



Healthy Allegheny Teen Survey (HATS)



Healthy Allegheny Teen Survey

August 26, 2015

Allegheny Intermediate Unit



Objectives

- Review HATS survey methods
- Discuss HATS results
- HATS implications
- Questions





THE DREAM

Thriving youth and healthy communities in
Allegheny County





The Big Picture

Over 75% of adolescent morbidity and mortality are attributable to behaviors that place adolescents at risk for poor health



Those behaviors include:

- Substance use
- Violence (including bullying)
- Unprotected sex
- Unhealthy eating
- Limited exercise
- Poor sleep habits



Our Challenge

- County-wide data on adolescents are limited
 - Homicide, suicide, teen births
 - DHS data are specific to youth in services
- In many communities, school districts conduct the Youth Risk Behavior Surveillance Survey, but we currently do not in Allegheny County
- Some schools in the county use PA Youth Survey (PAYS) which does not assess a broad range of health behaviors





Our Challenge

A population-based, representative assessment of youth health and behaviors in Allegheny County has not been done



Why collect these data?

To:

- Inform policy development
- Guide choice of programs
- Target resources
- Mobilize communities
- And so forth ...





Strategic Goals

- Use data to work with county leaders and community members to guide initiatives for youth
- Support interested school districts to participate in the YRBS every year to establish ongoing indicators of youth health behavior
- Identify and implement priorities for substance abuse prevention (Plan for a Healthier Allegheny)





Research Team

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Telephone Survey Methods

- Allegheny County youth ages 14-19
- Parent permission waived; youth verbal assent
- Participation goal = 1600

- About 133,240 households with children under 18; 241,663 youth total in county



Telephone Survey Methods

- Random digit dial phone survey
- Landline and cellphone frames
- Disproportionate stratified sample
- Call 6 times (days, evenings, weekends)
- Gift card incentive
- Use of IVR technology (increase privacy)



Survey Content

- National Youth Risk Behavior Survey as the core set of questions
- Added questions about:
 - Connectedness/social supports
 - Sexual orientation/sexual attraction
 - Neighborhood
 - Exposure to childhood adversities



Results

- Conducted phone interviews = 1813 (1,485 high school students)
- Demographics are comparable to Allegheny County
- Data available at level of zip code; street corner

Race	HATS	Allegheny County all ages*
White	81%	82%
Black	10%	11%
Other	9%	7%
Ethnicity		
Latino	3%	6%

*estimate based on 2013 American Community Survey

**All results have been rounded to nearest whole number





Education

	HATS	US YRBS* 2013 results
Respondents in school that have been suspended	17%	N/A
Respondents that feel part of their school	86%	N/A
Respondents that feel safe in their school	95%	N/A
Did not go to school because of safety concerns	3%	N/A

*CDC Youth Risk Behavior

System





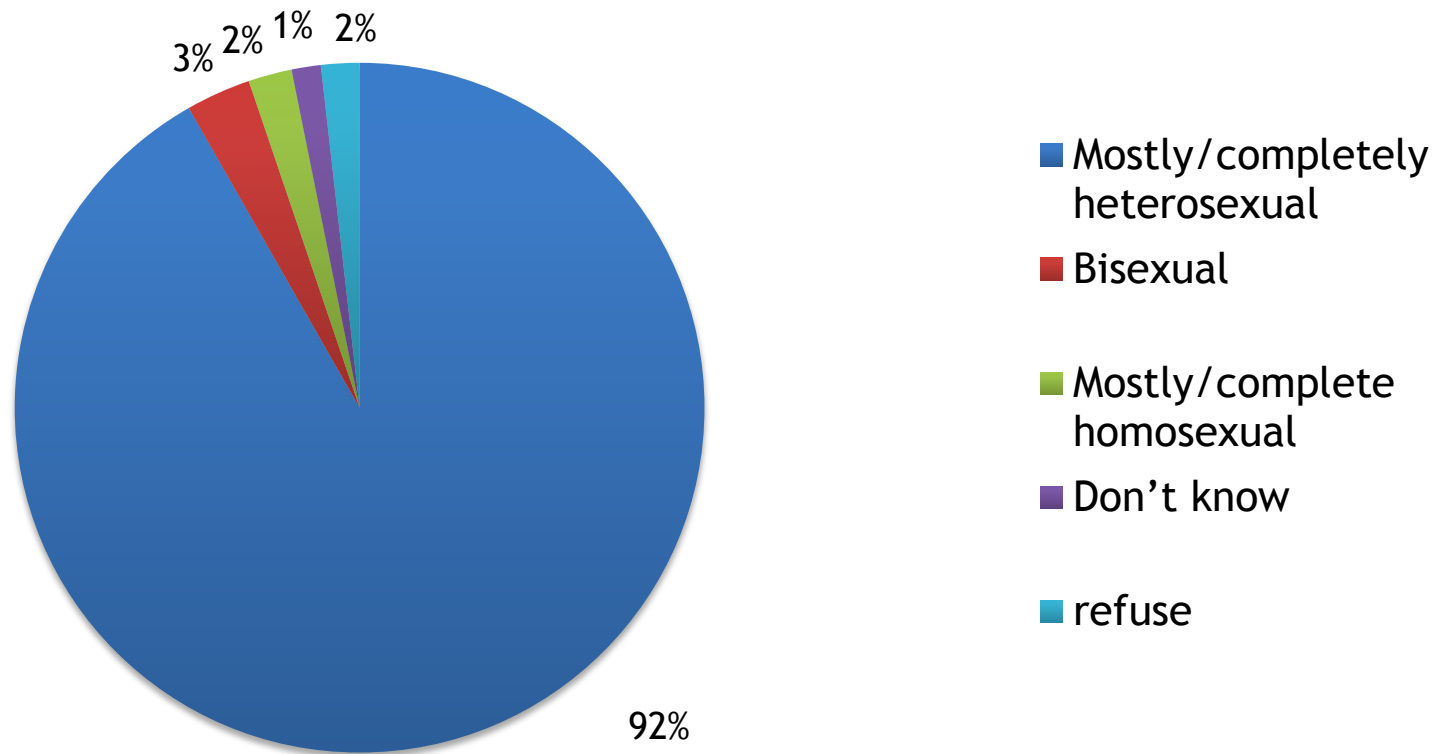
Health Status

	HATS	US YBRS 2013 Results
With Health Insurance	96%	N/A
Seen a Health Professional in the past year	92%	N/A
Describe health as Fair or Poor	6%	N/A
Limited due to physical, mental or emotional problems	9%	N/A
Have Asthma	22%	21%
Did not get 8+ hours or sleep on school nights	51%	68%



Sexual Orientation

Main Sample (n=1480)



Nutrition and Screen Time

	HATS	US YBRS 2013 Results
No veggies in the past 7 days	7%	7%
Vegetables at least once a day in the last 7 days	47%	N/A
Drank pop daily	13%	27%
Food insecurity/hunger	5%	N/A
Video games 3+ hours/day	44%	41%
Moderate or vigorous exercise 60 minutes a day	47%	N/A





Alcohol, Smoking, Drugs

	HATS	US YRBS 2013 Results
Drove in car with someone drinking	14%	10%
Ever tried cigarettes	23%	41%
Ever tried electronic cigarettes	20%	N/A
Used prescription drugs without a doctors Rx	10%	18%
Ever drank alcohol	50%	66%
Used marijuana in past 30 days	16%	23%



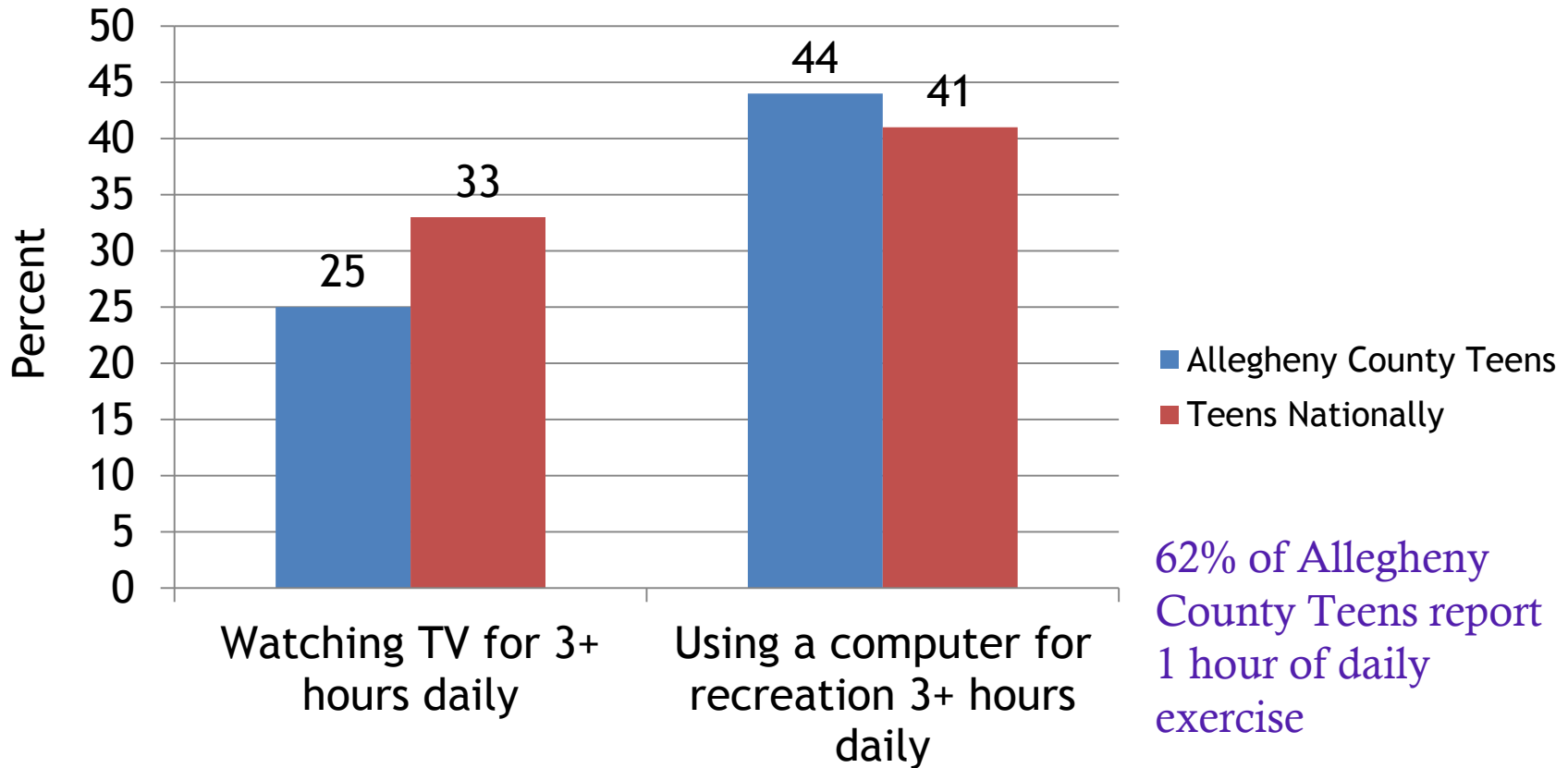


Violence, Depression, Sexual Activity

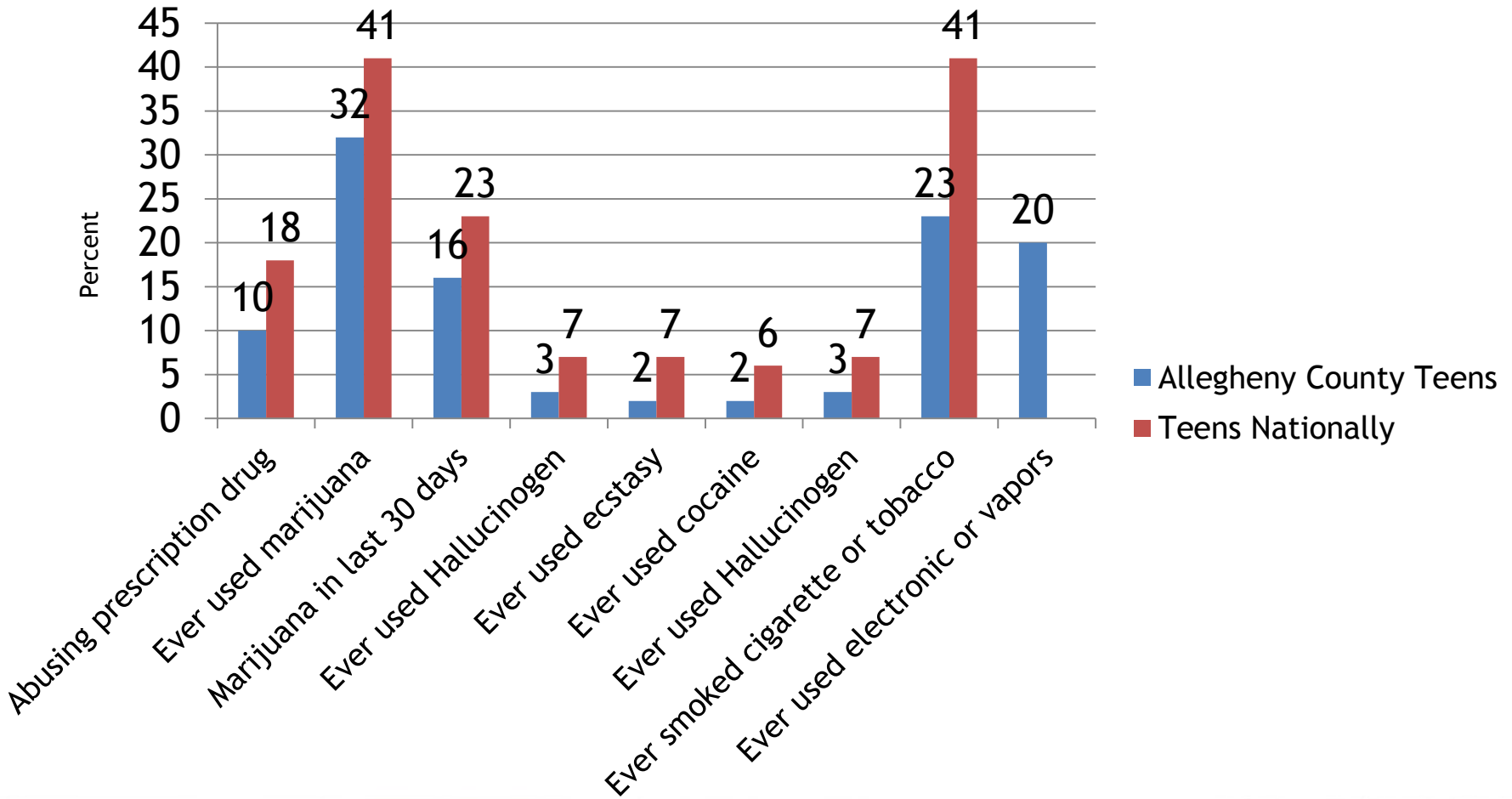
	HATS	US YRBS 2013 results
Carried a weapon in past 30 days	11%	18%
Ever electronically bullied	9%	16%
Someone threatened or injured you with a weapon	6%	N/A
Physical dating violence victimization	11%	10%
Sexual dating violence victimization	7%	10%
Sad or hopeless for 2 weeks or more	17%	30%
Ever had intercourse	35%	47%
Condoms with last sex	60%	59%



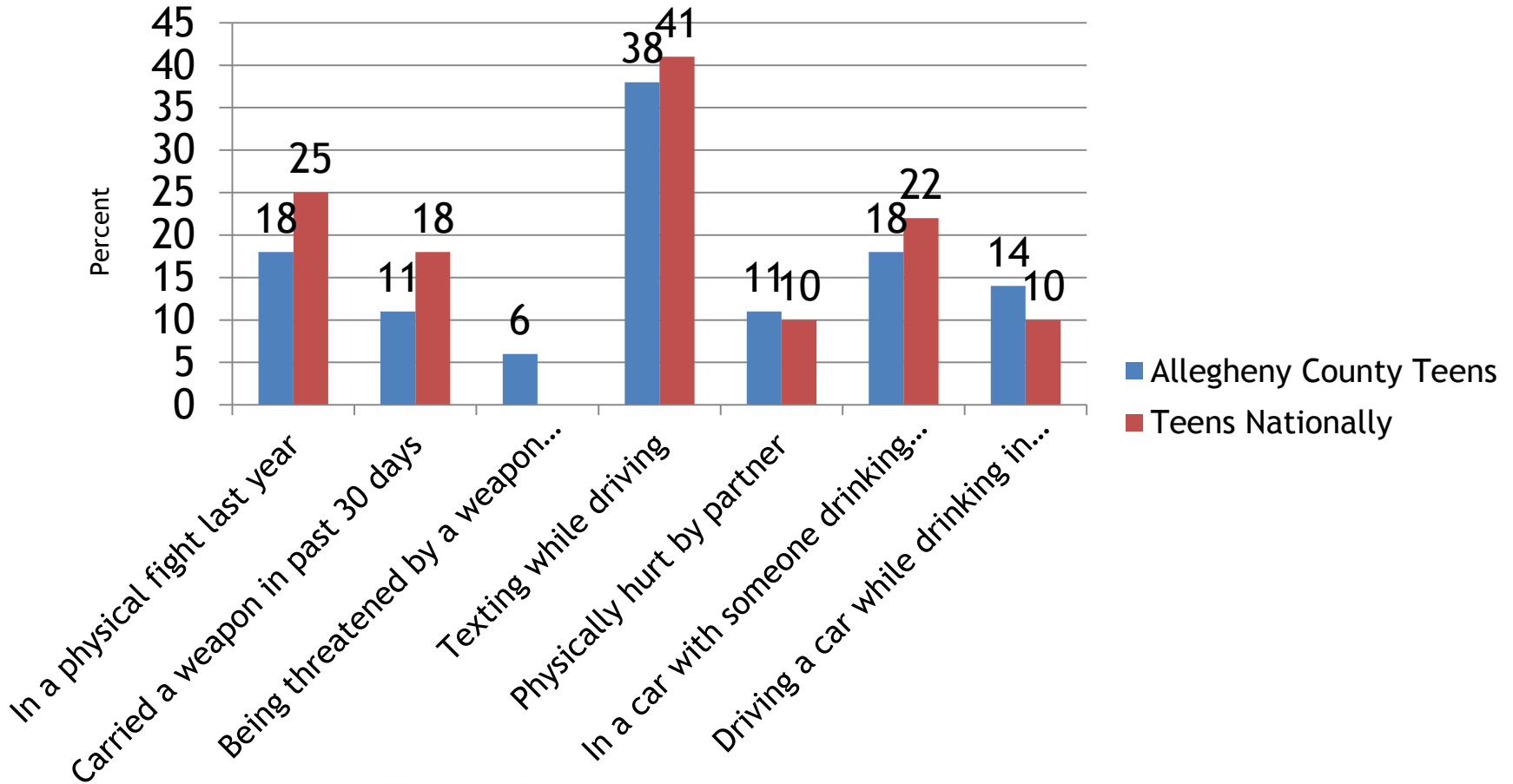
Screen Time, Exercise



Substance Use



Violence and Injury



Childhood Adversities

	HATS	US YRBS 2013 results
Emotional Abuse	21%	N/A
Domestic violence	11%	N/A
Someone close to them was murdered	13%	N/A



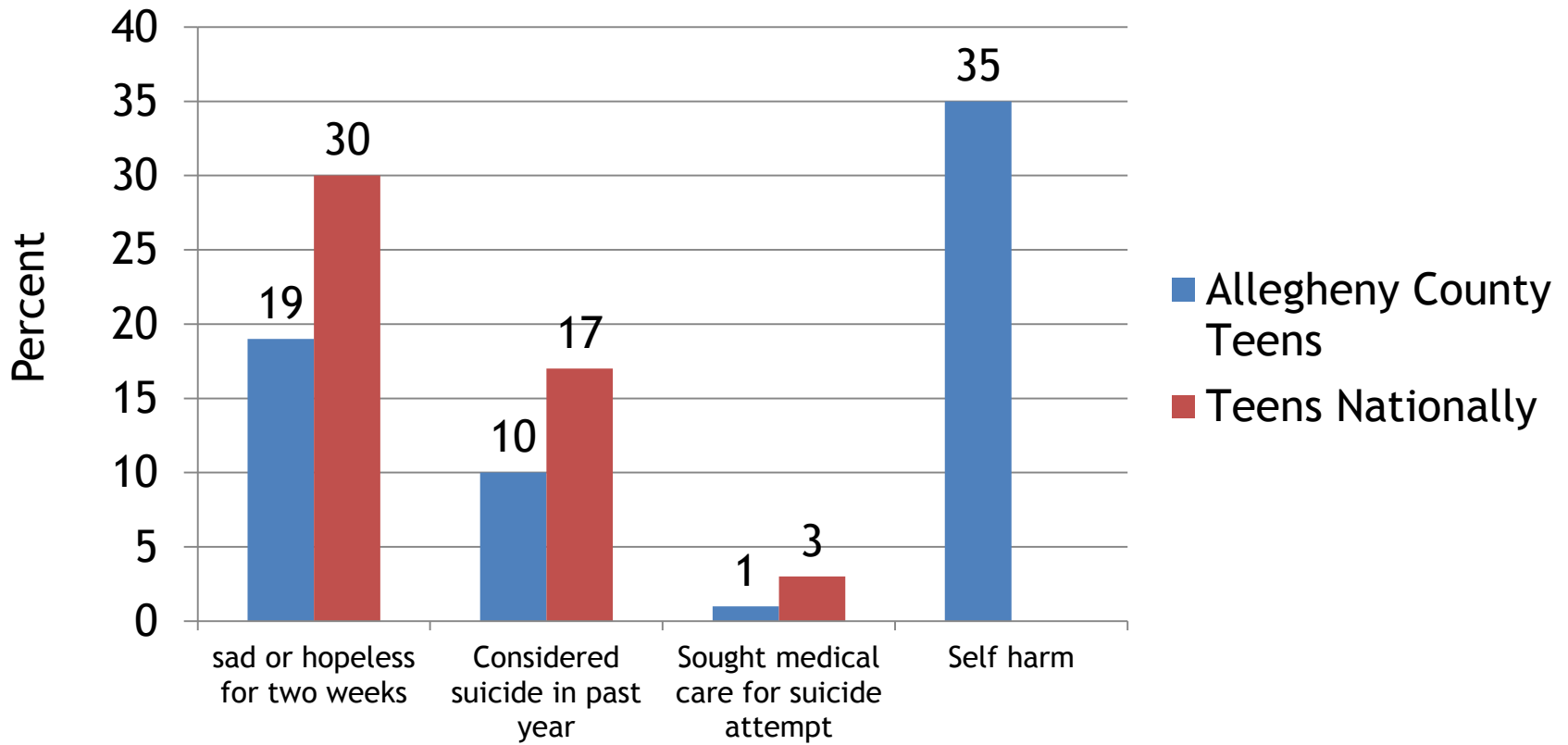


Social Supports

	HATS	US YRBS 2013 results
agree or strongly agree that 'People around here are willing to help their neighbors.'	62%	N/A
report that they have someone they really count on to be dependable when they need help "none," "a little," or "some of the time."	12%	N/A
reported "low school connectedness" within their school	26%	N/A
reported having "low social supports"	27%	N/A
reported "low neighborhood social cohesion"	26%	N/A



Depression and Suicide



Limitations

- Difficult to get large enough sample using random digit dial
- Missing youth who are without landline or cell phone (i.e., incarcerated, marginally housed, in group homes, etc.)
 - A separate survey with this population of more vulnerable youth has also been completed
- Cross-sectional – one point in time
- Data are county-level, not school or neighborhood level
- Question of representation on all levels



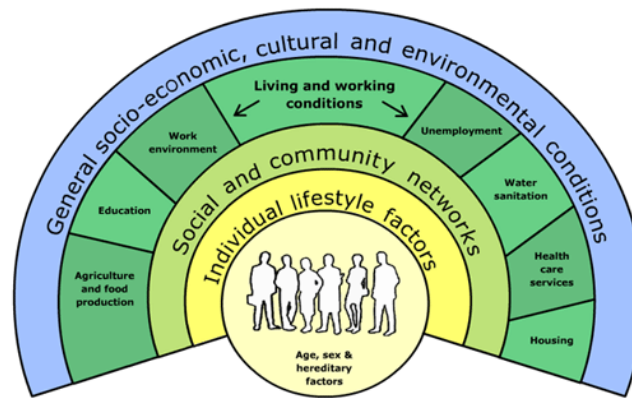


The cover of the "Plan for a Healthier Allegheny 2015" report. The background is a light blue map of Pittsburgh with neighborhood names like "Woods Run", "California Kirkbride", "Manchester", "View", "Spring Garden", "Polish Hill", "Pittsburgh", "Fifth Avenue", "Southside Slopes", "Knoxville", "Mount Oliver", "Duquesne Heights", and "Beechview". The title "Plan for a Healthier Allegheny" is in large, bold, dark blue letters. Below it, "2015" is written in green. The Allegheny County Health Department seal is centered on the map. On the left, there are three colored rectangular boxes: green (Woods Run), orange (California Kirkbride), and orange (Manchester).



PHA Cross Cutting Theme

- **Health Equity** requires us to consider and address inequities wherever they are present, regardless of the specific health issue
- **Social Determinants of Health** are predictors of health. They are circumstances in which people are live, work, and age, and the systems that surround them



PHA 5 Priority Areas



Access

- Healthcare
- Insurance
- Transportation



Chronic Disease Health Risk Behaviors

- Obesity/Poor Nutrition
- Physical Inactivity
- Smoking/Tobacco



Environment

- Air Quality
- Unconventional Oil and gas Production (UOGP)
- Water Quality



Maternal and Child Health

- Asthma
- Breastfeeding
- Infant Mortality
- Low Birth Weight
- Parent Support



Mental Health and Substance Use Disorders

- Depression
- Drug and Alcohol Use
- Integration of Mental Health into Physical Health





Implications

Objective 5.6: Monitor use and increase prevention efforts for substance use disorders in Allegheny County high and middle schools.

Outcome Indicator	Baseline	PHA Impact	PHA Target	Healthy People 2020 Target	Data Source
# of schools in Allegheny County with drug and alcohol prevention programs	in progress	in progress	in progress	N/A	DHS (performance based prevention system)
# of schools conducting either the Youth Risk Behavior Surveillance System (YRBS) or the Pennsylvania Youth Survey (PAYS)	PAYS-14 YRBS-0	PAYS-25% increase YRBS-initiate adoption of survey	PAYS-18 YRBS-2	N/A	ACHD
% of high school students using opioids, tobacco, alcohol and marijuana	in progress	in progress	in progress	16.0% of adolescents grades 9-12 reported smoking cigarettes in past 30 days 8.6% of adolescents ages 12-17 reporting binge drinking during past 30 days 6% of adolescents ages 12-17 reporting use of marijuana during past 30 days	HATS

Strategies

- 5.6.1 Assess the number of schools with drug and alcohol evidence-based prevention programs
- 5.6.2 Expand drug and alcohol prevention efforts in schools with unmet needs =
- 5.6.3 Work with schools to implement youth risk behavior survey
- 5.6.4 Monitor drug and alcohol use in high school students
- 5.6.5 Identify and implement priorities from the Healthy Allegheny Teen Survey (HATS) survey



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Thank you!

