

4-H Healthy Living Update

July 13, 2012

July Focuses on Youth Safety and Injury Prevention

[NOYS](#)® is a collaborative network of over 65 national organizations, federal agencies, and business and industry leaders that serves youth and focuses on youth safety and health. NOYS® was created in 1994 as a coalition of national nonprofit organizations and federal agencies to promote collaboration of youth member and youth serving organizations and agencies. Through this network, NOYS® influences more than 80 million young people, ages 5 to 24 and adult advisors.

Professional Development & Training Resources

National 4-H Healthy Living Curriculum Products

- ❖ ATV Safety
[Buy Online](#)

- ❖ Outdoor Adv.
[Buy Online](#)

[Governors Highway Safety Association](#)

August 26-29
Baltimore, MD

[11th World Conference on Injury Prevention and Safety](#)

October 1-4
Wellington, New Zealand

[Preventing Suicide: A Toolkit for High Schools](#)

Launch of the National Resource Center for HIV/AIDS Prevention among Adolescents

The [National Resource Center for HIV/AIDS Prevention among Adolescents](#) supports adolescent service providers with web-based resources, evidence-based research, and links to training and technical assistance to promote HIV/AIDS prevention, in particular among adolescents from minority and high risk populations. Your comments and suggestions for additional resources for the center are welcome. Please send an email to oah.gov@hhs.gov and your thoughts will be shared with the center staff.

Funding Resources

Child Development Grants

American Legion Child Welfare Foundation
Deadline: July 15, 2012

The American Legion Child Welfare Foundation seeks to provide other nonprofit organizations with the means to educate the public about the special needs of children across the United States. The American Legion Child Welfare Foundation is accepting proposals for projects that meet one of the foundation's two basic purposes — to contribute to the physical, mental, emotional, and spiritual welfare of children through the dissemination of knowledge about innovative organizations and/or their programs designed to benefit youth; and to contribute to the physical, mental, emotional, and spiritual welfare of children through the dissemination of knowledge already possessed by well-established organizations, so that such information can be more adequately used by society. Award amounts vary. Grants are awarded to nonprofit, tax-exempt organizations that have the potential of helping American children in more than one state. Please [contact](#) the American Legion Child Welfare Foundation for more information and to apply for this funding.

Source: The Center for Health and Health Care in Schools

HHS/CDC Injury Center Launches Video Contest

In recognition of the U.S. Department of Health and Human Services, Centers for Disease Control and Prevention's Injury Center's 20th Anniversary, the Injury Center is conducting a nationwide video contest to help raise awareness of injury and violence prevention. You can participate in the "Seeing My World through a Safer Lens" video contest by submitting a short, creative video that answers the question, "What does Injury and Violence Prevention Look Like in My Community?" The video should highlight real-life stories and examples of how injuries and violence are being prevented in your community. Winners will be selected in the following three categories: General Public View, Injury and Violence Professional View, or Student View. The winning video in each category will receive a \$500 cash prize and will be featured on the CDC's Injury Center website for thousands to see! The contest runs through July 31,

2012. Contest guidelines, rules, and submission information can be found at www.SaferLens.challenge.gov. For questions about the video contest, please send emails to the [Injury Center](#).

Source: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention

Interesting Links

New CPSC Data Show Child Drownings in Pools and Spas Still a Leading Cause of Death

The U.S. Consumer Product Safety Commission (CPSC) kicked off the summer swimming season and the third year of the Pool Safely: Simple Steps Save Lives campaign. Read about the [data released](#).

Summer Brings Bugs, Sun, Bike Injuries

The chairman and medical director of the emergency medicine department at The Community Hospital, in Munster, IN, said the most common summertime incidents are bicycle-related accidents involving children. Read the full article for [summer injury prevention tips](#).

With Deadliest Driving Days of Summer Ahead, Safety Advocates Urge Congress to Pass Safety Advances in Transportation Bill

Safety advocates took to Capitol Hill to urge that Congress keep the safety advances in the Senate-passed version of the legislation. [Read the full article](#).

Graduated Driver Licenses Can Save Teen Lives

While fatal crash rates of teen drivers have plunged in recent years, a new report from the Insurance Institute for Highway Safety (IIHS) and the Highway Loss Data Institute (HLDI) shows that states can significantly reduce teen fatalities and collision rates by strengthening existing graduated driver licensing (GDL) laws. Here's [more on the report](#).

State Urges Young Drivers to Avoid Distractions and 'Just Drive'

With school days dwindling and young minds dreaming of graduation or summer vacation, [this state DOT](#) recently reminded all young drivers to stay focused on the road and avoid distractions while behind the wheel.

Recognize, React, Recover DVD

This 17-minute DVD focuses on using rumble strips to prevent run-off-the-road crashes. Through six modules, audiences are introduced to the causes and consequences of run-off-the-road (ROR) crashes, hear real-life stories of ROR crash victims, and learn about the lifesaving - and cost-effective - benefits of implementing rumble strips as a crash countermeasure. In addition, professional drivers offer valuable tips on how to react appropriately in the event of a roadway departure, making this a valuable resource for novice and experienced drivers alike. Additional materials are provided on the disc, including a public service announcement archive, Flash-animated driving tips, and PDFs of traffic safety reports and brochures on pavement edge drop-offs and tire safety. To order this DVD free of charge or other RSF materials, please contact us at: 202-857-1228 or info@roadwaysafety.org.

HHS/CDC's 2011 Youth Risk Behavior Surveillance Data Shows Progress in Motor Vehicle-Related Health Behaviors

U.S. high school students have shown significant progress over the past two decades in improving many health-risk behaviors associated with the leading cause of death among youth—motor vehicle crashes—according to the 2011 National Youth Risk Behavior Survey (YRBS) released today by the Centers for Disease Control and Prevention. However, youth are engaging in other dangerous practices such as texting and emailing while driving. The 2011 national YRBS is one of three HHS-sponsored surveys that provide data on substance abuse among youth nationally. The others are the National Survey on Drug Use and Health (NSDUH), sponsored by the [Substance Abuse and Mental Health Services Administration](#)—a primary source of statistics on substance use among Americans age 12 and older, and the [Monitoring the Future](#) (MTF) study funded by the National Institute on Drug Abuse—part of the National Institutes of Health—and conducted by the University of Michigan's Institute for Social Research. The MTF study tracks substance use and related attitudes among students in the 8th, 10th, and 12th grades. The 2011 YRBS data are available at [here](#).

Source: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention

Helmet Replacement and Education Partnership

The Department of Health and Human Services' Centers for Disease Control and Prevention's Heads Up program has joined with multiple sports entities and equipment manufacturers to launch a youth football safety and helmet replacement program for youth in underserved communities. [Learn more](#).

Study Explores Creating Effective Online Communities for Young People who Practice Self-Harm

Research on young people participating in SharpTalk, an online self-harm support forum, may help mental health professionals create effective online communities for young people who practice self-harm. According to the authors

of this study, “the increasing use of online forums as a source of health support, and a social space, means that an understanding of these spaces and communications within these spaces is crucial for health care providers and researchers working with young people.” SharpTalk was an experimental online forum created for the purposes of this research. SharpTalk involved 77 invited participants and was moderated by mental health professionals. [More information](#) on the study is published by Qualitative Health Research.

Source: Suicide Prevention Research Center – The Weekly Spark

New Animated Videos Help Obesity Researchers Navigate NCCOR's Online Tools

The National Collaborative on Childhood Obesity Research (NCCOR) is excited to announce the release of two demonstration videos on NCCOR's online tools: the “Catalogue of Surveillance Systems” and the “Measures Registry.” The animated videos describe the purpose and functions of these tools and demonstrate how to navigate the catalogue and registry to search for relevant measures, data resources, or surveillance systems. Check out the [videos](#). Designed to help researchers more easily investigate childhood obesity in America, the [catalogue](#) provides one-stop access for users to review, sort, and compare more than 85 surveillance systems relevant to childhood obesity research and the evaluation of policy and environmental interventions. The [registry](#) is a portfolio of more than 800 measures related to diet and physical activity. The tool allows researchers to more efficiently find and select measures that are critical to accelerating obesity prevention research. We invite you to share these resources with your colleagues and others who might be interested in childhood obesity research. Please also consider posting these videos on your organization's website, Facebook page, or Twitter feed. Directions for embedding the videos can be found [here](#). Please visit [this site](#) for more information about the videos, a full list of NCCOR projects, upcoming events, and childhood obesity research highlights.

Children's Safety Network Releases Archived Webinar on Rural and LGBTQ Youth Suicide Prevention

The March 30 webinar, Youth Suicide Prevention Community of Practice: Special Populations in Youth Suicide Prevention: Rural and LGBTQ Youth presented on two populations at increased risk for youth suicide and shared strategies to reduce these risks. Speakers discussed obstacles and barriers unique to rural populations, reviewed potential success strategies for interventions, and provided an overview of the Trevor Project's education programs. For more information click [here](#).

Source: Suicide Prevention Resource Center, The Weekly Spark

New 1is2many Campaign PSA

The White House launched a [new PSA](#) yesterday through the 1is2many campaign. The [1is2many](#) campaign was launched in an effort to stop violence against women, specifically teens and young women ages 16-24. Despite the significant progress made in reducing violence against women, there is still a long way to go. Young women still face the highest rates of dating violence and sexual assault. In the last year, one in 10 teens has reported being physically hurt on purpose by a boyfriend or girlfriend. One in five young women has been sexually assaulted while they're in college. In response to these alarming statistics, Vice President Biden is focusing his longstanding commitment to reducing violence against women, specifically on teens and young women ages 16-24. By targeting the importance of changing attitudes that lead to violence and educating the public on the realities of abuse, the Vice President is leading the way in an effort to stop violence against women before it begins. Read more about the 1is2many campaign [here](#).

Opportunities for Students from the Department of Transportation

The U.S. Department of Transportation and Challenge.gov invite students to brainstorm and share innovative solutions to specific transportation challenges, including designing a profile icon for social networking sites that illustrates cell phone safety, developing a tool to make bus driver safety records easily available, and creating solutions to real-world aviation and aerospace issues. [Learn more](#).

Sebelius: Fighting Abuse of Senior Citizens

U.S. Department of Health and Human Services Secretary Kathleen Sebelius wrote an Op Ed for USA Today about the need to address elder abuse. Read the Op Ed [here](#).

Signs Almost Always Precede Deadly Domestic Violence Cases

On June 10, 2012, USA Today published the article “Signs Almost Always Precede Deadly Domestic Violence Cases,” which suggests that the signs leading up to cases of deadly domestic violence are so remarkably consistent that a simple checklist can predict a woman's risk. Read more [here](#).

A New Study Examines the Role of Intimate Partner Violence in Workplace Homicides among U.S. Women

Researchers found that intimate partner violence resulted in 142 homicides among women at work in the United States from 2003 to 2008, a figure which represents 22 percent of the 648 workplace homicides among women during the period. Read more [here](#).

2011 Youth Risk Behavior Survey Results

The Centers for Disease Control and Prevention's Division of Adolescent and School Health has released the 2011 national, state, and local Youth Risk Behavior Survey results. These results show significant improvements in many health behaviors during the past two decades, as well as new possible risks resulting from an increased use of technology. [Learn more.](#)

VA Looking to Technology to Reduce Suicide Risks

The U.S. Department of Veterans Affairs hopes to reduce the risk of suicide among veterans by making greater use of video conferences between patients and doctors. [How will this technology help?](#)

Assembly Approves Bill Increasing Requirements for Teen Drivers and their Parents

Legislation sponsored by Assembly Democrats John S. Wisniewski, Pamela R. Lampitt and Albert Coutinho that would strengthen the education and practice requirements for New Jersey's Graduated Driver's License (GDL) program was approved by the Assembly. [Find out about the legislation.](#)

Researchers Say Graduated Drivers Licenses May Keep Teens from Drinking and Driving

According to the report from the University of Washington, in St. Louis, teenagers living in states with the most restrictive driving laws were less likely to drink and drive or ride in a vehicle with a driver who had been drinking than teens in states with less strict driving laws. [Read the full article.](#)

Researchers Weigh in on the Issue of Distracted Driving

Distracted driving was the hot topic at this year's Lifesavers conference on highway safety priorities in Orlando, FL. [Read more.](#)

[Safe Kids USA](#) is a nationwide network of organizations working to prevent unintentional childhood injury, the leading cause of death and disability for children ages 1 to 14. We educate families, provide safety devices to families in need, and advocate for better laws to help keep children safe, healthy, and out of the emergency room. More than 600 coalitions and chapters in 49 states bring together health and safety experts, educators, corporations, foundations, governments, and volunteers to educate and protect families.

[Never Leave Your Child Alone in a Car](#)

When young children are left unattended in cars, there is no one there to be sure the inside temperature is safe for them. That's why Safe Kids is committed to educating parents and caregivers about these risks.

[Preventing Backover or Frontover Tragedies](#)

Danger can come from any direction, and parents must be aware of the risk of "backover" or "frontover" incidents. Many of these preventable injuries and deaths occur in driveways or parking lots when drivers are unaware children are near vehicles.

For more information on how to get involved, visit the [SafeKidsUSA website.](#)

[Youth Suicide Prevention Community of Practice: Special Populations in Youth Suicide Prevention: Rural and LGBTQ Youth](#)

Know Your Risk. Take Action. Get a Lifeline...on Facebook.

It's natural disaster season around the country. Hurricane season kicks off on the East coasts, tornados continue in the Midwest, and fire season nears on the West Coast. Now there are two new, free, personal preparedness applications on Facebook to help people support each other during an emergency and become better prepared by identifying lifelines. The two apps, "bReddi" and "Project: Lifeline," allow users to identify lifelines, create and share personal preparedness plans, and track the status of their Facebook friends in disaster-affected areas. Both apps achieve the same goals of helping families and friends to plan more easily, being better prepared when a disaster strikes, and more reliably and efficiently getting the word out about each others' health and safety. This capability means people can more easily learn whether their loved ones are safe, helping people affected by the disaster and those searching for missing people. The apps also allow users to print cards with a snapshots of their preparedness plans to carry in their wallets as quick references about what to do when a disaster strikes. Both apps can be accessed through the ASPR website www.phe.gov/lifeline/ or directly through Facebook.

Click.Check.Protect.

[Check out the latest product recalls.](#)