



Fall Edition 2008

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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Academic Success and Health

Better Health Means Better Grades

Researchers at the University of Minnesota have proved that health impacts grades. They matched grade point averages with the typical health problems such as smoking, drinking and stress reported by nearly 10,000 Minnesota colleges students. They found a clear connection between student health and academic success.

Josephine Marcotty, McClatchy Newspapers

Alcohol, Tobacco and Other Drugs

2007 NM Youth Risk and Resiliency Survey Results

Information from the 2007 New Mexico High School Youth Risk and Resiliency Survey measuring youth alcohol use found no statistically significant changes in current levels of drinking, binge drinking or drinking initiation before the age of 13 from 2005 to 2007. Of note, the survey found that binge drinking was closely related to the ease of obtaining alcohol (of students who said it was very easy to get alcohol, 37.8% were binge drinkers) and was less common among students who perceived that their parents thought regular youth alcohol use was wrong or very wrong (22.2% were binge drinkers vs. 56.3% among those who thought parents thought it was not wrong or a little wrong). The full results of the alcohol use questions can be found at the web site below:

www.nmhealth.org/epi/yrrs.html

Source: NM Department of Health

Coordinated School Health Programs

MCH Newsletter Focuses on School Health

The following link is to a wonderful newsletter from Maternal and Child Health about the benefits of school health. It includes wonderful references to nurses, SBHCs and health education.

http://www.amchp.org/member_center/Pulse/8-18-08/8-18-08_Pulse.pdf

Source: Association of Maternal and Child Health Programs (AMCHP)

REPORT: Progress or Promises: What's Working For and Against Healthy Schools

This report presents current perspectives of these stakeholder groups—school administrators, parents, educators, nutrition and health professionals, wellness advocates, federal and local government agencies, community groups, school board members, students, and others — on the progress that has been made and the gaps that still exist. It was written to provide a snapshot of the state of school wellness after more than five years of work by Action for Healthy Kids and others at the national, state, and grassroots levels. The report is available at web site below:

<http://www.actionforhealthykids.org/pdf/Progress%20or%20Promises.pdf>

Source: Action for Healthy Kids

Health Education and Life Skills

FACT SHEET: Demographics on Adolescents and Young Adults

The Health Education Curriculum Analysis Tool (HECAT) has been updated online. Updates include the addition of modules that analyze curricula to address mental and emotional health, safety, and violence prevention. Existing HECAT chapters, appendices, and FAQ's have been updated to correct errors and reflect the addition of new modules. A print version of the HECAT, including all the updated material on the Healthy Youth website, is expected to be available in September. The updated tool is available at web site below:

www.cdc.gov/HealthyYouth/HECAT

Source: CDC

Health Services

Weight Drives the Young to Adult Pills

A growing number of American children are taking drugs for a wide range of chronic conditions related to childhood obesity, according to prescription data from three large organizations. The numbers, from pharmacy plans Medco Health Solutions, Express Scripts and the marketing data collection company Verispan, indicate that hundreds of thousands of children are taking medication to treat type 2 diabetes, high blood pressure, high cholesterol and acid reflux - all problems linked to obesity that were practically unheard of in children two decades ago.

<http://www.nytimes.com/2008/07/26/business/26kidmed.html?8br>

Source: Stephanie Saul, Copyright 2008, The New York Times Company.

Good News on the SCHIP Directive

It appears the administration currently has no immediate plans to enforce the August 17, 2007 policy directive that limits children's access to SCHIP.

https://www.nasn.org/Portals/0/legislation/2008_08_15_schip.pdf

Public Needs to Know Vaccines are Safe

A new coalition of 22 major medical groups says public confidence in vaccine safety needs to be restored to avoid risks for deadly disease outbreaks. Their concern stems from recent measles outbreaks in several U.S. cities.

http://news.yahoo.com/s/ap/20080920/ap_on_he_me/vaccine_plea

Source: Copyright 2008, The Associated Press

Healthy and Safe Environment

NM Safe Routes to School

The NM Department of Transportation is now accepting applications for Cycle 3 of the NM Safe Routes to School (SRTS) program. The deadline for applications is December 15, 2008. For more information on how to apply, please click on the "How to Apply" link on the NM SRTS web site:

www.nmsaferoutes.com <<http://www.nmsaferoutes.com/>>

Contact: Jessica Frost, AICP, New Mexico Safe Routes to School Coordinator, New Mexico Department of Transportation,

Tips for Parents and Educators on Electronic Media and Youth Violence

Technology is useful for developing social and communication skills, but can pose risks to adolescent health and safety. To help parents and educators better understand and address "electronic aggression," the CDC is releasing new resources. See web site below:

http://www.cdc.gov/ncipc/dvp/electronic_aggression

Source: CDC

NM Safe School Plans Due January 9, 2009 to Public Education Department

Level Safety Plan takes into account the differences between rural and urban areas as well as the cultural diversity of all the communities in New Mexico. The School-Level Safety Plan requires parent and community involvement in planning and maintaining a safe learning environment. Safe School Plans cover four key areas: 1) Prevention, 2) Policies and Procedures, 3) Emergency Response, and 4) Recovery (New). January 9, 2008 is the due date for new and revised safe school plans ON CDC ONLY TO: Kristine M. Meurer, Ph.D., Director / School & Family Support Bureau, PED / 5600 Eagle Rock Ave NE, Room 201 / Albuquerque, NM 87113.

Contact: Daniel DePaula, Safe and Drug Free Consultant, 505.222.4745,
daniel.depaula@state.nm.us

Nutrition

Food Allergies Means Depending on Your PALS

For the 2.2 million school-age children who have food allergies and their parents, back to school means educating classmates and parents before the school year even begins. Be a PAL: Protect A Life (TM) From Food Allergies consists of five easy steps: 1. Food allergies are serious. Don't make jokes about them, 2. Don't share food with friends who have food allergies, 3. Wash your hands after eating, 4. Ask what your friends are allergic to and help them avoid it, and 5. If a friend who has food allergies becomes ill, get help immediately. For more information on food allergies or to access the Food Allergy & Anaphylaxis Network's back-to-school toolkit, see web site below.

<http://www.foodallergy.org>

Schools Saying No To Energy Drinks

They can be popular because they're sweet, they give you a lift and they have hip-sounding names like Red Bull and Spike Shooter. But school officials across the country aren't as buzzed about caffeinated energy drinks as some of their students. They're worried about young people gulping down too much caffeine - and getting so hyper that they lose focus on their studies.

<http://www.dailyrecord.com/apps/pbcs.dll/article?AID=/20080726/UPDATES01/80725017>

Source: Chris Newmarke, Copyright 2008, Daily Record.

State Awarded Nutrition Grant to Help Schools Provide Healthy Meals to Students

The New Mexico Department of Health and New Mexico Public Education Department announced today that the Public Education Department was awarded a \$200,000 Team Nutrition grant to help schools learn how to prepare healthy meals that appeal to students. The two-year grant will also assist schools in developing a webpage designed to empower students to make informed and healthy choices in their school cafeterias. The Team Nutrition grant helps children develop better eating and physical activity habits and is a key component in the efforts of USDA to provide schools with nutrition education. Through the grant, schools will be able to do the following: 1) Develop, test and market recipes that adhere to the U.S. 2005 Dietary Guidelines and appeal to students; 2) Conduct trainings for school food service managers and staff to learn how to prepare healthy, minimally- processed meals, gain skills to incorporate the newly developed recipes into school menus, and learn how to conduct a nutritional analysis of school menus;

3) Develop a webpage that provides nutritional information to students, parents and teachers so students can make informed and healthy food choices in and out of school, and 4) Present nutrition and physical activity messages and initiatives in which students can participate.

Contact: Lisa Mullings, Health & Nutrition Educator / Student Nutrition Bureau, Public Education Department / 505-827-1818.

FREE Team Nutrition Materials

The Team Nutrition Program reaches a broad audience with information on nutrition education, healthy eating and physical activity. Schools are the key focal point. By enrolling on-line, schools can receive free nutrition education materials. See web sites below:

Team Nutrition Homepage <http://www.fns.usda.gov/tn/>

Dietary Fact Sheets http://www.fns.usda.gov/tn/Resources/dgfactsheet_hsm.html

Enrollment Information <http://teamnutrition.usda.gov/team.html>

Source: USDA / Food and Nutrition Service

Social and Emotional Well-Being

Public Health Approach to Behavioral Health

Attached is a link to a monograph on the public health approach to behavioral health.

http://gucchd.georgetown.edu/files/conference_calls/TACenter/19Jun08/TACall_Jun1908_Final.pdf

Source: National Technical Assistance Center for Mental Health

****Event Calendar****

National Rural Health Association's 14th Annual Rural Minority and Multicultural Health Conference

Connecting the Dots: Economic Development and Rural Minority and Multicultural Health Conference

December 9-12, 2008 / Hilton Albuquerque / Albuquerque, New Mexico

Public Hearings for 12 Rules for Standards for Excellence

Public hearings regarding 12 rule changes that effect the Standards for Excellence and specific subject areas, including but not limited to health education and physical education. Secretary Garcia states, "These standards govern the majority of what happens in schools every day." Public oral and written comments are accepted.

November 24, 2008 - 9 AM to 5 PM / Conference Room A, Administration Office, Las Cruces Public Schools / 5505 South Main - Loretto Towne Center / Las Cruces

November 25, 2008 - 9 AM to 5 PM / Board Room, Administration Office, Roswell Independent Schools, 300 North Kentucky / Roswell

December 1, 2008 - 9 AM to 5 PM / Mabry Hall, Jerry Apodaca Education Building, 300 Don Gaspar / Santa Fe

DUE DATE: NM Safe School Plans

January 9, 2008 is the due date for new and revised safe school plans for each individual school.

ON CDC ONLY TO: Kristine M. Meurer, Ph.D., Director / School & Family Support Bureau, PED / 5600 Eagle Rock Ave NE, Room 201 / Albuquerque, NM 87113

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