



# Healthy People 2020: Child and Adolescent Health Indicators

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# Outline

- Healthy People
- Why focus on child and adolescent health?
- Child and adolescent health objectives (some data)
- Emergent topics
- Programs and policies that work
- Wrap up/next steps





# Healthy People 2020

- A national agenda that communicates a vision for improving health and achieving health equity
- Creates a comprehensive strategic framework uniting health promotion and disease prevention issues under a single umbrella
- A set of science-based, measurable objectives with targets to be achieved by the year 2020
- Requires tracking of outcomes to monitor, motivate, guide, and focus action

# Evolution of the Healthy People Program

Target Year	1990	2000	2010	2020
				
<b>Overarching Goals</b>	<ul style="list-style-type: none"> <li>• Decrease mortality for infants – adults</li> <li>• Increase independence among older adults</li> </ul>	<ul style="list-style-type: none"> <li>• Increase span of healthy life</li> <li>• Reduce health disparities</li> <li>• Achieve access to preventive services</li> </ul>	<ul style="list-style-type: none"> <li>• Increase quality and years of healthy life</li> <li>• Eliminate health disparities</li> </ul>	<ul style="list-style-type: none"> <li>• Attain high-quality, longer lives free of preventable disease</li> <li>• Achieve health equity; eliminate disparities</li> <li>• Create social and physical environments that promote good health</li> <li>• Promote quality of life, healthy development, healthy behaviors across life stages</li> </ul>
<b># Topic Areas</b>	15	22	28	42

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This is new!



# Healthy People 2020: New Topic Areas

- Life stages
  - Adolescent health, early and middle childhood, older adults
- Blood disorders and blood safety
- Dementia, including Alzheimer's disease
- Genomics
- Global health
- Healthcare-associated infections
- LGBT health
- Preparedness
- Health-related quality of life and well-being
- Sleep health
- Social determinants of health

# HP 2020: Why Early and Middle Childhood?

- Early childhood represents the period when young children reach developmental milestones that include
  - Emotional regulation and attachment
  - Language development
  - Cognitive development
  - Motor skills
- All of these milestones can be significantly delayed when young children experience inadequate caregiving, environmental stressors, and other negative risk factors



# HP 2020: Why Adolescent Health?

- Profound time of change
- Natural risk taking
- New behaviors are tried out
- Public health and social problems take root or worsen





# Adolescent Public Health and Social Concerns

- Motor vehicle crashes
  - Texting and driving
- Substance use and abuse
- Smoking (including e-cigarettes)
- Homicide and Suicide
- Sexually Transmitted Infections and Teen Pregnancy
- Homelessness
- Bullying (including cyberbullying)
- Eating disorders
- Violence



Image Source: Valentine Ottone via Flickr. Creative Commons

# External/Environmental Influences

- Because they are in developmental transition, children, adolescents and young adults are sensitive to influences that can either support or challenge their health and well-being
  - Family
  - Peer group
  - School
  - Neighborhood
  - Policies
  - Television (early and middle childhood), social media (adolescents)
- Supports that facilitate positive development and healthy behaviors helps to ensure a healthy and productive future adult population

# Positive Development

- Physical Needs
- Emotional Needs
- Social Needs
- Intellectual Needs
- Spiritual Needs
- Creative Needs

# Positive Development

- Physical Needs: The need for air, water, sleep, exercise, and food
- Emotional Needs: The need for praise, love, trust, security, feeling OK inside, and self-fulfilled.
- Social Needs: The need for companionship and friendship. This is usually gained from a peer group.
- Intellectual Needs: The need for challenging thoughts, reading, learning something new, and mind stimulation.
- Spiritual Needs: The quiet need inside that wants to know and believe in a higher power than ourselves. This need increases our awareness and sensitivity to the greater aspects of life.
- Creative Needs: The need to express yourself in any manner you desire. This can include the arts, dancing, acting, and writing - almost anything that allows you to feel imaginative and inspired.

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# Emotional and Social Needs: Bullying and School Environment

- The school social environment affects students' attendance, academic achievement, and behavior
- A safe and healthy school environment promotes student engagement and protects against risky behaviors and dropping out







# Emotional and Social Needs: Neighborhood Safety

- Adolescents growing up in distressed neighborhoods characterized by concentrated poverty are at risk for a variety of negative outcomes
  - poor physical and mental health
  - delinquency
  - risky sexual behavior





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# HP 2020 Workgroups

- Included members from public and private sectors
- Received external stakeholder input to rate the draft child, adolescent & young adult HP 2020 objectives
  - Substantive importance
  - Proportion of young people affected
  - How compelling the issue is
  - Sufficient specificity to allow focused actions
  - Contribution to the set as a whole
- Strengths of new objectives
  - Fill gaps not covered by categorical topic areas
  - Assist public health to reach out to partners in other sectors for working on mutual issues important to the health, safety & well-being of young people

# Healthy People 2020 Goal

Improve the healthy development, health, safety, and well-being of adolescents and young adults.

# Adolescent objectives target...

- Physical health
- Emotional and mental health
- Social health and community participation
- Education
- Safety in schools
- Violent crime



# Adolescent Health Objectives

- Adolescent wellness check-up
- Extra-curricular & afterschool activities (Michigan 84.2% vs. HP2020 90.6%)
- Adolescent-adult connection
  - Adult in life whom they can talk to (Michigan 77.1% vs HP2020 83.2%)
  - Parental participation in events & activities (Michigan 84.5% vs HP2020 90.3%)
- Transition to self-sufficiency from foster care

Source: HealthyPeople.gov

<https://www.healthypeople.gov/2020/topics-objectives/topic/Adolescent-Health>

National Survey of Children's Health (NSCH), 2011-2012 data

National Survey on Drug Use and Health (NSDUH), 2010-2013 data

National Survey of Children's Health (NSCH), 2011-2012 data

HealthyPeople.gov



# Adolescent Health Objectives

- Educational achievement
  - On-time high school graduation
  - Graduation for students served under the Individuals with Disabilities Education Act (IDEA)
  - Reading skills (4<sup>th</sup>, 8<sup>th</sup>, 12<sup>th</sup> grades)
  - Arithmetic skills (4<sup>th</sup>, 8<sup>th</sup>, 12<sup>th</sup> grades)
  - Meaningfulness of school work (MI 26.6% vs HP2020 29.0%)
  - School absenteeism
- School breakfast program
- Illegal drugs on school property (MI 23.8% vs. 20.4%)
- Student safety at school as perceived by parents (MI 91.4% vs HP2020 95.0%)



Source: HealthyPeople.gov

<https://www.healthypeople.gov/2020/topics-objectives/topic/Adolescent-Health>

National Survey on Drug Use and Health (NSDUH), 2010-2013 data

Youth Risk Behavior Surveillance System (YRBSS), 2013 data

National Survey of Children's Health (NSCH), 2011-2012 data

HealthyPeople.gov





# Adolescent Health Objectives

- Student harassment related to sexual orientation & gender identity  
(Michigan 89.4% vs HP2020 92.2%)
- Serious violent incidents in public schools
- Youth perpetration of & victimization by
  - Minor & young adult perpetration of violent crimes
  - Minor & young adult perpetration of serious property crimes
  - Youth gang activity
  - Victimization from crimes of violence





# Healthy People 2020 Goal

Document and track population-based measures of health and well-being for early and middle childhood populations over time in the United States.

# Early and middle childhood objectives target...

- School readiness
- Positive parenting
- Sleep
- Health Education
- ADHD Treatment



# Early and Middle Childhood Objectives

- Children who are ready for school in 5 domains
  - Physical development
  - Social-emotional development
  - Approaches to learning (engagement, motivation and participation)
  - Language
  - Cognitive development
- Parents who use positive parenting
  - Close relationship with child
  - Children whose parents talk and share ideas with them (MI 70.4% vs HP2020 76.8%)
  - Children whose parents read to them every day (MI 47.9% vs. HP2020 52.6%)
  - Children whose doctor asked their parents about concerns regarding the child's development (MI 51.8% vs HP2020 52.8%)

# Early and Middle Childhood Objectives

- Quality of sleep
- Schools require school health education
  - Staff who teach health education have undergraduate or graduate training in health education
  - Staff who teach health education are certified, licensed or endorsed by State in health education
  - Cumulative health education instruction that meets US National Health Education Standards
  - Staff have professional development on teaching behavior change within past 2 years
- Treatment for ADHD

# Availability of Data

- National Vital Statistics System
- Department of Education's Common Core of Data
- Surveillance systems with a national sampling frame (e.g., NHIS, NHANES, NSFG)
- Surveillance systems with a state-based sampling frame (e.g., YRBSS, NSCH, NSCSHCN)
- School based health center performance data!

# Data Limitations

- Limitations to nationally ability to capture data on sub-groups of adolescents at high risk for negative health outcomes:
  - Demographically defined (poverty level)
  - Legally defined (foster care youth, incarcerated youth)
  - Medically defined (chronic illness, eating disorders)
  - Other special populations (homeless, pregnant and parenting, immigrant)

# Emerging topics the field of child and adolescent health

- Increasing diversity
  - Requires cultural responsiveness to health care needs and sharpened attention to disparate health and academic outcomes among special populations
- Increased focus on the use of positive youth development interventions for preventing negative health outcomes
  - Intentional process of providing all youth with the support, relationships, experiences, resources, and opportunities needed to become successful and competent adults
  - Growing evidence that well-designed youth development interventions can lead to positive outcomes



# Policies and Programs that Work

- Requirements of Effective Strategies: Comprehensive
- Well-funded and sustained across time
- Multi-sectoral (health, education, youth development, labor, housing, juvenile justice)
- Multi-level approaches (national, state, local) are implemented simultaneously
- Policies and programs are tailored to developmental age, cultural norms, geographic variation, economic status

# Child and Adolescent Health Policies and Programs that Work

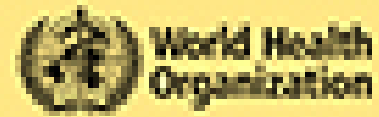
- Graduated driver licensing programs
- Smoking bans and taxes
- Evidence-based teen pregnancy prevention programs
- Mental health and substance abuse interventions
- HIV prevention interventions
- School-based health centers

# Child and Adolescent Health Centers

- Promote the health of children, adolescents and their families by providing important primary, preventative and early intervention health care services.
- The CAHC program served over 30,000 clients in FY15
- While CAHCs are open to any student in the school or community in which they are located, they frequently serve the most vulnerable, at-risk youth who are often lacking resources, support or both.



## MAKING HEALTH SERVICES ADOLESCENT-FRIENDLY



**ADOLESCENTS ARE UNIQUE.  
THEY NEED QUALITY HEALTH SERVICES THAT RECOGNIZE THIS**

I want to have a say in decisions  
about my health

I don't want my parents to know

Please respect my privacy

Don't treat me like a child



# Role of Child and Adolescent Health Centers



Image source: Indiana Public Media via Flickr.  
Creative Commons

- Provide access to care
- Provide screenings and treatment
- Assess risk
- Health education and promotion
- Collaborate with providers and organizations to help young people get the care and services they need
- Listen to their clients' stories, and go above and beyond routine care

Source: HRSA.gov  
<http://www.hrsa.gov/ourstories/schoolhealthcenters/>

# CAHCs are associated with a range of health benefits

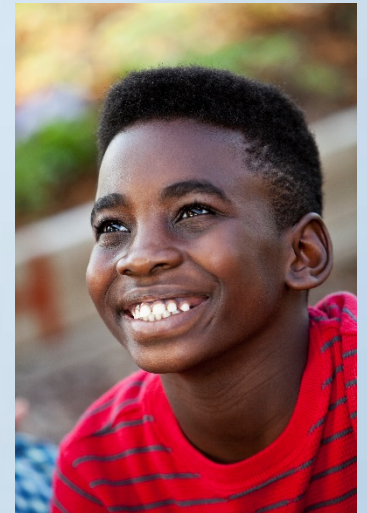
- The findings from the Michigan Evaluation of School-based Health (MESH) study indicate that the presence of CAHCs in schools was associated with health benefits for the entire student population, such as:
  - less physical discomfort
  - less emotional discomfort
  - higher self-esteem
  - engaging in fewer individual risks
  - fewer threats to achievement
  - fewer negative peer influences





# CAHCs are associated with a range of health benefits

- In addition, the use of CAHC services was associated with health benefits for students who received services. Benefits included:
  - greater satisfaction with health
  - greater self-esteem
  - less physical discomfort
  - engaging in more physical activity
  - eating more healthy foods
  - greater family involvement
  - more active social problem-solving skills
- Taken together, these findings suggest that CAHCs are an important component of school environments that support student health, whether students directly use CAHC services or not.





# Where to go in the future

- Set child and adolescent time period as a priority
  - Youth development
  - Create social and physical environments that promote health
- Community policies in place that support interventions that need to happen
- Families, schools, and communities all need to work together to create an environment that facilitates healthy development of children and adolescents

# Thank you, and enjoy the conference!!

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