

**DID YOU
KNOW?**

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Adolescent Health E News

FEBRUARY 2010

Young Males show Large Increase in HIV/AIDS cases in 2009

The number of new HIV cases in the state increased by 13 percent in 2009, marking a 17-year high, according to a new preliminary report from the Minnesota Department of Health (MDH). There were 368 HIV cases reported in 2009, compared with 326 cases in 2008.

MDH data show that a total of 9,176 HIV/AIDS cases have been reported since MDH began tracking AIDS in 1982 and HIV in 1985. The state averaged a little over 300 cases per year for nearly a decade..

"We haven't seen the annual number of reported HIV cases at this level since 1992," said Peter Carr, manager of the HIV and Sexually

Transmitted Disease Section at MDH. "The increase is driven primarily by a large increase among males 15 to 24 years of age."

Findings included in the report include:

There were 95 cases reported among 15 to 24 year olds in 2009; 59 cases in the same age group in 2008. Of the 95 cases in 2009, 77 of them (81 percent) were males.

Among males, male-to-male sex was the main risk factor for 88 percent.

Of young male cases, 45 percent were white, 39 percent African American, 11 percent Latino, 3 percent Asian, 1 percent African-born, and 1 percent multi-racial.

Although the number of new cases in women slightly decreased to 73, women of color were overrepresented, accounting for 74 percent of new female cases.

The new HIV cases remained concentrated within the Twin Cities metropolitan area, with increases reported in St. Paul/Ramsey, Anoka and Dakota counties. Minneapolis experienced a slight decrease in reported cases.

"We do not think that the case increase is simply explained by more testing since there is no indication that public clinics provided more HIV tests in 2009," said Carr.

<http://www.health.state.mn.us/divs/idepc/diseases/hiv/hivstatistics.html>

A Strength-based Intervention for Sexually Exploited Run Away Girls

A strength based home visiting, health education, and case management intervention for sexually exploited run away girls has been shown to be effective in restoring healthy youth development.

Elizabeth Saewyc and Laurel Edinburgh's article in this month's Journal of Adolescent Health (Restoring Healthy Developmental Trajectories for Sexually Exploited Runaway Girls: Fostering Protective Factors and Reducing Risk Behaviors, February 2010) discusses their research with young sexually exploited girls in Minnesota. The Minnesota Runaway Intervention Pro-

gram (RIP) was created for runaway girls between the ages of 12 and 15 "to reestablish positive developmental trajectories, reduce girls' traumatic responses, and improve health and coping behaviors."

The authors compared the participants in the RIP to both a general population comparison group from the Minnesota Student Survey (MSS). The two comparison groups included 9th grade girls who had a history of running away and sexual abuse, as well as a group of girls without that history.

The authors found that "at entry to the RIP, girls were most like their sexually abused peers in the general student populations, with lower levels of protective factors and higher levels of risk behaviors than nonabused girls. Those who started with the greatest distress, lowest levels of support, and lowest self-esteem actually improved most. This appears to be a promising intervention for restoring sexually abused runaway girls to a healthy developmental trajectory.

Journal of Adolescent Health, Volume 46, Issue 2, February 2010, pgs 180-188

February is Teen Dating Violence Month



February is Teen Dating Violence Month (TDVM). According to the Teen Dating Violence Prevention Project website, TDVM “brings national focus to the issue of teen dating violence, highlights the need to educate our youth about healthy relationships, raises awareness among those who care for them and provides communities with a critical opportunity to work together to prevent this devastating cycle of abuse.”

In Minnesota, nine percent of ninth grade females and fifteen percent of twelfth grade fe-

males report that someone they were going out with hit, hurt, threatened them or made them feel afraid (Minnesota Student Survey, 2007, <http://www.health.state.mn.us/divs/chs/mss/>).

In addition to physical violence, eight percent of ninth grade females and twelve percent of twelfth grade females reported that someone they were going out with forced them to have sex or do something sexual when they didn't want to.

The following websites provide resources on how to address the issue of teen dating violence:

<http://www.thatsnotcool.com/>

<http://www.teendvmonth.org/>

<http://www.livestrong.com/article/13801-teen-dating-violence/>

<http://www.chooserespect.org/scripts/index.asp>

<http://www.mncasa.org/>

“Adolescents need to be surrounded by safe places, challenging experiences and caring people to develop in healthy ways.”

-Minnesota's Adolescent Health Action Plan



STD Overview for Non-Clinicians

The California STD/HIV Prevention Training Center is happy to announce a brand new online course entitled STD Overview for Non-Clinicians!! To register for this free, self-paced, web-based training go to: http://www.stdivtraining.org/online_courses.html and click on the course title.

Social Marketing for Youth Providers

The California Family Health Council (CFHC) and the California STD/HIV Prevention Training Center (CA PTC) have created an online resource for youth providers on how to develop low-budget social marketing campaigns on sexual and repro-

Resources

ductive health.

Click the link to visit and use this new site: http://www.stdivtraining.org/ysmt_home.html

This web-based toolkit is organized with separate pages on the following topic areas.

What is social marketing? Learn exactly what social marketing is and how it differs from commercial marketing.

- What's going on? Defining the Problem. Take your first steps toward creating successful messages. This section explains how to gather data, define the problem and identify the priority population.

- What do you want to say? Make your message real and popular. Most people are influenced by the ideas and behaviors of others. Develop meas-

urable objectives that best suit your staff and community.

- Do It! Choose your campaign methods and a media mix that is considerate of both the priority population and your budget limitations. Learn how to evaluate your process and outcomes. Repeat the above steps to incorporate the evaluation information you gathered along the way!

- Sally! A Case Study Follow Sally, a local county health department employee, as she creates an effective and affordable social marketing campaign.

- Social Marketing Toolbox Find worksheets, websites and other tools to assist you every step of the way.

- Campaign Samples See examples of real social marketing campaigns launched by youth-based organizations.

Seminars/ Trainings



“As young people navigate the changes of adolescence, it is critical that they receive the guidance, support and encouragement that fosters healthy development.”
 -Minnesota’s Adolescent Health Action Plan

March 8-9, 2010
It’s That Easy! A Guide to Raise Sexually Healthy Children

Designed for Hmong community professionals

8:30 a.m. - 4:00 p.m.

NEW LOCATION:

West Side Community Health Services-La Clinica
 153 Cesar Chavez Street, St. Paul

Are you a Hmong community professional? If you work with Hmong families of children birth to 18, you are in a unique position to support them in their critical role as sexuality educators for their children. However, sexuality is not always easy to discuss. Come learn tools and techniques to engage parents/caregivers in developmentally appropriate

approaches to raising sexually healthy children. Participants receive the It’s That Easy manual, a comprehensive guide designed to help you work with parents in your community.

For more information, see the flyer and registration form (PDF). Click here to register online. Questions? Contact Jocelyn Broyles at 651-644-1447 x19,

jocelyn@moapp.org. Scholarships are available.

March 23-25, 2010
Safer Choices: Training of Educators

NOTE: CHANGE OF DATE

8:30 a.m. - 4:30 p.m. on March 23 & 24

8:30 a.m. - 12:00 p.m. on

March 25
 Minnesota Department of Education
 1500 Highway 36 West, Roseville

Safer Choices is an evidence-based curriculum taught over two consecutive years, 10 lessons in Year One (Level One) and 10 lessons in Year Two (Level Two). Safer Choices involves teachers, parents, and community members to have a positive influence on adolescents’ decisions regarding sex and help them feel supported in making healthy choices. In addition to the highly interactive training, each participant receives a copy of the Safer Choices curriculum, student workbooks and activity kit. For more information and to register, go to <http://www.moapp.org/>

Registration scholarships are available. Questions? Contact Jill at 651-644-1447 x18, jill@moapp.org.

More Opportunities

2010 Evergreen House Annual Conference: Prevention Strategies to Grow Healthy Kids and Families

March 25 (8:30 am—5:00 p.m.)-March 26 (8:00 am—3:30 p.m.)

Where—First Lutheran Church, 9th St. and Bemidji Ave (Downtown Bemidji), Bemidji, MN 56601

The purpose of our annual conference is to bring together youth-serving professionals and parents to share information, network, and learn from each

other. In 2010, we have a special focus on prevention-oriented strategies and asset-building to grow healthy kids and families. Presenters and participants will discuss real-world solutions being implemented with families and communities locally and statewide. Our presenters are passionate about their topics and many will share their personal stories and experience along with their professional expertise.

<http://www.evergreenhouse.org/evergreen-conference-2009/>

MCH Task Force Opening

The Maternal and Child Health Advisory Task force has an opening for a Professional Representative: <http://www.sos.state.mn.us/>.

Applications will be due to the Secretary of State’s Office by Tuesday, February 23rd. Please pass this information on to others that might be interested.

For questions: DeeAnn Finley, MCH Planner
 Minnesota Department of Health

deeann.finley@state.mn.us
 Phone: 651-201-3874





Minnesota Department of Health- Request for Proposals for the Eliminating Health Disparities Initiative (EHDI) Community Grants Program

The EHDI grant funds are provided to close the gap in the health status of African Americans/Africans, American Indians, Asian Americans, and Hispanics/Latinos in Minnesota as compared with whites in the following priority health areas: breast and cervical cancer screening, diabetes, heart disease and stroke, HIV/AIDS and sexually-transmitted diseases, immunizations for adults and children, infant mortality, teen

pregnancy, unintentional injuries and violence, as well as social determinants of health.

We are currently soliciting proposals for an initial one-year time period (July 1, 2010 – June 30, 2011) for three types of grants: Priority health area grants, social determinants of health grants, social determinants of health implementation grants.

The department expects to award 20 to 50 implementation grants ranging in size from \$75,000 to \$250,000 and 5 to 8 planning grants ranging in size from \$50,000 to \$150,000. Grantees will be

eligible for a two-year renewal depending on successful progress and the continued availability of funds.

A copy of the full Request for Proposals may be obtained at www.health.state.mn.us/ommh Click on "Request for Proposals: EHDI Community Grants Program 2010."

For additional questions please contact the Office of Minority and Multicultural Health at (651)201-5813 or health.ommh@state.mn.us

Grants

Grants

Holland & Knight Charitable Foundation– Young Native Writers Essay Contest

Deadline: March 1

Funding for the Young Native Writers Essay Contest allows Native American high school students to write about their experiences and their history. Five first-place winners will be chosen to receive scholarships ranging from \$1,000 to \$5,000, and will be flown to Washington, DC to visit the Nat'l Museum of the American Indian and other prominent sites.

Eligible applicants include Native American and Alaska Native individuals who are enrolled members of a state- or federally-recognized tribe and who are also enrolled in high schools

or alternative schools, or are home-schooled. Application information is available on the website at

<http://nativewriters.hklaw.com>
<http://foundation.hklaw.com>

*"Investment in health during adolescences has long-term benefits."
 -Minnesota's Adolescent Health Action Plan*





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<http://www.health.state.mn.us/youth/>

A Vision for Healthy Adolescence:

Our responsibility as the community of Minnesota is to support and guide Minnesota youth in the healthy development of being, belonging and becoming. This requires a focus on wholeness and wellness, and seeing Minnesota youth as “at promise” rather than “at risk”.

For more information on Minnesota's Adolescent Health Action Plan, contact Jennifer O'Brien or go to the [Adolescent Health Gateway page](#).

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The library provides lending, reference, interlibrary loan, and other services to Minnesota Department of Health staff, local tribal, county, or city public health professionals, school health practitioners, and employees of both the Minnesota Board of Nursing and the Minnesota Department of Human Services. The Barr Library also provides interlibrary loan services to the Minnesota Department of Agriculture:

health.library@state.mn.us
or 651-201-5090