Greetings from the Center Staff!

We want to take this opportunity to personally thank all of our community partners for your continued support of the research that we have carried out over the past 5 years.

Since the inception of the UCLA/RAND Center for Adolescent Health Promotion, we have worked to address important health issues that affect adolescents and their families in our local communities.

We could not have carried out our research activities without the inspiration, advice, ideas and insights of our community partners.

The UCLA/RAND Center Is Growing

Since 1998, when the Center was first funded by the Centers for Disease Control and Prevention (CDC), it has enjoyed considerable growth and community support. With steady increases in funding from federal agencies (e.g., CDC, NIH) and private foundations (e.g., Commonwealth Fund), the Center now supports a diverse team of over 20 core researchers, another 20 collaborating researchers, and 10 core research projects. Support from diverse community partners in Los Angeles County has nurtured the Center’s growth and has allowed for the further development and implementation of innovative approaches to adolescent health promotion.

The Center has fostered a unique collaboration of four organizations that include the UCLA Department of Pediatrics, the UCLA School of Public Health, the RAND Corporation, and local communities. This partnership, while unusual, demonstrates the power and benefits of collaboration between the community and academia.

The Center was initially funded by the CDC to be one of a network of Prevention Research Centers (PRCs) in the United States. Currently there are 28 PRCs with a handful that focus on research issues related to adolescent health promotion. The primary mission of our Center is to conduct studies and develop programs to improve the health and well-being of adolescents, with a special emphasis on projects that involve parents of adolescents. With the help of our community partners, we expect our growth to continue and look forward to conducting high-quality prevention research that can be incorporated into community practice.
Center Projects Focus on Adolescents and Their Parents

The Center has 10 core projects. In future editions of Community Connections we will highlight one or two of these projects in more depth.

(1) Worksite-Based Parenting Program for Parents of Adolescents. With funding from the National Institute of Mental Health (NIMH), we have developed and are now evaluating a parenting program for parents of 6th–10th graders. The program is delivered at the worksite, and it is designed to help parents develop skills to improve communication with their adolescents, particularly about sexual issues, with the goal of promoting healthy sexual development and reduced risk behavior. We are conducting a randomized controlled trial with baseline and periodic follow-up surveys of parents and their adolescents.

School-Based Parent-Adolescent Communication Program on Sex and HIV. We are developing and pilot-testing a program for parents and adolescents to learn together about sexual health and communication. The program will be taught at a local high school. This pilot project is funded by NIMH.

(3) Healthy Passages: A Community-Based Longitudinal Study of Child and Adolescent Health. Three cities (including L.A.) are studying 5,250 ten-year olds and their primary caregivers annually to age 20. Topics include violence, substance use, injuries, physical activity, sexual activity, nutrition, education, and mental and physical health. The data will support the design of new programs to promote healthy youth development. The CDC funds the study. The initial pilot phase of the study will be carried out in Spring 2003.

(4) Filipino-American Family Communication Study. We are studying communication between Filipino-American parents and adolescents about sexual matters and HIV, with an emphasis on immigrant parents and U.S.-raised adolescents. The University-wide AIDS Research Program funds this study.

(5) Children with HIV-Infected Parents. With funding from the National Institute of Child Health and Human Development (NICHD), we are studying important issues in the lives of HIV-infected parents and their children. We are analyzing data from a nationally representative sample of adults receiving care for HIV and will conduct semi-structured interviews with parents and children around the country.

(6) Mental Health Effects of Terrorism. We are studying the effects of recent terrorist threats and attacks on stress, depression, and behaviors, in a nationally representative sample. This study is funded by the Center.

(7) Bullies and Victims in Middle School. With data from students and teachers, we are assessing the mental health of various types of adolescents. This study is funded by the Center.

(8) The Effect of After-School Activities on Adolescent Health. We are analyzing the relationship between community resources for youth and their health and risk behaviors. This study is funded by the Center.

(9) Delivery of Preventive Health Care for Children. With funding from the Commonwealth Fund, we are reviewing why some children receive high quality preventive care and others do not.

(10) The Mental Health Intervention Program (MHIP). In collaboration with LAUSD, we are helping to design, implement, and evaluate the effectiveness of a school-based mental health intervention program for minority students and their parents in South Central LA who have been exposed to community violence.

The Center’s Theme is: Adolescent Health Promotion Starts at Home

Upcoming Events

February 13, 2003
12:00 – 2:00 PM
Community Advisory Board Meeting
Carson City Hall

Guest Speakers:
Dr. Megan Beckett and Alison Jacknowitz

Topic:
What We Know About Best Practices in After-School Care Programming

May 2003
Community Advisory Board Meeting
(exact day and location to be announced)
Community Connections

Our Diverse Community Partners, Collaborators and Advisors

The Center is committed to community-based participatory research. A Community Advisory Board (CAB) made up of L.A. County community members helps staff develop and implement studies that will benefit adolescents locally and nationally. The Center’s board also identifies opportunities for the Center to provide technical support to community groups for program implementation and evaluation. In addition, the Center has project-specific advisory groups that help advise on the design and implementation of individual studies. Our Community partners, collaborators, and advisors currently include people from the following organizations:

**Schools and School Districts**
- Banning/Carson Community Adult School
- Beverly Hills School District
- District 7, Board of Education, LA
- Harbor Community Adult School (LAUSD)
- Los Angeles Unified School District
- Torrance Unified School District
- Local School Sites

**County Departments and Agencies**
- Carson Coordinating Council
- L.A. County Department of Health Services
- SPA 8 Area Health Office
- Wilmington Coordinating Council

**Clinics and Health Centers**
- Behavioral Health Services (BHS)
- Coastal Cluster Health Centers, L.A.
- Harbor Free Clinic
- King Drew Medical Center
- South Bay Free Clinic
- Venice Family Clinic
- Wilmington Community Clinic

**Community-Based Organizations**
- AIDS Project Los Angeles
- Carson Family Resource Center
- Centinela Valley Juvenile Diversion Project
- Equilon (Texaco) Refinery
- Filipino Community Advisory Board
- Harbor Area Gang Alternative Program (GAP)
- Los Angeles Children’s Planning Council
- MALDEF
- Para Los Ninos
- YWCA of the Harbor Area

**Academic and Research Units**
- Community Service Learning, California State University, Dominguez Hills
- Harbor-UCLA Childhood Injury Prevention Center
- Health Research Association
- National Council on Alcoholism & Drug Dependence of the South
- RAND
- UCLA Department of Pediatrics
- UCLA School of Public Health
- UCLA Asian American Studies Center

Community Informational Meeting in downtown L.A.
Center staff and community and school partners discuss study goals and plans for the Healthy Passages Study.
(February 2002)
**New LA Study Focuses on Prevention of Teen Pregnancies and STDs**

The CDC Adolescent Health Study is an eight-year intervention study designed to reduce the number of teen pregnancies and STD infections, including HIV, among adolescents in Los Angeles County. The study will develop and test a pregnancy and STD prevention intervention for adolescents aged 11 to 19 years. Levels of intervention will include communities, schools, parents, and health care providers.

Goals of the intervention are:

- To increase parents’ supervision of adolescents
- To increase communication between adolescents and parents about STD and pregnancy prevention
- To increase health care providers’ knowledge and use of appropriate adolescent health care and pregnancy/STD prevention practices
- To increase access to and use of school condom availability programs
- To increase access to and use of after-school programs and other alternatives to sexual activity
- To work within the surrounding communities to:
  - increase prevention messages to parents and adolescents and change social norms about pregnancy/STD prevention,
  - increase access to condoms, and
  - increase access to supervised activities for adolescents

The study will be conducted in 12 LAUSD high schools and the 24 middle schools feeding into them. Schools will be paired based on ethnic composition, STD rates, and birth rates. Within each high school pair, one school complex area will be assigned to the intervention arm and the other to the comparison arm of the study. Participating students will complete yearly surveys and older students will be asked to provide a urine sample for confidential Chlamydia testing twice during the study.

*The project research team includes the Health Research Association (HRA), Los Angeles County Sexually Transmitted Disease Program (STDP), the Los Angeles Unified School District (LAUSD), the UCLA/RAND Center for Adolescent Health Promotion, RAND Corporation, the University of California, Los Angeles (UCLA), and the Centers for Disease Control and Prevention (CDC). Study funding is provided by the CDC.*
Center Research Highlights

Dr. Deborah Cohen and other UCLA/RAND researchers recently published a paper about **teen supervision and sexual activity**. The study was conducted in 6 public high schools in an urban school district’s STD screening program. Fifty-six percent reported being home unsupervised 4 hours or more per day. Among the respondents who had intercourse, 91% reported it was in a home setting. Researchers found a positive correlation between the amount of time an adolescent is unsupervised and the adolescent’s rate of sexual activity. The paper calls for increased adult supervision as a possible method by which to reduce risky sexual behaviors among adolescents.


Drs. Mark Schuster, Todd Franke, and Cung Pham recently published a study on the **effects of youth exposure to second-hand tobacco smoke in the home**. Researchers used data from the 1994 National Health Interview Survey and the Year 2000 Objectives supplement to investigate the frequency of smoking in households with children. They found that secondhand smoke threatens the health of 21 million American children, a little more than a third of individuals aged 17 and younger. The researchers called for preventive measures and education in order to reduce the hazards to children’s health.


New Book on parenting adolescents by:
**JUSTIN RICHARDSON, MD** and
**MARK A. SCHUSTER, MD, PhD**

“Everything you NEVER wanted your kids to know about SEX (but were afraid they’d ask)”

For more information log on to:
www.richardsonschuster.com

Community Input Needed at February 13th CAB Meeting!

Please help the Center reach its goals of better connection with the community and better recognition in the community by:

- Completing a short **“Community Research Priority Survey”** at the February 13, 2003 Community Advisory Board Meeting to tell us what you think are important adolescent health-related issues that we should include in the Center’s research priorities
About Our Organization...

The UCLA/RAND Center for Adolescent Health Promotion, funded by the Centers for Disease Control and Prevention (CDC), conducts studies and develops programs to improve the health and well-being of adolescents, with a special emphasis on projects that involve parents of adolescents.

The Center is a partnership of the UCLA Department of Pediatrics, the UCLA School of Public Health, RAND (a non-partisan, private, non-profit research institute that conducts research to improve public policy), and local communities.

The Center’s interdisciplinary membership covers the fields of medicine, public health, social and clinical psychology, sociology, economics, political science, anthropology, education, sampling, statistics, and survey design.

Questions?

Contact Jennifer Hawes-Dawson,
UCLA/RAND Community Liaison
Phone: (310) 393-0411, Ext. 7238
Fax: (310) 451-6921
E-mail: hawes@rand.org

We’re on the Web!

See us at:
www.rand.org/health/adol.html