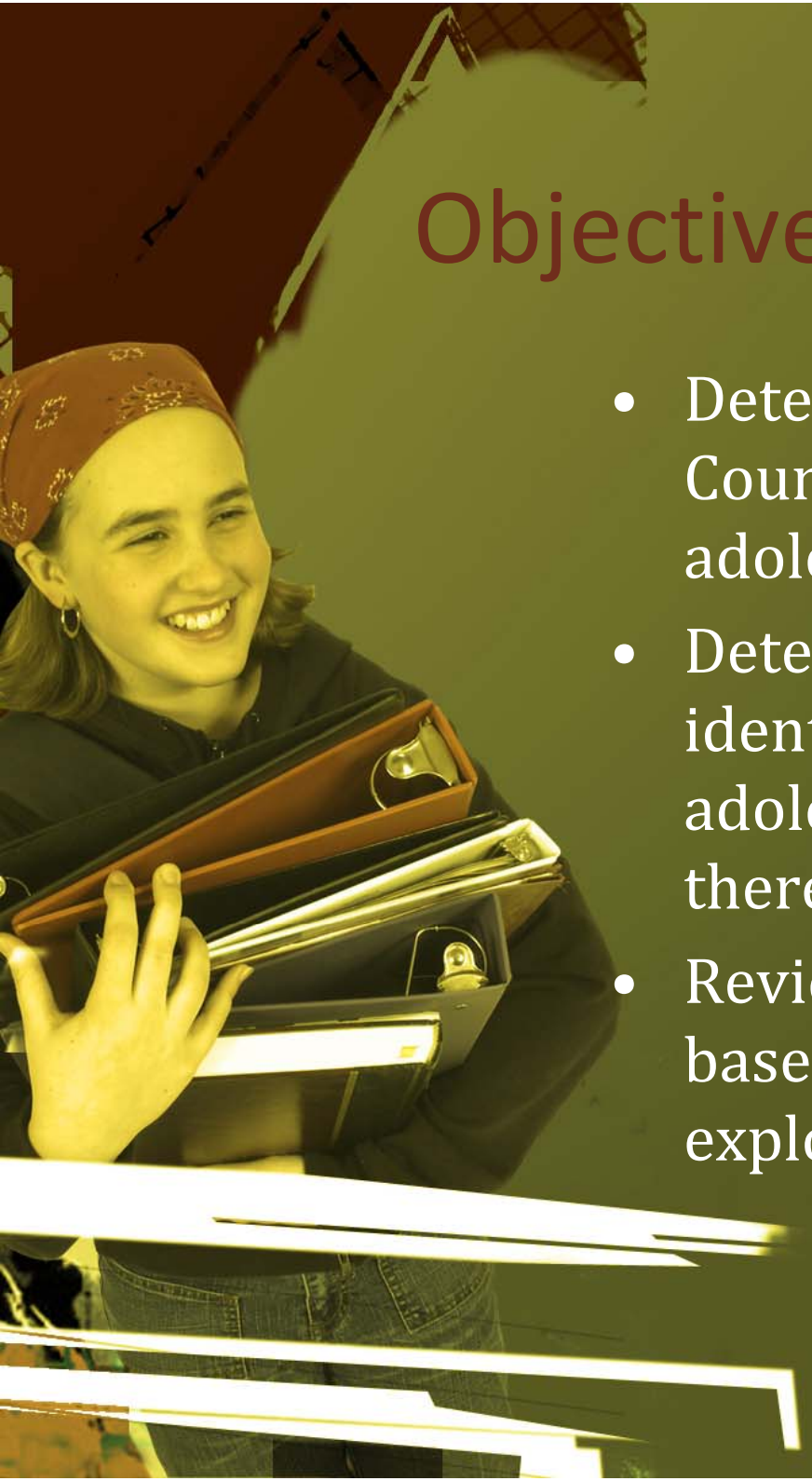
Columbia/Boone County Adolescent Health Needs Assessment

March, 2011

Columbia/Boone County Department of Public Health and Human Services



Objectives

- Determine what Columbia/Boone County currently offers related to adolescent health
- Determine what youth and adults identify as the most pressing adolescent health issues and where there are gaps
- Review best practices and evidence-based strategies the community can explore to address adolescent health

About the Data

- Reviewed the six primary areas of the Youth Risk Behavior Survey (YRBS):
  - Mortality
  - Unintentional Injury
  - Violence
  - Substance Use and Mental Health
  - Reproductive Health
  - Overweight, Exercise and Diet
- Findings based on:
  - Missouri 2009 YRBS survey
  - CPS 2010 MO Safe and Drug Free Schools
  - 2009 Hickman & Rockbridge Wellness survey
  - Focus groups
  - Provider survey
  - Review of adolescent health literature and best practices

Focus Group Findings

- Professionals identified:
  - access to mental health services as a primary concern
  - teen alcohol and drug use as a concern
- Adolescents identified:
  - stress as a primary concern
  - the need to eat healthier and be more physically active

Both professionals and teens would like to see more health education opportunities, especially on developing and maintaining healthy lifestyles

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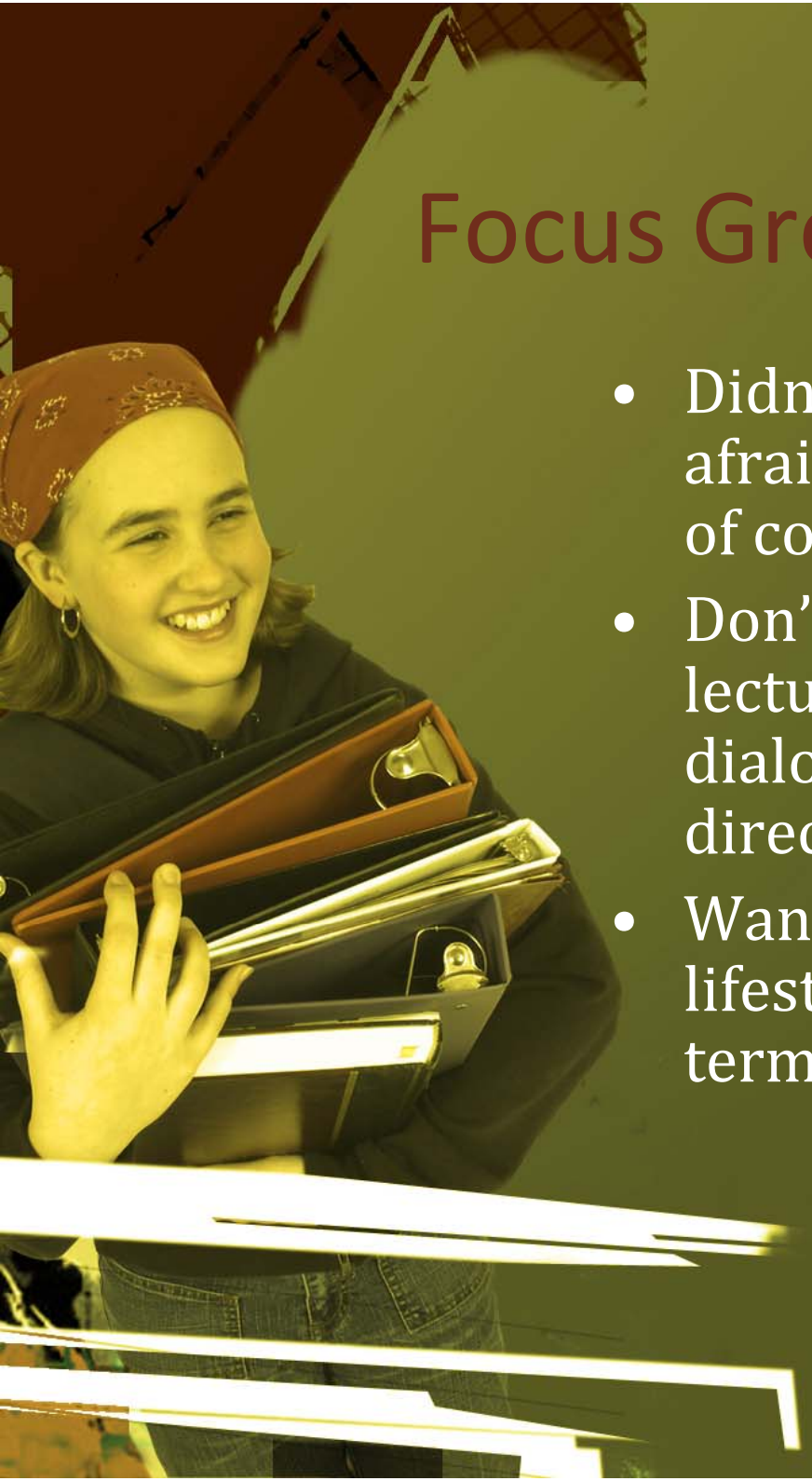
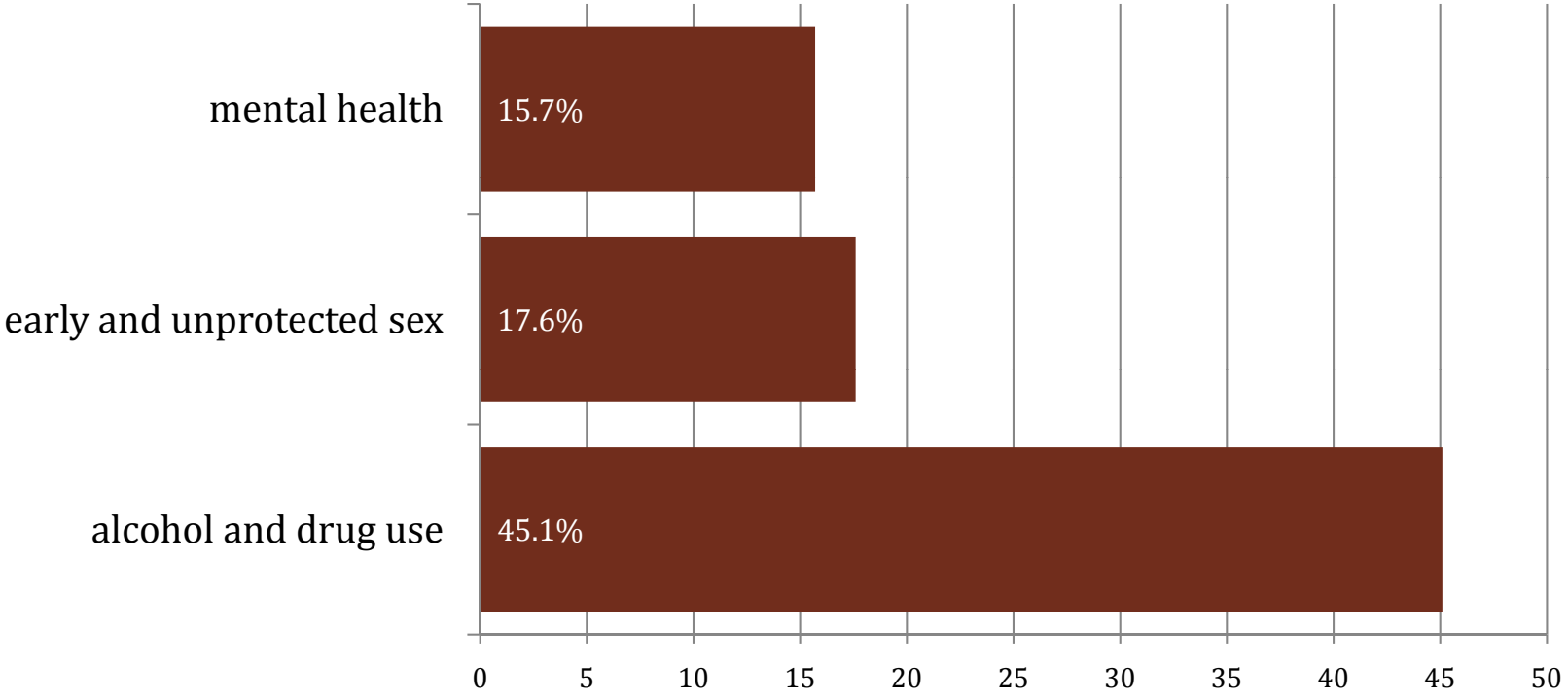


Focus Group Findings

- Didn’t want to be judged and were afraid to share certain things because of confidentiality
- Don’t want to be talked down to or lectured, want genuine open dialogues about health issues that directly impact them
- Want to learn how to lead healthy lifestyles instead of memorizing terms and body organs

What Professionals Said

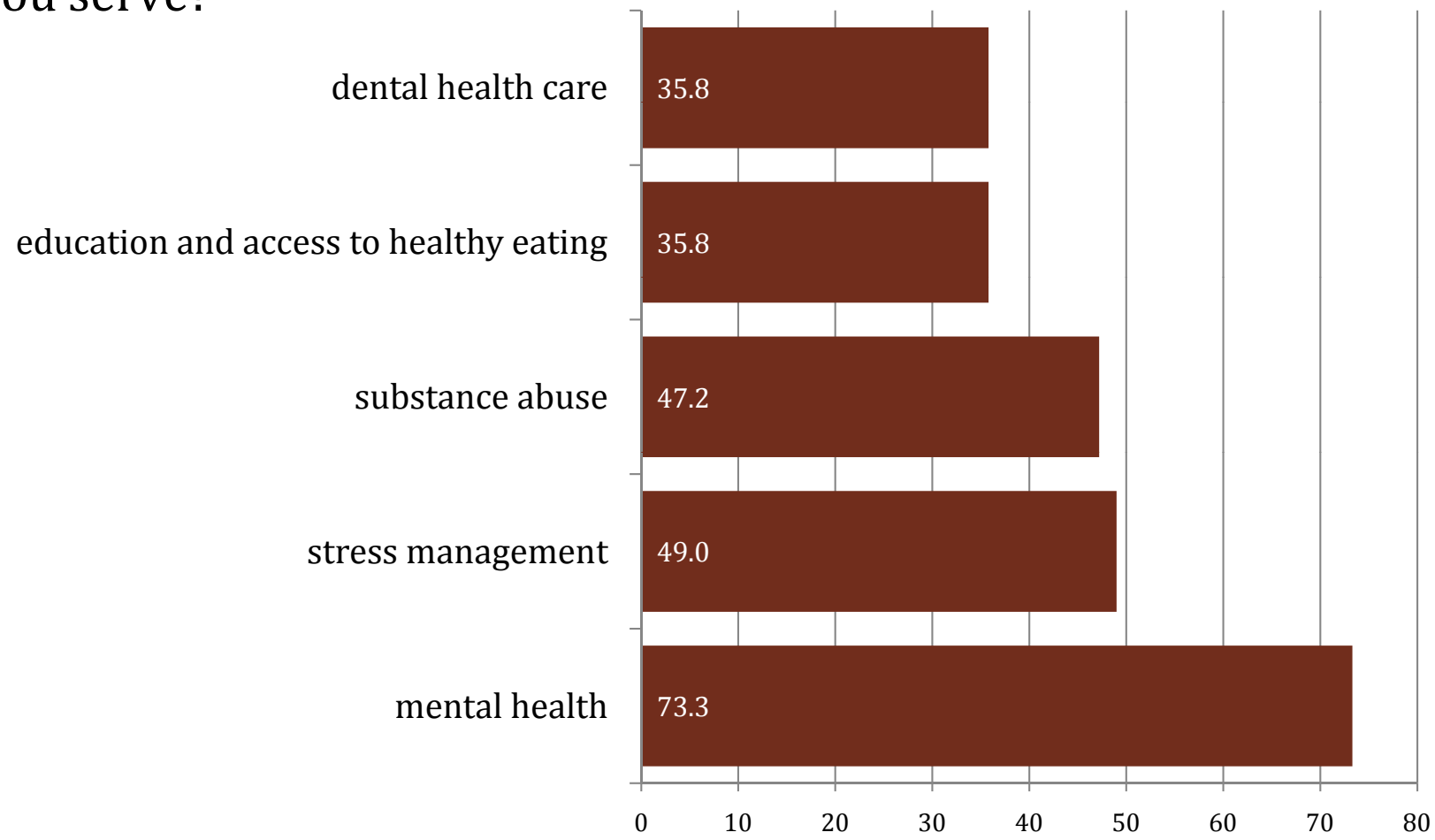
What do you believe to be the top three health risks to adolescents?



2010 School Personnel & Youth Advocates Survey

What Professionals Said

Where do you feel there are gaps in health services for the youth you serve?



2010 School Personnel & Youth Advocates Survey

What Professionals Said

- Teens were getting health info from peers and the internet
- Barriers youth faced in accessing services:
  - lack of knowledge about services
  - transportation
  - cost
  - lack of insight about need

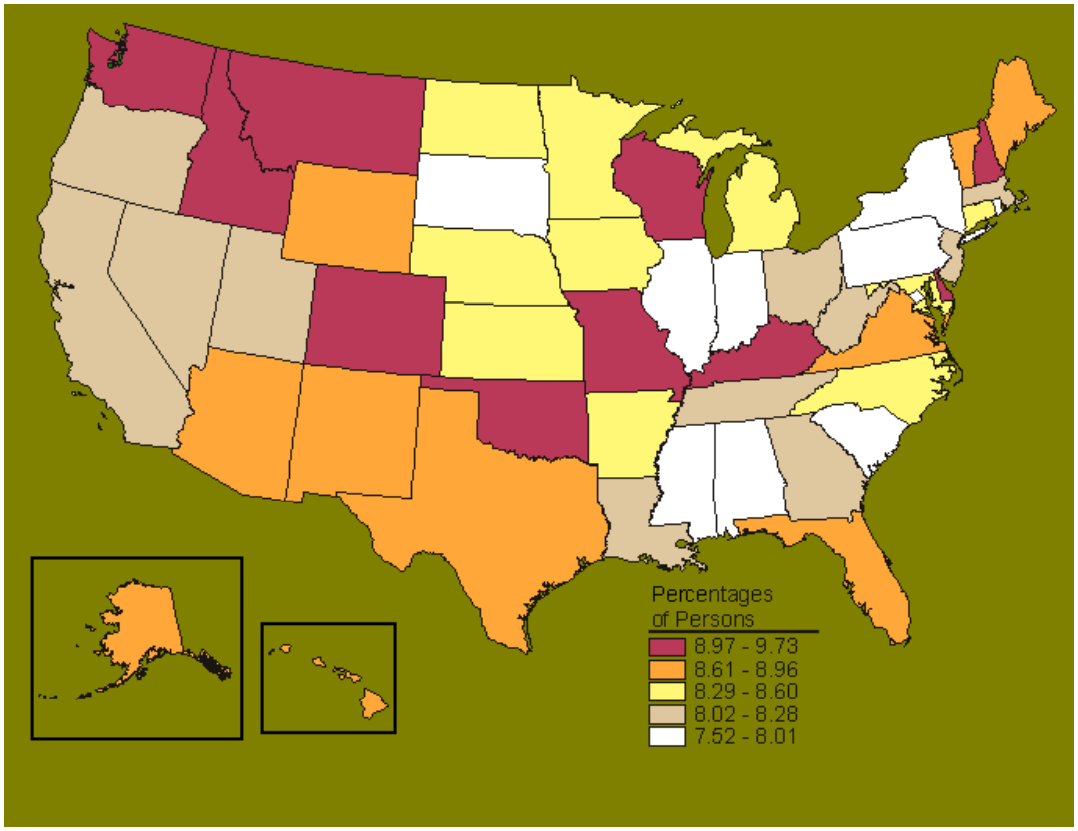
2010 School Personnel & Youth Advocates Survey

Teen Mental Health

- Mental health problems can be more common among adolescents than expected. It is reported up to 20% have some type of mental health disorder.[1]

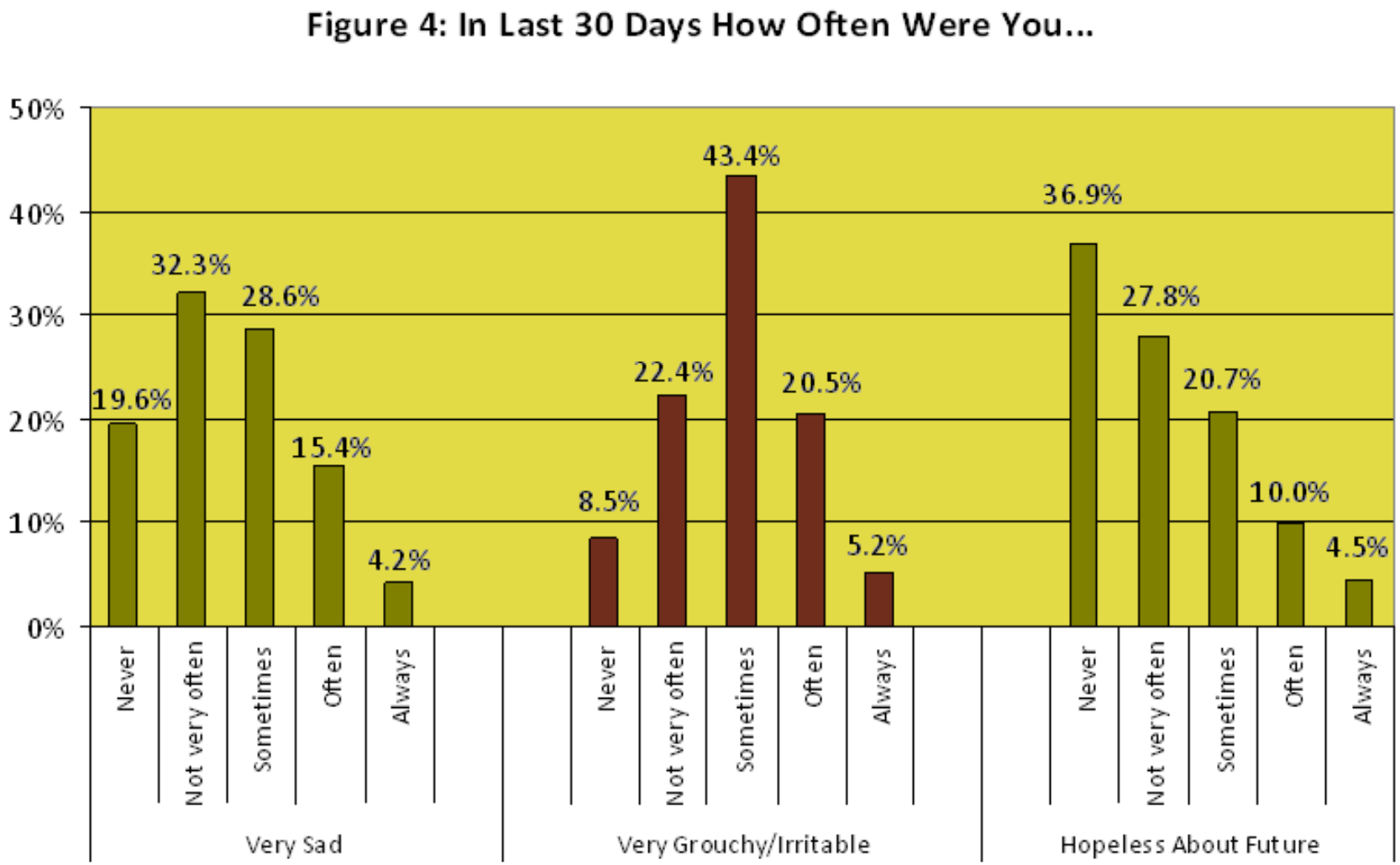
- Based on findings from the 2005-2006 National Survey on Drug Use and Health, Missouri stands out for its high percentage of youth who reported having one major depressive episode

Percent of youth age 12-17 who reported having at at least 1 major depressive episode in the past year



[1]Schwarz, S.W. pg. 28

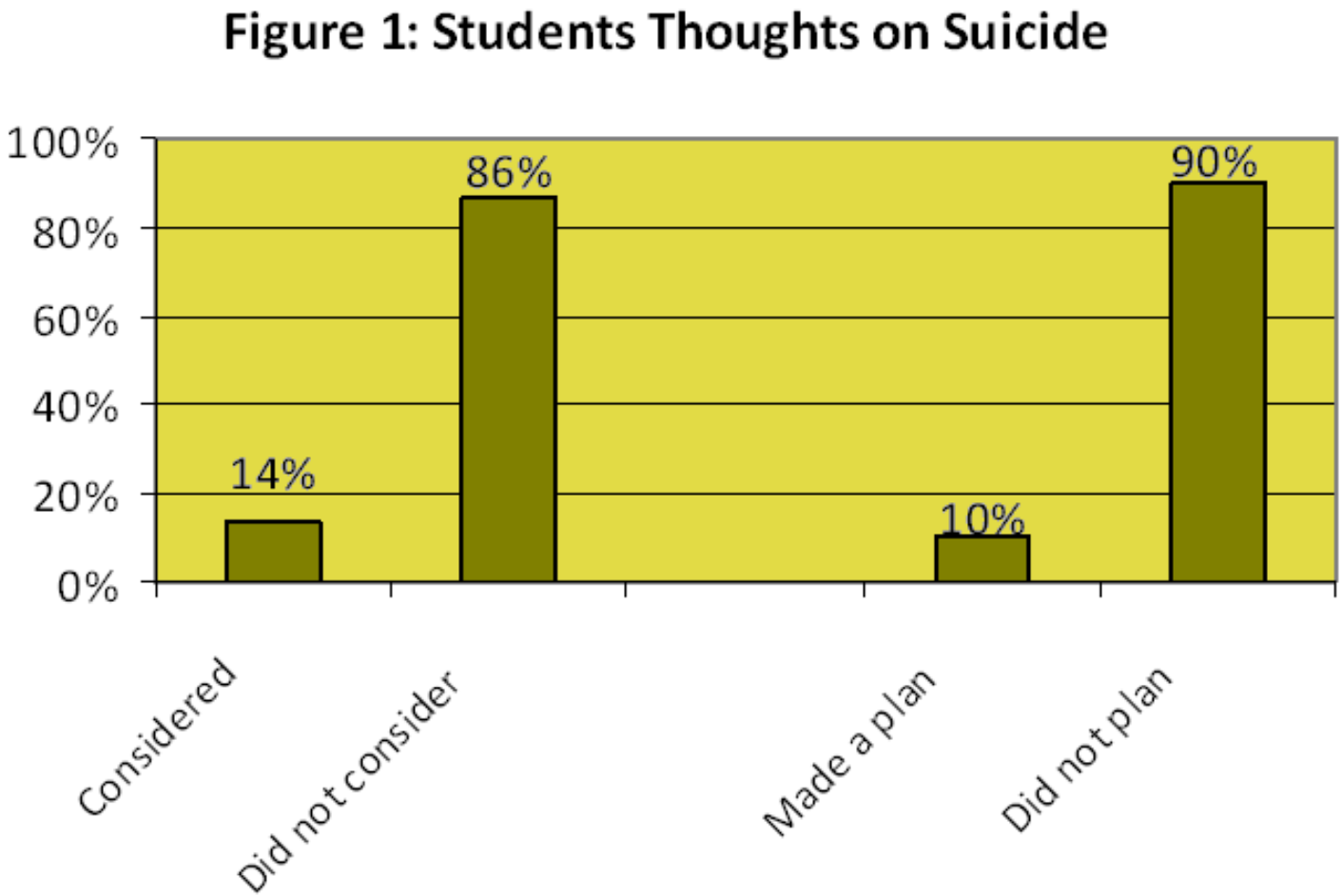
Local Teen Mental Health



Missouri Safe and Drug Free Schools 2010 Survey

Suicide

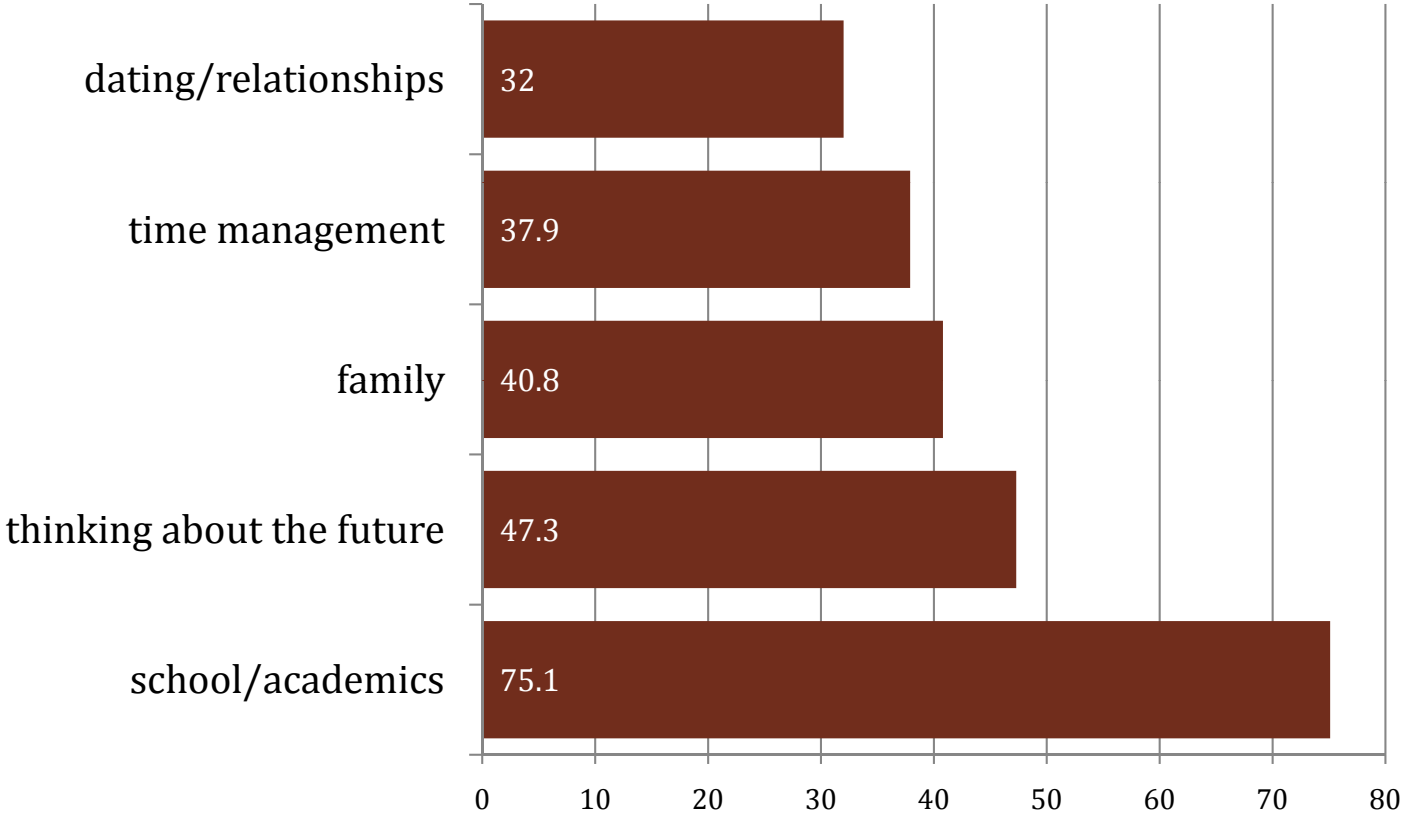
one of the leading causes of death for adolescents



Missouri Safe and Drug Free Schools 2010 Survey: Columbia

Teen Stress

Over 31% of CPS students said they felt **a** lot of stress and 44% felt some stress.

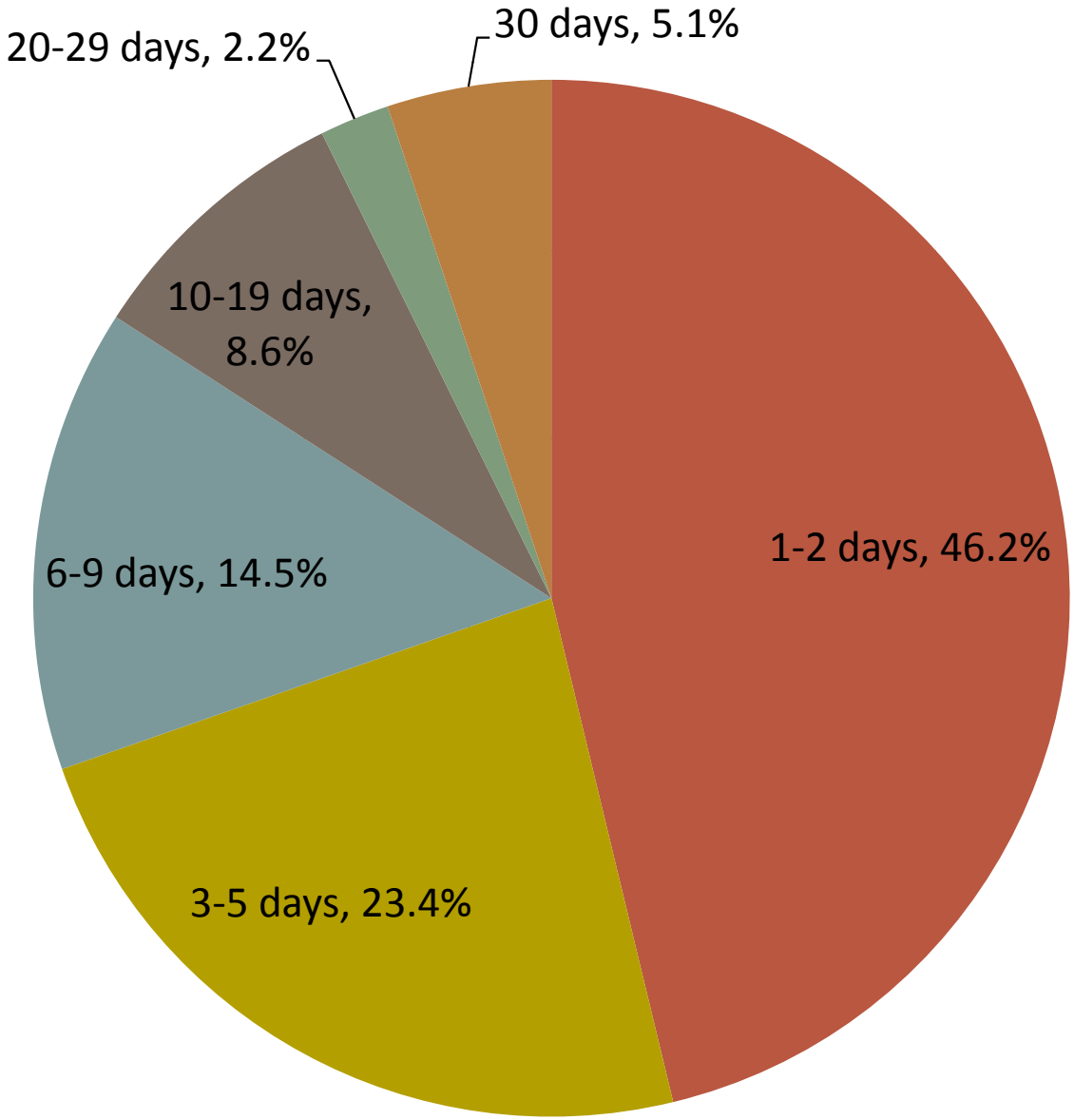


2009 Hickman & Rockbridge Wellness Survey

Local Teen Alcohol Use

32.9% of CPS students reported having **at least one drink in the past 30 days**. Of those, nearly 1/5 reported binge drinking.

Source: 2009 Hickman & Rockbridge Wellness Survey



Teen Drug Use

Columbia falls below the national statistics when it comes to drug use (ever in your life)

Columbia – MO Safe & Drug Free Schools 2010 Survey; National – 2009 Youth Risk Behavioral Survey

Drug	Columbia	National
Marijuana	28.7%	36.8%
Prescription Drugs (w/out doctor's prescription)	13.2%	20.2%
Inhalants	6.4%	11.7%
Hallucinogens	5.3%	8.0%
Cocaine	3.5%	6.4%
Heroin	1.2%	2.5%
Methamphetamines	0.9%	4.1%
Steroids (w/out doctor's prescription)	0.7%	3.3%
Ecstasy	N/A	6.7%

Other Teen Behaviors

- According to MO YRBS nearly half 48.7% of 9th -12th graders have had sexual intercourse
- 7.3% of CPS teens text often while driving and 16.1 text sometimes. 9% talk often and 25.4 talk sometimes while driving.
- Nearly 20% of CPS students reported being bullied on school property in the past year
- 17.7% of CPS youth had been in a physical fight in the past year

Sources: 2009 Hickman & Rockbridge Wellness Survey and MO Safe and Drug Free Schools Survey

Eating and Physical Activity Among Missouri Students

- 14.4% of students in MO are considered obese
- 79.6% of high school students are not getting the recommended 5 servings of fruits and vegetables a day
- Over ½ (55.6%) of MO high school students report not attending P.E. class in an average week
- 51.7% of MO high school. students are not physically active for 60 minutes on at least 5 days a week

Source: MO YRBS

Next Steps- Teen Health Communication

Review best and evidence-based practices

Example:

URHealthStyle

web site covering 20 health topics

YooMagazine.net

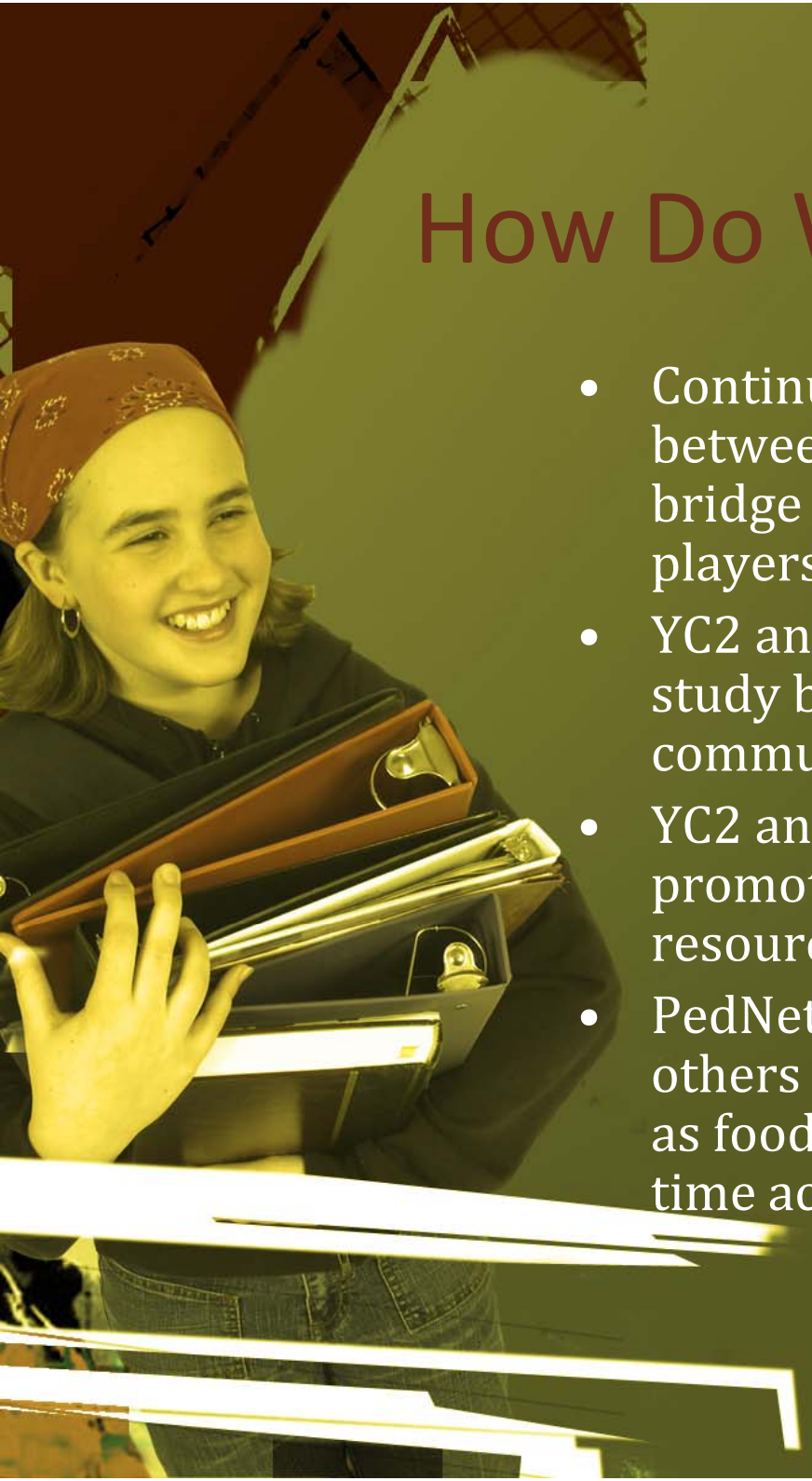
- Yoo Magazine is a new health literacy site for youth in Missouri, including CPS
- Question and Answer format has not been adopted by any of the 29 schools in Missouri

Ideas for Mental Health

- Expanded School Mental Health Programs
  - Key findings show schools had improved academic performance, fewer course failures and higher GPAs
  - Program in Maryland had significant decreases in depression and reported improvements in self-esteem

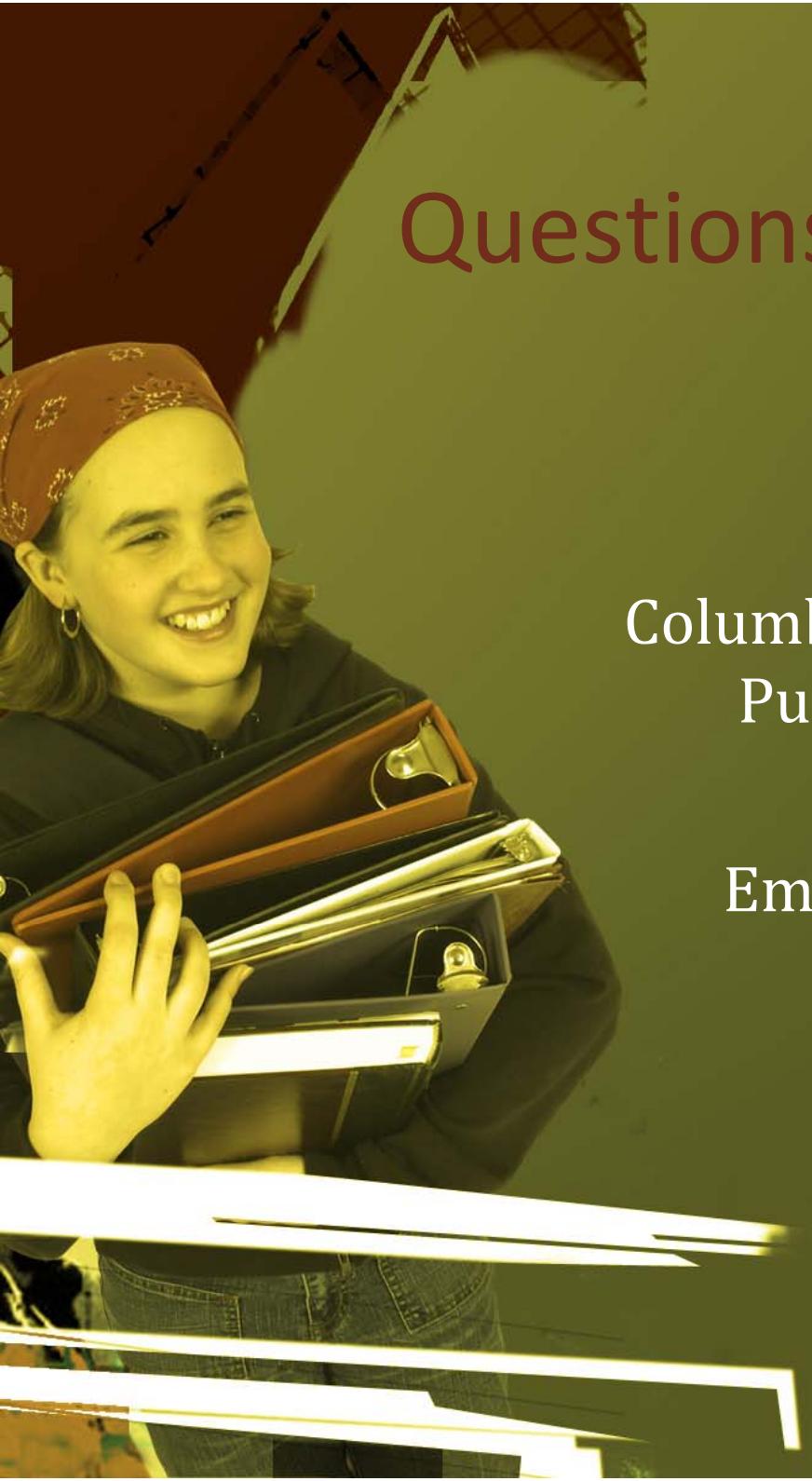
Ideas for School/Community Changes

- Classwide Peer Tutoring
  - Various examples of them
    - Class divided into two competing groups
    - One on one or small group tutoring
- Teen Outreach Program
  - Engages young people in high levels of service learning to help with future life options



How Do We Accomplish This?

- Continued and more focused collaboration between community agencies and schools to bridge gaps in mental health – Who are those players
- YC2 and Health Department form committee to study best practices from other states and communities related to adolescent health issues
- YC2 and Health Department work with youth on promotion and education of adolescent resources and services
- PedNet and Health Department partner with others working to address identified issues such as food choices, physical activity and leisure time activities



Questions???

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