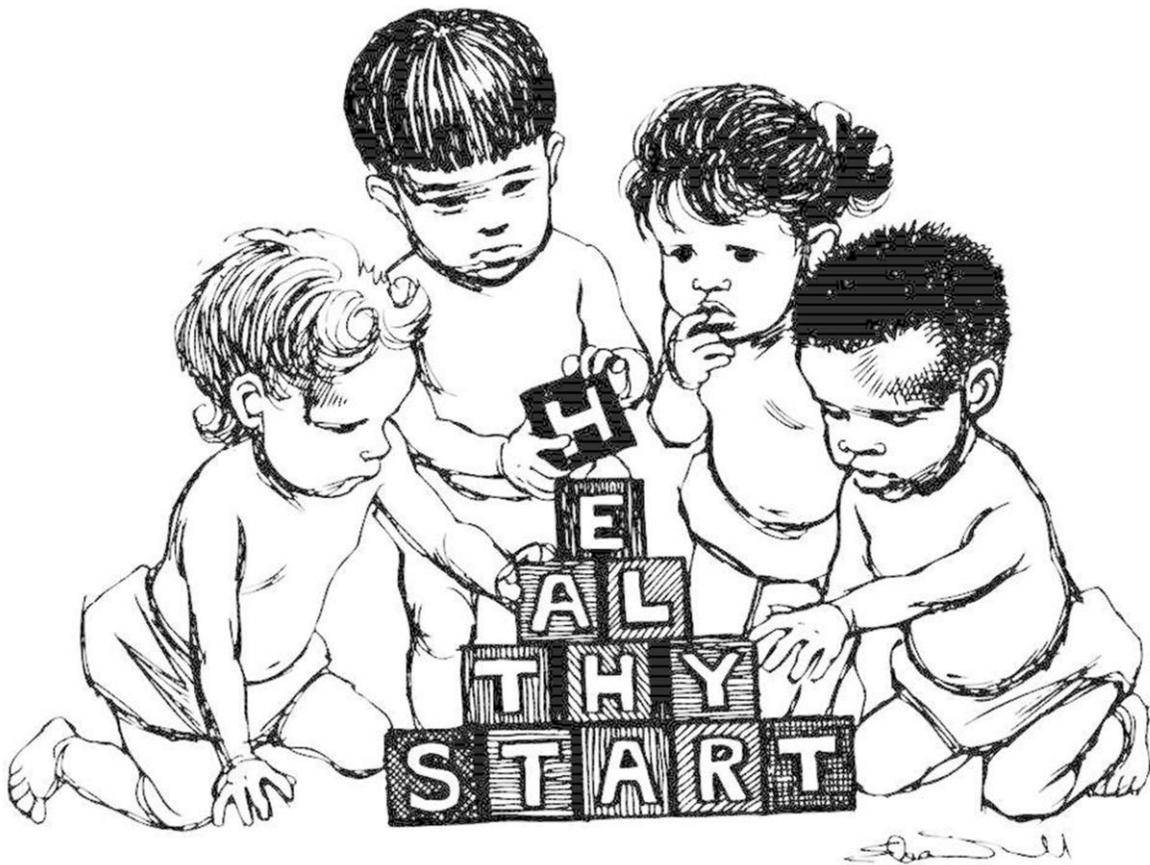


# Just for Us



*Healthy Start - 20 Years and Beyond  
Improving the Health of Families*

**Northwest Indiana  
Healthy Start**

*ISSUE 21  
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## ***Research in Brief***

### **Link Defined Between Economic Recession and Abusive Head Trauma**

In a study published by the journal *Pediatrics*, researchers conducted a 5½ year study which involved a total of 422 children. The findings indicated that the overall rate of Abusive Head Trauma (AHT) increased from 8.9 per 100,000 before the recession to 14.7 in 100,000 during the recession. One of the conclusions was that given the high morbidity and mortality rates for children with AHT, these results are concerning and suggest that prevention efforts might need to be increased significantly during times of economic hardship.

### **Really???? 80% of U.S. Boys Use Condoms the First Time**

In a study conducted by the National Campaign to Prevent Teen and Unplanned Pregnancy, interviews were done with about 4,700 teenagers, ages 15-19, from 2006 through 2010. The study showed that the percentage of boys who said they used condoms the first time they had sex had climbed from 55% (in 1988) and 71% (in 2002) to 80% in this newest survey. The survey also suggested that the condom use continued. When asked if they used a condom they last time they had sex in the previous three months, 75% said they did, an increase from 71% in 2002.

Other findings included:

- ✓ Teens were less likely to have had sex if they lived with both parents, if their mothers hadn't been teen moms themselves, or if their mothers were college graduates.
- ✓ Most teens (70% of girls and 56% of boys) had their first sex with someone who they were "going steady."
- ✓ A minority (16% of girls and 28% of boys) had their first sex with someone they just met or with whom they were "just friends."

### **Bare Naked is Best**

According to new guidelines released by the American Academy of Pediatrics (AAP), bumper pads should never be used in infants' cribs. This goes along with the recommendation that infants sleep on their backs on a firm mattress, without any soft objects or loose bedding. These recommendations are part of an updated and expanded set of guidelines on safe sleep and SIDS prevention for babies.

### **Boys Should Get HPV Vaccine Too**

A government panel wants young boys as well as girls to get the controversial Human Papilloma Virus (HPV) vaccine, in part to prevent them from spreading the sexually transmitted virus to girls. The problem is that not many adolescent girls (only 49%) had gotten at least the first of the recommended

three doses. Only one third of those girls had gotten all three doses. With the vaccine itself being expensive (about \$360) and parents being unable to afford the vaccine for their daughters, it seems to be a tougher sell to encourage parents to get the vaccine for their sons.

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## LATEST DRUG NEWS FROM THE FOOD AND DRUG ADMINISTRATION (FDA)

1. **If you're 40 or older, eating 2 ounces of black licorice a day for at least two weeks could land you in the hospital with an irregular heart rhythm or arrhythmia.**
2. *The FDA has never approved a product to prevent SIDS and is asking manufacturers to stop marketing their products with these claims until they have received FDA clearance or approval, or to change their labeling to remove all medical claims.*
3. **The FDA has approved a new treatment for controlling head lice, called Natroba Topical Suspension 0.9%, and says the substance can be safely used for infestations in children as young as age 4, as well as in older youths and adults.**
4. *The FDA approved the Gardasil vaccine against sexually transmitted HPV for preventing anal cancer in both males and females.*
5. **The FDA has approved Cymbalta (a drug used to treat depression, anxiety, fibromyalgia, and diabetic neuropathy) to treat chronic musculoskeletal pain, including pain caused by osteoarthritis and chronic low back pain.**
6. *The FDA says some kids who took Hyland Teething Tablets show signs of belladonna poisoning. The pills contain varying amounts of the toxic plant.*

For other approvals, or more information on the above-listed approvals, go to

[www.webmd.com/drugs/News.aspx](http://www.webmd.com/drugs/News.aspx)

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Did you know that October is:

Eye Injury Prevention Month; *National Breast Cancer Awareness Month*; National Down Syndrome Awareness Month; *Home Eye Safety Month*; National Disability Employment Awareness Month; *National Medical Librarians Month*; National Physical Therapy Month; *Sudden Infant Death Syndrome Awareness Month*; Drive Safely Work Week; and *Stop America's Violence Everywhere (SAVE) Today*.



***What an amazing group of dedicated ladies!***

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## INSOMNIA

(Source: [www.ncbi.nlm.nih.gov](http://www.ncbi.nlm.nih.gov) [accessed 10/26/11])

(Source: [www.cnn.com](http://www.cnn.com) [accessed 10/25/11])

- ✓ Is defined as "trouble falling asleep or staying asleep through the night."
- ✓ May come and go (episodic), last up to 3 weeks (short-term), or be long-lasting (chronic).
- ✓ Researchers found that 23% of over 7,000 employed persons surveyed indicated that they had experienced some form of insomnia at least 3 times a week during the previous month.
- ✓ Researchers said that the participants did not physically miss work due to insomnia. More often, they showed up too tired to effectively to their job.
- ✓ Insomnia is estimated to cost the United States \$63 billion annually in lost productivity.

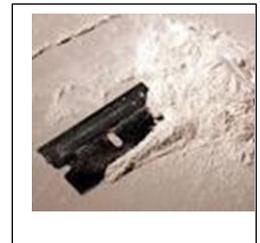


# DRUG ABUSE

Drug Abuse – the term alone covers a broad spectrum of areas. First of all, this article is going to provide some information about some of the newer drugs that are in the news. Second, the topic of Prescription Drug Abuse will be briefly addressed.

## “BATH SALTS”

- A new “designer drug” (a.k.a. synthetic drug)
- Contains Mephedrone (MDPV), which is an amphetamine
- They’re marketed as bath salts and can be found online or in stores under names like Zoom 2, Aura, Purple Wave, or Bliss.
- Available in many head shops for as little as \$10
- It’s a central nervous system stimulant
  - It will increase your blood pressure, increase your heart rate and may possibly increase your body temperature.
  - Physically, it can cause anything from chest pain, seizures, heart attack or stroke.
  - Psychologically, it can cause delusions, extreme paranoia, hallucinations, suicidal thoughts and/or psychosis
- This is a highly addictive and very dangerous drug.
- Instead of being an old-fashioned cure for tired feet, bath salts are now being laced with synthetic stimulants, which people use to get high by swallowing, snorting or injecting them.
- As of right now, “bath salts” are not being regulated by the U.S. Drug Enforcement Agency (DEA). However, in September 2011, the DEA announced it will make selling or possessing these chemicals illegal for a year while they study them further.



(Source: [www.cbsnews.com](http://www.cbsnews.com) [accessed 09/22/11])

(Source: <http://teens.drugabuse.gov> [accessed 09/22/11])

## “K2” or “SPICE”



- A marijuana look-alike product (synthetic)
- Cheap and easily obtained
- Does not show up in common drug tests
- It is a mixture of leafy-looking herbs and spices that are sprayed (see below), and then smoked. The mixture comes in several flavors; watermelon, cotton candy and pineapple express.
- Typically involved dried plant material sprayed with one of several chemical compounds, most of which were created by a Clemson University scientist for research purposes in the 1990's.
  - The compounds were never tested on humans.
- It's packaged to look like pot, and users typically smoke it, but experts say the high is more comparable to cocaine or LSD.
- In one store in Des Moines, Iowa, contrary to DEA claims that the product is most popular among teens and college-age customers, the store co-owner said two-thirds of her buyers are middle-aged. She also stated that she has grandmothers coming in to purchase K2.
- It is sold online and can be found in smoke shops and stores where incense is sold.

(Source: [www.huffingtonpost.com](http://www.huffingtonpost.com) [accessed 09/22/11])

(Source: [www.streetdrugs.org](http://www.streetdrugs.org) [accessed 10/26/11])

# Prescription Drug Abuse

## 1. *What is prescription drug abuse?*

It is the use of a medication without a prescription, in a way other than as prescribed, or for the experience or feelings elicited. It is also recognized as a nonmedical use of a drug.

## 2. *What age group is abusing prescription drugs?*

Abuse of prescription drugs is highest among young adults aged 18 to 25. Another group with a high nonmedical use of a prescription drugs would be youth aged 12 to 17.

**3. Where are these kids getting the prescription medications from?**

In a survey, more than half of the 12<sup>th</sup> graders surveyed said they were given the drugs or bought them from a friend or relative. The number of students who purchased opioids over the internet was negligible.

**4. What are the most commonly abused drugs?**

Prescription and OTC drugs are the most commonly abused drugs by 12<sup>th</sup> graders, after alcohol, marijuana, and tobacco. While past-year nonmedical use of sedatives and tranquilizers decreased among 12<sup>th</sup> graders over the last 5 years, this is not the case for the nonmedical use of amphetamines or opioid pain relievers.

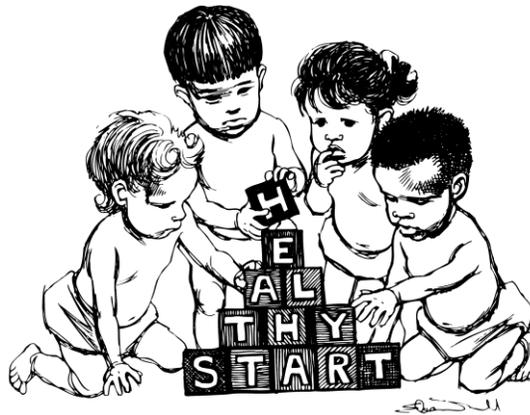
For more information about Prescription Drug Abuse, feel free to visit the following websites:

[www.WhiteHouseDrugPolicy.gov](http://www.WhiteHouseDrugPolicy.gov)

[www.drugabuse.gov](http://www.drugabuse.gov)

[www.teens.drugabuse.gov](http://www.teens.drugabuse.gov)

*Northwest Indiana Healthy Start*



*Building Blocks to Better Babies*

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