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### **Assignment #1: Identification of Health Problem**

#### **1. Sleep Deprivation - Overview**

High school students (grades 9-12) are not getting adequate amounts of quality sleep on an average school night. For adolescents aged 13-18 the recommended sleep is between 8-10 hours per night and 20% of students have reported sleeping fewer than 6 hours. Approximately 73% of high school students reported insufficient sleep. Female students reported the highest inadequate sleep by 75% compared to male students at 70%. Within the United States, Connecticut recorded the highest prevalence of insufficient sleep at 80%. Some contributing factors include hormone changes, high levels of technology usage, caffeine, and anxiety.

#### **Existing intervention**

a. Mandated delayed school start times in middle schools and high schools in California (SB 328)

- Beginning of the 2022-23 school year (or when a school's three year collective bargaining agreement with their employees come to an end, whichever is later), public middle schools will begin classes at 8 a.m. or later and high schools will start no earlier than 8:30 a.m.
- This is a stark difference according to an analysis done by the CDC of the 2011-12 school year in which average start times for California schools were between 7:30a.m. and 8:30a.m.

b. SB 328 was authored by Sen. Anthony Portantino and signed into law by Gov. Gavin Newsom on October 13th, 2019.

#### **Local stakeholders**

### **1. UCLA Sleep Disorders Center**

Email: [UCLASleepCenter@mednet.ucla.edu](mailto:UCLASleepCenter@mednet.ucla.edu)  
Phone Number: 310-26-SLEEP / 310-267-5337  
Website Link: <https://www.uclahealth.org/sleepcenter/>  
Address: Center for Health Sciences  
10833 Le Conte Ave, Suite 216  
Los Angeles CA 90095

### **2. Pediatric Sleep Center**

Phone Number: (650)231-5641  
Website Link: <https://www.stanfordchildrens.org/en/location/sleep-center>  
Address: 2490 Hospital Drive, Suite 305  
Mountain View, CA 94040

### **3. Santa Monica Sleep Disorders Center**

Phone Number (appointment): (424) 309-1372  
Phone (General Inquiries): (310) 828-2293  
Website Link: <https://www.santamonicasleep.com/>  
Address: Santa Monica Sleep Disorders Center  
12301 Wilshire Boulevard, Suite 200  
Los Angeles, CA 90025

## **2. Violence Prevention - Overview:**

Adults who are at high risk experience different types of violence includes sexual violence, physical assaults. Experiencing long-term violence can affect physical, behavioral and mental health. On average, nearly 20 people are physically abused every minute in the United States. Women have a higher rate of physical violence than men (1:3 vs 1:4). Specifically, women under the age of 24 have the highest rate of rape. Almost 20,000 people die from homicide every year in the United States,<sup>1</sup> and many more people are injured by violence. Based on race, African-American women face higher rates of domestic violence than white women. Low-income women are more likely to experience domestic violence than high-income women.

### **Existing Intervention Program**

- a. The Eskenazi Health Prescription for Hope (RxH) is a hospital-based violence intervention program which has the goal of reducing violent injury and criminal activity in the community. Patients who are admitted into the trauma center at Eskenazi Hospital from injuries resulting from assault, a firearm, or stabbing are able to take part in this intervention program. RxH seeks to help these victims develop positive life skills to ensure that they will not fall into the hands of violence again.
- b. The institution that is responsible for implementing the Eskenazi Health Prescription for Hope intervention program is Eskenazi Hospital which is located in Indiana. The program is also overlooked by multiple violence intervention specialists and social workers, as well as an advocate for the victims and a program director.

### **Local Stakeholders**

#### **1. Office of Violence Prevention**

Email: [ovp@ph.lacounty.gov](mailto:ovp@ph.lacounty.gov)

Phone number: (626) 293-2610

Website Link: <http://ph.lacounty.gov/ovp/index.htm>

Address: 1000 South Fremont Ave, Bldg. A-9, East 5th Floor  
Alhambra, CA 91803

#### **2. County of Santa Clara**

Office of Gender Based Violence Prevention

Phone number: (408) 678-1475

Website Link: [www.sccendviolence.org](http://www.sccendviolence.org)

Address: 2460 N. First St., Suite 220, San Jose, CA 95110

### **3. YWCA Silicon Valley Domestic Violence Department**

Email: [info@yourywca.org](mailto:info@yourywca.org)

Phone number (office): (408) 295-4011

Website Link: <https://yourywca.org/>

Address: 375 S. Third Street

San Jose, CA 95112