Happy Holidays!

Greetings Community Advisory Network (CAN) members, PRC staff, and friends of the Healthy Youth Development·PRC network.

The University of Minnesota’s Healthy Youth Development·Prevention Research Center (HYD-PRC) collaborates with state and local organizations and communities to provide training, conduct research, and disseminate findings related to best practices in healthy youth development.

The HYD-PRC melds effective research practices and sustained community collaboration to support healthy young
**people in all Minnesota communities. Promoting healthy youth development requires sound research and the leadership to utilize it.**

**PRC Grant Re-Application Submitted!**

This October marked the beginning of the end of the HYD·PRC’s current cycle of CDC grant funding. This October also marked the submission of the PRC’s re-application for another 5 years of funding from the CDC. Faced with an unexpectedly accelerated timeline for grant submission, the PRC relied on the help of many individuals - both from within and outside of the university - to create a highly competitive application.

With the new grant (awardees to be announced in February), the HYD-PRC will continue providing technical assistance and training support to the community of youth serving professionals, while supporting a new core research project. The goal of the project is to use a participatory research approach to develop, implement and test the feasibility and acceptability of a multi-component, culturally relevant intervention designed to reduce sexual risk behaviors, increase school connectedness and other protective factors among adolescent Latina girls.

This application would not have been possible without the advice, insight and guidance of our community partners. Members of the PRC’s CAN made numerous contributions - our Co-Chairs, the evaluation subcommittee, and the logic model subcommittee all played instrumental roles. Our CAN Co-Chairs also coordinated a meeting with members of the Latino community. A special thanks to everyone who participated, and to Norma Garces (Hennepin County) who facilitated the discussion and Dr. Veronica Svetaz and the Aqui Para Ti staff who made sure the meeting was well attended.

The PRC would also like to extend our gratitude to the individuals and organizations who provided letters of support that were included in the grant application:

- Mavis Brehm, West Side Community Health Services
- Claire Brindis, UC-San Francisco
- Kathy Brothen, MN Dept. of Education
- Rob Fulton, St. Paul-Ramsey County Dept. of Public Health
- Bruce Gilman, Roosevelt High School, Mpls.
- Gabriela Harper, The Nu Group
- Barbara Kyle, Minneapolis Public Schools
- Gunnar Liden, Youth Farm & Market Project
- Katherine Meerse, Hennepin County
- Gabriel McNeal, Maternal and Child Health Section, MN Department of Health
- Gretchen Musicant, City of Minneapolis
- Makeda Norris, Mpls. Urban League
- Jennifer O’Brien, MN Dept. of Health
Rosemarie Rodriguez-Hager, Office of Minority and Multicultural Health, MN Department of Health  
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Alejandra Reyes-Cejudo, Neighborhood House  
Brian Russ, Annex Teen Clinic  
Dr. Veronica Svetaz, Hennepin Family Care East Lake Clinic  
Jennifer Stephenson, Health Care Education & Training, Inc.  
Noya Woodrich, Division of Indian Work  
Grit Youngquist, Ramsey County Health Department

The PRC also received outstanding support from University of Minnesota administration, faculty and staff. Our thanks to everyone who participated in the grant development process or submitted letters of support:

Michele Allen, Dept of Family Medicine and Community Health  
Linda Bearinger, School of Nursing  
Kara Beckman, HYD-PRC  
Debra Bernat, School of Nursing  
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Kari Kugler, Pediatrics and Adolescent Health  
Barb McMorris, School of Nursing  
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Kristin Teipel, Pediatrics & Adolescent Health

And finally, the PRC also offers a profound thank you for generous support from University of Minnesota President Robert Bruininks, Vice President for Research R. Timothy Mulcahy, Senior Vice President for Health Sciences Frank B. Cerra, and Medical School Dean Deborah Powell.

HYD-PRC CAN and staff news...

Congrats to CAN co-chair Gabriel McNeal, MA, who is now the Coordinated School Health Program Coordinator at the MN Department of Health (MDH). She will be working with MDH's Center for Health Promotion and in close partnership with the Department of Education on the CSHP-Centers for Disease Control and Prevention grant initiative that focuses on teen pregnancy prevention, sexually transmitted diseases, HIV/AIDS, physical activity, nutrition and tobacco.

PRC faculty Marla Eisenberg, Sc.D., M.P.H., has been awarded a $100,000 contract from Pro-Choice Resources in Minneapolis to survey sexuality education teachers in Minnesota's public middle and high schools. The goal of this qualitative and quantitative study is to gain insight into their perspectives on teaching sex education in schools, and
learn about the challenges and supports they have in this work. The study will be conducted from October 2008 to August 2010, and results will be used to continue PCR's outstanding work informing and inspiring funders, community partners and the scientific community. PCR initiated this project which was funded by the Ford Foundation to help state education and school district leaders to identify labor issues associated with teaching sex education and recommend effective mechanisms for training and technical assistance to support successful sex education efforts.

It's That Easy! PRC staffers Jenny Oliphant and Kara Beckman have begun a train-the-trainer effort to help increase parent educators' knowledge, comfort and skills to teach parents to talk to their children about sexual health. The PRC is collaborating with MOAPPP, Saint Paul-Ramsey County Department of Public Health, Teenage Medical Services (TAMS), West Suburban Teen Clinic, Health Start, and MN International Health Volunteers for the five year effort. In addition to conducting trainings, the PRC will also support this project by providing evaluation services.

Two trainings have already been completed one in Fergus Falls and one in Arden Hills. The two-day trainings are filled with skill building activities and participants will leave with the ability to use all or portions of what they have learned. The next one is scheduled for January 27 and 28, 2009.


In October, Rosemarie Rodriguez-Hager and Jenny Oliphant traveled to Morgantown, West Virginia for the fall National Community Committee (NCC) meeting. The National Community Committee is a collection of each of the 33 Prevention Research Centers' Community Advisory Network Chairs and the PRC liaisons. The West Virginia meeting focused on NCC rules and policies, as well as elections for officers. Rosemarie was nominated as Chair of the Policy and Procedures Committee. Gabriel McNeal remains Chair of the Midwest Region. The NCC meets monthly by phone and two to three times a year in person. Minnesota hosted the fall meeting in 2005.

IN THE NEWS...

U study: strong link between health-related behaviors and grades
In a new study, researchers at the University of Minnesota have shown the strong connection between healthy lifestyles and academic performance. The researchers matched grade point averages with typical health problems such as smoking, drinking and stress reported by nearly 10,000 Minnesota college students. They found a clear connection between student health and academic success. Read more from the U of M.

U researcher finds parental support in lives of Indian youth greatly
**reduces the risk of suicide attempts**

Linda H. Bearinger, Ph.D., M.S., Director of the university's Center for Adolescent Nursing in the School of Nursing, along with other researchers, found that the presence of one or more protective factors in the lives of American Indian/Alaskan Native youth greatly reduced their risk of attempting suicide. Suicide rates for American Indian/Alaskan Native youth between the ages of 10 - 15 are four times higher than those for all other racial/ethnic groups combined in this age range. However, the researchers found that American Indian/Alaskan Native youth who had the presence of one or more protective factors, in this case, a positive mood and parents who supported positive behaviors, were less likely to think about or attempt suicide. Read more from the U of M [here](#).

Bearinger also authored a chapter on the nation's adolescent health training needs for the Institute of Medicine's (IOM) new report, "Adolescent Health Services: Missing Opportunities." The IOM released its findings and recommendations at a Washington, DC press conference on Dec. 9 seeking to promote an agenda for improved adolescent healthcare as the incoming Obama administration turns its attention to healthcare reform in 2009. Download the report [here](#).

**New media have been integrated into youth behaviors**

A new MacArthur Foundation study, *Living and Learning With New Media: Summary of Findings From the Digital Youth Project*, summarizes findings from a three-year study of how new media have been integrated into youth behaviors and have changed the dynamics of media literacy, learning, and authoritative knowledge. The report outlines implications for educators, parents, and policy makers. Read more from the MacArthur Foundation.[here](#).

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**Did you know?**

According to a new survey of 1,102 youth ages 12-17 conducted by the Pew Internet & American Life Project, game playing (computer, console, or cell phone) is nearly universal: 97% of American teens play some kind of video game, including at least half playing games on any given day. 44% report playing games where they learn about a relevant problem in society.