



Spring Edition 2009

Resources and Alerts from School Health News

We apologize in advance if you receive more than one copy of this newsletter. You may be on more than one high priority list.

Welcome to the new electronic format for the School Health News!

Distributed through a partnership between the NM Alliance for School-Based Health Care, the Public Education Department / School and Family Support Bureau and the Department of Health / Office of School and Adolescent Health.



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2009 H1N1 Influenza Outbreak

Guidance to Schools from Dr. Mary Ramos, School Health Officer

As of May 4, 2009, forty-four states have reported more than 1,000 confirmed or probable cases of a novel H1N1 influenza virus. Most cases have not been severe, but comparable to seasonal influenza. As of May 6, New Mexico has reported 28 confirmed or probable cases from 10 counties. Most cases in NM (70%) have been in those 18 years old or less.

To minimize the spread of the virus in schools, CDC and the NM Department of Health (DOH) recommend early identification of ill students and staff, ill students stay home, and good cough and hand hygiene etiquette. Additional guidance for schools can be found at:

<http://www.cdc.gov/h1n1flu/schools/>

http://www.health.state.nm.us/FLU/seasonal/swine_flu.html

<http://www.nmasbhc.org/>

School Health Officer Asks for Your Feedback

This flu outbreak has offered an opportunity to test the emergency communication systems with schools and school-based health centers. Dr. Mary Ramos, School Health Officer with the NM DOH, is interested in your feedback about this. Please send any comments or concerns that you have about the communication with schools and school-based health centers during this flu outbreak to Dr. Ramos at marym.ramos@state.nm.us.

Alcohol, Tobacco and Other Drugs

Are You Your Kid's Drug Dealer?

Wendy Lefferts, a mother of five, gets regular calls from the school nurse with the usual reports of stomachaches and asthma attacks. But two weeks before school let out last May, she got a call from the nurse at Boulder Creek High School in Anthem that she never would have expected. Not this. Not one of her kids. Read more:

<http://www.azcentral.com/arizonarepublic/arizonaliving/articles/2009/04/04/20090404drugs0404.html>

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***A traves del Cristal Meth* released by The Partnership for a Drug-Free America**

The Partnership for a Drug-Free America has launched a new addition to its award-winning community outreach program, Meth 360(R), to help curb use of the highly addictive illicit drug methamphetamine in the Hispanic community. A traves del Cristal Meth (Through Crystal Meth) brings together law enforcement officers, substance abuse prevention and treatment professionals to co-deliver meth awareness presentations to parents and concerned citizens. For more information about A traves del Cristal Meth or to download free presentation materials, please visit

<http://www.drugfree.org/meth360/>

Levels of Smokeless Tobacco Use Increase Among Adolescent Males

Findings indicate that most smokeless tobacco users are former or current cigarette smokers. The levels of current smokeless tobacco use increased significantly among adolescent males (aged 12 to 17) from 3.4 percent in 2002 to 4.4 percent in 2007, according to a report based on a series of nationwide surveys. Read more:

<http://www.samhsa.gov/newsroom/advisories/0903041223.aspx>

Copyright 2009, Substance Abuse & Mental Health Services Administration (SAMHSA)

My Last DIP.com

MyLastDip.com is a research study of an online smokeless tobacco cessation program designed specifically for young people. The program is free to any smokeless tobacco user between the ages of 14 and 25 who wants to quit, and has access to email. If you want to help people quit using smokeless tobacco, tell others you know about this innovative new program. Spread the word and recommend MyLastDip program to chewers who want help on quitting. For more information, visit:

<http://www.mylastdip.com>

Family, School and Community Partnerships

Parenting Program Reduces Child Abuse Study. WASHINGTON (Reuters Life!)

A parenting program that trains nurses, social workers and even clergy to advise struggling parents lowered rates of child abuse and helped keep kids out of foster care, researchers reported. Read more:

<http://www.healthcentral.com/depression/news-282267-66.html>

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Health Education and Life Skills

Head Injuries

Natasha Richardson hit her head while skiing and got up immediately and seemed to be all right. Later she was taken to the hospital unconscious where she died after several days.

Seven year old Morgan McCracken was playing baseball with her brother and her father. Her father hit a line drive that hit Morgan above her left temple, a lump formed which the McCracken's iced down and the swelling subsided within an hour.

For the next two days she was fine. She went to school and made an A on her spelling test. After learning about Natasha's death Morgan's parents began to wonder if she was really alright. When they went upstairs to kiss her good night, she was complaining of a headache. The McCracken's called the pediatrician immediately. By this time Morgan was sobbing because her head hurt so badly. They took her to the emergency room at Lake West Hospital. The doctor ordered a CT scan and immediately put Morgan on a helicopter to a trauma hospital in Cleveland with her father by her side.

When the helicopter arrived at the hospital, they were greeted by the Hospital's chief of pediatric neurosurgery. He whisked Morgan into the operating room, pausing to tell Mr. McCracken that his daughter had the same injury as Natasha: an epidural hematoma. Morgan's story had a happy ending. After surgery and 5 days in the hospital she is doing fine. "The doctor told us that if we hadn't brought her in Thursday, "she never would have woken up." McCracken says.

Here is a list of what to do after someone has suffered a head injury:

1. Be vigilant: Keep an eye on someone who has hit his head, even if the person never lost consciousness.
2. Look for dizziness, vomiting, headache and confusion
3. Look for changes in symptoms and behavior a sudden change such as Morgan's headache going from mild to severe in minutes or sudden sleepiness may indicate serious brain injury
4. Go to a certified trauma center if possible.
5. Be extra vigilant when an elderly person hits his or her head. They may be on blood thinners which could be extremely serious after a head injury.
6. When in doubt seek medical attention.

Health Education Teachers — National Board Certification for You!

National Board Certification status is now available for health education teachers! Find complete information on how to apply for this prestigious certification and information on the health education standards. This is an important step forward for health teachers across the country and a great opportunity to highlight effective instructional practice!

<http://www.nbpts.org/>

Teenage Birthrate Increases For Second Consecutive Year

The rate at which teenage girls in the United States are having babies has risen for a second year in a row, government statistics show, putting one of the nation's most successful social and public health campaigns in jeopardy. Teen births in the District, Maryland and Virginia mirror the national trend, the numbers show, and local health experts say they are alarmed by the shift.

Read more:

<http://www.washingtonpost.com/wp-dyn/content/article/2009/03/18/AR2009031801597.html>

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Health Services

New Resources for PE/ MOSAA Determiners

Do you work in a school or school-based health center as a PE/ MOSAA determiner? Do you ever wish you had a handy cheat sheet to remind you about the necessary steps and forms in the PE/ MOSAA process? You are in luck! The NM Alliance for School-Based Health Care and the NM Human Services Department, Medical Assistance Division, School Health Office have worked together to develop a 2 page cheat sheet. It can be downloaded at:

<http://www.nmasbhc.org/pages/medicaid.html>

My Son's Struggle Against Deadly Food Allergies

ATLANTA, Georgia (CNN) - Chicken nuggets. Sandwiches. Pizza. Baseball games. Play-Doh. These are some of the basics of childhood that could prove deadly to my 4-year-old son, Teddy. Teddy took his first sip of milk in 2005, triggering a strong allergic reaction...Teddy has food allergies that can cause anaphylaxis, a deadly condition that can cut off his breathing. Read more:

<http://www.cnn.com/2009/HEALTH/03/24/teddys.struggle/index.html>

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Preventable Injuries from Life-Saving Epinephrine Auto-Injectors on the Rise

Researchers find an increased rate of unintentional injection of epinephrine from auto-injectors for anaphylaxis and urge people who may need to administer the life-saving drug to themselves or others in an allergic emergency to receive regular coaching in its proper use. The report is published this month in *Annals of Allergy, Asthma & Immunology*, the scientific journal of the American College of Allergy, Asthma and Immunology (ACAAI). To read abstract:

<http://oberon.annallergy.org/vl=3879102/cl=13/nw=1/rpsv/cw/acaai/10811206/v102n4/s4/p282>

Measuring Hand Hygiene Adherence: Making the What, Why & How Decisions

Preventing infections is critical to patient safety. Effective hand hygiene practices have long been recognized as the most important way to reduce the transmission of potentially deadly germs in health care settings. To help health care organizations target their efforts in measuring hygiene performance, The Joint Commission is releasing "Measuring Hand Hygiene Adherence: Overcoming the Challenges." To download the monograph:

http://www.jointcommission.org/PatientSafety/InfectionControl/hh_monograph.htm

Statehealthfacts.org Releases Updated Information

Statehealthfacts.org has recently added new and updated data on demographics and the economy; health status; Medicaid and CHIP; managed care and health insurance; providers and service use; and HIV/AIDS. To view:

<http://statehealthfacts.org/>

Healthy and Safe Environment

Strip-searches at Schools go to Supreme Court

In an Arizona case, administrators were worried about campus safety, while the student just felt humiliated. When Savana Redding, now 19, talks of what happened to her in eighth grade, it is clear that the painful memories linger. Read more:

<http://www.latimes.com/news/nationworld/nation/la-na-stripsearch19-2009apr19,0,2354915.story?page=1>

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Earth Day Announcement

The Alliance of Nurses for Healthy Environments (ANHE) is a new nursing organization that provides unique and powerful resources to engage in environmental health issues. Nurses are greening curriculum, greening hospitals, engaging in environmental research. Nurses are advocating institutional, and local, state, and national policies to protect people from environmental health risks and to promote a healthy and sustainable world. ANHE addresses environmental health through nursing and patient education, nursing practice, research, and policy efforts. Chris Bartholomew, WY represents NASN on the ANHE steering committee. For more information visit:

<http://www.e-Commons.org/AHNE>

Nutrition

Update on Child Nutrition Act Reauthorization

Interfaith organizations have called on Congress to reauthorize the Child Nutrition Act, which encompasses such federal programs as the National School Lunch Program (NSLP), Child and Adult Care Food Program and Special Supplemental Nutrition Program for Woman, Infants and Children (WIC). The programs are designed to improve access for families to receive assistance, feed children at school, encourage nutritious habits and promote healthy development. Senate Agriculture Committee Chairman Tom Harkin, D-Iowa, said he expects the program to be reauthorized by May or June.

Eating Healthy May Be Too Expensive for Many Americans

Given the current state of the economy, it is important for families to understand the relationship between food and nutrition. Researchers at the University of California and the University of Washington tested their hypothesis that lower-cost diets among low-income women is higher in calories but lower in nutrients. Read more:

<http://www.opposingviews.com/articles/research-eating-healthy-may-be-too-expensive-for-many-americans>

High Barriers to Dental Care Exist for 12 Million Children

C.S. Mott Children's Hospital National Poll on Children's Health finds for children without health coverage, over 40% received no regular dental care. ANN ARBOR, Mich. As the nation begins to focus its attention on the prospects of major health care reforms, one important aspect of health must not be overlooked. Read more:

<http://www2.med.umich.edu/prmc/media/newsroom/details.cfm?ID=1043>

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Physical Education and Activity

Wise Kids

The Sājai® Foundation's Wise Kids Program is an evaluated out-of-school-time curriculum that teaches kids the concept of Energy Balance — basically, that Energy In (calories from food and drink) needs to be balanced with Energy Out (calories burned through daily living, growing up, and physical activity). This unique program has nine lessons, each based on a Learn-Do-Play format.

<http://www.sajaifoundation.org/programs/wisekids.html>

Handbook of Physical Education (Sage Featured Publication)

What is the condition of the field of Physical Education? How is it adapted to the rise of kinesiology, sport and exercise science and human movement studies over the last thirty years? This Handbook provides an authoritative critical overview of the field and identifies future challenges and directions. For more information:

<http://www.sagepub.com>

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Social and Emotional Well-Being

All Teens Should be Tested for Depression

2 million in U.S. are affected but most are undiagnosed, task forces says. CHICAGO - An influential government-appointed medical panel is urging doctors to routinely screen all American teens for depression - a bold step that acknowledges that nearly 2 million teens are affected by this debilitating condition. Read more:

<http://www.msnbc.msn.com/id/29945008/>

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The Impact of Behavioral Health on Academic Success

Behavioral health encompasses both mental health and substance use and affects students' ability to learn and succeed academically. The New Mexico Alliance for School-Based Health Care has published a one page document that focuses on the behavioral health issues pertaining to youth in New Mexico. It highlights the prevalence rates, stresses the need for treatment, and suggests sources for further information. Its one page design makes it easy to download, copy, and distribute to parents, staff, and/or policy makers.

http://www.nmasbhc.org/documents/behavioral_health_white_paper_new.pdf

National Poll: More Than One-in-Four Teens Think Violent Behavior is Acceptable

A new poll of 750 teens from Junior Achievement and Deloitte and conducted by Opinion Research shows that more than one-in-four teens (27 percent) think behaving violently is sometimes, often, or always acceptable. More students thought violence was more acceptable than cheating (19 percent), plagiarizing (10 percent) or stealing (3 percent). And 20 percent of respondents said they had personally behaved violently towards another person in the past year, and 41 percent reported a friend had done so. Read more:

<http://workplaceviolencenews.com/2008/12/15/national-poll-more-than-one-in-four-teens-think-violent-behavior-is-acceptable/>

Confront Teens about Sexting

A new emerging trend among young people—the sharing of sexual images and texts through cell phones, commonly known as SEXTING. Due to the widespread availability of mobile technology, the sky-high hormone levels of young people, and the difficulty that they can have understanding the consequences of their decisions, not-so-innocent text messages are being sent from cell phones all over America. Read more:

<http://www.netismartz.org/index.aspx>

New Publication on School Connectedness from CDC's Division of Adolescent and School Health (DASH)

School connectedness is the belief by students that the adults and peers at their school care about their learning and about them as individuals. Research indicates that students who feel connected to their school are more likely to engage in healthy behaviors and succeed academically. CDC scientists have created a guide that synthesizes available research on school connectedness and outlines strategies for fostering it. For more information visit:

<http://www.cdc.gov/healthyyouth/AdolescentHealth/connectedness.htm>

Call for Presentations for the 2009 Annual Behavioral Health Collaborative

The New Mexico Behavioral Health Purchasing Collaborative will be sponsoring the 2009 Annual Collaborative Conference, “Real People, Real Lives,” December 8-11 at the Embassy Suites in Albuquerque. Employment/Education will be one of the five conference tracks offered. Within the employment/education track, the conference will spotlight effective school-based and school-linked services and programs currently being implemented in New Mexico. Conference participants will have the opportunity to develop and share program “blue prints” with others to assist with implementation in their local communities. Workshop proposal forms are due by May 29, 2009 at 5:00 pm. Please contact Marie DiBianco with the HSD-Behavioral Health Services Division at (505) 476-9268 or email Marie.DiBianco.state.nm.us for more information.

State and Federal Legislative Updates

Memorial - Health Education as a Requirement for Graduation

HM 127 is a Memorial requesting the Public Education Department to convene a working group to determine whether there is a need to include health education as a requirement for graduation from public schools in New Mexico. The working group findings and recommendations are to be reported to the legislative education committee by January 2010. For more information you can reach Georgia Glasgow at georgia.glasgow@state.nm.us

HHS Issues Special Report on Health Reform and Launches New [healthreform.gov](http://www.healthreform.gov) Web Site

Americans expressed serious concerns regarding health care in a new report released today by the Department of Health and Human Services. The report, Americans Speak on Health Reform: Report on Health Care Community Discussions, summarizes comments from the thousands of Americans who hosted and participated in Health Care Community Discussions across the country and highlights the need for immediate action to reform health care. Read more:

<http://www.hhs.gov/news/press/2009pres/03/20090305a.html>

Chairman Miller Asks GAO to Investigate Cases of Abuse and Neglect of Schoolchildren

WASHINGTON, D.C. – U.S. Rep. George Miller (D-CA), the chairman of the House Education and Labor Committee, today asked the U.S. Government Accountability Office to further investigate recent reports of seclusion and restraint of children in public and private schools across the country. Miller's committee plans to hold a hearing on these practices in the coming months. Read more:

<http://edlabor.house.gov/newsroom/education/>

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****Event Calendar****

Transforming School Communities: Partners for Student Success

June 25-28, 2009 - Boston, MA

<https://www.nasn.org/Default.aspx?tabid=109>

NASN and American Healthcare Institute

25th Annual Summer Education Meeting - Advances in School Nursing

July 16-17, 2009, San Antonio, Texas

http://ahi-online.com/conferences/school_nursing.asp

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