



## Adolescent Health

### **Why is adolescent health important to Iowans?**

Good health (physical, emotional and social) provides a foundation for youth to transition into adulthood successfully.

In 2019, there were 1,456 births to female teens ages 15-19. Hispanic youth and Black youth become adolescent parents at more than twice the rate of their proportion of the population. Iowa rates among Hispanic, Black, and Asian females are higher than the 2018 National rate of 26.7. This disparity indicates a need for more targeted and culturally relevant interventions.

In Iowa, suicide is the second leading cause of death for individuals ages 15-24.

### **Did you know?**

Adolescents and young adults are youth between the ages of 10 and 24. They make up 20% of the population of Iowa, which is nearly equivalent to filling Kinnick Stadium 10 times!

### **A focus on health equity**

The teen pregnancy prevention programs, Personal Responsibility Education Program and Sexual Risk Avoidance Education Program incorporate health equity by utilizing a prioritization process of risk indicators affecting Iowa's youth to determine high-need areas within the state. Indicators include the teen birth rate, child poverty, STI rates, and counties where a high number of African American and Hispanic youth ages 15-19 reside. In addition, the programs promote health equity by implementing programming using a positive youth development (PYD) approach. While PYD can be beneficial for all youth, it can be particularly effective when working with vulnerable and underserved youth. There is evidence that a focus on PYD, including social skills, may foster resilience and improve well-being among maltreated youth. Focus on developing one's identity, discovering strengths, and goal setting has been demonstrated to be effective for youth who are part of racial or ethnic minority groups.

### **What does the department do?**

- Implements evidence-based curriculum in 13 counties, reaching approximately 1,280 youth.
- Implements evidence-based curriculum using a PYD approach to build teens' educational success, life and leadership skills, and promote healthy behaviors and relationships.
- Partners with Iowa's school nurses to ensure they have information and resources for the youth they serve.
- Partners with other programs within the department that serve adolescents to ensure collaboration.
- Provides age-appropriate information and referrals as needed to HPV immunizations, the adolescent well visit and other services.

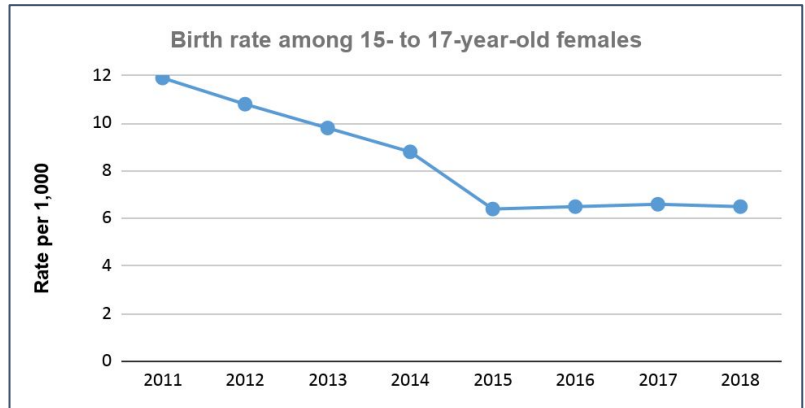


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## Why is adolescent health important to Iowans? (cont.)

In 2019, Iowa had an overall HPV vaccination series completion rate of 44.9% for adolescents ages 13-15. More females (47%) completed the vaccine series than males (43%). For more information, visit the [Human Papillomavirus](#) page of the Iowa Public Health Tracking Portal.

## How do we measure our progress?



## What can Iowans do to help?

- Learn more about adolescent health by visiting the IDPH [Adolescent Health](#) web page.
- 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.
- Encourage annual well visits for adolescents to receive recommended immunizations and health education.
- Physicians and other health care providers can provide anticipatory guidance during the adolescent well visit.
- Advocate for policies and programs that ensure safe communities, adequate housing, adequate nutrition, mental health services and opportunities for recreation.
- Ensure that all youth programs provide adequate structure and supervision where youth feel safe, secure and a sense of belonging.
- Partner with other organizations to link youth to services that support their health, safety and well-being.

## Resources

	SFY 2019 Actual	SFY 2020 Actual	SFY 2021 Estimate
State Funds	\$0	\$0	\$0
Federal Funds	\$896,341	\$886,074	\$884,621
<b>Total Funds</b>	<b>\$896,341</b>	<b>\$886,074</b>	<b>\$884,621</b>
FTEs	2.00	1.75	2.00