

# THE SCOOP

NEW

on Adolescent and Reproductive Health

EDITION 3

JULY 2023

## TABLE OF CONTENTS

**1 - 2** Social Media and Youth Mental Health and Trivia

**3** Positive Youth Channel

**4** Emerging Youth Trends: Chess

*Upcoming Events, Awareness, and Trainings*

**5** Mindful Moment and July 2023

**6** August 2023

**7 - 8** September 2023 & News Alerts

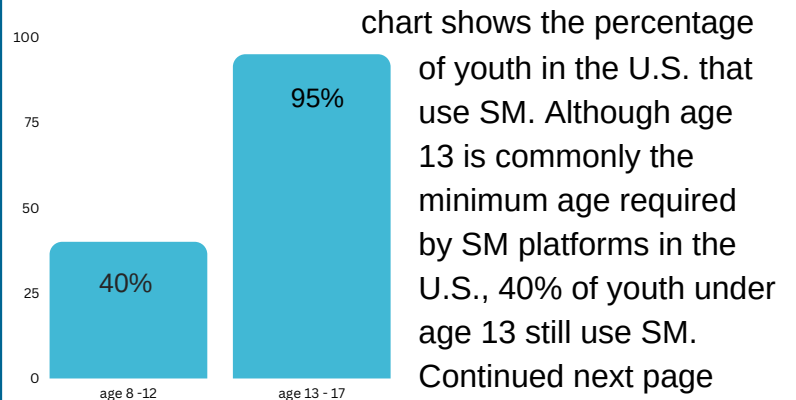
**9** Additional Resources

## Social Media and Youth Mental Health

The U.S. Surgeon General has issued an [advisory report](#) on the growing concerns about the effects of social media (SM) on youth mental health. SM use by



youth is nearly universal, with more than a third saying they use SM “almost constantly.” The influence SM has on youth mental health is shaped by many complex factors, including, but not limited to, the amount of time spent on SM platforms, the type of content they consume, their activities and interactions on SM, and the degree to which it disrupts daily activities like sleep and physical activity. There is the potential for both benefit and harm with the use of SM. This bar



NEBRASKA

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

Discover ARH websites

[Adolescent Health](#)  
[Reproductive Health](#)

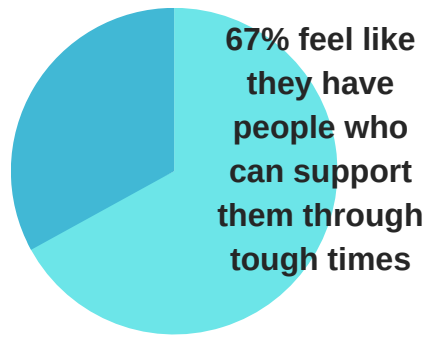
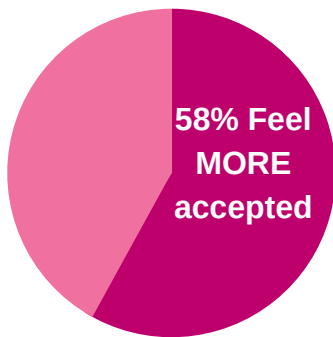
# THE SCOOP

on Adolescent and Reproductive Health

## Social Media and Youth Mental Health Continued

Benefits of SM are that it can provide positive community and connection with others who share the same identities, abilities, and interests. It can also provide access to important information and create a space for self-expression.

Here's what youth had to say about SM:



80% feel more connected to what's going on in their friends' lives

71% fell like they have a place to show their creative side

However,



Negative outcomes of SM use is that adolescents who spent

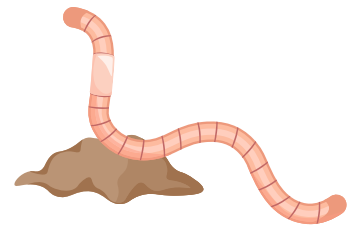
more than 3 hours per day on social media faced double the risk of experiencing poor mental health outcomes including symptoms of depression and anxiety. As of 2021, 8th and 10th graders now spend an average of 3.5 hours per day on SM. Learn more about our path forward and [how to help protect youth's mental health](#).



Last edition's answer:

What insect was used as a means for pregnancy testing in humans?

Earthworms



This rare gestational event, which has only 330 known cases throughout history, translates to mean "stone baby." What is this event called?

- A) Lilliputian
- B) Lithopedion
- C) Cazimi
- D) Quincunx

*\*Answer in next edition*

# THE SCOOP

on Adolescent and Reproductive Health

## Positive Youth Channel



Osvaldo (pictured left) is a Teen Outreach Program® (TOP®) alum, hailing from Grand Island Senior High. Being part of the Nebraska College Preparatory Academy (NCPA) at the University of Nebraska Lincoln means Ozzy participated in TOP® as a Freshman and Sophomore. He graduated from Grand Island Senior High and remained closely tied to the NCPA program as one of their undergrad scholars. In 2019, he trained to be a facilitator of TOP® and he has served as a co-facilitator at his alma mater for the past four years. He graduated this past May with honors as a Chancellor Scholar!

"Osvaldo's dedication to inclusion, work ethic, and commitment to others is what elevates him among his peers."

Osvaldo was one of eight undergraduate students who received the Student Luminary award, which recognizes students who make a difference through their leadership and commitment to improving the campus or community while excelling in their academic pursuits. His involvement in TOP® was highlighted during the award ceremony.



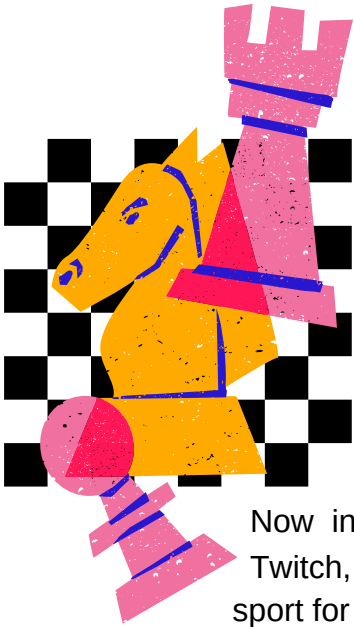
Hastings Crossroads Mission Avenue guests are very grateful for the hygiene packs made by the Hastings Middle School students through the YWCA's TOP® Club! Pictured right is TOP® facilitator Mackenzie delivering the hygiene packs.



# THE SCOOP

on Adolescent and Reproductive Health

## EMERGING YOUTH TRENDS: CHESS



The earliest version of chess dates back to over 1,400 years ago in India, then known as chaturanga. As the game spread across the globe, the rules and pieces evolved. Elephants became bishops and counselors became queens. What we now consider the game of chess was imported to Europe in the middle ages. By the nineteenth century chess had become a main fixture of everyday life, with the first international chess tournament in 1851 followed by the first World Chess Championship in 1886. In the twentieth century, the World Chess Federation standardized the rules of chess and international competitions. The 1980s introduced online play and chess computers, with IBM's Deep Blue defeating the then reigning chess champion, in a historic match in 1997.

Now in 2023, there is a whole new generation of chess players making content on Twitch, TikTok, and YouTube. These young players online have reinvigorated the sport for an entire generation. Those on TikTok and Twitch, may be familiar with Anna Cramling, a 21-year-old chess player holding a Women's FIDE Master title and a streamer. She has released videos playing chess in cities like Paris and New York, and has over 50 million views on her YouTube channel. "Because Twitch started as a platform popular with strategy gamers, there's been a lot of natural audience crossover and community interaction," Anna said and "I think there's just a lot more opportunity for people new to the game to participate in the community now."

[Chess.com](https://www.chess.com) is a website and app where visitors can get chess news, learn the game, and play against one another and computer AI opponents. Since November 2022, the number of daily active users on [Chess.com](https://www.chess.com) has jumped from 5.4 million to more than 11 million. The biggest growth has come from players who are aged 13 to 17 and the second-fastest growing age group in the same period was 18- to 24-year-olds.



To the right are stills from a streamed match between Anna Cramling (left) and the reigning World Chess Champion Magnus Carlsen (right) at the Retiro Park in Madrid, Spain!

# THE SCOOP

on Adolescent and Reproductive Health

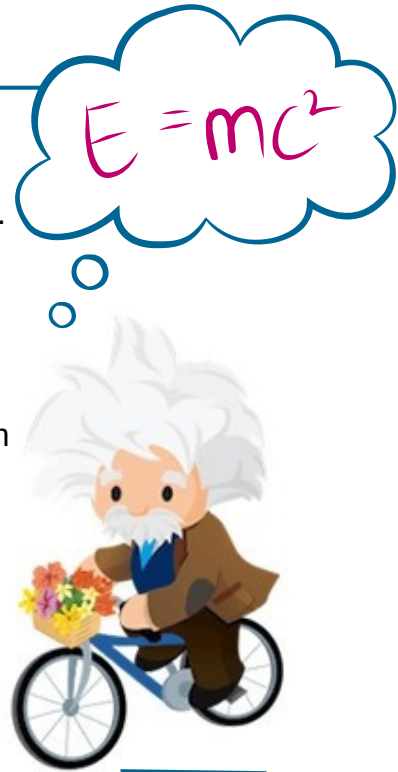


## MINDFUL MOMENT: MINDFUL CYCLING

As Albert Einstein recalled on the origins of his Theory of Relativity, "I thought of that while riding my bicycle."

Developing mindfulness is a skill that requires practice in order to improve. It does not require any special talents, only curiosity. Simply put mindfulness is using one part of our minds to calmly observe the other to achieve balance. When a thought comes up you just witness it and let it pass, like clouds in the sky. There are numerous daily activities that can aid in drifting our minds into a flow state of being mindful and at peace with ourselves.

Cycling is one example of a mindful activity. Cycling allows you to achieve balance, for if you lean too far in any direction the equilibrium is upset. By mindfully cycling, you can become so focused on maintaining balance that you avoid getting caught up in your own thoughts and feelings. Give mindful cycling a try and find your eureka moment!



## JULY 2023

### National Park and Recreation Month

Nebraska's state park system offers a wide variety of [Hiking and Biking trails](#). From rustic dirt paths, challenging mountain biking courses, and wide paved trails perfect for a family stroll are all available within Nebraska's State Parks and Recreation areas.

The Nebraska Resource Districts (NRDs) build and operate public recreation areas available to all. The NRDs Recreation Exploration challenge is on! Visit as many NRD recreation areas between March 1, 2023, through September 15, 2023, and [submit a photo](#) for a chance to win prizes.

For Nebraska trail maps and safety information: [Bike - Hike - Walk](#)

**NRD RECREATION EXPLORATION**

Get outdoors and explore Nebraska's 80+ NRD recreation areas. Submit a photo to win prizes!

[NRDNET.ORG/RECREATION](http://NRDNET.ORG/RECREATION)

**WIN PRIZES!**

# THE SCOOP

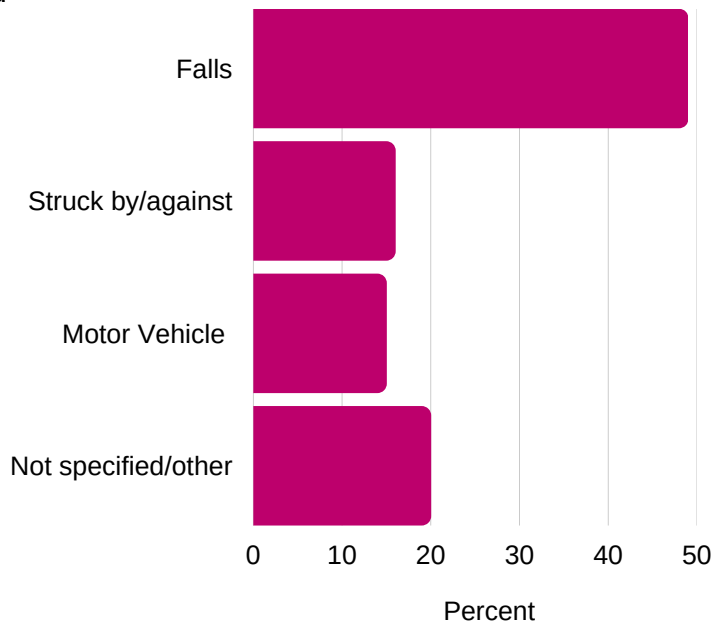
on Adolescent and Reproductive Health

AUGUST 2023

## Back-to-School Season - Concussions

In Nebraska, an average of 13,600 traumatic brain injuries (TBI) occur each year. A concussion is a type of TBI caused by a bump, blow, or jolt to the head that can change the way your brain normally works. The median age at the time of injury in Nebraska is 19 years old, meaning most TBIs happen in youth. In [Nebraska's Annual Brain Injury Report](#), the severity of TBIs is shown by the fact that 83.6% have been treated in a hospital or ER, 74.4% have lost consciousness, and 79.9% have ever felt dazed or had a gap in memory. TBIs appear to occur in the Western area of the state at substantially higher rates compared to all other areas in Nebraska. The highest rates are in the Panhandle and West Central Local Health Districts.

**Unintentional Causes of TBI-related Injuries in Nebraska 2014 - 2018**



According to the [CDC](#), youth who show or report one or more of the signs and symptoms listed below, or simply say they just “don’t feel right” after a bump, blow, or jolt to the head or body, may have a concussion or TBI. If signs and symptoms worsen, go to the ER!

### Concussion Signs Observed

- Can't recall events *prior to or after* a hit or fall.
- Appears dazed or stunned.
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness (*even briefly*).
- Shows mood, behavior, or personality changes.

### Concussion Symptoms Reported

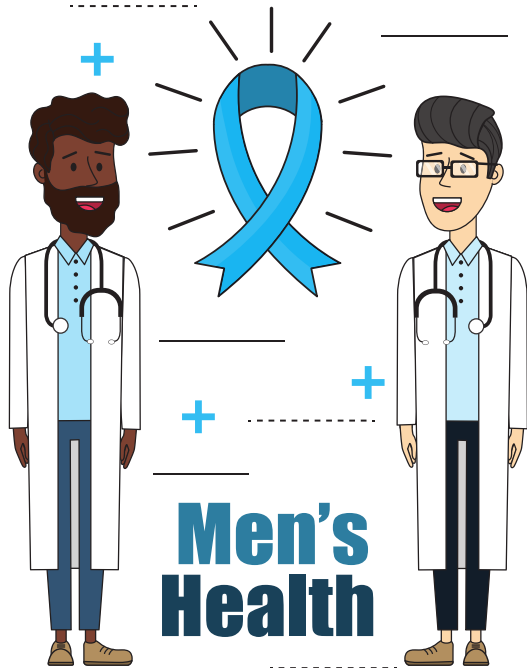
- Headache or “pressure” in head.
- Nausea or vomiting.
- Balance problems or dizziness, or double or blurry vision.
- Bothered by light or noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Confusion, or concentration or memory problems.
- Just not “feeling right,” or “feeling down”.

# THE SCOOP

on Adolescent and Reproductive Health

SEPTEMBER 2023

## Prostate Health and Cancer Awareness Month



Prostate Cancer Awareness Month is observed every year in September to raise awareness about prostate health and prostate cancer. The prostate is a gland in the male reproductive system produces fluid that makes up part of semen. This cancer mainly affects men over the age of 50. Prostate cancer is the most common non-skin cancer diagnosed in men, and the second leading cause of cancer deaths in men, after lung cancer. According to the National Cancer Institute (NCI), they estimate that more than 868,300 men in the United States will be diagnosed with prostate cancer and 34,700 men are expected to die of the disease in 2023. Prostate cancer screenings are vital. They often detect the disease before it spreads, and as a whole, survival rates are good for this type of cancer.

For more information on if Prostate Cancer Screening is right for you, visit: [CDC](https://www.cdc.gov/prostate/)



## Traveling this summer? Be on the lookout for the signs of Human Trafficking.

Human trafficking can happen anywhere, but transportation hubs such as airports, bus stations, truck stops, and travel centers are targeted by traffickers due to high volume of people passing through. Members of the traveling public are in a unique position to recognize and report potential human trafficking situations. [Human Trafficking 101](#) provides information on what indicators to look out for and how to help. Remember victims may be unable or prevented from getting help. Get help from the National Human Trafficking Hotline by:  
Calling 1-888-373-7888 or  
Texting HELP or INFO to 233733 (BEFREE).



### [New Mammogram guidelines](#)

suggest that women start screening at 40 years old instead of waiting till 50.



# THE SCOOP

on Adolescent and Reproductive Health

SEPTEMBER 2023

## Polycystic Ovary Syndrome Awareness Month

Polycystic Ovary/Ovarian Syndrome (PCOS) is a common and complex hormonal, metabolic, and reproductive disorder. The exact cause of PCOS is not known. Though several factors, including genetics, play a role. A staggering 50% of people who have PCOS go undiagnosed. Most find out they have it in their 20s and 30s, when they have problems getting pregnant and see their doctor. With PCOS being the leading cause of infertility in women.

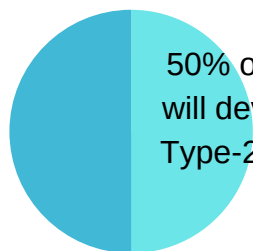
PCOS Affects 1 in 10 Women of reproductive age



PCOS can happen at any age after puberty. Early diagnosis is crucial in managing the effects of PCOS as well as helping to prevent the onset of more serious illnesses related to PCOS.

According to the [Office on Women's Health](#) some of the common symptoms of PCOS include:

- Irregular menstrual cycle. Women with PCOS may miss periods or have fewer periods (fewer than eight in a year). Or, their periods may come every 21 days or more often. Some women with PCOS stop having menstrual periods.
- Too much hair on the face, chin, or parts of the body where men usually have hair. This is called "hirsutism." Hirsutism affects up to 70% of women with PCOS.
- Acne on the face, chest, and upper back
- Thinning hair or hair loss on the scalp; male-pattern baldness
- Weight gain or difficulty losing weight
- Darkening of skin, particularly along neck creases, in the groin, and underneath breasts
- Skin tags, which are small excess flaps of skin in the armpits or neck area



50% of people with PCOS will develop prediabetes or Type-2 diabetes before the age of 40.

Other long-term outcomes studies have shown women with PCOS to be at **3X** higher risk for endometrial cancer, **2X** higher risk for ovarian cancer, and **2 - 4X** higher risk for breast cancer.

# THE SCOOP

on Adolescent and Reproductive Health

---

## ADDITIONAL RESOURCES

---

[American Association for Cancer Research](#)

Irvine, B. (2018). *Einstein and the art of Mindful Cycling: Achieving Balance in the modern world*. Leaping Hare Press.

[Chess 101: Who Invented Chess?](#)

[How chess took over the internet](#)

[National Polycystic Ovary Syndrome Association](#)

[Nebraska DHHS - Concussions](#)

[The Stealth Campaign That's Getting Your Kids Hooked on Chess](#)

This resource is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$3,912,446 with 0% financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government. For more information, please visit [HRSA.gov](https://www.hrsa.gov).



This newsletter was supported by Grant Number 2101NEPREP and 2201 NESRAE from the U.S. Department of Health and Human Services, Administration for Children and Families. Its contents are solely the responsibility of NEDHHS and do not necessarily represent the official views of the U.S. Department of Health and Human Services, Administration for Children and Families.