



Triple-H News

HOKE HEALTH HIGHLIGHTS

Assessing Young Men’s Risk for Pregnancy Involvement

June 2015

Researchers recently identified certain combinations of risk factors that significantly increase the likelihood of a young man being involved in a teen pregnancy, according to a study recently published in the Maternal and Child Health Journal. Researchers used 2002 and 2006-2010 National Survey of Family Growth data, to analyze young men's response to a question asking how many times he has made someone pregnant, as well as a series of other questions to determine which combination of factors was associated most strongly with a young man’s likelihood of being involved in a pregnancy. The study revealed two clusters of factors related to high pregnancy involvement:\

Group 1 Cluster factors	Group 2 Cluster factors
Ever tested for HIV	Ever tested for HIV
More than 4 lifetime sex partners	More than 4 lifetime sex partners
Less pleasure with condom use	Less pleasure with condom use
Less than 11th grade education	Less than 11th grade education
Two or fewer sex partner in the last 12 months	No sex education before grade 10



Nearly 9 of 10 young men (87%) in Group 1 and 84% in Group 2 reported involvement in a teen pregnancy.

In an interview with the Family and Youth Services Bureau, lead author May Lau advises sexual health educators and other family and youth workers to:

- 1. Ask young men if they’ve gotten tested for HIV.** If you know a young man has been tested for HIV (or if you’re helping him to get tested), be sure to talk to him about safe sex.
- 2. Make sure youth receive sex education by 9th grade.** Boys who received their first sex education course at 10th grade or later were among those at highest risk for pregnancy involvement, representing 84% of the teen fathers or pregnancy-involved young men.
- 3. Work to change young men’s attitudes toward using condoms.** “No one really asks adolescent males why they don’t use condoms,” Lau says. “Sometimes they’ll tell you, ‘they don’t work, they rip, I can’t feel anything,’” she says. Health educators should not only inform youth about condoms, but also assess boys’ condom attitudes, she says, because boys and young men “may have preconceived notions from peers, and even from other adults in their lives.”
- 4. Remember that any young man can be at risk of getting someone pregnant.** “Talk to them earlier about safe sex,” Lau recommends.

In celebration of Men’s Health Month, and in recognition that it’s not always easy to bring up the topic of sexual health with both adolescent and adult male clients, for more information visit <http://fpntc.org/cop>

(Submitted by Ellen Chavis, RN, Family Planning Program Manager)

Hoke County Health Department

SPECIAL POINTS OF INTEREST:

- **Teen-Time:** Health Clinic for teens; available the 1st & 3rd Mondays of the month from 4:30PM-7:00PM.
- **Child Birth Education Classes:** Four week series starts on Thursday’s, from 6-8PM contact Cornelia @ (910) 875-3717 Ext: 2104.
- **CPR & First –Aid Classes:** Contact Ulva for more information @ (910) 875-3717 Ext:2106.
- **Diabetes Support Group:** Every 2nd Tuesday of the month from 5:30-6:30 PM. Contact Ulva for more information @ (910) 875-3717 Ext:2106.
- **Board Of Health Meetings:** held on the 2nd Monday of every month @ the Health Department 7PM.
- **Public Health Advisory Council:** meets every 3rd Tuesday @ 1:00PM. at the health department. Contact Ulva @ (910) 875-3717 Ext: 2106.

Get to know your county! www.hokecounty.net

Be Informed Learn what protective measures to take before, during, and after an emergency



MYTH: I DON'T NEED TO WORRY ABOUT DISASTERS WHERE I LIVE.

Emergency preparedness is not only for Californians, Midwesterners and Gulf Coast residents. Most communities may be impacted by several types of hazards during a lifetime. Americans also travel more than ever before to areas with different hazard risks than at home.



Knowing what to do before, during and after an emergency is a critical part of being prepared and may make all the difference when seconds count. Learn about potential emergencies that can happen and how to prepare for and respond to them.

BASIC PROTECTIVE MEASURES FOR ALL HAZARDS

Some basic protective actions are similar across many different hazards: Physical safety is a concern for all hazards and may involve sheltering or evacuating. Develop a family communications plan. Make an emergency supply kit to be prepared for any type of disaster. Learn about receiving emergency alerts and local emergency plans for shelter and evacuation, local emergency contacts, and local advance alerts and warnings. When recovering from a disaster, safety as well as mental and physical well-being must be considered.



DISASTER SPECIFIC PREPAREDNESS

There are important differences among potential emergencies that should impact the decisions you make and the actions you take.

Ready.gov provides helpful information for each type of disaster:

- How to plan with your household and prepare in advance so you are ready
- Signs of hazardous events that come with very little warning
- How to protect your household during the disaster
- Begin recovery following the initial disaster

Learn this information for each type of disaster that could affect you:

- Natural Disasters
- Technological & Accidental Hazards
- Terrorist Hazards
- Pandemics
- Home Fires

For more information visit <http://www.ready.gov/be-informed> or contact Hoke County Health Department at (910)875-3717.

Safety Star

Kathy McLean-drew attention to a potential health emergency and came up with a solution to address the issue.



Teen Pregnancy Prevention and Skill Building Outreach Planning Meeting Hoke County Health Department



9 Things That Happen When You Skip A Meal

1. You might lose weight—but there's a catch.

You'll drop bad weight in the short term—but you'll eventually gain back dangerous belly fat.

2. Inflammation calms down.

Periods of fasting appear to trigger damage-repairing adaptations in your cells.

3. You could run low on nutrients.

You risk nutrient deficiencies linked to fatigue, poor mental function, and other health concerns.

4. Your risk for some diseases may increase.

Studies found women who skipped breakfast regularly had a 20% increased risk of developing type-2 diabetes; in men, heart disease.

5. You're likely to make up for a missed meal with junk food.

Researchers found meal-skippers grab 31% more junk food at the grocery store when shopping hungry, compared to when they had a

6. You may burn more fat during exercise...

How your body reacts will depend on what the rest of your diet looks like, and how hard you're going to push yourself during your workout.

7. ...But you might also end up skipping exercise altogether.

Combine the low blood sugar that follows a skipped meal with the mental and physical demands of work, parenting, and your other daily obligations, and you may find it nearly impossible to exercise after skipping a meal.

8. You could "bonk" midway through your workout.

Skipping a meal can leave you feeling terrible midway through your session.

9. You might get sick.

After exercise—especially long, intense sessions—spikes in cortisol temporarily suppress your immune system.