



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/>

## *May 2008*

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## Research

### **1. Parenting Practices, Parents' Underestimation of Daughters' Risks, and Alcohol and Sexual Behaviors of Urban Girls**

Lydia O'Donnell, Ed.D., Ann Stueve, Ph.D., Richard Duran, M.S.W., Athi Myint-U, Ed.M., Gail Agronick, Ph.D., Alexi San Doval, M.P.H., and Renée Wilson-Simmons, Dr.P.H.

Journal of Adolescent Health 42 (2008) 496–502

#### **Abstract**

**Purpose:** In urban economically distressed communities, high rates of early sexual initiation combined with alcohol use place adolescent girls at risk for myriad negative health consequences. This article reports on the extent to which parents of young teens underestimate both the risks their daughters are exposed to and the considerable influence that they have over their children's decisions and behaviors.

**Methods:** Surveys were conducted with more than 700 sixth-grade girls and their parents, recruited from seven New York City schools serving low-income families. Bivariate and multivariate analyses examined relationships among parents' practices and perceptions of daughters' risks, girls' reports of parenting, and outcomes of girls' alcohol use, media and peer conduct, and heterosexual romantic and social behaviors that typically precede sexual intercourse.

**Results:** Although only four parents thought that their daughters had used alcohol, 22% of the daughters reported drinking in the past year. Approximately 5% of parents thought that daughters had hugged and kissed a boy for a long time or had "hung out" with older boys, whereas 38% of girls reported these behaviors. Parents' underestimation of risk was correlated with lower reports of positive parenting practices by daughters. In multivariate analyses, girls' reports of parental oversight, rules, and disapproval of risk are associated with all three behavioral outcomes. Adult reports of parenting practices are associated with girls' conduct and heterosexual behaviors, but not with their alcohol use.

**Conclusion:** Creating greater awareness of the early onset of risk behaviors among urban adolescent girls is important for fostering

positive parenting practices, which in turn may help parents to support their daughters' healthier choices.

## **2. The Availability and Portrayal of Stimulants over the Internet**

Ty S. Schepis, Ph.D., Douglas B. Marlowe, J.D., Ph.D., and Robert F. Forman, Ph.D.

Journal of Adolescent Health 42 (2008) 458–465

### **Abstract**

**Purpose:** To quantify the online availability and portrayal of amphetamine-class prescription stimulants with a focus on those medications commonly prescribed to and abused by adolescents.

**Method**

The Google™ search engine was used in searches to assess the frequency of web sites offering to sell controlled stimulants (retail sites) or web sites that directly linked to retail sites (portal sites). In addition separate searches were used to evaluate the portrayal of controlled prescription stimulants by the initial 20 web sites returned by Google. Retail and portal web site frequency was collected for each search. For searches measuring the portrayal of stimulants, web pages were categorized as pro-use, anti-misuse, neutral or other, based on set criteria.

**Results:** Sites offering to sell stimulants without a prescription were found for nearly all search terms. Across all searches, the Schedule III stimulants indicated for the treatment of obesity returned more sites offering to sell stimulants without a prescription than Schedule II stimulants indicated for the treatment of attention-deficit hyperactivity disorder (ADHD). Internet site portrayal of each stimulant varied; however sites that contained “methamphetamine” often included anti-misuse information.

**Conclusions:** The apparent availability of stimulants over the Internet without a prescription indicates the potential for a significant public health problem. The extent to which teens are obtaining these drugs via the Internet remains unclear, but clinicians must be aware of the potential for abuse, concomitant prescription use issues, illicit sources, and diversion of these medications, which can be highly addictive. Education of consumers and physicians as well as further governmental interventions are needed to limit the potential scope of this problem.

### **3. Report Explores Local Health Departments' Experiences in Addressing Adolescent HIV-Prevention Needs**

*From MCH Alert, 4/19/08*

Local Health Departments and Adolescent HIV Prevention: Challenges, Successes, and Implications for Practice and Policy examines barriers that local health departments (LHDs) face in engaging in adolescent-focused HIV prevention in their communities, as well as factors that help facilitate such engagement. The report is based on findings from two sets of key informant interviews conducted by the National Association of City and County Health Officials. The report begins with a summary of findings. Following the summary are highlights from interviews with select LHDs. The highlights focus on adolescent HIV prevention but also address sexually transmitted infection and unintended pregnancy. In addition, the report provides examples of HIV-prevention successes specific to adolescents that LHDs have achieved. The report concludes with related practice and policy implications that may strengthen LHDs' adolescent HIV-prevention efforts. The report is available at <http://www.naccho.org/topics/infectious/documents/AdolescentHIVPreventionReport3-20-08.pdf>.

### **4. Study Links Smoking Bans to Reduced Teen Smoking Rates**

May 7, 2008

A study in the May Archives of Pediatrics & Adolescent Medicine suggests that teens who live in towns with strong bans on smoking in restaurants are less likely to smoke, compared with those living in towns with weaker regulations, the Associated Press reports. To study the impact of such laws on youth smoking habits, researchers from Boston University followed approximately 2,800 Massachusetts children ages 12 to 17 over four years. There were no statewide smoking regulations in place when the study began in 2001, but roughly 100 cities and towns had enacted various restrictions on smoking in workplaces, bars and restaurants. After four years, 9 percent of participants became smokers, defined as people who had smoked more than 100 cigarettes in their lifetime. In communities without bans, nearly 10 percent of participants became smokers, compared with less than 8 percent of teens living in communities with stringent smoking bans. The researchers calculate that the enactment

of a strong smoking ban reduced participants' chances of becoming a habitual smoker by 40 percent, noting that younger adolescents appeared to be more strongly influenced by the bans than older teens. While the researchers note that the results may not be replicable since local towns enacted smoking restrictions as part of a larger, statewide anti-smoking campaign, the AP reports that, since the state's 2004 workplace smoking ban took effect, smoking rates among high school students have dipped from roughly 21 percent in 2005 to 18 percent in 2007. A spokesperson for the parent company of cigarette-maker Philip Morris USA, meanwhile, notes that the study suggests the reasons that teens smoke are complex, adding that the company supports taking "a multifaceted approach to address youth smoking." (LeBlanc, AP/Yahoo! News, 5/6/08; Siegel et al., Archives of Pediatrics & Adolescent Medicine, May 2008)

## Resources

### **5. Underage Alcohol Use is Not a Rite of Passage" slide presentation**

We have just put a new slide presentation on our Minnesota Department of Health Alcohol website. The "**Underage Alcohol Use is Not a Rite of Passage" slide presentation** is now available to be downloaded at [www.health.state.mn.us/alcohol](http://www.health.state.mn.us/alcohol) .

This presentation is intended for audiences of parents, decision-makers and other influential community members. It helps counter the misinformation and perceptions about both underage alcohol use and high-risk drinking by young adults. Too many adults refer to their own experiences and do not realize that youth and young adults may be drinking quite differently from when they were young. There are many discussions about lowering the legal drinking age in an attempt to reduce harm to young adults and to teach them how to drink responsibly. These mis-perceptions and misinformation are enabling drinking behaviors that are causing harm to too many young people.

The presentation uses data, stories and pictures to address the following arguments:

- we drank when we were young - kids will be kids,
- underage drinking is a rite of passage,
- Our laws are too Puritanical - the drinking age should be lowered

--young people would be okay if they could drink in a safe setting like a bar,  
--European countries have it right with their lower drinking ages,  
--if they are old enough to fight for their country they are old enough to drink, and  
--at least they are only drinking alcohol.

The presentation is in PDF format so anyone can download it and use it with the free Adobe Reader software.

There are three parts to the presentation:

1. The slide show
2. The notes pages with background information for the slides
3. A document with brief stories about young people who have not made the passage to adulthood in Minnesota. This document is to be used with one of the slides.

Once again, you will find the presentation at [www.health.state.mn.us/alcohol](http://www.health.state.mn.us/alcohol)

## Conferences

### **6. 10th Annual MCH Summer Institute on Health Disparities: "Promoting Health Equity: Family-centered program development and advocacy"**

The experience of "family" is diverse and complicated. While the composition and nature of family varies among individuals, it is universally true that the family influences an individual's core identity. It is through family that we experience profound strength, support, joy, and sorrow. Because family is such a driving force in defining who we are, family should be at the heart of health policy and program development. The institute will provide an opportunity to discuss how the universal experience of family—and its diverse definitions—can be integrated into family-centered programs and policies that enhance family resilience and improve individual and population health. We will also affirm that family-centered care is fundamental to health equity: individuals who are at social disadvantage can thrive when programs and policies strengthen and support their core support systems.

Thursday, June 12, 2008

8:00am—4:30pm

Continuing Education & Conference Center  
University of Minnesota  
St. Paul, MN

Check our website for more info: <http://www.epi.umn.edu/mch>

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

**7. Do Something -- Plum Youth Social Entrepreneur Grants**

Do Something is accepting applications for Plum Youth Social Entrepreneur Grants, to support existing projects that were created and led by young people under the age of 25.

Awards of \$500 are available. Eligible applicants are youth under the age of 25 who lead a local social action project.

Deadline: Rolling

Contact the Do Something directly for complete program information and program guidelines:

[http://www.dosomething.org/plum\\_youth\\_grant\\_application](http://www.dosomething.org/plum_youth_grant_application)

**8. Saucony Run for Good Foundation -- Run For Good Grant Program**

Stride Rite and Saucony are accepting applications for its Run for Good Grant Program to support after-school physical fitness programs increasing participation in running for kids 18 years of age or younger who would not normally be exposed to running programs.

Award amounts are up to \$10,000. Eligible applicants include tax-exempt nonprofit organizations.

Deadline: June 13, 2008

Contact the Saucony Run for Good Foundation grant program directly for complete program information and application guidelines:

[www.sauconyrunforgood.com](http://www.sauconyrunforgood.com)

## **9. Have It Your Way Foundation -- Grants for Nonprofits**

The Have It Your Way Foundation is accepting applications for its grants for nonprofits to support youth programs projects alleviating hunger and preventing disease.

Award amounts vary. Eligible applicants are U.S.-based non-profit 501(c)(3) public charities.

Deadline: Rolling

Contact the Have It Your Way Foundation directly for complete program information and program guidelines:

<http://www.bk.com/companyinfo/community/hiywfoundation.aspx>.

## **10. William T. Grant Foundation -- Scholars Program**

The William T. Grant Foundation is accepting applications for its Scholars Program to support career development in different disciplines, methods, and/or content areas within the social, behavioral, and health sciences.

Award amounts are \$350,000 to the applicant's institution, distributed over 5 years. Eligible applicants are early career researchers of any disciplines at tax-exempt nonprofit organizations.

Deadline: July 9, 2008

Contact the William T. Grant Foundation directly for complete program information and program guidelines:

[http://www.wtgrantfoundation.org/info-url\\_nocat3042/info-url\\_nocat\\_show.htm?doc\\_id=76878&attrib\\_id=4398](http://www.wtgrantfoundation.org/info-url_nocat3042/info-url_nocat_show.htm?doc_id=76878&attrib_id=4398).

## **11. United Methodist Women's Division -- Grants for a Brighter Future for Children and Youth**

The United Methodist Women's Division is accepting applications for grants to support a brighter future for children and youth (ages 5-18 years). Projects should use, but are not limited to, one or more of the following strategies: promoting tolerance and diversity; enabling youth to recognize and deal constructively with violent or abusive situations;

empowering youth to develop alternatives to gang violence; teaching conflict resolution and affirm differences; delivering programs for school-age children on bullying; creating safe zones in neighborhoods; forging partnerships between schools and churches to educate young people about the dangers of drugs and guns; including parents or significant adults in children's development; and providing multicultural education and promote interfaith understanding.

Award amounts are up to \$6,000. Eligible applicants are small-scale, community and church organizations.

Deadline: July 1, 2008

Contact the United Methodist Women's Division directly for complete program information and program guidelines:  
<http://new.gbqm-umc.org/umw/money/grants/a-brighter-future-for-children-and-youth-2005-2008/>.

## **12. Kresge Foundation -- Challenge Grants**

The Kresge Foundation in accepting applications for its Challenge Grants to support projects improving health, the environment, arts and culture, education, human services, and community development.

Award amounts are \$100,000 - \$2.5 million. Eligible applicants include, but are not limited to public 501(c)(3) organizations; government entities; fully accredited associate, baccalaureate and/or graduate degree-granting institutions; elementary and secondary schools serving predominately students with physical and/or developmental disabilities; hospitals accredited by the Joint Commission on Accreditation of Healthcare Organizations.

Deadline: Rolling (Letter of Intent)

Contact the Kresge Foundation directly for complete program information and program guidelines:

<http://www.kresge.org/content/displaycontent.aspx?CID=89>.

### **13. The Nash Foundation -- Children and Youth Grants (Minneapolis/St. Paul area)**

The Nash Foundation funds programs that enhance the growth and development of children and youth at risk, ages birth to 19.

Eligible applicants include nonprofit organizations in the Twin Cities of Minneapolis and St. Paul.

Deadline: July 1, 2008

Contact the Nash Foundation grant program directly for complete program information and program guidelines:

<http://www.nashfoundation.org/Grantmaking.html>

### **14. CVS Caremark Charitable Trust -- Improving the Quality of Health Grants**

The CVS Caremark Charitable Trust supports programs that serve children with disabilities under the age of 21 and healthcare organizations that are dedicated to improving the quality of health and well-being of the uninsured.

Eligible applicants are non-profit organizations and award amounts vary.

Deadline: June 15, 2008

Contact the CVS Caremark Charitable Trust grant program directly for complete program information and program guidelines:

[http://www.cvs.com/corplInfo/community/charitable\\_mission.html](http://www.cvs.com/corplInfo/community/charitable_mission.html)

### **15. Mattel healthy active lifestyles grants**

Mattel and the Mattel Children's Foundation announced they will continue the Mattel Domestic Grantmaking Program, which provides funding for organizations benefiting children in the United States. Mattel's funding priorities include programs that directly and effectively impact children with demonstrated needs (physical, financial, emotional, and health-related); preferences to programs with demonstrated results; and organizations that use creative and innovative methods to address a locally defined need directly

impacting children. Preference will be given to organizations or programs that align with Mattel's three philanthropic priorities: 1) Health -- Supporting the health and well-being of children, with particular emphasis on promoting healthy, active lifestyles; 2) Learning -- Increasing access to education for under- served children and, in particular, innovative strategies to promote and address literacy; and 3) Girl Empowerment -- Promoting self-esteem in young girls, up to age 12. Applicants must be 501(c)(3) tax-exempt public charity organizations (or have a fiscal sponsor with tax-exempt status) and must directly serve children in communities within the U.S. Grants will range from \$5,000 to \$25,000 each for one fiscal year. Funds may be applied to programs or general operating costs.

Deadline for applications is July 15, 2008.

For more information, visit

[http://www.mattel.com/about\\_us/philanthropy/ci\\_mcf\\_philanthropy\\_grantmaking.asp](http://www.mattel.com/about_us/philanthropy/ci_mcf_philanthropy_grantmaking.asp)

**\*\*\*\*\*Please note: MDH is NOT a contact for the above grant opportunities\*\*\*\*\***

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For more information on Adolescent Health at MDH, please contact

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