

PRO TEEN

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About CAAH and Pro-Teen?

The Canadian Association for Adolescent Health (CAAH) is a non-profit organization that promotes the health and well-being of all Canadians adolescents between the ages of 12 and 19, regardless of race or social standing.

The CAAH was founded in 1993 by a group of Canadian paediatrician under the leadership of Dr Jean-Yves Frappier, paediatrician, head of adolescent medicine at CHU Sainte-Justine. The CAAH brings together professionals from various backgrounds are areas of expertise related to adolescent health and well-being. The CAAH team is based at CHU Sainte-Justine in Montreal, Québec, Canada.

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News

- **Renew your subscription to CAAH now**

Especially this year, your Association needs your support.

It is an important endeavor, with Canadian professionals, to improve health care and services for Canadian adolescents and to reach out to youth in order for them to take control of their health and well being. Since more than 16 years, with our members, CAAH works to improve adolescent health. In these difficult economic times, more than ever, CAAH needs your support to pursue its activities for Canadian youth and you as a member.

<http://www.acsa-caah.ca/>

Fax: 514 345-4778

- **A DVD with the best videos of the CAAH STI-HPV-Vaccine contest**

A DVD showing the winning videos and those with a special mention after the contest organized by CAAH in 2008. This DVD could be shown as a starter for discussion with groups of teens, in class or wherever appropriate. To order a free copy, contact CAAH: acsacaah@globetrotter.net; fax 514 345-4778.

- **TellEveryWoman**

The Manitoba Cervical Cancer Screening Program is pleased to present the new TellEveryWoman group on Facebook! Join TellEveryWoman to learn about cervical screening, what your abnormal Pap test means, get program updates and answers to your questions!

Website: <http://tellevewoman.ca/>

- **Adolescent Health Survey IV (AHS)**

The fourth Adolescent Health Survey has been successfully completed in British Columbia schools by the McCreary Center Society.. With the help of Public Health nurses, over 29,000 surveys were administered to youth across the province. The data has been cleaned and weighted to be representative of the entire population of Grade 7 to 12 students in BC, and analyses have begun. The Provincial Highlights report is expected to be released on schedule in the spring of 2009. Regional reports and specific population analyses will follow.

Website: <http://www.mcs.bc.ca/>



Scientific event

- **E-Teens: incorporating technology and health**

Society for Adolescent Medicine (SAM) Annual Meeting
March 25-28 2009, Los Angeles, California

Electronic version of the program book, the registration form and the hotel reservation form at:
http://www.adolescenthealth.org/2009_Annual_Meeting_Program_Book.pdf

At SAM's Annual Meeting, innovative research, clinical workshops and discussion forums are presented for attendees of diverse disciplines and from around the world.

Website: <http://www.adolescenthealth.org/index.htm>

- **Issues and Answers in Pediatric and Adolescent Gynecology**

North American Society for Pediatric and Adolescent Gynecology Annual Meeting
April 23-25, 2009, Riverwalk, San Antonio, Texas

Suzanne MacDonald, member of CAAH and Paediatrician in the Adolescent Division of the Montreal Children's Hospital is presenting a workshop on adolescent development and impact on decision making.

For program content: <http://www.naspag.org/20090423PreliminaryProgram.pdf>

To register online: <https://www.naspag.org/meetingRegistration.cfm>

Website: <http://www.naspag.org/>

- **Towards 2020: Canada's Commitment to children and youth**

April 27th-29th, 2009, Ottawa

Towards 2020 presents an incredible line-up of speakers whose ideas, experience and ingenuity will enlighten, motivate and inspire. The conference will also provide the opportunity for guests to join with young people in the building of a new agenda for Canada's children and youth. Towards 2020 will identify and examine the critical issues and emerging opportunities facing Canada's children and youth and their allies. It will also examine the collective roles and responsibilities of parents, communities, corporations and governments, and challenge Canadians to shape a vision of the future that protects and improves the lives of our children. Towards 2020 will bring over 500 delegates and 40 speakers to Ottawa to participate in a ground breaking event that will consider the critical issues that potentially impact on young people as we move towards the year 2020 and beyond!

For more information, call Child and Youth Friendly Ottawa at 613-244-3803, email: towards2020@cayfo.ca

Website: <http://www.towards2020.ca/>



- **10th national conference on collaborative mental health care**

Thursday, May 28 to Saturday, May 30, 2009, Hamilton, Ontario

Recent developments in collaborative activities involving mental health and primary care providers and consumers locally, nationally and internationally. The conference will feature a mixture of keynote presentations, plenary sessions, workshops and paper and storyboard presentations - and with plenty of time for attendees to get to know each other, exchange ideas and socialize, and with the opportunity to take in some of Hamilton's local sights including the Royal Botanical Gardens, our many conservation areas and our revitalized waterfront.

Follow the link for Registration: http://www.shared-care.ca/registration_h.shtml

Information about the program, Institutes, accommodation: http://www.shared-care.ca/accomodation_h.shtml

Website: <http://www.shared-care.ca/>

- **Train the trainer in communication with adolescents**

The Israel Center for Medical Simulation (MSR), in collaboration with the Israel Society of Adolescent Medicine, offers healthcare providers who teach adolescent medicine the opportunity to enhance their teaching capabilities of communication skills with adolescent patients. An international workshop - "TRAIN THE TRAINER IN COMMUNICATION WITH ADOLESCENTS" - will be held between June 7 and June 10, 2009 at MSR in Sheba Medical Center near Tel Aviv.

The workshop's objectives include: Developing simulated-patient-based programs; preparing scenarios; selecting and training actors; facilitating debriefing discussions and feedback provision; and conducting group sessions in the fishbowl technique. During the workshop participants will learn how to enhance their teaching capabilities by using simulated patient-based training programs. They will participate in individual and group sessions simulating various encounters between healthcare providers, adolescent patients and family members. Upon completion of the workshop each participant will receive a package containing workshop materials including recorded scenarios as well as a formal certificate of participation in the Train-the-Trainer workshop.

For additional information please contact Dr. Daniel Hardoff: drhardoff@gmail.com.

- **International Association for Adolescent Health, 9th World Congress**

Private Lives, Public Issues Global Perspectives On Adolescent Sexual Health

28-30 October, 2009

Kuala Lumpur, Malaysia

If you want to submit an abstract the deadline is : 30 April, 2009

Website: <http://www.iaah2009.com/>

Tentative Scientific Programme: <http://www.iaah2009.com/documents/iaah2009%20scientific%20content.pdf>

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Articles

- **Study links sexual content on TV to teen pregnancy**

"You can talk about abstinence-only sex education all you want, but the media are decidedly NOT abstinence-only; the media have become the leading sex educator in America today". V Strasburger

CNN report

<http://www.cnn.com/2008/HEALTH/11/03/teen.pregnancy/index.html>

Sexual content on television is strongly associated with teen pregnancy, a new study from the RAND Corporation shows.

Researchers at the nonprofit organization found that adolescents with a high level of exposure to television shows with sexual content are twice as likely to get pregnant or impregnate someone as those who saw fewer programs of this kind over a period of three years. It is the first study to demonstrate this association, RAND said.

A central message from the study is that there needs to be more dialogue about sex in the media, particularly among parents and their children, said Anita Chandra, the study's lead author and a behavioral scientist at RAND. "We know that parents are busy, but sitting down and watching shows together with their teen, talking about the character portrayals, talking about what they just witnessed, and really using it as a teachable moment is really, I think, a good recommendation from this research," Chandra said.

To measure exposure, the researchers used a method developed by another research group evaluating 23 shows for sexual content. Then, they asked teenagers how frequently they watched each of those shows, and developed a score based on exposure to the shows. "We know that if a child is watching more than an hour of TV a day, we know there's a sexual scene in [the] content every 10 minutes, then they're getting a fair amount of sexual content," Chandra said.

The RAND study, published in the November edition of the journal *Pediatrics*, looked at the results of three surveys of about 2,000 adolescents ages 12 to 17 from 2001 to 2004. It focused on the results from more than 700 participants nationwide who had engaged in sexual intercourse by the third survey.

Researchers asked adolescents about a mix of sitcoms, dramas, animated shows and reality shows known to have sexual content. Chandra declined to name any specific programs, but said sexual content is "pretty pervasive."

While this is one of many factors that influence teen pregnancy, the study is compelling, given that adolescents spend a significant amount of time watching television, Chandra said. The information will help develop prevention programs for kids that focus on media literacy, she said. Even when accounting for other related factors such as demographics and risk-taking behaviors, the correlation between televised sexual content and teen pregnancy persisted, she said. The study also found that adolescents living in a two-parent household had a lower probability of pregnancy. African-Americans, girls, and adolescents with behavioral problems had a higher likelihood of getting pregnant or impregnating someone, as did youths who intend to have children early, the study showed.

A strong association between sexual content on television and teen pregnancy is not surprising, said Dr. Yolanda Wimberly, an assistant professor of clinical pediatrics at the Morehouse School of Medicine and the



medical director for the Center for Excellence in Sexual Health. Wimberly, who works in an adolescent clinic, was not involved in the study. "You cannot expect to have a sexually saturated society with all of your media outlets, but then, at the same time, be surprised when this influences people and their behaviors," she said. "If you're going to do it, then you need to make sure you follow it up with education that people need to make responsible decisions." It's crucial that parents and guardians talk to their kids about these topics and teach morals and values, but they can do only so much in limiting the amount of sexual content that their teenagers see on television, Wimberly said. Youths will have exposure to these programs outside of the home, such as at friends' houses or on the Internet.

Experts say television shows rarely portray the risks of sex and often don't mention contraception. But previous research from RAND showed that content that includes negative consequences, such as sexually transmitted diseases and unwanted pregnancies, can be educational for teens.

Previous RAND research also showed that teens who watch a lot of television with sexual content are more likely to initiate intercourse the following year.

• Report examines the media's influence on adolescent sexual behavior

Managing the Media Monster: The Influence of Media (from Television to Text Messages) on Teen Sexual Behavior and Attitudes is intended to inform practitioners and programs about what research says about adolescents and media influence. The report, published by the National Campaign to Prevent Teen and Unplanned Pregnancy with support from the Centers for Disease Control and Prevention, examines how the media influences sexual knowledge, attitudes, and behavior - both positively and negatively. Topics include (1) an overview of what is currently known about the effects of sexual content in the entertainment media young people typically use; (2) a review of 25 evaluated interventions from 19 countries on how effective media interventions have been in addressing adolescents' reproductive health and recommendations to consider when developing media interventions; and (3) a review of more than 20 media-based-interventions for sexual and reproductive health that have been conducted in the US. A snapshot of health behavior theories and additional resources are included.

http://www.thenationalcampaign.org/resources/monster/Media_Monster.pdf

• Longitudinal effects of violent video games on aggression in Japan and the United States

Pediatrics. 2008 Nov;122(5):e1067-72.. Anderson CA, Sakamoto A, Gentile DA, Ihori N, Shibuya A, Yukawa S, Naito M, Kobayashi K.

Department of Psychology, Center for the Study of Violence, Iowa State University, Ames, Iowa 50011, USA

CONTEXT: Youth worldwide play violent video games many hours per week. Previous research suggests that such exposure can increase physical aggression.

OBJECTIVE: We tested whether high exposure to violent video games increases physical aggression over time in both high- (United States) and low- (Japan) violence cultures. We hypothesized that the amount of exposure to violent video games early in a school year would predict changes in physical aggressiveness assessed later in the school year, even after statistically controlling for gender and previous physical aggressiveness.

DESIGN: In 3 independent samples, participants' video game habits and physically aggressive behavior tendencies were assessed at 2 points in time, separated by 3 to 6 months. PARTICIPANTS: One sample



consisted of 181 Japanese junior high students ranging in age from 12 to 15 years. A second Japanese sample consisted of 1050 students ranging in age from 13 to 18 years. The third sample consisted of 364 United States 3rd-, 4th-, and 5th-graders ranging in age from 9 to 12 years.

RESULTS. Habitual violent video game play early in the school year predicted later aggression, even after controlling for gender and previous aggressiveness in each sample. Those who played a lot of violent video games became relatively more physically aggressive. Multisample structure equation modeling revealed that this longitudinal effect was of a similar magnitude in the United States and Japan for similar-aged youth and was smaller (but still significant) in the sample that included older youth.

CONCLUSIONS: These longitudinal results confirm earlier experimental and cross-sectional studies that had suggested that playing violent video games is a significant risk factor for later physically aggressive behavior and that this violent video game effect on youth generalizes across very different cultures. As a whole, the research strongly suggests reducing the exposure of youth to this risk factor.

• Time spent online for teen development

The most extensive U.S. study on teens and their use of digital media finds that America's youth are developing important social and technical skills online – often in ways adults do not understand or value. “It might surprise parents to learn that it is not a waste of time for their teens to hang out online,” said Mizuko Ito, University of California, Irvine researcher and the report's lead author. “There are myths about kids spending time online – that it is dangerous or making them lazy. But we found that spending time online is essential for young people to pick up the social and technical skills they need to be competent citizens in the digital age.”

(San Francisco, CA) — Results from the most extensive U.S. study on teens and their use of digital media show that America's youth are developing important social and technical skills online – often in ways adults do not understand or value. “It might surprise parents to learn that it is not a waste of time for their teens to hang out online,” said Mizuko Ito, University of California, Irvine researcher and the report's lead author. “There are myths about kids spending time online – that it is dangerous or making them lazy. But we found that spending time online is essential for young people to pick up the social and technical skills they need to be competent citizens in the digital age.”

Released here today at the American Anthropological Association's annual meeting, the study was supported by the John D. and Catherine T. MacArthur Foundation's \$50-million digital media and learning initiative, which is exploring how digital media are changing how young people learn, play, socialize, and participate in civic life. Together with the late Peter Lyman of the University of California, Berkeley, and Michael Carter of the Monterey Institute for Technology and Education, Ito led a team of 28 researchers and collaborators at the University of Southern California and the University of California, Berkeley. Over three years, they interviewed over 800 young people and their parents, both one-on-one and in focus groups; spent over 5000 hours observing teens on sites such as MySpace, Facebook, YouTube, and other networked communities; and conducted diary studies to document how, and to what end, young people engage with digital media.

The researchers identified two distinctive categories of teen engagement with digital media: friendship-driven and interest-driven. While friendship-driven participation centered on “hanging out” with existing friends, interest-driven participation involved accessing online information and communities that may not be present in the local peer group. Significant findings include –

- There is a generation gap in how youth and adults view the value of online activity.
- Adults tend to be in the dark about what youth are doing online, and often view online activity as risky or an unproductive distraction.
- Youth understand the social value of online activity and are generally highly motivated to participate.
- Youth are navigating complex social and technical worlds by participating online.



- Young people are learning basic social and technical skills that they need to fully participate in contemporary society.
- The social worlds that youth are negotiating have new kinds of dynamics, as online socializing is permanent, public, involves managing elaborate networks of friends and acquaintances, and is always on.
- Young people are motivated to learn from their peers online.
- The Internet provides new kinds of public spaces for youth to interact and receive feedback from one another.
- Young people respect each other's authority online and are more motivated to learn from each other than from adults.
- Most youth are not taking full advantage of the learning opportunities of the Internet.
- Most youth use the Internet socially, but other learning opportunities exist.
- Youth can connect with people in different locations and of different ages who share their interests, making it possible to pursue interests that might not be popular or valued with their local peer groups.
- "Geeked-out" learning opportunities are abundant – subjects like astronomy, creative writing, and foreign languages.

"This study creates a baseline for our understanding of how young people are participating with digital media and what that means for their learning," said Connie Yowell, Ph.D., Director of Education at the MacArthur Foundation. "It concludes that learning today is becoming increasingly peer-based and networked, and this is important to consider as we begin to re-imagine education in the 21st century."

Ito and her team of researchers found that participation in the digital age means more than being able to access serious online information and culture. Youth using new media often learn from their peers, and notions of expertise and authority are being redefined.

"Online spaces provide unprecedented opportunities for kids to expand their social worlds and engage in public life, whether that is connecting with peers over MySpace or Facebook, or publishing videos on YouTube," said Ito. "Kids learn on the Internet in a self-directed way, by looking around for information they are interested in, or connecting with others who can help them. This is a big departure from how they are asked to learn in most schools, where the teacher is the expert and there is a fixed set of content to master."

The research demonstrates that, although many young people are developing a broad range of sophisticated new literacy and technical skills, they are also facing new challenges in how to manage their visibility and social relationships online. Online media, messages, and profiles that young people post can travel beyond expected audiences and are often difficult to eradicate after the fact. The research suggests that this rapid pace of change presents challenges for both adults and kids as they struggle to keep up with technology and related social changes.

"Most parents knew very little about what their kids did online, and struggled to give real guidance and help," said Ito. In some cases, however, the researchers found that parents and their children came together around gaming or shared digital media projects, where both kids and adults brought expertise to the table.

More information about the study and the MacArthur Foundation's digital media and learning initiative can be found online at digitalllearning.macfound.org. Ito's research findings, among the first from the initiative, are part of an effort to inject grounded research into the conversation about the future of learning in a digital world.

Study findings

The first national survey of its kind finds that virtually all American teens play computer, console, or cell phone games and that the gaming experience is rich and varied, with a significant amount of social interaction and



potential for civic engagement. The survey was conducted by the [Pew Internet & American Life Project](#), a project of the Pew Research Center, and was supported by the MacArthur Foundation.

The primary findings in the survey of 1,102 youth ages 12-17 include:

Game playing is universal, with almost all teens playing games and at least half playing games on a given day.

- 97% of American teens ages 12-17 play some kind of video game.
- 99% of boys say they are gamers and 94% of girls report that they play games.

Game playing experiences are diverse, with the most popular games falling into the racing, puzzle, sports, action and adventure categories.

- A typical teen plays at least five different categories of games and 40% of them play eight or more different game types.
- While some teens play violent video games, those who play violent games generally also play non-violent games.

Game playing is social, with most teens playing games with others at least some of the time.

- 76% of gaming teens play games with others at least some of the time.
- 82% play games alone at least occasionally, though 71% of this group also plays games with others.
- 65% of gaming teens play with others in the same room.

Game playing can incorporate many aspects of civic and political life.

- 76% of youth report helping others while gaming.
- 44% report playing games where they learn about a problem in society.

Game playing sometimes involves exposure to mature content, with almost a third of teens playing games that are listed as appropriate only for people older than they are.

- 32% of youth 12-16 in this sample play games that are listed as appropriate only for people older than they are.
- 32% of gaming teens report that at least one of their favorite games is rated Mature or Adults Only.



- 12-14 year olds are equally as likely to play Mature and Adults Only rated games as their 15-17 year old counterparts.

“The stereotype that gaming is a solitary, violent, anti-social activity just doesn’t hold up. The average teen plays all different kinds of games and generally plays them with friends and family both online and offline,” said Amanda Lenhart, author of a report on the survey and a Senior Research Specialist with the Pew Internet & American Life Project, which conducted the survey. “Gaming is a ubiquitous part of life for both boys and girls. For most teens, gaming runs the spectrum from blow-‘em-up mayhem to building communities; from cute-and-simple to complex; from brief private sessions to hours’ long interactions with masses of others.”

A focus of the survey was the relationship between gaming and civic experiences among teens. The goal was to test concerns that gaming might be prompting teens to withdraw from their communities. It turns out there is clear evidence that gaming is not just an entertaining diversion for many teens; gaming can be tied to civic and political engagement. Indeed, youth have many experiences playing games that mirror aspects of civic and political life, such as thinking about moral and ethical issues and making decisions about city and/or community affairs. Not only do many teens help others or learn about a problem in society during their game playing, they also encounter other social and civic experiences:

- 52% of gamers report playing games where they think about moral and ethical issues.
- 43% report playing games where they help make decisions about how a community, city or nation should be run.
- 40% report playing games where they learn about a social issue.

Moreover, the survey indicates that youth who have these kinds of civic gaming experiences are more likely to be civically engaged in the offline world. They are more likely than others are to go online to get information about current events, to try to persuade others how to vote in an election, to say they are committed to civic participation, and to raise money for charity.

“We need to focus less on how much time kids spend playing video games and pay more attention to the kinds of experiences they have while playing them,” noted Prof. Joseph Kahne, Director of the [Civic Engagement Research Group](#) at Mills College, and co-author of the report. “Games that simulate aspects of civic and political life may well promote civic skills and civic engagement. Youth, parents, teachers, and others who work with youth should know about the wide diversity of video games – so they can take full advantage of games and their civic potential.”

The study also found that these civic gaming experiences occurred equally among all kinds of game players regardless of family income, race, and ethnicity. These data stand in contrast to teens’ experiences in schools and others community situations, where white and higher-income youth typically have more opportunities for civic development.

“Digital media and specifically games are a robust part of the lives of young people,” explains Connie Yowell, Director of Education at the MacArthur Foundation, which is funding a \$50 million initiative to help determine how digital media are changing how young people learn, play, socialize, and participate in civic life. “This study offers us a glimpse into the potential of these new tools to foster learning and civic engagement, yet the findings about mature content suggest that parents and other adults need to be involved in young people’s



game play, helping to realize the potential benefits while moderating unintended consequences. We see these results as the beginning of an important discussion about the role of digital media in learning, community, and citizenship in the 21st century.”

The Mills College Civic Engagement Research Group has also separately issued a white paper that looks in a more detailed way at the civics findings and provides implications for parents, educators, game designers and others related to the civic potential of video game play.

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• Adolescent birth rate: patterns and trends in the U.S.

The report is available at

http://www.thenationalcampaign.org/resources/pdf/TeenBirths_ExamIncrease.pdf

Examining the recent increase reports on data (the number of births to adolescents and the adolescent birth rate) and considers available evidence on whether and why the adolescent birth rate rose between 2005 and 2006. The report, published by the National Campaign to Prevent Teen and Unplanned Pregnancy in collaboration with Child Trends, raises data and research issues and suggests the need for continued research to strengthen public and private prevention efforts. Topics include factors that may have contributed to an increase in the adolescent birth rate. These factors are categorized as follows:

- compositional factors (changes in the representation of high-fertility groups in the overall adolescent population, as well as variable patterns of immigration);
- proximal factors (sexual activity, contraception, and abortion);
- distal factors (societal changes and changes in adolescents' relationships and attitudes).

Additional content addresses the need for research and identifies analyses that could be done immediately, new information that will be available in the coming year that can inform the discussion, and new research and data that could enhance understanding of trends in adolescent childbearing.

The report is available at

http://www.thenationalcampaign.org/resources/pdf/TeenBirths_ExamIncrease.pdf .

More information is available from the following MCH Library resource: - Adolescent Pregnancy Prevention: Knowledge Path at http://www.mchlibrary.info/KnowledgePaths/kp_adolpreg.html

• Downward trend in teen marijuana use slows; prescription drug abuse remains high

National Institute on Drug Abuse, NIDA's 2008 Monitoring the Future Survey Shows Mixed Results.



There are signs that the ongoing decline in teen marijuana use in recent years has stalled; however the downward trend in cigarette and alcohol use continues, according to the 2008 Monitoring the Future (MTF) Survey.

The MTF survey indicates that marijuana use among eighth, tenth, and twelfth graders, which has shown a consistent decline since the mid-1990s, appears to have leveled off with 10.9 percent of eighth graders, 23.9 percent of tenth graders, and 32.4 percent of twelfth graders reporting past year use. Heightening the concern over this stabilization in use is the finding that, compared to last year, the proportion of eighth graders who perceived smoking marijuana as harmful and the proportion disapproving of its use have decreased.

The Monitoring the Future survey - now in its 33rd year - is a series of classroom surveys of eighth, tenth, and twelfth graders conducted by researchers at the University of Michigan under a grant from the National Institute on Drug Abuse (NIDA), part of the National Institutes of Health (NIH), U.S. Department of Health and Human Services (HHS).

"The 2008 survey results reinforce the fact that we cannot become complacent in our efforts to persuade teens not to smoke, drink or abuse illicit substances," said HHS Secretary Mike Leavitt. "As long as young people are being exposed to images that make taking drugs seem glamorous, we need to counter them with truthful messages about the risks and consequences of drug abuse."

"The Monitoring the Future Survey is a powerful tool that allows us to monitor emerging and long-term trends in drug use," said NIDA Director Nora D. Volkow, M.D. "And while the long term general decline is encouraging, especially for cigarettes and alcohol, some of the other findings this year amplify our concerns for potential problems in the future - especially the non-medical use of prescription drugs."

The 2008 MTF survey indicates a continuing high rate of prescription drug abuse among teens, with little change seen in the past six years. Nearly 10 percent of seniors reported past year nonmedical use of Vicodin, and 4.7 percent report abusing Oxycontin, both powerful opioid painkillers. In fact, seven of the top 10 drugs abused by twelfth graders in the year prior to the survey were prescribed or purchased over-the-counter.

There are some bright spots in the survey -- among them, that cigarette smoking is at the lowest rate in the history of the MTF survey. And there continues to be a gradual decline in alcohol use in all grades, with a significant decline from 2007 to 2008 among tenth graders on all measures of use (lifetime, past year, past month, daily, and binge drinking). Nevertheless, given the devastating related health costs, tobacco and alcohol use by teens still remain at high levels. More than one in ten high school seniors say they smoke daily; 5.4 percent smoke more than a half pack a day. While drinking continues a slow downward trend, close to 25 percent of seniors report having five or more drinks in a row sometime in the two weeks prior to the survey.

The MTF Survey also measures teen attitudes about drugs, including perceived harmfulness, perceived availability, and disapproval, which are often seen as harbingers of change in abuse rates. Of particular concern is the several-year decline among twelfth graders who perceive use of LSD as harmful. Similarly, the proportion of eighth graders who perceive inhalants as harmful has declined, as has their disapproval of inhalant abuse.

"When we see attitudes softening, we are naturally concerned," said John P. Walters, director of the Office of National Drug Control Policy. "To continue the impressive decline in drug use we have seen in the past ten years, we need to be certain we reach each new generation of teens with the facts about the potential effects of drugs on their young lives."

Overall, 46,348 students from 386 public and private schools in the eighth, tenth, and twelfth grades participated in this year's survey. Since 1975, the MTF survey has measured drug, alcohol, and cigarette use and related attitudes in twelfth graders nationwide; eighth and tenth graders were added to the survey in 1991.



Survey participants report their drug use behaviors across three time periods: lifetime, past year, and past month. The survey has been conducted since its inception by investigators at the University of Michigan. Additional information on the Monitoring the Future Survey, as well as comments from Dr. Volkow can be found at <http://www.drugabuse.gov/Drugpages/MTF.html>

MTF is one of three major HHS-sponsored surveys that provide data on substance use among youth, along with the National Survey on Drug Use and Health and the Youth Risk Behavior Survey. The MTF Web site is <http://monitoringthefuture.org>. More information on MTF can be found at <http://www.hhs.gov/news>; or <http://www.whitehousedrugpolicy.gov>

The National Survey on Drug Use and Health, sponsored by HHS' Substance Abuse and Mental Health Services Administration, is the primary source of statistical information on substance use in the U.S. population 12 years of age and older. The survey collects data in household interviews, using computer-assisted self-administration. More information is available at <http://www.drugabusestatistics.samhsa.gov>

The Youth Risk Behavior Survey, part of HHS' Centers for Disease Control and Prevention's Youth Risk Behavior Surveillance System, is a school-based survey that collects data from students in grades 9-12. The survey includes questions on a wide variety of health-related risk behaviors, including substance abuse. More information is available at <http://www.cdc.gov/nccdphp/dash/yrbs/index.htm>

The National Institute on Drug Abuse is a component of the National Institutes of Health, U.S. Department of Health and Human Services. NIDA supports most of the world's research on the health aspects of drug abuse and addiction. The Institute carries out a large variety of programs to ensure the rapid dissemination of research information to inform policy and improve practice. Fact sheets on the health effects of drugs of abuse and information on NIDA research and other activities can be found on the NIDA home page at www.drugabuse.gov. To order publications in English or Spanish, call NIDA's new "DrugPubs" research dissemination center at 1-877-NIDA-NIH or 240-645-0228 (TDD) or fax or email requests to 240-645-0227 or drugpubs@nida.nih.gov

The National Institutes of Health (NIH) -- The Nation's Medical Research Agency -- includes 27 Institutes and Centers and is a component of the U.S. Department of Health and Human Services. It is the primary federal agency for conducting and supporting basic, clinical and translational medical research, and it investigates the causes, treatments, and cures for both common and rare diseases. For more information about NIH and its programs, visit www.nih.gov

• Letter published in *JAIDS* explains how declines in the rate of HIV transmission represent a major success in HIV prevention

The *Journal of Acquired Immune Deficiency Syndromes (JAIDS)* published a research letter authored jointly by researchers at Johns Hopkins University and the Centers for Disease Control and Prevention (CDC). The letter provide an updated estimate of the HIV transmission rate in the United States from 1977 through 2006 and offers an innovative way to measure the success of HIV prevention efforts nationwide.

The letter published in *JAIDS* explains how declines in the rate of HIV transmission represent a major success in HIV prevention. The analysis found that the rate of HIV transmission has declined by 89% since the peak of the epidemic and just in this past decade, the transmission rate has declined by 33%. This represents major successes in HIV testing and prevention that have resulted in reductions in the percentage and number of persons with undiagnosed HIV infection. It also likely reflects the effects of evidence-based behavioral interventions with people living with HIV and the increased availability of life-saving highly active antiretroviral



therapy (HAART). These data provide further evidence that prevention does work when we apply what we know, and underscore the need to make HIV testing and effective interventions available to those who are living with HIV and at-risk for contracting the virus.

It is important to note, however, that despite prevention successes, we are facing an uphill battle. Due to successful prevention efforts and treatments such as HAART, many more people are living longer with HIV than ever before. As the number of people living with HIV continues to grow, so will the need for prevention, medical care, and HIV treatment. Successfully fighting this battle will require continued commitment from all communities—and from the nation as a whole.

To help you further understand the significance of these data, as well as explain in greater detail how the transmission rate serves as an indicator of the success of our collective HIV prevention efforts, CDC has developed a fact sheet available at <http://www.cdc.gov/hiv/topics/surveillance>. We hope that you will find this information useful to the HIV prevention work you do in your community.

Thank you for your continued commitment to HIV/AIDS prevention

Richard J. Wolitski, Ph.D.
Acting Director
Division of HIV/AIDS Prevention
National Center for HIV/AIDS, Viral Hepatitis,
STD, and TB Prevention



Publications, web sites

- **Review focuses on treatments for children and adolescents who are overweight or obese**

Effectiveness of Weight Management Programs in Children and Adolescents examines the effectiveness and safety of behavioral, pharmacological, and surgical treatments for children and adolescents (ages 2-18) who are overweight or obese. The review is based on research conducted by the Oregon Evidence-Based Practice Center under contract to the Agency for Healthcare Research and Quality and builds on a previous review conducted by the U.S. Preventive Services Task Force in 2005. The content focuses on five questions that address various measures of the health impact of treatments to reduce or stabilize weight. The measures include short-term impacts on weight control (6 to 12 months after enrolling in treatment); maintenance of weight changes in the medium-term (1 to 5 years after enrollment) or longer-term (5 or more years after enrollment); adverse effects of treatment (immediate and over time); beneficial effects of treatment, aside from weight control or weight loss; and treatment components or other factors that influence the effectiveness of treatments. The review is intended to help clinicians, employers, policymakers, and others make informed decisions about the provision of health care services. More information is available from the following MCH Library resource: - Overweight and Obesity in Children and Adolescents: Knowledge Path at http://www.mchlibrary.info/KnowledgePaths/kp_overweight.html

The review is available at

<http://www.ahrq.gov/downloads/pub/evidence/pdf/childweight/chweight.pdf>

- **Reproductive health reality check website**

The Website, www.rhrealitycheck.org which shares information about a wide range of reproductive health topics, now also features a series of short video interviews with young people about abstinence-only sex education, living with HIV, teen pregnancy and contraception. To access these videos, click <http://www.rhrealitycheck.org/video/our-reality-video-series/>

- **The Alberta Centre For Active Living**

Every week, the Centre rounds up recent research, resources and stories in the media about physical activity.

<http://www.centre4activeliving.ca/library/roundup/index.html>

- **Condom information is back on CDC's website**

<http://www.cdc.gov/condomeffectiveness/latex.htm>

- **Adolescent health services : missing opportunities**

The National Research Council and Institute of Medicine of the National Academies (USA) has released a report December 9, 2008. The report, **Adolescent Health Services: Missing Opportunities** identifies the



health service needs of adolescents and explores the role of the health services system in promoting healthful behavior, managing health conditions, and preventing disease during adolescence. The study was funded by The Atlantic Philanthropies. Visit <http://www.nationalacademies.org/>

- **How teenage girls can be physically active and still be "cool"**

Originally developed for the Canadian Health Network, a series of articles are now posted on the the **Alberta Centre For Active Living** website and available in both English and French. Find articles on topics such as how people can stay active in the winter and how teenage girls can be physically active and still be "cool."

<http://www.centre4activeliving.ca/publications/chn/feature-articles/teen-girls.pdf>

- **Policies/clinical reports of the American Academy of Pediatrics**

Care of the Sexual Assault Victim. Miriam Kaufman, a member of CAAH and Paediatrician at the Adolescent Division of the Sick Children Hospital (Toronto) is the main author.

<http://aappolicy.aappublications.org/cgi/reprint/pediatrics;122/2/462.pdf>

Achieving Quality Health Services for Adolescents

<http://aappolicy.aappublications.org/cgi/reprint/pediatrics;121/6/1263.pdf>

<http://www.aap.org/profed.html>