

Children's Health Edition

June 21, 2016

This week at the California Health Report we're talking about how some schools are pushing back start times to help sleep-deprived teens. Also, if you missed it last week, be sure to read our new op-ed about caring for a young adult with autism.

QUESTION OF THE WEEK

What resources do young adults with autism need in California?

Share your thoughts on our [Facebook page](#).

Last week we asked [what questions you had about Zika in California](#) and had a lively online discussion. Our reporter is looking into the questions, including this one from Ross Grayson:

"How much of California is serviced by mosquito abatement districts? What is the estimated adequacy of funding, service levels for those districts...?"

The latest...

EDUCATION: Confronted with Evidence on Teenage Sleep, Some California Schools Move to Start Later

Teenagers need more sleep than adults, and early start times for school aren't helping. The American Academy of Pediatrics recently began to advocate for starting high school at 8:30 a.m. in hopes of better meeting students' sleep needs. This could also help combat depression, reduce car accidents and help with other health problems that can arise from insufficient sleep, the Academy said. [Derek Walter reports.](#)

PUBLIC HEALTH: Invasive Mosquitoes a Concern as California Grapples With Zika Risk

So far, no one has contracted Zika in California - but some travelers have returned to the state already infected. Epidemiologists say that it's possible the virus could take hold in pockets of the state, if certain mosquitoes bite those with Zika infections, but the likelihood of a widespread epidemic is low. [Claudia Boyd-Barrett has the story.](#)

OBESITY: When Air Quality Dips, P.E. Moves Indoors in the Central Valley

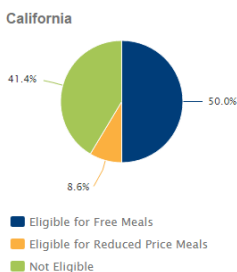
While the Valley's air is trending in the right direction, it's still a challenge for schools to facilitate physical education and outdoor sports, especially with the pressure to fight childhood obesity by keeping kids active. Schools are turning to a number of solutions that leverage a real-time air-quality monitoring network with creative ways to keep kids moving even when they need to head indoors. As we inch towards the summer months and the temperature rises, schools are working on their alternative P.E. plans. [Derek Walter writes.](#)

OP ED: When Autism Ages Out of the School System

California's day programs for adults with autism are underfunded and overcrowded. But with thousands of young people with developmental delays or disabilities about to reach the age at which they can no longer attend a public school, the problem is soon going to get much, much worse. [Pam Raymond, the mother of a developmentally delayed 21 year old, tells her daughter's story.](#)

kidsdata.org
A Program of  Lucile Packard Foundation
for Children's Health

Student Eligibility to
Receive Free or Reduced
Price School Meals
Year: 2015



Kidsdata: Student Eligibility to Receive Free or Reduced Price School Meals

In 2015, nearly 59 percent of all public school students in

California were eligible for free or reduced price school meals (meaning their household incomes were less than about \$44,000 for a family of four). Many more students were eligible for free meals than for reduced price meals. Over 3 million California students (50 percent of all students) were eligible for free meals, while over 500,000 (9 percent) were eligible for reduced price meals.

See the full Kidsdata graphic of the week on our [home page](#).

WHAT WE'RE READING:

- The debate over whether deaf babies should get [hearing implants](#).
- [Commenting on a child's weight](#) can have repercussions for years.
- Should pediatricians [refuse to treat patients](#) who don't vaccinate?

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Thanks again for joining our community, which has been named a "Champion for Change" by the Healthy Eating, Active Living Collaborative and the Network for a Healthy California. Please send any suggestions, story tips or comments about our site to hannah.guzik@calhealthreport.org.

Hannah Guzik, children's health editor

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