Tomorrow’s Health Depends on Today:

*Effective Strategies for Adolescent Health*

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Presentation Overview

• Adolescent health in LA County
• Health education and adolescent health
• Evidence based practice to improve adolescent health
Definitions: Adolescent & Young Adult

• Healthy People 2020
  – Adolescent
    • Ages 10 to 19
  – Young adult
    • Ages 20 to 24

## Adolescents & Young Adults in LA County, 2011

<table>
<thead>
<tr>
<th>Age</th>
<th>Total Population</th>
<th>MALE % of Total Population</th>
<th>FEMALE % of Total Population</th>
</tr>
</thead>
<tbody>
<tr>
<td>LA County</td>
<td>9,889,056</td>
<td>4,877,989</td>
<td>5,011,067</td>
</tr>
<tr>
<td>10-14</td>
<td>6.8%</td>
<td>7.0%</td>
<td>6.6%</td>
</tr>
<tr>
<td>15-19</td>
<td>7.4%</td>
<td>7.7%</td>
<td>7.1%</td>
</tr>
<tr>
<td>20-24</td>
<td>7.8%</td>
<td>8.1%</td>
<td>7.5%</td>
</tr>
<tr>
<td>Total</td>
<td><strong>22%</strong></td>
<td><strong>22.8%</strong></td>
<td><strong>21.2%</strong></td>
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</table>


Nearly a quarter of LAC's population.
## Leading causes of death ages 5-24, 2008

<table>
<thead>
<tr>
<th>Age group</th>
<th># of deaths</th>
<th>#1 cause</th>
<th>#2 cause</th>
<th>#3 cause</th>
<th>#4 cause</th>
<th>#5 cause</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Age-specific death rate</td>
<td># of deaths</td>
<td>Age-specific death rate</td>
<td># of deaths</td>
<td>Age-specific death rate</td>
<td># of deaths</td>
</tr>
<tr>
<td>5-14</td>
<td>208</td>
<td>Homicide 28</td>
<td>MV crash 26</td>
<td>Birth defect 20</td>
<td>Brain/CNS cancer 18</td>
<td>Leukemia 13</td>
</tr>
<tr>
<td></td>
<td>14 per 100,000</td>
<td>2 per 100,000</td>
<td>2 per 100,000</td>
<td>1 per 100,000</td>
<td>18</td>
<td>---</td>
</tr>
<tr>
<td></td>
<td>PREVENTABLE</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15-24</td>
<td>932</td>
<td>Homicide 322</td>
<td>MV crash 196</td>
<td>Suicide 90</td>
<td>Drug Overdose 41</td>
<td>Leukemia 24</td>
</tr>
<tr>
<td></td>
<td>60 per 100,000</td>
<td>21 per 100,000</td>
<td>13 per 100,000</td>
<td>6 per 100,000</td>
<td>41</td>
<td>2 per 100,000</td>
</tr>
</tbody>
</table>

Health influences over the life course

Relative magnitude of influence

What can we do?

There are four strategies that have demonstrated the ability to promote and sustain healthy adolescents:

1. **Decrease the risk factors** that contribute to risky behaviors and poor health outcomes.
2. **Increase the protective factors** that contribute to resiliency and healthy outcomes.
3. **Provide opportunities** for young people to successfully meet the developmental needs of adolescence.
4. **Build healthy communities and schools.**

How do we improve adolescent health?

- Adolescent health, safety and well-being is affected by an interplay of factors
  - e.g. between the individual and their parents, peers, schools, health care systems, media and policies and laws in many sectors

- Improving adolescent health requires government agencies, community organizations, schools, businesses and other stakeholders to work together

Source: http://www.sophe.org/Sophe/PDF/Sample_Proclamation_v2.pdf
What is a Health Educator’s Role?

• Health educators are uniquely positioned to work with schools, communities, and parent groups to promote adolescent health

• Health education is...
  – A social science that draws from the biological, environmental, psychological, physical, and medical sciences
  – Any combination of theory-based, planned learning experiences that provide individuals, groups and communities opportunities to get information and skills needed to make quality health decisions


http://www.sophe.org/Sophe/PDF/Sample_Proclamation_v2.pdf
Defining Public Health (cont)

• Ten Essential Services
  – #3: Inform, educate, and empower people about health issues
  – That is health education

Source: National Public Health Performance Standards Program (NPHPSP)
How risk reduction and health promotion strategies influence health development

Sources of Evidence Based Practice

GUIDANCE FOR COLLABORATIVE PRACTICE

RECOMMENDED PRACTICES DERIVED FROM SYSTEMATIC REVIEWS OF AVAILABLE EVIDENCE
The Guide to Community Preventive Services ("The Community Guide")

• Congressionally mandated expanding resource for recommendations on evidence-based interventions to improve public health

• Directed by the 15 member independent volunteer Task Force on Community Preventive Services

• CDC provides scientific support

• Liaisons with key organizations support the science and dissemination
What is Healthy People?

• A national agenda that communicates a vision for improving health and achieving health equity.

• A set of specific, measurable objectives with targets to be achieved over the decade.

• These objectives are organized within distinct Topic Areas.
Healthy People 2020 Goals

- Attain high quality, longer lives free of preventable disease, disability, injury, & premature death
- Achieve health equity, eliminate disparities, & improve the health of all groups
- Create social & physical environments that promote good health for all NEW
- Promote quality of life, healthy development & healthy behaviors across all life stages NEW

Source: Framing Adolescent and Young Adult Health through Healthy People 2020
Healthy People 2020 Action Model

Interventions
- Policies
- Programs
- Information

Outcomes
- Behavioral outcomes
- Specific risk factors, diseases & conditions
- Injuries
- Well-being & health-related quality of life
- Health equity

Assessment, Monitoring, Evaluation & Dissemination
How Stakeholders Are Using Healthy People

• **Data tool** for measuring program performance

• Framework for **program planning and development**

• **Goal setting** and **agenda building**

• **Teaching** public health courses

• Benchmarks to **compare** State and local data

• Way to develop nontraditional **partnerships**

Source: Framing Adolescent and Young Adult Health through Healthy People 2020
Involving Non-Health Sectors To Address Determinants of Health

• Healthy People 2020 emphasizes involving sectors outside health, including:
  – Education
  – Housing
  – Environment
  – Transportation
  – Labor
  – Agriculture

Source: Framing Adolescent and Young Adult Health through Healthy People 2020
New Healthy People 2020

Topic Areas

• Life Stages
  – Adolescent Health
  – Early and Middle Childhood
  – Older Adults
• Blood Disorders and Blood Safety
• Dementias, including Alzheimer’s Disease
• Genomics
• Global Health

• Healthcare-Associated Infections
• Preparedness
• Sleep Health
• In Development
  – Lesbian, Gay, Bisexual, and Transgender Health
  – Health-Related Quality of Life and Well-being
  – Social Determinants of Health

Source: Framing Adolescent and Young Adult Health through Healthy People 2020
Adolescent Health Objectives Across Healthy People 2020

• More than 160 objectives are directly relevant to adolescent & young adult health
  – 25% of total objectives

• 24 categorical topic areas are relevant to adolescent & young adult health
  – e.g., access to health services, educational and community-based programs, family planning, HIV, injury & violence prevention, nutrition, mental health, physical activity, STDs, substance abuse

• At least 3 new topic area workgroups are developing objective sets (LGBT, SDH, QOLWB)

Source: Framing Adolescent and Young Adult Health through Healthy People 2020
HP 2020 Adolescent Health Topic Area
Objectives

• Fill gaps not covered by categorical topic areas
• Assist public health to reach out to partners in other sectors for working on mutual issues important to the health, safety & well-being of young people

Source: Framing Adolescent and Young Adult Health through Healthy People 2020
# The Community Guide: Adolescent Health Recommendations

<table>
<thead>
<tr>
<th>Recommended Interventions</th>
<th>Potential Partners</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Preventing Excessive Alcohol Consumption:</strong></td>
<td>Local law enforcement, alcohol beverage control agencies, legislators, municipalities, retailers</td>
</tr>
<tr>
<td>Enhanced enforcement of laws prohibiting sales to minors</td>
<td></td>
</tr>
<tr>
<td><strong>Reducing Alcohol-Impaired Driving:</strong></td>
<td>State legislators, law enforcement, advocacy or community groups</td>
</tr>
<tr>
<td>Lowering BAC laws for young or inexperienced drivers</td>
<td></td>
</tr>
<tr>
<td><strong>Reducing Alcohol-Impaired Driving:</strong></td>
<td>Universities, colleges, and school districts</td>
</tr>
<tr>
<td>School-based instructional programs</td>
<td></td>
</tr>
<tr>
<td><strong>Prevention of HIV/AIDS, other STIs and Pregnancy:</strong></td>
<td>Health care organizations, school districts, community groups</td>
</tr>
<tr>
<td>Group-based comprehensive risk reduction interventions for adolescents</td>
<td></td>
</tr>
<tr>
<td><strong>Youth Development Behavioral Interventions:</strong></td>
<td>Community service organizations (i.e. nursing homes, hospitals, and homeless shelters)</td>
</tr>
<tr>
<td>Interventions coordinated with community service to reduce sexual risk behaviors in adolescents</td>
<td></td>
</tr>
<tr>
<td><strong>Youth Violence Prevention:</strong></td>
<td>Courts, foster care management agencies, specially trained foster families</td>
</tr>
<tr>
<td>Therapeutic foster care to reduce violence</td>
<td></td>
</tr>
<tr>
<td><strong>Youth Violence Prevention:</strong></td>
<td>Pre-K, Elementary, Middle and High Schools, school districts, educators</td>
</tr>
<tr>
<td>School-based programs to reduce violence</td>
<td></td>
</tr>
</tbody>
</table>

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User-Friendly Web Site: www.healthypeople.gov
# Topic Area A-Z Listing

Access to Health Services
Adolescent Health New
Arthritis, Osteoporosis, and Chronic Back Conditions
Blood Disorders and Blood Safety New
Cancer
Chronic Kidney Disease
Dementias, Including Alzheimer’s Disease New
Diabetes
Disability and Health
Early and Middle Childhood New
Educational and Community-Based Programs
Environmental Health
Family Planning
Food Safety
Genomics New
Global Health New
Health Communication and Health Information Technology
Healthcare-Associated Infections New
Health-Related Quality of Life & Well-Being New
Hearing and Other Sensory or Communication Disorders
Heart Disease and Stroke
HIV
Immunization and Infectious Diseases
Injury and Violence Prevention
Lesbian, Gay, Bisexual, and Transgender Health New
Maternal, Infant, and Child Health
Medical Product Safety
Mental Health and Mental Disorders
Nutrition and Weight Status
Occupational Safety and Health
Older Adults New
Oral Health
Physical Activity
Preparedness New
Public Health Infrastructure
Respiratory Diseases
Sexually Transmitted Diseases
Sleep Health New
Social Determinants of Health New
Substance Abuse
Tobacco Use
Vision
Adolescent Health Topic Area Overview

Goal
Improve the healthy development, health, safety, and well-being of adolescents and young adults.

Overview
Adolescents (ages 10 to 19) and young adults (ages 20 to 24) make up 21 percent of the population of the United States. The behavioral patterns established during these developmental periods help determine young people’s current health status and their risk for developing chronic diseases in adulthood.

Although adolescence and young adulthood are generally healthy times of life, several important public health and social problems either peak or start during these years. Examples include:

- Homicide
- Suicide
- Motor vehicle crashes, including those caused by drinking and driving
- Substance use and abuse
- Smoking
- Sexually transmitted infections, including human immunodeficiency virus (HIV)
- Teen and unplanned pregnancies
- Homelessness
### Adolescent Health Objectives

**Overview**

#### AH-1: Increase the proportion of adolescents who have had a wellness checkup in the past 12 months

<table>
<thead>
<tr>
<th>Baseline:</th>
<th>68.7 percent of adolescents aged 10 to 17 years had a wellness checkup in the past 12 months, as reported in 2008</th>
</tr>
</thead>
<tbody>
<tr>
<td>Target:</td>
<td>75.6 percent</td>
</tr>
<tr>
<td>Target-Setting Method:</td>
<td>10 percent improvement</td>
</tr>
<tr>
<td>Data Source:</td>
<td>National Health Interview Survey (NHIS), CDC, NCHS</td>
</tr>
</tbody>
</table>

**More Information:**

- [Data from the HHS Health Indicators Warehouse](#)

#### AH-2: Increase the proportion of adolescents who participate in extracurricular and out-of-school activities

<table>
<thead>
<tr>
<th>Baseline:</th>
<th>62.5 percent of adolescents aged 12 to 17 years participated in extracurricular and/or out-of-school activities in the past 12 months, as reported in 2007</th>
</tr>
</thead>
<tbody>
<tr>
<td>Target:</td>
<td>70.8 percent</td>
</tr>
</tbody>
</table>
Find evidence-based information and recommendations related to adolescent health.

Clinical Recommendations
Community Interventions
Consumer Information

Clinical Recommendations
The following clinical recommendations come from the US Preventive Services Task Force (USPSTF).

Screening for HIV
The U.S. Preventive Services Task Force (USPSTF) strongly recommends that clinicians screen for human immunodeficiency virus (HIV) all adolescents and adults at increased risk for HIV infection. Learn more

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Community Interventions
The following evidence-based community interventions come from the Guide to Community Preventive Services, Centers for Disease Control and Prevention (CDC).

Adolescent Health: Person-to-Person Interventions to Improve Caregivers' Parenting Skills
Person-to-person interventions aim to modify adolescents' risk/protective behaviors and health outcomes by improving their caregivers' parenting skills. Learn more
Linking to the Health Indicators Warehouse

Adolescent wellness checkup (percent)

This indicator contains National data.
You are here: National

<table>
<thead>
<tr>
<th>View Data As:</th>
<th>Table</th>
<th>Chart</th>
<th>Map</th>
</tr>
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<td></td>
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<table>
<thead>
<tr>
<th>Total</th>
<th>2008</th>
</tr>
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<tbody>
<tr>
<td></td>
<td>66.70%</td>
</tr>
<tr>
<td></td>
<td>66.80%</td>
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<td>70.59%</td>
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By Race/Ethnicity

White only

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<tr>
<td></td>
<td>67.65%</td>
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<tr>
<td></td>
<td>66.43%</td>
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<tr>
<td></td>
<td>66.87%</td>
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Hispanic or Latino

<table>
<thead>
<tr>
<th></th>
<th>2008</th>
</tr>
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<tbody>
<tr>
<td></td>
<td>70.31%</td>
</tr>
<tr>
<td></td>
<td>68.23%</td>
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<td></td>
<td>72.40%</td>
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Black or African American only

<table>
<thead>
<tr>
<th></th>
<th>2008</th>
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<tr>
<td></td>
<td>75.67%</td>
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<tr>
<td></td>
<td>71.87%</td>
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<tr>
<td></td>
<td>79.46%</td>
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Native Hawaiian or Pacific Islander only

<table>
<thead>
<tr>
<th></th>
<th>2008</th>
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<tbody>
<tr>
<td></td>
<td>DSU</td>
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<tr>
<td></td>
<td>65.28%</td>
</tr>
<tr>
<td></td>
<td>57.88%</td>
</tr>
<tr>
<td></td>
<td>73.09%</td>
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Asian only

<table>
<thead>
<tr>
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<th>2008</th>
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<tbody>
<tr>
<td></td>
<td>64.22%</td>
</tr>
<tr>
<td></td>
<td>48.72%</td>
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<td>79.72%</td>
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American Indian or Alaska Native only

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<td>67.65%</td>
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<td></td>
<td>57.57%</td>
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<td>77.52%</td>
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2 or more races

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Other Evidence-Base Resources

- Cancer Control Planet
cancercontrolplanet.cancer.gov
- Center for Health Improvement
www.cchi.org
- Cochrane Health Promotion and Public Health Field
- The Community Toolbox
ctb.ku.edu/en/default.aspx
- Diffusion of Effective Behavioral Interventions
www.effectiveinterventions.org
- Guide to Clinical Preventive Services
www.ahrq.gov/clinic
- National Library of Medicine
- National Guideline Clearinghouse
www.guideline.gov
- Partnership for Prevention
www.prevent.org
- Promising Practices Network
www.promisingpractices.net
Questions?
Health Education Award Presentations

• Department of Public Health