



This is a monthly publication from Jennifer O'Brien, the Adolescent Health Coordinator at the Minnesota Department of Health (see contact information at the end of this publication). This E-Newsletter will cover adolescent health/ youth development related research, data, resources, learning and funding opportunities for interested professionals. Past issues of the newsletter are available online at: <http://www.health.state.mn.us/youth/>

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Research

1. Monograph Explores Experiences Of Being "20-Something" Today Vs. In Earlier Decades

The Changing Twenties examines the experiences of being a young adult (ages 20-29) at present and how these experiences differ from previous decades. The monograph was produced by the National Campaign to Prevent Teen and Unplanned Pregnancy and is based on the October 2007 forum, Being 20-Something in the 21st Century. The author explores the following four dimensions: (1) shifts in the balance between young men and young women in education, employment, and earnings; (2) changes in patterns of marriage and cohabitation; (3) changes in relations between 20-somethings and their parents regarding living arrangements and health care; and (4) a shift in the definition of adulthood itself. Data and analysis are presented in a series of figures and comments throughout the document. Closing comments and information about the sources, the author, and the National Campaign are included. The monograph is available at http://www.thenationalcampaign.org/resources/pdf/pubs/changing_20s.pdf.

2. Journal Supplement Recognizes Significance of Underage Alcohol Use in Child and Adolescent Health and Development

From MCH Alerts 4/11/08

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). Certain topics necessarily appear in multiple articles because they are not confined in the course of natural development to a single age group. The final three articles review the state of the science on prevention and treatment interventions for underage drinking. Abstracts of supplement articles are available at http://pediatrics.aappublications.org/content/vol121/Supplement_4/index.shtml

3. Article Compares Characteristics of Adolescents With and Without Bedroom TVs

From MCH Alerts 4/11/08

"These exploratory analyses are important and pertinent to the health of adolescents and have implications for parents considering whether they should allow their children to have a TV in their bedrooms," state the authors of an article published in the April 2008 issue of *Pediatrics*. 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 increase TV viewing and that is associated with negative outcomes is the presence of a TV in adolescents' bedrooms. The study described in this article examines the prevalence of having a bedroom TV among a large, population based sample of adolescents ages 15-18 and compares sociodemographic, personal, and behavioral characteristics of adolescents with and without a bedroom TV.

The data analyzed for the study were from Project Eat Among Teens (EAT)-II, the follow-up portion of a study that examined socioenvironmental, personal, and behavioral determinants of dietary intake and weight status in adolescents. The final sample included in the analysis was an ethnically and socioeconomically diverse group of 781 adolescents. Measures included presence of a bedroom TV, physical activity, sedentary behaviors, eating behaviors, and personal factors (demographic features, weight status, grade point average, family connectedness, depression).

The authors found that

- * Sixty-two percent of adolescents reported having a bedroom TV.
- * Gender, race and ethnicity, and socioeconomic status were associated with the presence of a bedroom TV.
- * Girls with a bedroom TV reported less time engaging in vigorous physical activity, more time watching TV, lower vegetable intake, higher sweetened beverage consumption, and fewer family meals, compared to girls without a bedroom TV.
- * Boys with a bedroom TV reported more time watching TV, lower fruit intake, and fewer family meals, compared to boys without a bedroom TV.

* The prevalence of snacking while watching TV did not differ according to the presence of a bedroom TV.

* Twice as many adolescents with a bedroom TV reported heavy TV use (at least 5 hours per day) compared to adolescents without a bedroom TV.

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."

Barr-Anderson DJ, van den Berg P, Neumark-Sztainer D, et al. 2008. Characteristics associated with older adolescents who have a TV in their bedrooms. *Pediatrics* 121(4):718-724. Abstract available at <http://pediatrics.aappublications.org/cgi/content/abstract/121/4/718>.

Conferences

4. Somali Reproductive Health Forum

Wednesday, April 23, 2008

12:30 – 4:30 pm

122 West Franklin Avenue, Minneapolis, MN 55404

MIHV will present the results of its qualitative research study about how Somali adolescents learn and communicate about sexuality and reproductive health.

Topics will include:

- * Cultural norms in the Somali community about discussing sexuality and reproductive health, including parent/youth communication

- * Somali community perspectives on the importance of educating youth about sexuality and reproductive health

- * Recommendations for culturally appropriate outreach and education about sexuality and reproductive health for Somali youth

Participation is free of charge, thanks to funding from the Minnesota Department of Health, Family Planning Special Projects.

Registration is required.

www.mihv.org/events

5. Restorative Measures in Schools: Principles and Practices Five-Day Seminar

Restorative measures are used in schools to improve school climate, supplement or organize classroom management approaches, prevent and address bullying, teach, and repair harm as a discipline tool. During this seminar, we will share the implementation and evaluation of these practices K-12, and learn practical skills and share new resources. School practitioners – teachers, administrators and counselors – and restorative justice practitioners will present their work in this week of experiential learning. Join us!

What: Participants will learn the principles of restorative measures and explore ways to use and adapt the practices in classrooms, youth programming and as part of the whole school environment; connect restorative classroom management approaches with on-going efforts, such as bullying and harassment prevention, teaching pro-social skills and discipline policies.

Who: K-12 teachers, aides and administrators, youth, youth development professionals, school-based probation and law enforcement officers.

When: June 16-20, 2008, Monday—Thursday, 8:00—4:00; Friday 8:00—1:00.

Where: Minnesota Department of Education Conference Center
1500 West Highway 36
Roseville, MN 66113

Cost: \$140 per adult
\$60 per youth, 14 and older
(Do not send money until you have received a confirmation, May 16, 2008)

Space is limited to 35 participants so please send in the attached application form by May 9, 2008 to:

Ann Iweriebor
MN Department of Education
1500 West Highway 36
Roseville, MN 55113
FAX: (651) 582-8727

Participants are expected to be in full attendance each of the 5 days. Teams of 2 - 4 people from a school or youth program are encouraged to apply. Participants will be notified of their acceptance to the Seminar by May 16,

2008. If you have questions, please contact Nancy Riestenberg at 651-582-8433 or 651-201-7484 or by email at: nancy.riestenberg@state.mn.us.

This Seminar is co-sponsored by the Minnesota Department of Education and the Minnesota Restorative Services Coalition (www.mnmrsc.org)

6. Minnesota Chapter Of NAPNAP Presents: Adolescent Health: Building Assets, Reducing Risk

Friday
April 25, 2008
7:00 a.m. – 4:00 p.m.

Commodore Hotel
79 Western Avenue North
Saint Paul, MN
See MNNAPNAP's website for more information and the registration form:
<http://www.mnnapnap.org/>

7. What's Motivation Got to Do with It? Focusing on how brief intervention works with youth who experience mild to moderate chemical use and abuse.

Presented by University of Minnesota researcher Ken C. Winters, Ph. D.
May 1st from 1:00 to 3:30 pm
Northland Inn Hotel in Brooklyn Park

Program Objectives

1. Explain the relationship between brain development and adolescent behavior.
2. Identify the ethical and practice implications of adolescent assent and consent regulations and guidelines.
3. Discuss approaches to prevention and management of adolescent overweight and obesity.
4. Describe trends in adolescent contraceptive use.
5. Discuss the identification and management of adolescents at risk for cardiac death.

Please join us for an upcoming free seminar hosted by Hazelden's Center for Youth and Families on May 1st from 1:00 to 3:30 pm at the Northland Inn Hotel in Brooklyn Park. CEHs are available. This annual seminar is designed for professionals who work with youth and focuses on Addiction issues in young people.

The topic this year is: What's Motivation Got to Do with It? Focusing on how brief intervention works with youth who experience mild to moderate chemical use and abuse. Presented by University of Minnesota researcher Ken C. Winters, Ph. D.

Click here

<http://www.hazelden.org/web/public/event.view?eventId=866930>

to register online or to learn more about the event.

8. MOAPPP... Broadening Our Perspective: Refining Our Approach

May 1-2, 2008

Earle Brown Heritage Center – Brooklyn Center, Minnesota

It's Not too Late to Register for MOAPPP's 17th Annual Conference!!!

The MOAPPP conference offers two days of dynamic speakers, challenging workshops and multiple opportunities to network with Minnesota professionals committed to teen pregnancy prevention and support for pregnant and parenting teens.

Conference brochures can be downloaded from the MOAPPP website at <http://www.moappp.org/Documents/events/2008/2008ConferenceBrochure.pdf>

For more information, please contact Marilyn Colby Rivkin – marilyn@moappp.org, 651-644-1447 ext. 15.

Grants (Please note: MDH is NOT a contact for the following opportunities)

9. Southern Poverty Law Center -- Mix It Up Grants Program

The Southern Poverty Law Center is accepting applications for its Mix It Up grants program to support on-going projects led and directed by youth (ages 13 years and older) that challenge the status quo, are creative in their approach to encouraging engagement in socially just behaviors, involve collaborations across social boundaries, and are fiscally responsible.

Award amounts are \$500. Eligible applicants are youth ages 13 years and older.

Deadline: Rolling

Please Note: The Center for Health and Health Care in Schools (CHHCS) does

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not administer this funding opportunity.

Contact the Southern Poverty Law Center grant program directly for complete program information and application guidelines:

<http://www.tolerance.org/teens/grants.jsp>

10. GE Healthcare -- Charitable Monetary Giving Grants

GE Healthcare is accepting applications for its Charitable Monetary Giving grant program to support sustainable projects demonstrating measurable results in improving youth education, healthy living, and/or community diversity and service.

Award amounts are up to \$5,000 for local community projects, \$5,000-\$15,000 for metropolitan or regional area projects, and \$15,001-\$25,000 for national projects. Eligible applicants include registered, non-profit, tax-exempt 501(c)(3) organizations.

Deadline: May 1, 2008 (Quarter 2)

Contact the GE Healthcare grant program directly for complete program information and application guidelines:

<http://www.gehealthcare.com/usen/about/commitment.html>

11. Foster's Group -- Community Grants

Foster's Group is accepting applications for its Community Grants program to support community-building projects focusing on physical health and/or mental health; artistic, sporting, and/or educational activities; and/or any aspect of the natural environment.

Award amounts vary. Eligible applicants are nonprofit organizations.

Deadline: May 23, 2008

Contact the Foster's Group grant program directly for complete program information and application guidelines:

<http://www.fosters.com.au/about/fosterscommunitygrants.htm>

12. State Farm/MADD -- Good Decision Service Learning Grants

State Farm, in partnership with Mothers Against Drunk Driving (MADD), is accepting applications for its Good Decisions grant program to support

service-learning projects on one of the following topics: 1) underage alcohol use prevention; or 2) vehicle safety.

Award amounts are \$1,000. Eligible applicants include U.S. citizens or permanent residents who are certified teachers or professors currently teaching in public, private, faith-based, charter, or higher education institutions within the 50 states and the District of Columbia; are school-based service-learning coordinators whose primary role is to coordinate service-learning projects in schools or universities; and are coordinators of community based organizations working with children and youth.

Deadline: May 1, 2008

Contact the State Farm/MADD grant program directly for complete program information and application guidelines:

<http://www.pypm.org/grants/>

13. MAC Cosmetics -- MAC AIDS Fund Kids Helping Kids Initiative

MAC Cosmetics is accepting applications for its MAC AIDS Fund Kids Helping Kids Initiative to support projects impacting people 21 years of age and younger, especially those addressing the link between poverty and HIV/AIDS.

Award amounts are a minimum of \$150,000. Eligible applicants include 501(C)(3) nonprofit organization which have been in existence for at least three years, have an annual operating budget of at least \$1.5 million, and have a solid track record of providing pediatric HIV/AIDS services in the region of their intended project.

Deadline: June 15, 2008

Contact the MAC Cosmetics grant program directly for complete program information and program guidelines:

http://www.macaidsfund.org/support/rfp_khk_initiative.html

[MDH is NOT a contact for the above opportunities](#)

For more information on Adolescent Health at MDH, please contact

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