

# K-12 TELEBRIEFING



January 21, 2025

Welcome!



# SUBJECT MATTER EXPERTS



**Dr. Beatty**  
Assistant Medical Director  
County of San Diego



**Tracy Schmidt**  
Director of Safety and  
Student Engagement, SDCOE



**Dr. Taras**  
Physician Consultant  
SDCOE



**Dr. Motadel**  
Chief Pediatric Officer  
County of San Diego



**Corinne McCarthy**  
Coordinator, School Nursing  
SDCOE

# SPECIAL GUESTS



**Maya Kumar, MD, FAAP, FRCPC**  
Associate Professor of Pediatrics,  
University of California San Diego  
Adolescent and Young Adult Medicine,  
Rady Children's Hospital San Diego



**Fadra Whyte, DMD, MPH**  
Chief Dental Officer  
County of San Diego



**Nancy Starr, RDH, MPH**  
Health Planning and Program Specialist  
County of San Diego Oral Health Program

# EDUCATION SECTOR TEAM



Nicole Villa



Allison Hirahara



Jen Levy



Miriam Maldonado

# AGENDA



Agenda Item	Speaker/Presenter
Welcome & Introductions	Nicole Villa
Musings from an Adolescent Pediatrician on School Smartphone Policies	Dr. Kumar
Smartphones in Schools: Feedback Questions	Nicole Villa
Oral Health Updates	Dr. Whyte & Nancy Starr
Public Health Updates	Dr. Beatty
Q&A Session	All Panelists
Announcements	Nicole Villa

# Musings from an Adolescent Pediatrician on School Smartphone Policies

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MAYA M. KUMAR, MD, FAAP, FRCPC

UCSD ADOLESCENT AND YOUNG ADULT MEDICINE



# Radesky et al, 2023

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A diverse sample of 203 U.S. youth with their own smartphones were recruited by Horowitz Research between August and November 2022

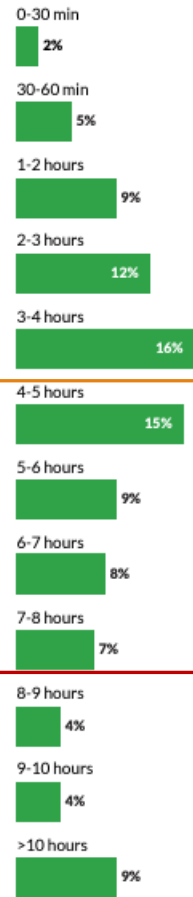
Eligibility criteria included: 1) ages 11 through 17; 2) speaks English or Spanish fluently enough to complete informed consent and surveys; 3) has their own Android (version 6.0 or above) smartphone (e.g., Samsung, Google Pixel, Motorola, etc).

iPhone users were not included because data collection access for detailed app usage (i.e., names of specific apps such as YouTube, Snapchat, etc.) was not available for researchers at the time of data collection.

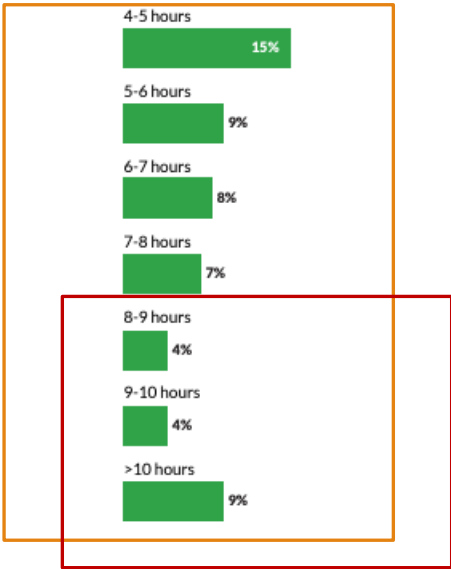
“Chronicle” mobile tracking app installed on phones for 9 days.

Consent obtained by children and parents.

**FIGURE 1. Distribution of average daily duration of smartphone use**

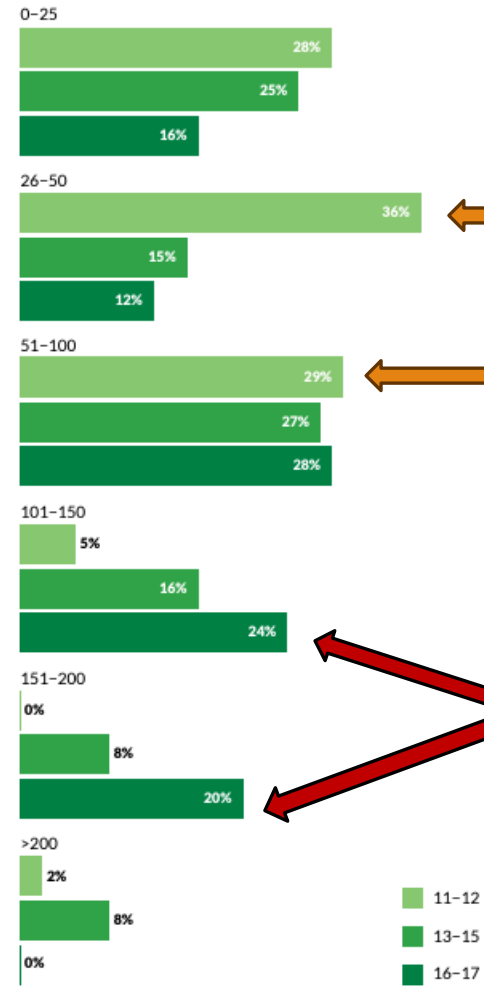


>4 hrs/d: 52%



>8 hrs/d: 17% (1 in 6)

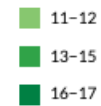
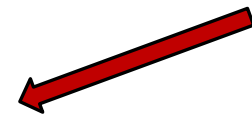
**FIGURE 2. Average daily smartphone pickups, by participant age**



11-12 year olds:  
65% pick up phone  
between 26-100  
times a day



16-17 year olds:  
44% pick up phone  
between 101-200  
times a day





# Smartphone Use During School Hours (M-F, 8 am – 3 pm, excluding holidays)

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97% of participants used their phones

Duration: median of 43 minutes (range: <1 min to 6.5 hrs).

# of pickups: median 13 times per school day (range <1-229 times)

App categories taking the most time during school hours:

- Social media (32% of smartphone use during school hours)
- YouTube (26%)
- Gaming (17%)

Less time overall, but most frequently used among social media apps: TikTok

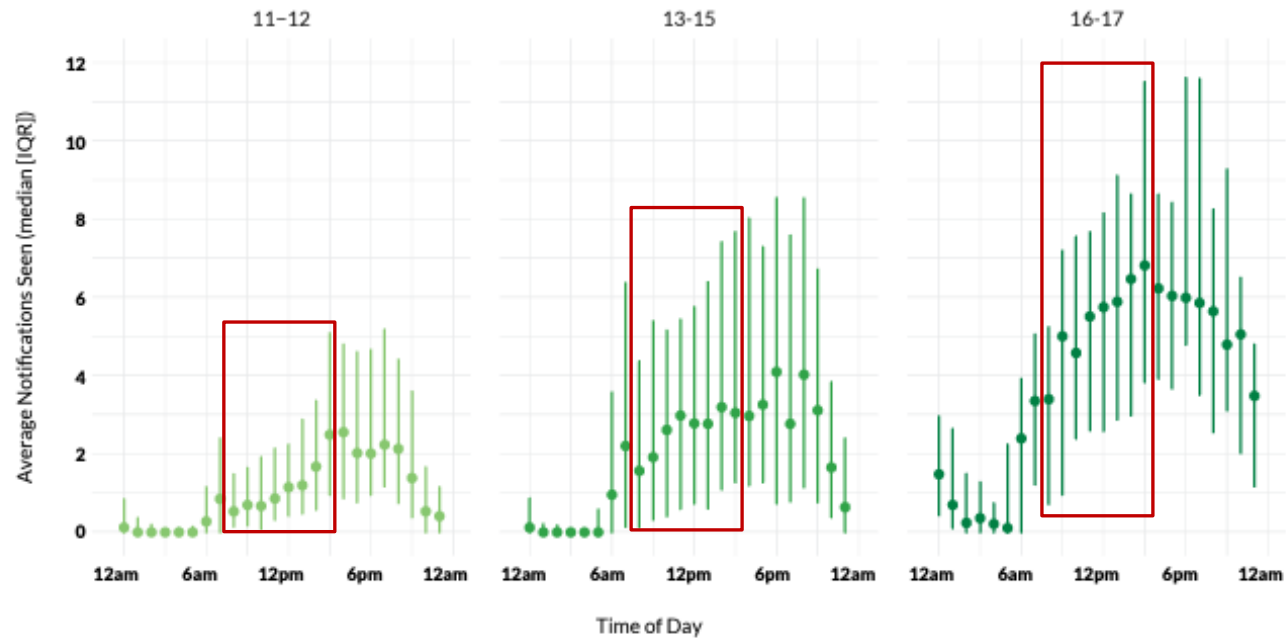
- Used by 50% of participants, median of 1 hr 52 min per day.
- Compared to other social media apps, TikTok users were more likely to spend several hours per day using it (>7 hrs/d), often during school hours and overnight.

# Notifications During School Days

23% arrive during school hours

5% arrive overnight

FIGURE 17. Hour-by-hour plots of average notifications\* seen or interacted with by participants, by age



\*Median is the value that 50% of the users are under and 50% are over. IQR is the Interquartile Range, which is the middle 50% of users, with 25% of users under the first value and 25% of users over the second value. Dot shows the median value; line shows IQR.

# Smartphone Use Overnight on School Nights (midnight-5AM)

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59% used their phones on school nights, median 20 minutes per night (range <1 min to 5hrs)

App categories with highest proportions of school night use:

- YouTube (47% of smartphone usage on school nights)
- Social media (39%)
- Gaming (29%)
- Reading (18%)

# Age Inappropriate Content

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Participants aged 11-12 years: 68% used at least one app rated Teen (13+)

- Tiktok (47%)
- Snapchat (31%)

45% of all participants 11-17 yrs used apps rated Mature (17+) or Adult (18+)

- Most common: PornHub, betting/gambling apps, violent games

# Frustrations Experienced by Youth

**FIGURE 20. Self-reported technology management challenges of 203 11- to 17-year-olds**

Do you find it difficult to stop using technology such as the internet or your mobile phone, once you start?



Are you short of sleep due to being on your phone or the internet late at night?



Do you neglect your daily obligations (school or family life) because you are using technology?



Do you feel restless, frustrated, or irritated when you cannot access the internet or check your mobile phone?



Do you use technology to escape from your sorrow or get relief from negative feelings?



Do you choose to spend more time online over going out with others?



Never Sometimes Often

# School Policies

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School phone policies varied widely

- Total ban on smartphones
- No restrictions
- Class-specific rules/strategies
  - teachers encouraging use during class (e.g., to look something up or participate in class discussions)
  - allowing students to use phones once they completed in-class assignments
  - students put their phone in a bag at the front of class
  - students trade in phone for restroom pass
  - allowing smartphone access between periods – e.g. to coordinate meetups between friends

# Author Conclusions

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“Without understanding how young people build relationships with these technologies that contain their friendships, entertainment, stress relievers, and distractions—and how this depends upon design features of the phones themselves—we will not be able to support their healthy technology use. Therefore, our takeaways and recommendations for caregivers and teachers revolve around supporting, scaffolding, and building insight around young people's smartphone use, rather than judging them.”

“We do kids and their digital wellbeing a disservice by being overly negative and prescriptive, since this will likely only shut down conversations and make young people feel that they cannot come to us when they experience phone-related challenges—which most do, at one time or another. In addition, our recommendations are focused on the smartphone manufacturers, operating systems, platforms, and apps that make up kids' digital ecosystems. There is clear room for improvement when apps are pinged for attention during the school day; when teens can access pornography sites, sports betting, or other apps rated as "Adult"; and given that the majority of 11- to 12-year-olds in our sample broke through social media age gates.”

# Author Conclusions about School Policies

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Smartphone use in schools is not driven only by young people's interests and behaviors; it is also largely shaped by school phone policies and how they are enforced.

Phone policies vary by child age. For example, middle schoolers often have stricter rules about not using phones in class, while some high schools allow students more phone use (Tandon et al., 2020).

This is an opportunity for students to learn self-regulation and intentional (in other words, not habit-driven) smartphone usage. Since school is one of the main environments where adolescents interact with their peers, it makes sense that phones are being used for that purpose.

Adults can help children and adolescents reflect on how using smartphones in school makes your brain feel (in terms of emotions, attention, and thinking), and when it's an avoidance strategy.



# Some Other Relevant Data

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Use of smartphone on weekdays is associated with worse mental health among adolescents (Santos et al, 2023)

Longer hours of social media use in particular is associated with poor self esteem, poor body image, higher rates of depression (Santos et al, 2023)

Longer average screen-time was associated with shorter sleep duration, poor sleep quality, decreased sleep efficiency, and longer sleep onset latency (Christensen et al, 2016)

Associated with poorer academic achievement (more marked in elementary and middle school)

# My Own Conclusions

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School smartphone policies are important (and legally required)

- Students acknowledge their own challenges with self-regulating
- Ample evidence about its dangers

An outright ban is unlikely to be successful.

- Does not acknowledge developmental needs
- More likely to be ignored/hacked/broken
- Can lead to secrecy and safety concerns with reluctance to get help from adults
- Misses an opportunity to teach digital health and literacy

# My Own Conclusions

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Overarching goal: invest in teaching students to create a healthy relationship with technology

A comprehensive smartphone policy should address:

- QUALITY
- QUANTITY
- TIME/SPACE of use
- MINDFULNESS/INTENTIONALITY
- USE OF SETTINGS
- PROTECTED EMERGENCY ACCESS

Youth advisors should be involved in the development of school smartphone policies

Adults must serve as role models

Any policy must be accompanied by a rigorous curriculum on media literacy and internet safety

# References

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Radesky, J., Weeks, H.M., Schaller, A., Robb, M., Mann, S., and Lenhart, A. (2023). Constant Companion: A Week in the Life of a Young Person's Smartphone Use. San Francisco, CA: Common Sense.

- Available at: [https://www.common sense media.org/sites/default/files/research/report/2023-cs-smartphone-research-report\\_final-for-web.pdf](https://www.common sense media.org/sites/default/files/research/report/2023-cs-smartphone-research-report_final-for-web.pdf)

Santos RMS, Mendes CG, Sen Bressani GY, de Alcantara Ventura S, de Almeida Nogueira YJ, de Miranda DM, Romano-Silva MA. The associations between screen time and mental health in adolescents: a systematic review. BMC Psychol. 2023 Apr 20;11(1):127. doi: 10.1186/s40359-023-01166-7. PMID: 37081557; PMCID: PMC10117262.

Christensen MA, Bettencourt L, Kaye L, Moturu ST, Nguyen KT, Olgin JE, Pletcher MJ, Marcus GM. Direct Measurements of Smartphone Screen-Time: Relationships with Demographics and Sleep. PLoS One. 2016 Nov 9;11(11):e0165331. doi: 10.1371/journal.pone.0165331. PMID: 27829040; PMCID: PMC5102460.

# SCHOOL SMARTPHONE POLICIES




Home / Join the Conversation: Shaping Smartphone Use in Schools

## Join the Conversation: Shaping Smartphone Use in Schools

Welcome to the conversation about **shaping smartphone use in San Diego schools!**

**School districts in San Diego** are required to create a policy **limiting smartphone use** during school by July 2026. The San Diego County Office of Education and the County of San Diego Health and Human Services Agency would like to hear your input on the development and implementation of these policies.

There are two options for providing input. You may **Join the Discussion**, where your responses will be seen by other visitors to this page. Or you may respond to our **Feedback Form** where your responses will only be seen by page administrators, but not by other visitors to the page.



We appreciate and value your input!

[Join the Discussion!](#) [Private Feedback Form](#)

Discussions: [All \(4\)](#) [Open \(4\)](#)

[engage.livewellsd.org/shaping-smartphone-use-in-schools](https://engage.livewellsd.org/shaping-smartphone-use-in-schools)

“The development of the policy shall involve significant stakeholder participation in order to ensure that the policies are responsive to the unique needs and desires of pupils, parents, and educators in each community.” (AB 3216)

## Themes from Your Input:

- Emergency access
- Engagement and classroom culture
- Mental health awareness & education
- Parental involvement & role modeling
- Consistency, enforcement, & accountability

# SCHOOL SMARTPHONE POLICIES



## Sample questions to engage families and stakeholders in policy development:

- What are issues schools need to consider when developing a smartphone policy?
- What is the best method to ensure that students are not using their smartphones at school when they shouldn't be? What are some strategies working at schools now?
- What strategies would help students adapt to limiting smartphone use during the school day? At home? In their “third spaces”?
- How should a smartphone policy address emergency situations?
- How can the adults in students’ lives (e.g., teachers, staff, parents, community partners) support students who may rely on smartphones for emotional comfort or as a coping tool?
- How can peer leaders or mentors help other students to adjust to this change?
- How could schools incorporate feedback from students about their experiences with a phone-free policy to make the transition smoother?
- What are ways that communities can help students learn (or relearn) how to initiate and maintain in-person social interactions?

# ORAL HEALTH UPDATES



**Fadra Whyte, DMD, MPH**

Chief Dental Officer

Medical Care Services

**Nancy Starr, RDH, MPH**

Oral Health Program Manager

Public Health Services

**January 21, 2025**



**COUNTY OF SAN DIEGO**  
HEALTH AND HUMAN SERVICES AGENCY



**LIVE WELL**  
SAN DIEGO

# DENTAL DISEASE IMPACT



**Tooth Decay is the most chronic yet preventable health care need among California's children.**



**17%**

of children ages 6-9 years in the United States have untreated tooth decay

*Source: Oral Health Surveillance Report 2024, CDC*

**22%**

of third grade children in California have untreated tooth decay

*Source: Oral Health Status of Children: Results of the 2018-2019 California Third Grade Smile Survey*



# DENTAL DISEASE IMPACT



## Children's Oral Health Matters for School Success



**351,000** children and teens missed at least one or more days of school due to dental problems in the past year (asked in 2022).

**869,202** school days missed in a year due to dental problems, costing school districts approximately **\$60 million**.

Source: Center for Healthy Communities & Office of Oral Health. (2024). *Children's oral health matters for school success* [Fact sheet]. California Department of Public Health. [https://oralhealthsupport.ucsf.edu/sites/g/files/tkssra861/f/wysiwyg/OOH\\_Infographic\\_Oral\\_Health\\_07.16.24.pdf](https://oralhealthsupport.ucsf.edu/sites/g/files/tkssra861/f/wysiwyg/OOH_Infographic_Oral_Health_07.16.24.pdf)

# DENTAL DISEASE IMPACT



Socioeconomically  
Disadvantaged  
Children



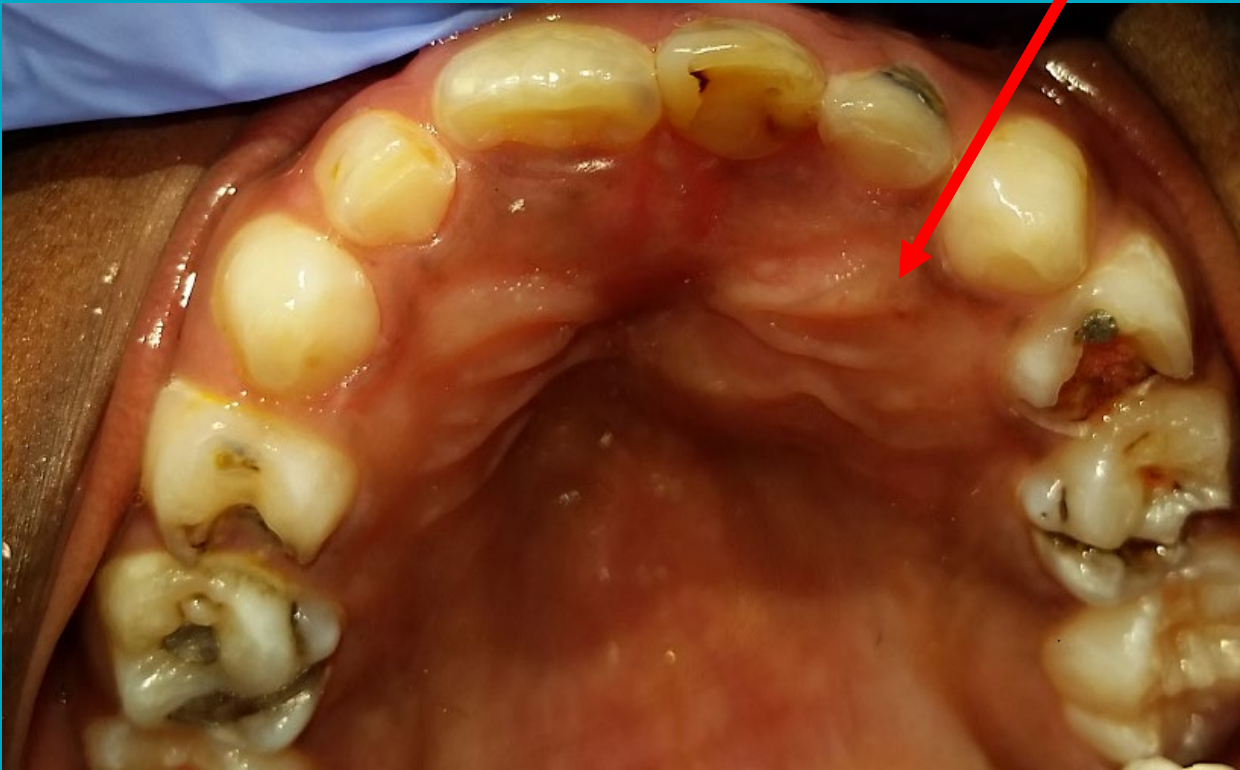
2x Rate of Tooth  
Decay and Untreated  
Tooth Decay

Children from families whose parents' primary language is Spanish were more likely to have experienced tooth decay or untreated decay than families whose primary language is English.

*Source: Oral Health Status of Children: Results of the 2018-2019 California Third Grade Smile Survey)*



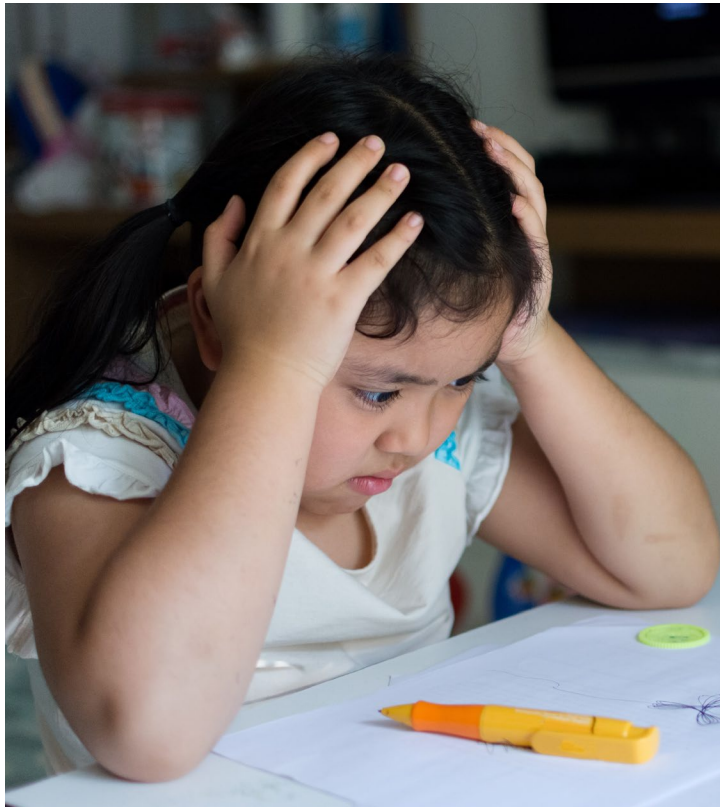
# WHY IT MATTERS



# DENTAL DISEASE IMPACT



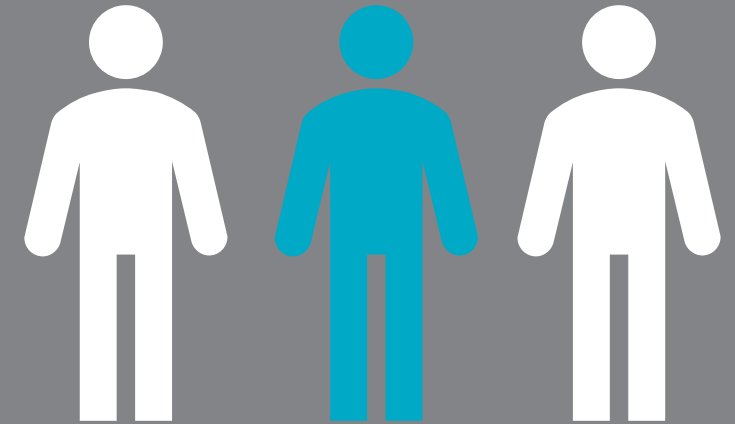
Are San Diego County children ready to learn?



Of over 26,000 children entering school in San Diego County, only 14,587 submitted proof of an oral health assessment.

Nearly **1 in 3 (32%)** of children had untreated tooth decay.

*Source: 2023-2024 KOHA Data*



# SCHOOLS PLAY AN IMPORTANT ROLE



## PPEP IT UP!

### PARTNER

Partner with organizations to create a comprehensive approach to oral health.

### PROMOTE

Promote completion of an oral health assessment for children entering school.

### EDUCATE

Educate students, parents, and staff about the importance of oral health.

### PROVIDE

Provide preventive services at your school and refer children for care in your community.

# WHAT YOU NEED TO KNOW



## KOHA

- AB 2630 updates Education Code 49552.8 to include transitional kindergarten.
- This starts with registration for the 2025-2026 school year.
- Current KOHA forms and data will NOT include transitional kindergarten.
- More guidance is expected from the State Office of Oral Health.

## KOHA District Liaisons

- Resources include parent reminders, data tools, resource guide, and assistance with screenings.

## KOHA Pilot for Charter schools

- Schools will learn to use the state's KOHA database (SCOHR).

## 3<sup>rd</sup> Grade Smile Survey

- Please participate.

## County Oral Health Program Team

- Children's Dental Health Month is February.
- KOHA resources are available for all schools and districts.
- Eligible schools can receive additional services.

Care coordination referral form is available on the Medi-Cal Dental website:

[https://dental.dhcs.ca.gov/Providers/Medi\\_Cal\\_Dental/CareCoordinationReferralForm](https://dental.dhcs.ca.gov/Providers/Medi_Cal_Dental/CareCoordinationReferralForm)



# THANK YOU!

**Dr. Fadra Whyte**

[FadraM.Whyte@sdcounty.ca.gov](mailto:FadraM.Whyte@sdcounty.ca.gov)

**Nancy Starr**

[Nancy.Starr@sdcounty.ca.gov](mailto:Nancy.Starr@sdcounty.ca.gov)



***The Public Health Services department, County of San Diego Health and Human Services Agency, has maintained national public health accreditation, since May 17, 2016, and was re-accredited by the Public Health Accreditation Board on August 21, 2023.***



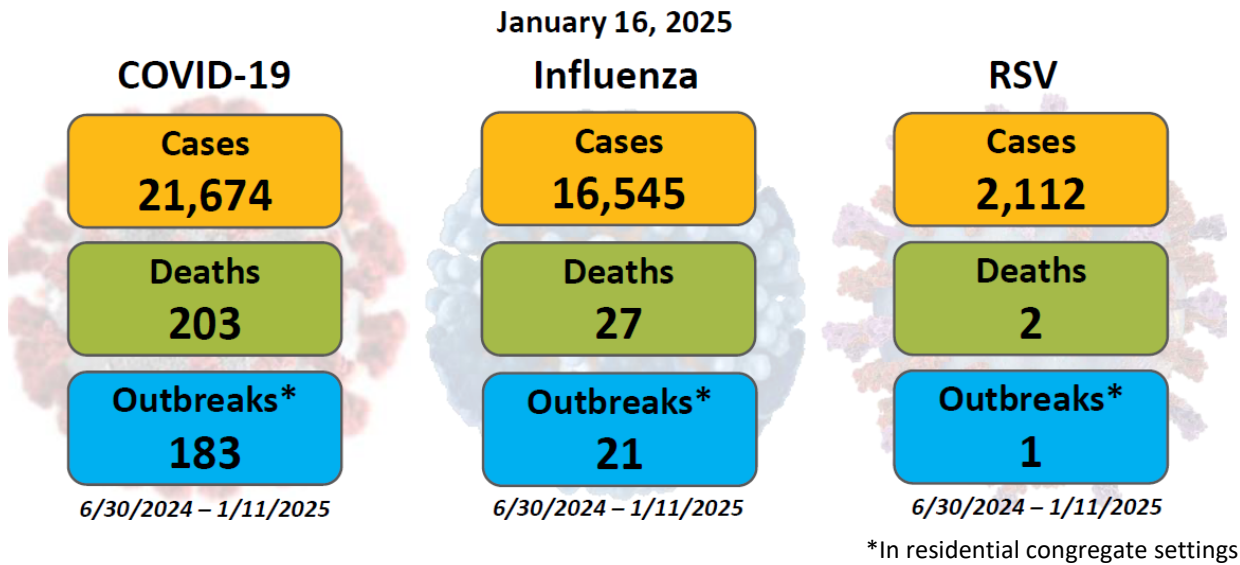
# Public Health Updates

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Dr. Beatty



# RESPIRATORY VIRUS UPDATE



[Respiratory Virus Surveillance Report](#)

Figure 1.1. San Diego County COVID-19 Confirmed and Probable Cases (N=21,674)

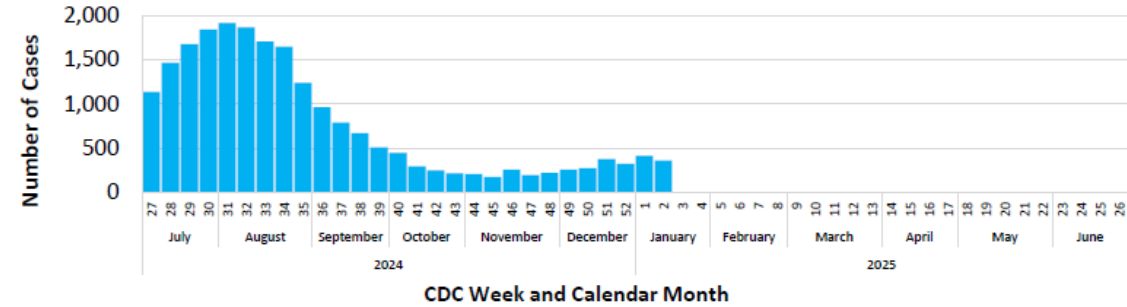


Figure 1.2. San Diego County Influenza Cases (N=16,545)

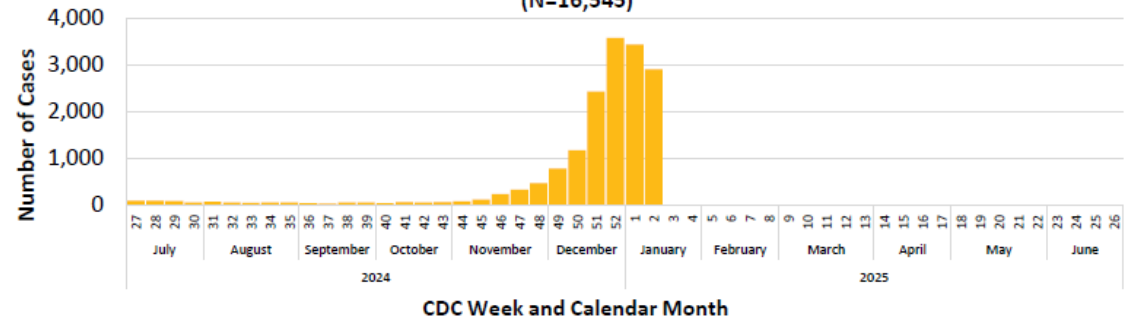
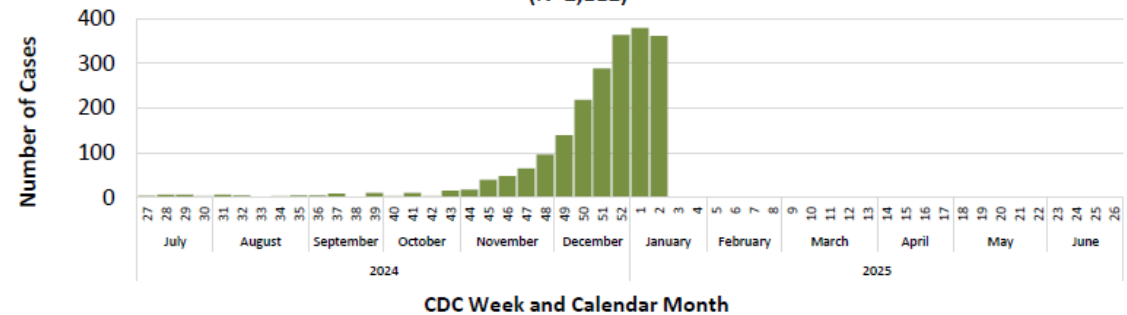


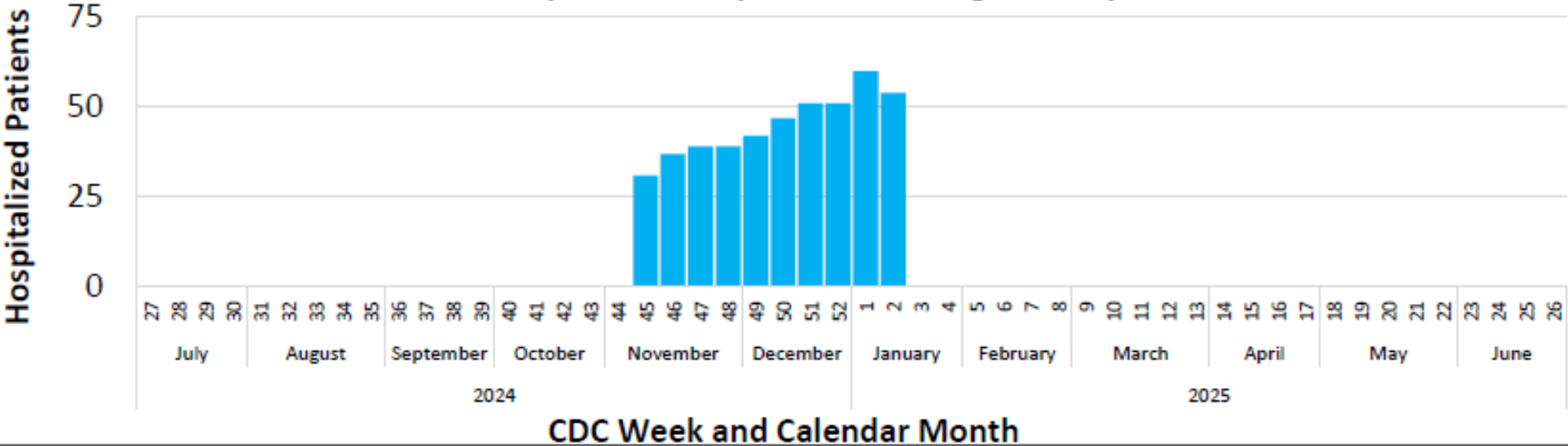
Figure 1.3. San Diego County RSV Cases (N=2,112)



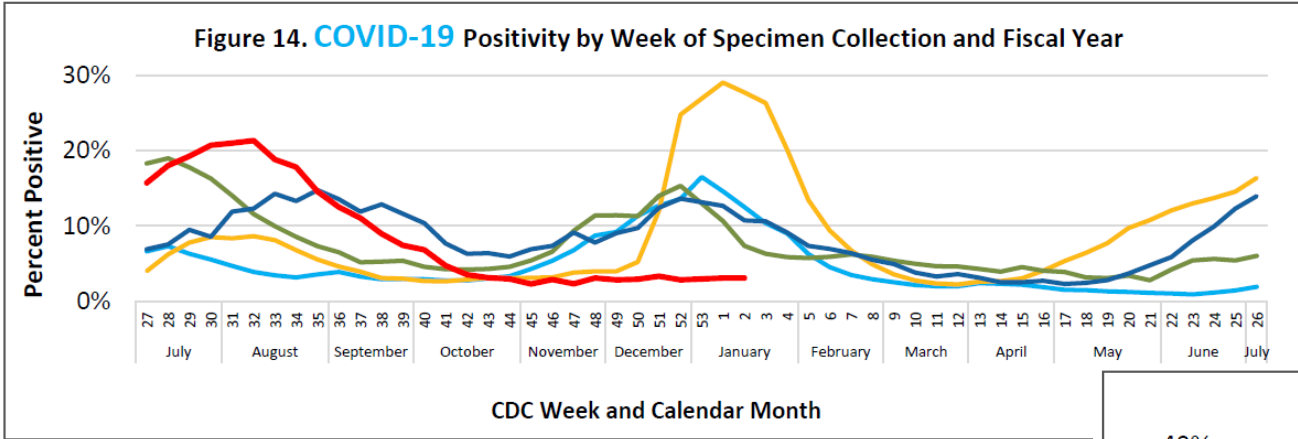
# HOSPITALIZATIONS



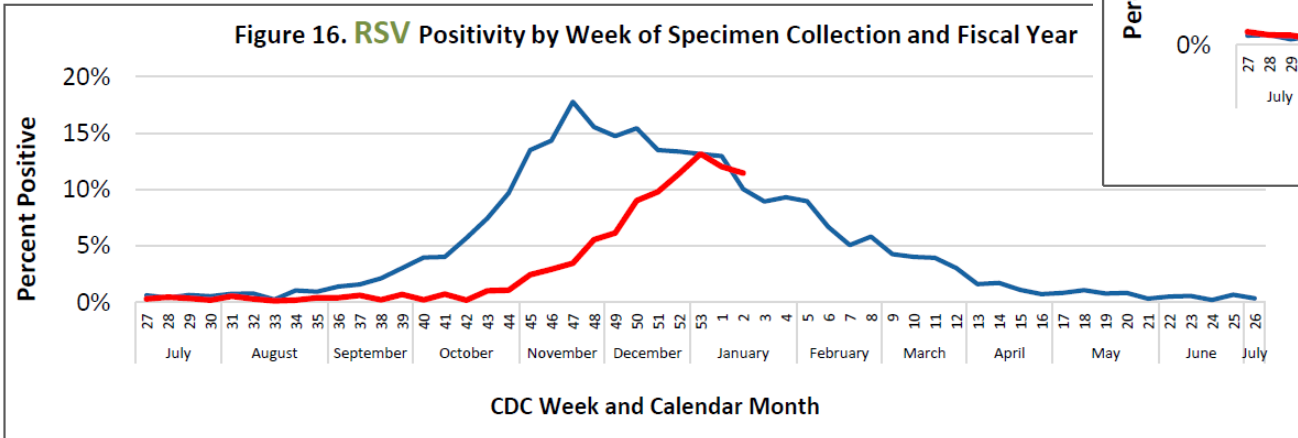
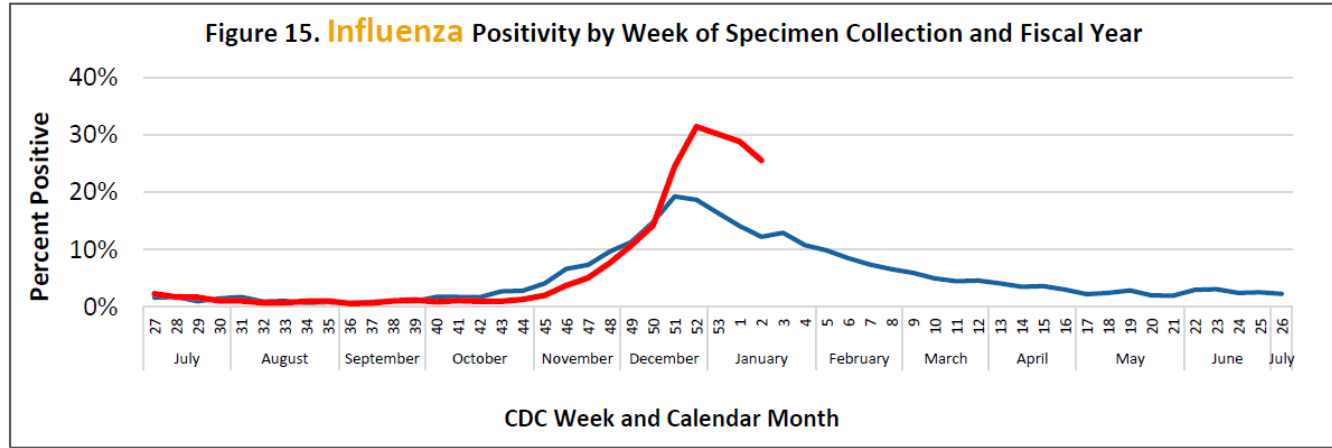
Figure 3. COVID-19-Positive Hospitalized Patients, Weekly Census Snapshot,\* San Diego County



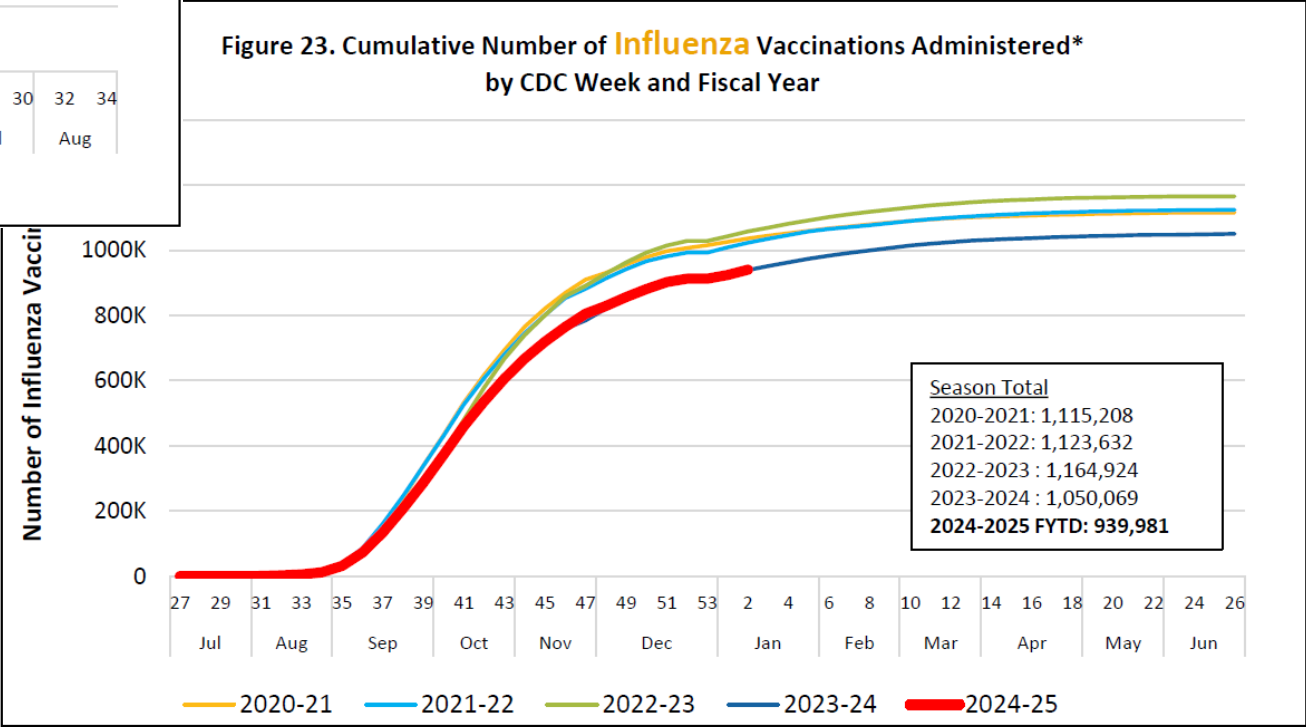
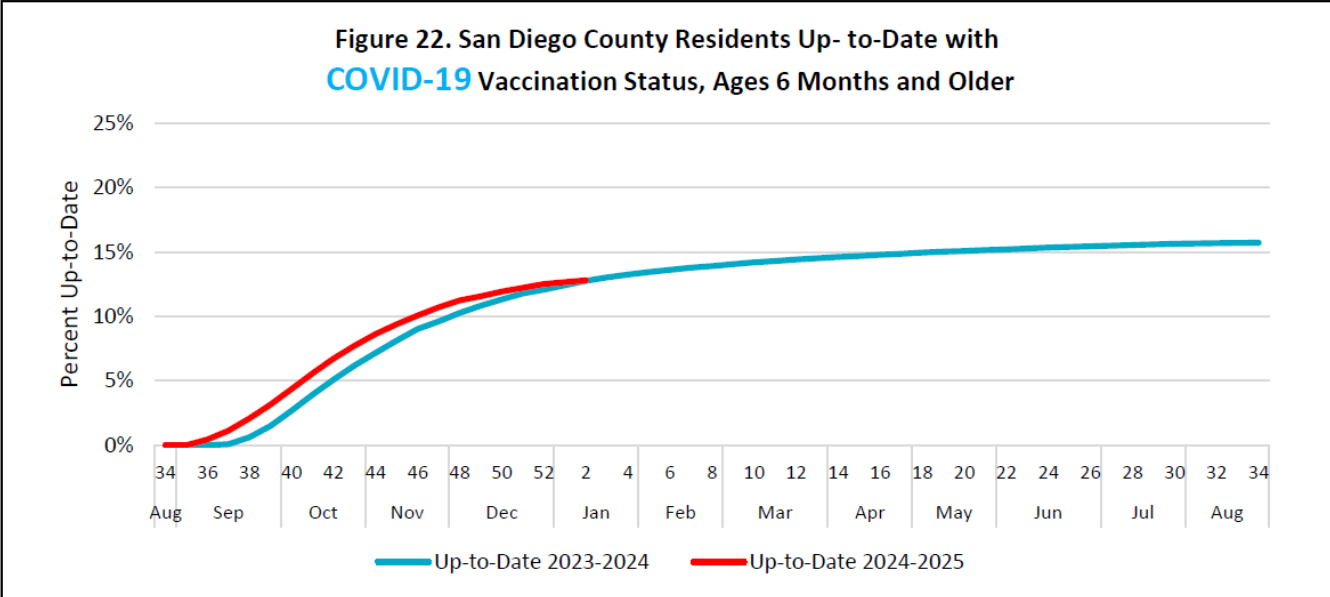
# COVID-19, INFLUENZA, & RSV POSITIVITY



— 2024-25 — 2023-24 — 2022-23 — 2021-22 — 2020-21



# COVID-19 & INFLUENZA VACCINATIONS



\*Week 52 data are repeated for week 53 for years that do not include week 53.

# H5 AVIAN INFLUENZA



- There have been 67 confirmed US cases and 1 death. No person-to-person spread has been detected.
- H5N1 risk is low for the general public. You can help prevent avian influenza by:
  - Avoiding contact with infected animals
    - Wearing PPE if you must work with infected animals
  - Getting the season flu vaccine: Although it will not protect against bird flu, it can decrease the risk of being infected with both viruses at the same time
  - Only consuming pasteurized dairy products
  - Taking precautions if you have a backyard flock

# SCHOOL-BASED SURVEILLANCE OF *MYCOPLASMA PNEUMONIAE*



[Notes from the Field: School-Based Surveillance of \*Mycoplasma pneumoniae\* Trends and Impact on School Attendance by Students and Staff Members — Missouri, Fall 2024](#)

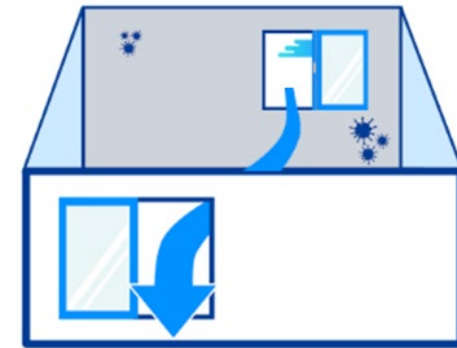
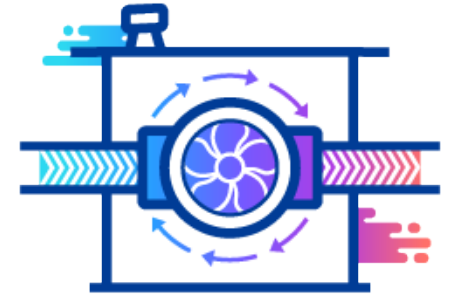


- School-based surveillance of [M. pneumoniae infections](#) in a large Missouri school district indicated a spike in cases during fall 2024.
- Most (76.2%) infected students and staff missed  $\geq 1$  day of school or work, and approximately half (52.4%) experienced symptoms for  $\geq 1$  week.
- Preventive measures, such as handwashing, covering coughs and sneezes, and other strategies to prevent respiratory virus spread can also help reduce *M. pneumoniae* transmission in schools

# CDPH Ventilation Guidance



- The [CDPH guidance on indoor air quality for schools](#) has been updated.
- CDPH recommends providing a minimum of 5 air changes per hour or 30 cubic feet per minute per occupant of clean air in classroom environments.
- The updated guidance also reminds schools of the required minimum outdoor air ventilation rates set by [The California Building Code \(Title 24\)](#).
- This guidance aims to limit the spread of respiratory infections and reduce absenteeism in schools.





# Thank You!

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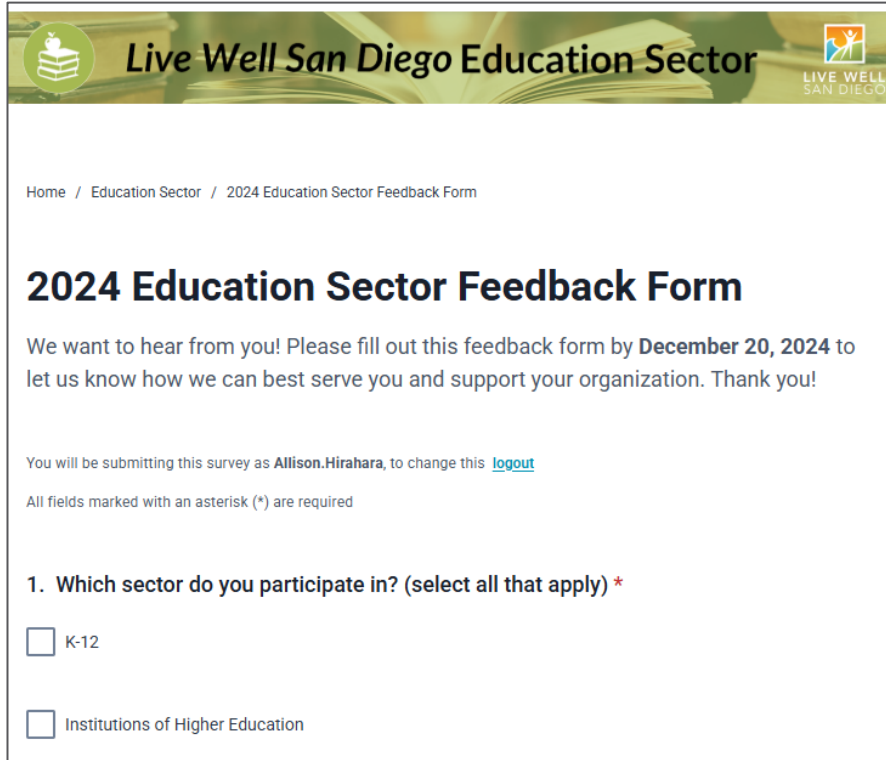


# Q&A



# Announcements

# THANK YOU FOR YOUR FEEDBACK!



The screenshot shows the top portion of a web-based feedback form. At the top left is a circular icon with a stack of books. The header text reads "Live Well San Diego Education Sector" followed by the "LIVE WELL SAN DIEGO" logo. Below the header is a breadcrumb trail: "Home / Education Sector / 2024 Education Sector Feedback Form". The main title is "2024 Education Sector Feedback Form". The introductory text says: "We want to hear from you! Please fill out this feedback form by December 20, 2024 to let us know how we can best serve you and support your organization. Thank you!". Below this, it states: "You will be submitting this survey as Allison.Hirahara, to change this [logout](#)". A note indicates: "All fields marked with an asterisk (\*) are required". The first question is: "1. Which sector do you participate in? (select all that apply) \*". There are two options: " K-12" and " Institutions of Higher Education".

## Top Priorities Shared:

- Mental health
- Public health updates and guidance
- Social services and resources (housing, food access, etc.)
- Student health and wellness (nutrition, sleep, dental health, etc.)
- Disaster and emergency preparedness
- Family and community engagement

# ALERT SAN DIEGO



Help make sure you and your school community are prepared. [AlertSanDiego](#) provides resources, including these steps:

- Create your own [Personal Disaster Plan](#) (available in 12 languages)
- [Register your phone](#) for emergency alerts
- [Download the SD Emergency mobile app](#)
- Make an [Evacuation Go-Kit and a Shelter-in-Place Stay Kit](#)



# COMMUNITY HEALTH & WELLNESS CLINIC



## COMMUNITY HEALTH AND WELLNESS CLINIC

- Blood Pressure & Glucose Screenings
- Flu & COVID Vaccines
- Public Benefits
- Nutrition Education
- Information on General County Services & Resources

**February 14**

2:00 pm - 5:00 pm

**Spring Valley Library**

836 Kempton Street,  
Spring Valley, CA, 91977

**Save the date for Love Your Heart:  
February 14, 2025!**

- Visit the Community Health & Wellness Clinic at the Spring Valley Library on February 14 from 2pm-5pm
- Receive a FREE blood pressure screening and learn what your numbers mean

[LoveYourHeartSD.org](http://LoveYourHeartSD.org)

UC San Diego  
SKAGGS SCHOOL OF PHARMACY  
AND PHARMACEUTICAL SCIENCES



[LoveYourHeartSD.org](http://LoveYourHeartSD.org)

# SUPPORTING YOUTH WITH ACES



Join the California School-Based Health Alliance on **Wednesday, January 29, 3:00 pm - 4:30 pm** for Supporting Youth with ACEs: Healing Strategies for Response and Connection.

[Register here](#) for this webinar.



# SUPPORTING LGBTQ+ STUDENTS



Join California School-Based Health Alliance on **Thursday, February 6, 11:00 am - 12:00 pm** for Support LGBTQ+ Students Through Increased Hate.

[Register here](#) for this webinar.

# FAMILY FUN FEST



LIVE WELL  
SAN DIEGO

Join San Diego Family Magazine on  
**Sunday, February 16th, 10:00 AM to 1:00  
PM** at the Salvation Army Kroc Center  
Corner Zone (6845 University Ave., San  
Diego, 92115) for a fun-filled day.

[Get your FREE tickets today!](#)

**SAN DIEGO FAMILY FUN FEST**

Join us for a lively spring celebration!  
Kids will delight in fun-filled activity stations while parents discover essential resources to kick off the season.

**FREE Event for Families**

Sunday, Feb. 16 10 am -1 pm  
Salvation Army Kroc Center  
Corner Zone  
6845 University Ave, SD 92115

- Bounce House
- Zipline
- Inflatable Obstacle Course
- Angry Birds Slingshot
- Family Resources
- Raffle Prizes & more!

Sign Up for **FREE TICKETS**

PRESENTED BY **San Diego Family Magazine**

[sdfamilyfunfest2025.eventbrite.com](https://sdfamilyfunfest2025.eventbrite.com)

A QR code located in the bottom right corner of the poster, used for signing up for free tickets.





# THANK YOU FOR ATTENDING!

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For more information, please visit our website: [LiveWellSD.org/Education](https://LiveWellSD.org/Education)

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**Next Telebriefing: February 11, 2025**