



Health Advocates, LLC  
Professional Training for Professionals

# ***The 12th Annual International Conference on the Health Risks of Youth***

(edited 12/07/2022)



***January 4-6, 2023***

**Presidente Intercontinental Cancún Resort, Cancún, México**

<http://www.healthadvocatesllc.wp.txstate.edu>  
[healthadvocatesllc@live.com](mailto:healthadvocatesllc@live.com)

# ICHRV 2023 CONFERENCE OVERVIEW

## Wednesday, January 4, 2023

6:30 – 7:30 pm **Welcome Reception & Opening Remarks** (Tulum Foyer)

7:30 – 8:00 pm **Round Table Sessions – Group A** (Tulum A)

8:00 – 8:15 pm **Change Break**

8:15 – 8:45 pm **Round Table Sessions – Group B** (Tulum A)

## Thursday, January 5, 2023

7:30 – 8:30 am **Breakfast** (Included in room registration)

8:30 – 8:45 am **Introduction & Announcements** (Tulum A)

8:45 – 9:45 am **Opening Keynote** (Tulum A)  
Creating Better Connected Schools Through Rachel's Challenge: A Story of Kindness and Compassion Born from A Tragedy

9:45 – 10:00 am **Change Break**

10:00– 11:00 am **Breakout Session 1**  
A) New Approaches to Increase Adolescent Access to Healthcare Services (Tulum A)  
B) Breakout Your Teaching: Using Escape Rooms for Health Education (Tulum B)

11:00 – 11:15am **Change Break**

11:15 – 12:15pm **Breakout Session 2**  
A) *Making an Impact in Health Education: A Fundraising Perspective* (Tulum A)  
B) *Strategic Violence Prevention and Safety: Implementation for Students and Faculty on Campus* (Tulum B)

12:15 – 1:00pm **Box Lunch & Adjourn for the Day** (Tulum Foyer)

## Friday, January 6, 2023

7:30 – 8:30 am **Breakfast** (included in room registration)

8:30 – 8:45 am **Introduction & Announcements** (Tulum A)

8:45 – 9:45 am **Closing Keynote** (Tulum A)  
*Period Poverty and Equity: How Might We Change the Cycle?*

9:45 – 10:00 am **Change Break**

10:00– 11:00 am **Breakout Session 3**  
A) Fifty Shades of Yes (Tulum A)  
B) Prevention School Nutrition Reform Progress: Recommendations for Improvement (Tulum B)

11:00 – 11:15am **Change Break**

11:15 – 12:15pm **Breakout Session 4**

A) Innovation in Adolescent Pregnancy (Tulum A)

B) Using the CHES Areas of Responsibility to Create a Peer-Led Health Toolkit with Undergraduate Students (Tulum B)

12:15 – 1:00pm **Box Lunch & Conference Adjournment** (Tulum Foyer)

## ICHRY 2023 DETAILED CONFERENCE AGENDA

**Wednesday, January 4, 2023**

6:30 – 7:30pm **Welcome Reception & Opening Remarks**  
(Tulum Foyer)

7:30 – 8:00pm **Round Table Sessions – Group A**  
(Tulum A)

**1) Health & Physical Education and Special Education: A Unique Learning Opportunity**

*Sunnin Keosybounheuang (Emporia State University) & Kelly Olson (USD 253, Emporia, Kansas)*

The purpose of this session is to peek into ESU's HE/PE teacher preparation program and how authentic learning opportunities are provided for working with students that have special needs. The goals are to create a safe space for both elementary student and teacher candidate to learn and develop.

**2) Relationships between Adverse Childhood Experiences (ACEs) and Alcohol Abuse in College Students: A Critical Examination and Recommendations for Interventions**

*Jonah Neville (University of Florida), Antonio Gardner, Sheri Falcone, & Barry Hunt (Mississippi State University)*

An examination of the effects of Adverse Childhood Experiences on alcohol use among college students. Empirical recommendations for structured interventions addressing mindfulness, social capital and emotional regulation strategies. Evidence based approaches are presented and implementation strategies examined.

**3) Intermittent Fasting: Considerations for Youth**

*Lily Zandieh (Auburn University)*

This presentation reviews the literature on intermittent fasting (IF) for weight management with a focus on adolescence. With significant developmental changes occurring during adolescence, it is essential that any dietary intervention undertaken provides sufficient nutrients. IF remains an effective alternative to traditional CR, providing additional flexibility and less focus on "counting calories" that may be easier for adolescents to follow.

#### **4) Preparing for Our Best Selves: Best Practices for Advisor Wellness**

*Angelica Barerra & Sara Tate (University of Texas @ San Antonio)*

This presentation will discuss the pandemic's impact on mental health and generational considerations when supporting higher education staff. Best practices for creating low-cost professional development series and opportunities for academic advisor wellness will be explored. By reenergizing and equipping academic advisors with opportunities and tools that enable them to take time for themselves, they will be better able to provide excellent quality care to their students.

#### **5) Finally, Some Good News! Differences in Adolescent Health Behaviors as a Result of the COVID-19 Pandemic**

*Catheryn Orihuela, Retta Evans, & Sylvie Mrug (University of Alabama @ Birmingham)*

This presentation will describe differences in adolescent health behaviors after the onset of the COVID-19 pandemic. Results will be presented to describe how sleep duration, sleep timing, physical activity, and diet quality differed from pre-pandemic levels. Potential strategies aimed at promoting health behaviors that improved during the COVID-19 pandemic will be discussed.

#### **6) Low-Income Students Gaining Financial Access to Dual Credit: A Case Study of a High School in North Central Texas**

*Rebecca Currey (Dallas College)*

The completion of high school and participation in higher education leads to overall better health benefits for adolescents. Dual credit offers students a way to earn college credit and reduce time to an associate's or bachelor's degree completion. However, social determinants may impact an under-resourced student's ability to gain access to a dual credit educational opportunity.

8:00 – 8:15pm

**Change Break**

8:15 – 8:45pm

**Round Table Sessions – Group B**  
(Tulum A)

#### **1) Muscle Dysmorphia and Disordered Eating Behavior in Males**

*Aidan Cavanah (Auburn University)*

Muscle dysmorphia is a sub-type of body dysmorphic disorder that constitutes a different set of signs and symptoms unique to its condition. This cognitive construct applies mostly to males which leads to specific drivers for thinness, muscularity, and leanness. The findings of this study are consistent in saying those with muscle dysmorphia have potential co-morbid symptoms of disordered eating.

#### **2) Food, Mood, and Attitude: Diet Quality in Relation to Emotions and Behavior of Young Adolescents**

*Catheryn Orihuela, Retta Evans, & Sylvie Mrug (University of Alabama @ Birmingham)*

This presentation introduces findings from The Adolescent Diet Study, a US federally funded study of diet and emotional functioning in middle school students. Using structured diet recalls over one week and self-reported measures of emotional functioning and behavior, preliminary results will describe specific nutrients are linked to emotional and behavioral outcomes.

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### **3) Digital Resources for Teaching Online Health Education**

*Amy McClure (Mill Valley High School, Shawnee, KS)*

Online learning is now more common than ever in K-12 education. In order to meet the needs of all students when in-person learning is not an option, educators must be equipped to teach in a digital format. This session will offer free digital resources for online Health Education that address the six categories of risk for youth.

### **4) Reclaiming Sexuality: What We Can Learn About Sexual Behaviors, Sexuality, and Reproductive Health from Popular Music**

*Dione King (University of Alabama @ Birmingham)*

Sexuality is a normal part of adolescent development yet; youth are routinely perceived as deviant or at risk for engaging in sexual behaviors. Qualitative methodology will be used to examine sexuality in popular music. This presentation will identify and discuss theoretical approaches, sexual messaging, and strategies to improve adolescent sexual well-being.

### **5) What Factors Affect Persistence of Delinquency from Early Adolescence to Adulthood?**

*Sylvie Mrug (University of Alabama @ Birmingham)*

This presentation uses data from a 14-year longitudinal study to identify risk and protective factors for persistence of delinquency from early adolescence to adulthood. The results show that better academic performance and parental nurturance in early adolescence help youth desist from delinquency, whereas positive attitudes toward violence further aggravate delinquent behavior.

### **6) College Athletes' Opinions and Perceptions of Body Composition (BC) Testing**

*Donna Burnett (Auburn University)*

Body composition (BC) testing is relatively normalized in college athletics. However, hyper-focus on body shape/size is a risk factor for eating disorders, disordered eating, relative energy deficiency in sport (RED-S), and body image distress, among other concerns. Females appear to be more negatively affected than males. Most athletes do not receive additional knowledge from BC testing that improves performance.

*Adjourn for the Evening*

## Thursday, January 5, 2023

7:30 – 8:30am **Breakfast**

(Included in room registration)

8:30 – 8:45am **Introduction / Announcements**  
(Tulum A)

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9:45 – 9:45am **Opening Keynote**  
(Tulum A)

### **Creating Better Connected Schools Through Rachel's Challenge: A Story of Kindness and Compassion Born from A Tragedy**

**John Harrell**

*Self-The Determined People Podcast/Writer*

*Board Member: Rachel's Challenge*

The purpose of this presentation is to share Rachel's (Rachel was the first child killed at Columbine High School) story along with some of my own story of growing up in a fear-filled abusive home. I want to encourage the participants to "see through" to the heart of others, not merely look at them. During her 17 years on earth, Rachel focused on three groups of students: new students who didn't have any friends, kids who were getting picked on and special-needs children. Her story is transformational, and has been experienced by over 30 million people worldwide since her death.

The significance of seeing through people rather than merely looking at them is this: you see into the heart of the other person and they see into yours. When you connect at the heart level the focus is on seeing the true person, who they are, not the differences or conflicts between us. Every problem we have in our world is a problem of the heart. Rachel's story addresses that problem head on.

School communities who have heard Rachel's story see their behavioral problems (referrals) decreased significantly (data shows over 80%). Every person who experiences Rachel's story is transformed. Kindness and compassion move into the forefront of their minds. Their relationships improve, life takes on new meaning, and your participants will move closer to finding their true purpose in life.

9:45 – 10:00am **Change Break**

10:00 – 11:00am **Breakout Session 1**

**1A) New Approaches to Increase Adolescent Access to Healthcare Services** (Tulum A)

**Whitney R. Garney & Kelly Wilson** (Texas A&M University)

This presentation will discuss factors that influence youth access and experience with healthcare services and facilitate participant reflection on ways to modify the healthcare system to better serve adolescents. Participants will also engage in a creative matrix activity

**1B) Breakout Your Teaching: Using Escape Rooms for Health Education** (Tulum B)

**Terry Summey, Joan Brewer, Sunnin Keosyounheuang, & Shawna Shane** (Emporia State University)

Escape rooms have become popular as a source of entertainment, but they also have value and benefits as an experiential learning tool. During this session, you will have the opportunity to participate in a health

education escape room. Inspired to create your own in-person or digital escape room? You will leave with the information that you need to implement this teaching strategy.

11:00 – 11:15am **Change Break**

11:15 – 12:15pm **Breakout Session 2**

### **2A) Making an Impact in Health Education: A Fundraising Perspective (Tulum A)**

**Sara Cole (University of Central Oklahoma), Mohammed Torabi (Indiana University), & Kelly Wilson (Texas A&M University)**

Take an inspiring look into fundraising initiatives that impact health education. This session will present 'fundraising 101' from the lens of a nationally known Dean (aka, Fundraiser), a board-elected Treasurer (aka, Money Manager) and a Donor Acknowledger (aka, Thank you Expert). Our session will take a deep dive into experiences, challenges and recommendations for fundraising in academic and non-profit settings.

### **2B) Strategic Violence Prevention and Personal Safety: Implementation for Students and Faculty on Campus (Tulum B)**

**Sarah Toth (Alabama A&M University)**

According to the FBI (2019), 75% of females fall victim to violence during their lifetimes. Designed for educators, parents, and practitioners working with youth, participants will learn specific tips and tactics to avoid dangerous situations. Develop situational awareness and put a personal safety plan in place before it is needed and galvanize youth to be proactive and avoid becoming a victim.

**12:15-1:00 pm Box Lunch and Adjournment (Tulum Foyer)**

**Friday, January 6, 2023**

7:30 – 8:30am **Breakfast (included in room registration)**

8:30-8:45am **Introduction / Announcements (Tulum A)**

8:45-9:45am **Closing Keynote (Tulum A)**

### **Period Poverty and Equity: How Might We Change the Cycle?**

**Kelly Wilson (Texas A&M University)**

Gender inequities and poverty play a significant role in vulnerabilities adolescent girls face across the world. This talk aims to examine global perspectives on both period poverty and menstrual equity. We will explore factors that influence how and why menstrual health and hygiene needs go unmet, the challenges and consequences of these obstacles on young girls, and interventions to strengthen women's reproductive health. Participants may 'take action' to prevent period poverty and equity.

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10:00 – 11:00am **Breakout Session 3**

**3A) Fifty Shades of Yes (Tulum A)**

***Amanda Blaisdell (Longwood University)***

Communication in healthy relationships can be applied to a variety of situations, especially when negotiating sexual activity. In this session, we will explore students' perspectives on sexuality education at a university in VA, explore VA's Family Life Education curriculum, defend the importance of healthy and respectful communication, review communication strategies, and anonymously practice scripting using Poll Everywhere.

**3B) School Nutrition Reform Progress: Recommendations for Improvement (Tulum B)**

***Retta Evans & Catheryn Orihuela (University of Alabama @ Birmingham)***

Many efforts have been made to improve school nutrition, including the passage of the 2010 Healthy, Hunger-Free Kids Act. However, evidence suggests that disparities in awareness and implementation still exist. This qualitative study conducted interviews with school stakeholders to explore perspectives on school nutrition reform. This presentation will provide strategies based on the data, to improve school nutrition reform.

11:15 – 12:15pm **Breakout Session 4**

**4A) Innovation in Adolescent Pregnancy Prevention (Tulum A)**

***Whitney R. Garney, Christi Esquivel, Emma L. Dubuisson, & Kelly L. Wilson (Texas A&M University)***

This session will bring together multiple projects that incorporate innovation in sexual and reproductive health programs. Participants will look at different perspectives and stakeholders influencing adolescent pregnancy prevention programs. Insights and understanding that influence program development, adoption and evaluation will be presented. Attendees will hear from a youth and professionals about ways to enhance your adolescent health efforts through systems thinking and human-centered design principles.

**4B) Using the CHES Areas of Responsibility to Create a Peer-Led Health Toolkit with Undergraduate Students (Tulum B)**

***Rhonda Rahn (Texas A&M University)***

Health education toolkits can be developed and implemented on college campuses to enhance health education work conducted with college students when Health Promotion staff are overused. Undergraduate participants, enrolled in a peer health education course, collaborated with health promotion staff to participate in a semester-long service-learning project addressing a variety of health issues on college campuses including nutrition, sexual responsibility, and e-cigarette use.



*12:15-1:00 pm Box Lunch & Conference Adjournment (Tulum Foyer)*

**See You In 2024: Site TBD!!**

