

Improving the Health and Well-Being of Adolescent and Young Adult Health through System Transformation

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Special Thanks to UCSF Colleagues:

Dr. Sally Adams

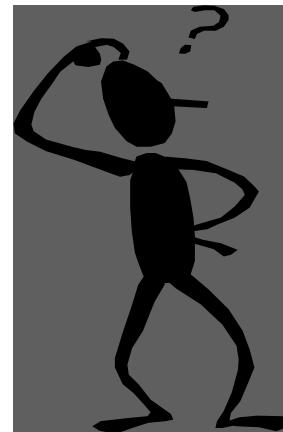
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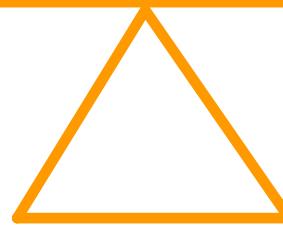
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The Opposing Perceptions of Adolescence

Negative
Transitional Period
in Life Cycle

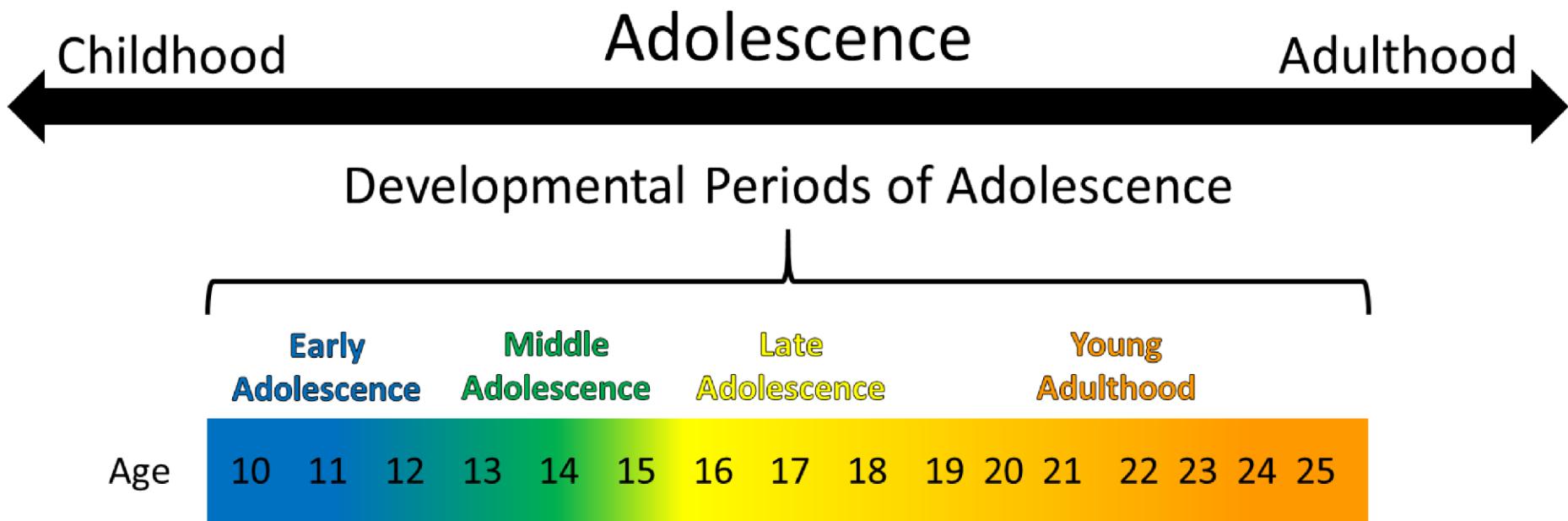


Period of Optimal
Physical Health

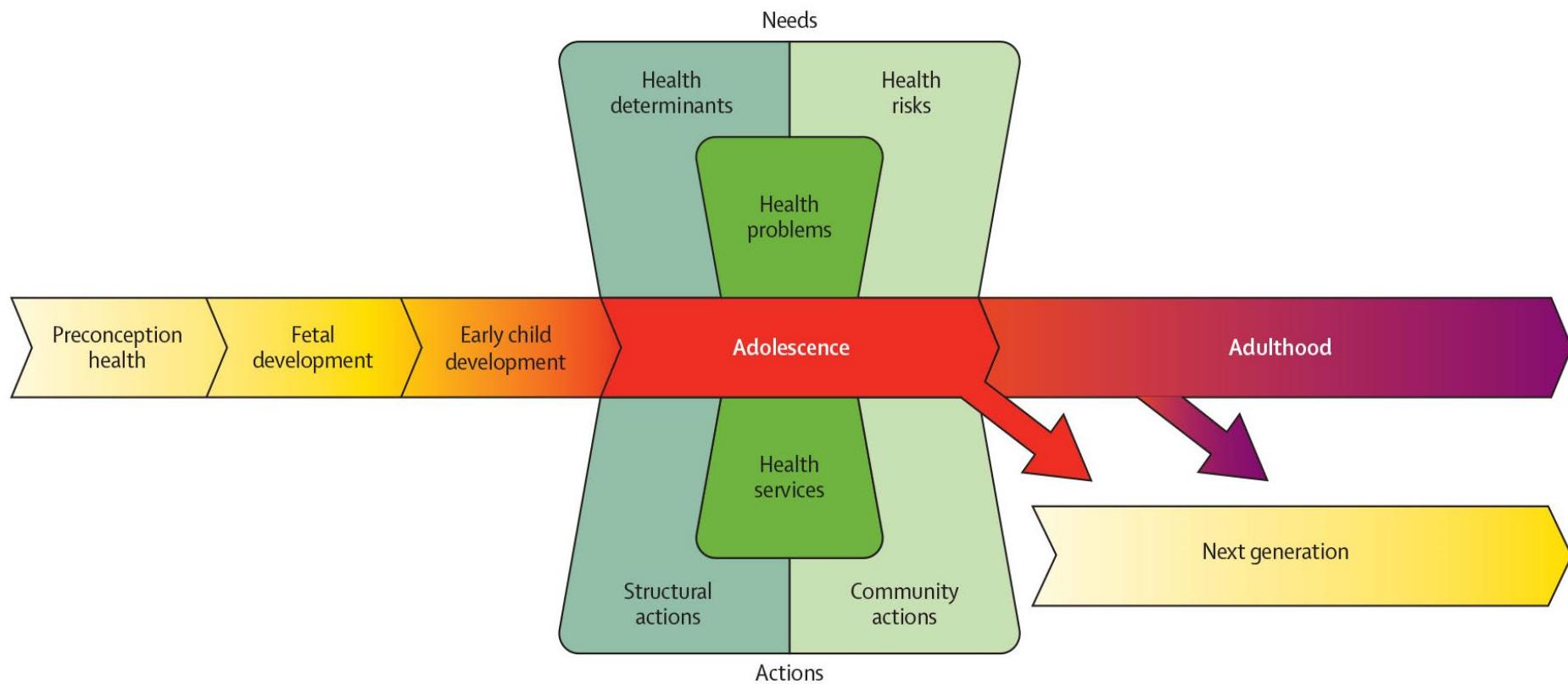


Adolescent Health

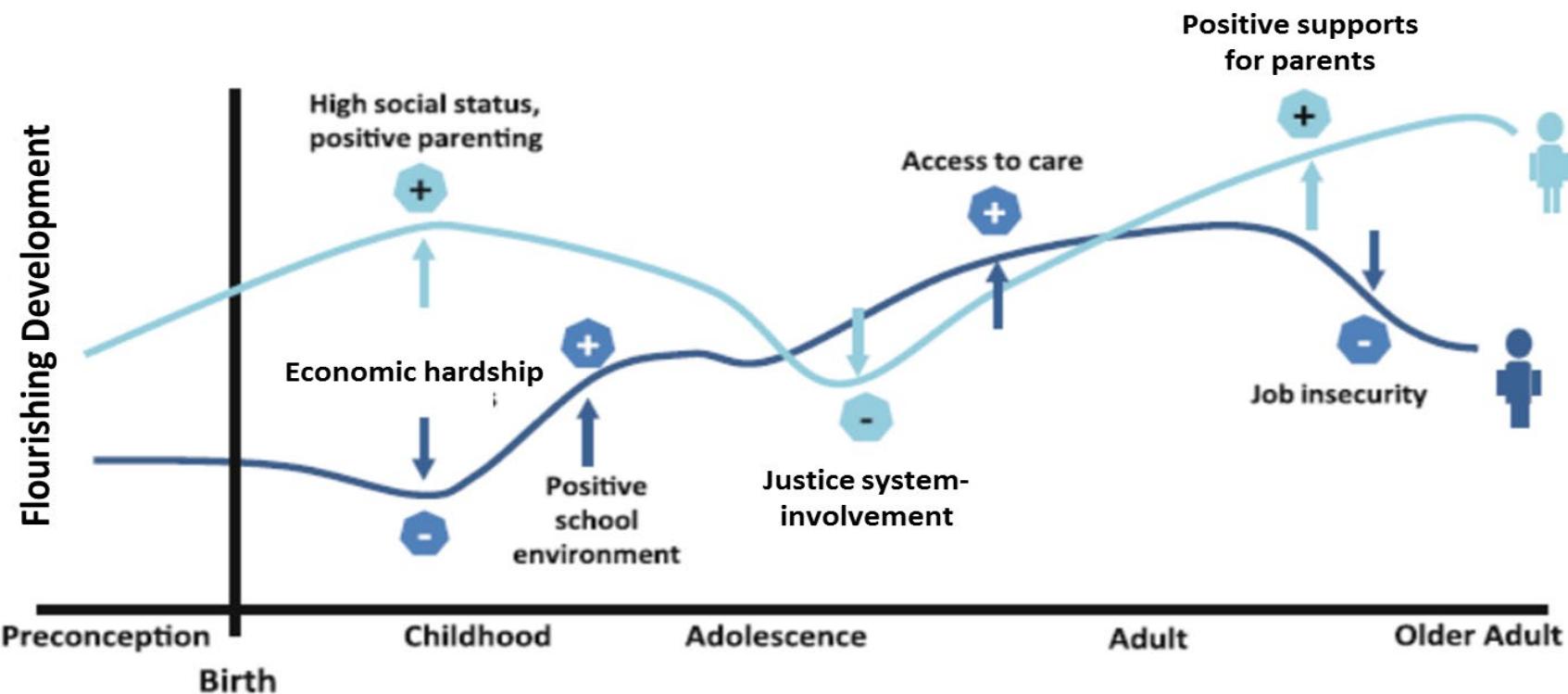
Defining Adolescence



Conceptual Framework for Defining Health Needs and Actions in Adolescent and Young Adults



Interplay between Biology and Environment



Protective factors in the environment – such as supportive relationships with family and caretakers, and access to resources – support positive trajectories, while harmful experiences may lead to at-risk or poor trajectories.

U.S. Adolescent Demographics



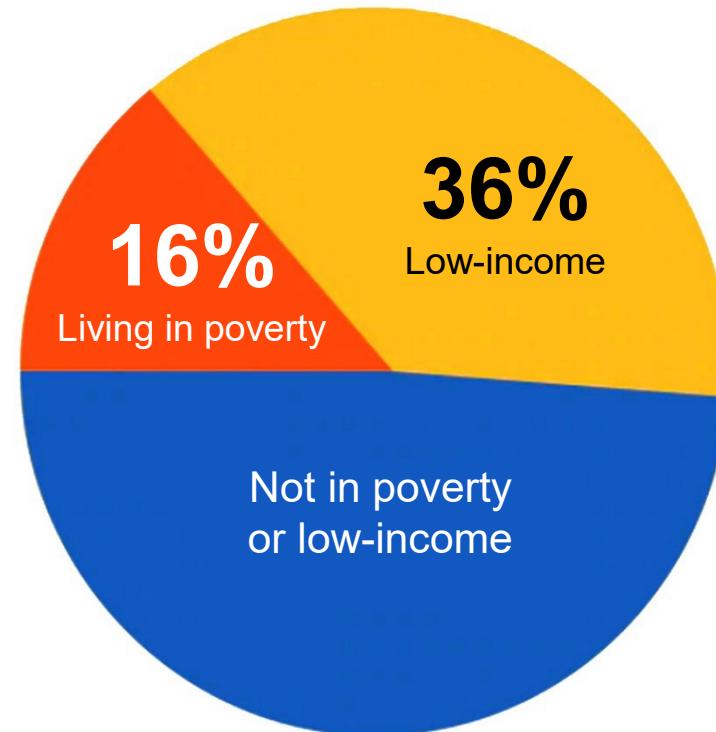
- Adolescents (aged 10-25) currently represent ~23% of the US population
- The US population (including adolescents) has become more racially and ethnically diverse
- As a whole, the US is expected to become minority majority
 - More than half belonging to a category other than non-Latino/a White by 2050

Poverty is reality for many adolescents

In 2020, 1 in 7 adolescents live in families with income below the poverty line ($\$ \leq 25,750K$);

1 in 3 lived in low-income families (less than twice the poverty level)

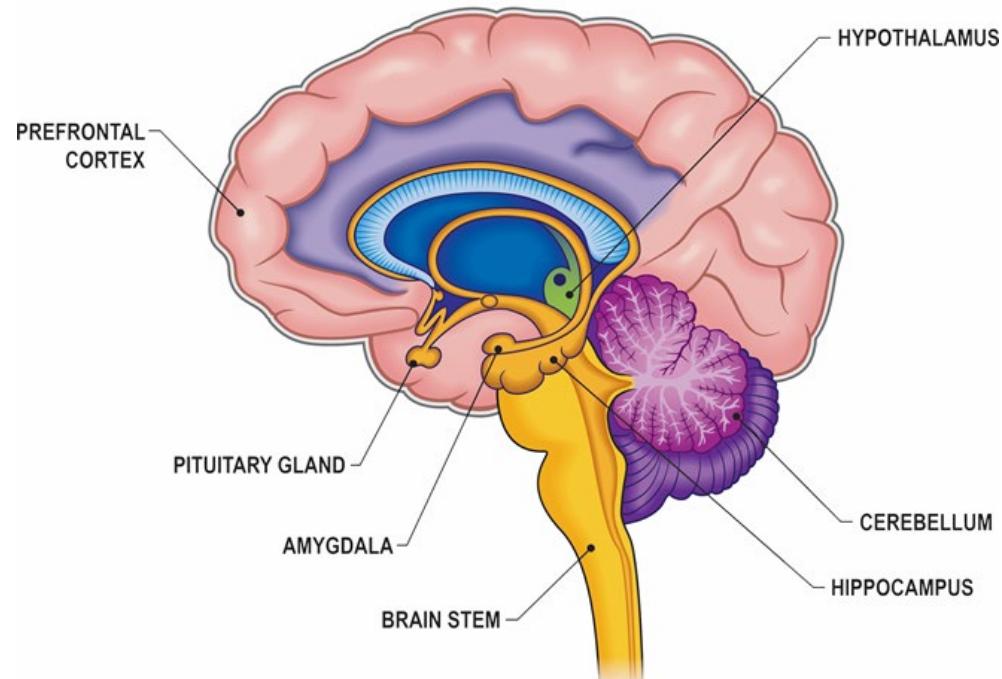
Poverty is higher for single-parent families



Source for 2019 data: U.S. Census Bureau. (2020). Current Population Survey, Annual Social and Economic Supplement, 2019. Washington, DC: U.S. Census Bureau, Population Division. Retrieved from https://www2.census.gov/programs-surveys/demo/tables/age-and-sex/2019/age-sex-composition/2019gender_table1.xlsx

Adolescent Development: Insights from Neuroscience

- Adolescents' brains have evolved to meet the needs of this critical stage
- A unique period of heightened plasticity
 - Opportunity, but also risk
- Heightened curiosity and reward sensitivity
- Strengthening executive functions



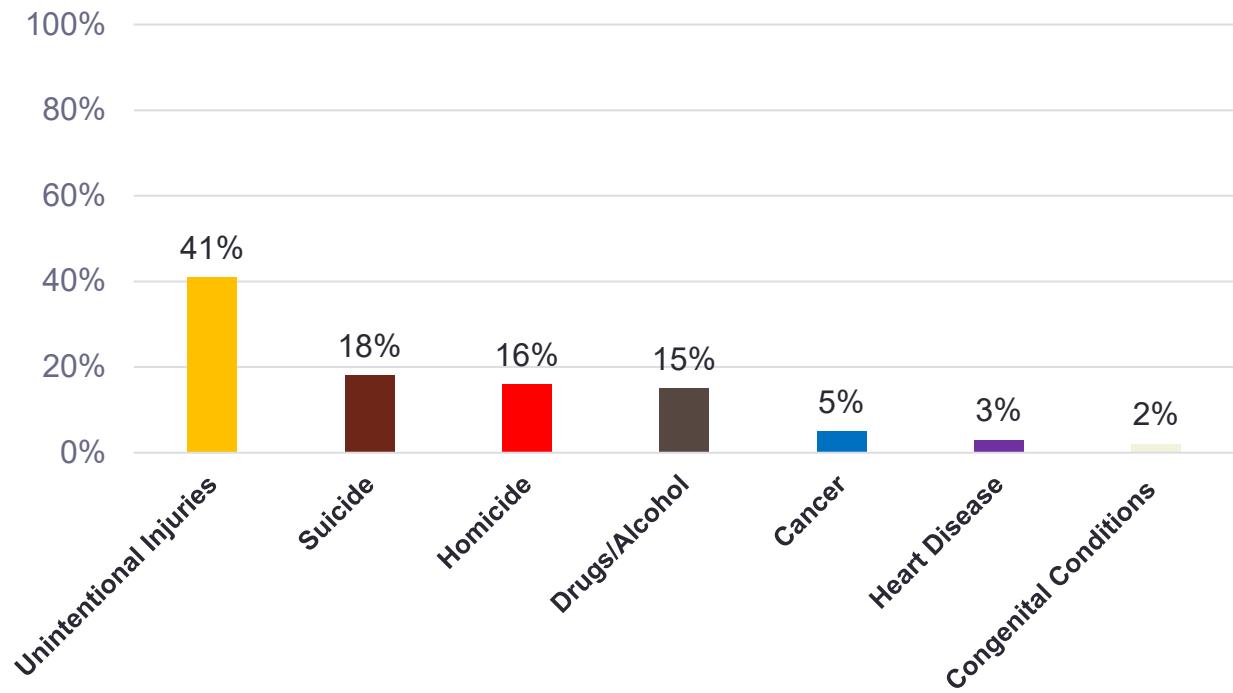
Depression

- Adolescents have reentered schools, sports teams, and community activities, post pandemic
- Rates of poor adolescent mental health remain unacceptably high with significant disparities by sex, race, and ethnicity.

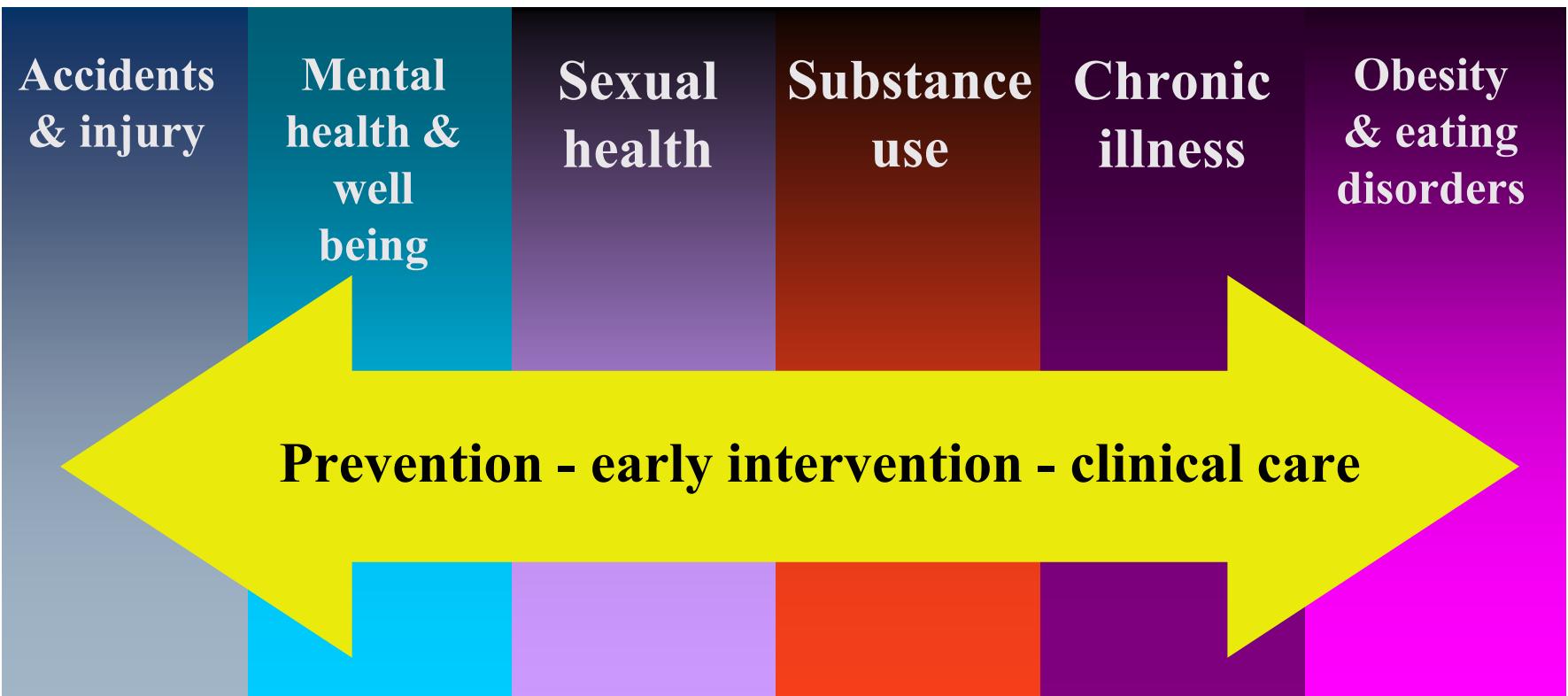


Leading Causes of Death among Adolescents

- Far too many young people die prematurely
- The causes of death among young people, aged 15-24 are mostly preventable or due to congenital conditions

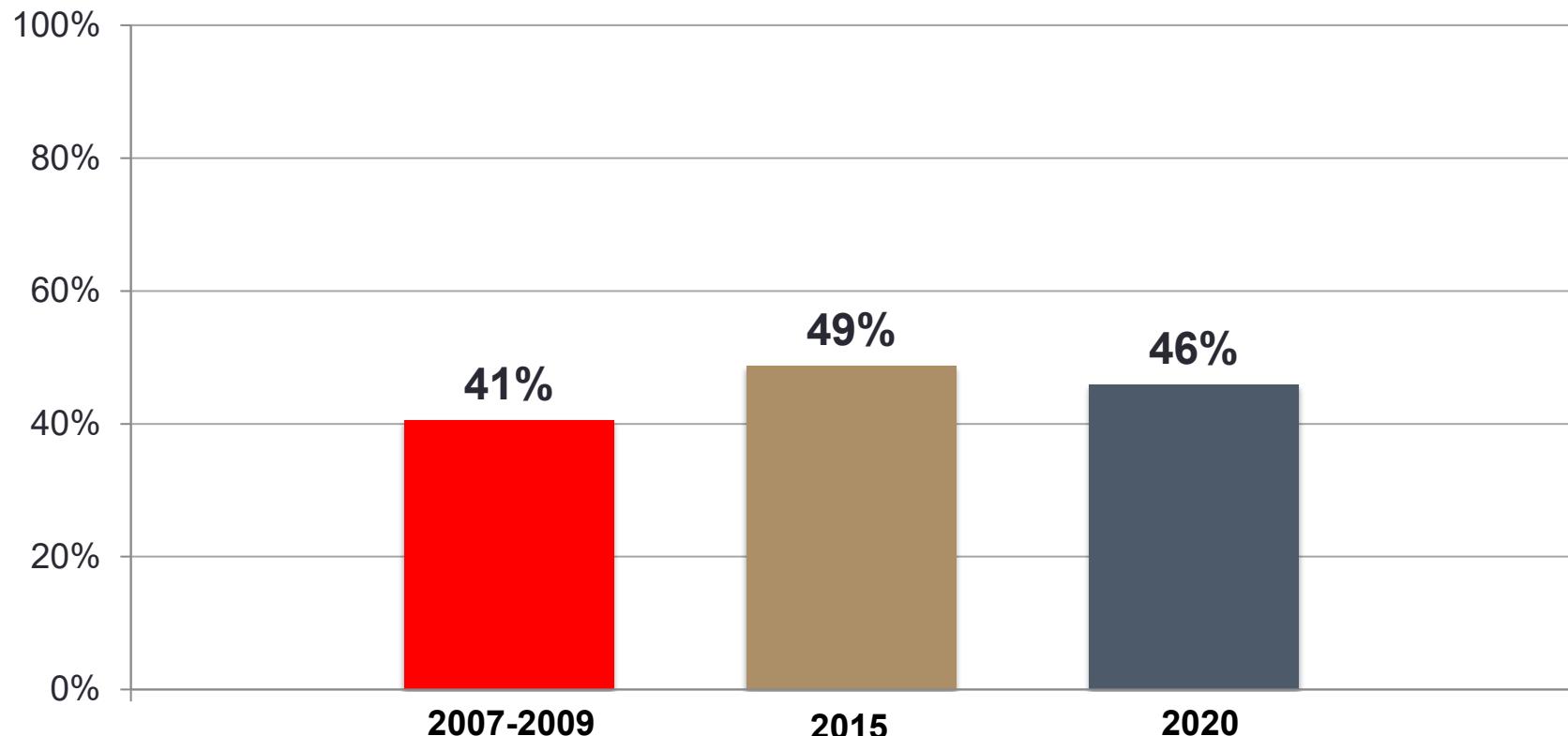


Adolescent Health



Are Teens Receiving Preventive Services?

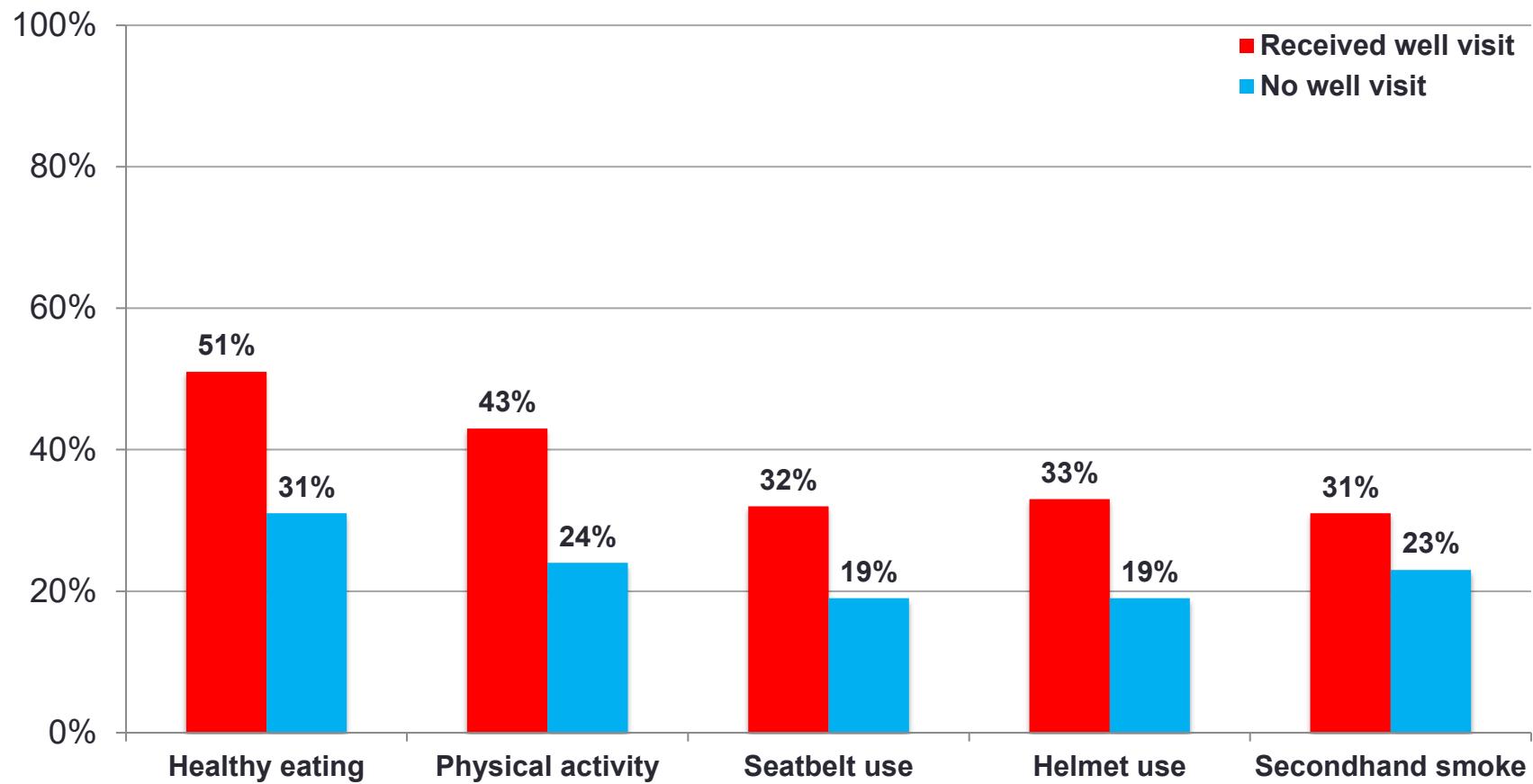
Receipt of a Well Visit by Age Ages 10-17



*All rates significantly increased

Source: Medical Expenditure Panel Survey (MEPS) (2007-09, 2015, 2020)

Receipt of anticipatory guidance among ADOLESCENTS, with a preventive visit vs. non-preventive visit, Ages 10-17

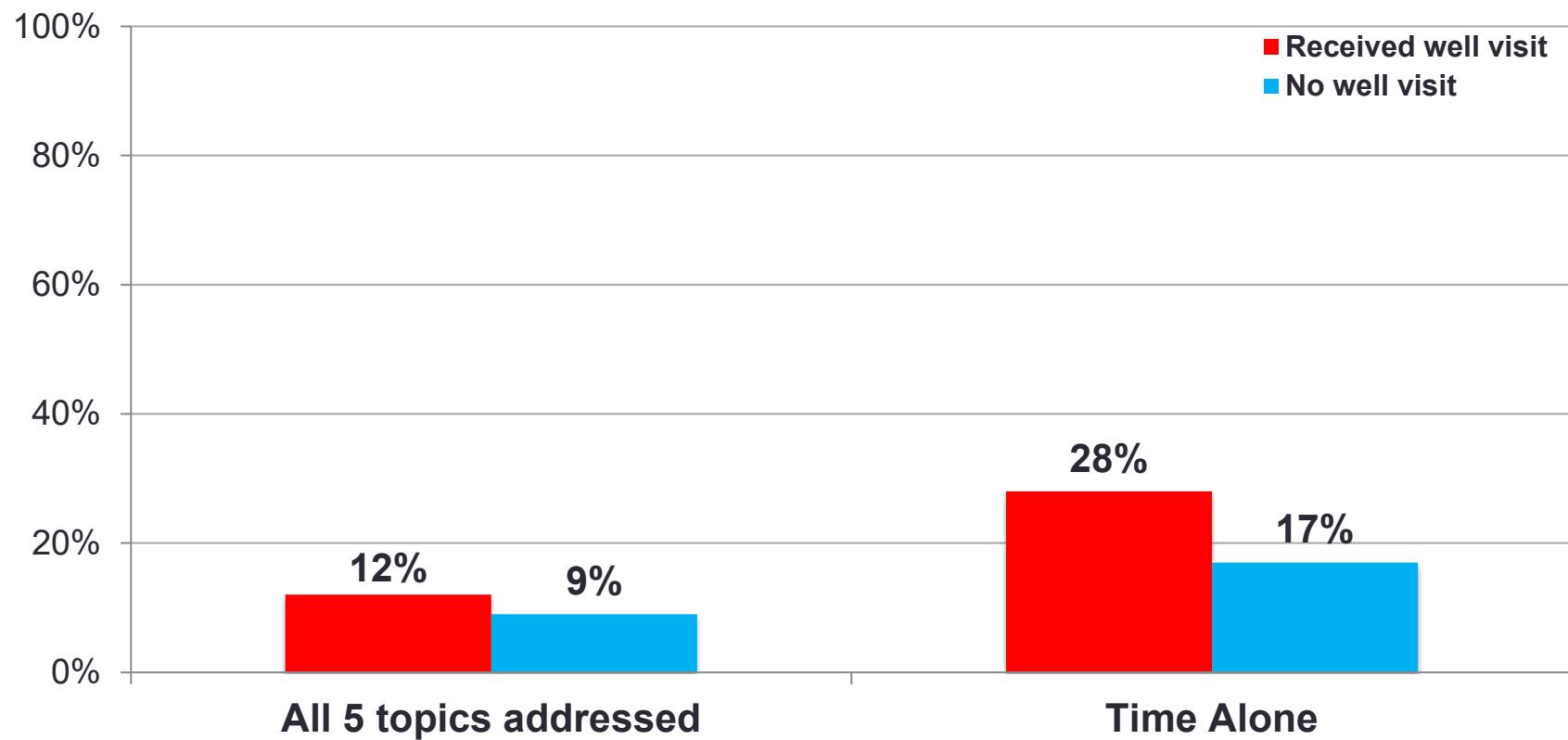


*All rates significantly higher among those with preventive visit.

Source: Medical Expenditure Panel Survey, 2020

Adams et al, JAH, in press

Receipt of anticipatory guidance (all 5) and time alone among ADOLESCENTS with a preventive visit vs. non-preventive visit, Ages 10-17



*All rates significantly higher among those with preventive visit.

Source: Medical Expenditure Panel Survey, 2020

Adams et al, JAH, in press



Time Alone is associated with higher rates of screening and discussions of sensitive topics.

It can improve adolescents' skills in navigating the clinic setting and engaging with their own healthcare.

Also, if confidential care is not assured adolescents may forgo care altogether.

Common Determinants for different behaviours

(risk  and protective  factors)

Risk & Protective factors for adolescents	Early Sex	Substance Use	Depression
A positive relationship with parents			
Conflict in the family			
A positive school environment			
Friends who are negative role models			
A positive relationship with adults in the community			
Having spiritual beliefs			
Engaging in other risky behaviours			

Adolescent
& Young Adult
Health
National Resource Center

University of California
San Francisco

NAHIC

AMCHP
ASSOCIATION OF MATERNAL & CHILD HEALTH PROGRAMS

sahrc
State Adolescent Health Resource Center

University of Minnesota

NIPN
national improvement
Partnership Network

University of Vermont

The Adolescent & Young Adult Health National Resource Center

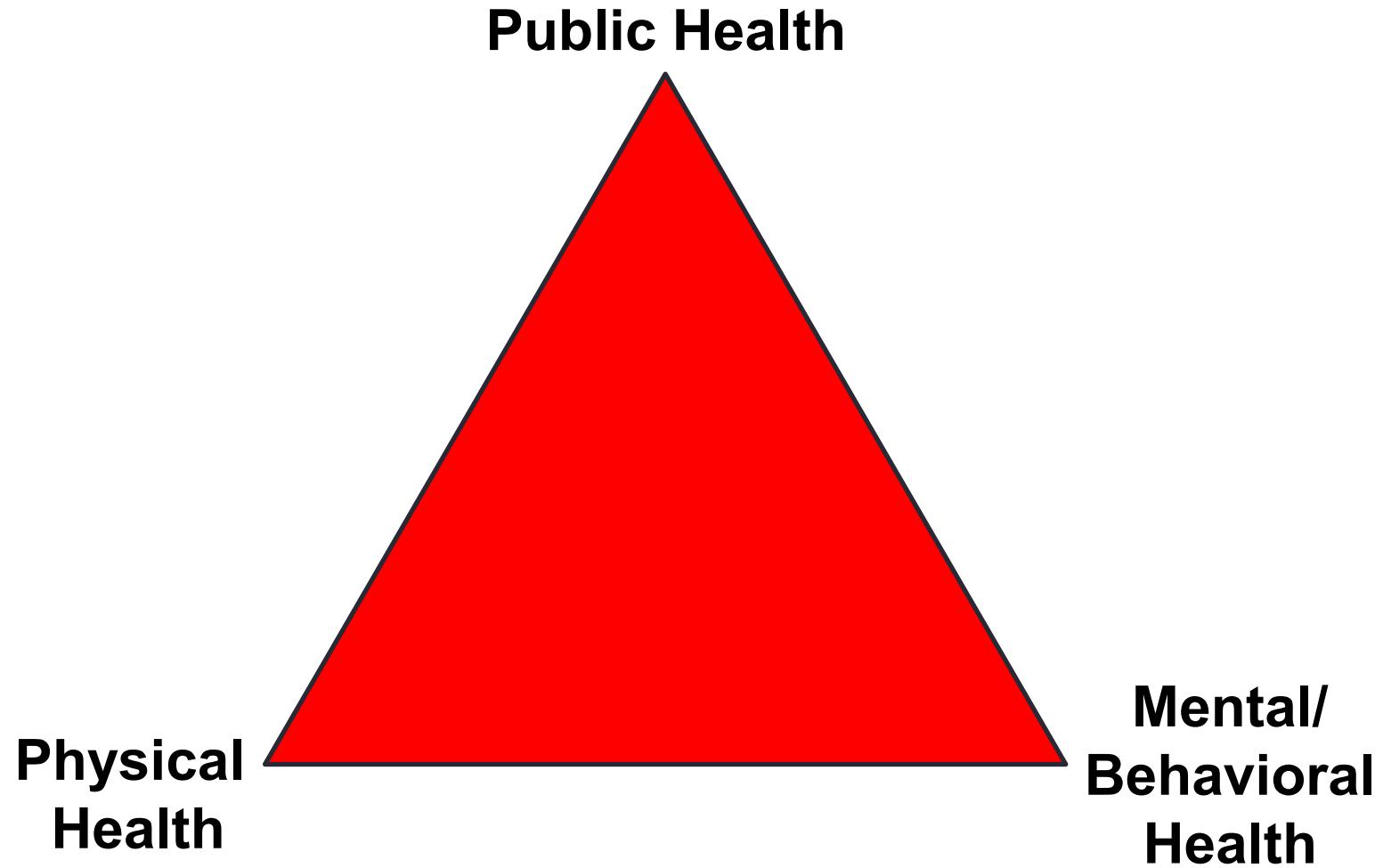


Purpose

To improve the **health of adolescent and young adults** (ages 10-25) by strengthening the capacity of **state maternal and child health (MCH) programs** and their **clinical partners** to address the needs of adolescents and young adults

<http://nahic.ucsf.edu/resource-center/>

Health Care Systems



Collaborative Improvement and Innovation Network (CoIIN): Clinical Arm

Strategy

Facilitate collaboration between Title V/public health teams and healthcare delivery system to improve health outcomes for Adolescents and Young Adults(AYAs)

Targeted recruitment by some states

- Tribal and Indian Health Services
- Rural practices

44 clinics 10 states
100,200 AYAs



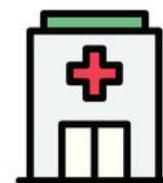
Outcomes



27% increase in screening



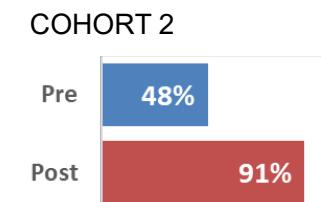
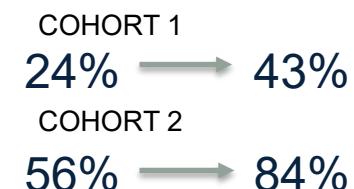
93% of depressed AYAs had follow-up plan



Follow up in primary care increased



Knowledge of mental health problems and treatment options increased



Promoting the Well-Visit to Parents

Customizable promotional materials:

1. Parent Frequently Asked Question Sheet
2. Full Infographic
3. Standalone Infographic Elements

1. **FAQ**
the adolescent and young adult well-visit
A GUIDE FOR FAMILIES

2. **do they still need a WELL-VISIT?**

3. **why?**

FAQ (1):

- What is an Adolescent Well Visit?
- What happens at a Well Visit?
- My adolescent just had a Sports Physical. Do they also need an Adolescent Well Visit?

FAQ (2):

- Why is the Well Visit important – even when an adolescent is feeling well?
- What happens at a Well Visit?
- What is an Adolescent Well Visit?
- What happens at a Well Visit?
- My adolescent just had a Sports Physical. Do they also need an Adolescent Well Visit?

FAQ (3):

- What is an Adolescent Well Visit?
- What happens at a Well Visit?
- What is an Adolescent Well Visit?
- What is an Adolescent Well Visit?
- What is an Adolescent Well Visit?

Full Infographic:

- adolescents & young adults**
- do they still need a WELL-VISIT?**
- what?**
- when?**
- where?**
- who?**

Standalone Infographic Elements:

- 1x every year**
- why?**
- when?**
- where?**
- who?**

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Future Considerations

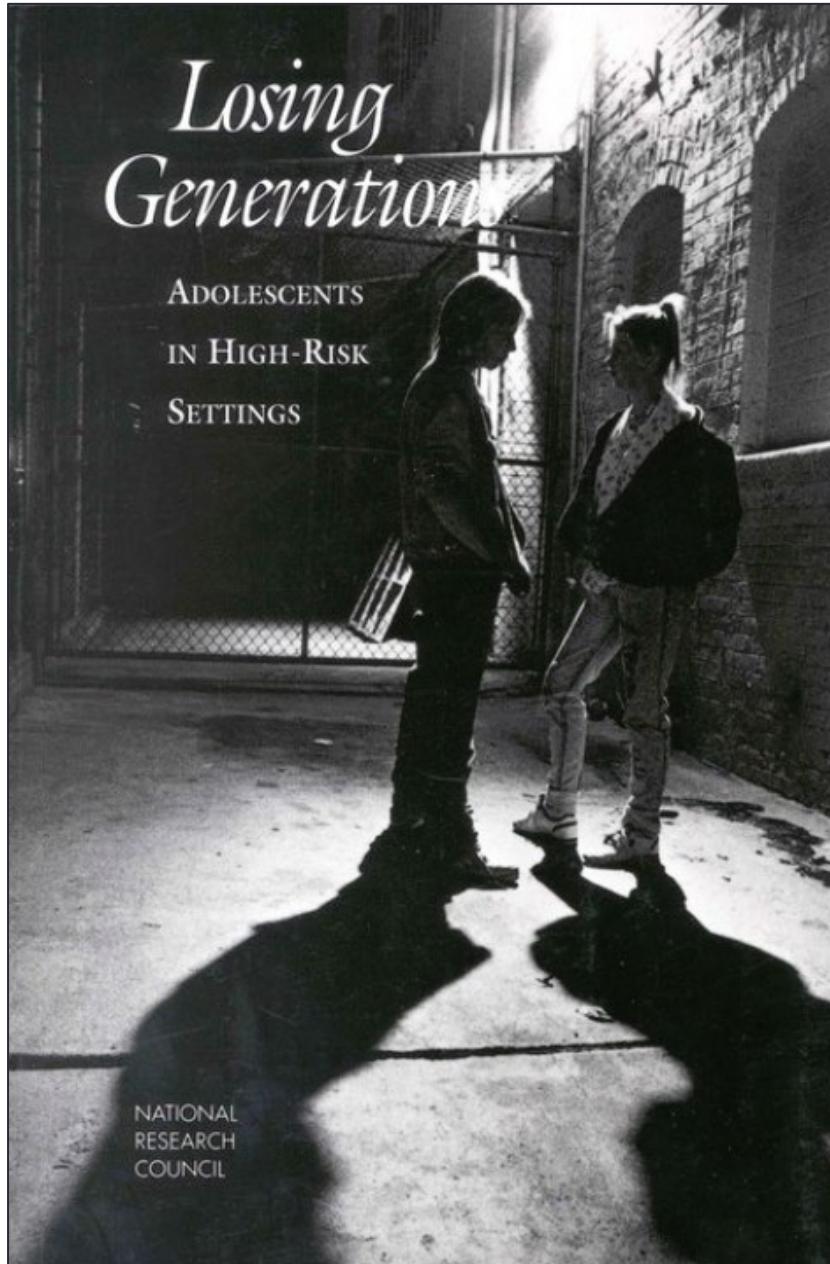
- Lifecourse approaches within a Socio-Ecological Framework
- Support for more integrated programming: need to focus on a range of problems that are often inter-related and in which similar pathways exist
- Cross-border (Health, Social and Education) collaborations funded and supported
- Support for *scaffolding approaches* that respond to the changes taking place (e.g., graduated driver's licenses; reducing access to harmful substances)
- Embrace special segments needing greater focus/investments
- Youth-voice in shaping policies and programs

Implications

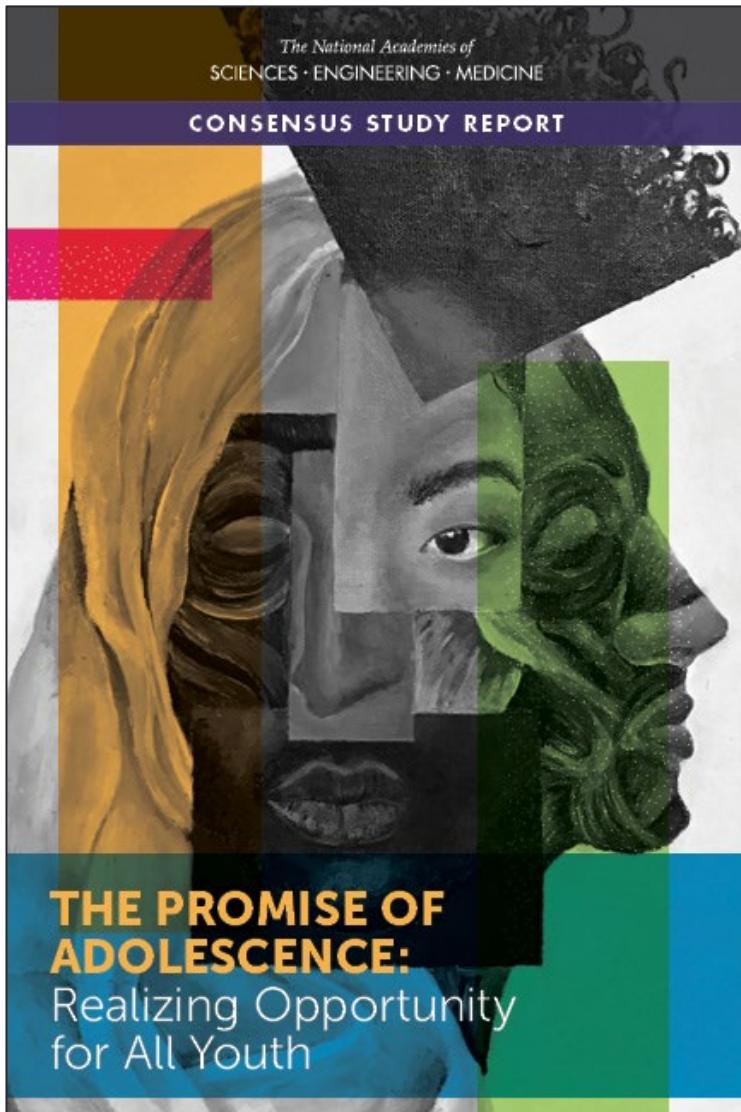
- Healthcare commitment to prevention
- Aligning funding and reimbursement
- Workforce – expansion and distribution
- Workforce Capacity Building – Especially Mental Health
- Incorporation of technology and telehealth

Losing Generations

ADOLESCENTS
IN HIGH-RISK
SETTINGS



NATIONAL
RESEARCH
COUNCIL



To read or download a copy of the report, please visit:

[www.nationalacademies.org/
adolescentdevelopment](http://www.nationalacademies.org/adolescentdevelopment)

Society for Adolescent Health and Medicine Resources

- Physical and Psychosocial Development
- Confidentiality Clinical Care Resource Guide
- Sexual and Reproductive Health Clinical Care Resource Guide
- Mental Health Clinical Care Resource Guide
- Substance Use Clinical Care Resource Guide

THINKING FORWARD

Questions?

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