

Fewer teens pregnant, but it's not because they are having less sex.

Teen pregnancy is drastically down and a new study reveals that the reason is increased, and increasingly effective, use of contraceptives. From 2007 to 2013, births by teens ages 15 to 19 dropped by 36 percent and pregnancies fell by 25 percent from 2007 to 2011. The study, published in the *Journal of Adolescent Health*, says that the decrease is not due to a lack of sex and that the amount of sex being had by teenagers during that time period was largely unchanged. It also had nothing to do with more abortions as abortion has been declining among all age groups, and particularly among teenagers.

Researchers from the Guttmacher Institute and Columbia University stated that no single contraceptive method stood out as singularly effective. Instead, they found that teens were using contraceptives more often, combining methods more often and using more effective methods, such as birth control pills, IUDs and implants.

Valerie Huber, who advocates for programs that urge teens to wait to have sex rather than provide information about contraception, says that the study is biased toward birth control. Huber, president and CEO of ASCEND, added "As public health experts and policymakers, we must normalize sexual delay more than we normalize teen sex, even with contraception."

More recent policy changes could help drop the teen pregnancy rate even more. One is the Affordable Care Act requirement that boosted insurance coverage for contraception, starting in 2012. The other is the 2014 recommendation from the American Academy of Pediatrics that sexually active teenagers be offered "long-acting reversible contraception" methods such as implants and intrauterine devices, which are highly effective and do not require any additional action, such as remembering to take a daily pill.

Julie Rovner, Kaiser Health News (via CNN.com)

<http://www.cnn.com/2016/09/07/health/teen-pregnancy-contraceptives/index.html>

No more than 6 teaspoons of sugar a day for kids

Children ages two to eighteen should consume no more than about six teaspoons of added sugars in their daily diets according to recommendations from the American Heart Association. Researchers called limiting a child's added sugar consumption to six teaspoons—equivalent to about 100 calories or twenty-five grams—an important health target. "A diet high in added sugars is strongly associated with weight gain, obesity, insulin resistance, abnormal cholesterol and fatty liver disease in children and all of these increase future cardiovascular risk," says Dr. Miriam Vos, an associate professor of pediatrics at Emory University and Children's Healthcare of Atlanta.

The researchers reviewed and analyzed more than one hundred previous papers and studies on the cardiovascular health effects of added sugars on children published through November 2015. They also analyzed dietary data from the National Health and Nutrition Examination Survey on how much added sugar was consumed in the United States from 2009 to 2012. The researchers concluded that children are currently consuming more than the newly recommended 25-grams or less of added sugars daily, on average.

What counts as added sugars? Any table sugar, fructose or honey used as an ingredient in processing and preparing foods or beverages, eaten separately or added to a meal at the dining table. Some foods that contain added sugars are soft drinks, candy, cookies, cakes, ice cream and pies.

In closing, the new data shows that sugar is different from starch, unrelated to its calories, and is causative for four diseases: type 2 diabetes, heart disease, fatty liver disease and tooth decay.

Jacqueline Howard, CNN

<http://www.cnn.com/2016/08/23/health/sugar-kids-recommendations/>

September Health Observances

Childhood Cancer Awareness Month
Fruits and Veggies-More Matters Month
Healthy Aging Month
National Childhood Obesity Awareness Month
National Food Safety Education Month
National Pediculosis Prevention Month/Head Lice Prevention Month
National Preparedness Month
National Recovery Month
National Sickle Cell Month
National Traumatic Brain Injury Awareness Month
National Yoga Awareness Month
Ovarian Cancer Awareness Month
Pain Awareness Month
Prostate Cancer Awareness Month
Sepsis Awareness Month
Sexual Health Awareness Month
Sports Eye Safety Month

Whole Grains Month
World Alzheimer's Month
National Suicide Prevention Week (September 5-11)
World Suicide Prevention Day (September 10)
National Celiac Disease Awareness Day (September 13)
National Farm Safety & Health Week (September 18-24)
National HIV/AIDS & Aging Awareness Day (September 18)
National School Backpack Awareness Day (September 21)
Family Health & Fitness Day USA (September 24)
Malnutrition Awareness Week (September 26-30)
National Women's Health and Fitness Day (September 28)
World Heart Day (September 29)

Healthy Recipe of the Month– Easy Sesame Salmon

Ingredients

- 1 large clove garlic, minced
- 2 tablespoons low sodium soy sauce or tamari
- 2 tablespoons rice vinegar
- 1 teaspoon minced or pureed ginger root
- Pinch dried chili flakes
- 2-3 skinless wild salmon fillets
- 2-3 tablespoons white sesame seeds

Directions:

1. In a zip-top bag, combine garlic, soy sauce, rice vinegar, ginger and chili flakes. Place salmon fillets in the bag and let them marinate in the fridge for at least an hour.
2. Preheat oven to 375 degrees
3. Pour sesame seeds onto a plate and shake the plate slightly so that they scatter into a single layer. Lay salmon fillets face-down in sesame seeds to coat the top.
4. Place crusted salmon on a baking sheet lined with parchment paper. Bake for 15 to 20 minutes, depending on fillet thickness. If you like, switch the oven to broil for the final minute of cooking to lightly toast sesame

Save the Date—Race for Every Child!

Children's National Health System is hosting the annual Race for Every Child 5k on Saturday, October 1st from 8 am to noon. All funds raised will help expand access, improve care and find cures for childhood diseases. Race day packet pickup will begin at 7 am and there will be no onsite registration. If you would like to register and/or donate, please visit <https://childrensnational.donordrive.com/index.cfm?fuseaction=register.start&eventID=590&eventParticipantTypeID=62FC4BF3-BA10-47AC9FC6-64B3836569BC> and look for "Children's School Services" led by team captain, Jama'ra Washington. Registration is \$30, if you use the promotion code "DRBEAR2016". For more information, please contact Jama'ra @ 202-645-4341.

New Healing Garden at Children's National

Children's National is excited to announce the beginning construction of the Bunny Mellon Healing Garden dedicated to the First Ladies of the United States at the Sheikh Zayed campus of the main hospital. This project was inspired by the last wish of a dying patient who asked to go outside in her final days. The Healing Garden is a vision made possible through a commitment from Bunny Mellon and the Lambert Foundation and through the leadership and generosity from Heather and Andy Florance. True to our nation's history, Bunny Mellon designed the White House Rose Garden for Jackie Onassis and John F. Kennedy during his presidency. We are proud to honor this history through the naming of the Healing Garden.

The Healing Garden will provide an outdoor and open space year-round to patients and their families regardless of their level of illness. The garden is a private 7,200 square-foot rooftop space adjacent to the third floor of the main hospital and offers sweeping and panoramic views of the national mall. Visioning sessions included patients, children, families, donors, clinicians, and staff. The design incorporates the following important values identified by these teams: patient and family-centeredness; special environmental features; natural patterns, shapes, light, space; and enhancement of our human relationship to nature. We look forward to the Grand Opening coming next month!

Linda Talley, MS, BSN, NE-BC
Vice President and Chief Nursing Officer
The Pediatric Nurse, Vol.10 Issue 1

Stress: The Silent Killer

Stress is a part of our busy lives, and it has a powerful effect on the body taking its toll on both mental and physical well-being. Stress causes our bodies to go into the fight or flight mode. It is a physiologic reaction that occurs in response to a perceived harmful event or a threat to survival. The adrenal medulla produces a hormonal cascade that results in the secretion of catecholamine, especially norepinephrine and epinephrine as well as other hormones that cause changes in the body. Stress also overworks the adrenal gland. Repeated release of an overabundance of adrenaline disrupts the delicate balance of your brain chemistry and hormonal production. At first you feel "on edge." Eventually the adrenal glands become exhausted and the opposite reaction occurs. You may become sluggish, tired and sleepy to name a few.

If your body lives in this chronic state, it takes a toll on both mental and physical well-being. Some of the negative effects can be headaches, chest pain, fatigue, anxiety and depression. Stress can affect your blood sugar level, especially in people with diabetes, weight gain, premature aging and more. Medical research now says that stress may be largely responsible for causing or at least promoting more serious disorders such as heart disease. It is not worth ignoring. The good news is that there are ways to cope with stress and set up your own stress management plan. There are many options to choose from such as aromatherapy, meditation, deep breathing and yoga to name a few.

Aromatherapy can offer some of the best types of natural prescription for easing stress. Essential oils are used to address physical and psychological issues. Here are a few ways to eliminate stress with aromatherapy:

- Inhale lavender essential oil to soothe and relax the body and mind
- Drop 1-2 drops of lavender essential oil on your pillow to aid in a restful night of sleep
- Massage several drops of lavender essential oil on feet to promote relaxation.
- Diffuse lavender essential oil before leaving the house or before guests arrive to calm anxious pets.
- University researchers in Japan found that diffusing certain aromas in an office environment dramatically improved mental accuracy and concentration. Diffused lavender resulted in 20 percent fewer errors (diffused lemon was 54 percent and jasmine was 33 percent fewer errors).

Marian McEvilly, RN, CPN, CCA
The Pediatric Nurse, Vol.10 Issue 1

RNs Connect

RNsConnect is a Web 2.0 tool used to develop online learning modules, provide training resources and improve connectivity. It is an innovative approach for delivering well designed, learner-centered interactive and facilitated learning that appeals to all types of learners. Children's National Health System's designed, developed, and implemented RNsConnect to address an emerging professional need that required an easily accessible place for nurses to readily obtain training and to connect to one another, no matter the time or space. RNsConnect was introduced to Children's School Services at this year's Summer Institute for Learning. CSS will use this platform as a means to improve connectivity and communication amongst school nurses, provide resources, education and training. All CSS nurses have been registered for the website and have been assigned the Emergency Management Pre-test that is due September 15, 2016. You can access RNsConnect from almost any device, anytime and anywhere by going to www.rnsconnect.com. If you need assistance logging in, please contact Chantel Skipper at cskipper@cnmc.org.

Chantel Skipper, MSN, CPNP-AC, CPN, RN-BC
Performance Improvement Coordinator

Diabetes Territory



Hello School Nurses! I hope you are settled into your schools, enjoying your students and planning out your school year.

As of the printing of this newsletter, most of you have completed and been signed off on the Insulin Dosage Based on Carbohydrate Counting Skill, as well as the Documentation piece. I hope that you found our sessions together informative and helpful. It is my goal for each and every one of you to be successful and safe when caring for our students with diabetes.

I have placed a second quiz based on the reading from last month on the Share Drive and in RN Connect. Please complete this quiz, as you did the first one. I will supply your nurse manager with the key, and hopefully you will have a discussion at your monthly meeting on the remaining content of the article. It is my hope that these quiz questions will focus your learning and provide you with supportive material in your care of the diabetic student.

Shawn Hickey-Higgins, MSN, RN, CHES
Professional Development Specialist

This newsletter is published monthly by the Children's School Services School Health Nursing Program.

Natalie Peart, MA
Program Coordinator, Editor
npeart@childrensnational.org

Sharon Bostic, DNP, MBA, BSN, RN, CPN
Director of Quality and Education

Colleen E. Whitmore, MSN, RN, FNP
Interim Executive Director
Director of Nursing