

Conference Sessions • Tuesday, July 10

Health Literacy in Many Cultures

81st Annual ASHA School Health Conference

July 9 - 13, 2007

Ala Moana Hotel - Honolulu, Hawaii

7 - 8 am

Quality Assessment and Improvement in School Mental Health

Mark Weist, Sharon Stephan, Dana Cunningham

This session will describe efforts by the Center for School Mental Health Analysis and Action (CSMHAA) and the National Assembly on School-Based Health Care (NASBHC) to advance a quality assessment and improvement agenda in school mental health. Participants will learn principles and related activities of best practice in school mental health and will learn methods of school mental health program evaluation. (*Sponsored by the ASHA Mental and Social Health Professionals Section*)

Web-Based Assessment: A Stepping Stone to Maximizing Health Literacy

Rhonda Kemmis

How can educators tap into the World Wide Web to use the most cutting-edge technological strategies in improving classroom instruction and health literacy? South Dakota Health Educator Rhonda Kemmis will walk participants through the first-ever, districtwide pilot program of sixth-grade health students implementing a Web-Based Assessment System to learn about - and be assessed on - injury prevention concepts and skills.

Implementing the Institute of Medicine (IOM) Nutrition Standards for Foods in Schools

Terrence O'Toole, James F. Bogden

The IOM Nutrition Standards for Foods in Schools make recommendations regarding appropriate nutrition standards for the availability, sale, content, and consumption of foods and beverages at school, with attention given to foods and beverages offered in competition with federally reimbursable meals and snacks. Presenters will describe the IOM Nutrition Standards and offer steps to successful implementation. (*Sponsored by the ASHA Food and Nutrition Council*)

Enhancing the Cultural Competence of Evidence-Based Health and Mental Health Interventions in School Settings

Deborah Haber, Christine Blaber, Jennifer Kitson

The presenters will explore how schools and community collaborators can make evidence-based interventions on health and mental health issues more culturally competent and more responsive to the language and cultural needs of the students they serve. Strategies for adapting interventions to students' cultural contexts will be explored, and resources and guidelines on cultural competence will be reviewed.

From Policy to Practice: A Comprehensive Approach to Creating a Healthy School and Keeping it That Way!

Kim McLaughlin, Desiree Voorhies

In this session, the presenters will provide strategies to engage the school community, particularly students, in creating sustainable school health interventions through policy change. Participants will learn about the elements of effective comprehensive school health policies and discover creative ways that New York State schools have involved students, staff, parents, and community members to make schools healthier.

Being Out, Staying Safe: Teaching About STDs to LGBTQ Youth

Eva S. Goldfarb

Most sexuality education curricula are written for heterosexual youth. LGBTQ youth struggle to achieve sexual health literacy by adapting or ignoring information, often thinking that the information does not apply to them. This session will model activities from the not-yet-released Being Out, Staying Safe STD-prevention curriculum for LGBTQ youth, and will offer suggestions for educating young people of all sexual orientations.

EMR - Changing the Face of Health Care in Schools

Brandon Foreman, Summer Creasy

The presenters will address the relief that an EMR can offer for some of the major concerns present in school health care. Presenters will describe the relationship between the Quality Chasm and how an EMR can positively affect the progress towards achieving all goals set forth in this proposed action. (*Commercial Session*)

Teaching Across Many Cultures: Strategies, Rubrics, and Assessments in the Health Classroom

Sue Baldwin

In this Teaching Technique Forum session, the presenter will showcase interactive, assessment-based strategies linked to the 2006 National Health Education Standards that foster health literacy, skills for a life-time, and knowledge retention. The presenter will emphasize five stress management techniques that engage students in learning and will also focus on teaching students how to design their own personal fitness plans and nutrition fliers that they can actually implement in physical education, at home, or in the physical activity portion of their college personal health course.

Album of the Year

Starr Eaddy

The presenter will describe a teaching technique that stimulates higher order thinking by challenging students to use health education terms and concepts to name a fictional music group and to title a fictional song. To keep the activity interesting students can be limited to creating song titles and artists from one of a dozen musical genres.

Evaluation of a Skills-Based School Health Education Program

Jacque Rainey, Betty Hubbard

The presenters will review the findings of a study that investigated the effects of a textbook series on the development of concepts and skills necessary to achieve health literacy. Items

measured the acquisition of conceptual knowledge and skills in the content areas of tobacco use, physical activity, and nutrition. The results indicated that exposure to a comprehensive health education text has a positive influence on the development of health literacy in middle school and high school students.

Evaluation of Tobacco Education Groups (TEG) for Adolescent Smokers

*James Price, Timothy J. Jordan,
Sadik A. Khuder, Britney Ward, Mina Coman*

The presenters will examine the findings of a study that was conducted to assess the ability of TEG to move teenage tobacco users along the various steps in the Stages of Change behavior model and its effects on smoking behaviors. A two-session TEG program had very limited success with adolescent smokers. The program was originally designed as eight, one-hour sessions. The reduction in number of sessions does not meet the intended outcomes of the program.

School Health as Community Mobilizers - Is It Effective at Reducing Smoking Prevalence?

Emma Croghan

In this session, the presenter will review the findings of a study conducted to test the feasibility and efficacy of nurses acting to mobilize communities to reduce youth access to tobacco. The primary outcome measure was the difference between intervention and control schools change in smoking prevalence two years after the intervention began. The impact of the intervention on nurses' knowledge, attitudes, and behaviors was also assessed. School nurses benefitted from working in a community development fashion, but smoking prevalence was not decreased.

8:10 - 9:10 am

Comparison of Response to Intervention (RTI) and Positive Behavior Interventions and Supports (PBIS) in Delivering School Mental Health Services in Coordinated School Health Framework

Jerry O'Day

This session will examine Response to Intervention (RTI) and Positive Behavior Intervention Supports (PBIS) as two models for delivering supportive mental health services in schools. Both models can be viewed from a public health perspective as tools to implement school mental health services within a Coordinated School Health framework. The presenter will discuss the barriers and problems in implementing these models. (*Sponsored by the ASHA Mental and Social Health Professionals Section*)

Preservice and Inservice Training of Health Education Standards and Assessment to Prepare Educators to Develop Health Literacy in Students: The South Dakota Model

Sandy Klarenbeek, Kari Senger

This session will share the training design developed by the South Dakota health education cadre of trainers to teach health education standards and assessment to promote health literacy. The design is based on research and development through the Health Education Assessment Project (HEAP). Presenters will share the coursework syllabus, the training agenda, and the evaluation tool, and will model multiple teaching activities.

Ka Ikaika o Ka Mana'o Me Ke Kino - Be Strong in Mind and Body

Debra Christopher, Nicolas Christopher

Young people motivated to choose healthy behaviors that result in healthy minds and bodies is the goal of health education. Participants will explore adolescent brain research as it applies to risk taking and social development. Unique strategies, linked to the newly revised National Health Standards, will be identified. A shift in the approach to the adolescent learner will be strongly encouraged.

Using Data to Inform Your Programs

Gary English

YRBS, SHPS, Training Tracker, indicators, process data, impact data, outcome data ... what do we do with all this information? The presenter will share how one state developed an instrument and process to explore how to use data to inform the program about its' progress and challenges.

School Nurses and Immunization Registries: A Partnership for Success

Janet Balog, Quan Le

Immunization registries help school nurses find immunization data. In this session, the presenters will review Louisiana's decision to allow school nurses to add immunization data to their LINKS immunization registry, the impact it made on LINKS, the decision to mandate schools' use of LINKS for reporting, how it was used during Katrina, and the role it could play in disease outbreak and surveillance efforts.

Sex Ed On-Line: A Model for Success

Nora Gelperin, Monica Rodriguez

This session will provide an overview of Internet-based sexuality education resources and focus specifically on the Sex, Etc. website, which was developed by teens for teens, and the SexEdLibrary.org website which provides educators with free online access to sexuality education lessons and other resources. *(Sponsored by the ASHA Sexuality Education and Reproductive Health Council)*

Surf, Sand, & SPARK: A New Coordinated School Health Initiative

Julie Frank

This session will provide participants hands-on experience using the new SPARK Coordinated Health components. Participants will leave with tools and get the first look at the SPARK Coordinated School Health website that brings together and addresses all components of Coordinated School Health. Information about the development of this new initiative will be addressed. *(Commercial Session)*

Discussing Cultural and Health Literacy Issues Through Postage Stamps from Around the World

Alan Sofalvi, Co-author: Donna Videto

In this Teaching Technique session, the presenter will discuss why particular topics/individuals have been portrayed on postage stamps, and demonstrate how postage stamps can be useful in discussing important historical or cultural health-related events with students.

Recent Findings from an Evaluation of the Positive Prevention HIV/STD Curriculum: Implications for Culturally Competent Curricula

Kim Clark, Robert LaChausse, Donna Bernert

A second evaluation of the American Red Cross' Positive Prevention HIV/STD Prevention Education curriculum for secondary students demonstrated significant behavioral and attitudinal gains in a diverse student population. In this session, the presenters will examine the findings from a recent evaluation of the Positive Prevention HIV/STD curriculum, in light of the mandate for "culturally sensitive" curricula, with a critical analysis of distinctions between culturally sensitive curricula, culturally competent teaching, and the concept of a culturally "open" curriculum.

Teacher Perspectives and Practices: Sexuality Education in Texas Public Schools

Kelly Wilson, David Wiley

The presenters will examine the findings of a study that assessed the indicators of adoption of sexuality education as an innovation by health education teachers in Texas. This study also assessed teachers' likelihood of adopting such programs. The Diffusion of Innovations Theory provided a theoretical framework for this study. Research findings and statistical significance will be presented according to the five categories of adoption: relative advantage, compatibility, complexity, trialability, and observability.

Adolescent Sexual Behavior and Other Socially Desirable/Undesirable Characteristics

Michael Young, Tina Penhollow, Mark Kelley

In this session, the presenters will review the findings of a study conducted to determine if a set of socially desirable/undesirable predictor variables could distinguish between young people who did and those who did not report participation in selected sexual behaviors. Results from logistic regression analyses indicated that in four of the six analyses for the girls and in all six of the analyses for the boys, the set of predictor variables did distinguish between participants and non-participants. Results indicate that adolescent sexual involvement does not occur in a vacuum but is related to other behaviors considered either socially desirable or socially undesirable.

9:20 - 10:50 am

Health Literacy

General Session

Acting Surgeon General Rear Admiral Kenneth Moritsugu - Invited

11:20 am - 12:50 pm

Council Issues Networking Luncheon

Choose your area of interest, and join your colleagues for a FREE lunch and the opportunity to share ideas at this Issues Networking Luncheon.

Mental Health Screening in Schools: Engaging the Debate

Gordon Wrobel, Mark D. Weist

Mental health screening in schools remains a controversial initiative. Participants will engage in a lively dialogue process focused on the merits and concerns of conducting mental health screening in schools. A recent article in the *Journal of School Health* detailing the issues will serve as the basis for the dialogue. Participants will assess interest in the development of a Community of Practice on mental health screening in schools. *(Sponsored by the ASHA Mental and Social Health Professionals Section)*

Creating Change to Address Health -

A Model for Implementing Coordinated School Health in the Schools

Cheri Thomas, Janis Lake, Bonnie Bailer, Kim Clark

As obesity and diabetes are reaching epidemic levels, schools can successfully collaborate with a variety of community partners to address the health needs of students, parents, and staff. The presenters will describe how to work with schools to implement Coordinated School Health - the levels of collaboration, the successes, the challenges, and the factors impacting long-term sustainability. *(Sponsored by the ASHA Advocacy Committee)*

Healthy Mind, Soul, and Body:

The Application of Hawaiian Indigenous Healing Practices to Everyday Life

Ku'ulie Serna, Janice Keonaona Kalua

Komo mai! You are invited to learn about and participate in Native Hawaiian healing therapies such as *lomilomi* massage, *la`au lapa`au* herbal therapies, and *ho`oponopono*, conflict resolution. Participants will learn how theoretical beliefs and practices of Native Hawaiian healing therapies relate to protective factors of resiliency and can support youth to manage their own health behaviors and work toward becoming health literate.

HIV/AIDS Prevention for Youth and Young Adults of Diverse Racial, Ethnic, and Cultural Heritage

Nancy Sileo, Thomas W. Sileo

CDC's HIV/AIDS Surveillance Reports estimate that 62% of the cumulative reported AIDS cases are among African Americans, American Indians/Alaska Natives, Asians/Pacific Islanders, and Hispanics. In this session, the presenters will examine: (a) the extent of HIV/AIDS among youth and young adults of diverse heritage; (b) factors that contribute to their health-risk behaviors; and (c) culturally sensitive and responsive prevention strategies that complement these characteristics and values.

Health Education Research: Understanding, Evaluating, and Using It

Patricia Lauer, Rebecca Van Buhler

With decreased education funding and increased accountability, health educators are being asked to use "research-based" health programs and curricula. But what does "research-based" mean? How does one determine whether the research base is "good" or "bad?" The facilitators will demonstrate guidelines for evaluating claims made in different types of research studies and will provide a tool for assessing research utility.

Health Education in American Samoa

Deborah Friesen, Beth Pateman

The presenters, using lively interactive activities, will demonstrate a model of standards-based health education currently being used to equip American Samoan elementary teachers with health standard knowledge and teaching methodologies. Participants will receive a sample health syllabus complete with assignment rubrics that connect to the National Health Education Standards. The presenters also will discuss American Samoan health challenges and culturally relevant pedagogy.

GoGo ... GeoKids

Debby Mitchell

In this session, the presenter will showcase the newest fitness activities from GeoFitness: Hip Hop, Latin dancing, kickboxing, and children games. The presenter will highlight a new exercise program that is perfect for children, adolescents, and individuals of any age to obtain daily physical activity. This new exercise program is designed to simplify instruction and participation in physical education and group exercise classes. (*Commercial Session*)

A Learning Experience for Tim: Learning Engagement and Cancer-Related Issues

Owen Donovan

This Teaching Technique presentation will showcase Tim's story and a learning experience designed to enhance understanding and communication skills around cancer-related issues. This learning experience uses a theoretical framework of *learning engagement* as both a method and goal of instruction. This presentation will provide a "tour" of the learning experience, emphasizing how the learning is fostered with design implications for the role of the teacher and the role of the learner.

Weekend Schoolyard Accessibility, Physical Activity, and Obesity: The Trial of Activity in Adolescent Girls (TAAG) Study

Molly Scott

The presenter will review the findings of a study that examined school accessibility, schools' contributions to neighborhoods' overall supply of recreational resources, and the association between Saturday school accessibility and adolescent girls' weekend physical activity and BMI. Schools represented 44% of potential neighborhood recreational sites. However, a third of schools were inaccessible on Saturdays. School officials and health advocates should address why schools are inaccessible and promote the use of school infrastructure for physical activity on weekends.

Insufficient Physical Activity and Excessive Television Viewing Among US High School Students, 1999-2005

Richard Lowry

The presenter will review the findings of a study that examined secular trends in physical activity (PA) and television (TV) viewing among high school students in the United States. The findings suggest increasing participation in moderate-to-vigorous PA among Hispanic females and decreased TV viewing among female and male adolescents.

Evaluation of Secondary School-Based Physical Activity Programs

Christopher Ledingham, B. E. (Buzz) Pruitt

The presenters will examine the findings of a study conducted as part of the evaluation process of Project ESCAPE 25-Alive, a federally funded physical activity initiative undertaken by a large, urban school district. Project ESCAPE 25-Alive positively impacted the way physical education classes were run in the school district. With continued observation and training of teachers, the levels of health promoting physical activity were expected to continue to rise.

2:10 - 3:10 pm

The Utilization of Non-Conventional and Culturally Applicable Mental Health Interventions in Order to Promote Health Literacy in an Urban Elementary School

Evelyn Montañez, Blanca Battino, Rosa Argelia Arredondo

The presenters will discuss and demonstrate how to provide mental health literacy through interactive learning experiences that are adaptable to meet the many needs of cultural diversity. The presenters will link the various theoretical framework to alternative practices that lead to healthier internalized patterns of behavior that contribute to positive lifestyle choices.

(Sponsored by the ASHA Mental and Social Health Professionals Section)

Developing and Implementing Advocacy Position Statements for Coordinated School Health Programs

Adrian Lyde, Susan Wooley, Stephen Barnett

Organizations with missions requiring advocacy must have a bountiful source of statements that reflect their purpose and support their activities. Such position statements are useful when the organization seeks to publicly provide a stance on an issue. Professional membership organizations have a pool of untapped human resources capable of developing and improving such position statements. *(Sponsored by the ASHA Advocacy Committee)*

Naas Yidiiskaagoo Ats'iis Baa' a ha ya (Wellness is a Lifetime Journey)

Rebecca Benally, Evelyn Billie, Pearllinda Lameman, Sylvia Demille, Roger Willie

In this session, the presenters will share program ideas to improve classroom management and improve retention of subject knowledge through a “Wellness Plan” that promotes physical, mental, emotional, and social health. The presenters will describe how appropriate and effective integration of Navajo cultural/traditional knowledge and practices with various physical and mental activities allows students to gain better self-awareness/identity, therefore, creating a sense of respect for their peers, school administrators/staff/teachers, families and communities.

Promoting Health Literacy to Reduce Sexual Health Risk Behaviors: A Primer for Preservice Teachers, Classroom Teachers, and Parents

Joanne Chopak-Foss, Linda Synovitz

Sexual health literacy is one of the more challenging topics for effective communication, especially among teachers, parents, and youth. Often times, teachers and parents address only the cognitive aspect of sexuality education without addressing the literacy aspect. This presentation will offer participants a variety of ways to improve sexual health literacy within the context of health risk behavior reduction. *(Sponsored by the ASHA Sexuality Education and Reproductive Health Council)*

Hawaii Mixed Plate Cuisine: Preventing Paradise Poundage

Nicole Kerr

Hawaii, known as the Health State, is not immune to the obesity epidemic. More disturbing is that Native Hawaiians have the worst health record of any ethnic group. The presenter will examine the traditional Hawaiian diet and compare it to the current diet, and will discuss how the obesity epidemic has impacted Hawaii and what is being done about it.

Use of Generic Community Health Workers (*Promotoras*) to Enhance School/Community Health Programs

*Larry Olsen, Elizabeth Castro, Mathew Banegas,
José Enrique Suárez Toriello, Adriana Pena*

In this session, the presenters will describe the development and implementation of an environmental education/community-based project designed to educate school/community populations about West Nile Virus and Dengue Fever. Participants will receive bilingual environmental education materials developed in cooperation with specially trained generic health workers (*promotoras*). In addition, the presenters will describe the process of screening, selecting, and training *promotoras*, to extend the school health program to community settings in Ciudad, Juárez, Mexico.

Healthy Minds for a Healthy Future

James Bear, Michael Thomas

In this Commercial Session, the presenters will describe how to identify the steps needed to create financial wellness. They will cover steps that lead to retirement, how long-term care insurance can help individuals take care of their parents or themselves, and how having the right financial plan can lead to a higher quality of life in retirement. (*Commercial Session*)

Media Mania Across the Cultures

Carole Crowell, Mimi Holder

In this Teaching Technique Forum session, the presenters will demonstrate how to use everyday media forms to enhance instruction and bring health topics to life. A variety of cultures will be depicted in the media forms to address health issues. Using a combination of newspaper headlines, news stories, cartoons, commercials, and television or movie clips, the presenters will engage participants with hands-on demonstrations and visuals.

Who Is More Open to Future Smoking Among Nonsmoking Adolescents, Grades 6-12?

Dong-Chul Seo, Mohammad Torabi

The presenters will review the findings of a study that investigated the correlates of nonsmoking adolescents' openness to future smoking. Gender, grade, race/ethnicity, and exposure to pro- or anti-tobacco messages and information were insignificant or weak predictors for openness to future smoking.

Characteristics of Middle School Students

Who Perceive Light/Ultra Light Cigarettes to be Safer than Regular Cigarettes

*James Price, Timothy J. Jordan,
Sadik A. Khuder, Britney Ward, Kathy Silvestri*

The presenters will examine the findings of a study that attempted to characterize middle school students who perceive Light/ Ultra Light cigarettes in a more positive light (fewer health

problems and easier to quit). Better students (grades = A or B) and nonsmokers were significantly less likely to believe light/ultra light cigarettes are safer or easier to quit. The findings provide information on who should be targeted for information on light/ultra light cigarettes.

**What Are Michigan Schools Doing to Impact Tobacco Use Among Youth?
A Policies and Practices Report Card**

Amos Aduroja, Marianne Frauenknecht

The presenters will review the findings of a study that was conducted to identify and grade tobacco use education and policies in Michigan schools. Principals and lead health teachers voluntarily responded to two mailed surveys: the 2004 School Health Profile School Principal Questionnaire (PQ) and the 2004 School Health Profile Lead Health Education Teacher Questionnaire (HETQ). The presenters will provide specific recommendations to improve tobacco-related policies and practices in schools.