



# NCCP

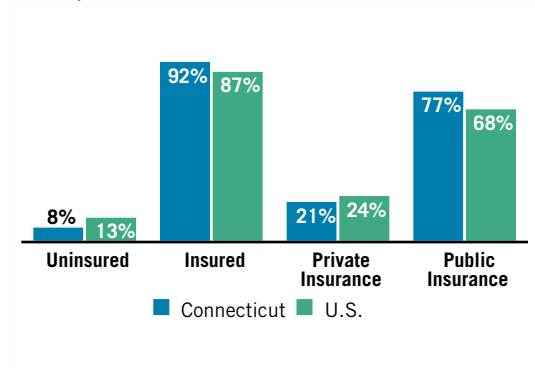
National Center for Children in Poverty  
Mailman School of Public Health  
Columbia University

## CONNECTICUT ADOLESCENT PROFILE

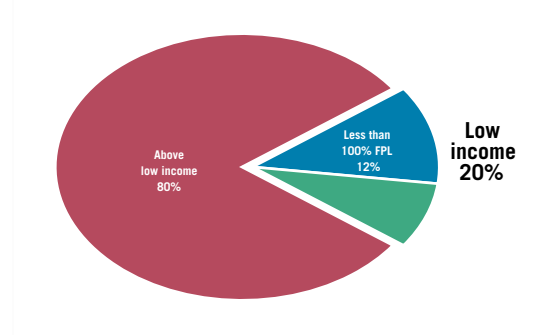
Although adolescence is generally perceived as a period of good health, many in this age group face poor health outcomes and establish unhealthy behaviors that follow them into adulthood. An adolescent's ability to successfully navigate the transition to adulthood is influenced not only by behaviors and exposure to risk but also by demographic characteristics such as race/ethnicity, geography, family income, and health insurance status, among others. State policies that promote access to high quality services for all adolescents can mitigate the effects of some of these factors and help ensure that adolescents enter adulthood healthy, independent, and ready to thrive. This state profile provides data on Connecticut's 329,216 adolescents age 12 to 18 and highlights state policy choices in health, mental health, violence and injury prevention, and youth development that improve access to and quality of services and promote the health and well-being of this age group.

Updated: June 1, 2011

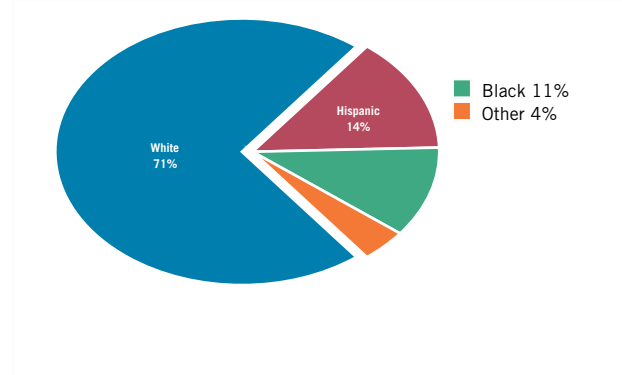
### Health Insurance Coverage Among Adolescents Aged 12-18, 2008<sup>1</sup>



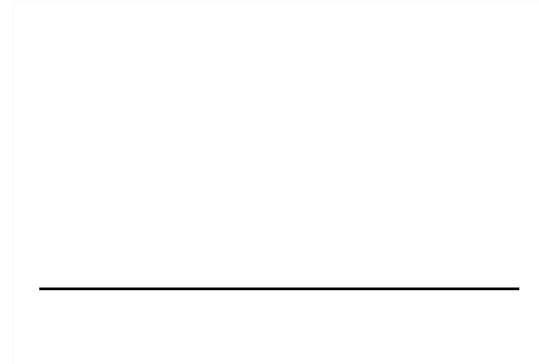
### Family Income Among Adolescents Aged 12-18, 2008<sup>1</sup>



### Race/Ethnicity Among Adolescents Aged 12-18, 2008<sup>2</sup>



### Type of Area of Residence Among Adolescents Aged 12-18, <sup>3</sup>



# HEALTH

## State Choices to Promote Access

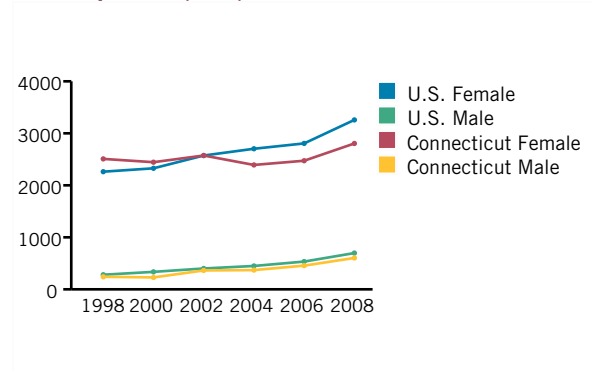
### Promotion, Prevention, and Early Intervention

- Medicaid [2009]<sup>4</sup>
- CHIP [2009]<sup>4</sup>
- Extend CHIP to cover legal immigrant children [2010]<sup>5</sup>
- Maintain or suspend but do not terminate Medicaid enrollment for youth committed to a juvenile facility [2009]<sup>6</sup>
- Use Chafee funds to provide Medicaid eligibility to foster care youth aging out of the system [2009]<sup>7</sup>
- Require CHIP coverage for contraceptives [2006]<sup>8</sup>
  - HIV prevention education [2006]<sup>10</sup>
  - STI prevention education [2006]<sup>10</sup>
  - Pregnancy prevention education [2006]<sup>10</sup>
- Require physical activity and fitness taught in schools [2006]<sup>10</sup>

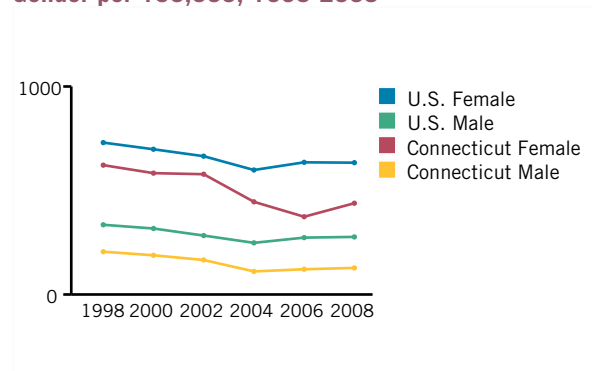
### Services in Schools

- Provide funding for School-based Health Centers (SBHCs) [2008]<sup>11</sup>
  - Medicaid [2008]<sup>11</sup>
  - CHIP [2008]<sup>11</sup>
- Require districts or schools to provide services for HIV, STDs, and pregnancy prevention [2006]<sup>12</sup>

**Chlamydia Rates Among Adolescents Aged 15-19, by Gender per 100,000, 1998-2008<sup>13</sup>**



**Gonorrhea Rates Among Adolescents Aged 15-19, by Gender per 100,000, 1998-2008<sup>13</sup>**



## HEALTH

### State Choices to Promote Access (continued)

#### Law and Legislation

- Prenatal care [2010]<sup>14</sup>
- Contraceptive and family planning services [2010]<sup>14</sup>
- HIV and STI prevention and treatment services [2010]<sup>15</sup>
- Medical care for their own children [2010]<sup>16</sup>
- Abortion without parental notification or permission [2010]<sup>16</sup>

#### State Choices to Promote Quality

##### Promotion, Prevention, and Early Intervention

- 5 Screenings for children 10-14 years [2009]<sup>17</sup>
- 4 Screenings for children 15-18 years [2009]<sup>17</sup>
- Require or recommend that schools make fruits or vegetables available to students whenever other food is offered or sold [2006]<sup>18</sup>
- Require or recommend that schools make healthful beverages available to students whenever other beverages are offered or sold [2006]<sup>18</sup>
- Have statutory nutritional standards for school meal programs beyond federal regulations [2005]<sup>19</sup>
- Specify time requirements for physical education [2006]<sup>20</sup>

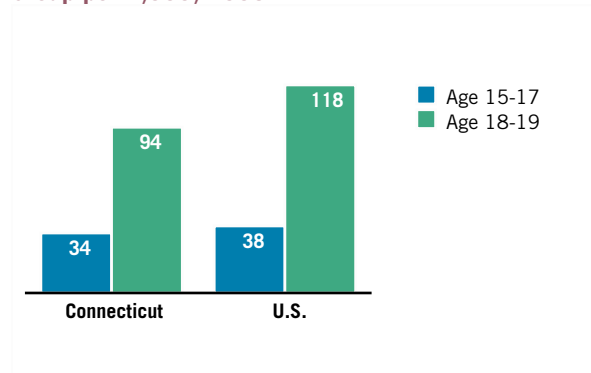
##### Services in Schools

- Have a program office dedicated to SBHCs [2008]<sup>11</sup>

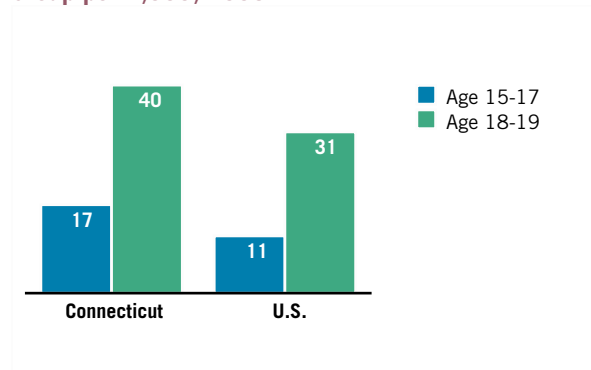
##### Workforce Development

- Require newly hired health education teachers to have undergraduate or graduate training in health education [2006]<sup>21</sup>

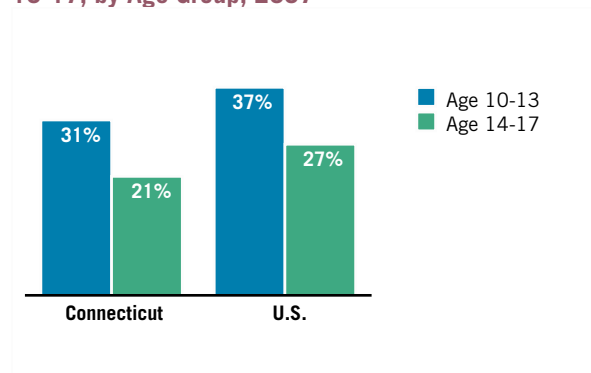
Pregnancy Rates Among Adolescents Aged 15-19, by Age Group per 1,000, 2005<sup>22</sup>



Abortion Rates Among Adolescents Aged 15-19 by Age Group per 1,000, 2005<sup>22</sup>



Obesity/Overweight Status Among Adolescents Aged 10-17, by Age Group, 2007<sup>23</sup>



## MENTAL HEALTH

### State Choices to Promote Access

#### Promotion, Prevention, and Early Intervention

- Have a public school health education curriculum that requires drug/alcohol prevention education [2006]<sup>10</sup>
- Have legislation or board of education policy that explicitly establishes and applies social and emotional learning standards [2010]<sup>24</sup>

#### Services in Schools

- Counseling for emotional or behavioral disorders [2006]<sup>25</sup>
- Crisis intervention for personal problems [2006]<sup>25</sup>
- Suicide prevention services [2006]<sup>12</sup>

#### Law and Legislation

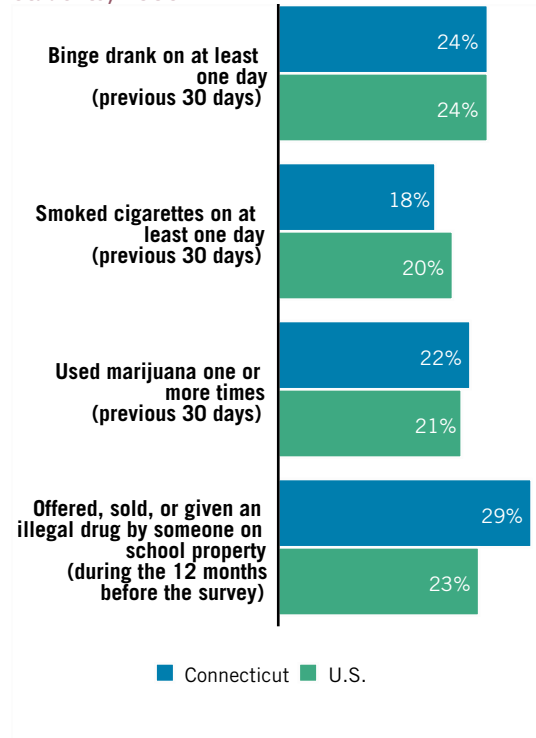
- Allow minors to consent to outpatient mental health care [2010]<sup>26</sup>
- Allow minors to consent to care for drug or alcohol abuse [2010]<sup>27</sup>

### State Choices to Promote Quality

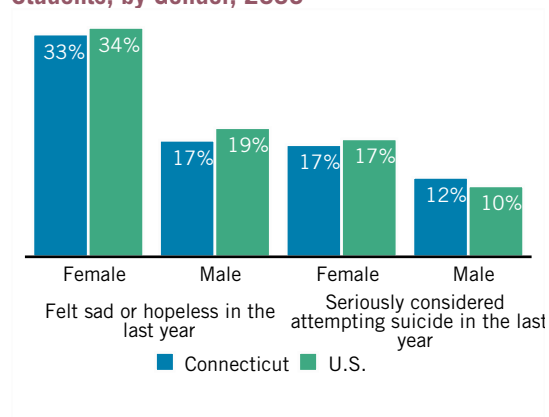
#### Workforce Development

- School counselors [2006]<sup>28</sup>
- School psychologists [2006]<sup>28</sup>
- School social workers [2006]<sup>28</sup>
- Provide funding or staff development on emotional and mental health to health education teachers [2006]<sup>29</sup>

### Self-reported Substance Use Among High School Students, 2009<sup>30</sup>



### Serious Mental Health Disturbances Among High School Students, by Gender, 2009<sup>30</sup>



### Self-reported mental health needs of youth in juvenile justice residential placement (not state-specific)[2003]<sup>31</sup>

- 68% Easily upset
- 61% Lost temper easily
- 61% Felt angry a lot
- 51% Had nervous or worried feelings keep you from doing things you want to do?
- 52% Felt lonely too much of the time
- 70% Had something very bad or terrifying happen to you
- 67% Seen someone severely injured or killed (in person)

## VIOLENCE AND INJURY PREVENTION

### State Choices to Promote Healthy Behaviors

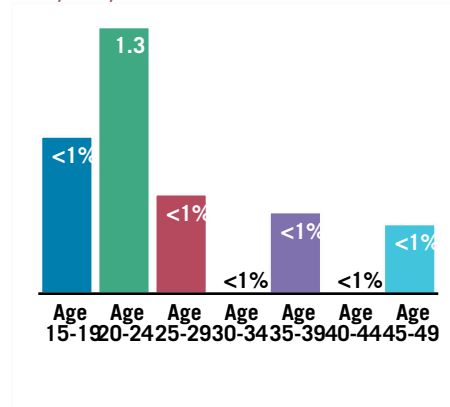
#### Promotion, Prevention, and Early Intervention

- Require injury and violence prevention and safety taught in schools [2006]<sup>10</sup>

#### Law and Legislation

- Require helmets for all motorcycle and low-power cycle (LPC) riders 17 and younger [2010]<sup>32</sup>
- Require bicycle helmets on riders 17 and younger [2010]<sup>32</sup>
- Ban all cell phone use for adolescent novice drivers [2010]<sup>33</sup>
- Ban texting while driving for adolescent novice drivers [2010]<sup>34</sup>
- Stalking statutes explicitly address cyberstalking, including third party harassment [2006]<sup>35</sup>

Rates of Motor Vehicle Traffic Occupant Deaths per 100,000, 2007<sup>36</sup>



### State Choices to Promote Quality

#### Promotion, Prevention, and Early Intervention

- Require school curricula to address dating violence [2010]<sup>37</sup>

#### Workforce Development

- Provide funding for staff development or offered staff development on violence and injury prevention and safety to health education teachers [2006]<sup>29</sup>

#### Law and Legislation

- Have laws that protect students from bullying and harassment on the basis of sexual orientation and gender identity or expression [2010]<sup>38</sup>
- Have graduated driver licensing system [2010]<sup>39</sup>
  - Require learner's entry age at 16 [2010]<sup>39</sup>
  - Require learner's holding period at least 6 months [2010]<sup>40</sup>
  - Require practice driving certification at least 30 hours [2010]<sup>39</sup>
  - Require night driving restriction at 9 or 10pm [2010]<sup>39</sup>
  - Restrict underage passengers to 1 or 2 [2010]<sup>39</sup>
  - Require that restrictions last until age 18 [2010]<sup>41</sup>
- Have domestic violence protection laws for adolescents that received a score of B or higher from Break the Cycle [2009]<sup>42</sup>
  - Allow victims of domestic violence who are dating their abuser to apply for a civil domestic violence protection or restraining order [2009]<sup>42</sup>
  - Have protection laws that do not exclude same-sex couples, explicitly or by stated intent [2009]<sup>42</sup>
  - Allow minors to petition for protection orders [2009]<sup>43</sup>
  - Allow victims to petition for restraining order against a minor [2009]<sup>43</sup>

- Require school curricula to address dating violence [2010]<sup>37</sup>

## YOUTH DEVELOPMENT

### State Choices to Promote Access

#### Educational Attainment

- Set minimum compulsory completion age of high school at 18 or older [2010]<sup>44</sup>
- Provide funding for after-school/out-of-school time programs for youth [2010]<sup>45</sup>
- Fund mentoring initiatives [2010]<sup>46</sup>
- Allow undocumented immigrants to receive in-state tuition [2008]<sup>47</sup>
- Provide Educational and Training Vouchers or tuition waivers for foster youth seeking post-secondary education [2010]<sup>48</sup>

#### Transition to Adulthood

- Fund a career and technical education office within its education department [2010]<sup>49</sup>

### State Choices to Promote Quality

#### Educational Attainment

- Fund afterschool/out-of-school time program evaluation initiative for youth [2010]<sup>50</sup>
- Use the Compact Rate formula to measure graduation rate [2010]<sup>51</sup>

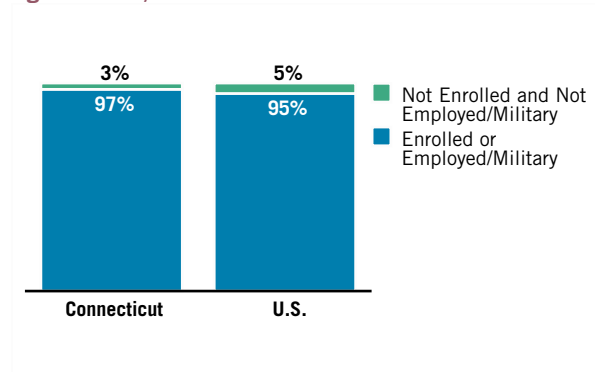
#### Transition to Adulthood

- Have a career and technical education office that partners with communities to offer internship programs [2010]<sup>52</sup>
- Collaborate with private sector to expand job opportunities for youth aging out of foster care [2010]<sup>49</sup>
- Provide aftercare services to ease transition from juvenile justice system, including education, life skills training, vocational training, and counseling services [2010]<sup>49</sup>
- Allow foster youth aging out of system to voluntarily retain state guardianship until age 21 [2009]<sup>53</sup>

#### Law and Legislation

- Have a legislative youth advisory council or commission [2009]<sup>54</sup>

School Enrollment/Employment Status Among Adolescents Aged 16-18, 2008<sup>1</sup>



## DATA NOTES AND SOURCES

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1. State data were calculated from the Annual Social and Economic Supplement (the March supplement) of the Current Population Survey from 2007, 2008, and 2009, representing information from calendar years 2006, 2007, and 2008. NCCP averaged three years of data because of small sample sizes in less populated states. The national data were calculated from the 2009 data, representing information from the previous calendar year.

2. Race/ethnicity estimates were excluded if the unweighted sample size in the denominator was less than 50.

State data were calculated from the Annual Social and Economic Supplement (the March supplement) of the Current Population Survey from 2007, 2008, and 2009, representing information from calendar years 2006, 2007, and 2008. NCCP averaged three years of data because of small sample sizes in less populated states. The national data were calculated from the 2009 data, representing information from the previous calendar year.

3.

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Wiley, Dinah, National Immigration Law Center. Aug. 2, 2010. Personal communication.

6. Reinstates Medicaid if the individual is released within 24 months and contacts the Department of Social Services for assistance within 30 days of release.

Kaye, Neva; Zemel, Sarabeth. 2009. Medicaid Eligibility, Enrollment, and Retention Policies: Findings from a Survey of Juvenile Justice and Medicaid Policies Affecting Children in the Juvenile Justice System (Models for Change: Systems Reform in Juvenile Justice). National Academy for State Health Policy. Accessed July 21, 2010, from [www.nashp.org/sites/default/files/MacFound11-09.pdf](http://www.nashp.org/sites/default/files/MacFound11-09.pdf).

Personal communication with state agency: includes private letters, memos, some electronic communication (i.e. email, personal interviews, or telephone conversations).

7. Kaiser Commission on Medicaid and the Uninsured, Challenges of Providing Health Coverage for Children and Parents in a Recession: A 50 State Update on Eligibility Rules, Enrollment and Renewal Procedures, and Cost-Sharing Practices in Medicaid and SCHIP in 2009. State Income Eligibility Guidelines for Children's Regular Medicaid, Children's SCHIP-funded Medicaid Expansions and Separate SCHIP Programs (Percent of the Federal Poverty Line) January 2009. (Table 1). Accessed Aug. 16, 2010, from [www.kff.org/medicaid/upload/7855\\_TABLES.pdf](http://www.kff.org/medicaid/upload/7855_TABLES.pdf).

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9. Centers for Disease Control and Prevention, Childcare and School Vaccination Requirements. 2008. Summary of Vaccination Requirements by Vaccine or Antigen 2007-2008. Accessed Aug. 16, 2010, from [www2a.cdc.gov/nip/schoolsurv/CombinedLaws2007.pdf](http://www2a.cdc.gov/nip/schoolsurv/CombinedLaws2007.pdf).

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12. Centers for Disease Control and Prevention, State-Level School Health Policies and Practices. A State-by-State Summary from the School Health Policies and Programs Study 2006. Table 3.3. Accessed July 29, 2010, from [www.cdc.gov/HealthyYouth/SHPPS/2006/summaries/pdf/State\\_Level\\_Summaries\\_SHPPS2006.pdf](http://www.cdc.gov/HealthyYouth/SHPPS/2006/summaries/pdf/State_Level_Summaries_SHPPS2006.pdf).

13. Centers for Disease Control and Prevention, CDC WONDER. Selected STDs by Age, Race/Ethnicity, and Gender, 1996-2008 request. Accessed Aug. 12, 2010, from [wonder.cdc.gov/std.html](http://wonder.cdc.gov/std.html).

14. No explicit policy, but minors may be able to consent to care based on the constitutional right of privacy, if the site is funded under the federal Title X Family Planning Program, or services are paid for by Medicaid.

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15. Physician must work toward involving a minor's parent in decision to seek treatment unless he or she feels the minor will not seek, pursue, or continue treatment if parents are notified and requests that they not be notified. A physician may inform parents if under 16 and receiving treatment for HIV.
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21. Centers for Disease Control and Prevention. 2007. State-Level School Health Policies and Practices: A State-by-State Summary from the School Health Policies and Programs Study 2006. Table 1.11. Accessed Nov. 18, 2009, from [www.cdc.gov/HealthyYouth/shpps/2006/summaries/pdf/State\\_Level\\_Summaries\\_SHPPS2006.pdf](http://www.cdc.gov/HealthyYouth/shpps/2006/summaries/pdf/State_Level_Summaries_SHPPS2006.pdf).
22. Kost, Kathryn; Henshaw, Stanley; Carlin, Liz. 2010. U.S Teenage Pregnancies, Births and Abortions: National and State Trends and Trends by Race and Ethnicity, Guttmacher Institute. Accessed Aug. 12, 2010, from [www.guttmacher.org/pubs/USTPtrends.pdf](http://www.guttmacher.org/pubs/USTPtrends.pdf).
23. Body Mass Index (BMI) is a number calculated from a child's weight and height and is a reliable indicator of body fatness for most children and adolescents. BMI for children and adolescents, also referred to as BMI-for-age, is gender and age specific because their body fatness changes over the years as they grow and differs between males and females. Adolescents in the 85th to 94th percentile BMI-for-age were classified as overweight. Those in the 95th percentile or above BMI-for-age were classified as obese.
- Child and Adolescent Health Measurement Initiative. 2007 National Survey of Children's Health, Data Resource Center for Child and Adolescent Health website. Accessed Aug. 12, 2010, from [nschdata.org/DataQuery/DataQueryResultsAllStates.aspx?validq=1](http://nschdata.org/DataQuery/DataQueryResultsAllStates.aspx?validq=1).
24. Data not available.
- Palmer, Kara. 2010. A Study of Statewide Social and Emotional Learning Policy and Practices: Prepared for the Raikes Foundation.
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26. Only in certain circumstances, with limitations on duration and type of care.
- Many states generally allow emancipated minors, married minors, pregnant minors, minor parents, or other subgroups to consent for their own health care.
- English, Abigail; Bass, Lindsay; Boyle, Alison Dame; Eshragh, Felicia. 2010. State Minor Consent Laws: A Summary, 3rd Edition. Center for Adolescent Health and the Law.
27. Many states generally allow emancipated minors, married minors, pregnant minors, minor parents, or other subgroups to consent for their own health care.
- English, Abigail; Bass, Lindsay; Boyle, Alison Dame; Eshragh, Felicia. 2010. State Minor Consent Laws: A Summary, 3rd Edition. Center for Adolescent Health and the Law.
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