behavior Among Adolescent and Young Women

This study highlights disparities in HPV vaccine initiation by insurance status among girls/women aged 15-24 years and by race/ethnicity among women aged over 19 years. No association was found between HPV vaccination and risky sexual behavior.

Youth Awareness of a Minor's Right to Access Reproductive Health Services Independently

This brief highlights findings from a recent study revealing that a number of teens were not aware that Illinois minors could legally access the following services without parental permission: medical care when pregnant, contraception, abortion, and testing and treatment for sexually transmitted infections (STIs). This brief explores the reasons for such laws and the importance of teen awareness in serving the purpose of the laws.

Sharp Decline in Teen Births: Increased Contraceptive Use and Shifts to More Effective Contraceptive Methods Behind this Encouraging Trend

The U.S. teen birth rate declined 9% between 2009 and 2010 to a record low of 34 births per 1,000 teens aged 15-19. This marks the third straight year in which birth rates declined for this age-group, according to new data from the Centers for Disease Control and Prevention's National Center for Health Statistics.

One-Third of Teen Users Rely on the Pill Exclusively for Noncontraception Purposes

A new study found that teens aged 15-19 who use the pill are more likely to do so for non-contraceptive purposes than for birth control. Over 33% of teen pill users report using oral contraceptive pills solely for noncontraceptive purposes, such as menstrual pain, menstrual regulation and acne.

TECHNOLOGY

Prevalence and Characteristics of Youth Sexting: A National Study

Data suggest that sexting is far from being a normative behavior for youth. Of the youth who participated in the study, 7.1% said they had received nude or nearly nude images of others; 5.9% of youth reported receiving sexually explicit images. Few youth distributed these images.

Resources

CALIFORNIA HEALTH Latino Adolescents in California's Rural Counties: A Snapshot of Health Status

CAHC announces the first brief in a three part series on California's Latino adolescents living in rural counties.

This brief provides data

on health outcomes in injury, overweight and obesity, asthma and sexual and reproductive health, as well as findings from key informant interviews with adolescent health professionals in rural counties.



GENERAL HEALTH HealthyPeople 2020 Webinar

The Healthy People 2020 Webinar covered the importance of adolescent health. Materials from "From Healthy People 2010 to Healthy People 2020: Building a Bridge for Advancing an Adolescent Health Agenda" are archived on the CAHC website.

REPRODUCTIVE & SEXUAL HEALTH

The Purity Myth, The Documentary

Based on the book by the same name, this new film exposes the myth promoted by the conservative movement that a young woman's worth is defined by her sexual behavior. The film argues that this myth is detrimental to a young woman's health and well-being.

Policy Updates

[HHS Secretary Overrides FDA Emergency Contraception Decision](#)

In early December, Health and Human Services Secretary Kathleen Sebelius overruled the U.S. Food and Drug Administration's (FDA) decision to make Plan B One-Step emergency contraception available over the counter for all women. Plan B One-Step will continue to be available to women 17 and older from "behind the counter" and available to those under 17 by prescription only.



[Effects of Trigger Cuts on California](#)

Jerry Brown reported that the state was about \$2.2 billion short of its projected \$88.5 billion income and that that would force hundreds of millions of dollars more in cuts to the budget, primarily to state colleges and universities as well as to health care. Under the budget the Democratic-controlled Legislature approved, if revenues are more than \$1 billion short of projections, automatic reductions specified in the budget - known as trigger cuts - will go into effect.

Upcoming Events

[Minor Consent and Confidentiality Training, January 19, 2012, San Luis Obispo](#)

CAHC hosts a Minor Consent and Confidentiality Training on January 19, 2012 in San Luis Obispo. The workshop will review practice standards and guidelines, policy issues, and other information on minor consent/confidentiality, including an overview of FERPA and HIPAA. Online registration is open.

[Panel Discussion and Launch of Public Awareness Campaign, January 31, 2012](#)

CAHC invites you to a panel discussion and the launch of a public awareness campaign to prevent abuse in teen relationships. Panelists include Elizabeth Miller, Lisa Fujie Parks and Melanie M. Natividad. The event takes place at Raoul Wallenberg Traditional High School in San Francisco. To RSVP or to get more information, email sfpanelevent@webershandwick.com.

[Southern California Sexual Health Summit, February 15, 2012](#)

The Southern California Sexual Health Collaborative will be hosting a Sexual Health Summit in February at the California Endowment in Downtown Los Angeles. This event is a time to share programs, ideas and best practices with colleagues across Southern California who are working to improve the sexual health of youth and adults in the region.

California School Health Centers Association (CSHC) Conference, March 12-13, 2012

CSHC's annual conference takes place this March in Sacramento. This year's conference will be a statewide event. Workshops will range from youth-led research and leadership programs to how to start, sustain, or expand services, improve student health and learning, and much more.

Sex::Tech, April 1-3, 2012

The 5th annual ISIS conference on new media, youth and sexual health takes place in San Francisco in April. Registration is open.

Helping Schools Address the HIV and STDs Prevention Need of Heterosexual and LGBTQQ Youth, April 18, 2012

This training will include STI prevention and current data, tailoring inclusive prevention messages and activities, as well as strategies, in-classroom educational tools, curriculums, best practices, and a review of mandates and educational codes. The training takes place in Oakland and is sponsored by the Alameda County STDs Community Interventions Program (SCIP), the California Adolescent Health Collaborative, the Alameda County Maternal, Paternal, Child, and Adolescent Health Program and the Alameda County Youth Health Collaborative. Registration is open.

Show your support!

If you want to contribute, please visit us at <http://www.californiateenhealth.org/about-us/donate>.

CAHC is proudly supported by [Maternal, Child and Adolescent Health Program, Center for Family Health, California Department of Public Health](#); [The David and Lucile Packard Foundation](#); and [Office of Juvenile Justice and Delinquency Prevention, U.S. Department of Justice](#).

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