

L.E.A.D. Initiative



Cohort 4 & Cohort 5

June 2011

Strengthening Youth Leadership Across Indiana

Can sports and exercise steer teens clear of substance abuse?

A new study reveals that teenagers who are involved in sports or exercising are less likely than their peers who are not as active to use drugs or smoke cigarettes. However, the report by Reuters found that High School athletes had higher alcohol consumption than their classmates who are not on a team.

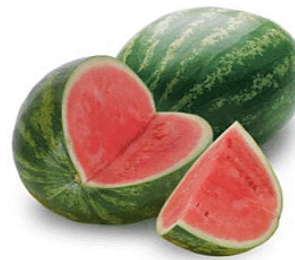
More than 11,000 teens participated in this survey between 1986 and 2001 with follow-up surveys until that age of 26. The results from this study found that higher levels of participation in sports, athletics or exercise were related to lower initial use of cigarettes and drugs. Researchers also found lower substance use through out early adult-

hood. They also found that the participants that increased their activity level in sports, athletics, or exercise throughout early adulthood had a decrease in the frequency of use of cigarettes, illicit drugs decreased.

The results from the study indicated that 38% of the

teens who did not participate in sports or exercise smoked cigarettes during the past month in comparison with 25% - 29% of teens who are athletes and exercise. Also, 23% of inactive teens stated smoking marijuana in the last month, compared to 15%-17% of athletic and active teens.

However, the study revealed that teens involved in a team sport drank alcohol in the last month at the rate of 57%, in comparison to 45% of inactive teens. There are many theories about why student athletes drink more which include peer pressure and the close tie between alcohol advertising and sports.



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To steer teens clear of substance abuse, keep them moving, study suggest. (2011, May 31). *Join Together*

LGBT youth more likely to engage in unhealthy behavior.

According to a survey by the Center for Disease Control and Prevention (CDC), high school students who self identify as gay, lesbian or bisexual are more likely than heterosexual peers to smoke, drink, use drugs and engage in other unhealthy behaviors.

A survey of 156,000 high school students found that 15.4% of LGBT students have driven a car while drinking alcohol within the last 30 days, compared to 7.8% of heterosexual students. When it came to smoking more than 10

cigarettes a day in the last 30 days, only 9% of heterosexual students have while almost 28% of LGBT youth have. The study found that LGBT students were more likely to engage in sexual risk behaviors, suicidal behaviors and violence than heterosexual teens.

During a news conference Howell Wechsles, Ed.D, M.P.H., Director of CDCs Division of Adolescent and School Health states "This report should be a wake-up call for families, schools and communities that we need to do a much better

job of supporting these young people." He went on to say that "any effort to promote adolescent health and safety must take into account the additional stressors these youth experience because of their sexual orientation, such as stigma, discrimination and victimization. We are very concerned that these students face such dramatic disparities for so many different health risks."

Gay, lesbian and bisexual teens more likely to smoke, drink and use drugs. (2011, June 7). *Join Together*

Thank You...Thank You...Thank You
to all of the Youth LEADers and Staff in
Cohort 4 from Eric Evans, the LEAD
Initiative Program Director.

To the Youth LEADers – All of you have
such great potential and I wish you the
best of luck in all of your endeavors.
You have demonstrated that you truly have
what it takes to be LEADers in your
community and throughout our state.

To the Staff - Thank you for all of your
hard work and dedication throughout the
course of this program. It has been a
pleasure working with you.

ADHD is a Major Factor for Developing Substance Abuse Disorder

A study published in the Journal of the American Academy of Child and Adolescent Psychiatry stated that attention deficit hyperactivity disorder (ADHD) is a significant risk factor for developing substance use disorders and cigarette smoking in both boys and girls.

Researchers analyzed data from about 500 boys and girls, both those with and without ADHD, over the course of 10 years. They found that ADHD was a significant risk factor for any substance use disorder and cigarette smoking.

Of those with ADHD, 32% developed some type of substance abuse during the 10 year study compared to 25% of those without ADHD.

Study finds ADHD is major risk factor for developing substance use disorders and smoking. (2011, June 1). *Join Together*

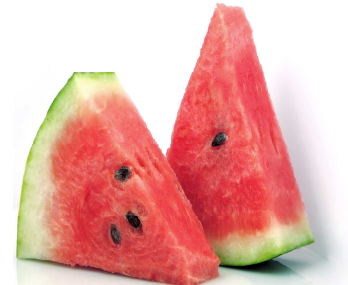
Alcohol use among top causes of disability in youth people

Forty five percent of disabilities among young people ages 10 to 24 worldwide are from alcohol use, depression, schizophrenia and bipolar disease. According to a study of data from the World Health Organization, this accounts for about four times as much as that caused by unintentional injuries.

Researchers from this study added up years of healthy living that were lost due to a disability and death. The Los Angeles Times reports that the study found that 7 percent of lost healthy years came from alcohol use. A study like this is the first of its kind to give a comprehensive picture of young people's global health.

The authors wrote in The Lancet that "although risk factors and the lifestyle that young people adopt might not affect their healthy during this period, they can have a substantial effect in later life and can potentially affect the health of future generations.

Alcohol use among top causes of disability in young people worldwide. (2011, June 8). *Join Together*



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Funding Opportunity: BEST BUY BUCKS: Grants for Working with Teens

The Best Buy Children's Foundation is offering grants to nonprofits working with young teens. The funding supports programs that help teens excel in school through life skills and leadership development. Special consideration will be given to nonprofits that use technology to increase opportunities for teens.

Grant Range: \$4,000—\$10,000. Deadline: July 1, 2011—August 1, 2011

For more information visit www.bestbuy-communityrelations.com