



# Children's National Medical Center and Adolescent Sexual Health

October 21, 2009

# What do we know about adolescent sexual health in the District?



- **Children's National, in cooperation with the RAND Corporation, released its Pediatric Community Needs Assessment Report for the District in October 2009**

# Report Findings: HIV/AIDS



- **The District had the highest rate of newly reported cases of AIDS in the country.**
  - 47 new AIDS cases reported for kids 13–19 in 2006
  - Among children under age 13, 86 percent of new HIV cases progressed to AIDS within one year.
  - Sixty percent of cases among those ages 13–19 years progressed to AIDS within one year of diagnosis.
  - The majority of new HIV cases in adolescents involved sexual transmission; however, in most HIV cases among children under age 13, the disease was acquired in the perinatal period.

# Report Findings: High School Students



- Although the percentage of youths in grades 9–12 having sexual intercourse has trended downward overall in the past ten years, 58 percent of D.C. youth reported ever having sexual intercourse in 2007, compared to 48 percent of youth in this grade range nationwide.
- Over 20 percent of teens in grades 9–12 reported having four or more sexual partners.

# Report Findings: High School Students



- The majority (71 percent) of sexually experienced teens in the District reported condom use, which was higher than nationwide teen condom use (62 percent).
- Only 9 percent of D.C. teens reported birth control pill use (versus 16 percent nationwide).
- Seventy-one percent of District teens reported some form of birth control use (pill, condom, Depo-Provera).

# Report Findings: Middle School Students



- Over the past ten years, the percentage of youth in middle school who report ever having sexual intercourse has fluctuated between a high of 41 percent in 1997 and a low of 24 percent in 2005. In 2007, 31 percent of middle school students reported ever having had sex.
- The percentage of District youth reporting sex before age 13 (13 percent) was nearly double the national rate (7 percent).
- Almost 13 percent of youth in grades 6–8 reported having three or more partners.
- Among these children who reported being sexually active, almost 80 percent reported using a condom during their last sexual encounter.

# Report Findings: Teen Pregnancy



- Teen pregnancy rates decreased steadily in the District between 2002 and 2007; however, recent reports indicate that these numbers are increasing again.
- The pregnancy rate for women under age 15 in the District was at a low in 2006, at 2.2 per 1,000 for women.
- Teen pregnancy rates for women between the ages of 15 and 19 decreased significantly between 2002 and 2006.

# Report Findings: STDs



- Rates of gonorrhea among youth ages 15–19 have fluctuated; in 2007, the rate was 16.4 per 1,000, which is more than three times the national rate that same year.
- Chlamydia rates among teens ages 15–19 have increased, with a significant jump between 2006 and 2007 to 56 per 1,000, which is also more than three times the national rate of 17.8 per 1,000 that year.

# Report Findings: Focus Groups



- A critical issue for parents and teens is the lack of quality sex education to help prevent teen pregnancy and sexually transmitted infections.
  - Parents shared that they have limited assistance on how to educate their children about sexual health and help prevent pregnancy during adolescence.
  - Teens also shared that they wanted more health education that used visuals and problem-solving techniques to explain how children can be healthier and protect themselves from disease.

# Report Recommendations



- Increasing the availability of antiretrovirals to slow the progression to AIDS among youth should be a priority.
- A greater focus on sexual health education, particularly strategies that help youth use problem-solving techniques, is needed.



# Children's National's Adolescent Prevention Education Programs (APEP)

## About Children's National's Division of Adolescent and Young Adult Medicine



- The only comprehensive health care services of their kind for adolescents and young adults in the metropolitan Washington, DC area
- Nearly 10,000 adolescents receive care at Children's National's various clinics; the Adolescent Health Center is the focal point for many of these services

# Teen Talk



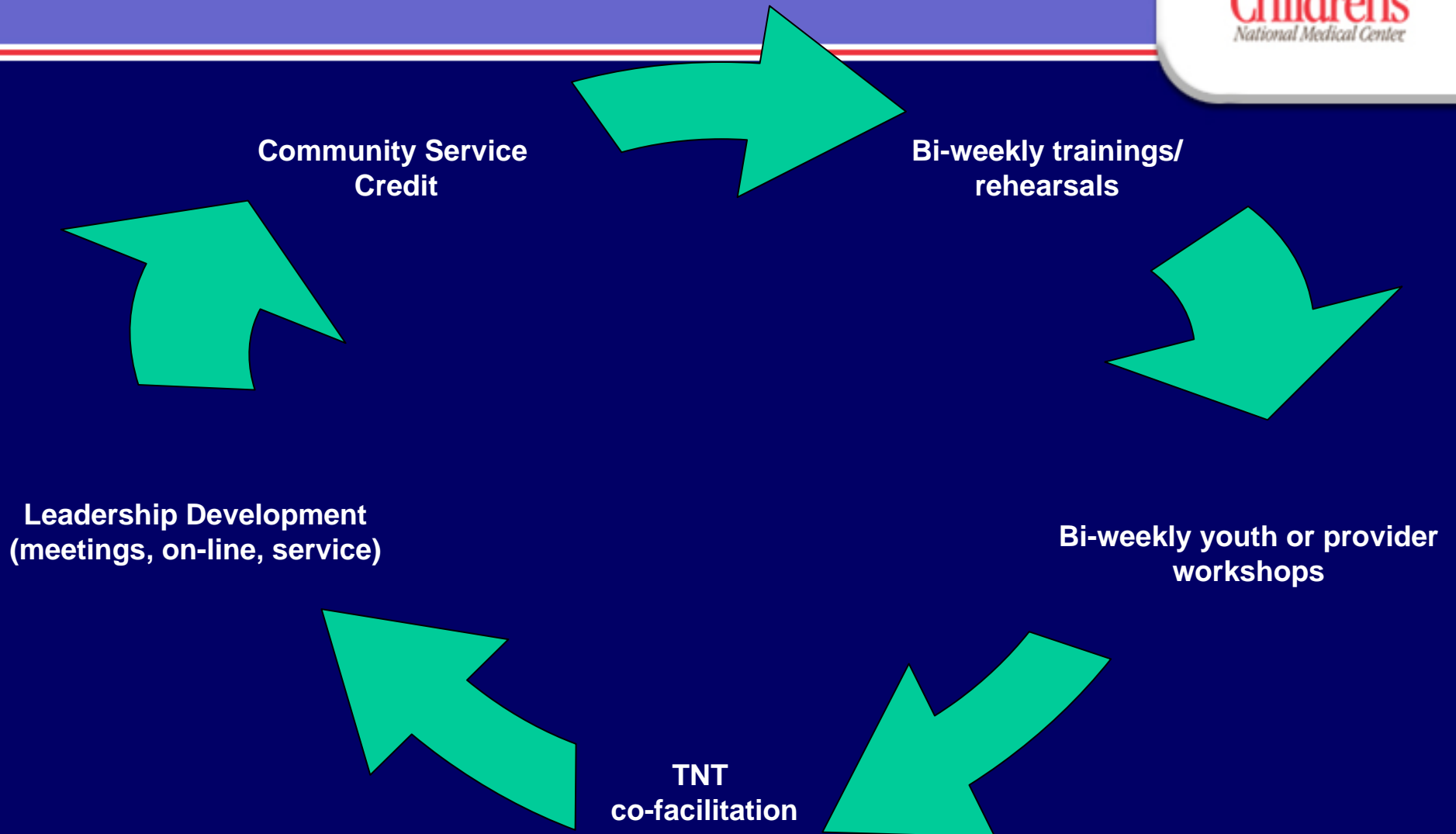
- Weekly 'birth control' counseling class
- Uses interviewing techniques to provide comprehensive contraception and disease prevention education
- Adolescent patients between the ages of 13 and 21
- Offered at Children's Adolescent Health Clinic

# Teens Against the Spread of AIDS (TASA)



- Peer education program
- Creatively educates teens, parents, and adolescent health professionals about critical teen health issues, including HIV, sexuality, and violence
- Incorporates theatre, poetry and hip hop
- High school students, ages 16 - 18, in the Washington, DC metropolitan area

# TASA



# TASA



This year, the 6 TASA peer educators performed at 2 schools, 4 community agencies/events and 4 conferences reaching 767 teens, parents, and adolescent health professionals during performance-based workshops at the following sites:

Location	Audience
DC Youth Rehabilitation Services	Youth
Banneker Academic High School	Youth
Children's National Medical Center	Nurses (CME)
Maret Private School	Youth
United Planning Organization	Youth
Children's National Medical Center	TLC Teen/Caregiver Retreat
Essence of Adolescence Conference	Medical Providers
Busboys & Poets Fundraiser	Adults- AmeriCorps
Kennedy Recreation Center	Youth
Future of Pediatrics	Medical Providers
ACPM Annual Meeting	Health Professionals

# Today's New Teens (TNT)



- A series of three workshops, co-facilitated by TASA members
- Focuses on helping teens develop the insight, knowledge, and communication skills necessary to make sexually-responsible choices
- Based upon the Information, Motivation, Behavior (IMB) model of HIV risk reduction
- Most patients from the Adolescent Health Clinic; open to all DC youth
- Targeted focus on high-risk patients referred by adolescent providers

# TNT



HIV Testing Referral

Series of 3  
workshops

\$30 stipend

TASA co-facilitators

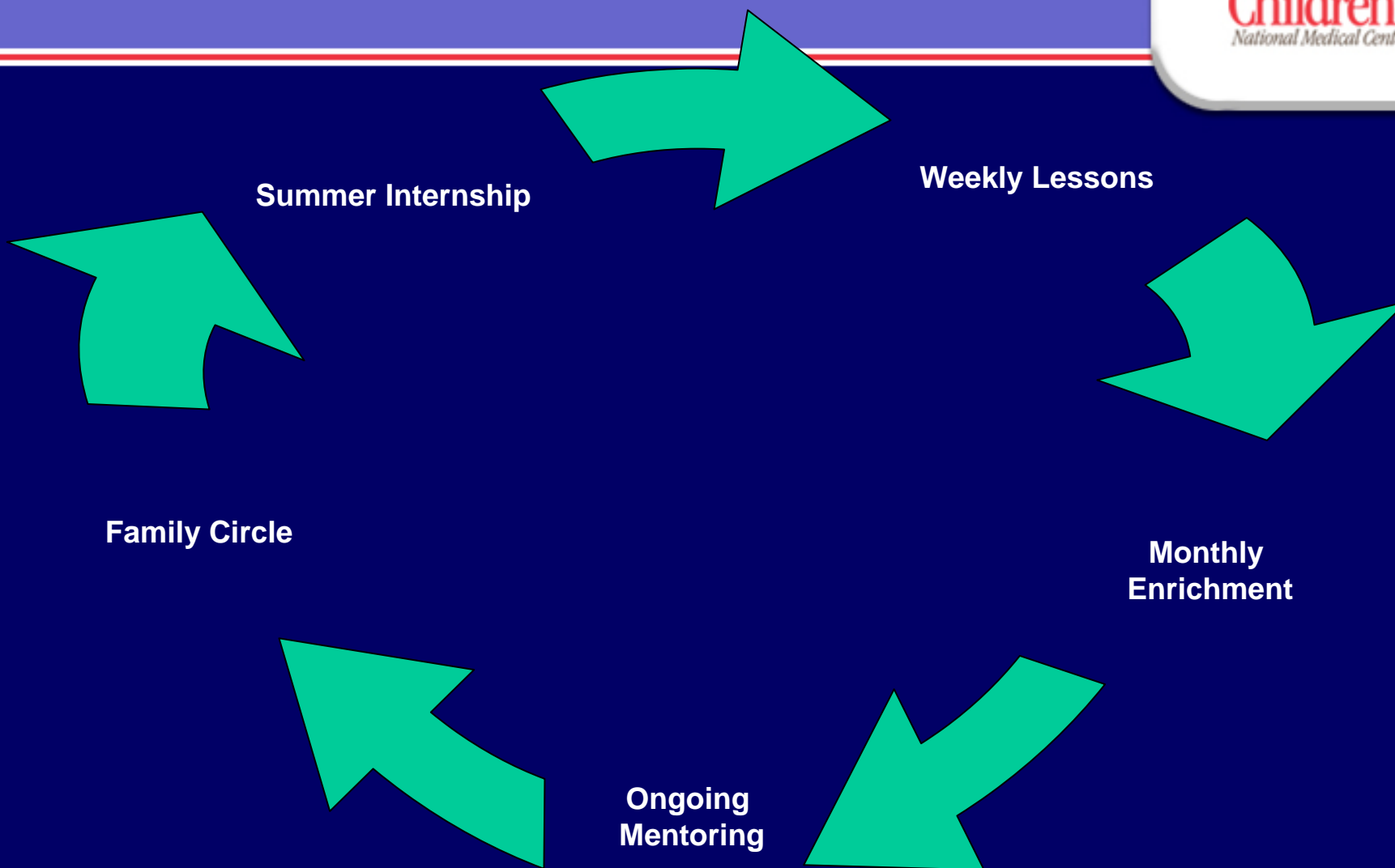
Pre/post Tests

# Teen Life Clubs (TLC)



- Year-long health education, empowerment youth development program
- Develops adolescents' individual strengths and help them build life skills by using our copyrighted *Steps to S.T.A.R.dom* © curriculum
- 11-14 year old adolescents, who live in the Washington, DC metropolitan area
- Awarded an evaluation grant to measure how effectively the program curriculum and activities are in reducing risks related to STs, HIV and  
unplanned pregnancy

# TLC



# Additional APEP Services



- **Waiting Room Education Sessions**
  - Help teens and families become better informed about a variety of health issues and facilitate a direct link to other available adolescent clinical services including reproductive health exams and STI/HIV counseling and testing
  - Held at Children's Adolescent Health Center
- **Community-based Workshops**
  - On-site interactive sessions for school-age youth around adolescent development and reproductive health, comprehensive sexual education, and adolescent health care services
  - Held in many community settings throughout the District



# Other Children's National Programs Targeting Adolescent Sexual Health

# The Burgess Clinic



- Treats adolescents, ages 13 – 21 years of age who are infected with and/or affected by HIV/AIDS
- Offers comprehensive health care services, providing both acute and chronic care

# The Role of the School Nurse



- **School nurses are responsible and accountable for implementing the DOH AIDS Prevention and Condom Availability Policy which includes:**
  - Student Education – Individual and group education and counseling regarding barrier methods and STD/HIV Prevention.
  - Counseling – Private and confidential counseling upon student request related to barrier methods.
  - Distribution - Per the Condom Availability Policy, the school nurse is also required to provide monthly activity reports, with non-identifiable student information, to the Department of Health.

# School Nurse Activities



- **During School Year 2008 – 2009:**
  - School Nurses were involved in over 4,200 encounters with students seeking information and barriers to prevent STD/HIV and teen pregnancy;
  - More than 36,000 barriers were provided; and
  - More than 4,000 students participated in educational activities provided by the school nurse.

# Adolescent Medicine Trials Network (ATN)



- Conducts research on promising behavioral, microbicidal, prophylactic, therapeutic, and vaccine modalities in HIV-infected and HIV-at-risk adolescents
- Designed for adolescents and youth between 12 and 24 years of age
- Children's National is one of 15 Adolescent Medicine Trials Units (AMTU) in the United States and Puerto Rico

# Family Connections Program



- Provides health care to children, adolescents and families affected by HIV through the delivery of comprehensive medical, social, economic and educational services
- Commitment to the advancement of research, advocacy and prevention of HIV

# HIV Services Mental Health Program



- Psychological services to over 300 children, adolescents, and families living with HIV/AIDS in the Washington DC metropolitan area
- Patients between ages 2 and 24 and their families are eligible for services
- Integrated with other medical care provided

# Special Immunology Service



- Serves to meet the medical needs of children affected by HIV/AIDS
- Diagnose HIV in children early, and to provide optimum care for those infected

# Youth Connections Program



- Focused on educating youth, their parents and/or caregivers as well as community medical providers, about the importance of encouraging young people to learn their HIV status through HIV counseling and testing
- Works to connect and/or re-connect those that are HIV positive to medical care and social support services
- A Ryan White Part D funded project
- Five community-partnering agencies