Picturing a Healthier Future:
A Model to Address the Health of Hoosier Adolescents

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Brief History of Adolescent Health in Indiana

• Adolescent Health Services Program housed in MCH

• Program of “1”-SAHC
  – School-based clinics
  – Teen pregnancy prevention
  – Family planning
  – Youth Risk Behavior Survey
  – Indiana Coalition to Improve Adolescent Health (ICIAH)*
Brief History of Adolescent Health in Indiana

• Bringing the “A” to MCH- tried to form adolescent health coalition for 10 years
• October 2006- meeting of stakeholders; January 2007- Steering Committee identified; formation of the Indiana Coalition to Improve Adolescent Health (ICIAH)
Mission Statement

To promote optimal health and well-being for all Hoosier adolescents with an emphasis on prevention and access to quality, comprehensive health care.
Framework

- National Initiative to Improve Adolescent Health (NIIAH)
- Healthy People 2010
- Positive Youth Development
Structure

• Steering Committee
  – 8 Members
  – Met 2 hours every 3 weeks

• 3 Work Groups
  – Access to Care
  – Prevention
  – Youth Development
Structure

• Work Groups
  – Conducted an assessment of health risk behavior data and morbidity and mortality data
  – Consideration given to feasibility, resources, and data monitoring capability
  – Identification of 10 priority health issues
Ten Priorities

• Access to Care- the capability of adolescents to receive needed health care from providers skilled in the care of adolescents
  – Health Care Capacity
  – Health Insurance
  – Mental Health Services
Ten Priorities

• Prevention- health risks that could be avoided with proper intervention
  – Binge Drinking
  – Cigarette Smoking
  – Dating Violence
  – Motor Vehicle Fatalities
  – Obesity
  – Sexually Transmitted Infections
  – Suicide
Engaging Adolescents

- Partner with Section of Adolescent Medicine, Indiana University School of Medicine
- Six one-hour focus groups of 6-10 adolescents per group
- Confirmation of 10 priorities
- Quotes to inform plan and case studies
Plan Layout

• Current Picture
• Changing the Picture
• Equation for Success
• Case Studies

Meet Carmen.

Carmen is a 22-year-old college student living in a house on the outskirts of campus. Carmen has two roommates, neither of whom she knows very well. The fall semester recently got underway, and she’s already feeling a bit lonely and homesick. One thing she has to look forward to is her boyfriend of exactly six months—not counting the one week apart last month after they had a big fight—visiting town to stay with her for the weekend. Living in different towns has put a strain on their relationship, but Carmen is hoping that this weekend will bring them closer together. Carmen’s story continues on page 24.
<table>
<thead>
<tr>
<th>Date Range</th>
<th>Activities</th>
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<tbody>
<tr>
<td><strong>October 2006</strong></td>
<td>• Kick-off meeting for the Indiana Coalition to Improve Adolescent Health (ICIAH)</td>
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<td><strong>November 2006-January 2007</strong></td>
<td>• Developed the ICIAH Steering Committee</td>
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<td><strong>January 2007</strong></td>
<td>• Defined the Coalition’s goal and mission; developed the Coalition’s organizational structure; wrote the strategic plan’s framework; and launched 3 work groups</td>
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<td><strong>March – November 2007</strong></td>
<td>• Developed the assessment portion of the strategic plan</td>
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<td><strong>April 2007</strong></td>
<td>• ISDH sent out a press release about the Coalition and it’s work on creating a state adolescent health plan</td>
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<td><strong>May 2007</strong></td>
<td>• Refined the strategic plan’s target audience; developed consensus that the plan would focus on youth ages 10-24; identified the plan’s 10 priorities; and defined the work group’s scope of work</td>
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<td><strong>August 2007</strong></td>
<td>• Refined the plan’s 10 priorities and began developing recommendations</td>
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<td><strong>November 2007 - April 2008</strong></td>
<td>• Finalized priorities; wrote overview sections for each priority; finalized recommendations</td>
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<td><strong>April 2008</strong></td>
<td>• Conducted adolescent focus groups</td>
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<td><strong>May 2008 – April 2009</strong></td>
<td>• Analyzed youth focus groups; created report and PowerPoint presentations; Finalized writing of the plan; secured funding for the plan development and printing</td>
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<td><strong>May 2009</strong></td>
<td>• Launch of the strategic plan and ICIAH Web site</td>
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Uses for the Plan

- Staff/grantee education
- Program or resource development
- Influence health policy
- Data and support for grant proposals
- Raise awareness and understanding
- Identify recommendations to put into action
- Share and explore resources
How MCH Uses the Plan

• Set priorities, guide future activities and performance measures
• Guide grant writing
• Leverage financial resources (~$70,000 since plan completion)
• Establish new partnerships
Why This Model Works for IN

- No funding
- No dedicated staff
- Pool resources of Members and Partners
- Establish connections and build infrastructure
Challenges

• No funding
• No dedicated staff
• Coalition Structure
• Sustaining projects
• Implementation
• Evaluation
• Population-focused vs. topic-focused
Success!

- Engaging partners
- Formation of ICIAH
- Steering Committee Members-8
- Consistent membership
- Distribution of >500 plans and >2600 postcards
- Leveraging resources
- Inclusion of youth
Methods of Evaluation

- Survey Monkey
- Self-reporting
- Distribution of materials
  - Web site (www.INadolescenthealth.org)
  - Hard copies
- Regional surveillance project
Implementation

• Partners’ activities
• Mini-grants (8)
• LEAH partnership-video clips posted on ICIAH web site
• PSAs with Herron School of Art and Design (IU)
“[Adults] say they want an adolescent’s opinion, but they don’t really care what we think. They’re like, ‘Oh, this is good for them; let’s do this.’ We are different people, we have different thoughts, and we are unique in every aspect of everything.”

—19-YEAR-OLD MALE