

DID YOU
KNOW?

- The impact of family behavior on weight and dieting on adolescent females (Page 1)
- 1 in 5 U.S. Adolescents has slight hearing loss (Page 1)
- Communication-based sedentary behaviors among adolescents (Page 2)
- Back-to-School resources (Page 2)
- New STD and Family Planning Website (Page 3)
- MOAPPP Trainings (Page 3)
- Minnesota Reproductive Health Update on September 14 (Page 4)
- If you want to **subscribe** to this newsletter, please email support@govdelivery.com or go to the following website: <http://www.health.state.mn.us/youth/newsletters.html>

Adolescent Health E News

SEPTEMBER 2010

The Impact of Family Behavior on Teen Girls

Disordered Eating

A study by Dianne Neumark-Sztainer and colleagues from the University of Minnesota Medical School and School of Public Health examined family variables including parent weight talk (weight related comments) and dieting behavior, as well as family weight teasing, and their associations with adolescent females' weight status, body satisfaction and disordered eating behaviors. Data was collected from females participating in a school-based intervention to prevent weight-related issues. A total of 356 adolescent females from 12 different high schools participated in the study. The mean age of the participants' was 15.8. Almost half (46 percent) of the participants

were overweight or obese, and more than 75 percent were racial/ethnic minorities.

The results conveyed that a high percentage of girls reported parent weight related comments and parent dieting, as well as family weight-teasing. "For example, 45 percent of the females reported that their mothers encouraged them to diet and 58 percent reported weight-teasing by family members. Weight-teasing was strongly associated with higher body mass index, body dissatisfaction, unhealthy and extreme weight control behaviors, and binge eating with loss of control in the females. Parent weight talk, particularly by mothers, was asso-

ciated with many disordered eating behaviors. Mother dieting was associated with females' unhealthy and extreme weight control behaviors. In no instances were family weight talk and dieting variables associated with better outcomes in the females."

Neumark-Sztainer D et al, Family weight talk and dieting: how much do they matter for body dissatisfaction and disordered eating behaviors in adolescent girls, *Journal of Adolescent Health*, 2010, 47(3): 270-276.

Hearing Loss and U.S. Adolescents

New findings on adolescent hearing loss are presented in the latest issue of the *Journal of the American Medical Association*. The study is based on data of participants aged 12 to 19 years from the National Health and Nutrition Examination Survey (NHANES). The study compared hearing loss in nearly 3,000 adolescents tested from 1988-1994 to nearly 1,800 adolescents tested between 2005-06.

"In the 2005-2006 NHANES, 1 in 5 U.S. adolescents 12 to 19 years old demonstrated hearing loss. Compared with results from the 1988-1994 NHANES study, this constitutes a one-third increase in the prevalence of hearing

loss." The majority of the hearing loss among participants was slight, defined as inability to hear at 16 to 24 decibels - or sounds such as a whisper or rustling leaves.

In the 2005-2006 NHANES, adolescent males had a higher odds of having high-frequency hearing loss than their female counterparts. High-frequency hearing loss is most often caused by exposure to loud noise. "The finding of a significant increase in high-frequency hearing loss between the 1988-1994 and 2005-2006 time periods may indicate an increase in noise-induced

hearing loss."

The authors of the study concluded that the prevalence of hearing loss among a sample of U.S. adolescents aged 12 to 19 years was greater in 2005-2006 compared with 1988-1994. Further studies are needed to determine reasons for this increase and to identify potential modifiable risk factors to prevent the development of hearing loss.

Shargorodsky J et al, Change in Prevalence of Hearing Loss in US Adolescents, *JAMA*, 2010, 304(7): 772-778.

Phone Use, Texting, and Instant Messaging and Sedentary Behaviors among Teens



A recent study found in the *Journal of Adolescent Health* analyzed survey results from 2,449 5th to 8th grade students to determine the amount of time young people spent engaging in communication-based sedentary behaviors. Communication-based sedentary behaviors would include activities such as instant messaging, texting, and talking on the phone.

While most studies have looked at screen-time when exploring sedentary behavior (SB), not many have explored how much communication-

based sedentary behaviors contribute to overall sedentary behavior.

The authors concluded, “the findings that screen time is associated with communication time suggests that existing prevention guidelines should also consider SB [sedentary behavior] other than screen-based pursuits. This may be particularly important for females as they appear to be more apt to report high levels of communication time, whereas males are more apt to report high levels of screen time.”

Leatherdale, ST. Factors associated with Communication-Based Sedentary Behaviors Among Youth: Are Talking on the Phone, Texting, and Instant Messaging New Sedentary Behaviors to be Concerned About? *Journal of Adolescent Health* 47 (2010) 315-318

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

-Minnesota’s Adolescent Health Action Plan



Back-to-School Resources

National PTA's Back to School Central web resource provides expert advice to prepare students to go back to school. Resources are offered in English and Spanish.

Resources on the website include:

Back-to-School Preparation

This resource offers cost saving tips for back-to-school, tips for communicating with teachers, tips for safer routes to schools, tips on summer to school transitioning and getting children excited for school. To view

these resources, visit <http://www.pta.org/3051.htm>

Homework Help and Study Skills

This back-to-school resource presents helpful advice for parents in the areas of homework help, communication with children, study tips, and more.

Parent guides includes:

Five Key Skills for Academic Success, How Parents Can Help Their Kids With Standardized Tests, What Parents Should Know and Do About Homework, Solutions to Five Common Homework Challenges, and Communicating with Children: You Make the Difference.

To view these resources, visit <http://www.pta.org/3050.htm>

Parent Involvement and Communication

One of the keys to student success and achievement is parent involvement.

Parent guides include:

10 Ways Parents Can Foster Positive Relationships With Teachers, Tips on Getting Involved in School, ABC's of Male Involvement (a step-by-step method for encouraging men to get more involved in school activities), and 100 Ways to Help Your Child and School Succeed.

To view these resources, visit <http://www.pta.org/3049.htm>

Resources/Opportunities to Share with Youth



“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

The Minnesota Family Planning and Sexually Transmitted Disease Hotline

“The Minnesota Family Planning and STD Hotline, funded by the Minnesota Department of Health’s Family Planning Special Project Grants and housed at Family Tree Clinic in St. Paul, introduced a new website and services on Wednesday, August 25.

The new website is www.sexualhealthmn.org. The exciting new services will allow people throughout the state of Minnesota to access information about sexual health through web chat and text messaging, as well as by dialing 1-800-78FACTS. The Hotline will have new promo materials (pens, pencils, magnets, postcards, and business-size cards) available soon. If

you would like to receive information about the MN Family Planning & STD Hotline, including the promotional materials, please contact Erin Wilkins at ewilkins@familytreeclinic.org or 651-645-0478 x230”

Stay Teen Pregnancy Prevention PSA Art Contest

Adolescents age 13 to 19 are eligible to submit their artwork and ideas about adolescent pregnancy prevention to the Stay Teen PSA Art Contest for the National Campaign to Prevent Teen and Unplanned Pregnancy. Winning entries will be used by The National Campaign on posters, postcards, and other materials distributed nationwide. Winners will also receive a \$250 gift card! Entries will be accepted by mail or online until September 30,

2010.

For more information on the contest official rules and how to enter, visit <http://www.stayteen.org/contest/>

Do you know an adolescent male facing fatherhood?

The National Campaign to Prevent Teen and Unplanned Pregnancy has partnered with a national television program that wants to help adolescent males facing fatherhood, his partner, and their families during this time period in their lives.

If you know an adolescent male interested in learning more about this opportunity, Please contact TVDirectorProd@gmail.com

Trainings

It's That Easy! Parent Educator Training

September 27-28, 2010

8:45 a.m. - 4:00 p.m.

Center for Families
3333 North Fourth Street,
Minneapolis

If you work with parents/caregivers of children aged 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 par-

ents/caregivers in developmentally appropriate approaches to raising sexually healthy children. Participants receive the *It's That Easy!* resource manual, a comprehensive guide designed to help you work with parents in your community. For more information and to register, see the [flyer and registration form](#) (PDF). Click [here](#) to register online. Questions? Contact Jocelyn at 651-644-1447 x 19, jocelyn@moappp.org.

Access to Education for Pregnant or Parenting Teens— Save the Date

September 30, 2010

8:30 a.m. - 3:00 p.m.

MN Department of Education
1500 West Highway 36,
Roseville

This forum will delve into the meaning and scope of Title IX of the Education Amendments of 1972 with respect to the prevention of discrimination against students who are pregnant and/or parenting. There will be content for both administrators and those who work directly with students.

Save the date on your calendar today! More detailed information can be found at the MOAPPP website in the near future. <http://www.moappp.org>



Minnesota Reproductive Health Update



Minnesota Reproductive Health Update

September 14, 2010
8:00 a.m.—5:00 p.m.

University of Minnesota
Continuing Education and
Conference Center
St. Paul Campus
1890 Buford Avenue
St. Paul, 55108

Cost: \$30 for Title X funded participants, and \$75 for non-Title X funded participants (includes all conference materials, lunch, and refreshments)

“This training provides the latest information in reproductive health practice, research, and technology. Specialists in the field will address a range of topics including technical updates on contraception and sexually transmitted infections, extending services to males, providing gynecologic care for people on the transgender spectrum, and advanced contraceptive counseling. Health educators, nurses, and reproductive health clinic staff are encouraged to attend!”

On September 13th, attend the pre-conference work-

shop on the male genitourinary exam from 12:30—4:30 p.m.

Registration is required by September 6, 2010.

To learn more about the conference and how to register, visit <http://hcet.org/Quicklinks/TrainingCalendar/tabid/64/ctl/Details/Mid/570/ItemID/124/Default.aspx?selecteddate=9/14/2010>

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



Grants

Youth Service America – UnitedHealth HEROES Grants to Fight Obesity

Deadline: October 22, 2010

“Youth Service America along with United Health group have created the United-Health HEROES program, a health literacy initiative designed to encourage youth to partner with schools and nonprofits to create hands-on programs to fight childhood obesity.

Awards are available up to \$1,000. Educators, students, and nonprofit leaders are eligible to apply.”

Contact Youth Service America for more information and to apply for this funding:
<http://www.ysa.org/HEROES>

National Gardening Association and Home Depot – 2010 Youth Garden Grants Program

Deadline: November 1, 2010

“NGA awards Youth Garden Grants to schools and community organizations with child-centered garden programs. Priority will be given to programs that emphasize one or more of these elements: educational focus or curricular/program integration, nutrition or plant-to-food connections, environmental awareness/education, entrepreneurship, and social aspects of gardening such as leadership development, team building, community support, or service-learning.

Five programs will receive gift

cards valued at \$1000 and 95 programs will receive a \$500 gift card to The Home Depot and educational materials. Schools, youth groups, community centers, camps, clubs, treatment facilities, and inter-generational groups throughout the United States are eligible. Applicants must plan to garden with at least 15 children between the ages of 3 and 18 years.”

Please contact National Gardening Association and Home Depot for more information and to apply for this funding:
<http://www.kidsgardening.com/YGG.asp>



Minnesota Department of Health

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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](#).

Tobacco-Free Communities in Minnesota Grant

The Tobacco Prevention and Control Program at the Minnesota Department of Health is pleased to announce the posting of an Request For Proposal (RFP) for the Tobacco Free Communities (TFC) Grant program. The goal of this funding is to reduce the impact of tobacco use and exposure to secondhand smoke on children, youth and young adults in populations with disparate use and exposure rates. These populations include, but are not limited to, low-income groups; specific racial and ethnic groups; young adults; lesbian, gay, bisexual and transgender groups; persons who are mentally ill; persons who are incarcerated or on probation; and veterans or persons serving in the military.

Funding will be awarded for proposals in two categories: 1) projects proposing to intervene in targeted populations, and 2) proposals for technical assistance and training delivered to TFC grantees to assist them in meeting funding goals and objectives.

The grant funding cycle is for two years (January 1, 2011 – December 31, 2012) and grant agreements will be written for two years. However, funding will be awarded for one year with an anticipated second-year extension, contingent on satisfactory performance, fulfillment of grant requirements, availability of funds, and the Minnesota Department of Health's strategic priorities.

All proposals must be received at the

Minnesota Department of Health by **4:30 p.m., October 25, 2010** or they will not be reviewed. A bidder's **conference call will be held on September 15, at 1:30 p.m.** For more details, and applicant instructions, please reference the Tobacco Free Communities request for proposal at

<http://www.health.state.mn.us/divs/hpcd/tpc/grants/index.html>