Passion seems to be the force driving our Center for Adolescent Nursing graduates in their work with young people. Recent interviews with several of our graduates revealed how their love of working with young people and a desire to help youth find healthy pathways pointed them toward a variety of career paths. As one stated, “I believe the greatest health benefits in any given society can occur when we focus and invest in the health of young people and their families.” For some graduates, their previous life experiences, particularly during their own teen years, drove them toward a commitment to working with adolescents and young adults. And, as told in the stories below, the settings in which they are working has given our graduates the opportunities for creativity and innovation in which they can see the positive outcomes of their work.

Read about the stories of four of our Center graduates – MS, DNP, PhD – clinical nurse specialist, researcher, public health instructor, and nurse midwife. Each graduate tells a unique story and each one is making a difference in the lives of young people and the skills of the nurses who are caring for them.

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Nasra Giama, DNP, RN, PHN, and colleagues at a community health fair

Continued on page 4
Dear Readers,

As I see the highlights, kudos, and accomplishments of our former graduates and current students featured in this 2016 issue of Adolescent Health, it leads me to think about the ways their amazing work, individually and collectively, has brought improved access, improved care, and improved health to tens of thousands of young people – at home and abroad.

For me personally, this past year has been a time of daily gratitude for access to quality care – care that has brought me to a point where I can now enjoy the freedom from breast cancer and a renewed quality of life. Hence, my new look in the photograph at the top of the Director’s column. So, reflecting on the value and impact of quality health care for myself, and for young people, comes easy for me these days.

Across the country, we have former Center for Adolescent Nursing students advancing adolescents’ access to high quality care in a variety of settings. They are using their skills to teach others as well as conduct research that focuses on improving young people’s access to health services provided by a well-prepared workforce. These CAN graduates are in positions in community clinics, public health centers, and academic institutions where they can serve and advocate for young people. You can read about several of these stories in this issue of Adolescent Health.

The steady, committed work of Dr. Molly Secor-Turner, our 2011 PhD graduate, in providing reusable pads to young girls in Kenya, has translated into a marked decrease in school absence during menstrual days. In short, For the Good Period, as the effort is called, has dramatically increased access to both health and education for thousands of Kenyan girls. Although not highlighted in this issue, Secor-Turner’s clinical and research career, focused on reproductive health, also touches the lives of many girls and young women in North Dakota, through the evaluation of comprehensive sexuality programs in a geographic area formerly bereft of this life-skills education.

Long before obtaining his PhD and moving to Colorado, Dr. Scott Harpin’s clinical passion and practice brought him face to face with young people struggling with unstable home situations, those living in out-of-home placements, and those living on the streets. Now, his faculty position brings together his clinical practice and research focus, all within a public health nursing perspective. A quintessential optimist, Harpin talks and walks the resiliency paradigm – one in which the positive elements in a young person’s life can be brought to bear in off-setting risk and vulnerability. Even brief interventions can have an impact on improving health outcomes for homeless youth. Again, it’s about access to quality health care.

Another article in this issue takes on the pervasive problem of not getting adolescent boys and young men into health care services. Although the strategies for improving young men’s access could be applied to various adolescent groups, we have learned, once again, that we must tailor these strategies to reach this population in which far too many remain outside the reach of health care.

In sum, I’m overwhelmed by the amazing work of our graduates and colleagues. I am grateful for all the faculty and staff in the Center for Adolescent Nursing for the past 23 years and our many partners who have committed their skills and expertise to this one mission – health for all adolescents and young adults.
New Students

Lindsay Anderson, MS, BSN, RN

Lindsay Anderson, MS, BSN, RN, is currently a 3rd year PhD student finishing course work and finalizing plans for her dissertation that will focus on young people’s sense of belonging. She has a strong interest in mental health promotion through integrative interventions such as yoga and mindfulness. When not in class, she can be found teaching undergraduate nursing students about psychiatric/mental health, adolescent health, and public health nursing at the College of Saint Benedict/Saint John’s University located in Greater Minnesota. Each November she leads a study abroad trip to Punta Gorda, Belize where her students engage in health promotion activities in villages across southern Belize. Anderson also works as a Child/Adolescent Clinical Nurse Specialist at the Amherst H. Wilder Foundation in St. Paul, MN, and at the Child/Adolescent Behavioral Health Services in Willmar, MN.

Camille Brown, BSN, RN, PHN, LSN

As a first year PhD student in the nursing-adolescent health curriculum, Camille Brown, BSN, RN, PHN, LSN, plans to focus her work on health disparities among adolescents who identify as sexual minorities. Brown begins her doctoral studies with five years of experience as a school nurse for rural and urban public schools. Having worked with vulnerable groups of children and adolescents, she found inspiration to focus her graduate studies on relationships between family support, mental health, and sexual health behaviors among lesbian, gay, bisexual, and transgender (LGBTQ) adolescents. She received a 4-year UMN Academic Health Center scholarship to support her PhD studies – a sought after award. Wanting to gain hands-on experience with research teams, Brown works as a graduate research assistant on a study of school nurses’ involvement in caring for students with ADHD and asthma, and on a study examining family, peer, school, and community environments that protect LGBTQ young people from harm.

Maryam Ghobadzadeh, MS, MPH

Currently working on her dissertation, PhD candidate, Maryam Ghobadzadeh, MS, MPH, is exploring the relationships between stressful life events, depressive symptoms, and subsequent risky sexual behaviors using data from The National Longitudinal Study of Adolescent to Adult Health (Add Health). Inspired by Prime Time, a research project that examined associations between indicators of positive youth development and consistency of contraceptive use, Ghobadzadeh is delving into why adolescents engage in risky behaviors. With her dissertation, she hopes to further understand protective behaviors related to young people’s contraceptive/condom use and to inform prevention programs in the domain of adolescent sexual health.
Passion Points

Nasra Giama, DNP, RN, PHN

Nasra Giama, clinical assistant professor at the UMN School of Nursing in Rochester, MN, looks back and cites caring adults in her teenage years as the persons with the greatest impact on her career path. They inspired her to want to become a role model for other young people. "These adults guided me to be the best version of myself I could be. I want to work toward building the same types of connections with young people in my community," says Giama. But that's only part of the reason Giama decided to obtain her DNP with a focus on adolescent health. She goes on to say, "As a public health nurse, I want to focus on the health of young people as I regularly encounter disparities they must overcome daily. Disparities related to racial, ethnic, socioeconomic, and geographic factors all play a part in potentially unhealthy lifestyle choices for young people."

Along with teaching in the UMN’s BSN and MSN programs in Rochester, MN, Giama also is involved in several other projects. "I'm collaborating on projects to develop mentorship and educational attainment programming for minority youth and adults; I continue my research on liver cancer and viral hepatitis among immigrant and refugee communities; and I’m working with other SoN faculty (Drs. Cheryl Robertson and Linda Halcon) on expanding the Health Realization Model’s coping interventions that have been modified specifically for Somali Refugee women and their families.” Her favorite parts of her job? Daily interactions with students and being with the adolescent seeking health services. She also loves that the position gives her a platform for developing partnerships with professionals who share the same passion and motivation for creating youth-focused programs. Giama hopes to continue to study, advocate, and provide services on behalf of youth, today in Minnesota, and in the future, in other parts of the world.

“As a public health nurse, I want to focus on the health of young people as I regularly encounter disparities they must overcome daily.”
- Nasra Giama

Sarah Stoddard, PhD, RN, CPNP, FSAHM

With a background in public health nursing, Sarah Stoddard, an assistant professor in the School of Nursing at the University of Michigan, focuses her research on working with youth living in under-resourced communities. Stoddard states, "My first nursing position was in maternal and child health where I worked with pregnant and parenting adolescents. I was inspired by their spirit and their never-ending resiliency; they made me feel as if I was making a difference, a positive impact on their lives.” After obtaining an MS in nursing from the UMN, she spent several years at the Minnesota Department of Health where she spearheaded the first Minnesota State Adolescent Health Plan. Again, recognizing the value of a research degree, she returned to the UMN School of Nursing and completed her PhD.

Now, Stoddard collaborates with colleagues at the University of Michigan’s School of Public Health, the Population Studies Center, and the Michigan Youth Violence Prevention Center to better understand what factors contribute to adolescents’ overall resiliency, particularly of those living in the most vulnerable settings. In describing her NIH-funded research, she states, "I am particularly interested in how place-based factors and social experiences influence future orientation and identity development, behavioral choices, and health. Places and locations where adolescents live and spend time may play a critical role in violence and alcohol/drug use among youth.”

Stoddard relishes being able to mentor students in the community settings where she conducts her research. "I love going outside the University and working directly with youth and community organizations," says Stoddard. “There’s something energizing about connecting with adolescents in their communities, seeing and hearing first hand what they need and what I can potentially do to help them achieve and maintain healthier lifestyles.” Stoddard reflects, “If I can create a career out of helping identify and implement strategies to promote the health and well-being of young people, while guiding others to do the same, I think I will have a very fulfilling career.”

“I love going outside the University and working directly with youth and community organizations.”
- Sarah Stoddard
Leslie Morrison, PhD, RN, CNM

Leslie Morrison launched her career working with young people as a school nurse, but soon recognized that she was driven to teach others about providing quality nursing care. Her clinical focus is at the intersection of public health, maternity nursing, and adolescent health. After earning her PhD in nursing, Center graduate Morrison joined the faculty at Metropolitan State University (MN), where she is pursuing her passion for clinical practice, teaching, and research. With 36% of her students from underrepresented racial/ethnic minorities, Morrison recognizes the need to continue to grow and adapt the curricula and practica to better suit the students and the populations with whom they will be working. “I thoroughly enjoy the work that we do in our Community Health Nursing course. Being able to lead students through a variety of clinical practica with our community partners helps to give our students real-world experiences in clinics and with communities with whom they would have had no prior interactions,” says Morrison. Describing her advisory role with DNP students and as the Evaluation Coordinator for the nursing program, she states, “Each day brings a new adventure; I work with exceptional nursing leaders, faculty, and clinical partners, all of whom are striving to develop and deliver innovative nursing curricula that will best position our students for diverse career paths within today’s ever-changing health system.” And, she adds, “In addition to teaching and advising, I want to continue to focus my research on reproductive health care for emerging adults. It will enable me to bring my expertise in reproductive health into both my teaching and advocacy roles – all focused on the health needs of adolescents and young adults.”

Being able to lead students through a variety of clinical practica with our community partners helps give our students real-work experiences...”
- Leslie Morrison

Leah Atkinson, MS, RN

Leah Atkinson’s work with Navajo adolescents in Arizona’s Pinon High School puts her in the midst of a diverse cadre of people serving youth – the principal, athletic directors, nutritionist, physical therapist, family medicine, and ophthalmology specialists, to name a few. The Teen Clinic, open 9 am to 3 pm every Wednesday and Thursday, provides sports participation physicals, confidential STI screening and treatment, contraceptive care, mental health screening and treatment, and management of a variety of chronic conditions such as asthma, epilepsy, and diabetes. Her role as a family nurse practitioner specializing with adolescents gives her a unique opportunity to lead. She describes, “One project I spearheaded was a collaboration with our facility’s Senior Physical Therapist and other school officials to develop a policy and procedure for the evaluation and management of concussion and post-concussion syndrome.”

One particular aspect of her role in the school stands out. With a high prevalence of depression in the adolescent population she works with, Atkinson serves as the liaison between the Chinle Service adolescent psychiatrist and the Pinon Teen Clinic. As Atkinson describes, “The result is improved medication management and better continuity of mental health care for youth struggling with mental health problems far to prevalent in this community.”

Reflecting on future career goals, Atkinson states, “I consider my work with adolescents to be a lifetime mission. Future plans include the possibility of establishing my own private practice Teen Clinic in collaboration with a high school near Tierra Amarilla or Chama, New Mexico, where I intend to spend the rest of my life.”

“I consider my work with adolescents to be a lifetime mission. Future plans include the possibility of establishing my own private practice...”
- Leah Atkinson
No matter how you look at it, men are, on average, less healthy than women. They are more likely to suffer from cancer, heart disease — in fact, all of the 15 top chronic conditions except Alzheimer’s. And they die younger.

**REASONS YOUNG MEN STAY AWAY**

Adolescent health care experts say one major cause of poor male health is the macho ethic: “Real guys don’t seek health care” — an idealized notion of manhood that researchers Kristin Soringer and Dawne Morgan of Rutgers University describe as “associated with confidence, power, self-reliance, financial success, heterosexual prowess, and invulnerability.” It makes some men uneasy with seeking help, acknowledging weakness, and complying with preventive health routines.

The macho mindset can kick in during adolescence — not coincidentally the point when parents stop taking their sons to get health care. That’s also the time when young people establish life-long health habits: if they don’t get into the habit then of seeking advice and help with their health as youth, chances are they won’t as adults, either. Meanwhile, their bodies can start accumulating insults that show up later as high blood pressure, diabetes, asthma, and chemical dependency, and other chronic conditions.

As Dr. Ridwin Shabsigh, who heads the International Society of Men’s Health, says: “Many [adult] men go to the doctor for the first time in their 40s — on a stretcher with a heart attack.”

Another factor that makes it hard for males to seek health care is lack of motivation. While females must visit a provider for contraceptives and pregnancy, guys usually don’t face comparably strong incentives. As a result, our health care system has evolved to cater to young women. There is rarely any structured outreach to young men. Clinic staff may be unprepared — maybe even resistant — to engage in the “guy-talk” that can move young men enough past fear and embarrassment to make them comfortable discussing sensitive health topics. The clinic environment — think pastel walls — can be off-putting to many guys.

So the perfect storm of macho mindset, absence of imminent health problems, and lack of outreach can spin young men right out of the health care orbit. One wonders where they educate themselves about the health issue that is probably the most common and most pressing for young people: reproductive health. One Canadian study reports, perhaps not surprisingly, that adolescent males say one of their main sources of information is pornography.

The dearth of health education may explain why young men are more involved with sexual health risks than are young women — including binge drinking, multiple partners, and inconsistent condom use. Health issues like these can, in turn, trigger serious issues such as early fatherhood, depression, drug use, and lowered earning potential.

**CLINIC FOCUSED ON YOUNG MEN**

A pioneer in providing primary care to young men is the Young Men’s Clinic in New York City. Growing out of a community family planning clinic for women, it got its start in the late 1980s as a street-outreach and condom-distribution program and soon set about partnering with local agencies to sponsor sports events, dances, and first-aid programs. Today, affiliated with New York Presbyterian Hospital and Columbia University’s Mailman School of Public Health, it offers males aged 13 to 35 low-cost, high-quality, “male friendly” general health services. That includes everything from sports, school, and work exams, to sexual and reproductive health care, counseling, and referrals to social service, vocational, and other kinds of agencies.

Its medical director is David Bell, MD, MPH, an internationally recognized expert in adolescent medicine. He keynoted our Summer Institute in Adolescent Health focused on young people’s access to youth-friendly services, urging providers to “create, name, and market” high quality, respectful services tailored to the needs of young men, including sexual and reproductive health.

He and other conference participants offered advice for clinics that want to better serve adolescent and young adult males.
Give your “young men services” a name.
In order to market something you must be able to identify it.

Create positive messages to attract and engage young males.
A “strength campaign,” for example, could emphasize diet and exercise for building a strong body, and spotlight prominent men endorsing the idea, “Our strength is not for hurting.”

Market strategically.
• To youth-serving agencies. Encourage referrals from sports coaches, community centers, workforce organizations, social service agencies, and people working at de-incarceration such as judges and probation officers.

• To young men. Offer clinic tours. Provide free condoms. Provide school-based health services. Recruit youth advocates.

• To young women and organizations that serve them, such as Planned Parenthood. Young women have great influence over their boyfriends!

Make your clinic guy-friendly.
Offer convenient hours. Consider creating a dedicated space with vibrant colors and pictures of inspiring male role models. Assemble a staff that “looks like” the community and is comfortable with local languages, ethnicities and cultures, including GLBT culture. Train staff how to communicate respectfully with a young man, how to take his lead by asking how he feels, what his life is like, where he is heading and what he thinks he needs. Choose a great person to be your receptionist! He or she sets the tone and can make visitors feel welcome or drive them away.

Create teachable moments.
Use sports, work, and school exams as vehicles to discuss STIs, fertility, and other issues of reproductive health.

Be alert to underlying mental health issues.
An estimated 10 to 20 percent of adolescents have mental health issues, half of them serious.

Observe strict confidentiality.
Take care in casual talk around the clinic, on the phone, in the reception area, in medical records, and billing practices.

Articles by Dr. Bell


David Bell, MD, MPH
Adolescent Health Physician
Columbia University Medical Center
Scott Harpin, PhD, MPH, MS, RN, APHN-BC, FSAHM, rarely hears back from the young people he works with at the Urban Peak shelter. And maybe that is a good thing.

“If they’re not going back to the shelter, we hope that their situation has improved, and maybe that means success,” said Harpin, an assistant professor in the College of Nursing at the University of Colorado Anschutz Medical Campus.

Harpin’s association with Urban Peak, an organization dedicated to serving homeless youth in the Denver metro area and Colorado Springs, began in 2012 thanks to introductions by colleagues at the university, including Christine Gilroy, MD, in the School of Medicine.

“The opportunity to work with the shelter was right up my alley,” Harpin said. In the decade prior to taking a faculty position in Colorado, he worked as an intake nurse at St. Joseph’s Home for Children — a stepping stone between home and foster care — in Minneapolis, Minnesota. It was during this time that he completed an MS, MPH, and PhD in adolescent health, through the Center for Adolescent Nursing in the UMN’s School of Nursing.

As he enters his fourth year at CU Anschutz, Harpin’s passion for his community-engaged research is clear.

“All my training has been in adolescent development and adolescent resiliency, trying to get kids on a pathway of health and wellness,” he said. “If they’ve had bad things happen to them, I want to figure out how we intervene on their cycle of trauma, abuse, and poverty, and offer a better trajectory in life.”

THE ‘UPSTREAM’ APPROACH

Harpin does not look for specific illnesses or issues when first meeting adolescents. “I look for whatever is ‘upstream,’” he explained. “I’m trained in public health nursing, so I’m always thinking about prevention and multiple layers — like an adolescent’s environment, education, and family of origin — all of which impact where they are today.”

The children and young adults seen by Harpin are not usually sick, but they have often been traumatized in other ways.

“My program of research has been to look at their mental health and to provide brief interventions, so they can get control of whatever tough situation that they are in — hoping they don’t return to risky behaviors or a traumatic environment,” he said.

A Community Engagement grant through the Colorado Clinical and Translational Sciences Institute (CTSI) has enabled Harpin to partner with Urban Peak to improve the shelter’s screening process and train...
lay-people to carry out brief interventions. Their goal is to screen all 250 young people who are admitted each year to the Urban Peak shelter for mental health distress and then to provide tailored interventions for their most pressing concerns. He believes it is important to address mental health issues in this population because his research revealed what he describes as “disturbing” rates of suicide and self-harm.

“It’s vital to get these kids safe and off the street,” he said. “But it’s also critical that we address the depression, the anxiety, or in the most extreme cases, keep them from hurting or killing themselves.”

NATIONAL PRAISE
When Harpin presents at conferences, his research receives validation from the leaders in his field and senior faculty from institutions across the country.

“Telling me to keep pushing ahead as this research is important,” he said. “It’s good to hear that from the same individuals I reference in my papers.”

Despite the challenging nature of working with at-risk adolescents, Harpin confesses to finding positive aspects in what can often be difficult situations.

“I like to work with the riskiest, toughest youth,” he said. “They often have crazy stories but are usually very open, and they want to learn from me. They yearn for someone to give them a chance, someone who cares about them, and to be a role model in a way.”

Even though he may never hear back from the young people he helps at Urban Peak, he believes they are thankful for his help.

“I once had a young woman at Urban Peak tell me she always wanted to be a nurse, and that after spending time with me and our nursing students, that desire was reignited. It was very gratifying to think how my career — first in foster care health, and now, through research, improving service delivery through research to runaway youth — may have changed lives like hers.”

Articles by Dr. Harpin


Center Faculty and Student Updates, Honors, Awards, and Grants

OUT & ABOUT

Professor Linda Bearinger, PhD, RN, FAAN, FSAHM, is completing her third year as the Faculty Legislative Liaison for the University of Minnesota. In this role, Bearinger acts as a direct link between the UMN Faculty Senate and state legislators at Minnesota’s Capitol. A primary focus of this role is on the State’s support for the University’s mission, linking her with the Capitol Investment and Higher Education Committees for both the House and Senate.

Invited to Scottsdale Arizona by the UMN’s Alumni Association, Bearinger gave a presentation titled, “What children and grandchildren need from us: Staying connected through the challenging teen years.” The event, called Minne-College, gathered 350 alum together with the University’s President Eric Kaler and several Regents and Deans, including the School of Nursing’s Dean Connie Delaney, PhD. Minne-College provides an opportunity for individuals to learn about the University faculty’s research and its national and global impact.

In June 2015 Melissa Horning, PhD, RN, PHN, traveled to Edinburgh, Scotland to present research at the International Society of Behavioral Nutrition and Physical Activity Conference. Her oral presentation focused on ways to measure participation in family meals and whether the answers vary by the type of questions asked. She also participated in a poster session titled, “Child and parent influences on food purchases: Measure development and associations with obesity outcomes.” Horning’s work is supported by two NIH grants (NIDDK, R01DK084000, PI: Fulkerson and NINR, F31NR014748, PI: Horning).

Professor Renee Sieving, PhD, RN, FAAN, FSAHM, interviewed with several news outlets (Fox News, Grand Forks Herald, Reuters) discussing findings from research focused on adolescent mothers’ use of protection during sexual activity. Sieving noted, “Young women are less likely to use condoms with main/steady partners, i.e., the fathers of their babies, than with casual partners,” adding that “women might have the perception of being in a serious relationship with the men who fathered their children.”

GRANTS

During her pre-doctoral studies in the Center for Adolescent Nursing, Melissa Horning, PhD, RN, PHN, now an assistant professor in the UMN School of Nursing, received a National Institute of Nursing Research/National Institutes of Health (NINR/NIH) Ruth L. Kirschstein National Research Service Award (F31). The award is given to promising pre-doctoral students to enable them to obtain individualized, mentored research training while conducting their dissertation research. Her dissertation research focused on the ways in which child and parental food choices contribute to obesity. Horning was mentored by Center for Adolescent Nursing faculty, Professor Jayne Fulkerson, Associate Professor Barbara McMorris as well as former UMN Public Health faculty, Mary Story, PhD, RD.

Associate Professor Barbara McMorris, PhD, received funding from the Centers for Disease Control and Prevention for “Partnering for Healthy Student Outcomes,” the core research project of the University of Minnesota’s Healthy Youth Development • Prevention Research Center, headed by Professor Renee Sieving. The five-year project is a comparative study of the relative effectiveness of a school-based, social-emotional learning prevention program for students attending economically-disadvantaged, culturally-diverse middle schools in the Minneapolis-St. Paul area.

Associate Professor Carolyn Porta (nee: Garcia), PhD, MPH, MS, RN, SANE-A, received a grant from the University of British Columbia (UBC) for her work on “Reducing Stigma, Fostering Resilience for LGBTQ Youth.” Part of the UBC’s Stigma and Resilience Among Vulnerable Youth Centre, the project uses an intersectional, gender-sensitive approach to research questions and analyses. Findings will lead to a better understanding about what works best in studying gender, sexual orientation, culture, and context issues.

Porta also received funding from the UMN’s School of Nursing Foundation for a pilot study titled, “Smartphone app use in research with college students: Exploring feasibility and acceptability.”

The UMN’s Clinical and Translational Science Institute (CTSI) awarded a grant to Renee Sieving for the implementation of her Prime Time program. Designed to reduce early pregnancies and sexually transmitted diseases among teen girls, Prime Time was identified in 2014 as an efficacious intervention by the Centers for Disease Control and Prevention (CDC) and the U.S. Department of Health and Human Services
Updates

Specifically, Sieving and her team will work with the Minnesota Department of Health to translate the evidence-based prevention program into practitioner-friendly products that can be implemented in real-world practice settings.

Sieving also received funding from the UCare Foundation to evaluate the Encuentro teen-parent program. This grant (2014-16) supports a teen-parent program to promote positive development and healthy sexual decision-making among young teens. Targeting 11-14 year olds and their parents, the Encuentro program covers four main topics: culture and cultural pride, positive family attachments and teen-parent communication, sexuality education, and youth life skills. With initial funding through the CDC-funded Healthy Youth Development • Prevention Research Center (Department of Pediatrics, Medical School, UMN), this work was developed in partnership with youth-focused leaders in the Twin Cities Latino community.

Sophia Award Recipient

Cheree O’Shields, DNP(c), BA, was selected as the recipient of the School of Nursing’s Sophia Award, a grant given to a PhD or DNP public health nursing or school nursing student whose research aims to address population-focused problems. Partnering with Youthlink, a local community agency, O’Shields’ project, “Preventing Unplanned Pregnancy Among Homeless Youth,” pays special attention to identifying barriers, increasing knowledge, improving access to contraceptive methods, and contraceptive counseling for homeless youth. O’Shields continues her work on developing a sex education training sessions geared toward homeless youth that can be taught by drop-in center staff. The Sofia Fund is supported by a donation from Mrs. Ella Christiansen in appreciation of her parents Boye and Minnie Dickmann, Minnie’s sister Sophia, and Ella’s husband Thomas M. Christiansen.

New to the Center faculty, Assistant Professor Melissa Horning, PhD, RN, PHN, was the recipient of the 2015 Outstanding Graduate Nursing Student Award given by the UMN’s School of Nursing Alumni Society. Awarded to an individual who contributes knowledge to the nursing profession through research, Horning’s work exemplifies persistent and effective advocacy for child and family health, particularly around nutrition education and obesity prevention.

Associate Professor, Carolyn Porta, PhD, MPH, MS, RN, SANE-A, along with nursing colleagues Marjorie Schaffer, PhD, MS, RN, and Patricia Schoon, DNP, MPH, RN, were awarded first place in the Community/Public Health Category of the American Journal of Nursing book awards. Their book, “Population-based Public Health Clinical Manual: The Henry Street Model for Nurses (2nd ed.),” is one of the most important public health textbooks for student and practitioners. This book builds on the Henry Street Consortium’s framework of 11 competencies for population-based, entry-level public health nursing. “Public health nursing is a complicated field with many interlocking layers; the authors simplify those layers and show how to move intention into action,” noted Community-Public Health judge Caroline Dorsen, PhD, FNP-BC.

Former Center doctoral student and current North Dakota State University Assistant Professor, Molly Secor Turner, PhD, MS, RN, was honored with the SoN Distinguished Alumni Humanitarian Award. This award recognizes a graduate of the school for exceptional humanitarian service in a health care environment. Secor-Turner and NDSU nursing students have spearheaded community-based programming and outreach to girls in remote areas of Kenya to provide education regarding puberty, menstruation, hygiene, and sexual health. In addition, Secor-Turner and a NDSU colleague were awarded a $1.2 million grant from the U.S. Department of Health and Human Services to evaluate a program aimed at preventing pregnancy and sexually transmitted diseases among teens in North Dakota.

Professor, Renee Sieving, PhD, RN, FAAN, FSAHM, also received the 2015 Outstanding Nurse Researcher Award from the Mpls. St. Paul Magazine. This award along with 18 others, are given to top nurses in the Twin Cities metro area. In its fourth year recognizing outstanding nurses, the Mpls. St. Paul Magazine solicits nominations from peers, patients, and the general public; finalists are chosen based on professionalism, bedside manner, patient interaction, credentials, leadership, and impact on an organization. A panel of judges with more than 50 years of combined nursing experience selects recipients of these prestigious awards.

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HONORS & AWARDS

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Center Faculty and Student Updates, Honors, Awards, and Grants

Continued from page 11

Sieving Inducted as a Fellow

Professor, Renee Sieving was inducted as a Fellow into the American Academy of Nursing (AAN). This organization recognizes nursing’s most accomplished leaders in education, management, practice, and research. Sieving joins 18 other School of Nursing faculty members with this prestigious fellowship status.

Pictured: Former FAAN President, Joanne Disch, PhD, RN, FAAN, and Renee Sieving, PhD, RN, FAAN, FSAHM

Porta’s Team Wins 3rd Annual UMN Global Health Case Competition

Fourteen teams of UMN students, each under the guidance of a faculty coach, spent five days immersed in examining the Syrian refugee crisis and developing proposals for sustainable interventions to address key issues related to the mass migrations of refugees now moving into countries surrounding Syria. The teams presented their proposals to an expert panel of judges representing an agency of the United Nations High Commissioner for Refugees (UNHCR). Center Associate Professor, Dr. Carolyn Porta (nee: Garcia), and her team won the competition and will compete in the Emory International Global Health Case Competition in April 2016.

This is Porta’s second year as a volunteer coach for the Global Health Case Competition. Porta states, “I relish the opportunity to explore real world global health issues by collaborating interprofessionally with students from across the university. Having the ability to mentor and be a part of a team of individuals committed to investigating and creating solutions for global health issues is invigorating.”

Carolyn Porta (left) and students pictured above: J’Mag Karbeah (Public Health), Shuangqi Wang (Law School), Patrick Williams (Public Health), Kimani Cyrus Ndung’u (Food, Agricultural, and Natural Sciences), Hiwote Bekele (Public Health), Besufekad Alemu (Food, Agricultural, and Natural Sciences).
New Roles for Center Faculty

Nasra Giama, DNP, RN, PHN, joined the School of Nursing as a clinical assistant professor. Finishing her DNP in 2013, Giama also spent time completing the Leadership Education in Adolescent Health fellowship in the Division of General Pediatrics and Adolescent Health. Prior to completing her DNP, Giama worked as a clinician, educator, and public health nurse in Olmsted County Public Health Services and as a Prejudice Reduction Facilitator for Rochester’s Diversity Council. She currently works at the School’s satellite campus in Rochester.

In August 2015, Melissa Horning, PhD, RN, PHN, successfully defended her dissertation, “Child and Parent Influences on Food Purchasing: Contributions to Obesity.” Horning, whose research interests focus on child, adolescent, and family promotion, healthful eating, healthy youth development, rural health and community, and public health nursing, joined the SoN faculty as a tenure-track, assistant professor in Fall 2015.

Associate Professor Barb McMorris, PhD, was re-appointed for a two-year term as a member of the City of Minneapolis Youth Violence Prevention Executive Committee. This committee oversees the general implementation of the Youth Violence Prevention Blueprint for Action, provides advice and recommendations on strategic and policy issues, and develops strategic partnerships and leverages resources to achieve Blueprint goals. McMorris is also serving as the chair of the Research and Policy Subcommittee for this city initiative.

The commissioner of the Minnesota Department of Human Services has re-appointed Carolyn Porta, PhD, MPH, MS, RN, SANE-A, associate professor, to a Special Review Board for 2015-2018. This board considers the treatment needs of patients and protects public safety by reviewing petitions filed for transfer or discharge by or on behalf of persons committed as mentally ill and dangerous.
Pints, Pads, and Public Health

PERIODS OF PROGRESS: HEALTH EDUCATOR’S IMPACT FELT ACROSS THE WORLD
Molly Secor-Turner, PhD, MS, her mother, and five of her nursing students were packing crates with medical supplies in Secor-Turner’s living room when her then-2-year-old son, Emmett, came downstairs carrying a pair of his shoes, pajamas, and a toy truck. “I want to give these to Kenya!” the little boy told the women, who were preparing for their spring trip to the impoverished East African country, where they’ve been doing community outreach for years.

Emmett was emulating the giving nature of his mom, a nursing and public health associate professor at North Dakota State University, and his grandmother, Sharon Secor, who first introduced his mom to the people of the Tharaka-Nithi region of Kenya when she was 19.

Secor-Turner recently expanded her engagement there as program director of For the Good Period, an all-volunteer nonprofit she helped create with founder Kayce Anderson and Sadler Merrill, co-owner of cloth diaper company, Thirsties.

For the Good Period works with schools, community leaders, and families to provide school-age girls with reusable menstrual pads and reproductive health education, helping remove one of the primary barriers to girls’ education in rural areas - lack of access to menstrual products.

Because of their inability to fill a basic women’s health need, girls often stay home from school during their periods, increasing their vulnerability to early marriage, HIV infection, and female genital mutilation, explains Kate Lapides, a Colorado-based photographer and writer who accompanied Secor-Turner on her most recent trip to Kenya in September.

For the Good Period found its beginnings in Secor-Turner’s annual pad-making event, Pints & Pads, held in 2014 and 2015 at Fargo Brewing Company. She created the fundraiser as a way to get people involved in the Red River Valley, on the border between North Dakota and Minnesota.

“The ultimate goal would be to have a way we could support local manufacture so it wouldn’t depend as much on donations. It’s really expensive to fly there and do it all,” she says. “People there have the skills and knowledge to do it.”

“I had no idea it would gain so much momentum.”

Their efforts, however, are working. They saw the results firsthand a year later when they visited with girls who received pad packs.
during a previous visit. They remembered Secor-Turner’s health presentation, they’ve gained confidence, and their school attendance has increased compared to when they had to scrounge for fabric or plant material to control their periods.

“There were girls who could recite some of the things I’d told them word for word about puberty, making healthy choices, and staying in school,” she says.

**WORK-LIFE INTEGRATION**
Secor-Turner’s passion for public health nursing and desire to focus on improving the health of girls and young women, gained momentum while completing her MS and PhD. Her dissertation focused on the importance of social context in the everyday lives of low-income, urban, African-American young women. Upon completion of her doctoral degree, Secor-Turner completed a post-doctoral adolescent health fellowship at the UMN before starting her faculty position at NDSU.

Passionate about health education and promotion in Kenya, back home Secor-Turner’s also a driving force behind other youth health education efforts. For the past few years, she’s primarily worked on a program with Brandy Randall, PhD, a human development and family science associate professor at NDSU, made possible by a grant from the Department of Health and Human Services. They partner with local educators to provide comprehensive sexuality education to teens, including foster-care youth, Native Americans, new Americans, and college freshmen in the Fargo area, addressing topics such as healthy development, relationships, and pregnancy prevention.

She’s also the health and wellness coordinator for the Lincoln Elementary School PTA. Her primary responsibilities there are coordinating vision screening and flu shot clinics.

“I think I’m lucky in some ways, because the work that I do is about family and adolescence and about figuring out how to help support families to be healthy,” she says.

“I think I’m lucky...figuring out how to help support families to be healthy.”

Instead of striving for work-life balance, she aims for work-life integration, a concept she recently read about that struck a chord with her.

“When you can integrate those things and address the needs of both, that’s how you achieve true balance,” she says.

Secor-Turner’s work has given her family — husband Ryan, son Rees, daughter Madeleine, and son Emmett — life-changing experiences. In summer 2014, she arranged for her whole family to join her in Kenya at the beginning of May, after she’d been there a month with her nursing students.

“I really wanted them to understand where I was going and what I was doing,” she says.

Their children, ages 11, 8, and 5 at the time, missed the last month of school in Fargo but attended school at the Chogoria Complex Primary School in Kenya.

“It was almost the end of the school year, and they’d already met the school-year standards,” Secor-Turner says. “The principal said, ‘I don’t think you need to worry about it. They’re going to learn a lot of life lessons there.’”
The kids adjusted well, even though life in rural Kenya meant no TV or toys. Instead, they played soccer and made forts out of banana leaves. They learned Swahili words and phrases and made new friends. They got to share their experience with their grandparents and other extended family members.

Regardless, like most parents, Secor-Turner sometimes questions how her decisions affect her kids. Secor-Turner says, "I tell myself someday they’ll look back and say, ‘My mom stood up for what she thought was important, she stood up for other people, and she wanted to make the world a better place.’"

### Articles by Dr. Secor-Turner


### A Special Thanks To:

A special thank you to Meredith Holt, *The Forum of Fargo-Moorhead* for allowing us to use portions of her original article.

Photo credit to: Kate Lapides, Molly Secor-Turner
Driven to Discover through Learning, Teaching, and Research

Meg Bruening, PhD, RD

Meg Bruening, PhD, RD, a former Adolescent Health Protection Research Training fellow (2009-11) in the Center for Center for Adolescent Nursing (CAN), is making great strides in her research program supported by a five-year High Risk-High Reward grant from the National Institute of Health (NIH). Now an assistant professor at Arizona State University’s School of Nutrition and Health Promotion, Bruening received a $1.25 million grant in early 2013 – one of only 15 recipients of the NIH Director’s Early Independence Award category. NIH designed the award to provide junior scientists with the ability to jump into independent research positions very early in their careers. Bruening’s research program examines how friendship networks affect and predict eating, physical activity, and weight among diverse youth in a college environment. Findings from this research will help to shape future interventions aimed at improving the health of young people at risk for weight-related problems.

Scott Harpin, PhD, MPH, MS, RN
Sarah Stoddard, PhD, MS, RN, CPNP

The Society for Adolescent Health and Medicine (SAHM) has awarded fellow status to Scott Harpin, PhD, MPH, MS, RN and Sarah Stoddard, PhD, MS, RN, CPNP. As former CAN students, Harpin received his MS and MPH in 2003 and PhD in 2010; Stoddard, who preceded Harpin, received her MS in 1999 and PhD in 2009. Both Harpin and Stoddard hold faculty positions in schools of nursing (University of Colorado and University of Michigan, respectively). Fellow status is given to individuals who demonstrate a long-standing commitment to the welfare of adolescents and a willingness to advocate on their behalf at local, regional, national, or international levels. Harpin focuses his research and advocacy efforts on runaway/homeless youth and young people transitioning out of foster care. He also tests interventions aimed at decreasing mental distress and suicidality among youth. Stoddard’s research examines interactions between individual factors and social and environmental factors, and how together they shape the psychosocial development and health trajectories of at-risk urban youth.

Karen Johnson, PhD, RN

2012 CAN graduate Karen Johnson, PhD, RN, was selected by the Robert Wood Johnson Foundation (RWJF) to participate in the Nurse Faculty Scholars Program. Johnson, an assistant professor at The University of Texas at Austin School of Nursing, was one of only 12 nursing faculty in the nation selected for this prestigious award. The 3-year, $350,000 award will fund her research efforts, partial salary, and travel expenses. Johnson, an adolescent health and public health nursing researcher, is currently surveying alternative high school teachers and staff about school health policies as well as asking students about risky health behaviors and factors that protect them against involvement in such behaviors. The RWJF Nurse Faculty Scholars Program aims to strengthen the academic productivity and overall excellence of junior nursing faculty by providing funding, mentorship, leadership training, and educational and research support.

Katie Loth, PhD

Former Adolescent Health Protection Research Training fellow in CAN, Katie Loth, PhD, defended her dissertation titled, “Associations between food-related parenting practices and adolescent weight status and disordered eating behaviors: Findings from a population-based study.” Loth accepted a post-doctoral position in the Department of Psychiatry at the UMN and will continue to focus her research on adolescent eating disorders.

Leslie Morrison, PhD, RN, CNM

2013 CAN graduate, Leslie Morrison, PhD, RN, CNM, was selected as a finalist for the Society for Adolescent Health and Medicine’s 2015 “New Investigator Award.” Dr. Morrison was named as a finalist for this award based on her study of factors that promote consistent contraceptive use among female college students. SAHM promotes the development, synthesis, and dissemination of knowledge unique to the development and health care needs of adolescents and emerging adults. This award recognizes excellence in adolescent health research among early-career researchers.
Emotional health of lesbian, gay, bisexual, and questioning bullies: Does it differ from straight bullies?
Marla Eisenberg, Amy Gower, Barbara McMorris

Research demonstrates that young people involved in bullying are at greater risk for poor emotional health outcomes, but this association may not be consistent for youth of different sexual orientations. Understanding the unique needs of lesbian, gay, bisexual, and questioning (LGBQ) youth may suggest important opportunities for intervention and prevention. This study, therefore, examines whether involvement with bullying is differentially associated with emotional well-being across sexual orientation. Survey data were collected from a large statewide sample of 9th and 11th grade students in 2013 (N=79,039, 49.8% female, 74.6% white). Logistic regression tested associations between sexual orientation, physical, or relational bullying perpetration and five measures of emotional health. In the full sample, those reporting bullying perpetration had significantly elevated odds of emotional health problems. However, interaction terms and stratified models indicated that in nine out of ten physically bullying models and two out of ten relational bullying models, perpetration was not as strongly associated with poor emotional health among LGBQ adolescents as it was among heterosexual youth. Possible explanations for this finding include unhealthy coping strategies or masking one’s own vulnerable status as LGBQ. Continued efforts to prevent bullying are needed for all youth. 


HOME Plus: Program design and implementation of a family-focused, community-based intervention to promote the frequency and healthfulness of family meals, reduce children’s sedentary behavior, and prevent obesity.
Colleen Flattum, Michelle Draxten, Melissa Horning, Jayne Fulkerson, Dianne Neumark-Sztainer, Ann Garwick, Martha Kubik, Mary Story

Background: Involvement in meal preparation and eating meals with one’s family are associated with better dietary quality and healthy body weight for youth. Given the poor dietary quality of many youth, potential benefits of family meals for better nutritional intake and great variation in family meals, development and evaluation of interventions aimed at improving and increasing family meals are needed. This paper presents the design of key intervention components and process evaluation of a community-based program (Healthy Home Offerings via the Mealtime Environment (HOME) Plus) to prevent obesity. Methods: The HOME Plus intervention was part of a two-arm (intervention versus attention-only control) randomized-controlled trial. Ten monthly, two-hour sessions and five motivational/goal-setting telephone calls to promote healthy eating and increasing family meals were delivered in community-based settings in the Minneapolis/St. Paul, MN metropolitan area. The present study included 81 families (8-12 year old children and their parents) in the intervention condition. Process surveys were administered at the end of each intervention session and at a home visit after the intervention period. Chi-squares and t-tests were used for process survey analysis. Results: The HOME Plus program was successfully implemented and families were highly satisfied. Parents and children reported that the most enjoyable component was cooking with their families, learning how to eat more healthfully, and trying new recipes/foods and cooking tips. Average session attendance across the ten months was high for families (68%) and more than half completed their home activities. Conclusions: Findings support the value of a community-based, family-focused intervention program to promote family meals, limit screen time, and prevent obesity. 


A systematic review on the affordability of a healthful diet for families in the United States.
Melissa Horning, Jayne Fulkerson

Objectives: As obesity rates remain alarmingly high, the importance of healthful diets is emphasized; however, affordability of such diets is disputed. Market basket surveys (MBSs) investigate the affordability of diets for families that meet minimum daily dietary requirements using actual food prices from grocery stores. This review paper describes the methods of MBSs, summarizes methodology, price and affordability findings, limitations, and suggests related policy and practice implications. Design and Sample: This is a systematic review of 16 MBSs performed in the United States from 1985 to 2012. A comprehensive multidisciplinary database search strategy was used to identify articles meeting inclusion criteria. Results: Results indicated MBS methodology varied across studies and price data indicated healthful diets for families are likely unaffordable when purchased from small- to medium-sized stores and may be
unaffordable in larger stores when compared to the Thrifty Food Plan. Conclusions: Using a social ecological approach, public health nurses and all public health professionals are prime advocates for increased affordability of healthful foods. This study includes policy advocacy, particularly in support of Supplemental Nutrition Assistance Program benefits for low-income families. Future research implications are provided, including methodological recommendations for consistency and quality of forthcoming MBS research. 


The roles of partner communication and relationship status in adolescent contraceptive use. Abigail Johnson, Renee Sieving, Sandra Pettingell, Annie-Laurie McRee

Introduction: Because of high rates of pregnancy and sexually transmitted infections among adolescents, factors influencing adolescents’ contraceptive use require close examination. This study explores how different types of partner communication relate to contraceptive use among adolescent girls and whether these associations vary by relationship status. Method: Cross-sectional, self-report data from 253 sexually active 13- to 17-year-old girls were used to examine associations between partner communication, relationship status, and contraceptive consistency. Results: In a multivariate analysis, partner communication specific to contraceptive use (RR = 1.3, p < .001) and “steady” partnership status (RR = 0.65, p < .01) were associated with hormonal contraceptive consistency. In interaction models, the impact of partner communication on hormonal consistency was greater in steady partnerships than in casual partnerships. Discussion: Findings suggest that clinicians should ask about the nature of adolescent girls’ relationships with their sexual partners when encouraging contraceptive use. Early communication with partners about sexual topics should be stressed, especially among girls in steady relationships. 


Relationships between social-emotional intelligence and sexual risk behaviors in adolescent girls. Elizabeth Lando-King, Annie-Laurie McRee, Amy Gower, Rebecca Shlafer, Barbara McMorris, Sandra Pettingell, Renee Sieving

Social-emotional intelligence (SEI) has been linked with a number of health behaviors in adolescent populations. However, little is known about the influence of SEI on sexual behavior. This study examined associations between three indicators of SEI (intrapersonal skills, interpersonal skills, stress management skills) and adolescent girls sexual risk behaviors. Data come from a cross-sectional sample of sexually active adolescent girls (aged 13 to 17 years) at high risk for pregnancy (N = 253), recruited from health care clinics in a Midwest metropolitan area during 2007 and 2008. Results of multivariable regression models controlling for participants age and race/ethnicity indicated that each aspect of SEI was related to distinct sexual risk behaviors. Specifically, girls with greater intrapersonal skills had significantly fewer male sexual partners in the past six months (b = 0.16). Participants with greater interpersonal skills reported earlier communication with their sexual partners about sexual risk (b = 0.14), and those with a better ability to manage stress reported more consistent condom use (b = 0.31). Study findings suggest that SEI may provide a protective buffer against sexual risk behaviors. Building adolescent girls social and emotional skills may be an effective strategy for reducing their risk for early pregnancy and sexually transmitted infections. 

Journal of Sex Research, (2015); 52(7), 835-840.


Educational achievement and attainment are associated with health outcomes across the entire life span. The objective of this study was to determine whether racial/ethnic disparities in academic achievement and educational aspirations have changed over time. The study used data from the Minnesota Student Survey (MSS) from 1998, 2001, 2004, 2007, and 2010. The MSS is administered to adolescents in public secondary schools, charter schools, and tribal schools. Measures of academic achievement and educational aspirations were examined by race/ethnicity, poverty status, and family structure. Chi square tests evaluated differences in the above proportions. The analytic sample included 351,510 adolescents (1998, N = 67,239; 2001, N = 69,177; 2004, N = 71,084; 2007, N = 72,312; and 2010, N = 71,698). Study participants ranged in age from 13 to 19 years (mean = 15.9, SD = 1.6). Most were white (81.7%), followed by 5.4% Asian American/Pacific Islander, 4.3% Black/African American, 2.7% Hispanic/Latino, 1% American Indian, and 4.9% mixed race. Results showed that academic achievement fluctuated amongst all the racial/ethnic groups, but there were significant race/ethnic disparities at every time point. Overall, academic aspirations increased over time among the adolescents.
Poverty was associated with poorer academic indicators for white youth, but not consistently for other racial/ethnic groups of youth. Family structure, however, was significantly associated with the youth, but not consistently for other racial/ethnic groups of youth. Despite many efforts to improve educational outcomes, there remain significant disparities in educational achievement and aspirations related to race-ethnicity and social status. Findings have implications for efforts to improve adolescent health at both individual and community levels.


**Disability and discussions of health-related behaviors between youth and health care providers.**

Elisabeth Seburg, Barbara McMorris, Ann Garwick, Peter Scal

**Purpose:** The purpose of this study was to examine the likelihood of discussing health-related behaviors with health care providers (HCPs), comparing youth with and without mobility limitations (MLs).

**Methods:** Analyses were conducted using baseline data from the MyPath study. Adolescents and young adults between the ages of 16 and 24 years completed a survey about their health care and health-related experiences. Analyses assessed the relationship between mobility status and discussing health-related behaviors with an HCP. Secondary analyses examined the extent to which adolescents and young adults’ engagement in these behaviors was associated with these discussions. Results: Overall, we found low rates of discussions about the following topics: substance use, sexual and reproductive health, healthy eating, weight, and physical activity. Adolescents and young adults with MLs were less likely to report discussing substance use and sexual and reproductive health, but were more likely to discuss healthy eating, weight, and physical activity than peers without MLs. Those adolescents and young adults who reported substance use had higher odds of discussing this topic and those who reported having sexual intercourse had higher odds of discussing sexual and reproductive health. Conclusions: Results suggest mobility status and a young person’s engagement in health risk and promoting behaviors are associated with the likelihood of discussing these behaviors with an HCP. It is important that HCPs view adolescents and young adults with MLs as needing the same counseling and guidance about health-related behaviors as any young person presenting himself/herself for treatment.

*Journal of Adolescent Health*, (2015); 57(1), 81-86.

**Parent and family influences on young women’s romantic and sexual decisions.**

Deborah Wisnieski, Renee Sieving, Ann Garwick

Parents can play an important role in reducing their children’s risk for teenage pregnancy and sexually transmitted infections, and in promoting sexual health during adolescence. The purpose of this study was to explore communication between parents, family members, and young people and how it influences their romantic and sexual behaviours. Semi-structured interviews were conducted with 28 African American, American Indian, Euro-American, and Latina women aged 19–29 years. Findings clustered into five themes. First, mothers were often the primary source of reproductive education. Second, fathers provided valuable guidance, although they were not the first source of information. Third, parental expectations influenced young people’s sexual behaviours both positively and negatively. Fourth, aunts, uncles, and grandparents were trusted sources of advice for personal discussions. Fifth, over one-third of participants perceived that there was no adult available to them during their teenage years for discussions about romance. Sex educators can encourage and guide parents to discuss romantic and sexual issues with young people as a way to support their young people’s healthy sexual and romantic behaviours. Health and sex educators should also identify young people lacking support and encourage stronger relationships within family including fathers and extended family members.


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**Other CAN Publications**

Current and former CAN faculty, students, and fellows appear in bold.

**Advancing adolescent maternal development: A grounded theory.**

Leah Atkinson, Cynthia Peden-McAlpine


**The protective role of family meals for youth obesity: 10-year longitudinal associations.**

Jerica Berge, Melanie Wall, Tsun Fang Huseh, Jayne Fulkerson, Nicole Larson, Dianne Neumark-Sztainer

*Journal of Pediatrics*, (2014); 166(2), 296-301.

**An interactive website to promote healthy relationships and reduce HIV-risk behavior among adolescents: Process evaluation of Teen Talk Health.**

Sonya Brady, Renee Sieving, Loren Terveen, BR Simon Rosser, Amy Kodet, Vienna Rothenberg

*Journal of Medical Internet Research Protocols*, (2015); 4(3), e106.

**Barriers to care in an ethnically diverse publicly insured population: Is health care reform enough?**

Kathleen Call, Donna McAlpine, Carolyn Garcia, Nathan Shippee, Timothy Beebe, Titilope Adeniyi, Tetyana Shippee

*Medical Care*, (2014); 52(8), 720-727.

**Vulnerable bullies: Perpetration of peer harassment among youths across sexual orientation, weight, and disability status.**

Marla Eisenberg, Amy Gower, Barbara McMorris, Michaela Bucchianeri


**Differences in sexual behaviors among unmarried sexually active students at 2- and 4-year colleges.**

Marla Eisenberg, Katherine Lust, Carolyn Garcia

*Research in Nursing and Health*, (2014); 37(2), 128-134.
Promoting healthful family meals to prevent obesity: HOME Plus, a randomized controlled trial.
Jayne Fulkerson, Sarah Friend, Colleen Flattum, Melissa Horning, Michelle Draxten, Dianne Neumark-Sztainer, Olga Gurvich, Mary Story, Ann Garwick, Marti Kubik

A review of associations between family or shared meal frequency and dietary and weight status outcomes across the lifespan.
Jayne Fulkerson, Nicole Larson, Melissa Horning, Dianne Neumark-Sztainer

Time 2 talk 2nite: Use of electronic media by adolescents during family meals and associations with demographic characteristics, family characteristics, and food served.
Jayne Fulkerson, Katie Loth, Meg Bruening, Jerica Berge, Marla Eisenberg, Dianne Neumark-Sztainer
*Journal of the Academy of Nutrition and Dietetics*, (2014); 114(7), 1053-1058.

The Healthy Home Offerings via the Mealtime Environment (HOME) Plus study: Design and methods.
Jayne Fulkerson, Dianne Neumark-Sztainer, Mary Story, Olga Gurvich, Martha Kubik, Ann Garwick, Bonnie Dudovitz
*Contemporary Clinical Trials*, (2014); 38(1), 59-68.

Teenagers and texting: Use of a youth ecological momentary assessment system in trajectory health research with latina adolescents.
Carolyn Garcia, Rachel Hardeman, Gyu Kwon, Elizabeth Lando-King, Lei Zhang, Therese Genis, Sonya Brady, Elizabeth Kinder
*Journal of Medical Internet Research*, (2014); 2(1), e3.

College students’ preferences for health care providers when accessing sexual health resources.
Carolyn Garcia, Kate Lechner, Ellen Frerich, Katherine Lust, Marla Eisenberg
*Public Health Nursing*, (2014); 31(3), 387-394.

“I connect with the ringleader”: Health professionals’ perspectives on promoting the sexual health of adolescent males.
Carolyn Garcia, Stephanie Ptak, Brooke Stelzer, Eileen Harwood, Sonya Brady
*Research in Nursing and Health*, (2014); 37(6), 454-465.

Latina adolescent sleep and mood: An ecological momentary assessment pilot study.
Carolyn Garcia, Lei Zhang, Katie Holt, Rachel Harderman, Barbara Peterson

Family adjustment of deployed and nondeployed mothers in families with a parent deployed to Iraq or Afghanistan.
Abigail Gewirtz, Barbara McMorris, Sheila Hanson, Laurel Davis
*Professional Psychology*, (2014); 45(6), 465-477.

Brief report: Associations between adolescent girls’ social-emotional intelligence and violence perpetration.
Amy Gower, Rebecca Shlafer, Julie Polan, Annie-Laurie McRee, Barbara McMorris, Sandra Pettingell, Renee Sieving

School-level contextual predictors of bullying and harassment experiences among adolescents.
Amy Gower, Barbara McMorris, Marla Eisenberg
*Social Science and Medicine*, (2015); 147, 47-53.

Attrition and missingness in a longitudinal sample of urban middle school adolescents.
Scott Harpin, Renee Sieving, Debra Bernat, Linda Bearinger

Studying the playbook: Which pathways mediate relationships between sports team participation and health-risk behavior among alternative school students?
Karen Johnson, Linda Bearinger, Marla Eisenberg, Jayne Fulkerson, Renee Sieving, Elizabeth Lando-King
*Children and Youth Services Review*, (2014); 44, 217-224.

Relationships between sports team participation and health-risk behaviors among alternative high school students.
Karen Johnson, Marla Eisenberg, Linda Bearinger, Jayne Fulkerson, Renee Sieving

Improving self-management skills through patient-centered communication.
Kiana Johnson, Barbara McMorris, Sarah Maplelentz, Peter Scal
*Journal of Adolescent Health*, (2015); 57(6), 666-672.

Parent interest in a school-based, school nurse-led weight management program.
Martha Kubik, Jiwoo Lee
*Journal of School Nursing*, (2014); 30(1), 68-74.

Secular trends in fast-food restaurant use among adolescents and maternal caregivers from 1999 to 2010.
Nicole Larson, Peter Hannan, Jayne Fulkerson, Melissa Laska, Marla Eisenberg, Dianne Neumark-Sztainer
Are food restriction and pressure-to-eat parenting practices associated with adolescent disordered eating behaviors?
Katie Loth, Richard MacLehose, Jayne Fulkerson, Scott Crow, Dianne Neumark-Sztainer

Long-term impact of Lead Peace service learning program on high school seniors from North Minneapolis.
Barbara McMorris, Kristin Swartz, Chelsey Thul, Pamela Russ, Nicole Randolph Fernandez, Renee Sieving
*CURA Reporter* (2014-Winter); 44(2), 22-29.

What’s for dinner: Types of food served at family dinner differ across parent and family characteristics.
Dianne Neumark-Sztainer, R MacLehose, Katie Loth, Jayne Fulkerson, Marla Eisenberg, Jerrica Berge

Better communication for better public health: Perspectives from an interdisciplinary training program.
Rebecca Shlafer, Annie-Laurie McRee, Amy Gower, Linda Bearinger
*Health Promotion Practice*, (2016); epub.

Characteristics of violence among high-risk adolescent girls.
Molly Secor-Turner, Ann Garwick, Renee Sieving, Ann Seppelt

**Prime Time: 18-month violence outcomes of a clinic-linked intervention.**
Renee Sieving, Barbara McMorris, Molly-Secor-Turner, Ann Garwick, Rebecca Shlafer, Kara Beckman, Sandra Pettingell, Jennifer Oliphant, Ann Seppelt

**Prime Time: Long-term sexual health outcomes of a clinic-linked intervention.**
Renee Sieving, Annie-Laurie McRee, Molly Secor-Turner, Ann Garwick, Linda Bearinger, Kara Beckman, Barbara McMorris, Michael Resnick
*Perspectives on Sexual and Reproductive Health*, (2014); 46(2), 91-100.
Two Center Faculty Promoted to Full Professor in 2015

The Center for Adolescent Nursing celebrates the promotion of two of its faculty to full professor: Jayne Fulkerson, PhD, and Renee Sieving, PhD, RN, FAAN, FSAHM.

Jayne Fulkerson, PhD

A psychologist in the UMN School of Nursing since 2004, Dr. Fulkerson has devoted her career to the health of children and adolescents. Her current research focuses on family-based health promotion and obesity prevention in community settings. She has conducted NIH-funded observational and clinical trial research and developed programs for childhood obesity and diabetes prevention, particularly through the home food environment and family meals. Her current R01 study, “Healthy Home Offerings via the Mealtime Environment (HOME) Plus,” is a family-based randomized controlled trial (n=160 families of 8-12 year-old children) that aims to reduce childhood obesity by actively engaging the whole family in promoting healthful behaviors in the home. She also received funding to develop and pilot test a similar program for children at-risk for diabetes called Families Preventing Diabetes Together. Fulkerson’s work exemplifies the potential of academic/business partnerships, in this case, the development of a simulation training program for healthcare providers as they learn to address childhood obesity with parents in the clinical setting.

After receiving her PhD at the UMN in 1997, she worked at the MN Department of Human Services where she and other scientists conducted the MN Student Survey with special populations, including chemical dependency treatment centers, alternative high schools, and behavioral treatment programs. In 1999, she collaborated with faculty in the School of Public Health on several grants related to school-based nutrition, bone development in young girls, eating disorders, and substance use. In 2014, Fulkerson began as Director of Graduate Studies and Director of the PhD Program in the School of Nursing while continuing her leadership of the School’s Center for Child and Family Health Promotion Research. She also co-edits the International Journal of Behavioral Nutrition and Physical Activity.

Renee Sieving, PhD, RN, FAAN, FSAHM

Dr. Sieving’s career has been dedicated to promoting the health and healthy development of vulnerable populations of young people. Specifically, she has focused on understanding psychosocial influences on adolescent risk behaviors and on testing youth development interventions that involve families, clinics, schools, and communities in health promotion with vulnerable groups of adolescents. Sieving is currently working on packaging and disseminating Prime Time, a clinic-linked program aimed at preventing pregnancy among vulnerable teens. Based on over a decade of research funded by NIH and the CDC, this evidence-based program, combines one-on-one case management and involvement in peer leadership groups. Overall it aims to equip health clinics with the tools to prevent teen pregnancy and sexually transmitted infections.

After a decade of working with youth as a pediatric nurse practitioner in various rural and urban clinics, she moved to Minnesota in 1990 to begin her academic career. Soon after completing a PhD in epidemiology (School of Public Health) in 1996, she assumed the role of deputy director of the CDC-funded Healthy Youth Development Prevention Research Center (PRC), an intercollegiate UMN center housed in the Department of Pediatrics, Medical School. The UMN PRC collaborates with state and local organizations to conduct research, disseminate findings, and provide training on best practices in promoting health equity and healthy youth development. In fall 2015, Sieving was appointed the Prevention Research Center’s new director.
Benefits of I•A•A•H Membership

• Engage with others in the development, welfare, and comprehensive care of young people, aged 10 to 24 years
• Create new partnerships among organisations, professionals, and young people dedicated to youth health
• Work with others promoting youths’ participation in their own health and that of their communities
• Uphold standards of care for young people while advancing research and education on their behalf
• Advocate for young people with other I•A•A•H members at community, country, regional, and global levels
• Learn about innovative, accessible, and evidence-based adolescent health training opportunities
• Contribute to sustaining the I•A•A•H as a global hub for professionals focused on the health and well-being of all young people

I•A•A•H Mission

• Foster deeper understanding of the importance of youth health across sectors and within every region of the world
• Encourage cooperation and collaboration between youth and adults and between professionals and organisations focused on youth health issues
• Promote and support the development of national associations dedicated to youth health
• Advocate for improved youth health services, training, research, and policy development worldwide and within communities, countries, and regions
Setting a healthy course...

A great challenge for parents and guardians, educators and health professionals is how to think about, talk about, and guide young people on positive paths toward adulthood, particularly on the topic of sexual health. We understand that adolescence launches a time of intense introspection – about identity, relationships, attitudes, values, and behaviors – influenced by cultures and contexts of childhood. And, we know that values and behaviors that determine a healthy course are set well before young people become sexually active.

During the 2016 Institute, learn strategies for effectively engaging young teens and their families in conversations about values and behaviors that set a course toward healthy sexuality. Talk with young people, health professionals, and educators who are committed to teaching about sexual health and improving clinical and social services. Consider evidence-based approaches with diverse groups of teens. Gain skills for working across multiple cultures and contexts, and understand the acquisition and influence of gender norms during early adolescence.

Joining us this year...

Guest faculty Robert (Bob) Blum, MD, MPH, PhD, and Al Vernacchio, MSEd, will be joining us this year to give their diverse perspectives on sexual health among young adults in school settings and around the world.

For more information...

Contact Program Coordinator, Jenna Baumgartner, at baumo272@umn.edu. To register, please go to our website: http://z.umn.edu/ahsi
What does the Dyson vacuum cleaner and the Center for Adolescent Nursing have in common?

In the 50 years since Sir James Dyson invented the cyclonic bagless vacuum cleaner, his company has developed dozens of new but related products—all designed for different purposes. Hand dryer, fans, heaters . . . “What next?”, Sir Dyson asked, after the success of his vacuum invention. He considered what his company did best. His answer: “Move air.”

We did the same in the Center for Adolescent Nursing (CAN). We asked ourselves, “what do we do best?” Our answer: “Train health professionals to effectively work with young people.”

So, in Spring 2013 we applied for a grant from the Maternal and Child Health Bureau (Health Resources and Services Administration/DHHS) that utilized one of our greatest capacities—developing the workforce in adolescent health across multiple disciplines. The good news of the award came several months later.

Armed with an array of teaching strategies and modalities, the Center for Adolescent Nursing launched various CE strategies to reach those in practice—or, in other words, add to distance learning options. CE instruction capitalizes on the interdisciplinary team of adolescent health faculty in CAN and the Division of Adolescent Health and Medicine (Pediatrics, Medical School) plus an array of community partners in clinics, youth serving programs and public health agencies. Our expanded CE option builds on a history of offering webinars for providers in the workplace—new topics for new audiences. All CE options link to our CAN’s annual Summer Institute in Adolescent Health. Since the inception of the new grant, one summer institute focused on improving young people’s access to care, especially those who are hardest to reach.

Another institute brought together experts from education and health to strategize on reducing the prevalence and deleterious impact of bullying. All our CE offerings assure that we think of young people in the context of their developmental capacities and cultural contexts of peers, family, and school.

Under the leadership of Bearinger, three years of funding from the Maternal and Child Health Bureau has enabled us to reach thousands of providers in clinical practice and in the public health workforce. Consider coming to the 2016 Summer Institute in Adolescent Health: “Setting a Healthy Course: Talking about Sex in the Middle School Years.”

MN Knowledge to Practice in Adolescent Health is supported by grant number: 6T21MC25744-03 (PI: Bearinger), from the Maternal and Child Health Bureau (HRSA/DHHS).
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2016 Summer Institute in Adolescent Health

Setting a Healthy Course: Talking about Sex in the Middle School Years