Data Project to Improve Adolescent and Young Adult Health:
National and State Profiles

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In This Presentation…

- Background on Healthy People 2010 and the 21 Critical Health Objectives
- Midcourse Review and Limitations
- Demand for a National and State Data Resource
- Introducing the Adolescent and Young Adult Data Project
- How You Can Benefit

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Avatar and the Tree of Souls

Healthy People 2010

- A comprehensive set of national disease prevention and health promotion objectives that measure the nation's progress over time
- Two overarching goals of Healthy People 2010:
  - Increase quality and years of life
  - Eliminate health disparities

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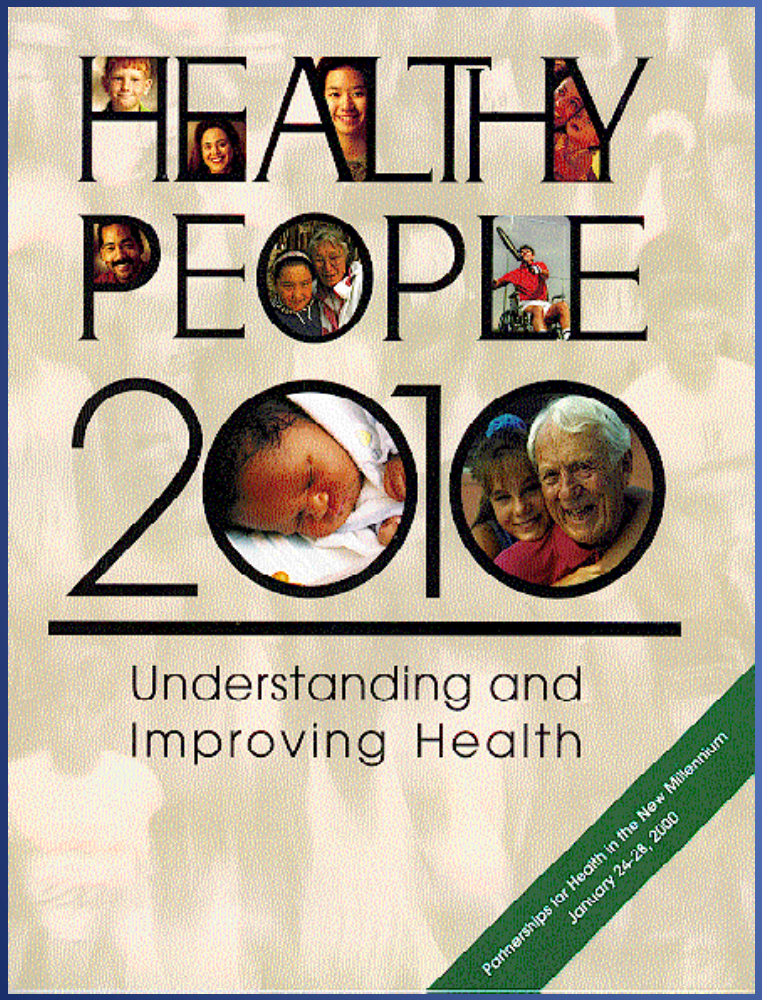
Year 2010 Objectives for Adolescents and Young Adults



- 467 Year 2010 national health objectives
- 107 are important for adolescents and young adults
- 21 were identified as critical health objectives

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21 Critical Health Objectives

- Based on two criteria:
  - Objectives are either a critical health outcome or a contributing behavior
  - State level data are available, or soon will be
- 9 serve to monitor health status
- 12 focus on behaviors
  - 8 encourage *decreasing* unhealthy behaviors
  - 4 encourage *increasing* healthy behaviors

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21 Critical Health Objectives

The 21 Objectives fall into six general areas:

- Mortality
- Unintentional Injury
- Violence
- Mental Health and Substance Abuse
- Reproductive Health
- Chronic Disease Prevention

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21 Critical Health Objectives
Mortality

Mortality ▪ Deaths

Unintentional Injuries

Violence

Mental Health & Substance Abuse

Reproductive Health

Chronic Disease Prevention

21 Critical Health Objectives
Unintentional Injuries

Mortality

Unintentional Injuries

- Deaths from motor vehicle crashes
- Deaths and injuries caused by alcohol- and drug-related motor vehicle crashes
- Safety belt use
- Rode with driver who had been drinking

Violence

Mental Health & Substance Abuse

Reproductive Health

Chronic Disease Prevention

21 Critical Health Objectives
Violence

Mortality

Unintentional Injuries

Violence

- Homicide
- Physical fighting
- Weapon carrying on school property

Mental Health & Substance Abuse

Reproductive Health

Chronic Disease Prevention

21 Critical Health Objectives
Mental Health & Substance Abuse

Mortality

Unintentional Injuries

Violence

Mental Health & Substance Abuse

Reproductive Health

Chronic Disease Prevention

- Binge drinking
- Use of illicit substances (marijuana)
- Suicide rate
- Suicide attempts by adolescents (requiring medical attention)
- Children and adolescents with disabilities who are reported to be sad, unhappy, or depressed
- Children with mental health problems who receive treatment

21 Critical Health Objectives
Reproductive Health

Mortality

Unintentional Injuries

Violence

Mental Health & Substance Abuse

Reproductive Health

Chronic Disease Prevention

- Reduce adolescent pregnancies
- HIV infection
- Chlamydia infection
- Abstain from sexual intercourse or use condoms if sexually active

21 Critical Health Objectives
Chronic Disease Prevention

Mortality

Unintentional Injuries

Violence

Mental Health & Substance Abuse

Reproductive Health

Chronic Disease Prevention

- Tobacco use
- Overweight/obese
- Vigorous physical activity
- *Eating Disorders*

Midcourse Review: Sobering Trends

- "A Midcourse Review of the Healthy People 2010: 21 Critical Health Objectives for Adolescents and Young Adults"
  - April 2008, Journal of Adolescent Health
  - http://nahic.ucsf.edu/index.php/publications
- Little or no improvement on most objectives
- Slight improvement in only three categories:
  - Injury-related behavior (riding with a driver who has been drinking and safety belt use)
  - Pregnancy and related behavior
  - Tobacco use

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Limitations of the Midcourse Review

In conducting review of national data, we learned:

- State data wasn't as available as expected
- National picture did not show underlying variations and disparities at state level
- National review did not capture racial/ethnic/gender data
- Journal article format limited ability to compare/contrast data for all 50 states

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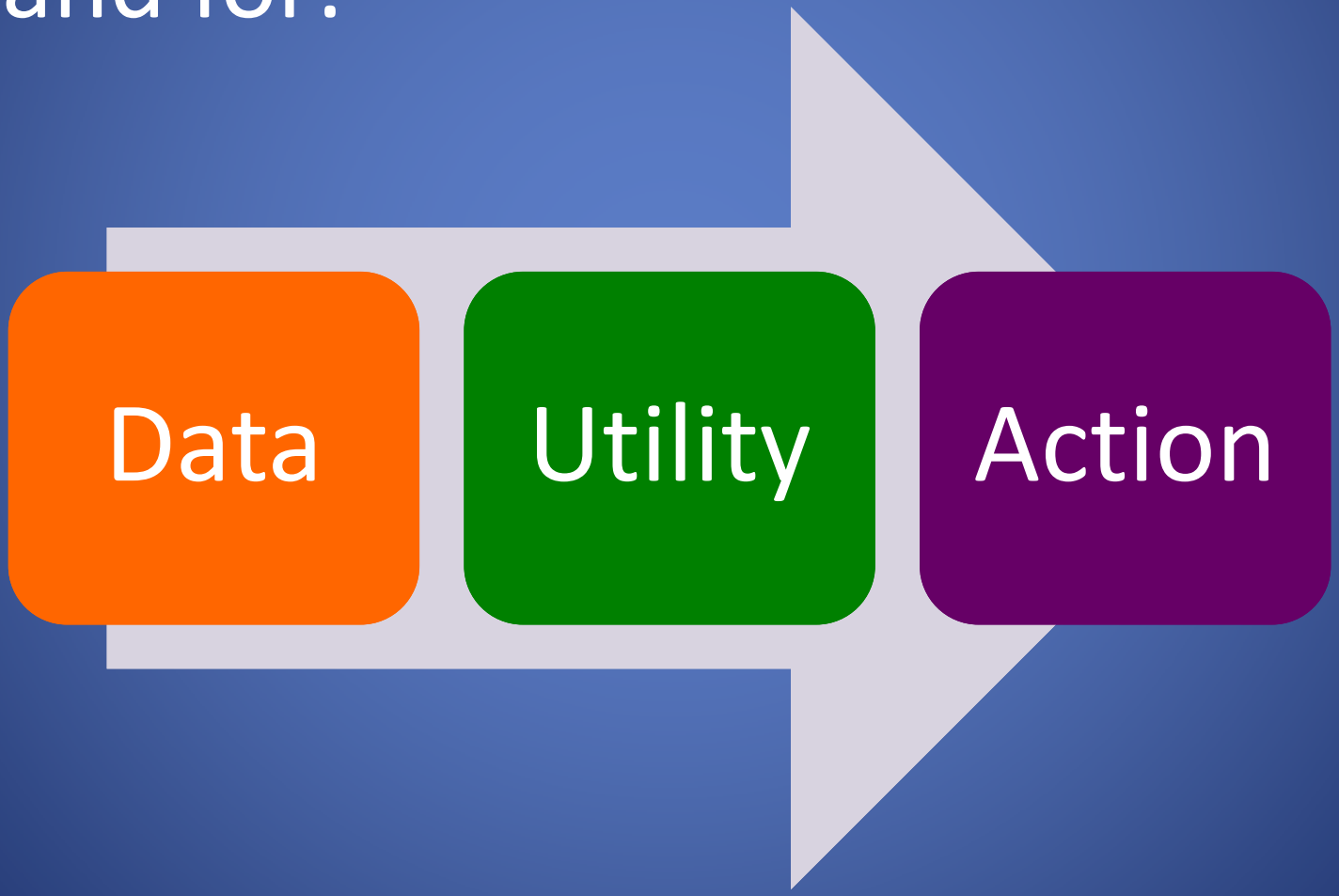
Why The Data Project Was Needed

Demand for:



Why The Data Project Was Needed:
National and State Data Resource

- Make data more readily available to states
- Present national and state data by race, ethnicity, gender, and age/grade (as available)
- Show variability of states
  - Geography
  - Individual objectives
  - Clusters (e.g. Mental Health or Reproductive Health)

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Why The Data Project Was Needed:
Improve Utility

- User-friendly format (designed for all levels of data fluency)
- Narrative summaries combined with data tables
- Remove the burden of locating, downloading, and cleaning data

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Why The Data Project Was Needed: *Support Action*

- Enable big picture view to evaluate a state's overall adolescent health (rather than single issue focus only)
- More easily compare successes/failures with other states
- Based upon data and comparisons, identify priorities and mobilize resources

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Data Project to Improve Adolescent and Young Adult Health:

http://nahic.ucsf.edu/index.php/dataproject

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Adolescent Health: National and State Profiles

Welcome to the Data Project. This database presents national- and state-level profiles of key measures of adolescent and young adult health based on Healthy People 2010, the nation's public health agenda. Know as the 21 Critical Health Objectives for Adolescents and Young Adults, these objectives represent national expert consensus on the priority health issues for ages 10-24. Please refer to the Related Resources section below for links to resources with background information on adolescent health, Healthy People 2010, and the 21 Critical Health Objectives.

This easy-to-use, online database allows users to assess recent progress on key areas of adolescent health by presenting data and text highlights that correspond to the baseline (1998-99) and midcourse (2004-05) measures for the 21 Critical Health Objectives. Looking forward, the database provides a solid foundation for monitoring health in the long term as the nation develops priority measures forHealthy People 2020.

Using the database

The site is divided into two main sections: the National Summary and the State Data. Other sections, that may be visited by clicking on tabs at the top of each page, include the Notes and Limitations, which provides detailed information about data collection and presentation; Raw Data contains state and national Excel files that may be downloaded; and, Tools and Resources offers guidance for using these data to improve adolescent and young adult health.

National Data Project

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Summary of National Data

Introduction

This section contains national-level data for the 21 Critical Health Objectives for Adolescents and Young Adults for subgroups based on gender and race/ethnicity. Overall measures are presented in Table 1 of The Midcourse Review of the Healthy People 2010: 21 Critical Health Objectives for Adolescents & Young Adults. The text below summarizes gender disparities and then describes racial/ethnic disparities by objective. The tables (click on the links to the right) present national data by gender and race/ethnicity.

Advanced users of online databases may also want to check out Data 2010 (choose among the adolescent options under the "Select a specific population group" menu).

Gender

Most gender disparities persist. Males continue to have substantially higher mortality rates than females, overall and for motor vehicle crashes, homicide and suicide. Males also remain

Objectives

01. Overall Mortality
02. Motor Vehicle Crashes Mortality
03. Alcohol Related Motor Vehicle Crashes
04. Safety Belt Use
05. Riding with Alcohol-Impaired Driver
06. Homicide Mortality
07. Physical Fighting
08. Weapon Carrying
09. Binge Drinking
10. Marijuana Use
11. Suicide Mortality
12. Suicide Attempts
13. Children and Adolescents with Disabilities who are Sad/Unhappy/Depressed
14. Mental Health Problems
15. Pregnancy

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18c. Safe Sex Behavior: Condom Use

Objective, Goals, and Baselines

OBJECTIVE	BASELINE 1999	MIDCOURSE 2005	NUMERIC CHANGE	2010 TARGET
INCREASE THE PROPORTION OF ADOLESCENTS (9TH-12TH GRADE STUDENTS) WHO: C. IF CURRENTLY SEXUALLY ACTIVE, USED A CONDOM THE LAST TIME THEY HAD SEXUAL INTERCOURSE	58.0%	62.8%	4.8%	65.0%

Percentage

GENDER	BASELINE 1999	MIDCOURSE 2005	NUMERIC CHANGE
FEMALE	50.7%	55.9%	5.2
MALE	65.5%	70.0%	4.5

Percentage

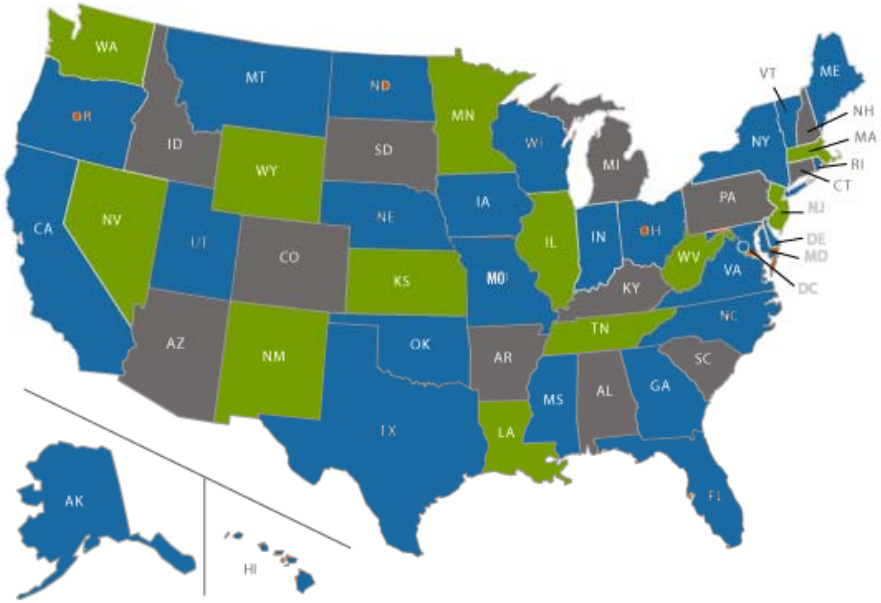
RACE/ETHNICITY	BASELINE 1999	MIDCOURSE 2005	NUMERIC CHANGE
BLACK	70.0%	68.9%	-1.1
HISPANIC	55.2%	57.7%	2.5

State Data Project

State Data Home Page

Welcome to the home page for State Data. You may access a state's profile (summary and tables) by two ways:

1. Click on a State on the Interactive Map of the United States to see its profile.
2. Scroll down below the Map to the List of States and click on the name of a State.



List of States

Alaska
Alabama
Arkansas
Arizona
California

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Arkansas

If you have questions about these data and would like some more information on how these data were selected, please refer to the notes & limitations related to this overview. Please go to the "Notes" section at the bottom of this page for more information about this state's profile.

Overview of Findings

Findings for Arkansas' changes from baseline (1998-99) to midcourse (2004-05) were mixed, as were Arkansas' comparisons to national rates. Encouraging news includes an increase in safety belt use and decreases in overall mortality, rates of riding with a drinking driver, suicide, marijuana use, binge drinking, and tobacco use. However, motor vehicle mortality and suicide attempts requiring medical attention increased, and condom use and physical activity decreased. Weapon carrying and physical fighting remained essentially unchanged from baseline.

Highlights of Findings by objective

Jump To: Mortality; Unintentional Injury; Violence; Substance Use and Mental Health; Reproductive Health; Chronic Disease Prevention

Objectives

01. Overall Mortality
02. Motor Vehicle Crashes Mortality
03. Alcohol Related Motor Vehicle Crashes
04. Safety Belt Use
05. Riding with Alcohol-Impaired Driver
06. Homicide Mortality
07. Physical Fighting
08. Weapon Carrying
09. Binge Drinking
10. Marijuana Use
11. Suicide Mortality
12. Suicide Attempts
13. Children and Adolescents with Disabilities who are Sad/Unhappy/Depressed
14. Mental Health Problems
15. Pregnancy
16. HIV/AIDS Cases
17. Chlamydia Trachomatis
17a. Chlamydia - Females, Family Planning Clinics
17b. Chlamydia - Females, STD Clinics

arkansas

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18c. Safe Sex Behavior: Condom Use

Objective, Goals, and Baselines

NATIONAL OBJECTIVE	BASELINE 1999	MIDCOURSE 2005	NUMERIC CHANGE	2010 TARGET
INCREASE THE PROPORTION OF ADOLESCENTS (9TH-12TH GRADE STUDENTS) WHO: C. IF CURRENTLY SEXUALLY ACTIVE, USED A CONDOM THE LAST TIME THEY HAD SEXUAL INTERCOURSE	58.0%	62.8%	4.8%	65.0%

All the tables below contain data available for this State and this objective.

Percentage

GENDER	BASELINE 1999	MIDCOURSE 2005	NUMERIC CHANGE
FEMALE	51.5	49.2	-2.3
MALE	67.2	65.3	-1.9
OVERALL STATE	59.2	56.7	-2.5

Percentage

RACE/ETHNICITY	BASELINE 1999	MIDCOURSE 2005	NUMERIC CHANGE

Arkansas, Condom Use, continued

RACE/ETHNICITY	BASELINE 1999	MIDCOURSE 2005	NUMERIC CHANGE
BLACK (NON-HISPANIC)	72.3	X	X
HISPANIC	X	X	X
WHITE (NON-HISPANIC)	54.3	54.4	0.1

Percentage

RACE/ETHNICITY/GENDER	BASELINE 1999	MIDCOURSE 2005	NUMERIC CHANGE
BLACK (NON-HISPANIC) FEMALE	X	X	X
BLACK (NON-HISPANIC) MALE	X	X	X
HISPANIC FEMALE	X	X	X
HISPANIC MALE	X	X	X
WHITE (NON-HISPANIC) FEMALE	48.5	46.2	-2.3
WHITE (NON-HISPANIC) MALE	61.3	64.2	2.9

Notes

Source: Youth Risk Behavior Surveillance System (YRBSS), Centers for Disease Control and Prevention

Reasons Why Data Might Be Missing

- Unable to locate data for 7 of the 21 objectives (alcohol-related crashes, mental health problems, pregnancy, HIV/AIDS, Chlamydia, overweight/obese)
- Some states did not collect data for every objective, they collected data for different years, or they used their own data sources (We provide links whenever possible.)
- Some racial/ethnic subgroups are too small to calculate reliable rates/percentages (e.g., YRBSS only reports data for “White”, “Hispanic”, and “Black”)

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How Can You Use This Resource to Improve Adolescent Health in Your State?

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Approaches for Your State

Approaches for Your State

Identify Data Gaps

- What objectives are missing data?
- What racial/ethnic/gender groups in your state are not adequately captured in the data?
- Do other comparable states collect this data?

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Approaches for Your State

Perform Data Review

- Internally – Is your state making progress?
  - By individual objectives
    - Changes over time (stable/positive/negative)
    - Racial/Ethnic/Gender/Age disparities
  - By 2010 Objective clusters
- Externally – Are other states making progress?
  - Compare your state to the national rates and percentages
  - Compare your state to other similar states
- Find/investigate success stories
- Evaluate current or past programs

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Approaches for Your State

Take Action

- Advocate for better data
- Grant writing (e.g., Title V Needs Assessment)
- Evaluate/revamp existing programs
- Craft legislation and/other policy, protocol, and programmatic changes

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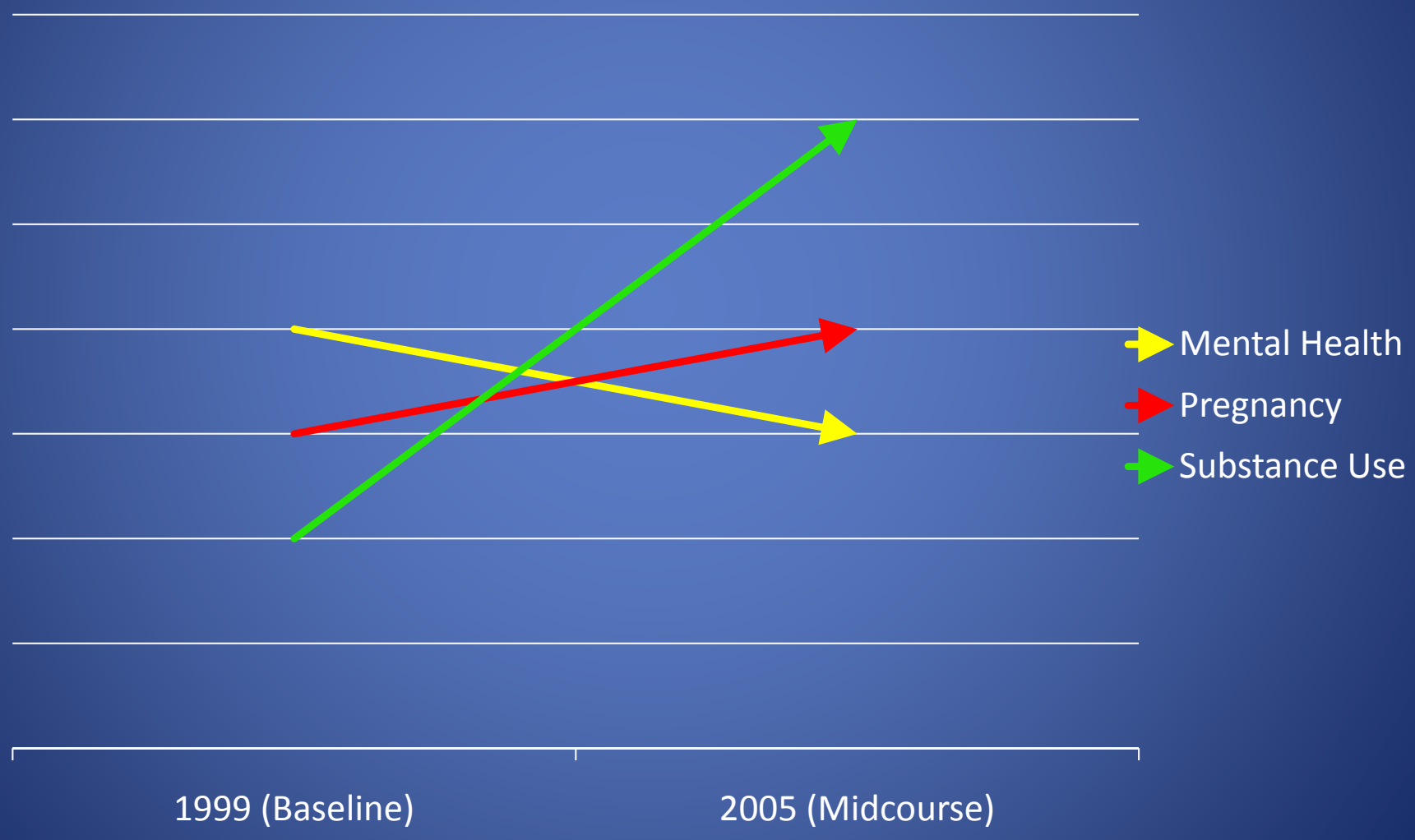
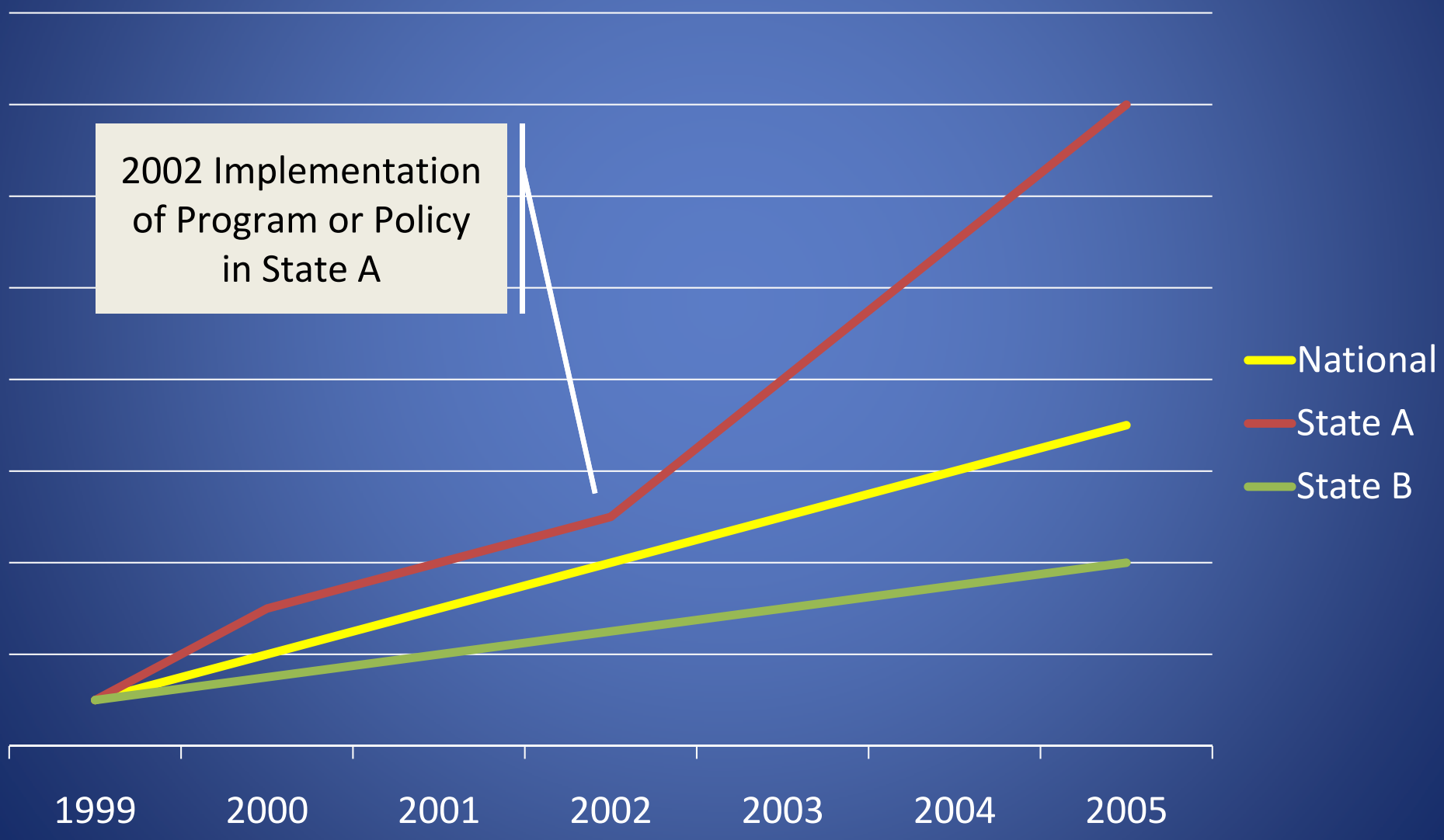
Is Your State Moving in the Right or Wrong Direction?



Linking The Data Project To Your State's Policies/Strategies



What Accounts For The Change?

- What was the program/policy implemented?
- When was it initiated?
- What were the funding levels?
- What other factors in the state may have contributed to the increase/decrease?
- How do the results square with national trends?

Example: Looking at Missouri and Arkansas

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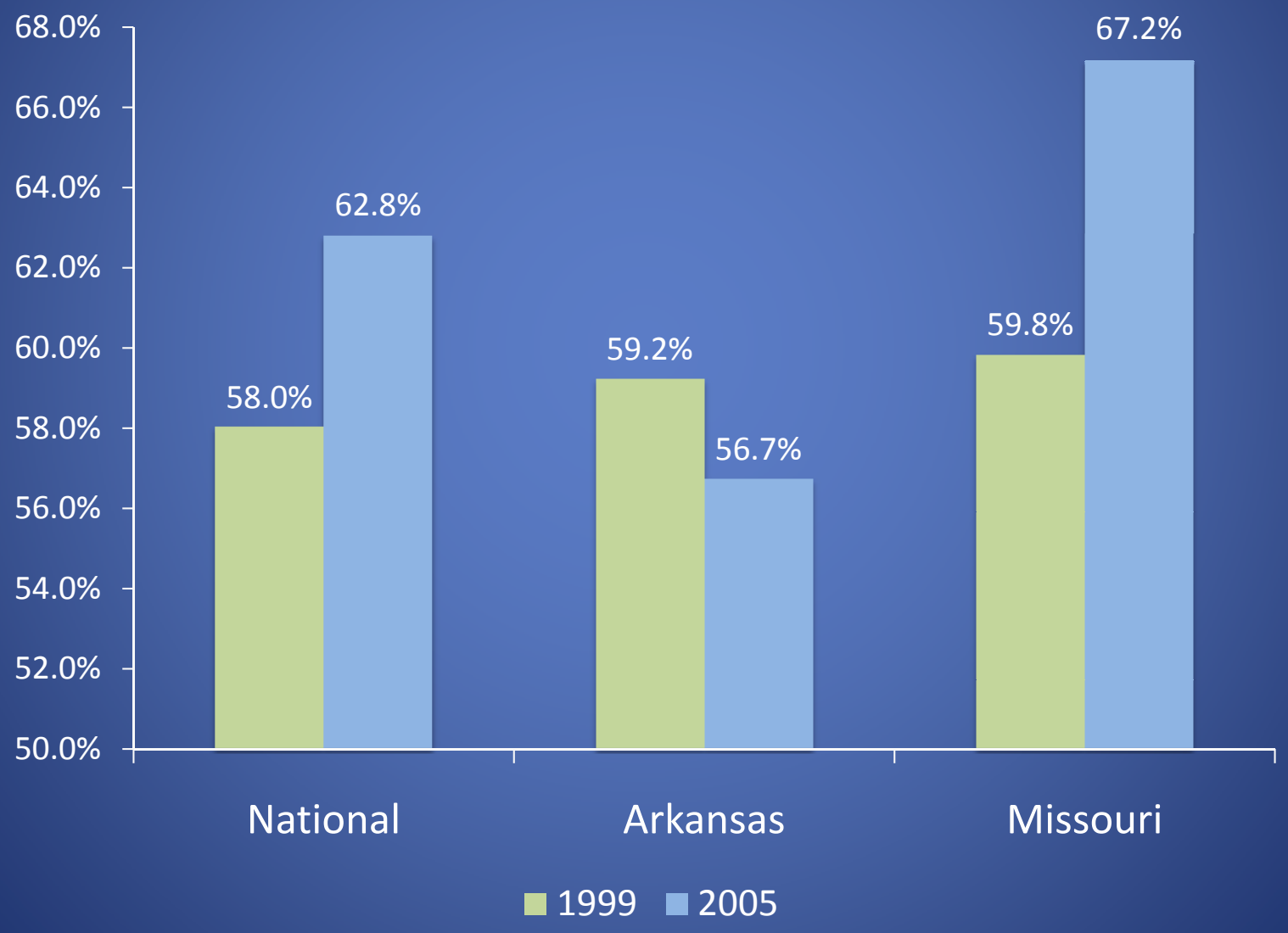
Overview: Changes from Baseline to Midcourse

	National	Arkansas	Missouri
Suicide Attempts	No Change	↑	No Change
Motor Vehicle Mortality	No Change	↑	↑
Physical Activity	No Change	↓	↑
Condom Use	↑	↓	↑

Closer Look: Condom Use at Last Sex

(Among Sexually Active 9th-12th Graders)



By Gender: Condom Use at Last Sex

(Among Sexually Active 9th-12th Graders)

	Arkansas (1999)	Arkansas (2005)
Males	67.2%	65.3%
Females	51.5%	49.2%

	Missouri (1999)	Missouri (2005)
Males	65.7%	73.1%
Females	54.4%	61.5%

Demographic Disparities: Missouri and Arkansas

Missouri:

- Mortality rates for females increased, compared to a national decline for females.
- White adolescents had higher rates of motor vehicle crashes compared to the national rate and rate for Blacks.
- Rates of physical fighting for Black males increased from baseline, compared to small declines for all other groups.

Arkansas:

- Blacks had decline in safety belt use compared to Whites.
- Blacks had higher rates than Whites for suicide attempts, marijuana use, and riding with a driver who had been drinking (in contrast to lower or equal rates nationally).

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Positive Signs: Missouri and Arkansas

Missouri:

- Major decline in overall mortality and homicide rates for Black male older adolescents in Missouri (compared to a much smaller national decline).
- Missouri reproductive health measures were equal to or better than national rates.

Arkansas:

- Arkansas had greater decline in overall mortality than national rate (although rate is still higher than national).
- Arkansas had declines in rates of riding with a drinking driver, suicide, marijuana use, binge drinking, and tobacco use.

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Conclusion: Use The Data To Mobilize and Build Momentum

Who Is The Data Project For?

- Program Administrators and Coordinators
- Public Health and other State Officials
- Educators
- Researchers
- Media
- Policymakers
- Advocates, including youth and their families

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Future Vision

- Acknowledge limitations of current data
- Prepare for 2020 Objectives
- Delve deeper (The Data Project is just a snapshot)
- Encourage sharing of action steps using the Data Project
- Explore opportunities for collaboration (cross-fertilization)
- Develop new policies and programs

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Data Resources In Your State