



ADOLESCENT HEALTH

WHERE ARE WE AND WHERE DO WE GO FROM HERE?

The most common causes of disability, disease and premature death result from individual choices and behaviors. Behaviors, whether detrimental or beneficial, are learned, often at an early age. Schools and parents play an important and unique role in providing environments where youth can learn and practice positive health behaviors. The Nebraska Department of Education (NDE) and the Nebraska Department of Health and Human Services (NDHHS) work to support and enhance the efforts of schools and parents in order to facilitate optimal healthy outcomes for our youth.

The NDE and NDHHS monitors the prevalence of health risk behaviors among Nebraska youth and measures progress toward achieving optimal healthy outcomes. Some measurement tools used are surveys and vital statistic records. Information gathered is used to target health education, risk reduction and prevention activities. The following information reflects recent results of two surveys given separately to youth and educators throughout the state: the Youth Risk Behavior Survey (YRBS) and the School Health Profile (SHP).

The booklet and fact sheets are offered as a resource for future dialogue and action. They describe what's happening in Nebraska schools to promote the health of young people (Fact Sheet #2) and the actual behaviors occurring among our youth (Fact Sheets #4-10). Health practices of Nebraska adolescents are compared to adolescents nationwide (Fact Sheet #3) and a possible model for health programming is provided (Fact Sheet #11).

THE YOUTH RISK BEHAVIOR SURVEY

In 1990, the Centers for Disease Control and Prevention (CDC) initiated a program for a national and state survey to provide estimates of the behaviors of high school students that directly affect their health. This survey, known as the Youth Risk Behavior Survey (YRBS), was administered in Nebraska in 1991, 1993, 1995, 1997, 1999, 2001, 2003, 2005, and 2007.

All Nebraska public schools are eligible to participate. In a random sample of schools, students from a random sample of 9th - 12th grade classes are asked to complete the YRBS. The survey asks about six categories of behaviors that are directly related to the principal causes of disability, disease, and death:

1. Unintentional and intentional injuries
2. Tobacco use
3. Alcohol and other drug use
4. Sexual behaviors
5. Dietary behaviors
6. Physical activity

Results from the most recent YRBS are available at www.nde.state.ne.us/PEHealth/index.html or by calling (402) 471-4352 (Nebraska Department of Education-Health Education Section).

THE SCHOOL HEALTH PROFILE

In 1997, the Institute of Medicine (IOM) recommended that US schools require a one-semester health education course at the secondary school level. The Institute's report states that school health education could be one of the most effective means to reduce and prevent some of the nation's most serious health problems, including cardiovascular disease, cancer, motor vehicle crashes, homicide, and suicide.

Prior to the IOM Report and beginning in 1995, the CDC worked with state education authorities to develop a survey of schools enrolling students in grades 6 -12 that described the school's health education and health promotion activities.

This survey, known as the School Health Profile (SHP), was first conducted in 1996. The survey asks principals and lead health educators to complete two different surveys. The surveys ask about health education, physical education, asthma management, school policies related to HIV/AIDS, tobacco use prevention, intentional injuries and violence, physical activity, food service, and family and community involvement in school health programs. The SHP was completed in NE in 1996, 1998, 2000, 2002, 2004, and 2006.

Results from the SHP for Nebraska are available from the NDE by contacting (402) 471-4352 or (402) 471-2109.

RESOURCES

ALCOHOL

- NDHHS - Substance Abuse Prevention Program (402) 471-2353
www.dhhs.ne.gov/sua/suaindex.htm
www.nebraskaprevention.gov
- NDE - Safe and Drug Free Schools Program (402) 471-2448
www.nde.state.ne.us/federalprograms/sdfs/sdfsindex.htm
- Nebraska Department of Motor Vehicles - Office of Highway Safety (402) 471-2515
www.dmv.state.ne.us/highwaysafety

NUTRITION & PHYSICAL ACTIVITY

- NDHHS - Nutrition and Activity for Health (402) 471-2101
www.dhhs.ne.gov/hew/hpe/nafh
www.neactionforhealthykids.org
- NDE
 - Nutrition Services (402) 471-3566
 - Health/Physical Education/HIV Prevention (402) 471-4352; (402) 471-2109
www.nde.state.ne.us/pehealth/index.html
- NAHPERD
www.unomaha.edu/nahperd

SEXUAL BEHAVIOR/STDs

- NDHHS
 - Infectious Disease Prevention and Care (402) 471-9098
www.dhhs.ne.gov/dpc/hiv.htm
 - Reproductive Health Program (402) 471-3980
www.dhhs.ne.gov/reh/rehindex.htm
 - Abstinence Education Program (402) 471-0538
www.dhhs.ne.gov/hew/fah/AdolescentHealth/
 - Sexually Transmitted Disease Program (402) 471-2937
www.dhhs.ne.gov/std/stdindex.htm
- NDE - Health/Physical Education/HIV Prevention (402) 471-4352; (402) 471-2109
www.nde.state.ne.us/pehealth/index.html

TOBACCO

- NDHHS - Tobacco Free Nebraska Program (402) 471-2101 or (800) 745-9311
www.dhhs.ne.gov/tfn
- NDE - Safe and Drug Free Schools Program (402) 471-2448

- American Cancer Society (800) 642-8116
- American Lung Association (800) LUNGUSA
- Tobacco Free Nebraska Resource Directory
www.dhhs.ne.gov/tfn
- Campaign for Tobacco-Free Kids
www.tobaccofreekids.org

VIOLENCE/INJURY

- NDHHS
 - Injury Prevention and Control Program (402) 471-2101
www.dhhs.ne.gov/hpe/injury.htm
 - Adolescent Health Program (402) 471-0538
www.dhhs.ne.gov/hew/fah/AdolescentHealth/
- NDE
 - Health/Physical Education/HIV Prevention (402) 471-4352; (402) 471-2109
www.nde.state.ne.us/pehealth/index.html
- Nebraska Department of Motor Vehicles - Office of Highway Safety (402) 471-2515
www.dmv.state.ne.us/highwaysafety

SUICIDE

- NDHHS
 - Injury Prevention and Control Program (402) 471-2101
www.dhhs.ne.gov/hpe/injury.htm
 - Child Death Review Team (402) 471-9048
www.dhhs.ne.gov/CDRteam/
 - Behavioral Health (402) 471-7795
www.dhhs.ne.gov/beh/mh/suicide.htm
- NDE
 - Health/Physical Education/HIV Prevention (402) 471-4352; (402) 471-2109
www.nde.state.ne.us/pehealth/index.html

COORDINATED SCHOOL HEALTH

- NDHHS - School and Child Health (402) 471-0160
www.dhhs.ne.gov/ash/ashindex.htm
www.cdc.gov/HealthyYouth/CSHP
- NDE - Health/Physical Education/HIV Prevention (402) 471-4352; (402) 471-2109
www.nde.state.ne.us/pehealth/index.html

MISCELLANEOUS/OTHER

- www.nebhands.nebraska.edu
- www.publichealthne.org
- www.actionforhealthykids.org