



# NCCP

## National Center for Children in Poverty

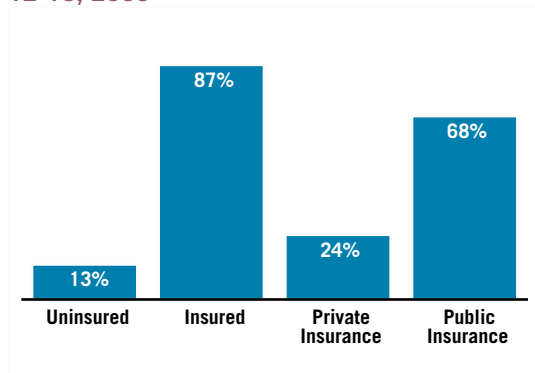
Mailman School of Public Health  
Columbia University

# UNITED STATES ADOLESCENT PROFILE

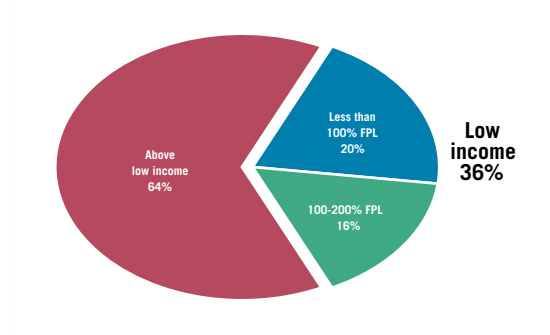
Although adolescence is generally perceived as a period of good health, many in this age group face poor health outcomes and establish unhealthy behaviors that follow them into adulthood. An adolescent's ability to successfully navigate the transition to adulthood is influenced not only by behaviors 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 national profile provides data on adolescents in the United States 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

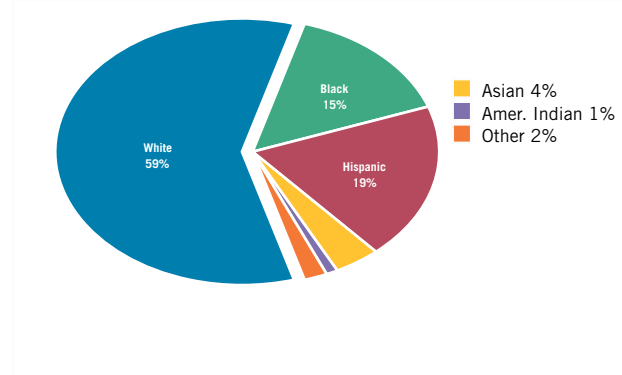
### Health Insurance Coverage Among Adolescents Aged 12-18, 2008<sup>1</sup>



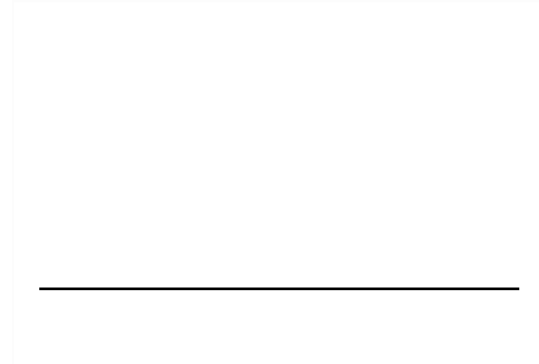
### Family Income Among Adolescents Aged 12-18, 2008<sup>1</sup>



### 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

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### State Choices to Promote Access

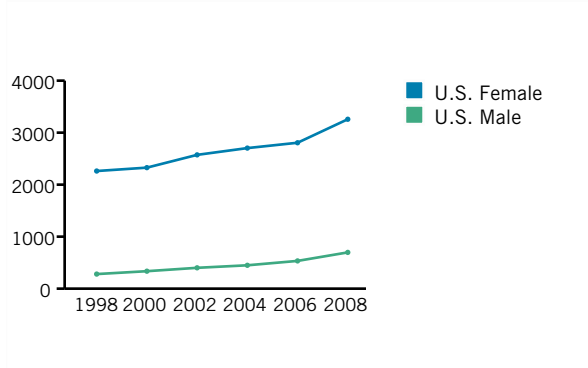
#### Promotion, Prevention, and Early Intervention

- **15** states set the income eligibility limit for public health insurance at or above 200% of the federal poverty level (FPL) - Medicaid [2009]<sup>4</sup>
- **47** states set the income eligibility limit for public health insurance at or above 200% of the federal poverty level (FPL) - CHIP health insurance at or above 200% of the federal poverty level (FPL) - CHIP [2009]<sup>4</sup>
- **22** states extend CHIP to cover legal immigrant children [2010]<sup>5</sup>
- **11** states maintain or suspend but do not terminate Medicaid enrollment for youth committed to a juvenile facility [2009]<sup>6</sup>
- **28** states use Chafee funds to provide Medicaid eligibility to foster care youth aging out of the system [2009]<sup>7</sup>
- **45** states require CHIP coverage for contraceptives [2006]<sup>8</sup>
- **36** states have a public school health education curriculum that requires HIV prevention education [2006]<sup>10</sup>
- **31** states have a public school health education curriculum that requires STI prevention education [2006]<sup>10</sup>
- **30** states have a public school health education curriculum requires pregnancy prevention education [2006]<sup>10</sup>
- **30** states require physical activity and fitness taught in schools [2006]<sup>10</sup>
- **6** states recognize SBHCs as a participating provider for CHIP [2008]<sup>11</sup>
- **11** states require districts or schools to provide services for HIV, STDs, and pregnancy prevention [2006]<sup>12</sup>

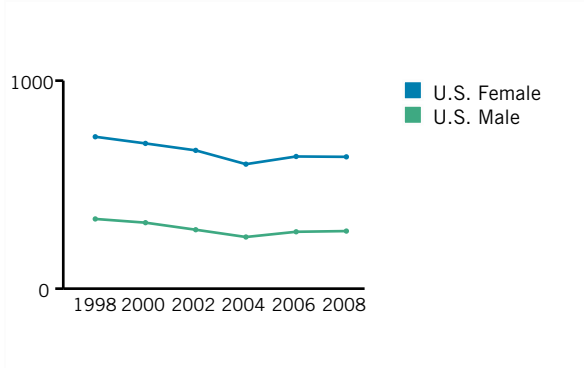
#### Services in Schools

- **19** states provide funding for School-based Health Centers (SBHCs) [2008]<sup>11</sup>
  - **11** states recognize SBHCs as a participating provider for Medicaid [2008]<sup>11</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

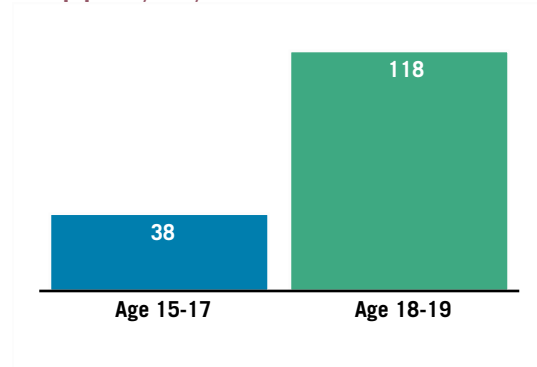
- **50** states allow minors to consent to prenatal care [2010]<sup>14</sup>
- **47** states allow minors to consent to contraceptive and family planning services [2010]<sup>14</sup>
- **50** states allow minors to consent to HIV and STI prevention and treatment services [2010]<sup>14</sup>
- **51** states allow minors to consent to medical care for their own children [2010]<sup>14</sup>
- **17** states allow minors to consent to abortion without parental notification or permission [2010]<sup>14</sup>

### State Choices to Promote Quality

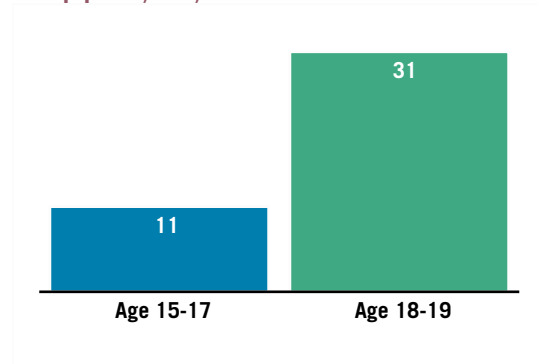
#### Promotion, Prevention, and Early Intervention

- **27** states have an EPSDT screening periodicity schedule that meets recommendations of American Academy of Pediatrics - 5 Screenings for children 10-14 years [2009]<sup>15</sup>
- **29** states have an EPSDT screening periodicity schedule that meets recommendations of American Academy of Pediatrics - 4 Screenings for children 15-18 years [2009]<sup>15</sup>

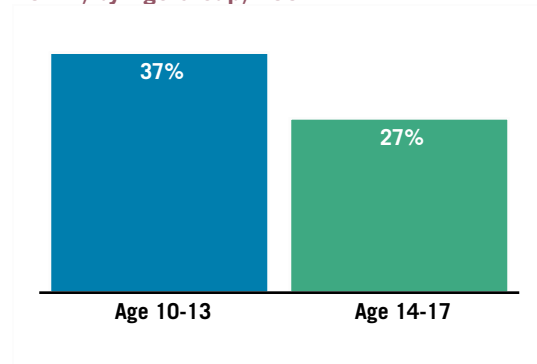
Pregnancy Rates Among Adolescents Aged 15-19, by Age Group per 1,000, 2005<sup>16</sup>



Abortion Rates Among Adolescents Aged 15-19 by Age Group per 1,000, 2005<sup>16</sup>



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



- **36** states require newly hired health education teachers to have undergraduate or graduate training in health education [2006]<sup>18</sup>
- **17** states have a program office dedicated to SBHCs [2008]<sup>11</sup>
- **24** states require or recommend that schools make fruits or vegetables available to students whenever other food is offered or sold [2006]<sup>19</sup>
- **28** states require or recommend that schools make healthful beverages available to students whenever other beverages are offered or sold [2006]<sup>19</sup>

- **10** states have statutory nutritional standards for school meal programs beyond federal regulations [2005]<sup>20</sup>
- **16** states specify time requirements for physical education [2006]<sup>21</sup>

## MENTAL HEALTH

### State Choices to Promote Access

#### Promotion, Prevention, and Early Intervention

- **38** states have a public school health education curriculum that requires drug/alcohol prevention education [2006]<sup>10</sup>
- **1** state has legislation or board of education policy that explicitly establishes and applies social and emotional learning standards [2010]<sup>22</sup>

#### Services in Schools

- **7** states require districts or schools to provide counseling for emotional or behavioral disorders [2006]<sup>23</sup>
- **11** states require districts or schools to provide crisis intervention for personal problems [2006]<sup>23</sup>
- **15** states require districts or schools to provide suicide prevention services [2006]<sup>12</sup>

#### Law and Legislation

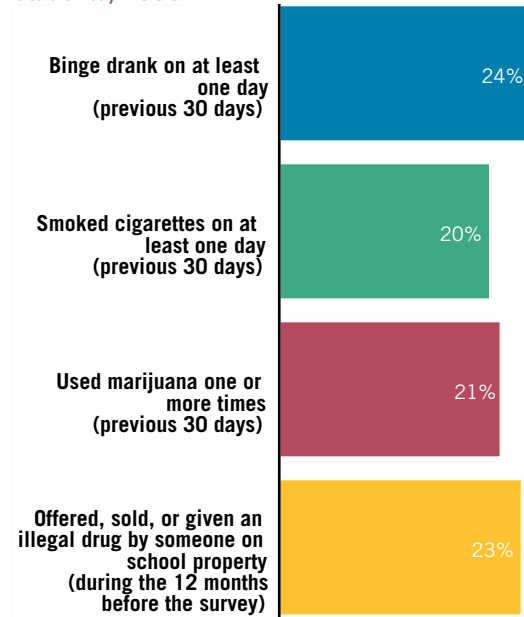
- **24** states allow minors to consent to outpatient mental health care [2010]<sup>24</sup>
- **46** states allow minors to consent to care for drug or alcohol abuse [2010]<sup>24</sup>

### State Choices to Promote Quality

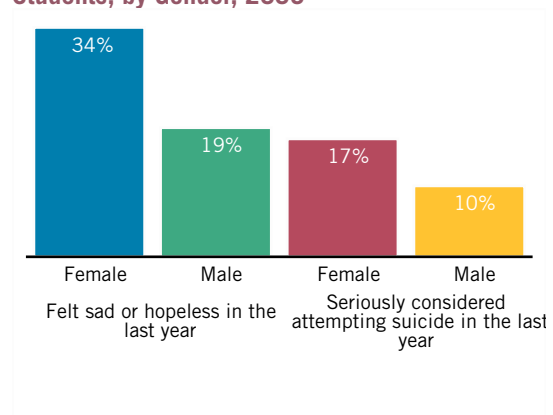
#### Workforce Development

- **48** states require certification by a state agency or board for newly hired school counselors [2006]<sup>25</sup>
- **48** states require certification by a state agency or board for newly hired school psychologists [2006]<sup>25</sup>
- **46** states require certification by a state agency or board for newly hired school social workers [2006]<sup>25</sup>
- **31** states provide funding or staff development on emotional and mental health to health education teachers [2006]<sup>26</sup>

#### Self-reported Substance Use Among High School Students, 2009<sup>27</sup>



#### Serious Mental Health Disturbances Among High School Students, by Gender, 2009<sup>27</sup>



**Self-reported mental health needs of youth in juvenile justice residential placement (not state-specific)[2003]<sup>28</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

- **30** states require injury and violence prevention and safety taught in schools [2006]<sup>10</sup>

#### Law and Legislation

- **47** states require helmets for all motorcycle and low-power cycle (LPC) riders 17 and younger [2010]<sup>29</sup>
- **3** states require bicycle helmets on riders 17 and younger [2010]<sup>29</sup>
- **29** states ban all cell phone use for adolescent novice drivers [2010]<sup>29</sup>
- **38** states ban texting while driving for adolescent novice drivers [2010]<sup>30</sup>
- **3** states stalking statutes explicitly address cyberstalking, including third party harassment [2006]<sup>31</sup>

### State Choices to Promote Quality

#### Promotion, Prevention, and Early Intervention

- **12** states require school curricula to address dating violence [2010]<sup>33</sup>

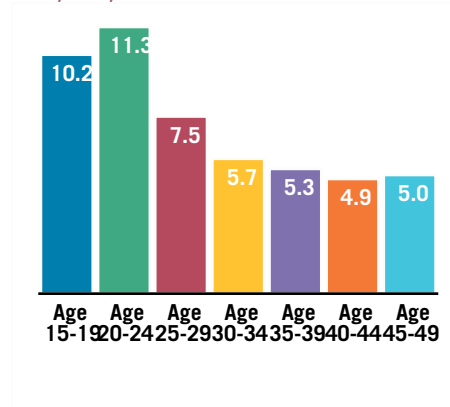
#### Workforce Development

- **39** states provide funding for staff development or offered staff development on violence and injury prevention and safety to health education teachers [2006]<sup>26</sup>

#### Law and Legislation

- **13** states have laws that protect students from bullying and harassment on the basis of sexual orientation and gender identity or expression [2010]<sup>34</sup>
- **51** states have graduated driver licensing system [2010]<sup>35</sup>
  - **9** states require learner's entry age at 16 [2010]<sup>35</sup>
  - **49** states require learner's holding period at least 6 months [2010]<sup>35</sup>
  - **43** states require practice driving certification at least 30 hours [2010]<sup>35</sup>
  - **10** states require night driving restriction at 9 or 10pm [2010]<sup>35</sup>
  - **43** states restrict underage passengers to 1 or 2 [2010]<sup>35</sup>
  - **6** states require that restrictions last until age 18 [2010]<sup>35</sup>

Rates of Motor Vehicle Traffic Occupant Deaths per 100,000, 2007<sup>32</sup>





- **22** states have domestic violence protection laws for adolescents that received a score of B or higher from Break the Cycle [2009]<sup>33</sup>
  - **43** states allow victims of domestic violence who are dating their abuser to apply for a civil domestic violence protection or restraining order [2009]<sup>33</sup>
  - **46** states have protection laws that do not exclude same-sex couples, explicitly or by stated intent [2009]<sup>33</sup>
  - **10** states allow minors to petition for protection orders [2009]<sup>36</sup>
  - **15** states allow victims to petition for restraining order against a minor [2009]<sup>36</sup>
  - **12** states require school curricula to address dating violence [2010]<sup>33</sup>

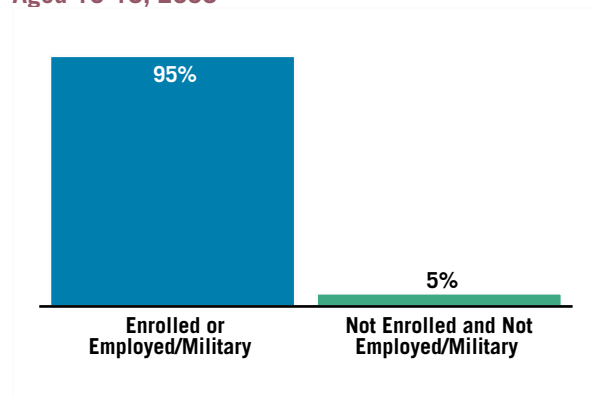
## YOUTH DEVELOPMENT

### State Choices to Promote Access

#### Educational Attainment

- **21** states set minimum compulsory completion age of high school at 18 or older [2010]<sup>37</sup>
- **51** states provide funding for after-school/ out-of-school time programs for youth [2010]<sup>38</sup>
- **10** states fund mentoring initiatives [2010]<sup>39</sup>
- **10** states allow undocumented immigrants to receive in-state tuition [2008]<sup>40</sup>
- **43** states provide Educational and Training Vouchers or tuition waivers for foster youth seeking post-secondary education [2010]<sup>41</sup>

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



#### Transition to Adulthood

- **40** states fund a career and technical education office within its education department [2010]<sup>42</sup>

### State Choices to Promote Quality

#### Educational Attainment

- **11** states fund afterschool/out-of-school time program evaluation initiative for youth [2010]<sup>43</sup>
- **25** states use the Compact Rate formula to measure graduation rate [2010]<sup>44</sup>

#### Transition to Adulthood

- **48** states have a career and technical education office that partners with communities to offer internship programs [2010]<sup>45</sup>
- **12** states collaborate with private sector to expand job opportunities for youth aging out of foster care [2010]<sup>42</sup>

- **31** states provide aftercare services to ease transition from juvenile justice system, including education, life skills training, vocational training, and counseling services [2010]<sup>42</sup>
- **37** states allow foster youth aging out of system to voluntarily retain state guardianship until age 21 [2009]<sup>46</sup>

#### **Law and Legislation**

- **41** states have a legislative youth advisory council or commission [2009]<sup>47</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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17. 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.

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24. 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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36. Many states do not explicitly specify.  
  
Break the Cycle: Empowering Youth to End Domestic Violence. 2009 and 2010 State Law Report Cards: A National Survey of Teen Dating Violence Laws. Accessed May 27, 2010, from [www.breakthecycle.org/system/files/pdf/2010-Dating-Violence-State-Law-Report-Card-Full-Report.pdf](http://www.breakthecycle.org/system/files/pdf/2010-Dating-Violence-State-Law-Report-Card-Full-Report.pdf).
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