



# Tidbit Times

May 2011

## Teen Pregnancy Prevention

The current [CDC Vital Signs report](#) is dedicated to preventing teen pregnancy in the United States. This coincides with the 10th Annual National Day to Prevent Teen Pregnancy which will be held on May 4th. The media glamorizes teens having intercourse and teen parenting, but the reality is very different. Teen parenting takes a toll—emotionally, physically, and financially—to the mother, father, child, grandparents and community. Parents, educators, public health, medical professionals, and community organizations all have a role to play in reducing teen pregnancy.

### Did you Know?

- About 4% of all teenage girls give birth each year. Teen births represent 10% of the 4 million births each year.

- About 50% of teen mothers get a high school diploma by age 22, compared with 90% of teen girls who do not give birth.
- Girls born to teen parents are almost 33% more likely to become teen parents themselves, continuing the cycle of teen pregnancy.
- Teen birth rates in the US are up to 9 times higher than in most other developed countries. (see CDC graphic)

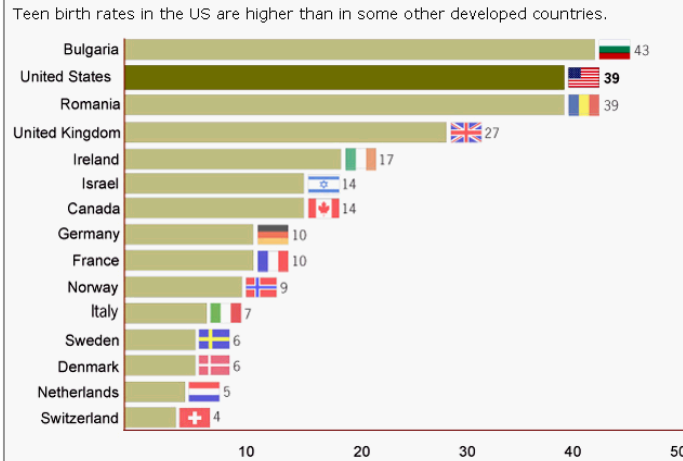


On May 4th, during the 10th Annual National Day to Prevent Teen Pregnancy teens nationwide are invited to visit [StayTeen.org](#) to participate in a number of online activities – including the popular National Day Quiz – that deliver teen pregnancy prevention messages and challenge them to think carefully about what they might do “in the moment.”

The message is straightforward: Sex has consequences.

For more information visit [www.cdc.gov/vitalsigns](http://www.cdc.gov/vitalsigns).

**Teen birth rates internationally, per 1,000 girls aged 15-19 years, 2008 and 2009**



SOURCE: UN Demographic Yearbook (all data for 2008, except US 2009 preliminary data).

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**Public Health**  
Prevent. Promote. Protect.



**10 Tips for Talking:** Here are some tips for talking about reproductive issues with your kids.

1. Start early at age 10 or 11, before your child begins puberty.
2. Use bite-sized pieces of information — build up information over time.
3. Use movies, TV or everyday occurrences as “ways into” the conversation.
4. Use child/parent activities as forums for brief conversations.
5. Share your values and expectations; you don’t have to use explicit language.
6. Avoid confrontation — there’s no need to have “the big talk” all at once.
7. Ask questions.
8. Don’t judge or criticize.
9. Invite ongoing dialogue.
10. Keep it casual and light. This information and more can be found at [www.4parents.gov](http://www.4parents.gov).

## Immunization updates

Congratulations to the Family Resource Center of Sheboygan County on moving into your new home at Generations: An Intergenerational Center in Plymouth. Sheboygan County Public Health's Plymouth Immunization Clinics held on the 2nd and 4th Thursdays of each month will be moving along with them.

**Look for us at Generations, 1500 Douglas Drive, Suite B in Plymouth starting May 12th.**

And speaking of "generations"... **protection against pertussis (whooping cough) is important for all generations.**



Do you know a grandparent over 65 (or for that matter anyone over 65) who has contact with infants? New changes in Tdap recommendations have added people over 65 who have contact to children younger than 12 months to receive a one time Tdap booster. Adults under 65 who have not received a Tdap

booster should get one regardless of the interval since their last tetanus booster. For adolescents, Tdap is a routine vaccination offered at age 11-12 and is part of school immunization requirements. Children ages 7-10 who are behind on their shots (did not receive all of their DTaP) are eligible for Tdap as well.

If anyone in your family requires Tdap call your medical provider or Public Health at (920) 459-3030 to schedule an appointment. Schedule a Thursday appointment in Plymouth and see for yourself the beauty of this new facility.

## County Health Rankings

**Where we live, learn, work and play matters to our health.**

The Robert Wood Johnson Foundation and the University of Wisconsin's Population Health Institute have unveiled this year's *County Health Rankings*. Nearly every county in the country is ranked on health outcomes (how healthy we are) and on health factors (how healthy we can be). Examples of specific measures used to calculate the Rankings include: adult smoking, obesity, binge drinking, access to primary care providers, rates of high school graduation, rates of violent crime, air pollution levels, unemployment rates and number of children living in poverty. This information helps counties see where they are doing well and where they are not, so they can make changes to improve health.

Sheboygan ranks 17 out of 72 counties in Health Outcomes (how healthy we are) and 34th in Health Factors (how healthy we can be). Locally, areas like smoking,

binge drinking, air quality, STD's and teen birth rates show room for improvement. Visit [www.countyhealthrankings.org](http://www.countyhealthrankings.org) for more information.

These rankings can be seen as a "call to action" for communities to work together to develop programs and policies that help people lead healthier lives. Sheboygan County Public Health uses this data and *Healthy Sheboygan County 2020 Community Assessment* data to help inform and engage the community.

**Save the Date:** On June 22nd, Healthy Sheboygan County 2020 will be holding an informational session for community leaders and interested members of the public to review data and set priorities in ways to make Sheboygan County a healthier place. If interested, please visit [www.healthysheboygancounty.org](http://www.healthysheboygancounty.org) for more details in the upcoming weeks.

