

THE SCOOP

NEW

on Adolescent and Reproductive Health

EDITION 7

JULY 2024

TABLE OF CONTENTS

1 - 2 Sleep: A Key to Youth Wellness

3 - 4 Positive Youth Channel and News Alerts

5 2024: A Year of Connection and Trivia

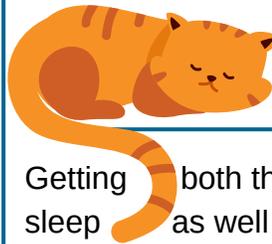
6 July 2024 and a Mindful Moment

7 August 2024

8 September 2024

9 - 10 Additional Resources

SLEEP: A KEY TO YOUTH WELLNESS



Getting both the daily recommended hours of sleep as well as quality sleep is vital for physical health and emotional well-being. The National Sleep Foundation's sleep duration recommendations decrease with age throughout adolescence. Below are the recommended hours of sleep for youth by age:

9 to 11 hours for 6- to 13-year-olds

8 to 10 hours for 14- to 17-year-olds

7 to 9 hours for 18- to 25-year-olds



Our culture tends to view teens as lazy and of needing sleep as a weakness. Both assumptions are harmful and inaccurate. There are numerous health benefits of getting enough sleep:

- Get sick less often.
- Stay at a healthy weight.
- Reduce stress and improve your mood.
- Improve your heart health and metabolism.

Continued next page

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DEPT. OF HEALTH AND HUMAN SERVICES

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[Adolescent Health](#)

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Health benefits of sleep continued:

- Lower your risk of chronic conditions like:
 - Type 2 diabetes.
 - Heart disease.
 - High blood pressure.
 - Stroke.
- Lessen the risk of motor vehicle crashes and related injury or death.
- Improve your attention and memory to better perform daily activities, like attending school!

High school students who do not get eight hours of sleep each day are considered to have insufficient sleep. According to the 2021 Youth Risk Behavior Surveillance Survey, insufficient sleep prevalence in high school students in the U.S. was at a rate of 77.3%. Below are high school student subgroups with the highest rates of insufficient sleep duration:

Female students (80%)

12th grade students (84%)

Black students (84%)



Quality sleep means sleep that is uninterrupted and refreshing. It is not only about how many hours slept but how well. Poor sleep quality can include: trouble falling asleep, waking up repeatedly during the night, and/or feeling sleepy or tired even after getting enough sleep. Adolescents who do not get enough time or quality sleep have a higher risk for many health and behavior problems. Lack of sleep directly affects brain functioning in regions crucial for self-control, learning, emotional reactivity, and reward processing. Insufficient sleep is linked to lower academic achievement from middle school through college.



The most alarming risk for not getting enough sleep is suicide. Compared to high school students who reported sleeping 8 hours per night, those who slept less than 6 hours were **three times** as likely to consider or attempt suicide, and **four times** as likely to attempt suicide resulting in treatment. It is also to be noted that suicide rates increase during the school year. **Youth die by suicide at much higher rates on school days than they do on weekends or during summer months.**

Given that sleep is habitual, intervention during early adolescence could have an important effect. Sticking to a consistent sleep schedule and limiting screen time in the evenings can assist in improving sleep. For more tips visit: [10 Tips to Help Your Teen Sleep Better](#)

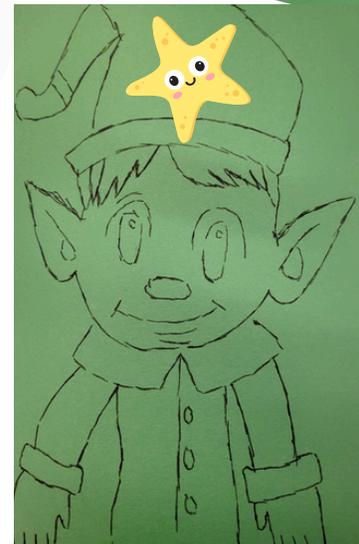
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Positive Youth Channel

To celebrate "Christmas in July"
here is a throwback to
December 2023.

Members of North Omaha Area
Health's Teen Outreach
Program® (TOP®) club at
Girls Inc, showed off their
creativity and artistic skills by
creating Christmas cards for the
residents of
Maple Crest Nursing Home.



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Positive Youth Channel

The TOP club members of North Omaha Area Health at Girls Inc, continued their community service learning this past spring. They made sandwiches for the Open Door Mission's Street Ministry to feed people who are experiencing homelessness.

The young people were humbled and more than willing to help make sandwiches. Many realized that they could be in their shoes which helped to connect to the earlier lesson on empathy.



Ozempic and other semaglutide class drugs can interfere with birth control and boost fertility, leading to an emerging trend:

[Ozempic babies](#)

cases of failure of oral contraception are due to semaglutide medications slowing down the emptying of the stomach, which in turn affect how food and medications are absorbed. This may cause oral birth control pills to not be absorbed consistently. It is recommended that an alternative method of birth control is used when taking semaglutide.

[Microplastics](#)

have been found in human testicular tissue, adding to growing concern about their possible effect on human reproductive health. The researchers found the most prevalent polymer was polyethylene (PE), which is used to make plastic bags and bottles.

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2024: A Year of Connection

Having and making friends during adolescence is important for young people. It helps them feel a sense of belonging and being valued. Friendship provides confidence, security, and comfort. Young people's brain's reward centers are wired to activate around peers and promote those relationships.



Adolescent friendships have changed over the past 30 years. In 1996, U.S. 10th graders went out with friends 2.5 times per week. By 2020 (pre-Covid) the rate had decreased to 1.5 times per week. What changed in that time? As of 2012, majority of teens owned a smart phone and 70% used social media daily, so friendship has moved online. With the always-on nature of social media and smartphones means that the percentage of teens in the U.S. who get less than seven hours of sleep on most nights has risen from 34% in 2012 to 49% in 2020.



67% of friendships make it from fall to spring of sixth grade

1% of friendships make it from 7th grade to 12th grade

Change is normal. It's ok for friendships to change over time. Young people need your help and support to build and maintain positive and supportive friendships. Help them develop friendship skills by being warm and supportive, staying connected, and actively listening.

[Learn more about youth friendships](#) 



Last edition's answer:

What summer fruit relaxes and dilates the blood vessels the same way Viagra does?
Watermelon

Watermelon



There are only 3 mammals that experience menopause. What are the other two mammals besides humans?

- A) Zebras & Pandas
- B) Gorillas & Chimpanzees
- C) Elephants & Humpback Whales
- D) Kangaroos & Polar Bears

**Answer in next edition*

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JULY 2024

Extreme Heat Awareness Month

July is Extreme Heat Awareness Month, where temperatures can easily reach over 100 degrees Fahrenheit. Not only is it necessary to check the temperature before heading outside but also the heat index. The heat index tells how hot it feels when relative humidity is added to the air temperature.

Exposure to full sunshine can increase the heat index by 15 degrees! Exposure to extreme heat can be dangerous causing progressively worse health outcomes of heat cramps, heat exhaustion, and heat stroke. For tips on how to prepare and what to do during these severe heat days visit, [Nebraska Hazards - Extreme Heat Preparedness](#).

The National Weather Service's new Heat Risk Map is an experimental color-numeric-based index that provides a forecast risk of heat-related impacts to occur over a 24-hour period. This map is meant to provide risk guidance for those in the heat-sensitive population. If you plan on any outside activities this summer make sure to check out the [New Heat Risk Map](#) to ensure you're prepared for the heat!



Search... **Corn Sweat** 🔍

It's not just heat that is a concern but also humidity. Corn doesn't really sweat but it does exhale water, called evapotranspiration. During peak corn and heat season, July and August, 1 acre of corn "sweats" about 3,000 - 4,000 gallons of water each day. The added moisture in the air makes it feel even more humid and boosts heat index temperatures even higher!

MINDFUL MOMENT

Awe is an overwhelming feeling of reverence, admiration, or wonder produced by that which is grand, sublime, or extremely powerful.

Awe can be experienced in everyday life by hearing thunder, being moved by music, walking in a Redwood Forest, or even watching fireworks!

Awe is an emotion that reminds us we are part of something greater which allows us to connect more deeply with others and the world around us. Feeling Awe sparks curiosity, creativity, and critical thinking. Studies have shown that experiencing awe leads people to cooperate, share resources, and enables greater kindness towards others. Our culture has become more awe deprived as we spend more time on screens. When was the last time you experienced awe? Check out these 6 way to [Inspire Awe](#) in young people!

JULY 2024

PAGE 6

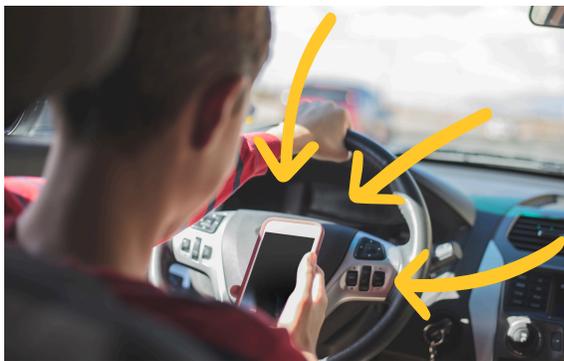
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AUGUST 2024

Back to School Season - Safe Driving

According to the Nebraska Teen Motor Vehicle Safety Surveillance Report (2016-2020), adolescent drivers ages 19 and younger represent only 5% of the driving population in Nebraska yet account for 21% of all crashes; in 2020 alone, they accounted for 6,218 crashes. Furthermore, in 2020, 14 of the 18 youth traffic fatalities, including drivers and passengers aged 13 - 19, were NOT wearing seat belts.



According to the 2021 Youth Risk Surveillance Survey of Nebraska High School Students,

51.4%

Texted or E-Mailed While Driving a Car or Other Vehicle

57.9%

Talked on a Cell Phone While Driving

Click it for:

[Parent & Youth Driver Resources](#)



Driving the Right Message

When your young person enters their driving years, it can cause a mix of excitement and concern. Parents and caregivers play a key role in keeping their adolescent driver safe at the wheel. Be a good example and get involved in their driving habits from the beginning, and stay involved. When parents and caregivers are supportive, involved, and enforce driving restrictions, it can lower their young person's crash risk by 50 percent!



Youth with involved parents and caregivers are:

- Twice as likely to use their seat belt.
- 70 % less likely to drink and drive.
- Half as likely to speed.
- 30% less likely to use a cell phone while driving.
- Significantly less likely to drive with multiple passengers.

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SEPTEMBER 2024 National Suicide Prevention Month



September is National Suicide Prevention and Awareness Month. It is a time to honor those lost to suicide as well as spread the message of suicide prevention and hope. It is important to remember that mental illness is treatable and suicide is preventable.

Suicide is the
2nd

leading cause of death for youth and young adults, ages 10 - 34.

There is hope... There are five action steps for communicating with someone who may be suicidal and are supported by evidence in the field of suicide prevention: Ask, Be There, Help Keep Them Safe, Help Them Connect, and Follow Up. Learn more about what you can do at [bethe1to campaign](#).

6 Ways to Support Youth Mental Health

- Support adolescents to express their emotions in healthy ways.
- Create an environment for open communication.
- Recognize the signs of depression in young people
- Help them (youth) manage stress and anxiety.
- Don't ignore suicidal talk or behaviors.
- Support them to seek professional help.



Did you remember to take a mental health dance break today? Movement is a powerful tool for stress reduction. Click the song above and dance your worries away!



Approximately 25% of adolescents think social media has a mostly negative effect on their lives and mental health. Do you feel the same way? We Think Twice has a quiz about how social media affects your life and mental health. This quiz is a great opportunity to take stock of the role social media plays in your life, you might be surprised what you learn!

[Quiz: Mental Health and Social Media](#)

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ADDITIONAL RESOURCES

Big Think: [Teen friendship has suffered a seismic shift over the past 20 years](#)

Center for Parent & Teen Communication: [3 Things To Remember About Teen Friendships](#)

Centers for Disease Control and Prevention (CDC): [Sleep in Middle and High School Students](#)
& [CDC Sleep](#)

Dictionary.com: [Awe](#)

Greater Good Magazine: [Why Do We Feel Awe?](#)

Nebraska Department of Health and Human Services: [Motor Vehicle Safety](#), [Teen Driver Safety](#),
& [Nebraska Teen Motor Vehicle Safety Surveillance Report \(2016-2020\)](#).

Nebraska Department of Transportation: [Teen Drivers](#)

Scientific American: [Let Teenagers Sleep](#)

University of California, Los Angeles - Center for the Developing Adolescent:
[What the Science Tells Us About Adolescent Sleep](#)

University of Illinois - Extension: [Corn fields add to muggy, humid Midwestern temps](#)

University of Nebraska Lincoln - Bureau of Sociological Research: [YRBSS](#)

Weather.com: [Weather Words: 'Corn Sweat'](#)

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ADDITIONAL RESOURCES

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