



# Alaska Adolescent Health Program

## 5 areas of focus for adolescent health

In partnership with national and local organizations, the Adolescent Health Program aims to promote positive youth development and reduce negative health outcomes for all young Alaskans ages 10-25 years old.

### 1. Promote Positive Youth Development and Resiliency

**GOAL:** Increase the percentage of Alaska high school students who feel comfortable seeking help from three or more adults if they had an important question affecting their life from 44.6% (2010) to 47% by 2020 (YRBS).

**PROMISING STRATEGY:** The Youth Alliance for a Healthier Alaska is the Adolescent Health program's youth voice, which advises and creates interventions designed to improve the lives of adolescents in Alaska. The Adolescent Health Program supports adolescent substance abuse prevention efforts through programming and resource development.



### 2. Prevent Unintended Pregnancy and Sexually Transmitted Infections

**GOAL:** Increase access to the most effective unintended pregnancy and STI prevention methods and eliminate sexual health inequities. (YRBS, SHP)

**PROMISING STRATEGY:** The Adolescent Health Program aims to increase youth access to comprehensive health services and sexual/relationship health education. Society has the responsibility to provide young people with the tools they need to safeguard their sexual health and young people have the right and responsibility to protect themselves.



# 3.

## Substance Use and Abuse

**GOAL:** Reduce the percentage of adolescents who report binge drinking in the past 30 days from 21.8% (2010) to 17% by 2020 (YRBS).

**PROMISING STRATEGY:** The Fourth R is an evidence-based curriculum taught in schools and communities focused on promoting healthy adolescent relationships and reducing risk behaviors. The Fourth R is supported by a consortium of researchers, schools, teachers, parents, community organizations and the Department of Education and Early Development.



# 17%

# 4.



# 23.5%

## Mental Health and Wellness

**GOAL:** Reduce the suicide mortality rate per 100,000 population, among the youth ages 15-24 years from 25.0 (2010) to 23.5 by 2020 (BVS).

**PROMISING STRATEGY:** Stand Up Speak Up connects youth, supportive adults and community partners to end violence in their communities by boosting respectful relationships, leadership skills, consent and communication.



# 5.

## Prevent Violence and Bullying

**GOAL:** Reduce the percentage of adolescents who were ever hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the past 12 months from 9.1% (2010) to 8% by 2020 (YRBS).

**PROMISING STRATEGY:** Lead On is a statewide youth conference that includes local and national presentations on: healthy relationships, non-violence, leadership, positive choices and guidance on community action.



# 8%

## LEAD ON!



1. Healthy Alaskans 2020 (HA2020): [www.hss.state.ak.us/ha2020/](http://www.hss.state.ak.us/ha2020/)  
2. School Health Profiles (SHP): [www.dhss.alaska.gov/dph/Chronic/Pages/SchoolHealth/profiles.aspx](http://www.dhss.alaska.gov/dph/Chronic/Pages/SchoolHealth/profiles.aspx)  
3. Alaska Youth Risk Behavior Survey (YRBS): <http://dhss.alaska.gov/dph/Chronic/Pages/yrbs/yrbs.aspx>  
4. Bureau of Vital Statistics (BVS): <http://dhss.alaska.gov/dph/VitalStats/Pages/default.aspx>