

Scientific Basis

Centers for Disease Control and Prevention

- Youth Risk Behavior Surveillance System
- CDC's Guidelines for School and Community Programs

Department of Health and Human Services

- Trends in the Well-being of America's Children and Youth
- Physical Activity and Health - A Report of the Surgeon General
- The President's Council on Physical Fitness and Sports Report
- National Cholesterol Education Program
- Healthy People 2000
- National Center for Health Statistics

University of Minnesota

- Children, Youth and Family Consortium
- Protecting Adolescents from Harm: Findings from the National Longitudinal Study on Adolescent Health

University of North Carolina at Chapel Hill

- National Longitudinal Study on Adolescent Health

Personal Wellness Report: Teen Edition Executive Summary

All 7th Grade School Program - WASD, WHSD & WWSD

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WASD, WHSD & WWSD
Wayne Memorial Hospital
570-253-8422

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Introduction

This report summarizes the primary health findings for your group of students. Group health needs and risks are presented along with recommendations for health behavior change initiatives.

Top Issues Facing Your Group

These are the top health issues facing your group based on the total number of teens needing improvement in each area.

- Safety & Violence 50%
- Unhealthy eating 47%
- Inactivity 13%
- Teen Suicide 4%
- Alcohol & Drugs 3%

National Goals

This report allows you to compare your group against national health goals and averages for youth. These goals are based on the U.S. Department of Health and Human Services' *Healthy People 2000* national health promotion and disease prevention objectives.

The national averages are based on the Centers for Disease Control and Prevention's Youth Risk Behavior Surveillance System.

Risky Health Behaviors

The behaviors followed by teens play a large role in determining their health as adolescents and later as adults. A few behaviors contribute significantly to the major causes of death. The Centers for Disease Control and Prevention (CDC) has identified these behaviors as

- Tobacco use
- Unhealthy eating habits
- Inactivity
- Alcohol and drug use
- Sexual behavior that may result in HIV, other STDs, or unplanned pregnancy
- Violent behaviors that lead to intentional and unintentional injury

"One's personal lifestyle is of profound and overriding importance in determining one's health status and one's chances for a full and complete life."

American Cancer Society

Health-related behaviors established in youth carry forward into adulthood. Therefore, good health-enhancing choices need to be promoted before detrimental behaviors are started or become habits.

Leading Causes of Death

For Youth 5 to 24

1. Accidents 41%
 - Auto Crash 30%
 - Other 11%
2. Homicide 18%
3. Suicide 12%
4. Cancer 7%
5. Heart Disease 3%

For Adults 25 and Older

1. Heart Disease 33%
2. Cancer 24%
3. Stroke 7%
4. Obstructive Pulmonary Disease 4%
5. Accidents
 - Auto Crashes 2%
 - Other 2%

Understanding the Issues of Your Population

A thorough understanding of your teen population's needs can better help you address the pertinent issues facing these young people. Helping teens to adopt healthy lifestyles now will benefit them for the rest of their lives.

This report is organized into the following sections

- Group Make-up
- Alcohol Use
- Mental and Social Health
- Dietary Habits
- Preventive Health Care
- Fitness Tests
- Health Education Opportunities
- Tobacco Use
- Teen Suicide
- Physical Activity
- Safety and Violence
- Health Status
- Readiness

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Demographics

These are the students that make up the sample for this report. Ages:

- 3 less than 12 years old
- 359 12-year-olds
- 266 13-year-olds
- 14 14-year-olds

Group Make-up

Grade Level	# Girls	# Boys	Total #	%
6th Grade	0	0	0	0%
7th Grade	311	330	641	100%
8th Grade	0	0	0	0%
9th Grade	0	0	0	0%
10th Grade	0	0	0	0%
11th Grade	0	0	0	0%
12th Grade	1	0	1	0%
Not in School	0	0	0	0%
Group Total	312	330	642	100%

Benefits of Tobacco Prevention

Well-designed and implemented school programs are effective in preventing tobacco use.

- Prevent health problems and premature death.
- Promote optimal health.
- Decrease absenteeism.
- Decrease the chances of smoking as an adult.

Protective Factors for Drug & Alcohol Abuse

- Strong family bonds.
- Parental involvement.
- Clear rules of conduct within the family.
- Success in school.
- Community bonds with school and religious organizations.
- Consistent expectations about not using drugs and positive role modeling.

Tobacco Use

Your Group

- 6 (1%) are current smokers (smoked in the past 30 days).
- 1 (0%) smoke daily or nearly every day.
- 7 (1%) are current smokeless tobacco users (in the past 30 days).

National Averages

- 36% of all students are current smokers.
- 70% of all students have tried cigarette smoking at least one time.

National Goals

- Reduce the number of youth who begin smoking to 15% or less.
- Reduce the number of current teen smokers to 6% or less.

Alcohol Use

Your Group

- 14 (2%) are current drinkers (drank in the past 30 days).
- 1 (0%) drink 10 or more days per month.
- 6 (1%) drink three or more drinks at a time.

National Averages

- 51% of students are current drinkers (more than one drink in past 30 days).
- 33% of students drink heavily (five or more at a time) one or more times a month.
- 79% of all students have had at least one glass of alcohol during their lifetime.
- Twelfth graders (57%) are more likely than ninth graders (44%) to report current alcohol use.

National Goals

- Reduce alcohol drinking to 12.6% for teens 12 to 17 years old.
- Reduce alcohol drinking to 29% for youth 18 to 20 years old.
- Reduce heavy alcohol drinking to 28% for high school seniors.

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Teen Suicide

Suicide is the number three killer of adolescents. Attempted suicide is related to mental health problems such as depression, poor adjustment to change, reaction to stress, and substance abuse.

Mental and Social Health

The roles of parents and schools are key in shaping the health of adolescents. Feelings of warmth, love, and caring from parents, family, teachers, and other adults are seen as a protective factor across all risk categories. Expectations for achievement from parents and teachers are also found to be protective.

Without the benefit of a social support system, teens are prone to feelings of loneliness, depression, and low self-esteem.

Teen Suicide

Your Group

- 25 (4%) student(s) have seriously considered suicide in the past year.
- 17 (3%) boy(s) have seriously considered suicide in the past year.
- 8 (1%) girl(s) have seriously considered suicide in the past year.

National Averages

- 21% of students seriously consider attempting suicide each year.
- 16% of students make a specific plan to attempt suicide each year.
- 8% of students attempt suicide one or more times each year.

National Goals

- Reduce the teen suicide rate to 8.2 per 100,000 or lower from the current rate of 9.2 per 100,000.

Mental and Social Health

Mental Health for Your Group

- 105 (16%) student(s) feel worthless and unimportant most of the time.
- 96 (15%) student(s) feel unable to cope with life.
- 216 (34%) student(s) feel angry, frustrated, or impatient most of the time.
- 57 (9%) student(s) feel unhappy most of the time.
- 298 (46%) student(s) have experienced a personal crisis recently.
- 106 (17%) student(s) do not get adequate sleep (7+ hours) each night.

Social Health for Your Group

- 41 (6%) student(s) do not have a social support system.
- 24 (4%) student(s) do not have close friends.
- 59 (9%) student(s) do not have adult friends.
- 22 (3%) student(s) do not feel close to their parents.
- 170 (26%) student(s) do not feel close to their teachers.

Research Information

- Research on loneliness has shown that parental relationships are powerful determinates of loneliness as well as self-esteem, shyness, and social support.
- Only 22% to 24% of parents are highly involved with their teens while 50% of parents have only a low level of involvement.

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Benefits of Physical Activity for Teens

- Improves strength and endurance.
- Helps build healthy bones and muscles.
- Helps control weight.
- Reduces anxiety and stress.
- Increases self-esteem.
- Improves blood pressure and reduces cholesterol.
- Improves body image.
- Helps develop an active lifestyle needed for a lifetime of health.

Benefits of Healthy Eating

- Helps teens grow and develop healthily and be successful in school.
- Prevents problems like obesity and eating disorders.
- Reduces dental caries.
- Helps prevent health problems as adults.
- Positively influences intellectual performance.

Physical Activity

Your Group

- 238 (37%) get five or more days of physical activity each week.
- 85 (13%) get little or no daily physical activity.
- The average participation in PE classes is 2.3 days per week.
- 453 (71%) participate on one or more sports team each year.
- 235 (37%) of this group is overweight (based on BMI).
- 72 (11%) consider themselves overweight.
- 68 (11%) watch five or more hours of TV each day.

National Averages

- 20% of teens participate in moderate physical activity five days or more a week.
- 49% of students are enrolled in PE classes.
- 13% of seventh and 8% of eleventh graders watch TV six or more hours a day.

National Goals

- Increase the number of teens engaging in vigorous physical activity to 75%.
- Reduce to under 15% the number of youth who get little or no physical activity.
- Reduce the prevalence of overweight adolescents to less than 15%.
- Increase the participation in physical education classes to 50%.

Dietary Habits

Your Group

- 404 (63%) eat less than five servings of fruits and vegetables daily.
- 603 (94%) eat less than six servings of bread or cereal daily.
- 127 (20%) eat three or more servings of fats and or fried foods daily.
- 47 (7%) eat fast foods three or more times per week.
- 121 (19%) drink one or less servings of milk each day.
- 197 (31%) of these students skip breakfast regularly.
- 158 (25%) have been dieting to lose or not gain weight.
- 14 (2%) use laxatives or vomit to lose or not gain weight.

National Averages

- 20% of students currently eat five or more servings of fruits and vegetables daily.
- 51% of students currently eat less than one serving of fruit a day.
- 29% currently eat less than one serving a day of vegetables.
- 20% of students regularly skip breakfast.
- 30% of students (46% of girls and 18% of boys) diet to lose or not gain weight.
- 5% of students (8% of girls) use laxatives or vomit to lose or not gain weight.

National Goals

- Increase the students eating five servings of fruits and vegetables a day to 50%.
- Increase the students eating three servings of milk or dairy products a day to 50%.
- Increase the students eating six servings of breads and cereals a day to 50%.

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Teen Safety

Accidents, especially motor vehicle accidents, and physical violence are the leading cause of death and injury among teens.

Teens are three times more likely than adults to be victims of serious violent crimes, which include aggravated assault, rape, robbery, and homicide.

Most of these accidents and acts of violence are associated with alcohol and drug use.

Safety and Violence

Your Group

- 79 (12%) ride in vehicles driven by people affected by alcohol.
- 248 (39%) do not use seat belts all the time.
- 383 (60%) do not wear helmets all the time when riding bikes, ATVs, motorcycles, or while in-line skating.
- 89 (14%) don't have or aren't sure if they have working smoke detectors at home.
- 216 (34%) have been in a physical fight one or more times in the past year.

National Averages

- 37% of students ride one or more times with a drinking driver each year.
- 88% rarely or never wear a helmet when riding a bicycle.
- 37% of students (46% of boys and 26% of girls) are in a physical fight one or more times a year.

National Goals

- Reduce the rate of death from automobile accidents to 26.8 per 100,000 or lower.
- Reduce the rate of death from alcohol related automobile accidents to 12.5 per 100,000 or lower.
- Increase bicycle helmet use to at least 50%.
- Increase smoke detector prevalence in the home to 100%.
- Reduce the incidence of physical fights from 137 incidents to 110 per 100 students per month.

Health Care

Regular health and dental checkups are important preventive practices for adolescents.

Preventive Health Care

Your Group

- 134 (21%) student(s) were sick five or more days during the past six months.
- 599 (93%) get a yearly physical checkup.
- 567 (88%) get at least a yearly dental examination.
- 104 (16%) report having current MMR immunizations.
- 300 (47%) report having current tetanus immunizations.
- 368 (57%) report having had chicken pox or current immunizations.
- 131 (20%) report having current hepatitis B immunizations.

Health Status

The health status self-reports and blood tests are good indicators of current and future health problems for this population.

Health Status

Your Group

- 101 (16%) report having asthma.
- 1 (0%) report having diabetes.
- 18 (3%) report having an activity-limiting disability or health problem.
- 0 (0%) have high cholesterol values (170 or higher)
- 251 (39%) have high blood pressure (120/80 or higher)
- 235 (37%) are overweight (BMI greater than recommended).
- 0 (0%) have excessive body fat (percent body fat greater than recommended).

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Fitness Tests

Fitness tests provide an accurate indication of the overall fitness level for this group of students. The goal is to have all students meet these fitness norms.

There are 642 teens in this survey.

Stage of Change

When planning health interventions for teens, it is valuable to know what portion of your group is ready to make changes.

Health Interests

This table identifies your group's interest level in various health topics. Use this section of the report for planning appropriate health interventions.

Fitness Tests

Your Group

Test	Participants	# Meet Norm	% Meet Norm
Flexibility	0	0	0%
Sit-ups	0	0	0%
Curl-ups	0	0	0%
Push-ups	0	0	0%
Chin-ups	1	0	0%
ModChin-ups	0	0	0%
Grip strength	0	0	0%
1-mile walk/run	0	0	0%

Readiness

Your Group

Item	Pre	Contemplative	Planning	Action	Maintenance
Be Physically active	5%	10%	11%	15%	56%
Eat healthy foods	5%	7%	16%	22%	47%
Live tobacco-free	13%	1%	0%	2%	81%
Healthy weight	4%	5%	13%	17%	57%
Handle stress well	7%	6%	6%	15%	62%
Be alcohol-free	4%	1%	0%	1%	90%
Overall healthy lifestyle	3%	4%	7%	14%	69%

Pre-contemplative teens have not started to think about change but are ideal for health awareness strategies. **Contemplative** youth need more information, encouragement, and incentives. Those in the **Planning** stage need additional tools and methods for making changes. Teens in the **Action** and **Maintenance** stages require continuous encouragement, support, and positive reinforcement.

Health Education Opportunities

Your Group

Health Topic	# Interested	% Interested
Quitting smoking	29	5%
Drug abuse and D.A.R.E.	170	26%
Alcohol and health	26	4%
Sports/outdoor programs	454	71%
Weight loss	214	33%
Healthy eating and cooking	374	58%
Sexuality and STDs	18	3%
Dealing with emotions	112	17%
Handling stress	173	27%
Relationships	195	30%
Relating to parents	151	24%
Wants counseling	37	6%