

4-H Healthy Living Update

November 16, 2011

Curriculum & Programming Resources

Education Secretary Duncan Announces Plans for Green Ribbon Schools Award-- Program Will Honor Schools for Excellence in Environmental Education, Sustainable Facilities, and Healthy Practices

Secretary of Education Arne Duncan has invited states to take part in the inaugural year of the Green Ribbon Schools program, which will recognize schools for reducing environmental impact on their communities, promoting healthy school environments, and offering high-quality environmental education. The U.S. Department of Education, the Environmental Protection Agency, and the White House Council on Environmental Quality developed the program. The award aims to encourage energy and resource conservation measures that can lead to cost savings and job creation; environmental and behavioral changes to promote health and productivity among students, staff, and other occupants; and the use of environmental and sustainability education to support students' preparedness for some of the nation's fastest growing employment sectors. The department will provide a nominee submission deadline in early 2012 and announce the first Green Ribbon Schools before the end of the 2011-2012 school year. More [information](#) and [updates](#) on Green Ribbon Schools are available online. You may also follow Green Ribbon Schools on [Facebook](#) and ask specific questions to the Department of Education.

The Case for Investing in Youth Health Literacy: One Step on the Path to Achieving Health Equity for Adolescents

The health literacy of adolescents is of growing concern, especially as teens increasingly access health information online—the credibility of which is largely unknown. The National Institute for Health Care Management Foundation has released "[The Case for Investing in Youth Health Literacy: One Step on the Path to Achieving Health Equity for Adolescents](#)." The report discusses ways to reduce future health care spending by investing in programs that improve health literacy during adolescence, a critical time when many health behaviors are learned. Read more [here](#).

Research & Evaluation Resources

NCES Presents "Student Reports of Bullying and Cyber Bullying: Results from the 2009 School Crime Supplement to the National Crime Victimization Survey"

The National Center for Education Statistics recently presented findings from the "Student Reports of Bullying and Cyber Bullying: Results from the 2009 School Crime Supplement to the National Crime Victimization Survey" Web Tables related to cyber bullying. The web tables (NCES 2011-336) are available [online](#).

NCES releases Projections of Education Statistics to 2020

Postsecondary enrollment rose by 43 percent between 1995 and 2009, and is projected to increase another 13 percent by 2020. "[The Projections of Education Statistics to 2020](#)" provides national-level data on enrollment, teachers, high school graduates, and expenditures at the elementary and secondary school levels; enrollment and earned degrees at the postsecondary levels for the past 14 years; and projections to the year 2020. This is the 39th edition since the first report was first published in 1964. This compendium is a product of the National Center

for Education Statistics at the Institute of Education Sciences, part of the U.S. Department of Education.

Department of Education Announces a new Issue of Touching Base, a Quarterly Newsletter for the Military Community

The U.S. Department of Education announces the new edition of "[Touching Base](#)," the special newsletter for the Military Community.

Specific topics in this issue include:

Features

- Back-to-School Bus Tour Visits the Great Lakes Region
- Under Secretary Presides at Navy Recruit Graduation
- Deputy Secretary Speaks at Marine Corps Foundation Ceremony
- ED Deputy Chief of Staff Provides Remarks at Tuskegee Airmen Event

ED and DOD

- ED Focuses on Unique Life Challenges of Those in the Military
- OSDFS Annual Conference Hosts Discussion on Children of Multiple-Deployment Parents
- OII Hosts Meeting on Marine Corps JROTC Program

Study Finds Prescribed Stimulant use for ADHD Continues to rise Steadily

The prescribed use of stimulant medications to treat attention deficit hyperactivity disorder (ADHD) rose slowly but steadily from 1996 to 2008, according to a study conducted by the National Institutes of Health and the Agency for Healthcare Research and Quality. The study was published online Sept. 28, 2011, in the American Journal of Psychiatry. ADHD is one of the most common childhood disorders, and can continue through adolescence and adulthood. Symptoms include difficulty staying focused and paying attention, difficulty controlling behavior, and hyperactivity (over-activity). The condition is frequently treated with stimulants such as methylphenidate (e.g., Ritalin), amphetamines (e.g., Adderall) or other types of medications. Behavioral therapies can also be effective. During the 1990s, stimulant prescription use increased significantly, going from a prevalence rate among youth of 0.6 percent in 1987 to 2.7 percent in 1997, with the rate stabilizing around 2.9 percent in 2002. Recent reports, however, suggest that the prescribed use of these medications and the diagnosis of ADHD have continued to rise. Based on the Health Resources and Services Administration's National Survey of Children's Health, the percentage of children age 4-17 years diagnosed with ADHD increased from 7.8 percent in 2003 to 9.5 percent in 2007.

For further information, please see the [Agency for Healthcare Research and Quality](#) and the [National Institutes of Health](#).

NCES Releases Measuring Status and Change in NAEP Inclusion Rates of Students with Disabilities, Results 2007-09

The report [Measuring Status and Change In NAEP Inclusion Rates of Students With Disabilities, Results 2007-09](#), from the National Center for Education Statistics contains the findings of a study on the status of inclusion and changes in inclusion rates for the 50 states and the District of Columbia in 4th- and 8th-grade National Assessment of Educational Progress (NAEP) reading and mathematics assessments. The decision about whether a student with disabilities is included in NAEP is made by the school personnel most knowledgeable about the student. The percentage of students with disabilities who are not English language learners and who are assessed in NAEP varies across years within a grade and varies between grades. To compare the inclusion rates, regression analyses were used to estimate the relationship between

characteristics of a student with disabilities (SD) and the probability that the student is included in the NAEP assessments. Using these probabilities, states' inclusion rates of SDs in 2005, 2007, and 2009 NAEP assessments were compared. In addition, the states' expected inclusion rates for each year, predicted by the regression model, were compared to the actual inclusion rates to provide the status of inclusion rates as starting points or context for interpreting the changes. Additional resources for understanding the inclusion of students with disabilities in NAEP assessments, including frequently asked questions, details about the methodology used in this study, and copies of past reports, are available [online](#). This technical/methodological report is a product of the National Center for Education Statistics at the Institute of Education Sciences, part of the U.S. Department of Education.

NCES Releases Report on Dropout Prevention Services and Programs in Public School Districts: 2010–11

A new report from NCES found that, during the 2010-11 school year, 76 percent of public school districts reported using academic failure to identify students at risk of dropping out of school. [Dropout Prevention Services and Programs in Public School Districts: 2010–11](#), a First Look report from the Fast Response Survey System provides national data about how public school districts identify students at risk of dropping out, programs used to address the needs of students at risk of dropping out of school, the use of mentors for at-risk students, and efforts to encourage dropouts to return to school.

Survey Shows the Number of First Time Users of Marijuana Increasing and Prescription Pain Relievers; Ecstasy Use Stable

The estimated number of people using marijuana for the first time appears to be increasing, according to data from the 2010 National Survey on Drug Use and Health. More than 2.4 million people ages 12 or older used marijuana for the first time in 2010, compared to the most recent low of 2.1 million in 2006. While the number of first-time nonmedical users of prescription pain relievers* continues to rival that of marijuana, the 2010 estimate of 2 million is significantly lower than most recent high of 2.5 million in 2003. The number of new ecstasy users has been increasing since 2005, reaching slightly more than 1.1 million in 2009. However, there was no significant change between 2009 and 2010. The number of new cocaine users, which had been decreasing steadily since 2001, has not changed significantly since 2008. Changes in initiation levels are often leading indicators of emerging patterns of substance use. Thus, these findings suggest that 1) marijuana use may be making a resurgence; 2) the growth in the misuse of prescription pain relievers and in the use of ecstasy may have slowed; and 3) there are no signs of growth in cocaine use in this population.

*Use of pain relievers refers to the nonmedical use of prescription-type pain relievers and does not include over-the-counter drugs.

SOURCE: Adapted by University of Maryland's Center for Substance Abuse Research from Substance Abuse and Mental Health Services Administration (SAMHSA), [Results from the 2010 National Survey on Drug Use and Health: Detailed Tables, 2011](#); and SAMHSA, [Results from the 2004 National Survey on Drug Use and Health: Detailed Tables, 2005](#).

CDC Overweight and Obesity (Nutrition and Physical Activity) Update: Team Up to Improve Physical Activity in Schools

Did you know that being physically active is good for students' health and academic performance? Studies show that school-based physical activity can help improve grades, test scores, concentration, and attention in the classroom. Youth ages 6 -17 need at least 60

minutes of physical activity every day. Most of the 60 minutes should be of moderate or vigorous intensity, such as playing basketball, jumping rope, dancing, playing tag, walking, or running.

Parents, teachers, school principals, and other school staff can team up to improve physical activity in schools in a variety of ways, such as:

- Join a school health council, if one exists. If none exist, begin by working with the superintendent or principal to create a health council at the school or district level.
- Assess your school's physical activity policies and practices through [School Health Index](#), an assessment and planning tool. Schools also can use this tool to improve physical activity policies and practices.
- Increase the amount of time students spend in physical education or increase the quality of the physical education class. See [Strategies to Improve Quality Physical Education](#).

More Information--Many tools and resources exist to help improve physical activity in schools:

- > [School Health Guidelines to Promote Healthy Eating and Physical Activity](#)
- > [CDC Physical Activity](#)
- > [Youth Physical Activity](#)
- > [The Association Between School-Based Physical Activity, Including Physical Education, and Academic Performance](#)
- > [CDC Podcast on Adolescents and Physical Activity](#)
- > [CDC Physical Activity Guidelines Toolkit](#)
- > [CDC Childhood Obesity](#)
- > [The Physical Education Curriculum Analysis Tool \(PECAT\)](#)
- > [Let's Move!](#)
- > [The National Physical Activity Plan](#)
- > [CDC Overweight and Obesity Social Media Tools](#)

National Institute on Aging and the National Science Foundation Announce new Study--Gene Linked to Optimism and Self-Esteem

Why can some people make it through difficult times with little trouble while others crumble under the same circumstances? A [new study](#) suggests that the answer lies—at least in part—in your genes. Scientists have long known that people with certain psychological traits, or resources, can fare better in challenging situations. Three of the most widely studied psychological resources—optimism, self-esteem and mastery (the feeling that you can master your environment and achieve what you want)—are good predictors of a person's physical and psychological health. These three resources have been shown to help people weather stressful events and beat back depression. Because these psychological resources tend to run in families, scientists had suspected a genetic component. The researchers are now planning studies to search for additional genes that might work with the OXTR gene to affect behavior and responses to stress.

SPRC Announces "Understanding Risk and Protective Factors for Suicide: A Primer for Preventing Suicide 2011"

Risk and protective factors play a critical role in suicide prevention. Identifying risk and protective factors provides critical information to assess and manage suicide risk and provides direction about what community prevention programs to change or promote. Many lists of risk factors are available throughout the field of suicide prevention. [This paper](#) provides a brief overview of the importance of risk and protective factors as they relate to suicide and offers guidance about how communities can best use them to decrease suicide risk.

SOURCE: Suicide Prevention Resource Center, & Rodgers, P. (2011). Understanding risk and protective factors for suicide: A primer for preventing suicide. Newton, MA: Education Development Center, Inc. The Weekly Spark, September 30, 2011

New Study “Exposure to Violence and Socio-emotional Adjustment in Low-Income Youth: An Examination of Protective Factors” From the American Journal of Community Psychology

U.S. youth witness and experience an alarming amount of violence. Adolescents and young adults 12–24 years of age are more likely to be exposed to violence than any other age group. These traumatic experiences have been connected to both short- and long-term psychological and behavioral consequences. A study published in the May 2011 *American Journal of Community Psychology* investigated the potential moderating effects of school climate, participation in extracurricular activities, and positive parent-child relations on associations between exposure to violence (i.e., witnessing violence and violent victimization) and adolescent socio-emotional adjustment (i.e., internalizing and externalizing problems). Contrary to prediction, school climate did not moderate associations between exposure to violence and externalizing behaviors. Again, the authors point to the serious negative influence of exposure to violence. School climate, which usually provides protection against socio-emotional adjustment problems, may not provide the same protection when it comes to exposure to violence. Furthermore, none of the hypothesized protective factors moderated the association between exposure to violence and internalizing problems. To explain these findings, authors point to other studies that suggest internalizing problems may be more difficult to overcome than externalizing problems. Children may need additional protective factors, along with psychological consultation, to overcome internalizing problems resulting from exposure to violence.

For the complete document, please visit: Protective Factors for Low-Income Youth Exposed to Violence.

SOURCE: National Center for Mental Health Promotion and Youth Violence Prevention, Safe Schools Healthy Students, September 2011 Newsletter from The American Journal of Community Psychology DOI 10.1007/s10464-011-9440-3, Authors: Cecily R. Hardaway, Vonnie C. McLoyd, and Dana Wood

FDA Article: Extrapolation of Adult Data and Other Data in Pediatric Drug-Development Programs

The study found that extrapolating efficacy from adult data or other data to the pediatric population can streamline pediatric drug development and help to increase the number of approvals for pediatric use. Read more [here](#).

More teen males using condoms

The percentage of teen males aged 15–19 years in the United States who used a condom the first time they had sex increased between 2002 and 2006–2010, according to a report from the Centers for Disease Control and Prevention. Read more about the press release [here](#). Read the report [here](#).

CDC announces new effort to boost number of Baby-Friendly hospitals

Project aims to improve maternity care practices to support breastfeeding

The Centers for Disease Control and Prevention has awarded nearly \$6 million over 3 years to the National Initiative for Children’s Healthcare Quality to help hospitals nationwide make

quality improvements to maternity care to better support mothers and babies to be able to breastfeed. The goal of the project is accelerate the number of U.S. Baby-Friendly hospitals. [Learn more here.](#)

Kaiser Issues New Resources on Adolescent Health

The Kaiser Family Foundation has released two new resources that review the health risks facing adolescents today, their access to health services and federal and state policies that affect health services for adolescents. The Foundation released a new [issue brief](#) on adolescent health and a new [issue module](#) on its [website](#) geared to public policy students and faculty.

Sleep in Babies, Kids, Teens, and Pregnant Women

Resources for Families links to sleep centers and specialists and websites about sleep and sleep problems. A separate section presents websites for adolescents. This family resource brief is available [here](#).

CDC's Division of Reproductive Health just launched a new video: *A Message to Health Care Professionals: Teen Pregnancy.*

In this video, teens urge health care professionals to talk to their teen patients about pregnancy and contraception to help improve the lives of all young people. You can view, download, and share the video [here](#).

Report: Teens who often eat dinner with family less likely to drink, smoke, or use drugs

Amid the vast array of scientific literature on reducing teens' risk for substance use, a new report offers a method as pure and simple as pulling up chairs around the family dinner table. [Comment](#) or [Read full story here](#).

Major Findings From "Student Reports of Bullying and Cyber Bullying"

The National Center for Education Statistics recently presented findings from the "Student Reports of Bullying and Cyber Bullying: Results From the 2009 School Crime Supplement to the National Crime Victimization Survey." These web tables show the relationship between bullying and cyber-bullying victimization and other variables of interest such as the reported presence of gangs, guns, drugs, and alcohol at school, select school security measures, student criminal victimization, and personal fear, avoidance behaviors, fighting, and weapon-carrying at school. [Learn more.](#)

Underage Drinking: Intervention Principles and Practice Guidelines for Community Corrections

The American Probation and Parole Association, in cooperation with the Pacific Institute for Research and Evaluation and the Office of Juvenile Justice and Delinquency Prevention, has developed a comprehensive document that explores the scope of the multi-faceted problems associated with alcohol use among youth. This document is a tool written to aid the community corrections practitioner and others within the justice community with a series of practice guidelines and guiding principles to help implement a more effective response to underage drinking youth who become involved in the justice system. [Read the document](#) (PDF, 111 pages).

Fact Sheet Describes Center for Youth in Custody

"National Center for Youth in Custody," published by the Office of Juvenile Justice and Delinquency Prevention, provides an overview of the mission, objectives, and services of the recently-launched National Center for Youth in Custody. The center will provide training curriculum, webinars, and professional development services and will serve as a resource for juvenile justice practitioners, youth in custody, and families. [Read the fact sheet](#) (PDF, 2 pages).

Children's Exposure to Intimate Partner Violence and Other Family Violence

A bulletin published by the Office of Juvenile Justice and Delinquency Prevention, "Children's Exposure to Intimate Partner Violence and Other Family Violence," explores the National Survey of Children's Exposure to Violence survey results regarding children exposed to family violence in the United States, including intimate partner violence, assaults by parents on siblings of children surveyed, and other assaults involving teen and adult household members. [Read the bulletin](#) (PDF, 12 pages).

Professional Development & Training Resources

Federal Agencies Announce Second Annual National Drug Facts Week, Oct. 31st Through Nov. 6—Teens and Drug Experts will Connect in Nationwide Community Events

National Drug Facts Week 2011--National Drug Facts Week is October 31 through November 6. This year's National Drug Facts Week promises to be bigger and better than last year! We've updated the Shatter the Myths booklet, created a new Drug IQ Challenge, and are announcing the MusiCares® and GRAMMY Foundation's® Teen Substance Abuse Awareness through Music Contest Grammy in May.

-Find out more about how to host your own at: [National Drug Facts Week Event](#).

-Order or download the new booklet by visiting: [Shatter the Myths](#).

-Learn more about the [Grammy Contest](#).

What is National Drug Facts Week?

National Drug Facts Week (NDFW) is a health observance week for teens that aims to shatter the myths about drugs and drug abuse. Through community-based events and activities on the web, on TV, and through contests, NIDA is working to encourage teens to get factual answers from scientific experts about drugs and drug abuse. Download the [NDFW Info Sheet!](#) [PDF format, 86KB]

How do I Participate in National Drug Facts Week?

-Host or Sponsor a NDFW Event!

Bring together the science and teens by having a scientific expert come to your event, or using NIDA's educational materials. The [NDFW toolkit](#) will show you how -- with step by step suggestions on planning and promoting events. After registering your event, order a "[Drug Facts: Shatter the Myths](#)" booklet for every teen attending your event! This booklet provides answers to teens' most frequently asked questions about drugs.

-Tweet About NDFW!

If you're Tweeting about NDFW, be sure to use our hashtag [#drugfacts2011](#).

Take the National Drug IQ Challenge!

During National Drug Facts Week and year round [test your knowledge](#) on drugs and drug abuse by taking the interactive National Drug IQ Challenge quiz. New Challenge coming for 2011!

ODPHP 2012 National Health Promotion Summit

The Office of Disease Prevention and Health Promotion is requesting innovative disease prevention and health promotion programs for presentation at the 2012 National Health Promotion Summit: *Prevention. Promotion. Progress.*, April 10-11, 2012, in Washington, DC. Find more information [here](#).

Sleep in Infants, Children, Adolescents, and Pregnant Women

Knowledge Path can be used by health professionals, researchers, and community advocates to learn more about sleep, to improve diagnosis and treatment of sleep disorders, for program development, and to locate training resources and information to answer specific questions. The knowledge path is available [here](#).

Webinar: Part II - Innovative Programs for Pregnant and Parenting Youth In or Exiting Substitute Care

The National Resource Center (NRC) for In-Home Services, NRC for Community-Based Child Abuse Prevention, NRC for Youth Development, and Runaway and Homeless Youth Training and Technical Assistance Centers will sponsor the second webinar in a series that shares knowledge and expertise with family-serving systems serving pregnant and parenting youth in prevention, early childhood intervention, in-home family preservation, out-of-home placement, and programs for runaway youth and unaccompanied minors. The webinar will take place on November 9 from 2-3 p.m. EDT. [Learn more and register.](#)

2012 National STD Prevention Conference

You have less than two weeks left to submit an abstract to the 2012 National STD Prevention Conference! The Conference Planning Committee welcomes submission of abstracts for oral presentations, poster sessions, pre-organized symposia, and skills-building workshops that focus on critical issues in the field of STD prevention and related fields. One of the unique features of the conference is the planned interface of science, program, and policy for STD prevention. The 2012 National STD Prevention Conference provides the ideal forum for you to discuss and disseminate your work, to network with other professionals, and to explore the intersection between STD, HIV, family planning and reproductive health, adolescent health, and more! For more information regarding presentation formats and submission deadlines, please visit the [call for abstracts](#) page on our conference website. **There will be no extension to the abstract submission deadline.**

Registration for the 2012 AMCHP Annual Conference Is Now Open

The 2012 AMCHP annual conference will be Feb. 11-14, 2012, at the Omni Shoreham Hotel in Washington, DC. To register, visit [here](#). Don't miss our early-bird registration rates -- register now! Full conference registration includes all conference events, including the AMCHP Annual Conference Training Institute -- Feb. 11 and 12 (until noon) -- a rich schedule of skills-building sessions and other training opportunities. Watch the AMCHP [website](#) for updates as the program develops.

Connecting Kids to Coverage: 2nd National Children's Health Insurance Summit

Please join us as we celebrate the nation's progress toward enrolling all eligible children in Medicaid and the Children's Health Insurance Program. The conference will highlight successful strategies and explore new approaches to outreach, enrollment, and retention. You must register to attend. Registration is free. Please click [here](#) to register. Click [here](#) for additional

information, special accommodations, questions or concerns. The deadline to get the conference rate at the hotel is Tuesday. Read more about the summit [here](#).

Funding Resources

The National Gardening Association and Home Depot Announce 2012 Youth Garden Grants Program

The National Gardening Association awards Youth Garden Grants to schools and community organizations with child-centered garden programs. In evaluating grant applications, priority will be given to programs that emphasize one or more of the following elements: an educational focus or curricular integration, nutrition or plant-to-food connections, environmental 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 \$1,000 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 intergenerational 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.

Deadline: November 28, 2011

Please contact the [National Gardening Association](#) for more information and apply for this funding.

SOURCE: The Center for Health and Health Care in Schools, The Weekly Insider, September 28, 2011

ACF Awards \$28 million to Improve Well-Being for Children in Child Welfare

The Administration for Children and Families announced today the award of \$28 million in grants to improve the social and emotional well-being of children involved with the child welfare system. The grants are designed to support effective interventions to build skills that contribute to the healthy, positive, and productive functioning of children and youth into adulthood. [Learn more about the grantees.](#)

Interesting Links

President Obama on Back-to-School: Set Your Sights High—in School: Try new Things, Discover new Passions and Hone Skills to Prepare for the Kind of Profession Wanted in the Future

On September 28, 2011, students from across the country tuned in as President Obama addressed them directly in his [third annual Back-to-School speech](#). The president encouraged America's students to use their time in school to try new things, discover new passions, and hone their skills to prepare themselves for the kind of profession they want in the future. It starts, obviously, with being the best student that you can be. Now, that doesn't always mean that you have to have a perfect score on every assignment. It doesn't mean that you've got to get straight A's all the time — although that's not a bad goal to have. It means that you have to stay at it. You have to be determined and you have to persevere. It means you've got to work as hard as you know how to work. And it means that you've got to take some risks once in a while. You can't avoid the class that you think might be hard because you're worried about getting the best grade if that's a subject that you think you need to prepare you for your future...

SOURCE: Cross-posted from the [White House Blog](#).