



UF/IFAS Extension Hardee County

COMMUNITY
pathways

May 2015



**HIGHLIGHTS IN THIS
ISSUE:**

Move More During
the Work Day
page 3



Good trends among
today's teens
page 5



Perfectionism and
Procrastination: The Ugly Twins
page 7



UF/IFAS Extension Hardee County
507 Civic Center Drive
Wauchula, FL 33873
(863) 773-2164
Web site: hardee.ifas.ufl.edu

Like us on Facebook
Hardee County 4-H



May is National Teen Pregnancy Prevention Month – So What?

Have you ever found yourself asking this question? Why is so much emphasis at times placed on this issue when you don't even have children, your children are grown, or you have never even known a teen parent? Is this whole issue of teen pregnancy over-dramatized and blown out of proportion? Since the month of May is National Teen Pregnancy Prevention Month, I thought we should take a look at this issue and you can draw your own conclusions.

First, let's look at the children born to teen mothers:

- The children of teen mothers are more likely to be born prematurely and at low birth weight, raising the probability of infant death, blindness, deafness, chronic respiratory problems, mental retardation, mental illness, cerebral palsy, dyslexia, and hyperactivity.

- Children of teen mothers do worse in school than those born to older parents. They are 50 percent more likely to repeat a grade, are less likely to complete high school than the children of older mothers, and have lower performance on standardized tests.
- The children of teen parents also suffer higher rates of abuse and neglect than would occur if their mothers had delayed childbearing and are twice as likely to be placed in foster care as children born to older parents.
- The sons of teen mothers are 13 percent more likely to end up in prison.
- The daughters of teen parents are 22 percent more likely to become teen mothers themselves.



Secondly, let’s look at the teen mothers of these children:

- Teen mothers are less likely to complete the education necessary to qualify for a well-paying job—only 38 percent of mothers who have children before age 18 ever complete high school, compared with 61 percent of similarly situated young women who delay child bearing until age 20 or 21.
- Compared to women of similar socio-economic status who postpone childbearing, teen mothers are more likely to end up on welfare.
- Almost one-half of all teen mothers and over three-quarters of unmarried teen mothers began receiving welfare within five years of the birth of their first child.
- Some 52 percent of all mothers on welfare had their first child as a teenager.
- Two-thirds of families begun by a young unmarried mother are poor.
- Teen mothers are likely to have a second birth relatively soon—about one-fourth of teenage mothers have a second child within 24 months of the first birth—which can further impede their ability to finish school or keep a job, and to escape poverty.

Thirdly, let’s look at the fathers of the children born to teen mothers:

- Eight of ten teen fathers do not marry the mothers of their children.
- Absent fathers pay less than \$900 annually for child support to teen mothers, often because they are quite poor themselves.

- Father attachment and involvement is low among teen fathers because of abandonment of the teen mother and her baby.
- Some research suggests teen fathers have lower levels of education and suffer earning losses of 10-15 percent annually than teens who do not father children.

Finally, let’s look at some economic issues surrounding teen pregnancy:

- Nationally, teen childbearing costs taxpayers at least **\$9.4 billion each year** in direct costs associated with health care, foster care, criminal justice, and public assistance, as well as lost tax revenues.
- Between 1991 and 2010 there have been 496,635 teen births in Florida, costing taxpayers a total of **\$12.7 billion** over that period. Had it not been for significant declines in the teen birth rate in recent years, the costs to taxpayers would have been even higher.
- The teen birth rate in Florida declined 53% between 1991 and 2010. The progress Florida has made in reducing teen childbearing saved taxpayers an estimated \$741 million in 2010 alone compared to the costs they would have incurred had the rates not fallen.
- A study estimating the cost-effectiveness and cost-benefit of one particular curriculum found that **for every dollar invested** in the program, **\$2.75** in total medical and social costs **were saved**. The savings were produced by preventing pregnancy and sexually transmitted diseases (STD’s).

I hope after reading this far you have been able to understand the importance of being concerned about the issue of teen pregnancy. Not only does teen childbearing have serious consequences for teen parents, their children, and society; it also has important economic consequences. By preventing teen pregnancy, we can significantly improve other serious social problems including poverty (especially child poverty), child abuse and neglect, father-absence, low birth weight, school failure, and poor preparation for the workforce.

When children have children, their opportunities are diminished right from the start, and the future is often one of poverty. That’s not good for business. The business community has a vested interest in preventing teen pregnancy and childbearing because

Move More During the Work Day

As we enter spring we look forward to more sunshine and warmer temperatures. Use this as an opportunity to re-commit to getting 30 minutes of physical activity throughout your day.

[Click Here to Read More](#)



Spring cleaning starts with the hotspot: Your kitchen

It's that time of year again — spring, and with spring comes cleaning. Often-times, the best place to start cleaning is in your kitchen.



Although your kitchen may look clean, it can harbor harmful bacteria that can cause colds, foodborne illnesses, and more. If you clean your kitchen appliances with a deep cleaning, however, you can rid your kitchen of bacteria and keep yourself and your food safe. [Click Here to Read More](#)

Study shows why exercise magnifies exhaustion for chronic fatigue syndrome patients

The mechanism that causes high-performance athletes to “feel the burn” turns out to be the culprit in what makes people with chronic fatigue syndrome feel exhausted by the most common daily activities, new University of Florida Health research shows.

[Click Here to Read More](#)



of the associated financial, social, and workforce-related consequences. If teens can delay parenthood, they will have the time and resources they need for their education and training, which are crucial to a productive workforce in an increasingly high-tech world. Simply put, if more children in this country were born to parents who are ready and able to care for them, we would see a significant reduction in a host of social problems afflicting children in the United States.

For more information go to

www.TheNationalCampaign.org.

Carolyn Hendry Wyatt

Family & Consumer Science/4-H Agent

Interim County Extension Director

chwyatt@ufl.edu

Five Things to Know about Youth Not Employed or in School

February 20, 2015 | Nick Carrington

Autonomy is a necessary **developmental milestone** for adolescents and young adults. As they pursue greater autonomy, young people are also **disposed biologically** to begin taking greater risks, which for some youth can be particularly detrimental, such as unprotected sexual activity, truancy, or experimentation with drugs and alcohol. Not surprisingly, then, adolescence is a time during which rates of **teenage pregnancy**, running away, **school dropout**, and **juvenile justice involvement** increase. These, in turn, can result in disconnection from important institutions that help prepare youth for a successful transition to full independence.

As recently as 2012, there were approximately **6.7 million youth in the United States** who were not enrolled in school and who had been disconnected from the workforce for at least six months. That represents about 17 percent of the 16-to-24 age group nationally. Sometimes referred to as “opportunity youth” or “disconnected youth,” this population is among the hardest to reach with traditional social interventions. Yet, there is an emerging body of practice and literature that suggests these young people can be successfully reconnected to meaningful opportunities.

Here's what we know:

1. The population of disconnected youth is diverse.

The definition of disconnected youth can be misleading to the extent that it suggests dropout status and connection to the workforce are the only distinguishing factors of these young people. Several subgroups exist within the population of disconnected youth. A **primary distinction** can be made between “chronically” disconnected youth, who have not been in school or work since age 16, and “under-attached” youth, who have not completed college or maintained a job despite some intermittent connection to school and/or work. Beyond chronic disconnection and under-attachment, **research** suggests there are three distinct segments of disconnected youth: 1) young high school dropouts (ages 16-18); 2) older high school dropouts (ages 19-24); and 3) youth with diplomas or GEDs who are disconnected from postsecondary education and the labor market (ages 19-24). One can further distinguish youth who are close and far from graduation based on the number of credits still needed. Disconnected youth may also be distinguished by factors such as teen parenthood, immigration status, mental or physical disability, juvenile justice or child welfare involvement, and homelessness.

2. Disconnection from school and work is often associated with connection to public and other systems that present challenges and opportunities.

Disconnected youth are more likely than their peers to be involved in several systems that present obstacles to future success. Thankfully, these systems can also be leveraged to get youth back on track. For example, **63 percent of crimes** committed by 16- to 24-year-olds are perpetrated by disconnected youth, leading to disproportionate representation in the juvenile and criminal justice systems. Reforms like **investing in alternatives** to juvenile detention and approaches like **Positive Youth Justice** are gaining momentum and helping provide transformative opportunities for court-involved youth. Disconnected youth often face multiple barriers to sustained employment (e.g., lack of affordable transportation, child care costs, limited education). Even those who have been employed are likely to have held **seasonal and low-wage jobs**. Consequently, they are more likely to connect with

informal labor markets. This pseudo-connection to the labor market may undermine motivation to re-engage in formal institutions of work or education. Understanding local informal labor markets and the needs these markets meet for disconnected youth can provide useful insights into how to recruit and support these youth. Finally, disconnected youth's lack of education and employment leads a disproportionate number of them to draw on **public assistance** compared with their peers. While this assistance represents a short-term cost to society, it can also provide the lift needed for some disconnected youth to re-engage with school or work. At least, involvement with systems providing public assistance represents a point of connection between disconnected youth and more comprehensive efforts to support them.

3. “Connecting” disconnected youth could result in significant societal savings and individual benefits.

Nationally, unserved disconnected youth represent a devastating forfeiture of human potential and enormous financial costs (i.e., potential savings). Youth who do not finish high school **earn less and subsequently pay significantly less in taxes than graduates**. Further, they **consume more public benefits and are more likely to engage in delinquent and criminal acts**. The estimated cohort of 6.7 million young people cited earlier resulted in a staggering **cost of \$93 billion** to U.S. taxpayers in 2011. These are only economic costs—those that result directly in increased public expenditure or forfeiture, such as a decreased tax base or increased expenditure on prisons—and do not include social costs including reduced individual earnings and pain and suffering associated with crime victimization, among other things. Recent research estimates that each disconnected youth costs taxpayers about **\$236,000 over their lifetime** and that the social costs are at least \$704,000. When social factors are considered, the lifetime estimated cost of the current 6.7 million disconnected youth is **\$3.6 trillion**.

4. Improving prospects for disconnected youth requires coordinated solutions.

Because of the diversity of young people in the population of disconnected youth, communities seeking to address their needs would do well to craft approaches that integrate resources from across multiple stakeholder groups (e.g., schools, businesses,

mental health, juvenile justice). For these young people, there are often **multiple circumstances** that might lead to disconnection. A parenting teen might drop out of school because she cannot afford child care and her school does not provide care for the child during the school day. A young adult with a GED might struggle to find and sustain employment because of a criminal record. These complex needs require multiple routes to reconnection, or “**on-ramps,**” that can only be provided through multi-sector partnerships (e.g., credit recovery programs, affordable child care for teen parents, data sharing between local employers and job training providers). In fact, the White House Council for Community Solutions has recommended **cross-sector collaboration** as a vital component of strategies to improve the prospects of disconnected youth. Research now exists that outlines elements associated with **effective community collaboratives**, and particularly **those aimed at improving outcomes for disconnected youth**.

5. Disconnected youth want to be connected.

Youth who are out of work and not in school are not lost causes. More than half of disconnected youth report that they are **actively seeking employment** and almost all of them say that having a good career is important to them. Likewise, completing college or obtaining a technical certification is important to most disconnected youth, though various barriers exist (e.g., money, transportation, application process). Given the appropriate opportunities and supports, these young people can achieve the success they envision for themselves. In fact, there are **several pioneering organizations** throughout the country that are creating meaningful opportunities for disconnected youth. There is a **national movement** to catalyze efforts, including organizations such as the **Aspen Institute’s Opportunity Youth Incentive Fund** aimed at delivering high-quality, coordinated support to disconnected youth across the country. The Social Innovation Fund is also supporting projects like **youthCONNECT** that are helping advance the field’s knowledge about what works to prevent and address disconnection. As results of these efforts become available, it will be important for the field to document the circumstances under which partnerships thrive and disconnected youth achieve positive outcomes.



Good trends among today’s teens

Bad news makes good headlines; that today’s teens are doing well in many regards is



news that’s flown under the radar. This blog post highlights some positive trends for today’s teens -such as a decrease in teen pregnancies and births, and lower rates of drug use. [Click Here to Read More](#)

Expert offers advice for avoiding fights among heirs after a death

University of Florida Institute of Food and Agricultural Sciences (UF/IFAS) Agent, Julie B. England, won’t



guarantee her tips about transferring non-titled personal property to intended heirs will always prevent family squabbles and misunderstandings — because some “fractured families” are just beyond fixing. But in her talk, entitled ‘Leaving Memories/Not Conflicts,’ England outlined some excellent guidelines for this all important but sensitive topic. [Click Here to Read More](#)

Study Finds Teens Who Use Marijuana Heavily Have Poor Memories and Brain Abnormalities

A new study by Chicago’s Northwestern University found that



teens who use marijuana heavily grow up to have poor memories and also have brain abnormalities, suggesting there could be long-term effects of heavy marijuana use. [Click Here to Read More](#)

Stay Informed About Scams

Staying informed is crucial to keeping you from becoming a victim of scams and fraud. The Florida Department of Agriculture and Consumer Services' (FDACS) website provides a wealth of information to help you achieve just that, from protecting your family, finances and even your computer.

An informed consumer is the best defense against fraud and deception. Unfortunately, scammers know how to get around even an educated consumer's better judgment by playing on emotions or promising huge returns. It's important for consumers to take advantage of the many resources available to be on guard against fraud.

Avoid Becoming a Victim of Scams

Our **Little Black Book of Scams** provides consumers with a list of common scams targeting Floridians every day, such as tax scams, payday loan scams, travel scams, government scams, charity scams and telemarketing scams. By sharing information on how to detect and avoid frauds and scams, you are better able to protect your loved ones and your community.

Protect Your Child's Identity

Each year, more than 50,000 children in Florida become victims of identity theft, and more than \$100 million is stolen from children whose identities have been compromised. Last year, the Florida Legislature passed a new law to provide children with an extra line of defense against identity theft. The **Keeping I.D. Safe Act**, requires credit reporting agencies to establish and



freeze a credit record for a minor upon request by a parent or guardian. By freezing your child's credit, you can effectively block others from using it.

Know Where to go for Information

FDACS also provides an online **A to Z Resource Guide** for those consumers that may have a question, concern, problem or complaint, and are unsure whom to reach out to or where to start. This guide allows consumers to search by topic and access the website and phone number of the agency or resource that can address their specific questions or concerns.

Investigate Who You're Doing Business With

If you received a recent offer or are dealing with a new business and are unsure about their history, visit our **Business/Complaint Lookup**. This page allows you to look up a business or individual, verify if they are licensed with the department and if they have received any complaints.



- *The Florida Department of Agriculture and Consumer Services is the state's clearinghouse for consumer complaints, protection and information. Our website provides consumers with information on our complaint mediation process, as well as allowing consumers to file a complaint online. For additional information, contact the department's consumer assistance center by calling 1-800-HELP-FLA (435-7352) or 1-800-FL-AYUDA (352-9832) en Español or visit us online at www.800helpfla.com.*

Eat Right to Reduce Risks for Cancer, Cardiovascular Diseases, Type 2 Diabetes and Alzheimer's Disease

To live to 100 is many people's wish. From a longevity point of view, lifespan is determined by net cumulative damage to your body, which is equal to (damage accumulated overtime) – (damage repaired). What this means is that the less damage you incur, the longer, healthier and happier life you will likely have. The earlier you start, the greater life extension you can achieve.



Natural and Organic – the Same?

Ken McCarthy | *The Real Food Channel*

Consumers often consider the terms “natural” and “organic” to be the same.

When a packaged food says it is “all natural,” what does that really mean?

What are the requirements for a food to be labeled “organic”?

[Click Here to Watch the Video \(1:35\)](#)

Perfectionism and Procrastination: The Ugly Twins

When I ask my audiences to provide different causes for disorganization, someone usually lists procrastination. We can all relate to putting a task off ...sometimes many times over...before hitting a deadline that forces us to address it and to do so rather quickly.



Often procrastination is caused by its ugly twin - perfectionism. If you're a perfectionist, you already know it.

A perfectionist finds themselves putting off a project until “just the right time”. They often never find a block of time that allows for those “perfect” parameters to be met...which leads right into procrastination.

You can watch a quick 1-Minute Video Tip addressing perfectionism and procrastination on our You Tube channel by [clicking here](#). Enjoy!

Sugary Beverages and Cancer Risk

For both children and adults, reducing sugary beverages can have numerous health benefits, and reduce the risk of adult cancers. [Click Here to Read More](#)



Take action today to minimize or delay major life killers:

- **Cardiovascular Disease:** Plaque begins to accumulate in your arteries in your 20s which triggers a cascade of physiological events leading to inflammation and arterial wall damage. If you have dyslipidemia, otherwise known as high triglycerides, LDL or total cholesterol and/or low HDL, risk for atherosclerosis, heart disease and death can significantly increase even at this young age. Prevent this damage by **knowing your genes to prevent dyslipidemia**.
- **Cancer:** Oxidative damage caused by normal physiological processes and from environmental pollutants is known to damage our DNA, which overtime can increase the chances of developing cancers. A diet that is rich in fruits and vegetables is bountiful in antioxidants – chemicals that can absorb DNA-damaging agents and may prevent cancer. **Learn more about dietary and lifestyle choices to prevent cancer**.
- **Type 2 diabetes:** Overweight and obesity is one of the biggest predictors of type 2 diabetes. By maintaining a healthy weight and exercising you can reduce your risk for developing type 2 diabetes and the damage it causes to organs. Know your genes to prevent **overweight and obesity** and **type 2 diabetes**.
- **Dementia:** Alzheimer’s disease is the sixth leading cause of death in the United States. Carriers of two E4 alleles in their APOE gene have higher levels of cholesterol and a 20 times greater chance of developing Alzheimer’s later in their life. **Learn how to eat right for your APOE genotype**.

The speed of accumulation of damage and your ability to repair it are influenced by both genetic and environmental factors. By knowing your genes and eating right for your health, you can avoid the top killers and significantly extend not only the length of your life but the extent of your health and happiness.

Caught Between Aging Parents and Adult Children

Mary Hunt | March 35, 2015

Every day I drive by a beautiful new assisted living complex under construction close to where I live. As beautiful as this place is, it’s become a daily reminder

to me for how difficult it can be to talk to aging parents about their health and future needs.

If you're 40 or older, you're part of the "Sandwich Generation," and likely to fall into one of these three categories:

- **Traditional Sandwich.** Those being squeezed between the needs of aging parents, relatives or friends while also supporting and meeting the demands of their own children, spouses and careers.
- **Club Sandwich.** Those in their 50s or 60s sandwiched between aging parents, adult children and grandchildren, or those in their 30s and 40s with young children, aging parents and grandparents.
- **Open Face Sandwich.** Anyone else involved in elder care.
- **Double Stuff Sandwich.** Those whose adult, post-college kids return home to live with their parents for lack of unemployment, direction and or money. Also known as the "boomerangs."

Of my husband's and my friends, I would estimate that at least half are either caring for elderly parents or supporting adult children and grandchildren—and in most cases, some or all have actually moved in with them, taking up permanent residence.

Surveys suggest that today's Baby Boomers (adults born between 1946 and 1965) likely will spend more years caring for a parent than they will spend rearing, caring for and supporting their own children. And these days parents care for their children for at least 20 years.



FDA Consumer Advice on Powdered Pure Caffeine

Beware of powdered pure caffeine, a teaspoon of which is equivalent to roughly 25 cups of coffee. The U.S. Food and Drug Administration recently issued a consumer advisory about this substance, which has already caused the death of two young men. [Click Here to Read More](#)



Youth Violence

Determinants and prevention

Rates of all types of violence have dropped in the U.S., but are high compared with other developed countries—and the numbers of children and youth affected are high. In this brief, and the report it's based on, we review risk and protective factors for violence, and suggest opportunities for reducing it. Our findings include that being subjected to child maltreatment strongly predicts every type of violence we looked at, such as gang violence, intimate partner violence, and others. [Click here to Read More](#)



In the same way a trip to the dental hygienist can prevent a painful procedure down the road, a conversation with your parents about aging will be worth it to help preserve a future you both can handle. The longer you wait to talk with them about the future, the fewer choices you may have down the line and the more it may cost to make sure they get the care they need.

As long as parents are still capable of making reasoned decisions, your role is merely to help them make those decisions. Just try taking control by telling them what to do and you'll know what I mean.

The way you approach the subject will have a huge effect on whether your parents are willing to accept your help. Here are a few guidelines to help you get this conversation started:

- **Listen.** Don't miss an opportunity to talk about the future. Listen to your parents and ask questions. Avoid telling them what to do, no matter how tempting it may be. Get the conversation going earlier than later.
- **Have Patience.** Your parents have been biting their collective tongue for all these years as they have dealt with you. Now it's your turn to be patient and give them time to think over their alternatives. Major decisions won't get made during one casual phone call.
- **Expect silence.** Don't expect quick responses to your questions. This may be one of the most difficult seasons of their lives. Give them time to process, to think and ponder.
- **Don't Assume.** Don't make assumptions. Above all, do not mistake indecision for lack of interest. I think

you can be fairly certain that they've been thinking about this a lot longer than you have. But it's easy to put it off when the future appears to be so far away.

- **Get Help.** It's all right if you don't know what you're doing. Your willingness to assist your parents is a big step. Dare to ask for help.
- **Laugh.** Don't lose your sense of humor. It will keep you happy and sane in the years to come.

Question: Are you part of the sandwich generation? [Click Here to Read More](#)

Mary Hunt's
EverydayCheapskate
powered by DPL

Calendar of Events



Celebrating the 64th Annual Florida Beef Cattle Short Course
“Building on Success”
May 13-15, 2015
Alto and Patricia Straughn IFAS Extension Professional Development Center

[Click Here for Agenda](#)

[Click Here to Register](#)

[Click Here for Hotel Accommodations](#)

Short course attendees are welcome and encouraged to take advantage of the IFAS Discounted Room Rates available at many Gainesville area hotels.

[Click Here for More Information](#)

Do you think someone else would enjoy this newsletter? [Click here to sign them up!](#)

Do you wish to be removed from this newsletters' mailing list? [Click here to unsubscribe!](#)

