

# THE SCOOP

NEW

on Adolescent and Reproductive Health

● EDITION 11 ●

JULY 2025 ●

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# PUBLIC HEALTH IS FOR YOU

**Did you know that all of us — no matter our backgrounds — benefit from public health every day?**

Led by familiar faces like our friends, family and neighbors, public health systems create conditions for everyone in our community to be at their healthiest. Whether it's through wellness education, ensuring safe social spaces, responding to disease outbreaks or many things in between, public health plays a big role in all our lives.

Each community has its own unique needs — your local health department is tailored to meet them and give you the resources you need to make your own informed health and wellness decisions. Don't know where your local health department is? *Click the link below!*

[Find your local health department.](#)



# NEBRASKA

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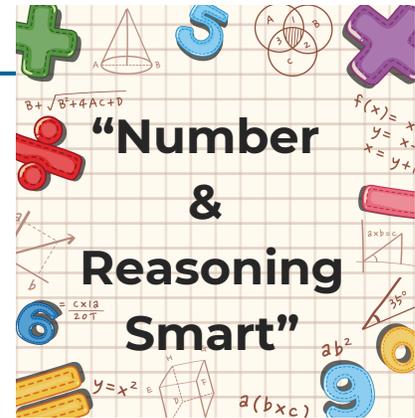
on Adolescent and Reproductive Health

## Multiple Intelligences

### Logical-Mathematical Intelligence

Considered one of the “traditional” areas of intelligence that focuses on understanding and using numbers effectively as well as analyzing problems by using logic and reasoning. This intelligence has the capacity to conceptualize abstractions and understand the logical relations among its actions or symbols.

Possible careers for youth with this intelligence: mathematician, accountant, statistician, scientist, computer programmer, and analyst.



#### How to incorporate Logical-Mathematical Intelligence in working with youth:

- Find patterns, especially when playing an opponent in a game
- Chart progress (data) to show trends over time
- Incorporate skill and strategy games
- Conduct experiments then record, analyze, and report on the data
- Create an escape room requiring analysis

### Musical Intelligence



People with musical intelligence have a sensitivity to rhythm, pitch, meter, tone, melody, and timbre. This talent is expressed by the ability to sing, play musical instruments, and/or compose music.

Possible careers for youth with this intelligence: singer, musician, composer, musical conductor, and DJ.

#### How to incorporate Musical Intelligence in working with youth:

- Use music when you would not normally
- Use music changes to mimic movements or patterns
- Create poems that follow a rhythm
- Write a parody using popular songs to incorporate information from lessons
- Create Public Service Announcements on adolescent health topics

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## Positive Youth Channel



just  
BAKED



The Community Action Partnership of Western Nebraska Teen Outreach Program® (TOP®) Club got creative in the kitchen and baked cupcakes and M&M cookies. The young people sold the baked goods to raise money to purchase supplies to make twist tie pillows for The Residency nursing home in Scottsbluff, Nebraska.



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## Positive Youth Channel



Youth members of the UNL Nebraska College Preparatory Academy (NCPA) Omaha North and South TOP clubs volunteered at the Foodbank of the Heartland in Omaha, Nebraska this past April.

The young people completed a total of 9 hours throughout April working at the food bank on various tasks such as packaging, checking expiration dates, and cleaning.



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## Positive Youth Channel

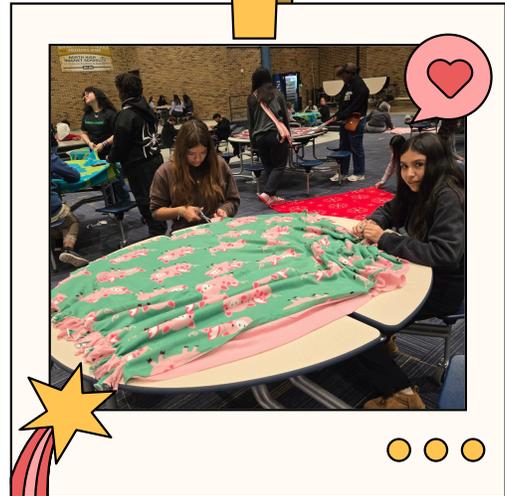
This past school year the NCPA TOP Clubs at Omaha North and South held a joint

**tie blanket-a-thon!**

The young people made about 90 tie blankets which they donated to the



**Foster Care Closet**  
of Nebraska



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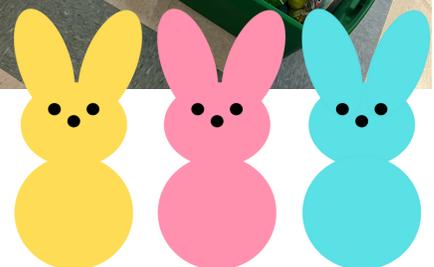
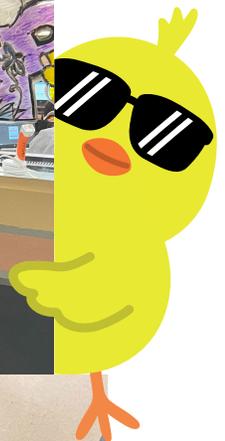
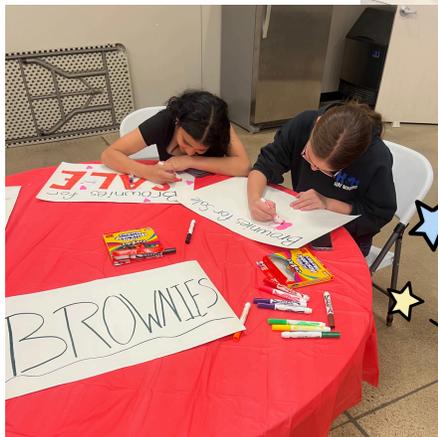
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## Positive Youth Channel



The TOP Club at the YWCA of Adams County have been busy making a difference in their community this past year. The club members made an impact by creating and sharing an anti-bullying campaign (left) and making Easter Baskets for patients at the Mary Lanning Hospital (below). Additionally...

the young people have become expert bakers and made brownies for a bake sale to raise funds for the Heartland Pet Connection!



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## New Chatterbox Chats Game Sets

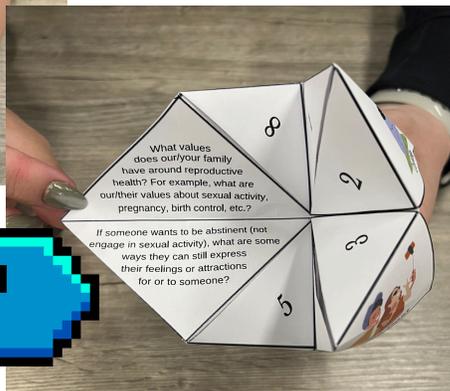
Summer is the perfect time to have meaningful conversations IRL (in real life)! Talking face-to-face is a great way to connect, share ideas, and understand each other better. Chatterbox Chats game sets aid in having important exchanges about topics centered on youth well-being and helps build a strong foundation for the future.



### Chatterbox 5:

### Relationships - Consent

This Chatterbox dives into discussions that help youth recognize deal breakers and warning signs in relationships, understand what pressure looks like, and learn how to handle rejection or breakups respectfully, all while encouraging healthy boundaries and clear communication.



### Chatterbox 6:

### Reproductive Health and Well-Being

This chatterbox helps youth identify where to find reliable reproductive health information and encourages them to think about their family's values.



### Chatterbox 7:

### Thinking About What I Want

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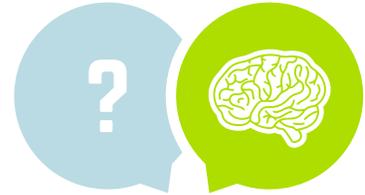


A [new study](#) finds that people with human papillomavirus (HPV) face a significantly higher risk of heart disease and coronary artery disease. Researchers found HPV-positive individuals had up

to **two times** the risk of coronary artery disease compared to those without the virus. Experts say these results highlight the need for further research and suggest that HPV vaccination could potentially play a role in reducing cardiovascular risk.

A [large international study](#) has found that women with endometriosis are at a higher risk of both premature and early menopause, and are seven times more likely to experience surgical menopause—when both ovaries are removed—compared to those without the condition. The research showed that surgical menopause occurred on average 19 months earlier, and natural menopause five months earlier, in women with endometriosis. Experts say these findings highlight the importance of regular health check-ups and tailored care for women with endometriosis, as early or induced menopause can increase the risk of other health issues like osteoporosis and heart disease.

Another [at-home STI screening test has been approved](#) by the US Food and Drug Administration. The Visby Medical Women's Sexual Health Test, tests for chlamydia, gonorrhea, and trichomoniasis, and is the first at-home test that can be purchased without a prescription. The device analyzes tissue from a self-collected vaginal swab, delivering results to a mobile app in about 30 minutes.



Last edition's answer:

Can you guess which emoji shows you're "officially old", according to adolescents?

Answer:



The youth slang term "Gas" can mean all of the following EXCEPT:

- A) Describing something as cool or excellent.
- B) A term for marijuana.
- C) To hype someone up or encourage them.
- D) To describe feeling tired or sleepy.

*\*Answer in next edition*

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JULY 2025

## July 28: World Hepatitis Day

Hepatitis is an inflammation of the liver (pictured right), most commonly caused by a viral infection. The five main hepatitis viruses are types A, B, C, D, and E. Hepatitis B and C are the most common forms of viral hepatitis and can become chronic. Each type of hepatitis has its own infection pathway though none can be contracted by causal physical contact - like hugging. Hepatitis A, B, and C can all be spread through sexual contact.

**Half of all liver cancer cases are caused by chronic hepatitis.**

Acute (short-term) hepatitis B and C illness can become chronic long-term infections. Chronic hepatitis B and C can lead to liver disease or liver cancer. It's important to get tested for hepatitis B and C and know your status so you can take steps to keep yourself healthy. There is a treatment for hepatitis B and a cure for hepatitis C, which can prevent hepatitis from progressing to liver failure or liver cancer.

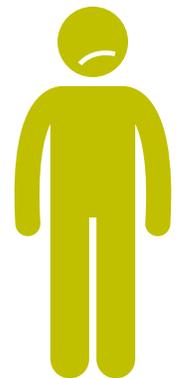
Did you know that people who are living with HIV are more likely to also be diagnosed with hepatitis? While HIV does not cause hepatitis it can make it easier for the other virus to enter your system. This is called a co-infection.



### Common Symptoms

Not everyone experiences the same symptoms from a hepatitis infection, with some people not having any symptoms at all.

- Fever
- Loss of appetite
- Extreme tiredness
- Diarrhea
- Nausea
- Vomiting
- Abdominal pain
- Dark urine
- Pale colored feces
- Jaundice (yellowing of eyes and skin)
- Headache and/or joint pain



[Living Positively with HIV and Hepatitis: A Digital Toolkit for Young People](#)



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AUGUST 2025

## Children's Eye Health and Safety Month



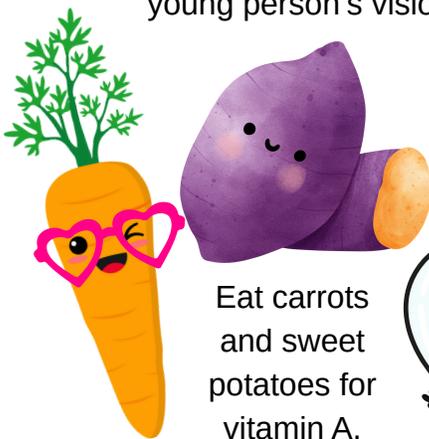
Nearsightedness, a common eye condition where distant objects appear blurry and close items are seen clearly, is increasing in prevalence and researchers predict that by 2050, about half the people in the world will be affected. Interestingly, when young people play outside more, their risk of nearsightedness decreases. **It is estimated that young people in the US average about 7 hours per day looking at screens, and only about 4 to 7 minutes outside.**

**30% of adolescents in the US have Myopia (nearsightedness)**

### Healthy Vision Tips:

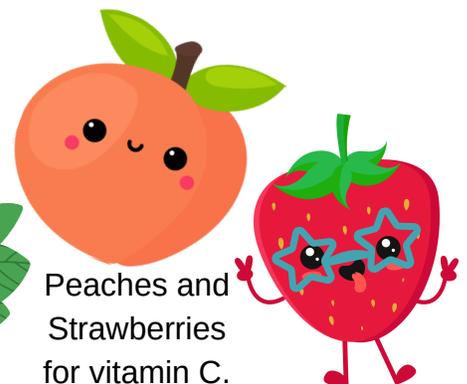
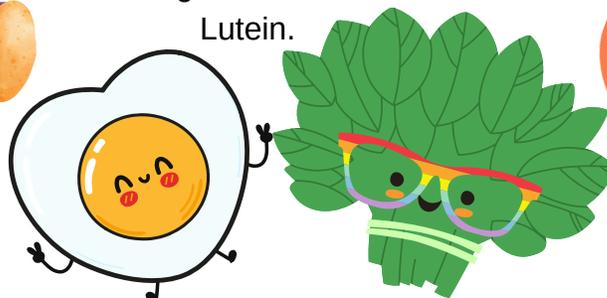


1. **Eat Well** - [Vitamin A, C, E, lutein, and zinc](#) are critical nutrients for eye health.
2. **Limit Screen Time** - Increased screen time can make vision problems worse, take frequent breaks throughout the day.
3. **Get Enough Sleep** - Sleep is necessary for our bodies and eyes to recover and heal.
4. **Spend Time Outdoors** - Playing outside helps youth reduce eye strain from excessive screen time, exercise, and get important vitamin D from the sun.
5. **Use Protective Eyewear and Sunglasses!** - 90% of eye injuries can be prevented with protective eyewear and sunglasses help protect against harmful UV rays.
6. **Get Regular Eye Exams** - An eye doctor can assess if there have been changes to a young person's vision which can then be treated and managed.



Eat carrots and sweet potatoes for vitamin A.

Eggs and leafy greens for Lutein.



Peaches and Strawberries for vitamin C.

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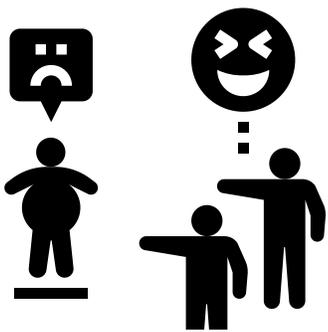
SEPTEMBER 2025

## National Childhood Obesity Awareness Month

Obesity in adolescence is a complex disease with many contributing factors, including genetics, eating patterns, physical activity levels, and sleep routines.

**From 2017 to March 2020, the prevalence of obesity among US children and adolescents was 19.7% which is about 14.7 million young people aged 2–19 years have obesity.**

Compared to children with healthy weight, children with obesity are at a higher risk for asthma, sleep apnea, bone and joint problems, type 2 diabetes, and other risk factors that contribute to heart disease such as high blood pressure. Adolescents with obesity are more likely to have obesity as adults which is why early intervention is important!



*Learn more about how to reduce obesity with these tips...*

Young people with higher body weight are vulnerable to weight stigma that leads to bullying.

This can be experienced in many forms such as name-calling, physical aggression, cyber-bullying, target of rumors, and/or social exclusion by peers. This stigma negatively impacts a young person's wellbeing culminating in an increased risk of depression, anxiety, and substance use. Access guides to support a bias-free environment—[see how you can help.](#)



### Ways Families Can Help Prevent Obesity in Adolescence

- Model a healthy eating pattern
- Move more as a family
- Set consistent sleep routines
- Replace screen time with family time
- Support obesity prevention in early care and education
- Find a family healthy weight program

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## ADDITIONAL RESOURCES

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Center for Disease Control and Prevention: [Childhood Obesity Facts](#)

Child Development Institute: [Multiple Intelligences](#)

[Multiple Intelligences Oasis](#)

Simply Psychology: [Howard Gardner's Theory of Multiple Intelligences](#)

WebMD: [What Parents Need to Know About Myopia in Children](#)

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