
LATINA ACTION DAY 2017

POLY YOUTH LEADERSHIP CLASS

TOPIC: PHYSICAL AND MENTAL WELL BEING

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INTRODUCTION

- School: Riverside Polytechnic High School
- Location: Riverside CA
- School Colors: Green and Orange
- Mascot: Bears
- Riverside Facts: Founded in the late 1800s, Riverside is in the metropolitan area comprising Riverside-San Bernardino-Ontario. people. This area is known as "The Inland Empire" because it was once separated from Los Angeles by a large rural expanse. Riverside lies 60 miles east of Los Angeles.
- Research Methodology: Electronic and Paper Surveys, combination of multiple choice and Likert Scales
- Focus Area: Mental & Physical Wellbeing



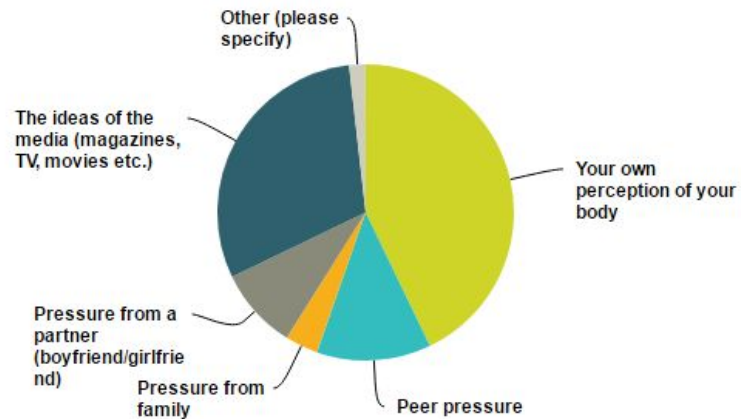
PHYSICAL WELL BEING?

- What do Latinas really think about body image?
- Are Latinas taking care of their bodies?

LATINA PERCEPTION OF SELF

What do you think is the main cause of body image concerns ?

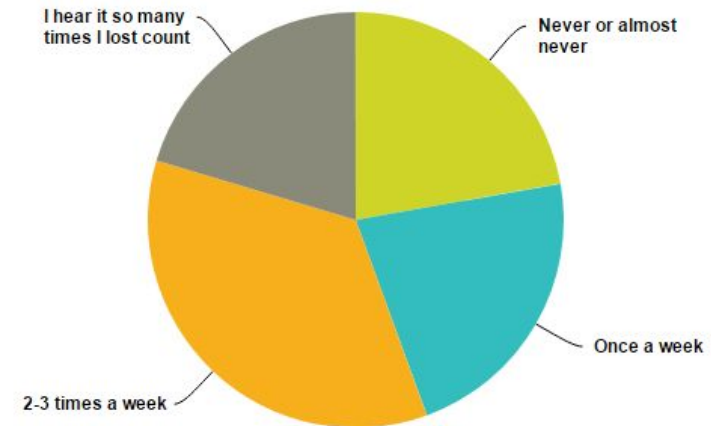
Answered: 56 Skipped: 4



Answer Choices	Responses
▼ Your own perception of your body	42.86%
▼ Peer pressure	12.50%
▼ Pressure from family	3.57%
▼ Pressure from a partner (boyfriend/girlfriend)	8.93%
▼ The ideas of the media (magazines, TV, movies etc.)	30.36%

How many times have you or friends/fellow classmates expressed that they are unhappy with their weight on the last month?

Answered: 54 Skipped: 6

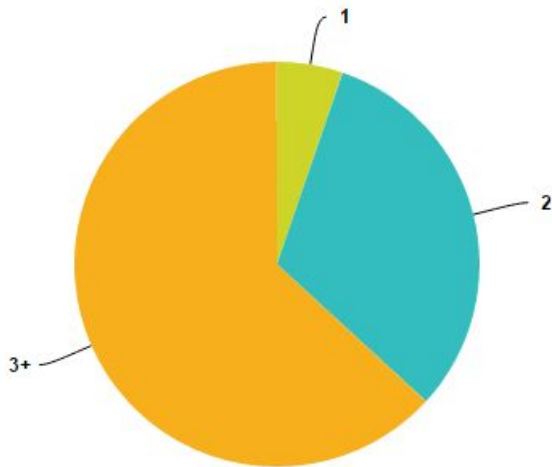


Answer Choices	Responses
▼ Never or almost never	22.22%
▼ Once a week	22.22%
▼ 2-3 times a week	35.19%
▼ I hear it so many times I lost count	20.37%

MEAL AVAILABILITY

How many meals a day do you eat

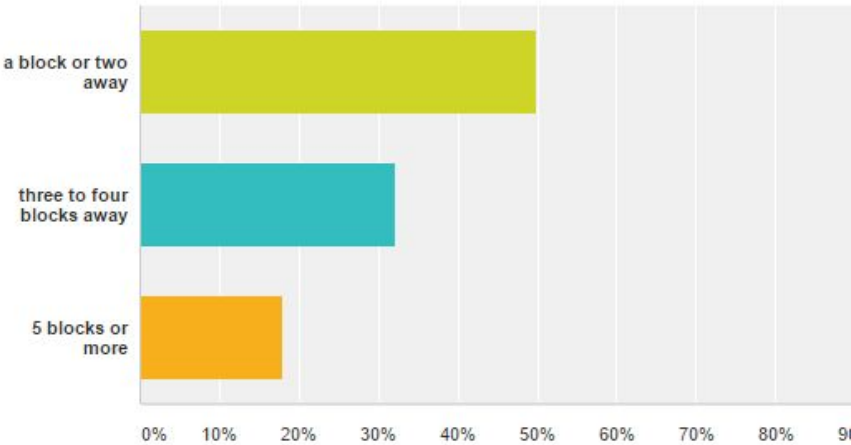
Answered: 4 Skipped: 3



Answer Choices	Responses
1	5.26%
2	31.58%
3+	63.16%

How close to home is the nearest market where you get fresh fruits and vegetables

Answered: 5 Skipped: 4



Answer Choices	Responses
a block or two away	50.00%
three to four blocks away	32.14%
5 blocks or more	17.86%

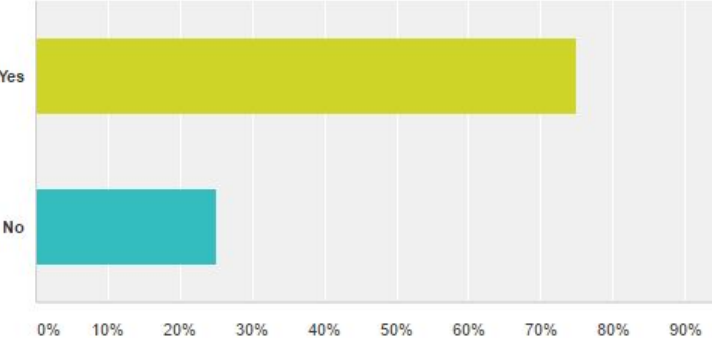
RECOMMENDATIONS

- Increase athletic course offerings during the school day
- Cover costs of spirit packs, uniforms, etc for students in sports
 - Average spirit pack
 - Cheer \$680
 - Football \$1200
 - Soccer \$250
- Offer Yoga, Pilates, Mindfulness
- Decrease student to teacher ratio for physical education courses
 - Average size for Poly = 56 to 1
- Bring back HEALTH Requirement
 - Incorporate as one year (10 credit course)
 - Offer as A-G (College Prep Elective) Currently only at 300 HS in California www.hs-articulation.ucop.edu

MENTAL HEALTH

Have you or someone you know expressed suicidal thoughts?

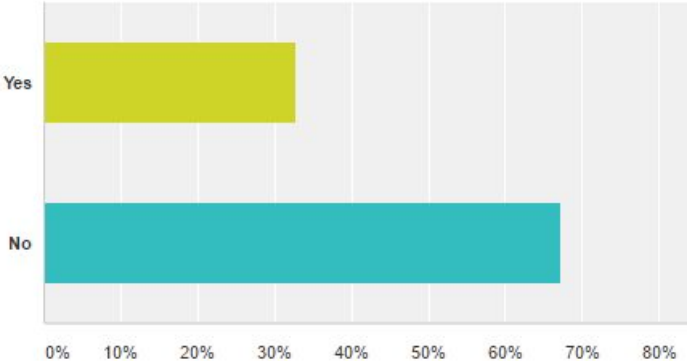
Answered: 56 Skipped: 4



Answer Choices	Responses
Yes	75.00%
No	25.00%

Have you ever seen a mental health professional?

Answered: 55 Skipped: 5



Answer Choices	Responses
Yes	32.73%
No	67.27%

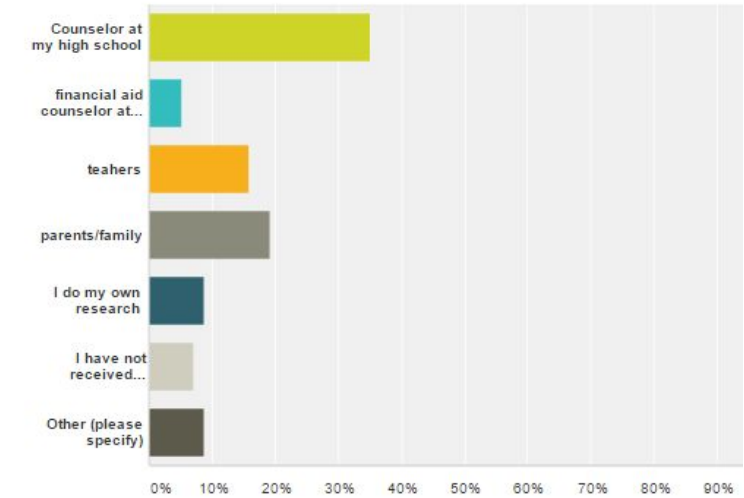
RESEARCH SAYS

- According to the California Department of Public Health nearly 60% of students in southern California have experienced trauma. Trauma is referred to stress from an adverse childhood experience. Many students in California have one or more adverse childhood experience.
- School connectedness is associated with better school attendance, retention, and test scores, and lower rates of emotional problems, substance abuse and other risky behaviors (CDC, 2014).
- Schools can foster student connectedness promoting caring and supportive relationships (O'Malley & Amarillas, 2012).
- School Counselors develop unique and valuable relationships with students. When students feel connected to their schools (i.e., they feel treated fairly, close to people), they are more likely to succeed academically and engage in healthy behaviors.

COUNSELOR ACCESS

Who provides you with the most information about financial aid available for college?

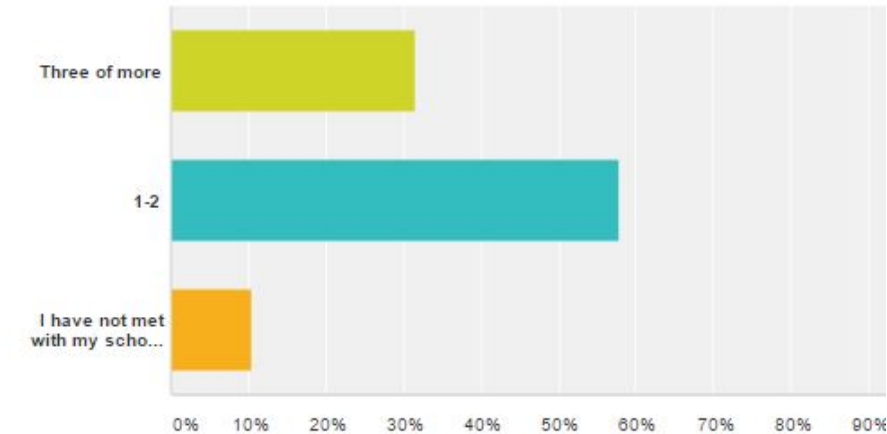
Answered: 57 Skipped: 3



Answer Choices	Responses
Counselor at my high school	35.09%
financial aid counselor at a college/university	5.26%

How many times in the last year have you met with your school counselor to discuss your class schedule?

Answered: 57 Skipped: 3



Answer Choices	Responses
Three of more	31.58%
1-2	57.89%

RECOMMENDATIONS FOR MENTAL HEALTH

- Counseling programs are more effective than AVID. AVID students are 1.5 times more likely to complete four year college entrance requirements than their non-avid peers (AVID, 2017). However when a student has access to their school counselor and a comprehensive program aligned with the national standards, they are seven times more likely to attend college (Reach Higher, 2017).
- Currently CA 2nd to last in Counselor ratios 800-1 (www.schoolcounselor.org)
- School Counselors can provide services such as :
 - Classroom lessons in academics, college, career, social/emotional
 - Small Group Counseling in academics, college, career, social/emotional
 - Individual Counseling in academics, college, career, social/emotional
- Increase # of School Counselors (PPS)
 - School Counselors offer counseling in academics, college, career, social/emotional
 - Not limited like MFT, LCPP to only social/emotional counseling