

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.



World Health Organization

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### Leading Health Indicators

*Ten Major Public Health Issues*

- Physical activity
- Overweight and obesity
- Tobacco use
- Substance abuse
- Responsible sexual behavior
- Mental health
- Injury and violence
- Environmental quality
- Immunization
- Access to health care

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Healthy People, 2010  
National Health Objectives  
21 Critical Adolescent Objectives

- reduce deaths by motor vehicle crashes
- reduce deaths & injuries from substance abuse related vehicle crashes
- reduce proportion who rode with drunk driver
- increase use of safety belts
- reduce homicides
- reduce physical fighting
- reduce weapon carrying on school property
- reduce past-month use of illicit substances
- reduce proportion binge drinking
- reduce pregnancies
- increase proportion who abstain or use condoms

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21 Critical Objectives (continued)

- reduce number of cases of HIV infections
- reduce proportion of adolescents/young adults with chlamydia
- reduce proportion who are sad, unhappy, depressed
- reduce suicide rate
- reduce rate of suicide attempts
- increase proportion of children with MH problems treated
- reduce proportion of children & adolescents who are overweight or obese
- increase proportion of adolescents who engage in vigorous physical activity
- reduce tobacco use
- reduce deaths of adolescents and young adults

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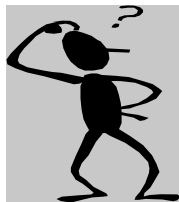
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**How healthy are adolescents?**



- Mortality?
- Morbidity?
- Risk & health behaviors?
- Service utilization?
- Subjective sense of well-being?
- Quality of social & physical environments?

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# Mortality

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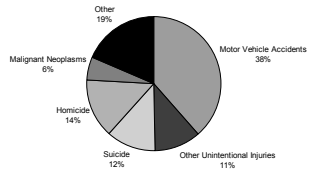
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Leading Causes of Mortality, Ages 15-19, 2000



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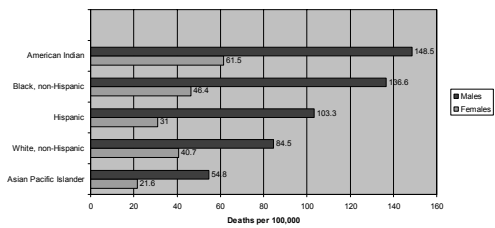
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Mortality by Race/Ethnicity and Gender, Ages 15-19, 2000



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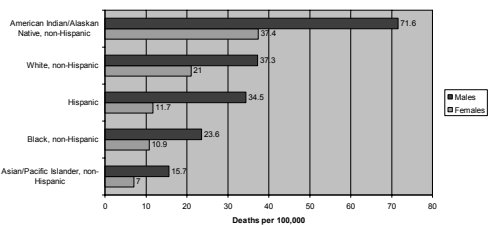
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Motor Vehicle Accidents Mortality by Race/Ethnicity and Gender, Ages 15-19, 2000




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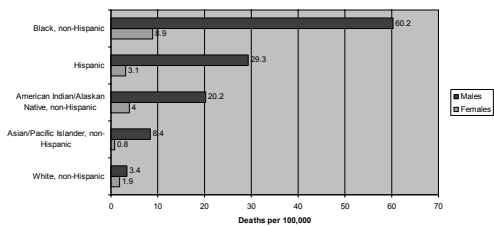
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Homicide Rates by Race/Ethnicity and Gender, Ages 15-19, 2000




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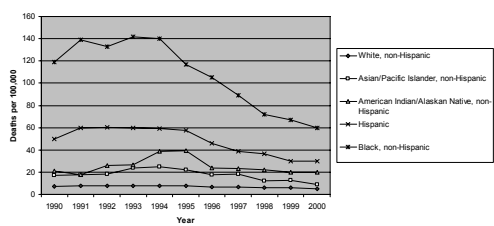
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Male Homicide Trends by Race/Ethnicity, Ages 15-19, 1990-2000




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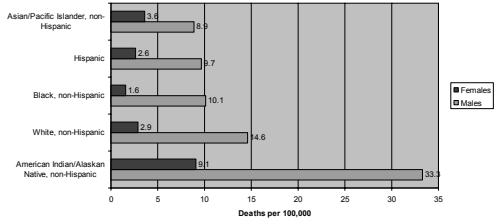
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Suicide Rates by Race/Ethnicity and Gender, Ages 15-19, 2000



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## Morbidity

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## STIs

3 million teens contract one or more STI's annually.

*(That's more than the entire population in Arkansas)*



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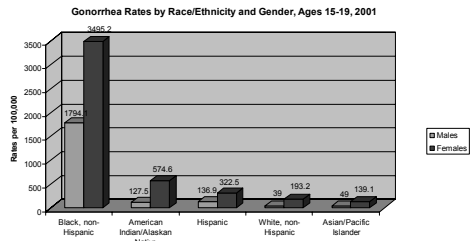
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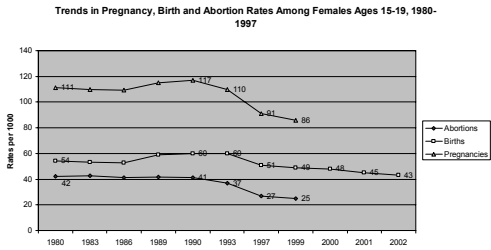
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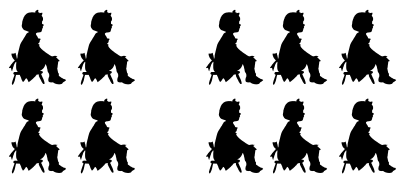
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**Four in ten girls get pregnant at least once before age 20.**



Source: National Campaign to Prevent Teen Pregnancy analysis of Henshaw, S.K., U.S., Teenage Pregnancy Statistics, New York: Alan Guttmacher Institute, May, 1999; and Forrest, J.D., Proportion of U.S. Women Ever Pregnant Before Age 20, New York: Alan Guttmacher Institute, 1986, unpublished.




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**3 out of 5 Latinas get pregnant at least once before age 20, compared to 2 out of 5 teen girls in the general population.**

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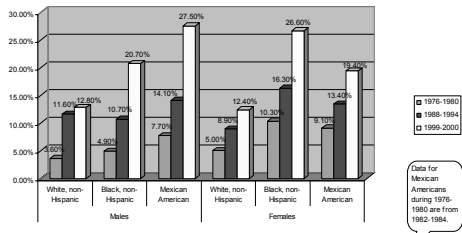
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Trends in Overweight by Race/Ethnicity and Gender, Ages 12-19, 1976-2000




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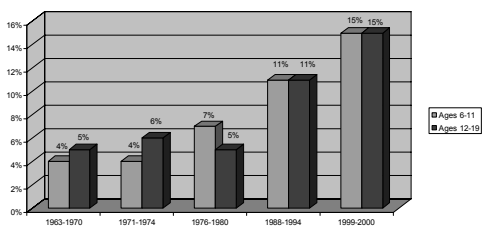
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Prevalence of overweight among children and adolescents ages 6-19 years




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## Risk Behaviors

- Sexual behaviors
- Substance use
- Fighting, weapon carrying
- Seat belt use, etc.

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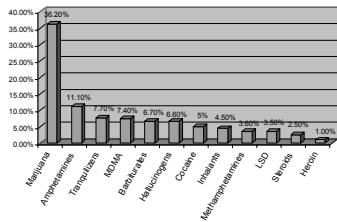


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Past-Year Illicit Drug Use, 12th Graders, 2002




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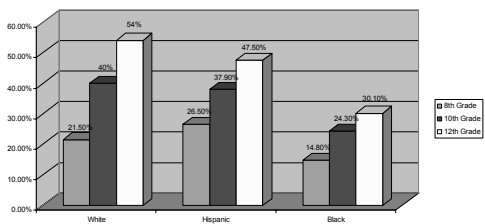


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Past Thirty-Day Alcohol Use by Race/Ethnicity and Grade Level, 2002




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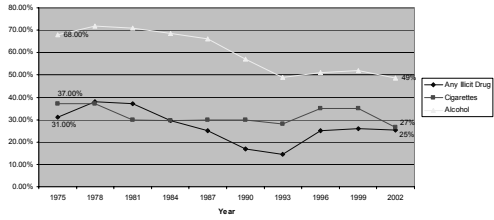


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Trends in Past Thirty-Day Substance Use, 12th Graders, 1975-2002




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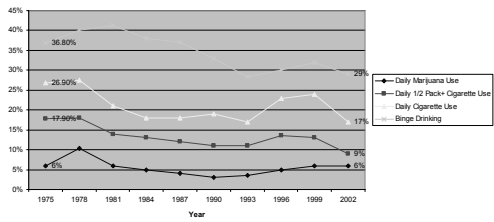
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Trends in High-Risk Use of Substances, 12th Graders, 1975-2002




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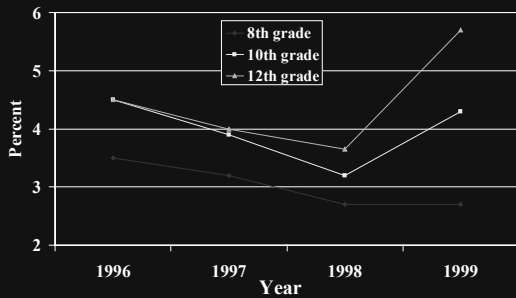
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Percent of Youths Reporting Use of Ecstasy in the Past Years, 1996-1999




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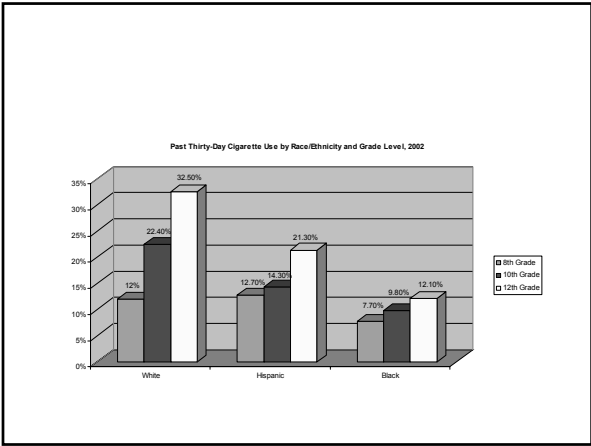
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Source: 1999 Monitoring the Future, Institute for Social Research, University of Michigan




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**Smoking**



- **3,000** teens start smoking every day
- **1,000** will die prematurely from smoking-related illness
- **1,000,000** youth become regular smokers each year
- **400,000** adults die from tobacco-related disease each year
- **few** initiate habitual smoking as adults

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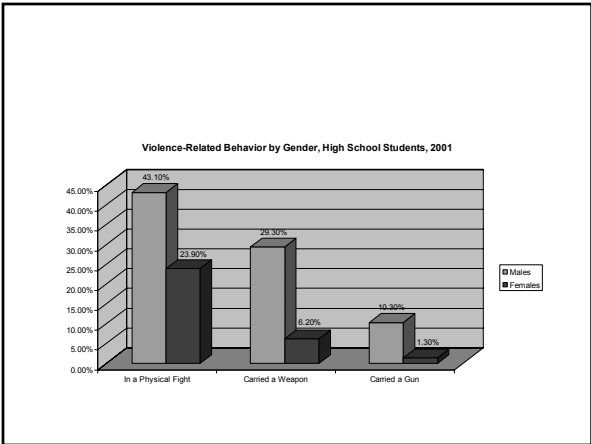
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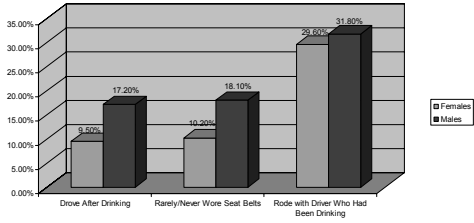
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**Injury Risk Behavior by Gender, High School Students, 2001**




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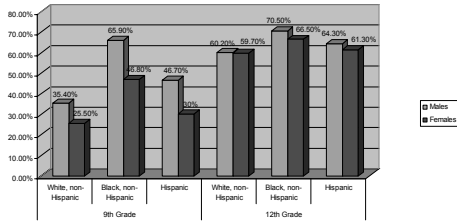
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**Sexual Intercourse Experience by Race/Ethnicity, Gender and Grade Level, 2001**




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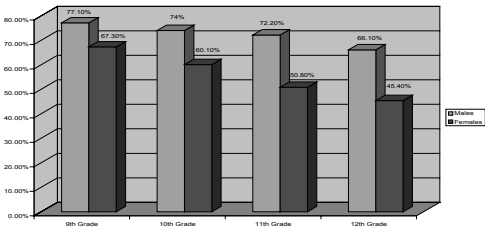
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**Vigorous Physical Activity by Grade Level and Gender, 2001**




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## Service Utilization



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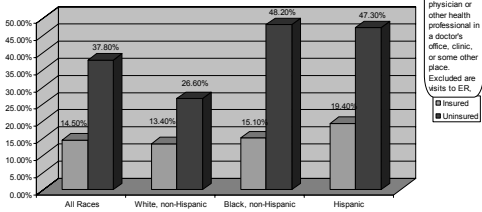
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No Health Care Visit in the Past 12 Months by Insurance Status and Race/Ethnicity  
Ages 10-19, 1997



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## Subjective Sense of Well-being

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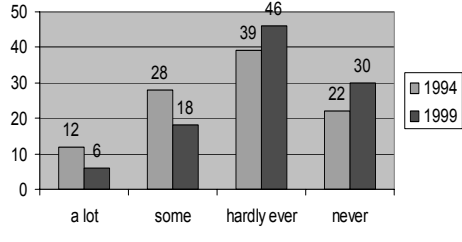
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### % 13-17 year olds who worry about being a crime victim, 1999



N.Y. Times/CBS News, October 1999

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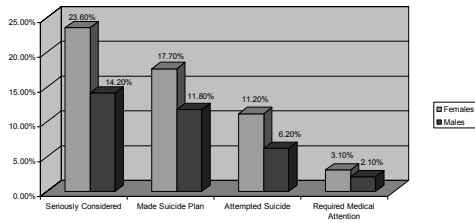
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### Suicidal Ideation and Non-Lethal Behavior by Gender, High School Students, 2001




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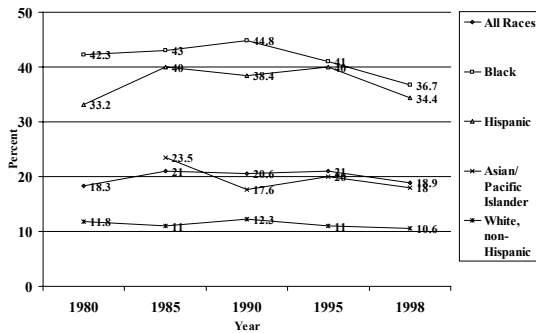
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### Percent in Poverty by Race/Ethnicity, Under Age 18, 1980-1998



SOURCE: National Adolescent Health Information Center. U.S. Census Bureau, 1998.

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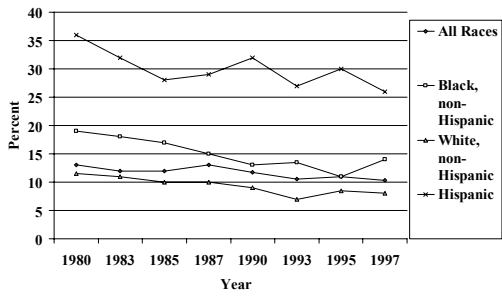
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High School Drop-Out Rates, Ages 16-24, 1997



SOURCE: National Adolescent Health Information Center. NCES, 1999.

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