

Boys and Men of Color Face Serious Health Challenges

Boys and young men of color face increasing health disparities that severely impact multiple levels of their lives:

- Asthma in Latino and African-American youth ages 5-17 runs up to five times the rate of their white peers
- For adolescent young men 12 to 19 years old, Mexican-American boys have the highest rates of obesity — 26.7 percent — compared to their white peers at 16.7 percent
- Among males aged 15–19 years, the chlamydia rate among African-Americans was 13.1 times the rate among whites; the gonorrhea rate was 37.4 times that of white young men.

These challenges are further complicated by the fact that 1 in 5 young men of color between 15-19 years old does not have a stable source of health care.



[Learn more](#) about these challenges and the role school-based health centers can play in supporting boys and young men of color.

The Latest on the Health Impact of E-Cigarettes

Electronic cigarettes or “e-cigs” have become a hot topic and have left many of us wondering about the safety of this and other “electronic nicotine delivery systems (ENDS)” such as hookahs and e-



pens. E-cigs have skyrocketed in popularity, especially among youth. According to the University of Michigan’s highly regarded “Monitoring the Future” study, in 2014 e-cigarette use exceeded that of conventional cigarettes. What are the long-term health effects of e-cigs? Some say they are the answer to the many problems and consequences related to conventional cigarette use; yet, others fear they will reverse the gains made in tobacco use reduction as a new crop of youth become addicted to nicotine and hence find their fix in tobacco.

Two recent important publications have begun to provide answers about the health impacts of e-cigarette use:

- a 2015 health advisory from the California Department of Public Health, [State Health Officer's Report on E-Cigarettes: A Community Health Threat](#).
- a 2015 study published in the *New England Journal of Medicine* by researchers at Portland State University, [Hidden Formaldehyde in E-Cigarette Aerosols](#).

Learn more about e-cigarettes from [Project Alert](#).

Excerpts from an article by Pamela J. Luna, DrPH, Med, Project Alert.

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Health and Wellness Observances

Arthritis Awareness Month: [Arthritis Foundation](#)

Asthma and Allergy Awareness Month: [Asthma and Allergy Foundation of America](#)

Employee Health & Fitness Month: [National Association for Health and Fitness](#)

Healthy Vision Month: [National Eye Institute](#)

Hepatitis Awareness Month: [U.S. Centers for Disease Control and Prevention](#)

National Celiac Disease Awareness Month: [American Celiac Disease Alliance](#)

National High Blood Pressure Education Month: [U.S. Centers for Disease Control and Prevention](#)

National Melanoma/Skin Cancer Awareness Month: [American Academy of Dermatology](#)

National Mental Health Month: [National Alliance on Mental Illness](#)

National Osteoporosis Awareness Prevention Month: [National Osteoporosis Foundation](#)

National Stroke Awareness Month: [National Stroke Association](#)

May 5: Hand Hygiene Day: [World Health Organization](#)

May 25 - 31 National Hurricane Preparedness Week: [National Hurricane Center](#)



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Five Myths About Teen Sex

Few topics are so heavily shrouded in mystery and myth as those involving sex and sexuality. When it comes to adolescents' sexual behavior, these mysteries can contribute to a variety of negative outcomes, including unplanned pregnancies and sexually transmitted infections (STIs), among others. Sex education professionals and those creating resources must give extensive attention to dispelling myths on issues ranging from how and when pregnancy occurs and infections are transmitted, to what constitutes "normal" body development, patterns of attraction, or types and frequencies of behavior. These misconceptions and gaps in knowledge are often based on stereotypes and faulty assumptions. Find out [how five prevalent and damaging myths](#) about teen sexual behavior are shattered.



ChildHungerEndsHere.com recently surprised kids with a stunning fact: 1 in 5 children faces hunger in the U.S. The group then asked them for ideas on how we could fight child hunger together. Check out this [short video](#) to hear how they responded.