“LIFE PRESENTS MANY CHOICES, THE CHOICES WE MAKE DETERMINE OUR FUTURE.”
~Catherine Pulsifer, Book Author

FOR MORE INFORMATION, CONTACT:
OKLAHOMA STATE DEPARTMENT OF HEALTH
MATERNAL & CHILD HEALTH SERVICE
CHILD & ADOLESCENT HEALTH DIVISION

(405) 271-4471
WWW.OK.GOV/HEALTH

ANNUAL REPORT HIGHLIGHTS
JULY 2015-JUNE 2016

Oklahoma
Healthy YouTh

Why

Oklahoma is the 2nd highest (worst) in the nation for teen birth rates.¹ Teen childbearing results in a substantial economic burden for taxpayers. In 2010, it cost Oklahoma taxpayers an estimated $169 million.¹ The good news is teen births in Oklahoma have decreased by 51% over the past 25 years.² As a result, a larger number of adolescents are more likely to complete high school, pursue higher education and achieve financial stability. However, there is still much more work to be done.

The Oklahoma Healthy YOUth Project gives students the knowledge and skills to lower their risk of sexually transmitted diseases (STDs), HIV, and pregnancy. Based on positive youth development research, health education is offered to schools and youth groups in rural Oklahoma counties with the highest teen birth rates. The curricula were implemented in 17 schools and 2 community organizations from July 1, 2015 to June 30, 2016.

Curricula Options

Positive Experiences +
Positive Relationships +
Positive Environments

SOURCE FOR ALL INCLUDED PROJECT DATA:
OKLAHOMA HEALTHY YOUTH EXIT SURVEY,
JULY 1, 2015–JUNE 30, 2016

Surveys were used to measure the impact of the project on attitudes, perspectives & behaviors at the completion of program. Survey participation was voluntary.

**How**

427 youth took the survey July 1, 2015 to June 30, 2016.

**What**

- **78%** said they were MORE likely to make plans to reach their goals.
- **67%** said they were MORE likely to form friendships that keep them out of trouble.
- **73%** said they were MORE likely to be respectful toward others.
- **81%** said they were MORE likely to resist or say no to peer pressure.
- **72%** 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.
- **55%** said they were MORE likely to share ideas or talk about things that really matter with a parent/guardian.
- **79%** said they were MORE likely to BE THE BEST THEY CAN BE.

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

- **56%** said they planned to abstain from sex in the next 6 months.
- **40%** said they were MORE likely to use (or ask their partner to use) birth control if they had sex in the next 6 months.

Results reflect changes that took place over the implementation period based on self-reporting by program participants. Results are not intended to measure the effectiveness of the curricula used.