



Start Here

Your State Adolescent Health Coordinator— as a member of the National Network of State Adolescent Health Coordinators — has access to best practices, resources and ideas from across the country.



Check out solutions from other states and access **free Youth Focus Group Guides and Protocols developed and used by state MCH programs.**

Get in touch, browse and download.

www.nnsahc.org

ENGAGE YOUNG PEOPLE

in your Title V MCH Block Grant Needs Assessment

The MCH Block Grant Needs Assessment is an opportunity for youth engagement. When we **hear young people** — about how they see health, what they need and what's important to them — we plan better MCH programs, policies and practices designed specifically for youth.

Adolescents in the Block Grant (Ages: 10-18)

National Performance Measures:

7. Injury/Hospitalization
8. Physical Activity
9. Bullying
10. Adolescent Well Visit
11. Medical Home
12. Transition
13. Preventive dental visit
14. Smoking
15. Adequate Insurance

13%
OF US
POPULATION

5 ways to get youth input

1. Focus groups
2. Surveys (online is best)
3. Youth action research
4. Questions posted on youth blogs, forums or social media pages
5. Youth media: videos, written, spoken and visual art; school reports; news articles or editorials

10 places to find young people and gain their insights

1. State-level youth councils (health, education, foster care, justice, legislative)
2. MCH-funded programs (ask your grantees!)
3. Youth-serving programs (Youth homeless drop-in shelters, YMCA, YWCA, Boys & Girls Clubs)
4. Community youth leadership groups (4-H, HOSA-Future Health Professionals chapters, non-profits, foundations)
5. Youth conferences
6. Sports leagues
7. School groups (debate team, theater, science clubs, cultural and service groups)
8. Social justice organizations
9. Religious or inter-faith groups
10. School-based health centers or family planning clinics



State Adolescent Health Resource Center

http://nahic.ucsf.edu/resource_center/



<https://sites.google.com/a/umn.edu/sahrc-3-22-17/>

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Young Adults are NOT referenced in the Title V Block Grant

There are no national performance or outcome measures specifically for Young Adults.

Only 5 states have maximized their MCH investment by developing a **State Performance Measure**.



"Young adults are at a surprisingly elevated risk of death and disease in a variety of ways compared with adolescents and older adults.¹"

Yet they ARE part of the MCH population

Young Adults are already being served in many MCH programs:

- Family home visitation
- Family planning
- Pre-conception care
- Well-woman visit
- Community based clinics
- Youth with special health care needs

Health Challenges

Markers of health worsen in young adulthood with higher rates of²:

- Motor vehicle deaths
- Homicide
- Drinking and driving
- Substance abuse
- Sexually transmitted infections

DATA

It is also a critical period for the emergence of mental health disorders²:

- Suicide rates are 3x higher
- Three-quarters of lifetime mental health disorders begin by age 24
- Typical age for onset of psychotic disorders

where are YOUNG ADULTS in Title V Programs?

Solutions

Engage Young Adults in your Title V needs assessment to understand their perspectives and priorities.

Borrow engagement strategies from adolescent health programs.

Be a trendsetter and establish a State Performance Measure.

Raise awareness of Young Adults as a population and fine-tune your efforts

Seek out allies in higher-ed and technical schools – they may have data and opportunities to engage young people as a population and workforce.

Start Here

Your State Adolescent Health Coordinator is connected to a national network actively sharing resources and best practices via an exclusive national listserv.

www.nnsahc.org

Looking for guidance, more resources and access? Contact Kristin Teipel, Director of the State Adolescent Health Resource Center – teipe001@umn.edu



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¹ Investing in the health and wellbeing of young adults
Institutes of Medicine and National Research Council
²Park et al., 2006; Park et al., 2014 NAHIC ppt