Colorado Adolescent Health Profile, 2009

Purpose

Adolescence is the transition from childhood to adulthood. The mortality rate during this time is low compared to adult populations and to rates during infancy. Yet several issues put adolescents at risk for death and disease, such as injury due to motor vehicle crashes and exposure to sexually transmitted diseases. A number of surveillance systems are available to monitor adolescent outcomes and behaviors. The purpose of this report is to synthesize adolescent specific surveillance data to create the Colorado Adolescent Health Profile, 2009.

Colorado Adolescent Health Profile

Every 10 years, the United States government sets priorities to challenge individuals, communities, and professionals to take specific steps to ensure good health. Known as the *Healthy People 2010*, 107 key objectives are used to assess health outcomes and behaviors and identify opportunities for improvement. Of the 107 objectives, 21 have been identified as the most critical to adolescents and young adults. The Colorado Adolescent Health Profile, 2009, encompasses many of these 21 Critical Health Objectives for Adolescents and Young Adults.

The Colorado Adolescent Health Profile, 2009, consists of the following: 2010 Health Objectives and corresponding 2010 Goals; Rates for the United States and Colorado; and, an Interpretation of the distance between the Colorado Rate and the 2010 Goal. Health Objectives and corresponding Goals stem from the *Healthy People 2010*; however, when adolescent age-specific goals were unavailable, Goals from the *Adolescent Health in Colorado, 2003* were used and are indicated with an asterisk (*).

Interpretation

Two types of Health Objectives are used in the Colorado Adolescent Health Profile – those in which the Goal is to reduce the rate and those in which the Goal is to increase the rate. The following are examples of each.

Example 1: Reduce deaths among adolescents 10 – 14 years of age to 16.8 per 100,000. The Colorado rate is 17.0 per 100,000. The Colorado rate is Close to the Goal and in order for Colorado to Meet the Goal, rates would have to be reduced to 16.8 per 100,000.

Interpretation	Rates to Reduce Distance from 2010 Goal (%)
Meets Goal	Less than or equal to 100.0% of the Goal
Close to Goal	100.1 – 120.0% of the Goal
At Some Distance	Between 120.1% and 199.9% of the Goal
Far From Goal	200.0% of the Goal or higher

Example 2: Increase tobacco cessation to 84.0% among high school aged students. The Colorado rate is 63.2%. The Colorado rate is At Some Distance to the Goal and in order for Colorado to Meet the Goal, rates would have to increase to 84.0% or better.

Interpretation	Rates to Increase Distance from 2010 Goal (%)
Meets Goal	100.0% of the Goal or higher
Close to Goal	Within 20.0% of the Goal
At Some Distance	Between 20.1% and 49.9% of the Goal
Far from Goal	Less than or equal to 50.0% of the Goal

COLORADO ADOLESCENT HEALTH PROFILE, 2009

2010 Adolescent Health Objectives	United States Rate	Colorado Rate	2010 Goal	Interpretation	Source(s) (Year)
Mortality					
Reduce deaths of adolescents (10 – 14 years old)	18.7 per 100,000	17.0 per 100,000	16.8 per 100,000	Close to Goal	WONDER (2004)
Reduce deaths of adolescents (15 – 19 years old)	66.1 per 100,000	75.7 per 100,000	39.8 per 100,000	At Some Distance	NVSS (2006)
Unintentional Injury					
Reduce the proportion of adolescents who report that they rode, during the previous 30 days, with a driver who had been drinking alcohol (grade 9–12)	27.2%	26.9%	30.0%	Meets Goal	YRBSS (2005)
Increase the proportion of high school students who wear a seat belt most or all of the time (grade 9– 12)*	87.5%	92.4%	92.0%	Meets Goal	YRBSS (2005)
Reduce deaths caused by motor vehicle crashes (15-19 years old)[+]	23.3 per 100,000	19.0 per 100,000	9.2 per 100,000	Far From Goal	WISQARS/COHID (2006)
Intentional Injury					
Reduce the suicide attempts by adolescents requiring medical attention (grade 9– 12)	2.7%	1.0%	1.0%	Meets Goal	YRBSS (2005)
Reduce the 5-year average suicide death rate (10-14 years old) [+]	1.2 per 100,000	2.2 per 100,000	5.0 per 100,000	Meets Goal	WISQARS/COHID (2002-06)
Reduce the average 2-year homicide rate among adolescents (15-19 years old)*	10.3 per 100,000	5.6 per 100,000	5.0 per 100,000	Close to Goal	WISQARS/COHID (2005-06)
Reduce physical fighting among adolescents (grade 9– 12)	30.3%	32.2%	32.0%	Close to Goal	YRBSS (2005)
Reduce weapon carrying by adolescents on school property (grade 9– 12)	6.5%	5.4%	4.9%	Close to Goal	YRBSS (2005)
Reduce the 5-year average suicide death rate (15-19 years old) [+]	7.6 per 100,000	12.0 per 100,000	5.0 per 100,000	Far From Goal	WISQARS/COHID (2002-06)
Mental Health					
Reduce the proportion of adolescents feeling sad or hopeless almost every day for 2 weeks or more that they stopped doing some activities over the past year*	27.3%	25.0%	20%	At Some Distance	YRBSS (2005)
Substance Use					
Reduce the proportion of youth who had five or more drinks of alcohol in a row, within a couple of hours, on one or more of the past 30 days (grade 9– 12)*	26.3%	30.6%	25.0%	At Some Distance	YRBSS (2005)
Reduce the proportion of high school students who used marijuana in the past 30 days (grade 9– 12)*	18.9%	22.7%	18.0%	At Some Distance	YRBSS (2005)
Reproductive Health					
Reduce births among adolescent females (15 – 17 years old)*	22.0 per 1,000	23.7 per 1,000	22.0 per 1,000	Close to Goal	NVSS/COHID (2006)
Increase the proportion of high school students who used a condom during last sexual intercourse (grade 9– 12)*	62.6%	69.3%	86.7%	At Some Distance	YRBSS (2005)
Chronic Disease Prevention					
Reduce tobacco use by adolescents (grade 9– 12)	21.7%	14.6%	16.0%	Meets Goal	NYTS/CHKST (2006)
Increase the proportion of young persons who engage in vigorous physical activity 3 or more days per week for 20 minutes or more (grade 9– 12)	67.7%	74.6%	85.0%	Close to Goal	YRBSS (2005)
Increase the proportion of adolescents who view television 2 or fewer hours on a school day (grade 9– 12)	65.3%	73.2%	75.0%	Close to Goal	YRBSS (2005)
Reduce the proportion of overweight children and adolescents (grade 9– 12)	14.6%	10.3%	10.0%	Close to Goal	YRBSS (2005)
Increase tobacco use cessation attempts by adolescent smokers (grade 9– 12)	Unavailable	63.2%	84.0%	At Some Distance	NYTS/CHKST (2006)
Reduce the proportion of obese children and adolescents (grade 9– 12)	12.0%	9.8%	5.0%	At Some Distance	YRBSS (2005)

*Colorado 2010 Adolescent Health Objective

[+]2010 Healthy People Objective includes all age groups

Source Abbreviations:
CHKST – Colorado Healthy Kids Survey on Tobacco
COHID – Colorado Health Information Data Set
CO HIV/STD – Colorado HIV and Sexually Transmitted Disease Surveillance
FARS – Fatality Analysis Reporting System
NVSS – National Vital Statistics System
NYTS – National Youth Tobacco Survey
WISQARS – Web-based Injury Statistics Query and Reporting System
WONDER – Wide-ranging Online Data for Epidemiologic Research
YRBSS – Youth Risk Behavior Surveillance System

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