



Think, Act, Grow: Resources for Promoting Adolescent Health

Adolescence is an important time for promoting health and preventing disease, one that is sometimes overlooked. **Think, Act, Grow (TAG)** is a national **call to action to improve adolescent health** in the United States. The website features **resources gathered with input from professionals** who work with adolescents in after-school or community-based programs, education, faith-based organizations, health care, public health, and social services settings.

Preventive healthcare services during adolescence can help protect them into adulthood; and positive health behaviors, such as exercising regularly and eating nutritious meals, are often established during this period. **Public health is well-positioned to provide leadership for developing community approaches to promoting adolescent health.**

Distracted: Eyes Off the Road

Journalism students from the University of Montana have produced a **riveting documentary** that explores the **consequences of driving while distracted**. The **56-minute Montana PBS film** highlights the stories of those who have experienced it firsthand.

It includes cellphone use; but goes beyond to focus on the mindset of a person behind the wheel. This is a powerful learning opportunity for schools and community groups, and can **easily be utilized and beneficial for many audiences.**



Parent Perception of ATV Safety for Children



Children ages 16 and younger account for 25% of deaths on all-terrain vehicles (ATVs), despite public health and industry warnings against pediatric use. **Parents often underestimate instability and other risks** associated with ATVs. The American Academy of Pediatrics discourages kids ages 16 or younger from driving or riding on ATVs.

Weighing more than 800 pounds, ATVs have large, powerful engines that allow them to reach **speeds of 50 mph or more**. They have a high center of gravity and no roll bars, safety cages, or seatbelts, meaning **they can tip easily, throw riders and passengers off, or even roll over on top of**

riders. Here are some educational resources:

- ❖ [ABC Nightline News Report](#)
- ❖ [KidsHealth Article](#)
- ❖ [ATV Child Injury Infographic](#)

Quickly and Silently: Children Can Drown Inside the Home

Every year, nearly 90 children drown inside the home, and two-thirds of these deaths occur in the bathtub. **A child can drown in as little as 2 inches of water**, and it happens quickly and silently. **Every one of these tragedies is preventable.** This **1-minute PSA** demonstrates the importance of constant supervision. Parents and guardians should never leave a child alone in the bathtub or near any container of water. Turning their backs for a moment can change their lives forever.



Quit Line: Targeted Resources for Pregnant & American Indian Smokers

A new Montana **Tobacco Quit Line program for American Indian smokers** connects them with **Native Coaches**, offers 10 weeks of **free counseling**, and free **Nicotine Replacement Therapy**. This service uses a dedicated line



number: 1-855-372-0037.



Another **program for pregnant and postpartum smokers** who wish to quit provides a dedicated **female coach**, extended coaching calls with **cash incentives**, a **personalized quit plan**, and Nicotine Replacement Therapy support. Women who are interested can call 1-800-784-8669 to enroll or [visit the website](#).

Certified Carseat Installation Training – Upcoming Locations & Dates

Make a difference and **help ensure little ones are safer while traveling**. Learn new skills to teach parents and caregivers about proper carseat safety for children. [Details available on MDT website](#). More than half of Montana's counties do not have a certified carseat installer. Depending on circumstances, registration scholarships and travel stipends may be available.

- ❖ Bozeman, April 6-9
- ❖ Missoula, April 26-29
- ❖ Billings, June 8-11
- ❖ Glendive, July 11-14



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