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Mental Health Concerns for California's 7th, 9th, & 11th Graders

The **California Health Kids Survey** recently released a report on the 2011-2013 data collected from students in grades 7, 9 and 11 from a randomly selected pool of 109 secondary schools in the state, representative of California's demographics.

When asked about mental health issues, the survey found that:

- 33% of [11th grade](#) students reported feeling sad or hopeless in the last 12 months;
- 31% of [9th grade](#) students reported feeling sad or hopeless in the last 12 months; and
- 25% of [7th grade](#) students reported feeling sad or hopeless in the last 12 months.

The survey also found that 17% of 11th graders and 19% of 9th graders had seriously considered attempting suicide in the last 12 months. [[ref](#)]

Additionally, 34% of students surveyed have experienced bullying one or more times. [[ref](#)]

To read the full report, click [California Healthy Kids Survey](#)

DATA ALERT! Updated DataBooks!

It's not just for the five-year Needs Assessment process! Some of your DataBooks are updated annually. The following indicators have been updated with 2012 data and are available via the FHOP website:

- **Access to & Utilization of Care**
 - Had a doctor visit in the last year per 100 children age 0 to 17
 - Had a doctor visit in the last year per 100 females age 18 and over
 - Dental visit in the past year per 100 children age 3 to 11
- **Maternal & Women's Health**
 - Current smoker per 100 females 18 and older
 - Binge drinking in the last year per 100 females age 18 and older
- **Nutrition & Physical Activity**
 - Overweight and obesity per 100 females age 15 to 44
 - Exclusive in-hospital breastfeeding per 100 females delivering a live birth
- **Child/Adolescent Health**
 - Reported cases of chlamydia per 100,000 female population age 15 to 24
- **Socio-Economic Health Determinants**
 - Single mothers living in poverty per 100 single mothers
 - Children receiving free or reduced price meals at school per 100 students

Intervention Spotlight

Welcome to our newest addition to the FHOP Newsletter! In this section we will highlight evidence-based interventions that we have reviewed and think might be of use to you. Please provide feedback and make suggestions so we continue to meet your needs.

[Bringing Baby Home](#)

A program for new parents experiencing the transition to parenthood. "Even the strongest relationships are strained during the transition to parenthood. Lack of sleep, never-ending housework and new fiscal concerns can lead to profound stress and a decline in marital satisfaction - all of which affect baby's care. Not surprisingly, **69% of new parents experience conflict, disappointment, and hurt feelings.**"

[Obesity in America](#)

The Harvard School of Public Health estimates that obesity accounts for more than 20% of America's healthcare-related expenses, ~\$190 billion annually. The cost in lives is equally staggering, ~18% of lives lost each year, according to Columbia University estimates. This is a guide and short animated video to help with obesity treatment and prevention campaigns.

Events

[FHOP WEBINAR](#)

Walkability Webinar (4/23/15)

Susan Haydu, Center for Family Health, CDPH

Lisa Crill, [California Active Communities](#), CDPH

Scott Bricker, [America Walks](#)

- [Presentations](#)
- Audio recording
 - [Stream](#)
 - [Download](#)

MCAH Marketplace

The MCAH ([MCAH Marketplace](#)) Market (is a place intended for MCAH Directors and related program staff to share examples of resources (interventions, assessment tools, etc.) and programs they have developed that other local MCAH programs could adapt and utilize.

Learn how to access and share on the Marketplace, view a [Powerpoint presentation](#) describing how to access existing documents and share new documents.

FHOP Website

The [FHOP website](#) is a "living" document and is regularly updated. We welcome your participation in suggesting data sources, articles, reports, etc. that are relevant to MCAH programs.

FHOP regularly updates the [Training](#) and [Needs Assessment](#) pages with audio recordings of trainings as well as relevant materials for your review and use. There are webinar recordings where the archived webinar can be viewed and hear the audio recording.

FHOP Listserv

Click [here](#) to be taken to a the FHOP listserv sign-up page, where you can enter your contact information. Joining the FHOP listserv will ensure you receive our quarterly newsletter and data and training alerts.

Contact [FHOP](#) with any questions regarding the listserv.

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