

## Conference Sessions • Thursday, July 12

### **Health Literacy in Many Cultures**

81st Annual ASHA School Health Conference

July 9 - 13, 2007

Ala Moana Hotel - Honolulu, Hawaii

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### **7 - 8:10 am - Roundtable Presentations** (*choice of two*)

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#### **The Unexplored Role of Literacy and EOGs (End of Grade Test) in a Rural County**

*Rick Barnes, Victor Aeby*

The traditional approach to implementing remedial interventions is to use veteran teachers. The presenters will describe the issues and findings associated with one North Carolina middle school's contract with the Sylvan at School program to provide remediation services using Title I money. While none of the factors examined were significant in predicting the success of a student in the Sylvan in the School program, the environment that Sylvan provides aided in shedding the factors examined, as students used them as a way to rationalize their educational downfalls.

#### **Smokebusters Phase II: Implementation of a School-Community, Anti-Tobacco Media Advocacy Program**

*MaryAnn Reed, Lori Moots-Clair, Emily Krogmann,*

*Brittany Schultenhenrich, Joseph Stauber, Carrie DeCarli*

In Phase II of a three-phase, school-community, anti-tobacco advocacy program, Smokebuster youth are empowered to become advocates for policy change through media/governmental relations advocacy training and their creation of mass media pieces for community- and school-wide distribution. Presenters will describe the steps needed to implement a program to empower Smokebuster youth to serve as advocates for a tobacco-free school and community.

#### **Enhancing Professional Preparation to Promote Cultural Literacy**

*Mal Goldsmith, Nicholas Iammarino*

The need for health professionals to develop cultural competencies has never been greater. In this roundtable, the presenters will explore why these competencies are needed. They also will provide insights into how professional preparation programs can enhance cultural literacy. The presenters will share specific guidelines and resources relative to courses, workshops, class units, and travel study experiences that aid cultural competence.

#### **What Thai Students Think About the Use of Sin Taxes to Fund Health Promotion Programs**

*Noy Kay, Kele Ding, Khemaradee Masingboon, Nattiporn Nokkaew, Philemon Yebei*

Thailand is using excise taxes from alcohol and cigarette sales - generally know as "sin taxes" - to fund health promotion programs. The presenters will share the opinions of 300 12th-grade students relative to the use of sin taxes, as well as describe the pros and cons of sin taxes, and health promotion activities receiving funds from sin taxes.

### **Alaka'i = Leader: Find Out About ASHA's Future Leaders Academy**

*Kelly Wilson, Amy Cory, Candi Hendershot,  
Adrian Lyde, Ty Oehrtman, David Wiley*

Members of the ASHA Future Leaders Academy will share and discuss examples of documented leadership qualities and traits. Participants will learn about the requirements of the Future Leaders Academy and discuss the connection to becoming a leader in ASHA.

### **Introduction to CDC's School Health Education Resources (SHER) Web-Based Tool**

*Carolyn Fisher*

The presenter will describe the School Health Education Resource (SHER) database, a user-friendly web tool to help find CDC's school health education resources. The resources are aligned with the National Health Education Standards and characteristics of an effective health education curriculum.

### **Navajo Coordinated School Health Utilizing the Corn Model**

*Eli Bigthumb, Natasha Bitsui, Stephanie Keahey, Tonilisa Nezz*

The Navajo Nation developed a nationally recognized Coordinated School Health approach based on the Corn Plant Model. The model integrates Navajo traditions and values into a coordinated school health approach. Participants will learn about partnerships, unique strategies, and evaluation tools.

### **Midwest Nutrition and Fitness Curriculum Migrates South: How Michigan and South Carolina are Partnering to Train Diverse Groups of Teachers and Students**

*Christine Beyer, Katherine Cason, Kristina Derhammer*

The presenters will describe a partnership formed between Michigan and South Carolina to examine school-based interventions to prevent obesity. Clemson University evaluated and pilot-tested three nutrition and fitness curricula. The South Carolina Dept. of Education partnered with Michigan State University to conduct a workshop for approximately 25% of South Carolina school districts using the MSU Jump Into Foods and Fitness elementary curriculum.

### **Healthy Bodies and Minds – Tobacco- and Alcohol-Free Growth and Development**

*Susan Clark, Rebecca Brey*

The presenters will describe a teaching strategy used to identify a variety of body structures and positive personal characteristics, explain the potential impact of tobacco and alcohol use on these characteristics and body structures, and determine why and how students should avoid tobacco and alcohol use. Participants will draw, pair/share, brainstorm, and participate in group discussion.

### **The Health Education Apprentice**

*Amy Thompson, Dianne Kerr*

The Apprentice is a popular television program that requires contestants to develop effective marketing strategies to sell various products. The presenters will describe an activity that challenges students to market health products that may be particularly difficult to sell. This activity generates discussion regarding safe and effective health products and addresses health literacy in terms of how consumers interpret various health messages.

### **Ultimate Destination: An Unintentional Injury Activity**

*Lynne Edmondson, James Reid, Kay Hamilton*

Unintentional injuries, accidents, and actions are the leading cause of death for persons aged 1-44 years. Students can make a difference in their health by preventing injuries and reducing consequences. Participants will brainstorm specific scenarios and prevention actions/activities for categories of injuries, including residential, motor vehicle, sports, and workplace accidents. Participants will receive a helpful chart.

### **A Service Learning Project: Coordinating Classroom and Food Services Nutrition**

*Andrea James*

The presenter will describe a teaching idea used to implement a service learning project. The presenter will explain how a classroom teacher, a nutrition services manager, and students can work together to promote health education through a coordinated school health system. This technique can reinforce students knowledge, skills, and behaviors.

### **Michiana, a Two-State Coordinated School Health Leadership Institute: Lessons Learned**

*Jeffrey Clark, Susan Clark, Denise Seabert*

To maximize resources, Indiana's and Michigan's Departments of Education developed a coordinated effort to train teams from 20 schools (10 Indiana schools and 10 Michigan schools). The presenters will share the results of a study that was conducted to determine the progress made by individuals and school teams as a result of their participation in the Coordinated School Health Leadership Institute. On most items, individuals rated their team skills higher than their individual skills. For most participants, their assessment of their skills consistently improved with each training institute.

### **Retrospective Analysis of School Health Education: Young Women's Perspectives**

*Jennifer Kimbrough*

The presenter will describe the findings of a focus group study conducted to understand what former North Carolina public school students perceived as the nature and quality of their health education experiences and how those experiences translated into health behavior and health literacy as young adults. Participants were asked a series of questions regarding health in schools, memorable health education experiences, and how to make health education meaningful. The young women in the focus group were unmistakable in their belief that their schools had failed to provide them with adequate health education.

### **Evaluating the Effectiveness of a Teen-Focused, Asthma Intervention Program: Implications for School-Based Health Education Utilizing the Participatory Research Framework**

*Kimrey Millar, Betty Burton*

The presenters will describe the lessons learned using a participatory framework approach in a school-based, health intervention study. Lessons learned using a participatory framework included: (1) Gaining support from the community and the school is critical to the planning and evaluation processes; (2) School staff (in this case, school nurses) and program facilitators are key players in evaluation activities; and (3) Accountability must be in place and closely monitored to ensure efficiencies throughout implementation and evaluation activities.

### **The Effect of Oral Health Protection Activities on Oral Hygienic Knowledge in the Elementary School of Native Tribe**

*Tsui-Ming Chang, Ming-Ju Chuang*

The presenters will share the findings of a study conducted to determine the effect of oral health promotion activities on the oral hygiene knowledge of native tribe elementary students. Students in grades 2-6 from Ren-ai township Nonton county participated. Oral hygiene knowledge was higher after the oral health protection activities.

### **The Michigan Physical Education Evaluation: Using a Rubric for Assessing Motor Skill Form and Function**

*Lisa Russell, BA Laris, Leah Robin,*

*Co-authors: Trina Boyle-Holmes, Liso Grost, Glenna DeJong, Krystin Martens*

The presenters will describe the Michigan Exemplary Physical Education Curriculum, a program designed to improve health by teaching motor skill development with physical activity knowledge and personal and social skills. A user-friendly skill assessment was used to evaluate students' motor skill development. Results indicated that the curriculum increased motor skills and that the skill assessment could be used easily as a teaching and assessment tool.

### **Helping Adolescents Choose Abstinence**

*Razia Zelko*

The presenter will describe a program designed to help students use critical thinking skills to choose not to engage in risk-taking behaviors. The program is designed to help students understand when a circumstance could lead to a dangerous outcome, and contains experiences and scenarios to which students can relate.

### **One Policy - Raise Student Achievement; One Plan - Comprehensive School Improvement**

*Jim Tackett, Barbara Donica, Cheri Meadows, Erin McGee*

Within a well-coordinated school health system, Kentucky districts and schools use a common process to develop one plan to address barriers to student achievement. The presenters will describe how Kentucky uses this process to fulfill the requirements of federal and state law, and more importantly, to address nutrition and physical activity-related barriers to achievement.

### **Family Involvement: Considering Literacy and Culture in Your Communications**

*Laurie Schneider*

Family involvement is a recommended component of comprehensive, school-based health initiatives. The presenter will explore the prevalence of limited literacy, provide tips for developing culturally and literacy-level appropriate written materials, describe tools to assess the reading level of written materials, and offer alternative strategies to convey health information.

### **Expanding Our Reach: Bringing Community-Based Organizations into Schools to Address the Diverse Needs of an Urban School District**

*Kim Coates, Trish Bascom*

The presenters will outline the challenges faced in collaborations between schools and Community-Based Organizations (CBOs). They will identify strategies to strengthen coordination and ensure that students receive quality health programs to enhance learning. The

presenters will describe a CBO Orientation model that includes a CBO Orientation manual. They will discuss requirements for CBOs interested in working in schools and afterschool programs.

### **Preparing School Health Educators to Deal Effectively with Cultural Diversity**

*Mark Temple*

We live and work in an increasingly multicultural reality. Health educators need to be effective in developing lessons that will enhance student understanding related to cultural diversity and health disparities. The presenter will provide opportunities for participants to explore benefits and challenges associated with instruction related to cultural diversity and health disparities.

### **A Coordinated Approach to a Complex Issue: Building Support for Asthma Education in Schools**

*Nancy Langenfeld, Maria Bonaiuto*

Obtaining the commitment and support of administrators is critical to developing health programs in schools. School health teams are an effective vehicle to develop schoolwide plans to address asthma and related health issues, and build internal capacity for change. The strength of collaboration adds skills, knowledge, and power to schools, families, and communities, and a voice for children with asthma.

### **Hip to Hep: Liver Wellness and Viral Hepatitis for Teens**

*Heather Lusk, Janice Nillias*

This Hip to Hep roundtable discussion will describe the latest in viral hepatitis epidemiology, transmission, prevention, and treatment information. The broader issues of liver wellness and liver disease prevention also will be addressed. The American Liver Foundation's liver wellness curriculum will be shared.

### **100% Tobacco-Free Schools: Promoting School Health in Tobacco Country**

*Mark Ezzell, Scott Proescholdbell*

In this roundtable, participants will learn how to advocate for adoption of 100% tobacco-free school (TFS) policies in local school systems. Participants will learn how TFS policies promote school health, and how to develop plans, alliances, and community partnerships to promote adoption and implementation of the policies. If it can be done in North Carolina, it can be done anywhere!

### **A-H Is Not Enough, Now It's 13 Themes: Federal Involvement in Abstinence Education**

*Michael Young*

The presenter will provide participants with background information related to federal involvement in abstinence education in the United States. In addition to providing historical context, the presenter will focus on the a-h definition of abstinence education and the "13 themes" imbedded within A-H. This presenter will also describe other issues related to the federal government's current approach to abstinence education.

**Getting Focused: Using Focus Groups  
to Assess Implementation of Local Wellness Policies in Schools**

*Amy Thompson, Cynthia Symons, Judith Johns*

Focus groups are an effective tool that can be used in school settings to assess, plan, and evaluate school-based programs and policies. The presenters will offer guidance on conducting focus groups, developing a moderator guide, and communicating results with members of the coordinated school health team. The presenters will place special emphasis on assessing local wellness policy implementation using this methodology.

**8:20 - 9:20 am**

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**Brief Multiple Behavior Health Programs for Adolescents**

*C. Chad Werch*

The presenter will describe the potential of brief multiple behavior health programs, such as SPORT, an intervention consisting of user-friendly materials and tools scientifically tested with funding from NIH to help improve both health-risk and health-promoting habits of adolescents using naturally motivating social images to plan positive change.

**Saving Middle School Health Education from Extinction:  
Achieving Literacy Through Advocacy and Multidisciplinary Connections**

*Denise Seabert, Becky Kennedy*

At a time when students have the greatest need, middle school health education is at risk of becoming extinct. Participants will gain information, resources, and strategies to enhance advocacy efforts for maintaining adequate time for middle school health education. In this interactive session, participants also will develop skills for reducing the achievement gap, improving academic achievement, and increasing health literacy. *(Sponsored by the ASHA School Health Curriculum and Instruction Council)*

**Rewiring the Brain:**

**Using Brain Plasticity to Enhance Coordinated School Health Program Literacy**

*Cristal McGill*

Recent discoveries in the field of neuroscience have turned educational methodology into a science of learning, revealing truly astonishing insights about the brain and learning. The discoveries lay the foundation for distinctly new and effective approaches to teaching and learning. Coordinated School Health is a prescription for creating enriched learning environments for examining health tasks and skills for students and staff. *(Sponsored by the ASHA Health Coordinators Section)*

**The Road Best Traveled: Colorado's Roadmap to Coordinated School Health**

*Taralyn Jensen-Jones, Karen Connell, Bruce Guernsey*

In Colorado, a collaborative including two state agencies, a non-profit organization, and a research and evaluation consulting firm joined forces to develop an implementation guide - Roadmap - for all Colorado coordinated school health teams. The Roadmap describes a step-by-step, phased process for implementing coordinated school health at the building level. In 2006-2007, the Roadmap was piloted with 22 school districts.

**Eating Behaviors and Physical Activity Levels Among School-Aged Children:  
Results of the Schools for Healthy Lifestyles Program**

*Wendy Jones, Co-authors: John Bozalis, Steve Sternlof, Lindsy Kelso*

The presenters will describe the programs and activities of Schools for Healthy Lifestyles (SHL), a nonprofit organization formed in 1997 to combat Oklahoma's declining health status. The organization's mission is to promote and maintain healthy lifestyles among students, families, and educators. The SHL program has been nationally recognized and awarded for its outstanding efforts and listed as a best practice model for Oklahoma.

**Fine Tuning Our Advocacy for School Health:  
Timely Messages for School Administrators**

*Jacquelyn Sowers*

What are some important things to keep in mind when preparing to persuade school administrators and board members of the need for school health and physical education, health services, and attention to healthy environments? This session will explore a dozen things to anticipate and be ready for and identify timely advocacy approaches that promote the health literacy of students and staff. *(Sponsored by the ASHA Council on Administrative Support for School Health)*

**ROX! Ruling Our Experiences: An Empowerment Program for Urban Girls**

*Lisa Hinkelman*

ROX! Ruling Our Xperiences is a research-based girls' empowerment program that teaches girls about body image, gender roles, dealing with harassment and discrimination, sexual violence, sexual assault prevention, career development, and leadership. This session will detail the development of the ROX program and curriculum, including the research and collaboration necessary for implementation, and will summarize the outcome research conducted on the program in an urban population. Group activities and resources will be shared with participants.

**Music Videos: A Teaching Tool for Media Literacy**

*Devin Miller, Christopher K. Wirth*

Participants will view current music videos and use a video behavior analysis form to assess the health behaviors observed in the video. Contents of the video will be discussed as well as teaching ideas for including the analysis form in health lessons.

**Breathe Your Best for School Success:**

**The Evaluation of an Initiative to Enhance Asthma Management in the School Setting**

*Colleen Richmond, Jamie Kleiss, Angela Hobson,  
Jamie Wottowa, Emily Pike, David Sterling*

The presenters will describe the findings of a study that evaluated the impact of an initiative developed to increase asthma action plans (AAPs) turned into school nurses. The results indicate that the initiative may increase the awareness and importance of AAPs. However, other barriers in a low-income urban area may influence family participation.

## **Development and Evaluation of an Integrated Asthma Awareness Curriculum for the Entire Classroom**

*Emily Pike, Jamie Kleiss, Colleen Richmond, Angela Hobson,  
Jamie Wottowa, David Sterling*

The presenters will examine the findings a study that assessed student knowledge gain, teacher acceptance, and grade appropriateness of incorporating asthma awareness curriculum into grade school classrooms. Results of the study indicate offering asthma education in the classroom can provide an opportunity for all students to gain knowledge and build health literacy about the leading chronic disease in school-aged children while enhancing concepts taught in core subject areas

**9:30 - 10:30 am**

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## **School Employee Wellness Programs: A Tale of Three Cities**

*Thomas Sims, Kathy Kupecz, Ginny Ehrlich*

This session will describe the elements of a comprehensive school employee wellness program as identified in the DHPE guide titled *School Employee Wellness: A Guide for Protecting the Assets of Our Nation's Schools*. The session will describe how the guide is being used as a template for program implementation in three settings: (1) the Healthy Schools Program of The Alliance for a Healthier Generation; (2) Colorado Departments of Education and Health Public Health and Environment; and 3) Directors of Health Promotion and Education national program dissemination.

## **Hospitals and School Districts Together: Interagency Collaboration for Coordinated School Health**

*Lynn Hammond, Bonnie Bailer*

The presenters will examine two collaborative experiences: (1) at the local level involving a hospital and a subset of schools within a large urban school district, and (2) other statewide efforts to link schools and hospitals into partnerships supportive of coordinated school health programs.

## **Success Stories:**

### **Partnerships to Promote Integration of HIV, STD, and Teen Pregnancy Prevention**

*Sharon Murray, Liz Henderson, Kellye McKenzie, Dana Cropper Williams,  
Danielle Sollers, Rebecca Barson; co-author: David Napp*

Participants will learn how strategic partnerships between state education and health agencies have resulted in improved efforts to integrate HIV, STD, and teen pregnancy prevention programs at the state and local levels.

## **Navigate by the Stars:**

### **NYS's Research-Based Health Leadership Initiative and Guidance Document**

*Kim McLaughlin, Desiree Voorhies, Owen Donovan*

In this session, the presenters will explore and engage in various steps of NYS's journey to develop a multiyear Health Education Curriculum and Assessment Leadership Institute to build skills in standards-based curriculum and professional development. Presenters will describe the

10 Navigational Stars (Guiding principles), the state learner-centered guidance document, and a backwards design process. Print and electronic materials will be shared.

### **A Skill-Building Session on the Integration and Evaluation of Education Content Standards with Health Curricula: A Step-by-Step Approach**

*Mical Shilts, Marcel Horowitz*

Many schools face pressure to teach primarily to education content standards. This makes marketing and teaching health education even more difficult. The presenters will describe how content standards and health education may be combined. The presenters will demonstrate how they are addressing this issue in California, and will share ideas and activities.

### **Youth Outreach Workers as a Tool to Enhance Health Literacy in a Multicultural School District**

*Meyla Ruwin, Trish Bascom*

In this session, participants will learn about an innovative approach to improving health literacy by developing a Youth Outreach Program. The presentation will explore the innovative ways a large, multicultural district has worked to develop and implement a citywide Youth Outreach Program to increase student body's awareness of health issues and services; increase student participation and voice in health-related issues; and increase student leadership skills in promoting health literacy, habits, and positive emotional and physical development.

### **Improving Health Literacy with a HEAP of Books**

*Tami Deal, Larry Deal*

Health text and purposes for reading it make up a real-life literacy domain that can be utilized to enhance children's health literacy. Children's books can be used to empower students to make safe and healthy decisions regarding their health. Instructional strategies and professional development strategies for integrating best practices in early literacy with standards-based health education will be highlighted. (*Sponsored by the ASHA Health Coordinators Section*)

### **“Good-For-You TV”: Storyboarding for Health-Related Television PSAs to Advocate for Personal, Family, and Community Health**

*Carolyn Cox, Emily Forsyth, Peter Guirguis*

In this Teaching Technique, the presenters will describe how creating health-related television public service announcements (PSAs) encourages students to think critically, demonstrate citizenship, learn independently, and communicate effectively. In preparation for student or local television station production (shoot/edit/voice over/soundtrack), students develop their persuasive health message and 'storyboard' their production ideas. (In a subsequent lesson, students would write the copy for the PSA.)

### **The Influence of School Context on Children's Body Mass Index from Kindergarten Through Fifth Grade**

*Amy Cory*

The presenter will review the findings of a study that examined the extent to which differences in the body mass index of children can be explained by school context from kindergarten through fifth grade. The findings from the study provide an initial step toward the development of a more complex hierarchical linear model of the body mass index of children in the context of the

family, school, and community.

### **Gender and Ethnic Differences in High-Calorie Food Intake Among Elementary School Children**

*Joy Anderson, Ranjita Misra, Sharon McWhinney, B. Lee Green, Brian Rivers*

The presenters will describe the findings of study that explored gender and ethnic differences in consumption of fresh fruit, fruit juice, fruit-flavored drinks, and frozen dessert among underserved 4th-grade students in a rural Texas county. Results indicate significant gender and ethnic differences in fresh fruit intake reveals the need for promoting healthy diets to reduce or eliminate the disparities that exist with regard to fresh fruit, fruit juice, fruit-flavored drink, and frozen dessert consumption.

### **The Effects of a Mental Health Education Program on Knowledge and Attitudes of Mental Health in Eighth-Grade Students**

*Nicole Bereolos*

Traditionally, mental health in the schools has been limited to providing clinical services, and education has been minimal. Rarely has mental health information been disseminated into middle schools. Understanding what constitutes a healthy mental life, problems common to adolescents, and reducing stigma are components of this study. The analysis revealed that although knowledge can be readily improved, a change in attitudes could not occur from just one iteration of the educational program. However, mental health education is still needed in middle schools and educational programs may require multiple exposures and further evaluation.

**10:40 - 11:40 am**

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### **How Public Health Departments Work and How to Work with Public Health Departments**

*Amy Greene*

Public Health's answer to how schools work and how to work with schools – join this interactive session and learn how public health departments work and how working with public health departments can benefit your school health program. Results from interviews with representatives from state agencies, national organizations, and federal agencies will be shared.

### **Reducing Health Disparities by Reducing Educational Disparities**

*Diane Allensworth*

Health and education disparities are associated with low socioeconomic status and race. Causes of the achievement gap are numerous but the strongest factors include poverty, poor health, lack of early-childhood learning, poor teacher quality, and illiteracy. Illiteracy is a cause of health disparities. The presenter will share strategies that schools may use for closing the academic achievement gap.

### **A Team Approach to Increasing Health Literacy Through a Coordinated School Health Council**

*Kari Senger, Sandy Klarenbeek*

A coordinated approach to school health issues is an effective way to increase health literacy among students, staff, parents, and community members. Participants will learn key strategies for

establishing a school health team that works together on program and policy implementation. Presenters will share success stories from large and small districts as well as schools serving primarily Native American students. (*Sponsored by the ASHA Health Coordinators Section*)

### **Utilizing the Healthy School Report Card Canada (HSRCC) in a Professional Teacher Preparation Program**

*Sandra Vamos*

The preparation of prospective educators by higher education involves incorporating integrated concepts into their professional preparation programs to assist with the challenge of both health and education reform in the quest to create healthy school communities. This session will focus on the utilization of the Healthy School Report Card Canada in the effective practice and content within teacher education programs.

### **Collaboration for Safer Choices in South Carolina**

*Aaron Bryan*

The South Carolina Dept. of Education collaborated with the South Carolina Campaign to Prevent Teen Pregnancy to train 100 high school teachers in the Safer Choices sexuality education curriculum. This presentation will highlight the trainings designed to incorporate the required Safer Choices addendum to comply with the mandated South Carolina Comprehensive Health Education Act.

### **Promotora/Community Health Workers as Effective Educators Within School Settings**

*Diana Careaga, Jefferson Sá, Veronica Olmos, Teresa Halliday*

Women and Community is a *Promotora* oral health and leadership program serving the Central City, Westlake, and Pico Union communities of Los Angeles. *Promotoras* are community residents trained as health educators who provide a link between social services and other residents. They receive extensive training, and offer health education workshops in a variety of community settings. Within schools, *promotoras* provide an effective link between parents and health education resources.

### **Let's Get Real: Cross-Cultural Methods for Addressing Bullying and Name Calling Among Middle School-Aged Youth**

*Michael Courville, Cristy Chung*

In this session, presenters from the Respect for All Project (RFAP) will examine name calling and bullying in cross-cultural settings. The presenters will describe several hands-on activities for changing classroom and community attitudes about bullying. The session will include a viewing of the award-winning, documentary film *Let's Get Real*. The film features middle school-aged youth - not adults - speaking frankly about their varied, and often-painful experiences with name calling and bullying.

### **Health Literacy CRISS Lessons for Steps to a Healthier You Magazine**

*Lisa Ross, Catherine Gerard*

In this Teaching Technique session, participants will learn about Creating Independence Through Student Owned Strategies (CRISS), a best practice for reading comprehension using a lesson with a variety of health topics. More than 10 different strategies will be modeled in the session. The lesson will be made available to participants via the Steps school website.

**Testing a BRIEF Health Literacy Screening Tool:  
Implications for Identifying and Responding to Individuals' Health Literacy Needs**

*Jolie Haun, Co-authors: Virginia Noland-Dodd, Jill Varnes,  
John Graham-Pole, Barbara Rienzo, Gail Dale-Young, Patricia Donaldson*

Adverse health outcomes associated with low health literacy, affect one in three Americans and consumes billions in resources annually. Professionals need an efficient means of identifying individuals' health literacy skills. The presenters will describe the findings of a study conducted to examine a brief health literacy screening tool and predictors of health literacy level. Findings suggest professionals can ask four questions to screen an individual's health literacy needs. Further, self-efficacy, ethnicity, educational level, and ability to define "health literacy" are predictors of one's health literacy level.

**Integrating HPV Education in Secondary Education Curriculum**

*Dieula Delissaint, Joy L. Anderson*

The presenters will review the findings of study that reviewed HPV prevention education among adolescents in middle and high schools. Findings indicated young women have heard of HPV but do not have sufficient knowledge of HPV, few people know of the association between HPV and cervical cancer, and parents' attitudes about HPV vaccines are positive. HPV is a public health problem as well as school health that must be addressed. Recommendations for integrating HPV education in school health programs will be discussed.

**Needs and Preferences Regarding Sexuality Education Among Chinese High School Students**

*Kaigang Li, Mary Shaw*

The presenters will describe the findings of a study that examined the needs and preferences regarding sexuality education among Chinese adolescents who are at gradually increasing risk of unwanted pregnancies and STDs. The findings are expected to inform Chinese school administrators that more comprehensive school- based sexuality education is needed for Chinese adolescents. The influence of school educators as well as parental, friends, media, and internet on children's sexuality education should be included in a proposed curriculum for female and male youth.

**12:50 - 1:50 pm**

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**General Session**

**No More Children At Risk - Children At Promise: A Resiliency Story**

*Marvlyn Kitashima*

Mervlyn Kitashima, Parent Coordinator of the Kamehameha School, will engage participants with her personal story of resilience.

Ms. Kitashima, recently selected as a National Mother of the Year, was born in 1955 on the island of Kauai and was selected from birth as a child at-risk to be part of the Kauai Longitudinal Study on Resilience. She will share her real-life experiences.

Kamehameha School is a large private school endowed by the legacy of Princess Bernice Pauahi Bishop to better the education of Native Hawaiian children.