

**Four County Career Center**  
**Student Health and Wellness**  
**Strategic Plan**  
**February 2019**

The Four County Career Center Health and Wellness Strategic Plan is designed to address the five key adolescent issues found to be of greatest importance by the Ohio Adolescent Health Partnership (OAHP). The OAHP has identified several areas as critical to improving adolescent health in Ohio by 2020. These five key areas are: Behavioral Health; Injury, Violence, and Safety; Reproductive Health; Nutrition and Physical Activity; Sleep. According to OAHP, “many lifestyle behaviors that contribute to or reduce the risk for chronic disease and disability in adulthood are developed in adolescence”. OAHP states “it is our vision that all Ohio adolescents are empowered and able to live safe, healthy and productive lives as they transition into and reach adulthood”.

As a school, we need to invest our time, attention and resources into the health and wellness of our students. Studies have shown healthy adolescents engage more in their communities, do better in school, and go on to see better health status, higher educational achievement, and more success in their lives as adults. It is the goal of the employees of Four County Career Center to empower our students to reach their full potential. We feel that each student is a valuable asset to society and deserves a school environment which encourages, supports, and provides them with knowledge on their journey toward health and wellness.

### **Five Key Adolescent Health Issues Addressed**

#### **1. Behavioral Health (Mental Health and Substance Abuse)**

**Goal 1:** Rates of substance use and abuse will decrease among adolescents.

**Goal 2:** Behavioral and physical health services for adolescents will be more fully integrated to improve access and quality of care.

#### **2. Injury, Violence and Safety**

**Goal 3:** Adolescents will engage in healthy relationships.

**Goal 4:** Injuries and deaths in adolescents associated with motor vehicles will decline.

**Goal 5:** Decrease in the incidence and consequences of Traumatic Brain Injury (TBI) in adolescents.

#### **3. Reproductive Health**

**Goal 6:** Adolescents and their families will be able to make informed decisions about their reproductive health.

**Goal 7:** Reduce the rates of sexually transmitted infections in adolescents.

**Goal 8:** Promote the continued downward trend in pregnancy and birth rates among adolescents.

#### **4. Nutrition and Physical Activity**

**Goal 9:** Adolescents will engage in healthy eating behaviors.

**Goal 10:** Adolescents will engage in recommended physical activity.

**Goal 11:** Adolescents will have a healthy body mass index.

#### **5. Sleep**

**Goal 12:** Adolescents will obtain a minimum of 8.5-9.5 hours of sleep per night.

### **Four County Career Center Interventions to Address the 5 Key Health Issues**

#### **1. Behavioral Health (Mental Health and Substance Abuse)**

**Goal 1:** Rates of substance use and abuse will decrease among adolescents.

**Goal 2:** Behavioral and physical health services for adolescents will be more fully integrated to improve access and quality of care.

Mental health disorders that students experience include, but are not limited to, attention deficit hyperactive disorders, autism spectrum disorders, anxiety disorders, conduct disorders, depression, bipolar disorder, disordered eating, and substance abuse. Approximately one in five children has a mental health problem, and one half of all lifetime cases of mental health disorders begin by the age of 14 (Stagman & Cooper, 2010). According to the Substance Abuse and Mental Health Administration (SAMSHA, 2012), 5 to 9% of children aged 9 to 17 experiences a serious emotional disturbance in any given year that affects their ability to function at home, in school or in the community.

Four County Career Center meets the challenges of behavioral health and substance abuse in several ways.

- All school employees' area trained in behavioral health and substance abuse issues according to Ohio law using Public School Works.
- Teachers, who suspect a student is dealing with a behavioral issue, refer the student to one of our four guidance counselors. Guidance counselors are trained to assess students' behavioral and emotional needs. After initial intake from the guidance counselor; students can be referred for evaluation for educational or emotional needs.
- Suspected substance abuse is referred to the school nurse and program supervisors. After a physical assessment by the school nurse; Career-Tech supervisors report findings to the student and their parent/ guardian. Referrals are made to physicians and/ or treatment programs to help these students receive treatment for their substance abuse.
- Student education is provided through an annual school assembly which addresses these issues. The School Nurse and guidance counselors are available throughout the

school day with brochures and information for any student that requests such information or seeks help. Information on behavioral health and substance abuse is also provided to students through the television monitors in the cafeteria and through the use of “stall” talk” in the bathrooms.

- The School Nurse is available to administer prescribed medications and assess student response to these medications.
- The Guidance Department maintains ongoing collaboration with outside sources to ensure that student receive continuity of care with their behavioral and substance abuse issues.

## 2. Injury, Violence, and Safety

**Goal 3:** Adolescents will engage in healthy relationships.

Four County Career Center supports and encourages healthy relationships. Teaching students to accept one another and appreciate each other’s differences is important. Too often, differences make students anxious or a student may become a target of bullying. Four County Career Center promotes a culture of inclusivity and works to celebrate diversity. At our school, students are allowed to explore their interests and passions in a safe environment with other students who share in their same interests. The following are ways which FCCC supports relationships and encourages diversity:

- FCCC has 30 Career- Tech programs to provide students with diverse interests an opportunity to find a career that fits their individual personality.
- Within these different career paths, students are encouraged to participate in clubs including FCCLA, BPA, HOSA, FFA, Student Council, and Skills USA. Club involvement enhances the learning experience and improves students’ self-esteem and confidence.
- FCCC has a strong policy in place which prohibits bullying behavior. The FCCC student handbook states:

### **BULLYING/Hazing/Dating Violence POLICY**

“Harassment, intimidation, bullying and or dating violence” means any intentional gesture, or any intentional written, verbal, or physical act or threat that a student has exhibited toward other students more than once. This includes harming a student, damaging a student’s property, placing a student in reasonable fear of harm to the student’s person, placing a student in reasonable fear of damage to the student’s property. Bullying is sufficiently severe, persistent, or so pervasive that it creates an intimidating, threatening or abusive situation.

**Bullying is not limited to face to face;** it also includes any bullying through any form of electronic devices (Cyber Bullying/Texting).

Bullying situations which occur at school or school related functions need to be reported to the Career Technical Supervisor for disciplinary actions. The parent/guardian/custodian of any student involved in a prohibited incident will be notified.

Hazing, bullying behavior and/or dating violence by any student in the District are strictly prohibited, and such conduct may result in disciplinary action, including suspension and/or expulsion from school. Hazing, bullying, and/or dating violence means any intentional written, verbal, graphic or physical acts, including electronically transmitted acts, either overt or covert, by a student or group of students toward other students/school personnel with the intent to haze, harass, intimidate, injure, threaten, ridicule or humiliate. Such behaviors are prohibited on or immediately adjacent to school grounds, at any school-sponsored activity; in any District publication; through the use of any District-owned or operated communication tools, including but not limited to District e-mail accounts and/or computers; on school-provided transportation or at any official school bus stop.

Hazing, bullying, and/or dating violence can include many different behaviors. Examples of conduct that could constitute prohibited behaviors include, but are not limited to:

1. Physical violence and/or attacks;
2. Threats, taunts and intimidation through words and/or gestures;
3. Extortion, damage or stealing of money and/or possessions;
4. Exclusion from the peer group or spreading rumors;
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5. Repetitive and hostile behavior with the intent to harm others through the use of information and communication technologies and other web-based/online sites (also known as “cyberbullying”), such as the following:
  - a. Posting slurs on web sites, social networking sites, blogs or personal online journals;
  - b. Sending abusive or threatening e-mails, web site postings or comments and instant messages;
  - c. Using electronic devices to take embarrassing photographs or videos of students and/or distributing or posting the photos or videos online. No unauthorized photos or video will be allowed at Four County Career Center.
  - d. Using web sites, social networking sites, blogs or personal online journals, e-mails or instant messages to circulate gossip and rumors to other students.
6. Excluding others from an online group by falsely reporting them for inappropriate language to Internet service providers.

In evaluating whether conduct constitutes hazing or bullying, special attention is paid to the words chosen or the actions taken, whether such conduct occurred in front of others or was communicated to others, and how the perpetrator interacted with the victim and the motivation, either admitted or appropriately inferred.

**Goal 4:** Injuries and deaths in adolescents associated with motor vehicles will decline.

**Goal 5:** Decrease in the incidence and consequences of Traumatic Brain Injury (TBI) in adolescents.

- Annually students attend a safe driving session. Area State Highway Patrol troopers and local Sheriffs educate students on the consequences of driving behavior. Topics which are covered in this session include: driver safety, current trends in crashes for student aged drivers, seatbelt usage, and texting while driving (distracted driving). There is also a question and answer period for students.

- Students are encouraged to ride the bus to school. Students are told this is the safest way to travel to and from school. Speeding and careless driving while on school grounds can result in driving privileges being suspended.
- Television monitors in the cafeteria will periodically display educational information related to safe driving behaviors.

### 3. Reproductive Health

**Goal 6:** Adolescents and their families will be able to make informed decisions about their reproductive health.

**Goal 7:** Reduce the rates of sexually transmitted infections in adolescents.

Childbearing adolescents are less likely to finish high school, more likely to rely on public assistance, more likely to be poor as adults, and more likely to have children similarly affected, which consequentially affects the parents themselves, their children, and society (USHHS/OAH, 2014). This is particularly of concern for minority youth. Teen pregnancy prevention is a *winnable* public health battle (CDC, 2014). Four County Career Center offers education to avoid pregnancy and sexually transmitted diseases.

- The School Nurse is available to answer any reproductive health related questions.
- The School Nurse will refer all students who seek testing, contraception, or further education to local outside services for evaluation and treatment. Many of these services are offered on a sliding fee scale and free to those who qualify.
- The Four County Area has many available, affordable Health Centers that provide birth control to adolescents. A current listing of these centers is available in the school nurse office. The school nurse is available during school hours daily.

**Goal 8:** Promote the continued downward trend in pregnancy and birth rates among adolescents.

- Emphasize the many benefits of abstinence: no pregnancy worries; avoid STD's; protect self from heartache if relationship ends.
- Provide students with education on where to obtain affordable birth control.
- GRADS program (Graduation, Reality, and Dual- Roles Skills) offered to all pregnant and parenting teens (male & female). Through the GRADS program students have the following goals: continue education through graduation from high school; carry out positive health care for self and child; gain knowledge and skills related to child development and positive parenting; set goals to achieve a balanced work and family life; prepare for postsecondary education and/or world of work; delay subsequent pregnancies.

- Use “stall talk” to promote sexual health issues. Provide numbers and contact information to outside resources for STD testing and birth control options.

#### 4. Nutrition and Physical Activity

**Goal 9:** Adolescents will engage in healthy eating behaviors.

**Goal 10:** Adolescents will engage in recommended physical activity.

**Goal 11:** Adolescents will have a healthy body mass index.

Four County Career Center recognizes that a healthy child has a greater learning capacity and improved attendance than the unhealthy child. The Four County staff is committed to providing good nutrition through healthy food choices and encouragement to participate in lunch and breakfast meal programs as well as physical activities.

- The school district will encourage students, parents, teachers, food service professionals, health professionals, and other interested community members to engage in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, Four County Career Center will participate in available federal school meal programs (including the School Breakfast Program and the National School Lunch Program).
- Four County Career Center will provide nutrition education and encourage physical education to foster lifelong habits of healthy eating and physical activity.

#### TO ACHIEVE THESE GOALS:

**I. School Health Councils** The school district and/or individual schools within the district will create and promote a school health council to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The council also will serve as resources for implementing those policies. (The Four County school health council should consist of a group of individuals representing the school and community, and may

include parents, students, and representatives of the school food authority, school administrators, teachers, health professionals, and members of the public when possible.)

## **II. Nutritional Quality of Foods and Beverages Sold and Served on Campus**

### **School Meals**

Meals served through the National School Lunch and Breakfast Programs will:

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables;
- serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- ensure that half of the served grains are whole grain

Every attempt will be made to engage students, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, Four County will make available information about the nutritional content of meals to parents and students. Such information may be made available on menus, the Four County website, on cafeteria menu boards, placards, or other point-of-purchase materials as determined by the school authority.

**Breakfast.** To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- Four County Career Center will, to the extent possible, operate the School Breakfast Program.
- Four County will, to the extent possible, utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom or “grab-and-go” breakfast.
- Four County will notify parents and students of the availability of the School Breakfast Program.

**Free and Reduced-priced Meals.** Four County Career Center will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. Toward this end, Four County may utilize electronic identification and payment systems; promote the availability of school meals to all students; and/or use nontraditional methods for serving school meals, such as “grab-and-go” or classroom breakfast.



**Meal Times and Scheduling.** Four County Career Center:

- will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- should schedule meal periods at appropriate times, *e.g.*, lunch should be scheduled between 11 a.m. and 1 p.m.;
- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks.

**Qualifications of School Food Service Staff.** Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in our school. Staff development programs include appropriate certification and/or training programs for the child nutrition director, school nutrition manager, and cafeteria workers, according to their levels of responsibility.

**Foods and Beverages Sold Individually (*i.e.*, foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte [snack] lines, fundraisers, school stores, etc.)**

All foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines, vending machines, student stores, or fundraising activities) during the school day, will meet the following nutrition and portion size standards:

**Beverages**

- **Allowed:** water or seltzer water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages (to be defined by USDA);
- **Not allowed:** soft drinks containing caloric sweeteners; sports drinks; iced teas; fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine).

## **Foods**

- A food item sold individually:
  - will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fat combined;
  - will have no more than 35% of its *weight* from added sugars;
  - will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats, and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes.
- A choice of at least two fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; fruit-based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines).

## **Portion Sizes:**

- Limit portion sizes of foods and beverages sold individually to those listed below:
  - One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky;
  - One ounce for cookies;
  - Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items;
  - Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream;
  - Eight ounces for non-frozen yogurt;
  - Twelve fluid ounces for beverages, excluding water; and
  - The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion-size limits.

**Fundraising Activities.** To support children's health and school nutrition-education efforts, school fundraising activities will not involve food or will use only foods that meet the above

nutrition and portion size standards for foods and beverages sold individually. Four County Career Center will encourage fundraising activities that promote physical activity.

**Snacks.** Snacks served during the school day or in after-school will be distributed with the approval of the Cafeteria Supervisor and will meet the requirements stated above.

**Rewards.** Schools will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

**Celebrations.** Celebrations involving food must be approved by the Director of Career and Technical Education and follow the food guidelines set forth by the above.

**School-sponsored Events** (such as, but not limited to, athletic events, dances, or performances). Four County Career Center does not have school-sponsored events involving students outside the school day.

### **III. Nutrition and Physical Activity Promotion and Food Marketing**

**Nutrition Education and Promotion.** Four County Career Center aims to teach, encourage, and support healthy eating by students. We make every attempt to provide nutrition education and engage in nutrition promotion that:

- is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- may be part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- may include enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- links with school meal programs, other school foods, and nutrition-related community services; and
- includes training for teachers and other staff.

**Integrating Physical Activity into the Classroom Setting.** Four County Career Center does not offer a traditional physical education class. For students to receive the nationally-recommended amount of daily physical activity (*i.e.*, at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity within their lab settings. Toward that end:

- classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to effectively perform the duties of their chosen skill training and to maintain a physically-active lifestyle; and
- Opportunities for physical activity will be incorporated into career tech. subject lessons.
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**Communications with Parents.** Four County Career Center will support parents' efforts to provide a healthy diet and daily physical activity for their children. Upon request, the school will send home nutrition information and provide nutrient analyses of school menus. We encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the Healthy Hunger Free Kids Act nutrition standards for individual foods and beverages.

Four County Career Center supports parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will vary based on the student's chosen skill training area.

**Food Marketing in Schools.** School-based marketing will be consistent with nutrition education and health promotion. As such, Four County Career Center will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually (above). School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

#### **IV. Physical Activity Opportunities and Physical Education**

**Physical Activity Opportunities Before and After School.** All Associate Schools offer extracurricular physical activity programs, such as physical activity clubs, intramural programs, and interscholastic sports programs. Students are encouraged to participate in extracurricular activities at their home schools. Students who do participate in home school activities are recognized each athletic season with their picture displayed as a group in the hallway at FCCC.

## 5. Sleep

**Goal 12:** Adolescents will obtain a minimum of 8.5-9.5 hours of sleep per night.

According to an article in *Sleep Medicine* (2008), "With chronic sleep deprivation becoming the norm in adolescence, there has been a surge of research that has found both associations and direct correlations with sleep deprivation and a variety of medical and cognitive issues including poor attention and difficulties with problem solving; behavioral issues, increased symptoms of depression, anxiety and irritability; an increase in sports injuries; motor vehicle accidents; rates of obesity; insulin resistance; and risk-taking behaviors".

The National Education Association believes that overall health and performance are best achieved with adequate rest on a regular basis. The Association supports school schedules that follow research-based recommendations regarding the sleep patterns of age groups. The Association further supports programs within the education framework that promote understanding of the importance of adequate rest. (2011)

In Ohio, there is an organization which promotes a later start time for schools. Start School Later Ohio advocates for Ohio teens to have adequate rest. According to their website: Start School Later Ohio is committed to protecting the health and safety of public school students by advocating for sane, humane school start times in sync with teen sleep needs.

At Four County Career Center we begin classes at 8:45 am each day. This is in line with recommendations from the American Academy of Pediatrics (AAP), American Sleep Association (ASA), and the Centers for Disease Control (CDC). All of these organizations recommend a start time of no earlier than 8:30 am.

Students who come to the school nurse or guidance counselors with complaints of tiredness or assessed for sleep hygiene. Those students are given education on the amount of sleep they should be getting and ways to achieve the recommended 8.5 to 9.5 per night. Education is given to students with the following key points:

- Make sleep a priority- encourage students to plan ahead and set a time they will go to bed.
- Turn off electronic devices 1 hour prior to the planned time they will go to bed.
- When possible, students are encouraged to make sure their room is as dark and noise free. Discuss with students devices which may help them sleep- such as white noise from a fan.
- Limit consumption of caffeine, especially in the afternoon and evening hours.

The use of “stall talk” in the bathrooms will also be utilized to educate students on effective sleep habits and the amount of sleep they need to function at their optimal level.

### **Policy Review**

Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, Four County Career Center will review the Health and Wellness Strategic Plan and continually work to provide of an environment that supports our goals. We will also keep current on recommendations from the Ohio Adolescent Health Partnership and attend trainings to continually gain knowledge of key adolescent health issues. The school will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

### **Conclusion**

Four County Career Center is committed to the Health and Wellness of all our students. It is important that the staff of Four County Career Center understand the importance of the link between health and academic success. . A healthy student is a student who is ready to learn and be successful in all of their endeavors. This strategic plan will assist the staff at Four County Career Center to implement activities and initiatives to promote overall wellness for our students.

\*Anyone interested in being a part of the Four County Career Center School Health Council or would like to provide input to the contents of this document should call Four County Career Center at 419-267-3331 during normal operating hours.

FOUR COUNTY CAREER CENTER IS AN EQUAL OPPORTUNITY PROVIDER

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