

HHS Office of Adolescent Health Adolescent Health: Think, Act, Grow (TAG)



- What's been done
- Where we are now
 - Q & A



Evelyn Kappeler
Director
OAH



Susan Maloney
Director of Policy, Planning, and
Communications
OAH

- Established in 2010 within the Office of the Assistant Secretary for Health (OASH) at HHS
- Vision: To advance best practices to improve the health and well-being of America's adolescents
- OAH responsibilities
 - Implement and administer evidence-based grant programs
 - Coordinate adolescent health initiatives across HHS
 - Communicate adolescent health information
 - Serve as the catalyst and convener of the national adolescent health agenda



TAG is a national call to action

A comprehensive, strengths-based approach to improving adolescent health

Goals:

- Raise awareness about the importance of adolescent health
- Engage stakeholders (youth serving organizations and caring adults)
- Get adolescent health on the national agenda
- Spur action



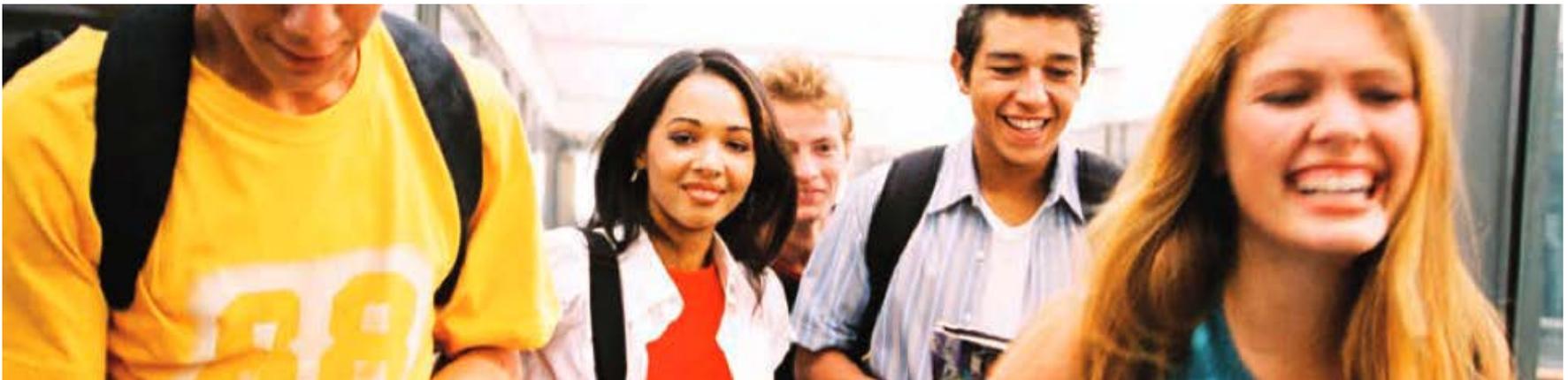
TAG is not

- A federal grant program
- A traditional media or public health campaign
- An effort focusing exclusively on risky adolescent behavior or deficits

- Health Care
- Public Health
- Out of School Time and Community-based
- Education
- Faith-based
- Social Services
- Parents
- Teens

5 Essentials for Healthy Adolescents

1. Positive connections with supportive people
2. Safe and secure places to live, learn, and play
3. Access to high-quality, teen-friendly health care
4. Opportunities for teens to engage as learners, leaders, team members, and workers
5. Coordinated adolescent- and family-centered services









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- About Us
- OAH Initiatives
- Adolescent Health Topics
- News
- Resources & Publications
- Grants



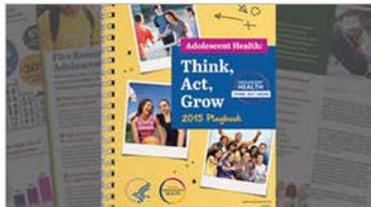
Adolescent Health: Think, Act, Grow

Adolescent Health: Think, Act, Grow. (TAG) is a national call to action to improve adolescent health in the United States. TAG calls upon organizations and individuals to prioritize activities that can support the health and healthy development of all of America's 42 million adolescents. [Click here to get started.](#)

in ADOLESCENT HEALTH: THINK, ACT, GROW

- [Why TAG?](#)
- [For Professionals](#)
- [For Families](#)
- [For Teens](#)
- [TAG Partners](#)
- [TAG Resources](#)
- [Engaging Youth in Improving Adolescent Health](#)

GET THE PLAY-BY-PLAY FOR ADOLESCENT HEALTH



Check out the TAG Playbook to get more info on adolescents' health needs.

LEARN YOUR STATE'S ADOLESCENT HEALTH STATS



Stay "in the know" about your state's adolescent health issues with these fact sheets.

EVIDENCE-BASED PROGRAMS FOR TEEN PREGNANCY PREVENTION



Vaccines for Your Preteen

Vaccines aren't just for babies. Learn about the ones your preteens and teens need as they grow up.



JOIN TAG

Pledge to support TAG's goals



TAG Navigation

The screenshot shows the top portion of the www.hhs.gov website. At the top right is the URL "www.hhs.gov". Below it is a search bar with the word "Search" and a magnifying glass icon. Under the search bar are social media icons for Facebook, Google+, LinkedIn, Pinterest, and Twitter, followed by a "Share" button. A navigation menu is visible with two tabs: "Resources & Publications" (which is selected) and "Grants". Below the "Resources & Publications" tab, there is a main heading "in ADOLESCENT HEALTH: THINK, ACT, GROW" and a list of navigation links: "Why TAG?", "For Professionals", "For Families", "For Teens", "TAG Partners", "TAG Resources", and "Engaging Youth in Improving Adolescent Health". Below this menu is a banner for "EVIDENCE-BASED PROGRAMS FOR TEEN PREGNANCY PREVENTION" with a "Learn more" link and a photo of a woman. Underneath the banner is a section titled "Vaccines for Your Preteen" with a photo of two teenagers and the text: "Vaccines aren't just for babies. Learn about the ones your preteens and teens need as they grow up." At the bottom of this section, it says "An educational collaboration with".

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Resources & Publications Grants

in ADOLESCENT HEALTH: THINK, ACT, GROW

- Why TAG?
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Learn more

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An educational collaboration with

Adolescent Health: Think, Act, Grow

Adolescent Health: Think, Act, Grow > For Professionals

For Professionals

You can make a difference by taking action to improve adolescent health! Learn more about the recommended action steps and find resources for your professional sector by clicking on the headers below.



After School And Community

- Help youth connect to supportive adults, positive peers, schools, and the community
- Create a safe, warm and enriching space
- Encourage physical activity and good nutrition
- More »



Education

- Create a supportive and safe school climate
- Strengthen or increase offerings and activities that support healthy development
- Support social and emotional development
- More »



Faith-Based Communities

- Connect adolescents to adults
- Provide opportunities for adolescents to connect with peers in a safe environment
- Provide service opportunities
- More »



Health Care

- Make healthcare offices friendly and welcoming
- Ask hard questions and use risk screening tools
- Make preventive services a priority
- More »



Public Health

- Provide leadership for developing community-wide approaches to promoting adolescent health
- Conduct or provide data for community health assessments
- Focus on risk-reduction activities for adolescents
- More »



Social Services

- Encourage positive connections between youth and supportive adults
- Ensure services and programs are welcoming and developmentally appropriate
- Encourage adolescents to learn about their health and to connect with trusted healthcare professionals, including mental health providers
- More »



in ADOLESCENT HEALTH: THINK, ACT, GROW

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FOR PROFESSIONALS

- After School and Community
- Education
- Faith-Based Communities
- Health Care
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Last updated: July 29, 2015

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Adolescent Health: Think, Act, Grow

Adolescent Health: Think, Act, Grow > For Professionals > Education

Education

Education professionals or volunteers from local, state, or national organizations are encouraged to take action on one or more of the roles and responsibilities identified below that can promote adolescent health and healthy development.

The Education Field: Making a Difference

By tradition and design, schools are intended to facilitate children's academic development. However, the links between health and academic achievement are also well-established. Schools also address other developmental needs such as students' social, emotional, and health needs. There are a number of ways that schools support adolescent health, though this varies greatly across schools, cities and towns, and states.

- Currently most school systems offer adolescents health education classes
- In most schools, adolescents can participate in physical activities, including physical education
- Many schools have a school nurse and a counselor
- Health training requirements for school teachers, nurses, and other staff also vary widely from school to school within and across states
- Many schools provide food at reduced or no cost to students who qualify through school meal programs. For some children, this is their primary place for nourishment
- Some schools sponsor healthy eating initiatives
- Finally, the physical environment and layout of the school can greatly affect adolescent's health (for example, the presence of environmental toxins in a school, proper ventilation for fresh air, or whether the school has areas for physical activity or not)

Action Steps and Resources

- Create a supportive and safe school climate
- Strengthen or increase offerings and activities that support healthy development
- Support social and emotional development
- Be a resource on health to students and their families
- Implement annual health and safety assessments and coordinate with community efforts
- Ensure schools are environmentally-healthy settings for learning
- Use open spaces to promote physical activity

Create a supportive and safe school climate

Develop an inclusive, caring, secure, and welcoming climate for adolescents and their



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public health agencies, and the community to promote health-enhancing behaviors that mitigate risk and maximize protective factors.³

[Find more resources about implementing annual health and safety assessments »](#)

Ensure schools are environmentally-healthy settings for learning

Regularly monitor the school's environmental health to ensure it is free from toxins and other potential hazards, that it is clean, and that the building and classrooms are safe and in good repair. Provide clean and safe water for drinking and washing, minimize unnecessary noise, and be certain indoor and outdoor areas are well-lit. Test air quality for carbon dioxide and dampness and use green cleaning products.⁴

[Find more resources about ensuring schools are environmentally-healthy settings for learning »](#)



Use open spaces to promote physical activity

In addition to PE classes, utilize gyms and outdoor spaces such as fields, tracks, and paved areas to encourage physical activity, especially during breaks, lunchtime, and before or after school. Mark paved areas to encourage a variety of games, provide outdoor basketball hoops, and erect appropriate playground structures (especially for younger adolescents). Support community organizations in using the facilities for youth and family programs during evenings, weekends, and school breaks.

[Find more resources about using open spaces to promote physical activity »](#)



Education Resources Example

+ Bullying Prevention At School

OFFERINGS/ACTIVITIES TO SUPPORT HEALTHY DEVELOPMENT

- + Educating the Student Body: Taking Physical Activity and Physical Education to School
- + School Connectedness: Strategies for Increasing Protective Factors Among Youth
- + Health in Mind
- + Relationships between students, adults and peers in school
- + Teen Driver Education Program

SOCIAL EMOTIONAL DEVELOPMENT

- + Putting Positive Youth Development Into Practice

BE A RESOURCE TO ADOLESCENTS AND THEIR FAMILIES

- + OAH locator tool
- + Handbook on Family and Community Engagement

IMPLEMENT ASSESSMENTS COORDINATE WITH COMMUNITY

- + Indoor Air Quality Tools for Schools Action Kit

ENVIRONMENTALLY HEALTHY SETTINGS

- + Healthy School Environments
- + MyPlate Kids Place for Parents and Educators

OPEN SPACES FOR PHYSICAL ACTIVITY

- + Ways for Students to Get Sixty Minutes of Exercise During the School Day

+ For Families

+ For Teens

+ TAG Partners

+ TAG Resources

+ Engaging Youth in Improving Adolescent Health

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TAG PLAYBOOK

Download today!



Education Resources Example

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ENVIRONMENTALLY HEALTHY SETTINGS

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MyPlate Kids' Place has resources that can help children make healthier choices. (United States Department of Agriculture)
[Click here to launch resource \["MyPlate Kids Place for Parents and Educators"\]](#)

OPEN SPACES FOR PHYSICAL ACTIVITY

- + Ways for Students to Get Sixty Minutes of Exercise During the School Day

- TAG Partners
- TAG Resources
- Engaging Youth in Improving Adolescent Health



Education Resource Example

[Home](#) / [Audience](#) / [Professionals](#) / [Teachers](#)

[Print](#) [Share](#)

- PROFESSIONALS
 - [Community Partners](#)
 - [National Strategic Partners](#)
 - [Teachers](#)**
 - [MyPlate Graphics](#)
 - [Health Professionals](#)

- CHILDREN
- STUDENTS
- ADULTS

Preschoolers (2-5 yrs)

[Parents and caregivers of children 2-5 years old](#) can explore ways to help preschoolers grow up healthy, play actively every day, develop healthy eating habits, try new foods, and more.

Kids (6-11 yrs)

Offering science-based advice, MyPlate Kids' Place can help kids build healthy meals and to maintain or achieve a healthy weight. Parents and teachers are invited to use the [MyPlate Kids' Place Resources for Parents and Educators](#) for "teachable moments" that will influence children's choices at home and at school. More materials for kids and parents with kids can be found on the [Team Nutrition website](#).

High School Students

The [SuperTracker Nutrition Lesson Plans for High School Students](#) is a series of lesson plans designed to help high school students learn how to build a healthy diet using SuperTracker. Each lesson plan includes learning objectives, detailed instructions, and accompanying resources and handouts.

Join TAG and Playbook



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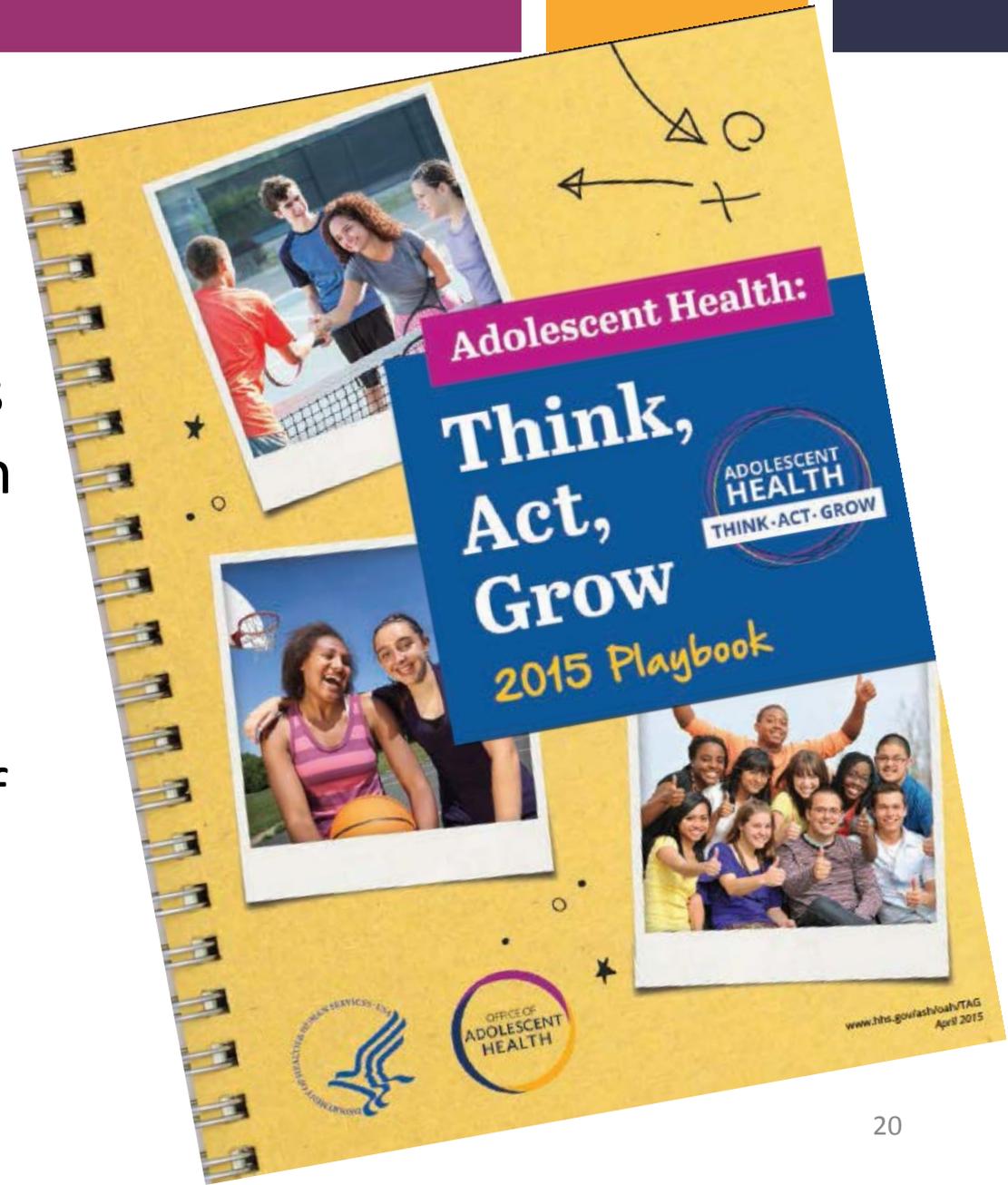


TAG PLAYBOOK

Download today!



- Outlines specific actions you or your organization can take to improve adolescent health
- Developed with input of over 80 organizations



- Statistical profile of America's teens
- Information on teen time use
- Social media tools (Tweets, FB posts, ideas for blogs)
- Sample newsletter content
- Other digital and print materials
- Youth engagement

Youth Engagement



- Take a look at the website and TAG Playbook
- Sign up for TAG email updates
- Notify your colleagues about TAG
- Order *TAG Playbooks*
- Participate in Blog-a-thon
- Ask questions, share ideas, and stay in touch
- Our email is TAGTeam@hhs.gov

42 Million Opportunities





Contact information:

- www.hhs.gov/ash/oah/tag/
- Email TAGteam@hhs.gov
- Twitter @teenhealthgov
 - Hashtag #TAG42mil



TAG Promo Video

Anthony Robles TAG PSA



ADOLESCENT HEALTH
THINK · ACT · GROW

0:00 / 0:46

CC HD

The image shows a video player interface for a PSA. At the top left, the title 'Anthony Robles TAG PSA' is displayed. The main video area features a man, Anthony Robles, smiling and sitting in a chair. Behind him is a blue background with a circular graphic containing the text 'ADOLESCENT HEALTH' and a banner below it with 'THINK · ACT · GROW'. The video player controls at the bottom include a play button, a progress bar showing '0:00 / 0:46', a volume icon, a closed captioning icon, an HD icon, and a full screen icon.