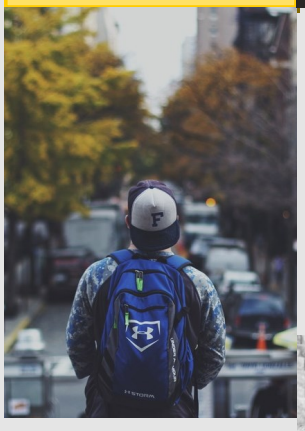
Oklahoma Healthy YOUth

2016-2017

Highlights

Adolescent

Health



Teen Pregnancy Prevention Project

Oklahoma State Department of Health

Oklahoma Healthy YOUth

Mission: To promote healthy development across the life course by providing education and tools to youth, schools, families, and communities.

Goal: Reduce teen birth rates and prevalence of sexually transmitted diseases (STDs), including HIV, among youth in Oklahoma.

Why is this important?

Good News: Teen births have decreased by 51% in Oklahoma over the past 25 years.[1] As a result, more young women and men are likely to complete high school, pursue higher education and achieve financial stability.

Bad News: Rates are not declining fast enough. Oklahoma is still the 2nd highest (worst) in the nation for teen birth rates.[2] Rates are disproportionately high in *rural communities.* Teen childbearing results in substantial social and economic burdens on individuals and communities.

Did you know

that *only 15% of births* to Oklahoma teen moms were **intended**?[3]

Program Overview

The Oklahoma Healthy YOUth Project gives students the

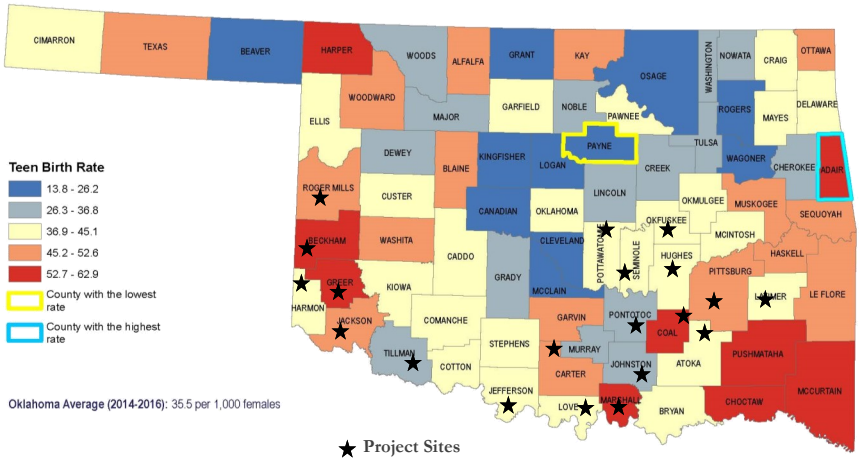
knowledge, tools and skills to lower their risk of STDs, HIV, and pregnancy.

Based on positive youth development (PYD) research, health education is offered to schools and youth groups in rural Oklahoma counties with high teen birth rates. PYD looks at youth as assets to be developed and gives them a means to build successful futures.

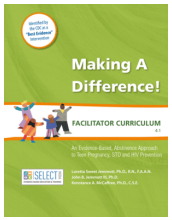
Positive Experiences + Positive Relationships + Positive Environments

From July 1, 2016 to June 30, 2017, the project was carried out in 20 rural counties by 4 Adolescent Health Specialists.

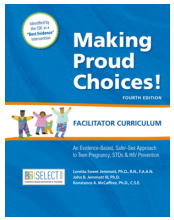
Teen Birth Rates, Ages 15-19 Years, By County: Oklahoma 2014-2016



Oklahoma Healthy YOUth Project's Annual Report highlights for State Fiscal Year 2017.



The curricula were implemented in **15 schools and 1 community organization** from July 1, 2016 to June 30, 2017.

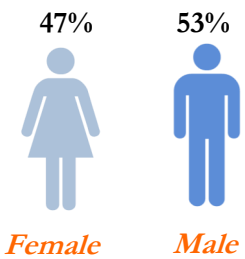


Participants: 940 participants attended at least 1 program session, 816 (87%) of which attended 75% or more of the program sessions.

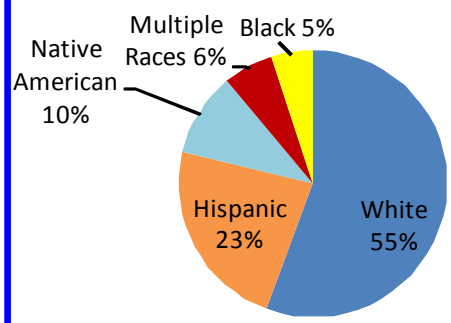
Survey

Surveys were used to measure the impact of the program on attitudes, perspectives & behaviors. Participation was voluntary. There were 686 youth who completed the exit survey.

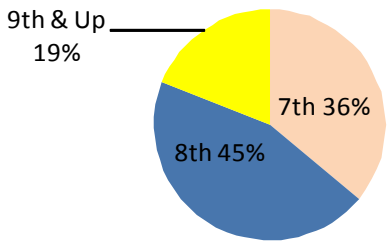
GENDER of SURVEY PARTICIPANTS



RACE



GRADE



Impact

Youth were asked on the exit survey to think about how the project affected them.

77% **Said they were *more likely* to make plans to reach their goals.**

71% **Said they were *more likely* to resist or say no to peer pressure.**

73% **Said they were *more likely* to care about doing well in school.**

75% **Said they were *more likely* to make healthy decisions about drugs and alcohol.**

58% **Said they were *more likely* to share ideas or talk about things that really matter with a parent/guardian.**

Youth were also asked questions related to risk of pregnancy and sexually transmitted diseases.

70% **Said they were *less likely* to have sexual intercourse in the next 6 months.**

74% **Said they were *more likely* to use (or ask their partner to use) birth control if they had sex in the next 6 months.**

Support Healthy YOUth

Individuals can

1. Encourage healthy parent-child communication.
2. Use teachable moments to educate young people.
3. Build positive assets in youth.

Schools can

1. Participate in programs and activities that promote positive youth development.
2. Provide a safe place where young people are free to discuss their concerns about love, sex and relationships.

Organizations can

1. Know and share teens' healthcare rights.
2. Make resources readily available and accessible for parents and community members.

Communities can

1. Provide youth with opportunities for work and education.
2. Increase community resource sharing and collaborations.

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Special Thanks to Our

Adolescent Health Specialists

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References:

1. Oklahoma State Department of Health (OSDH), Center for Health Statistics, Health Care Information, Vital Statistics 2015, on Oklahoma Statistics on Health Available for Everyone (OK2SHARE). Accessed at http://www.health.ok.gov/ok2share on 03OCT2016.
2. The National Campaign to Prevent Teen and Unplanned Pregnancy, Oklahoma Data 2014. Accessed at https://thenationalcampaign.org/data/state/oklahoma on 05DEC2016.
3. Unpublished data. Oklahoma Pregnancy Risk Assessment Monitoring System (PRAMS), 2012-2014. Available upon request from Maternal and Child Health Service.

Oklahoma Healthy YOUth

Oklahoma State Department of Health