

# Adolescent Health

Phone: 1-800-383-3826  
<http://idph.iowa.gov/adolescent-health>

Protecting & Improving  
the Health of Iowans



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 21% of the population in Iowa. This time of life is characterized by significant change and transition (second only to the 1<sup>st</sup> 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 protecting and improving 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 living

Strengthen the health infrastructure

Prevent epidemics & the spread of disease

## What do we do?

### Education for Adolescents

- Healthy relationships
- Adolescent development
- Adolescent well visits
- 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

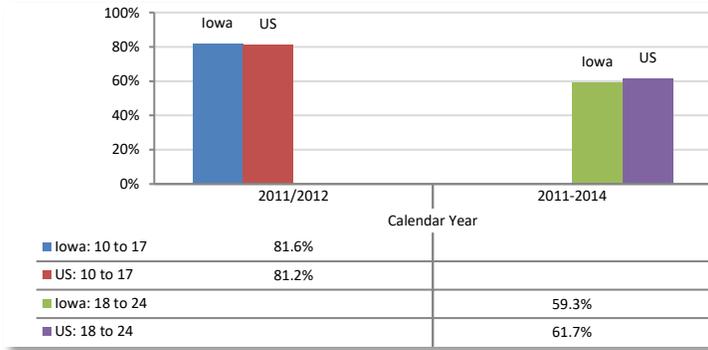
- Personal Responsibility Education Program
- Abstinence Education Grant Program

### 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, social, emotional, and spiritual well-being

## How do we measure our progress?

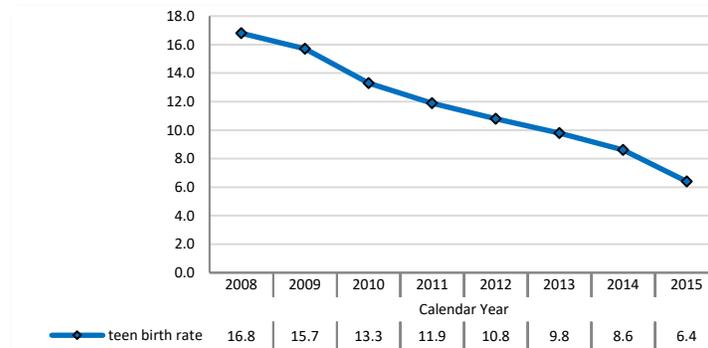
### 1 Adolescent Well Visits: Percent of 10-17 year olds who had 1 or more preventive visits in past year & percent of 18-24 year olds who had a check-up in past 12 months.



Data Source: 10-17 year olds: National Children's Health Survey 2011/2012; 18-24 year olds: Behavioral Risk Factor Surveillance Survey, 2011-2014.

**How are we doing?** The percentage of adolescents ages 10-17 receiving a well-visit in 2011-2012 in Iowa (81.6%) is similar to the national average (81.2%), whereas the 2011-2014 percentage of young adults ages 18-24 receiving a well-visit in Iowa (59.3%) is below the national average (61.7%).

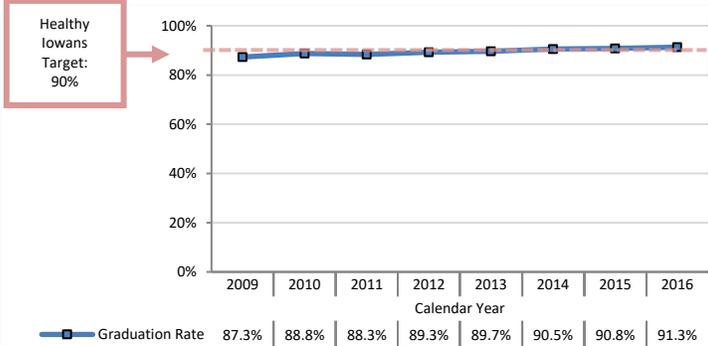
### 2 Number of births to teens ages 15 to 17 (per 1,000 females ages 15 to 17).



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

**How are we doing?** In 2015, the teen birth rate in Iowa for females' age 15-17 years was 6.4 per 1,000.

### 3 Percent of Iowa high school students who graduate in four years.



Data Source: Iowa Department of Education.

**How are we doing?** The Class of 2016 statewide graduation rate has increased to 91.3 percent, up from 90.8 percent for the Class of 2015.

## What can Iowans do to help?

1. Learn more about adolescent health by going to <http://idph.iowa.gov/adolescent-health>.
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 annual well visits for adolescents to receive recommended immunizations and health education.
4. Encourage young people to visit the adolescent health website by going to [www.IAMincontrol.org](http://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 2015 Actual	State Fiscal Year 2016 Actual	State Fiscal Year 2017 Estimate
State funds	\$0	\$0	\$0
Federal funds	\$788,561	\$825,226	\$970,499
<b>Total funds</b>	<b>\$788,561</b>	<b>\$825,226</b>	<b>\$970,499</b>
FTEs	2.10	2.02	2.00

**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.