



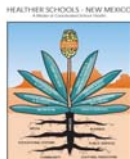
Winter Edition 2009

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.



Topics of Interest In This Newsletter

<p>Academic Success and Health:</p> <p>Alcohol, Tobacco and Other Drugs:</p> <p>Coordinated School Health Programs:</p> <p>Family and Community Partnerships</p> <p>Health Education and Life Skills:</p> <p>Health Services:</p> <p>Healthy and Safe Environment:</p> <p>Nutrition:</p> <p>Physical Education and Activity</p> <p>Social and Emotional Well-Being:</p> <p>Staff Wellness</p> <p>State and Federal Legislative Updates</p> <p>**Event Calendar**:</p>	<p>Nineteen New Mexico Schools Rated Among "America's Best High Schools"</p> <p>Free Train-the-Trainer Drug Education Workshops</p> <p>The Role of School Leadership in Addressing Wellness</p> <p>Healthy School Report Card Workshop – WAVE #2</p> <p>Strategies for Implementing School-Based Services</p> <p>Technical Assistance for School-Based Health Centers</p> <p>Through the Eyes of the Eagle: Illustrating Healthy Living For Children</p> <p>No Link Between Routine Childhood Immunizations and Autism</p> <p>Aggressive Vaccine Effort Could Cut Cervical Cancer</p> <p>Staph Germs Harder Than Ever To Treat, Studies Say</p> <p>Anonymous Tip Line to Report Threats</p> <p>Time Spent Watching Television as a Teen Linked with Diet Later in Life</p> <p>A Jammin' Minute - Short Exercise Routines to Use in the Classroom</p> <p>Recess Linked to Improved Classroom Behavior</p> <p>More Exercise Needed to Lose Weight</p> <p>Rural Veterans and Their Families-Life After Deployment in Iraq</p> <p>Suicide Risk and Prevention for Lesbian, Gay, Bisexual, and Transgender Youth</p> <p>Increase Energy and Improve Moods</p> <p>Technical Assistance for School-Based Health Centers</p> <p>NM House Bill 35</p> <p>SBHC Authorization (Federal)</p> <p>SCHIP</p> <p>CMS Ruling</p> <p>Coordinated School Health Day at the New Mexico Legislature</p> <p>Head to Toe - A Conference on School and Adolescent Health</p>
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Don't Miss It! Head to Toe - A Conference on School and Adolescent Health

Preconference Workshops and Youth/Adult Partnership Track
 Reduced early-bird rate until 3/31/09



April 15 & 16, 2009
 Albuquerque Convention Center

<http://kessjones.com/events/H2T13/H2T13HomePage.html>

Academic Success and Health

Nineteen New Mexico Schools Rated Among “America’s Best High Schools”

Nineteen high schools across urban and rural New Mexico have been named among “America’s Best High Schools” by *U.S. News and World Report*. The magazine analyzed more than 21,000 high schools in 48 states, focusing on academic performance and college readiness. A total of 1,925 high schools nationwide were awarded gold, silver or bronze medals, based on the principles that great high schools serve all students well, and that the school produces measurable academic outcomes to show students are being educated successfully, the magazine reported. Three New Mexico schools earned silver medals and 16 earned bronze medals.

- Silver medals include La Cueva High, Los Alamos High, and Taos High.
- Bronze medals include Animas High, Career Enrichment Center (Albuquerque), Clayton High, Cliff High, Des Moines High, Eldorado High, East Mountain Charter High, Fort Sumner High, Hagerman High, Reserve High, Roy High, San Jon High, Springer High, Tatum High, Texico High, and Tularosa High.

Springer is a Healthy School Report Card school. School-based health centers are located in Des Moines High, Sort Sumner High, Hagerman High, Roy High, San Jon High, and the Career Enrichment Center (via Albuquerque High).

www.usnews.com/directories/high-schools/index.html

Alcohol, Tobacco and Other Drugs

Free Train-the-Trainer Drug Education Workshops

The NM Drug Policy Alliance has received new grant funding to support free train-the-trainer drug education workshops around the state for teacher, counselors and prevention specialists. The goal of these workshops is to provide teachers and community prevention providers with evidence-based strategies and techniques to assist them in providing more effective drug education for the youth they work with. For more information on workshops or *Just4Teens*, a new drug education DVD (free to folks in NM through March 31), please go to the website listed below

www.LetsTalkNM.org

Coordinated School Health Programs

The Role of School Leadership in Addressing School Wellness

The National School Boards Association has developed a special report on childhood obesity and school leadership published in the February 2009 issue of the *American School Board Journal* (ASBJ). The report contains three articles exploring the role of school leadership in addressing school wellness and childhood obesity. Topics include: Advocating for School Wellness, Building Community Partnerships, and Ensuring Sustainability.

<http://www.nsba.org/MainMenu/SchoolHealth/Updates/Obesity-Special-Report.aspx>

Source: The National School Boards Association

Healthy School Report Card Workshop – WAVE #2

The New Mexico Public Education Department (PED), School and Family Support Bureau is offering an evaluation workshop designed to assist school districts to meet the requirements of 6.12.6 NMAC School District Wellness Policy. This workshop specifically addresses 6.12.6.8.D(11) requiring “a plan for measuring implementation and evaluation of the wellness policy, including the designation of one or more persons within the school district, or at each school, as appropriate, charged with operational responsibility for ensuring that each school fulfills the district’s wellness policy.” Eligible participants include one lead person for the school district School Health Advisory Council (SHAC) AND one representative from the represented school. For more information or if you would like your school to be invited, contact Laurie Mueller, (505) 827-1828 or lauriea.mueller@state.nm.us

lauriea.mueller@state.nm.us

Family, School and Community Partnerships

Strategies for Implementing School-Based Services

Child Trends, in collaboration with the New Mexico Community Foundation (NMCF), convened practitioners and policy makers from throughout New Mexico for several Roundtable discussions on implementing school-based health services and extended learning opportunities. A new Child Trends brief, builds on initial work conceptualizing the value of school-based services; outlines the challenges and strategies for implementing school-based services that were shared in the Roundtables; and highlights suggestions made by Roundtable participants for implementing these services.

[Implementing School-Based Services: Strategies from New Mexico’s School-Based Health and Extended Learning Services](#)

Technical Assistance for School-Based Health Centers

The National Assembly on School-Based Health Care (NASBHC) has officially launched the *SBHC Road Map*, an online dynamic web tool that will soon become THE school-based health center (SBHC) technical assistance and training tool. Developed with support from the Health Foundation of Greater Cincinnati, the SBHC Road Map provides the most current resources and technical assistance to aid SBHC administrators from the initial planning phase through all stages in an SBHC’s operation. The *SBHC Road Map* is available FREE for the next six months to all visitors and for NASBHC members, FREE for the next year.

<http://ww2.nasbhc.org/roadmap/>

Health Education and Life Skills

Through the Eyes of the Eagle: Illustrating Healthy Living For Children

The Indian Pueblo Cultural Center (IPCC), in partnership with the Centers for Disease Control and Prevention presents, “**Through the Eyes of the Eagle: Illustrating Healthy Living for Children,**” a national touring exhibition of original illustrations used in a series of children’s books on healthy living. The books are a four-book series written by Georgia Perez, a community health representative who lives in Nambe Pueblo in New Mexico. The books foster awareness about the importance of healthy eating and physical activity for diabetes prevention. The exhibition runs from January 31, 2009 through May 25, 2009 in the Center’s Avanyu Gallery.

Contact: Amy Johnson, 505-724-3546 or Tazbah McCullah, 505-724-3519
Source: CDC

Health Services

No Link Between Routine Childhood Immunizations and Autism

A federal court recently ruled that routine childhood immunizations aren't linked to autism, handing down a landmark decision in the controversy over whether vaccines can cause the neuro-developmental disorder. Government studies have discredited the connection between vaccines and autism, but impassioned parents have continued to argue for a link, with some accusing the government and medical communities of a cover-up. In 1999, federal health officials recommended that thimerosal, the mercury-containing preservative, be removed from vaccines. Since 2001, thimerosal hasn't been used in routinely recommended childhood vaccines, with the exception of some flu shots.

<http://online.wsj.com/article/SB123445313976177691.html?mod=djemHL>

Source: Wall Street Journal

Aggressive Vaccine Effort Could Cut Cervical Cancer

A new mathematical model shows cervical cancer rates could be cut in half for U.S. women up to age 45 if every female were vaccinated against human papillomavirus, the common STD linked to cervical cancer, researchers said Saturday at the 48th Annual Interscience Conference on Antimicrobial Agents and Chemotherapy in Washington

<http://www.reuters.com/article/domesticNews/idUSTRE4901EC20081026>

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Staph Germs Harder Than Ever To Treat, Studies Say

Drug-resistant staph bacteria picked up in ordinary community settings are increasingly acquiring "superbug" powers and causing far more serious illnesses than they have in the past, doctors reported Monday. These widespread germs used to be easier to treat than the dangerous forms of staph found in hospitals and nursing homes

http://www.usatoday.com/news/health/2008-10-27-staph-infections_N.htm

Copyright 2008, USA Today

Treating Reflux Helps Kids with Asthma

In children with both asthma and gastroesophageal reflux disease (GERD), treating the latter can improve the former, according to research presented Sunday at the annual meeting of the American College of Allergy, Asthma and Immunology in Seattle.

http://www.nlm.nih.gov/medlineplus/news/fullstory_71433.html

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Healthy and Safe Environment

Anonymous Tip Line to Report Threats

SPEAK UP New Mexico offers students an anonymous tip line to report threats of weapon-related violence and other crimes at school and in the community. A media and awareness campaign to promote school safety is also part of the program. While the focus is preventing gun violence, the anonymous tip line also takes calls to help fight against bullying, vandalism, and crime." The hotline (1-866 SPEAK UP) is toll-free, and available 24 hours a day, 365 days a year. It is staffed by professional crisis counselors and completely anonymous. Students that call the hotline to report weapon-related threats talk to a counselor. That counselor, after reminding the caller that the call is anonymous, creates a report for school districts and law enforcement. Emergency calls are directed to 911.

www.speakupnm.org

Source: Public Education Department

Nutrition

Time Spent Watching Television as a Teen Linked with Diet Later in Life

A new study finds teens who watch more than five hours per day of television are more likely to have unhealthy diets as adults. Data were initially collected on 564 middle and 1,366 high school students, who were re-evaluated five years later. Former high school students (now young adults) who watched more than five hours of television daily were less likely to consume fruits and vegetables, whole grains, and calcium-rich foods, and ate higher amounts of fast food, fried food, sugar-sweetened beverages, and foods with trans fats.

Sources: *International Journal of Behavioral Nutrition and Physical Activity* 6 (1/30/09)

Physical Education and Activity

A Jammin' Minute - Short Exercise Routines to Use in the Classroom

Check out the following website for 1 minute exercise routines that can be done in the classroom. The routines can be used to transition students to a new activity or to help them reenergize.

<http://www.healthetips.com/archive.php>

Source: Action for Healthy Kids

Recess Linked to Improved Classroom Behavior

Researchers reported that 8- and 9-year-olds who participated in recess for at least 15 minutes every day were given better classroom behavior scores by their teachers than those given no recess. Using data from the Early Childhood Longitudinal Study of more than 10,000 children, researchers analyzed teacher questionnaires, recess and physical education time, as well as school demographics to better understand what role recess plays in children's behavior. In addition, students from disadvantaged neighborhoods and who were of black or Hispanic backgrounds were more likely than their peers to have no scheduled recess.

Source: *Pediatrics* (February 2009)

More Exercise Needed to Lose Weight

Greater amounts of physical activity than currently recommended may be necessary to prevent people from gaining weight, and to help them lose weight and keep it off, according to updated guidelines issued by the American College of Sports Medicine (ACSM). In a 2001 position paper, the ACSM recommended a minimum of 150 minutes per week (roughly 30 minutes per day 5 times per week) of moderate-intensity physical activity for overweight and obese adults to improve health; however, 200 to 300 minutes per week was recommended for long-term weight loss. More recent evidence has supported this recommendation and has indicated that more physical activity may be necessary to prevent weight regain after weight loss.

Today <http://cft8.blogspot.com/2009/02/new-acsm-guidelines-on-exercise-amounts.html>

Source: ACSM's position paper published in the latest issue of the College's journal *Medicine & Science in Sports & Exercise*. Corporate Fitness and Wellness Today

Social and Emotional Well-Being

Rural Veterans and Their Families-Life After Deployment in Iraq

On November 12, 2008, the Federal Interagency Rural Behavioral Health Workgroup hosted the first in a series of Webinars that discuss rural behavioral health issues for families and their children. During “Returning Home—Rural Veterans and Their Families,” participants learned about the realities of rural National Guardsmen and their families as they reunite following deployment in Iraq.

<http://learn.aero.und.edu/organization.asp?Force=3&SideBarID=196542>

Source: Federal Interagency Rural Behavioral Health Workgroup

Suicide Risk and Prevention for Lesbian, Gay, Bisexual, and Transgender Youth

This report highlights the higher risk of suicidal behavior among lesbian, gay, and bisexual youth and provides recommendations to reduce this risk.

http://www.sprc.org/library/SPRC_LGBT_Youth.pdf

Organization: Suicide Prevention Resource Center

Staff Wellness

Increase Energy and Improve Moods

Sedentary women who started exercising said they had a lot more energy and were in better moods than when they were inactive, a study shows. The more exercise they did, the better they felt, but even 10 minutes more exercise a day gave them some quality-of-life benefits, says Tim Church, one of the study's authors and director of preventive medicine research at the Pennington Biomedical Research Center in Baton Rouge.

http://www.usatoday.com/news/health/weightloss/2009-02-09-quality-life-exercise_N.htm

Source: USA Today

State and Federal Legislative Updates

During this 2009 NM Legislative Session, the New Mexico Alliance for School-Based Health Care is advocating for legislation that strengthens school-based health care services and programs in New Mexico and is working to ensure that existing DOH funding for school-based health center operations will not be cut.

For a complete federal and state legislative update, including a break-down of the federal stimulus package's impact on school health and wellness, please visit the website:

www.nmasbhc.org

NM House Bill 35

Introduced by Representative, Ray Begaye, of the House Indian Affairs Committee, this bill was presented in the House Government Affairs Committee on January 27, 2009. It received a unanimous “DO PASS” recommendation. The appropriation (\$50,000) will provide additional mental health and suicide prevention resources and support community coordination efforts for Native American youth. It was referred to the House Appropriations and Finance Committee and should be heard in late February.

SBHC Authorization (Federal)

As the National Assembly for School-Based Health Care (NASBHC) prepares to reintroduce its school-based health center federal authorizing bill, states' participation will be crucial in order to maximize the support NASBHC will need on the Hill to push this bill forward in the coming months.

SCHIP

On February 4, 2009, President Obama signed the long-awaited SCHIP reauthorization legislation (H.R. 2, which became Public Law 111-003). Section 505 of the bill reflects a significant step forward for school-based health centers – the first explicit recognition of SBHCs as a potential provider of SCHIP services. The provision clarifies that a state may “...provide child health assistance for covered items and services that are furnished through school-based health centers.” The provision also establishes the NASBHC-crafted definition of a “school-based health center” for purposes of the SCHIP program.

<http://www.nasbhc.org>

CMS Ruling

The stimulus package included an extension of the moratorium protecting reimbursement for school-based administrative and transportation services until June 30, 2009. This freezes the cut included in CMS-2287, which gives us a few more months to come up with a permanent solution. In brief, billing for administrative and transportation services remains available.

****Event Calendar****

Coordinated School Health Day at the New Mexico Legislature

Proclamations, Exhibits, Visits with Legislators, Networking.

March 10, 2009 / State Capitol / Santa Fe, New Mexico

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

Head to Toe - A Conference on School and Adolescent Health

Preconference Workshops and Youth/Adult Partnership Track

Reduced early-bird rate until 3/31/09

April 15 & 16 (Preconferences April 14)

Albuquerque Convention Center

<http://kessiones.com/events/H2T13/H2T13HomePage.html>

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