

# TEEN & YOUNG ADULT SEXUAL ACTIVITY

<b>Importance</b>	Sexual activity behavior choices among teens and young adults may increase their risk of adverse outcomes, such as transmission of sexually transmitted infections and unintended pregnancy.
<b>Healthy People 2020 Objectives</b>	<u>Teen Births:</u> Reduce pregnancy rates among adolescent females: - Aged 15 to 17 years to 36.2 pregnancies per 1,000 females (FP-8.1) - Aged 18 to 19 years to 105.9 pregnancies per 1,000 females (FP-8.2)

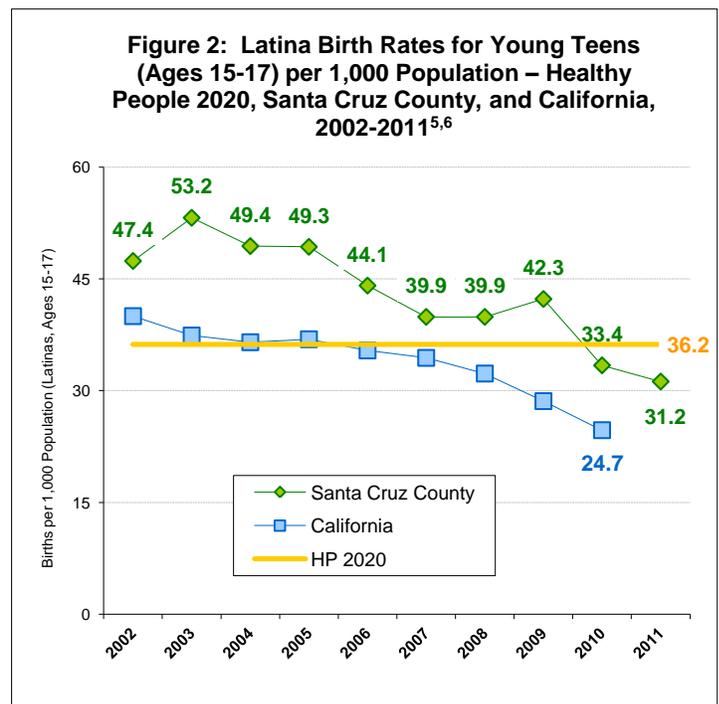
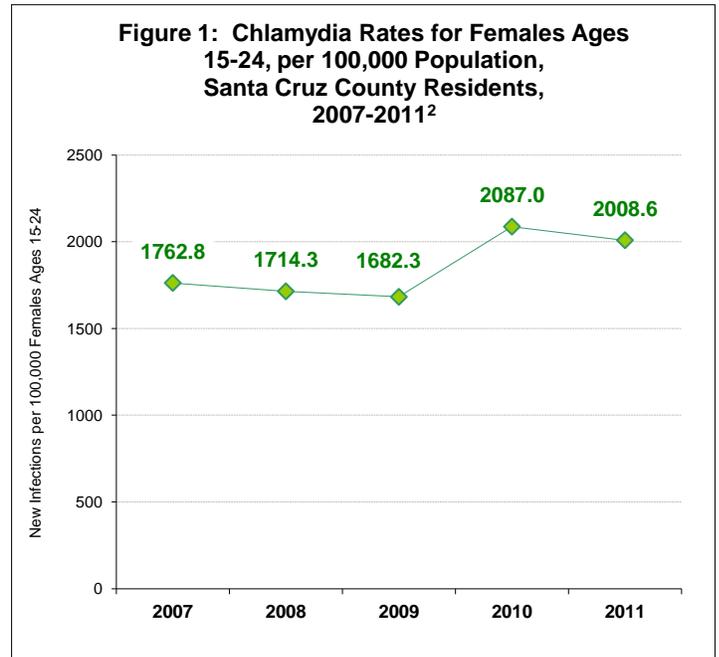
## CHLAMYDIA

A chlamydia infection can damage a woman's reproductive organs, sometimes irreversibly causing infertility. Chlamydia can be transmitted during vaginal, anal, or oral sex.<sup>1</sup> Any sexually active person can get chlamydia, and a treated person can easily be re-infected if their partner does not also get treated. Santa Cruz County chlamydia rates increased significantly among females ages 15-24 in 2010, and remained high in 2011 (see Figure 1). For more sexually transmitted disease data, see the Communicable Disease section.

## TEEN BIRTHS

Teen pregnancy prevention is of paramount importance to the health and quality of life for our youth. Unintended pregnancies are serious and costly. Teen mothers typically have higher school dropout rates and are more likely to require public assistance and live in poverty compared to their peers. Children born to teen parents are at a higher risk for poor birth outcomes (e.g., low birthweight), child abuse and neglect, as well as long-term poverty themselves. Some of the known risk markers for teen pregnancy include lack of after-school programs and enrichment activities for youths, lack of positive role models, substance use, low self-esteem, and low household income.

In 2011, the U.S. teen birth rate was 31.3 births per 1,000 females ages 15-19 – which was a record low.<sup>3</sup> California also experienced record lows in 2010, with a rate of 32.1 births per 1,000 females ages 15-19. Overall, Santa Cruz County rates are similar to the entire state. However, when examining a sub-population of teens (younger Latinas age 15-17), Santa Cruz County rates have been approximately 30% higher than state rates over the past ten years (see Figure 2).<sup>5,6</sup>



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<b>Primary Prevention Activities</b>	<p><b>Teen Health Outreach (THO) Program:</b> is a school-based pregnancy prevention program providing classroom presentations about reproductive health, individualized counseling, and referrals to various youth-oriented services within the community. The program helps teens enroll in Family PACT and get STD testing. The program also provides pregnancy and HIV testing onsite at the school. Additionally, Santa Cruz County Health Services Agency participates in a capacity building effort to support youth-serving agencies countywide in their teen pregnancy prevention efforts. These services are provided through grants from the California Wellness Foundation, Lucille Packard Foundation, and Santa Cruz County.</p>	
	<p><b>Sexually Transmitted Disease (STD) Community Interventions Program (SCIP):</b> provides STD prevention info, youth development, teen pregnancy prevention, and alcohol, drug use, and violence prevention services.</p>	
	<p><b>Communicable Disease (CD) Unit:</b> The CD Unit attempts to interview and ensure appropriate treatment for all chlamydia cases age 19 and under. Assists in referrals for STD testing and treatment, and also provides education on safe sex.</p>	
<b>Helpful Websites</b>	County of Santa Cruz, Teen Health Outreach	<a href="http://www.santacruzhealth.org/phealth/2teenoutreach.htm">http://www.santacruzhealth.org/phealth/2teenoutreach.htm</a>
	California Department of Public Health, Adolescent Sexual Health Workgroup	<a href="http://www.cdph.ca.gov/programs/mcah/Pages/ASHWG-HomePage.aspx">http://www.cdph.ca.gov/programs/mcah/Pages/ASHWG-HomePage.aspx</a>
	The National Campaign to Prevent Teen and Unplanned Pregnancy	<a href="http://www.thenationalcampaign.org/">http://www.thenationalcampaign.org/</a>
	Centers for Disease Control and Prevention	<a href="http://www.cdc.gov/TeenPregnancy/index.htm">http://www.cdc.gov/TeenPregnancy/index.htm</a>
	U.S. Department of Health and Human Services, Office of Adolescent Health	<a href="http://www.hhs.gov/ash/oah/oah-initiatives/tpp">http://www.hhs.gov/ash/oah/oah-initiatives/tpp</a>
<b>Sources</b>	<p>(1) CDC. Chlamydia -- CDC Fact Sheet. <a href="http://www.cdc.gov/std/chlamydia/stdfact-chlamydia.htm">http://www.cdc.gov/std/chlamydia/stdfact-chlamydia.htm</a>.</p> <p>(2) California Department of Public Health, STD Control Branch. "Chlamydia, Cases and Rates, California Counties and Selected City Health Jurisdictions, 2007–2011 Provisional Data." <a href="http://www.cdph.ca.gov/data/statistics/Documents/STD-Data-Chlamydia-Provisional-Tables.pdf">http://www.cdph.ca.gov/data/statistics/Documents/STD-Data-Chlamydia-Provisional-Tables.pdf</a>.</p> <p>(3) CDC. About Teen Pregnancy. <a href="http://www.cdc.gov/TeenPregnancy/AboutTeenPreg.htm">http://www.cdc.gov/TeenPregnancy/AboutTeenPreg.htm</a> (last updated March 12, 2012).</p> <p>(4) CDPH. "California's Teen Birth Rate Drops to Record Low." <a href="http://www.cdph.ca.gov/Pages/NR12-012.aspx">http://www.cdph.ca.gov/Pages/NR12-012.aspx</a>.</p> <p>(5) CDPH Health Information and Strategic Planning. Vital Statistics Query System. <a href="http://www.apps.cdph.ca.gov/vsq/Default.asp">http://www.apps.cdph.ca.gov/vsq/Default.asp</a>.</p> <p>(6) County of Santa Cruz Vital Statistics. Automated Vital Statistics System birth certificate records as of 7 Feb 2012 (unpublished data).</p>	