Adolescent Health

Division of Health Promotion & Chronic Disease Prevention
Phone: 515-281-6924
www.idph.state.ia.us/hpcdp/adolescent_health.asp

Promoting & Protecting the Health of Iowans

IDPH Iowa Department of Public Health

Behaviors of young people are influenced at individual, peer, family, school, community, and societal levels. Because many societal factors contribute to adolescent health, safety, and well-being, a collaborative effort engaging multiple partners and sectors is necessary. Such joint efforts can also help to promote a more comprehensive approach to addressing adolescent health – one that views adolescents as whole persons, recognizing and drawing upon their assets and not just focusing on their risks.

Did you know?

Adolescents and young adults are youth between the ages of 10 and 24 years old.

They make up 20.7 % of the population in Iowa. This time of life is characterized by significant change and transition (second only to the 1st year of life). It provides a great opportunity to build the capacity and strength of youth to lead healthy, productive lives.

Why is the Adolescent Health program important to promoting and protecting the health of Iowans?

- Adolescence is a period where patterns are established and lifestyle choices have both current and future implications for health and well-being.
- The investment that Iowans make in the health and well-being of young people impacts our state now and for the future, by engaging youth with community leaders.
- Risk factors in adolescent's lives include: unplanned pregnancy; homelessness; suicide; motor vehicle crashes, including those caused by drinking and driving; substance use and abuse; smoking; sexually transmitted infections (STIs) including human immunodeficiency virus (HIV); and lack of connections to caring and supportive adults, families, schools, and communities.
- Supporting young people to make positive choices – such as eating nutritiously, engaging in physical activity, and avoiding substance abuse, will decrease their risk of sustaining serious injuries or developing chronic diseases in adulthood.

Which Iowa Public Health Goals are we working to achieve?

Promote healthy behaviors

Prevent epidemics & the spread of disease

What do we do?

Education for Adolescents

- Healthy relationships
- Adolescent development
- Educational and career services
- Community Service Learning
- Healthy life skills
- Sexual health
- Reproductive Life Planning
- Bullying
- Suicide prevention
- Adolescent health website—IAMincontrol.org
- TEEN Line resource and referral

Pregnancy Prevention

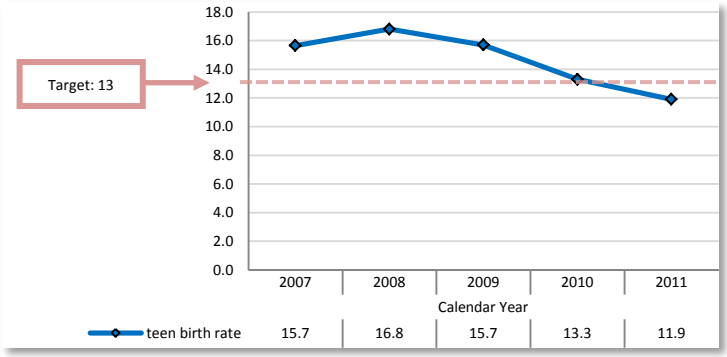
- Personal Responsibility Education Program
- Abstinence Education Grant Program

Health Promotion

- All youth have safe and supportive families, schools, and communities
- All youth are healthy and socially competent
- All youth are successful in school
- All youth are prepared for a productive adulthood
- All youth have access to health care services for their physical, mental, sexual, so emotional, and spiritual well-being

How do we measure our progress?

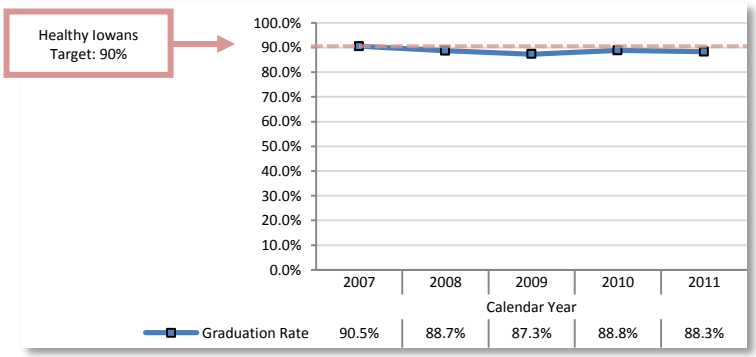
❶ **Number of births to teens ages 15 to 17 (per 1,000 females ages 15 to 17).**



Data Source: IDPH Vital Records Birth Data. Data are available annually.

How are we doing? The teen birth rate has been trending down since 2008. In 2011, Iowa reached its target of less than 13.0 births to teens per 1,000 females from age 15-17.

❷ **Percent of Iowa high school students who graduate in four years.**



Data Source: Iowa Department of Education.

How are we doing? The state wide high school graduation rate is 88.3 percent, a decrease of 0.5 percent from the 88.8 percent graduation rate for the class of 2010. The 2011 rate remains ahead of the 2009 rate of 87.3 percent.

What can Iowans do to help?

1. Learn more about adolescent health by going to www.idph.state.ia.us/hpcdp/adolescent_health.asp.
2. Share with friends and colleagues how prevention, early intervention and timely treatment improve health status for adolescents, prepare them for healthy adulthood, and decrease the incidence of many chronic diseases in adulthood.
3. Encourage routine health care visits for adolescents to receive reccommended immunizations.
4. Encourage young people to visit the adolescent health website by going to www.IAMincontrol.org.
5. Physicians and other health care providers can provide anticipatory guidance during the adolescent well visit by reviewing various risk factors that teens may encounter.

Expenditures

Federal funds: 0153-0606/0616

	State Fiscal Year 2011 Actual	State Fiscal Year 2012 Actual	State Fiscal Year 2013 Estimate
State funds	$0	$0	$0
Federal funds	$1,026	$200,393	$827,257
Total funds	**$1,026**	**$200,393**	**$827,257**
FTEs	0.00	0.70	2.25

Note: Funding information is intended to provide an overview of funding related to the program area. It does not include all federal and state requirements and/or restrictions for the use of funds. Contact the program area for more detailed budget information.

Iowa Department of Public Health ◆ Division of Health Promotion & Chronic Disease Prevention ◆ Adolescent Health

Phone: 515-281-6924 ◆ Fax: 515-242-6384 ◆ www.idph.state.ia.us/hpcdp/adolescent_health.asp

5th Floor, Lucas Building ◆ 321 E. 12th Street ◆ Des Moines, IA 50319-0075