

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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 Editor in chief: Dr Jean-Yves Frappier
 Associate editor: Romaric Durand

CAAH
 Section médecine de l'adolescence
 CHU Sainte-Justine
 3175 côte Sainte-Catherine
 Montréal (Québec) H3T 1C5

Executive committee: Dr Jean-Yves Frappier, President
 Dr Eudice Goldberg, Vice-president
 Dr Marc Girard, Secretary-Treasurer
 Dr Roger Tonkin, Directors delegate

Boards of directors: Dr Jean-Yves Frappier, Montreal
 Dr Marc Girard, Montreal
 Dr Eudice Goldberg, Toronto
 Joanne Gusella, Halifax
 Faye Bebb, Vancouver
 Dr Roger Tonkin, Vancouver

Web sites: www.acsa-caah.ca
www.youngandhealthy.ca

E-mail: acsacaah@globetrotter.net



News

• For fun: How Many People Have You Slept With, 2.8 million?

To call attention to the risk of STDs, British drug chain Lloyd's Pharmacy has launched an online calculator to give site visitors a better sense of their exposure to the infections. "Sex Degrees of Separation" asks users to enter their number of lifetime sexual partners, together with other data; then it calculates the number of people they were, by extension, exposed to. The company reports that the average British man and woman claim to have had sex with 9.0 people and 6.3 people, respectively, for a national average of 7.65. But by extrapolation, this means the average person has been indirectly exposed to 2.8 million people. "When we sleep with someone, we are, in effect, not only sleeping with them, but also their previous partners and their partners' previous partners, and so on," said Clare Kerr, the chain's chief of sexual health. "It's important that people understand how exposed they are to [STDs] and take appropriate precautions, including using condoms and getting themselves checked out where appropriate."

To access the calculator: <http://calculators.lloydspharmacy.com/SexDegrees/>

• The Alberta Centre for Active Living turns 20!

The Alberta Centre for Active Living held a well-attended and much-enjoyed 20th anniversary celebration at the Edmonton Petroleum Club on September 24.

In 20 years, the Centre has firmly established itself as a key advocate of physical activity and a well-regarded source of evidence-based resources that help practitioners of many types with their role in getting and keeping people active and healthy. Over the years, the Centre has become an active living leader not just in Alberta, but in the rest of Canada and beyond.

"I cannot recall any entity with an organized approach to both resource and e-development and dissemination that was 'there' as early and as effective in reaching many interested folks and researchers not only in Canada but across the world," says Dr. Adrian Bauman, a professor of public health at the University of Sydney in Australia. "We should cherish entities like the Centre that have contributed to the 'advocacy voice' for two decades," he adds.

Centre director Judith Down credits the Alberta Sport, Recreation, Parks and Wildlife Foundation (ASRPWF) with admirable foresight for supporting the creation of the Centre.

"As a result," she says, "we were one of the earliest organizations of our kind and have therefore been able to make considerable impact. Over the years, the continuing support from ASRPWF has allowed us to provide information and support to thousands of practitioners. Thanks to ASRPWF, our other stakeholders, and our clients, partners, and friends for their continued support."

The Alberta Centre for Active Living is affiliated with the University of Alberta Faculty of Physical Education and Recreation and is supported by the Alberta Sport, Recreation, Parks & Wildlife Foundation and the Government of Alberta.

Centre 4 Active Living website: <http://www.centre4activeliving.ca/>



Scientific event

- **CAAH Conference in may 2010**

CAAH will hold a scientific conference in May 2010 in Montreal. The Conference will include an English and French program.

More info in early winter at <http://www.acsa-caah.ca>

- **Society for Adolescent Medicine, 2010**

The annual meeting of the Society for Adolescent Medicine will be held outside the US in 2010. Toronto will host the meeting April 7-10 2010.

For more information, visit the SAM website: <http://www.adolescenthealth.org/>

- **The IV World Congress on Child and Adolescent Rights**

The IV World Congress on Child and Adolescent Rights will take place in Puerto Rico from the 15th to the 18th of November 2010. This renowned event draws nearly 1,000 participants from more than 20 countries. Its main objective is to provide an academic, scientific and professional forum for the interdisciplinary exchange of ideas, knowledge and experiences regarding the human rights of children and adolescents. At the same time, it comprises an international encounter for the effective participation of children and adolescents. The central theme of the IV World Congress is "The best interest of children and adolescents: Well-being and development in the new world economic order." The program will be structured around six general thematic areas: poverty, education, health, participation, identity and violence. These have been drawn from the considerations and conclusions of the Barcelona Declaration authored by the children and adolescents who participated in the III World Congress on Child and Adolescent Rights in 2007. You may access information on this last Congress at : <http://www.iicongresomundialdeinfancia.org/>

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



Articles

• Most Teen Parents not raised in Poor, Single-Parent Home, Survey Finds

Most teens who give birth or father a child are from two-parent households and live above the federal poverty level, according to a new study conducted by not-for-profit research organization Child trends for the National Campaign to prevent teen and unplanned pregnancy. While these teens are disproportionately more likely to come from single-parent homes than their peers, more than half are from two-parent families. Thirty-nine percent live with both their biological parents, and 19% live with a biological parent and a stepparent. The survey also found that 28% of the teens live in families with incomes below the federal poverty line. Data for the study were compiled from the US National Longitudinal Study of Adolescent health, a nationally representative survey of students in grades seven through 12. The survey helps to dispel some myths about teen pregnancy, according to the National Campaign. Two-thirds of adults believe most teens who give birth come from homes below the poverty line, and 70% of adults believe most of these teens come from single-parent homes. The survey "also means that no one is immune from the reality of teen pregnancy."

Abstract available <http://www.medicalnewstoday.com/articles/169108.php>

• Short-term Change in Body Mass Index in Overweight Adolescents Following Cholesterol Screening

Objective: To determine the relationship between routine screening for cholesterol level and subsequent change in body mass index (BMI; calculated as weight in kilograms divided by height in meters squared).

Design: Retrospective cohort.

Setting: General pediatrics clinics at 2 academic centers.

Participants: Adolescents with BMIs in the 85th percentile or higher aged 10 to 18 years whose cholesterol levels were screened between June 2003 and June 2005 and controls matched for age, sex, ethnicity, and BMI.

Main: Exposure Cholesterol screening.

Outcome Measures: The primary outcome was the "best" individual BMI change following screening. The secondary outcome was the trend of BMI change during follow-up.

Results: Sixty-four matched pairs met the inclusion criteria (N = 128). Subjects were followed up for 3 to 30 months after identification (mean [SD], 18 [8] months). The mean BMI changes for screened subjects did not differ from those of unscreened subjects (-0.33 vs -0.34; P = .97). However, age at time of enrollment significantly modified the results (P = .02). After cholesterol screening, younger subjects initially increased in BMI, while older subjects initially decreased. The overall trend of individual BMI change increased during the follow-up period and was not significantly different between the 2 groups (likelihood ratio test, 0.9; P = .64).

Conclusions: Cholesterol screening of overweight and obese adolescents is not associated with short-term BMI change, though age at time of screening modified subsequent BMI change. Clinicians should not assume that screening will help motivate weight loss, though the effect of age at the time of screening deserves further research.

<http://archpedi.ama-assn.org/cgi/content/abstract/163/9/812>



• Study Links Girls' Body Size to Sexual Behavior

Sexually active high school girls who were either overweight or who believed they were, as well as girls who were underweight, tended to use condoms less than girls of normal weight in a new study. Race and ethnicity played a role in the relationships between body and sexual behavior, though how exactly is not clear, according to lead author Dr. Aletha Akers of the University of Pittsburgh School of Medicine and colleagues. Among 7,193 high school girls who completed the 2005 Youth Risk Behavior Surveillance survey, half reported having had sex. Caucasian girls who believed they were underweight, accurately or not, were more likely to be sexually experienced and to have had four or more sex partners. Overweight Caucasian girls were less likely to use condoms. Among African-American girls, those who were underweight were less likely to use condoms, while overweight girls were likelier to report four or more sex partners. Regardless of weight or perception, Latina high school students were more likely to report sexual risks, including pre-teen sex and four or more sex partners. However, the sample size was small and the girls came from diverse nations and cultures, so researchers cautioned against drawing any broad conclusions. Thin African-American girls and overweight Caucasian girls may feel less desirable in terms of cultural norms of attractiveness, and thus might be less willing to use condoms or capable of negotiating their use, Akers hypothesized. "The goal is to point out that race is an important context of how girls think about their body image, and those variations influence how they negotiate sexual behavior," Akers said. She said she will ask for National Institutes of Health funding for a follow-up study.

<http://www.post-gazette.com/pg/09304/1009729-114.stm>

• Article examines forms of bullying behaviors among U.S. Adolescents

Our results suggest that "positive parental behaviors protect adolescents from not only bullying others but also being bullied . . . [and] that friendship protects adolescents from being selected as targets of bullies," state the authors of an article published in the October 2009 issue of the Journal of Adolescent Health. Previous research indicates that parents and friends are two important sources of social influences associated with adolescent bullying and victimization. However, no studies have examined the roles of parents and friends across different forms of bullying, particularly cyber bullying. In addition, few national studies have been conducted to provide a valid estimation of prevalence of physical, verbal, relational, and cyber bullying by adolescents' gender, age, and race and ethnicity in the United States. The article presents findings from a study to examine four forms of in-school bullying, with two main purposes: (1) to explore gender, age, racial, and socioeconomic differences in prevalence of each form of bullying among adolescents in grades 6 through 10 and (2) to examine the roles of parental support and number of friends on each form.

[http://www.jahonline.org/article/S1054-139X\(09\)00138-4/abstract](http://www.jahonline.org/article/S1054-139X(09)00138-4/abstract)

• Vancouver Charter on Skiing safety

The Vancouver Charter on Skiing Safety is based on skiing and snowboarding safety, which was approved in the context of the 2006 Turin Winter Olympic Games. The original Turin Charter was prepared by a panel of experts and specialists delegated by European governments who worked under the coordination of TOROC (Turin Organizing Committee), BE.PRA.S.A. (a project co-financed by the European Commission and the health authority of the Italian region of Veneto) and the Italian National Health Institute.

The Charter is not intended to lay down new legal rights. Rather, the aim of the Charter is to promote a safe,



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healthy and active sporting and recreational culture, and to make its principles visible to the public, citizens and institutions. The Vancouver Charter is officially endorsed by Dr. Perry Kendall, B.C. Provincial Health Officer, Dr. Patricia Daly, Chief Medical Health Officer of Vancouver Coastal Health, and Dr. Jack Taunton, Chief Medical Officer of the Vancouver Organizing Committee for the 2010 Olympic and Paralympic Winter Games.

According to The Economic Burden of Injury in Canada 2009 report, all winter activities accounted for over 70,000 unintentional injuries in Canada with nearly 1,400 resulting in partial and permanent disability. These serious injuries total \$400 million dollars in direct and indirect costs to the health care system, which combined are contributing to the social and economic burden of unintentional injuries.

In Canada, it is estimated that 87.5% of skiing and snowboarding deaths have been caused by a head injury. Traumatic brain injury, which has increased in recent years, has accounted for up to 88% of all fatalities at ski resorts. Children account for 67% of all ski related deaths. Research has demonstrated that ski and snowboard helmets are effective at preventing serious head injuries. It is estimated that nearly 60% of all skiing and snowboarding head injuries could be prevented by simply wearing a helmet.

The Vancouver Charter will be publicly released at the upcoming Put a Lid on It! - Forum on Winter Helmet Safety event scheduled for the afternoon of November 20th, 2009, at the Metropolitan Hotel, Vancouver. Following the Forum, the Charter will also be posted online at www.safekidscanada.ca

Thank you in advance for your interest in helping promote safety in winter activities while simultaneously upholding Canada's tradition of winter Olympic sporting excellence.

Pamela Fuselli
Executive Director
Safe Kids Canada

CHU Sainte-Justine, 3175 côte Sainte-Catherine, Montréal, Québec, H3T 1C5
Tel./Tél. : 514 345-9959 Fax/Télec. : 514 345-4778 www.acsa-caah.ca



Publications, web sites

- **The Alberta Centre For Active Living. Other articles on physical activities at:**

There is a review piece by Freya Sonenstein in this report that address the issue for or against providing sex education to middle school age children in a mixed gender setting versus separating by gender.

http://www.thenationalcampaign.org/resources/pdf/pubs/Guy_Thing.pdf

- **Journal supplement focuses on adolescent obesity and the need for evidence-based policy and environmental solutions**

The supplement to the September 2009 issue of the Journal of Adolescent Health highlights recent findings that illustrate the breadth and depth of research related to adolescent obesity prevention and its relevance for informing policy changes. The articles in the supplement are based on research funded by the Robert Wood Johnson Foundation aimed at providing key decision-makers and policymakers with evidence to guide and accelerate effective action to reverse the rise in childhood obesity. The supplement begins with a commentary that describes the scope of adolescent obesity, its impact on Health and society, and the foundation's vision for reversing the epidemic by 2015. In an article following the commentary, the authors present a framework for action to promote healthier eating and physical activity. Additional studies in the issue deal with improving the food environment at schools, food marketing, and soda taxes. Other articles focus on schools and parks, both of which are settings in which adolescents frequently engage in physical activity and both of which can be influenced by policy. The supplement is intended to guide the efforts of practitioners, advocates, and policymakers in improving adolescents' diets, increasing their participation in physical activity, and helping to prevent adolescent obesity.

[http://jahonline.org/issues/contents?issue_key=S1054-139X\(09\)X0013-3](http://jahonline.org/issues/contents?issue_key=S1054-139X(09)X0013-3)

- **New edition of knowledge path about children with special health care needs**

Children with Special Health Care Needs: Knowledge Path is an electronic guide to resources that analyze data, describe effective programs, and report on policy and research aimed at developing systems of care for children and youth with special health care needs that are family-centered, community-based, coordinated, and culturally competent. The new edition of the knowledge path, produced by the Maternal and Child Health (MCH) Library at Georgetown University, contains information on Web sites, publications, databases, and social media for health professionals, program administrators, policymakers, educators, researchers, and families. Separate sections address specific aspects of care and development, such as early intervention and education, financing services, rehabilitation, screening, and transition. The knowledge path will be updated periodically.

http://www.mchlibrary.info/KnowledgePaths/kp_cshcn.html



• **Teen Pregnancy and Responsible Fatherhood**

This research brief, Why it Matters: Teen Pregnancy and Responsible Fatherhood, from the National Campaign to Prevent Teen and Unplanned Pregnancy present statistics about the importance of fathers in the development of their children.

<http://www.thenationalcampaign.org/why-it-matters/pdf/fatherhood.pdf>

• **Shopping for Condoms?**

Consumer Reports reported their new lab tests on the reliability of 20 types of latex condoms. Models from Durex, Lifestyles and Trojan scored well for reliability, strength and lack of leakage in the condom or its packaging. Night Light's Glow in the Dark model fared poorly on tests for strength and leakage; other condoms were called a "fine choice" when used properly. The review can be found in Consumer Reports, December 2009, page 52.