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Adolescent Health E News

JUNE 2009

Texting Health Information to Teens

The New York Times recently highlighted how health officials in North Carolina are using cell phones to provide reproductive health information to adolescents (New York Times Sunday, May 3, 2009, "When the Cellphone Teaches Sex Education").

Through a grant provided by North Carolina's Department of Health and Human Services, the Adolescent Pregnancy Prevention Campaign of North Carolina is providing non-judgmental answers to teenagers' anonymous questions.

North Carolina has the 9th

highest teen pregnancy rate in the country, and officials decided to try something different. Unlike other programs done in other cities (like San Francisco, Washington D.C., and Toronto) where young people can access a menu of frequently asked questions, each individual question is answered personally by a trained expert. Their guidelines, based on a similar program in Virginia, include "No medical advice- urge questioners to speak with a doctor. Do not advocate abortion. When necessary, refer questioners to local clinics,

Websites or emergency hot lines. Give reasoned, kind advice. Read answers twice before sending. No sarcasm."

For more information, check out the original article (you will need to register in order to read the entire article), and other resources below:

<http://www.nytimes.com/2009/05/03/fashion/03sexed.html>

<http://www.appcnc.org/BirdsNBees.html>

<http://www.isis-inc.org/>

F.Y.I.

An Improved Website:

Did you know that the **Stop Bullying Now!** Web site (www.StopBullyingNow.hrsa.gov) re-launched with a fresh, new design in recent weeks?

For [adults](#), the new site calls greater attention to useful Tip Sheets, a state-by-state map for laws on bullying, and audience-specific resources for parents and families, educators, health and safety professionals, law enforcement and justice, mental health professionals and youth advisors.

For [youth](#), interactive games and

the 12 short animated [Webisodes](#) are now front-and-center to help kids learn about the role of the students who are being bullied, the students who bully others, and the bystander.

A Local Initiative: Marnita's Table - Young Women's Initiative (YWI)

Marnita's Table Young Women's Initiative (YWI) is a local collaboration between agencies and community members that began last year to reduce the spread of STDs and reduce the reproductive health disparities for women of color. The STD and HIV Section, MDH, is a member

of this effort. The YWI has created a Facebook page to enable interested parties to more easily communicate and collaborate: Open / Public Group – Marnita's Table Young Women's Initiative A public forum designed to promote education and resources to reduce the spread of STDs. Anyone can participate in the discussion groups –

For more information, contact Lynn Herbert, Director of Online Strategy, Marnita's Table, 612-867-4109, or by e-mail at: compellynn@yahoo.com. Marnita's Table web site is located at: <http://www.marnitastable.org>.

Research

The following excerpt is from a May 2009 Child Trends Research Brief:

PHYSICAL INACTIVITY IN U.S. ADOLESCENTS: FAMILY, NEIGHBORHOOD, AND INDIVIDUAL FACTORS

By Mary Terzian, Ph.D., M.S.W., and Kristin Anderson Moore, Ph.D. May 2009

OVERVIEW

“Concern about physical inactivity among U.S. youth has been mounting in recent years, in light of studies suggesting that few adolescents (about one out of three) engage in recommended levels of physical activity. Although much attention has been paid to individual factors that may contribute to this problem, such as television viewing and cigarette use,

the roles that family and neighborhood influences may play have been largely unexplored. To help fill this research gap, Child Trends analyzed parent report data from the 2003 National Survey of Children’s Health (NSCH) to identify family, neighborhood, and individual factors that may have a bearing on adolescent inactivity.

One key finding was that, compared with moderately and highly active teens, low-active teens (i.e., those who do not exercise or participate in sports at all) were more likely to have parents who do not exercise.

Another finding, not surprisingly, was that low-active teens

were more likely than were active teens to be overweight and to spend a lot of time engaged in electronic media such as television and computers.

Among other findings was that living in a non-supportive neighborhood – one lacking close ties between neighbors as well as overall safety – was associated with whether teens participated in sports but not whether they engaged in exercise. This finding suggests that participation in sports may be more influenced by social or cultural factors than is engaging in exercise.”

To read the entire article, go to: http://www.childtrends.org/Files/Child_Trends-2009_05_01_RB_PhysicalInactivity.pdf

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

-Minnesota’s Adolescent Health Action Plan



Youth Perspective: A Week without Media

The Center on Media and Child Health’s website recently featured a group of young people in Los Angeles who spent a week without media. Here are just a couple of responses. Click on the link below to read more:

Jesus’ Perspective

“The hardest types of media to be without were the television and my iPod Touch. I always watch sports and listen to music, so that was a challenge.

Being without media was harder because there was nothing to do most of the time. Running and working out was harder to do without media because I always use my iPod to get motivated and to keep me focused.

Instead of using media, I

trained harder for the Los Angeles Marathon and played some sports. When the week was over, the first type of media I returned to was my iPod.

This experience taught me that we shouldn’t always use media. We should explore life and live life the fullest it can be. The best parts of the media fast were that I got more exercise and played more outside. The worst parts of the media fast were missing the NBA playoffs and not hearing my music. Overall, this experience taught me many lessons.”

Angie’s Perspective:

“At first, when I started the media fast, I didn’t really think it would impact my classmates as much as it did. I really wanted to do it because I love challenges. I thought it would be easy because I hadn’t real-

ized how addicted I was to my electronics. Now that I have gone without them, I notice the people around me and how attached they are to their electronics. Not many people take the time to actually stop and enjoy what is around them.

One of the benefits of having gone without my cell phone, MP3 player, TV, and Xbox is that I got to enjoy myself more than I usually would. My singing improved because I did not have music blocking my mistakes, but best of all, I bonded more with my family. As I listened to my classmates talk about their experiences, I heard them talk about reconnecting with the world and people around them. If later on in life someone asks me what one of the most significant things I have done this year was, I will most likely say it was the media fast.”

http://www.cmch.tv/mentors_parents/

Conferences



“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

Minnesota International Health Volunteers (MIHV)

Presents: Somali Reproductive Health Forum

Wednesday June 17th, 2009

10:00am - 12:00pm

Registration and networking begins at 9:30am

Minnesota Church Center

Assembly Rooms 1 & 2

122 West Franklin Ave

Minneapolis, MN 55404

To register for this forum contact Marti Windram 612-230-3252, mwindram@mihv.org.

This forum is presented free of charge, light refreshments will be served. Certificate of attendance will be provided.

Free parking is available in the back of the MN Church Center or in the adjacent parking lot of the Plymouth Congregational Church. Spaces are lim-

ited, so please come early!

2009 Summer Institute in Adolescent Health Social and Emotional Health for All Young People: Expanding Approaches

July 27-29, 2009 (July 30th for graduate students) at the Minnesota Department of Health

Social and emotional health for all young people. Connections to supportive environment – in families, in schools, and in communities – promote the building of healthy pathways into adulthood. And, we are beginning to understand more about other vital requirements for mental health well-being—safety, sleep, sunlight, and sustenance, intertwined with exercise and ample opportunities for self-expression.

At the 2009 Summer Institute in Adolescent Health, learn

strategies for enhancing supportive environments and fostering skills for social and emotional health. Gather ideas for adding to what’s already working, whether in a community clinic or youth program, at school or after-school, within a residential center or a juvenile justice setting. Practice skills for selecting optimal approaches for reaching young people, all of whom we hope are on healthy social and emotional pathways to adulthood.

Registration now open!!

www.nursing.umn.edu/can

Click on the continuing education link for a full conference brochure and registration details.

For more information contact: Jenna Baumgartner baum0272@umn.edu 612-626-0606

Resources for your Work

Goddess Menses and the Menstrual Show: A new DVD released by Youth Performance Company

Youth Performance Company (YPC) introduces a new DVD and discussion guide for teen girls, parents and educators. Goddess Menses demystifies menstruation and the related physical and emotional changes of girlhood. Segments are factual (what is “normal” menstruation anyway), funny (beware the tampon-stealing Tamburlar) and as-

tonishingly frank, as girls reflect on the journey from self-consciousness to self-acceptance during adolescence.

For more information go to <http://youthperformanceco.com/goddess.html>

FREE Suicide Prevention Posters

SAVE (Suicide Awareness Voices of Education), with funding from the Minnesota Department of Health, has developed a series of FREE suicide prevention posters targeting four key demographic groups; teenagers, American

Indians, adult men and seniors. The posters are designed to reach the gatekeepers and caregivers for these groups and encourage them to learn about the warning signs of suicide and take action to help a family member, friend or colleague who may be suffering with a mental illness or might be suicidal. The posters direct readers to relevant phone numbers or SAVE’s website for more information specific to their concern. To order copies of the suicide prevention posters, fill out the attached form and email to save@save.org or fax to 952-829-0841. For more information please call 952-946-7998.





“Investment in health during adolescence has long-term benefits.”
-Minnesota’s Adolescent Health Action Plan



Grants

1) National Youth Mentoring Training and Technical Assistance Initiative

Award Amount: \$1.5 million

Due Date: June 15, 2009

Link: <http://www07.grants.gov/search/search.do?&mode=VIEW&flag2006=false&oppld=47104>

The Office of Juvenile Justice and Delinquency Prevention (OJJDP) supports wide-ranging mentoring initiatives aimed at reducing juvenile delinquency, gang involvement, academic failure, victimization, and school dropout rates. In 1992, Part G of the Juvenile Justice and Delinquency Prevention Act was enacted to fund mentoring efforts that reduce factors placing youth at risk for delinquency. Under this solicitation, OJJDP intends to expand its national leadership role in the youth mentoring arena by advancing the capacity of State and local jurisdictions and Indian tribal governments to develop, implement, expand, evaluate, and sustain youth mentoring efforts that incorporate research-based findings of best practices and principles.

2) Gang Prevention Youth Mentoring Program

Award Amount: \$500,000

Due Date: June 15, 2009

Link: <http://www07.grants.gov/search/search.do?&mode=VIEW&flag2006=false&oppld=47105>

www07.grants.gov/search/search.do?&mode=VIEW&flag2006=false&oppld=47105

OJJDP seeks applicants to establish mentoring programs that offer a mixture of core services and engage youth with activities that enable them to practice healthy behaviors within a positive pro-social peer group. The target population should be youth at risk of gang activity, delinquency, and youth violence. This program should develop and strengthen protective factors against gang involvement and other problem behaviors. It can be based in a school or community setting. Successful applicants will include organizations, local school districts, and communities dealing with demonstrated gang problems who are a part of a community wide strategy to combat gang activity.

3) Strategic Enhancement to Mentoring Programs

Award Amount: \$500,000

Due Date: June 15, 2009

Link: <http://www07.grants.gov/search/search.do?&mode=VIEW&flag2006=false&oppld=47223>

This solicitation invites eligible applicants to propose research and evidence-based enhancements to mentoring programs based on three strategies: (1) involving the parents and family in activities and services, (2) delivering structured activities and programs for the mentoring matches, and (3) developing training and support for mentors. Research studies and evaluations of best practices have indicated that mentoring programs that provide multiple modes of treatment addressing both individual and environmental characteristics tend to be the most effective.

4) CVS Caremark Charitable Trust Offers Grants to Help Children With Disabilities and the Uninsured

Award Amount: Not defined

Due Date: June 15, 2009

Link: <http://www.cvscaremark.com/community/our-impact/charitable-trust/how-apply>

Grants will be awarded to nonprofits serving people under the age of 21 with disabilities and health care organizations working to improve the well-being of uninsured individuals.

5) Great American Bake Sale

Award Amount: Up to \$10,000

Due Date: September 30, 2009

Link: http://gabs.strength.org/site/PageServer?pagename=GABS_grants

The Great American Bake Sale grants program will support efforts to increase participation among low-income children in summer and after-school meal programs. Share Our Strength is specifically interested in increasing participation in meal programs that utilize USDA reimbursement through the Summer Food Service Program (SFSP), National School Lunch Program (NSLP), or Child and Adult Care Food Program (CACFP). Nonprofit organizations that work to increase the number of children that receive nutritious after-school and summer meals may be eligible to apply for funds raised through the Great American Bake Sale.



Minnesota Department of Health

Jennifer O'Brien
Adolescent Health Coordinator
Minnesota Department of Health
P.O. Box 64882
St Paul, MN 55164-0882
Phone: 651-201-3627
Fax: 651-201-3590
E-mail: Jennifer.obrien@state.mn.us

For copies of any of the articles featured in this newsletter, please contact MDH's Barr Library. The Barr Library has a quality collection of public health books, journals, and videos. 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

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

Grants continued:

6) Violence Prevention \$\$ From Verizon

Grant opportunity from the Verizon Foundation is now available for schools and community agencies. The Verizon Foundation has created a grant program to help schools and community agencies increase their literacy and education success, as well as achieve and sustain health and safety, specifically by teaching students how to avoid becoming abusers or victims of domestic violence.

can be found at their Web site (<http://foundation.verizon.com/grant/guidelines.shtml>), or by sending an email to verizon.foundation@verizon.com or by calling 800-360-7955.

Awards will be made in the amount of \$25,000 to \$4,500,000.00. The application **deadline is November 1, 2009.**

Additional information about the Verizon Foundation grant program