



Adolescent Health Status in Arizona

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Objectives

- To provide an up-to-date overview of the chronic absenteeism and mental health landscape among adolescents in Arizona.
- To discuss key factors impacting adolescent mental health and their prevalence rates with an emphasis on absenteeism.
- To highlight the importance of data quantifying the issues school-age youth encounter, specifically about positive childhood experiences (PCEs).
- Highlight the benefits of connections between LHD's and LEA's

Data sources

2016-2017 & 2020-2021 National Survey of Children's Health (NSCH)

- Parents/guardians (used a subsample of adolescents, ages 12-17 years).
- National survey conducted annually, funded and directed by the Health Resources and Services Administration's Maternal and Child Health Bureau (HRSA MCHB), that provides rich data on multiple, intersecting aspects of children's health and well-being – including physical and mental health, access to and quality of health care, and the child's family, neighborhood, school, and social context.

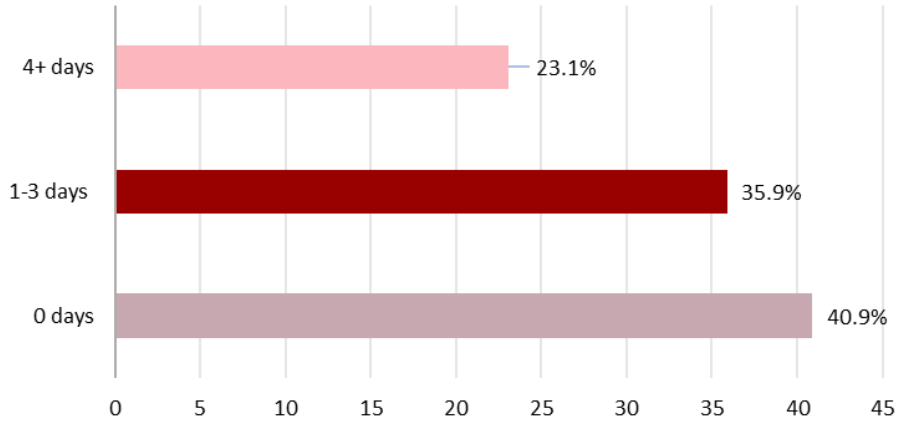
2017 & 2021 Arizona Youth Risk Behavior Survey (YRBS)

- Adolescents enrolled in 9th-12th grade.
- School-based health survey conducted every two years in high schools through Arizona and the United States. The survey collects valuable information about priority health behaviors and experiences among Arizona teens. In Arizona, it is partially funded by the CDC and administered by the ADHS. Student participation is anonymous, voluntary, and requires written parental consent.

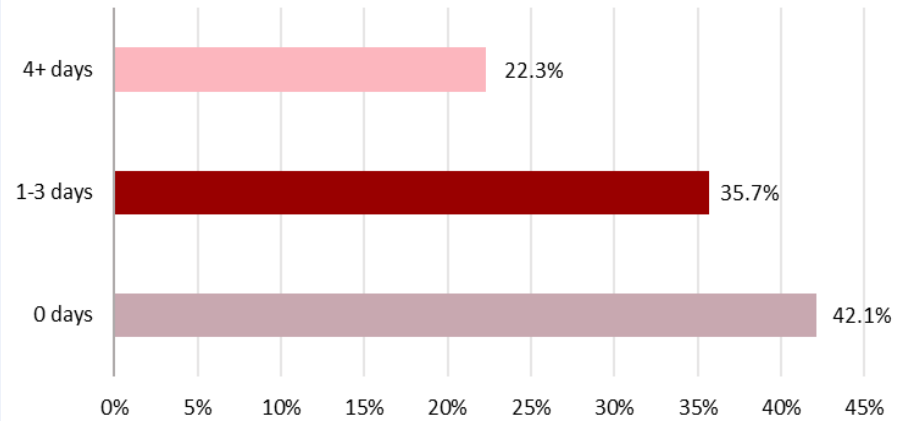
1 in 5 students missed 4 or more days of school due to illness or injury

Female students are nearly 20% more likely to miss 4+ days of school due to illness or injury.

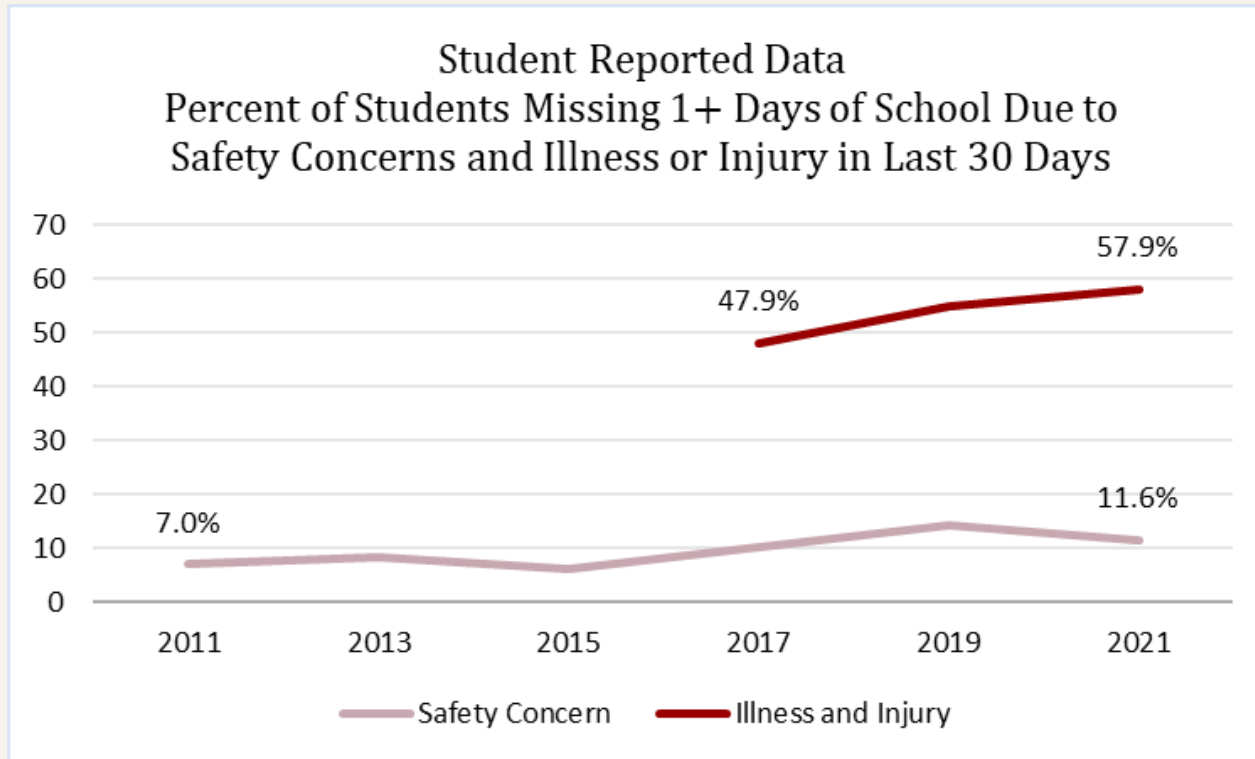
Parent Reported Data
Past 12 Months



Youth Reported Data
Last 30 Days



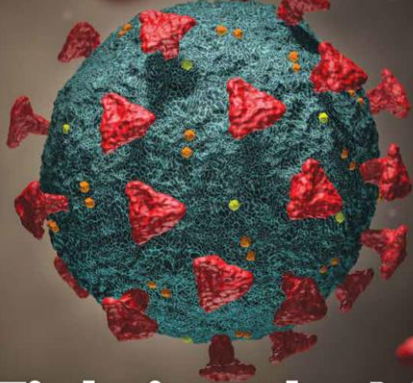
The number of students missing school days due to safety concerns and illness or injury is on the rise



First Known Swimming Dinosaur | Why Is the Sun So Quiet?

ScienceNews

MAGAZINE OF THE SOCIETY FOR SCIENCE & THE PUBLIC ■ JUNE 6, 2020



Fighting the Virus

What happens next with the COVID-19 pandemic?





Adolescent Mental Health

- Mental health issues exacerbated during the COVID-19 pandemic.
- Mental health was selected as **one of the top public health issues** by the ASTHO.

YAC Feedback

Concerns...

- Mental Health Access
- Local School Sanitation
- Drug Usage

Food insecurity between Arizona schools (which schools have free and reduced lunch and the nutrition in school lunches), disability acts for children with physical and learning disabilities in schools, mental health awareness (having counselors and trusted adults in school)

1. Mental health issues especially after the COVID-19 Pandemic
2. Violence at homes + ACES
3. Bullying and cyberbullying

1. Mental health- many students in my school are not aware that we have a school counselor. I think it is important that students are more conscious of the support systems put in place to help them with their mental health.
2. Physical health pertaining to the use of illegal substances, such as vapes, weed, alcohol etc. As someone who has attended both public and private schools, it is clear that substance abuse is ubiquitous across all types of school campuses, but deterrents (such as strict substance abuse policies) can reduce the chance of students "using."
3. Anxiety/depression related to cyberbullying in the school community.

1. mental health and a student's desire to be at school
2. nutritional lunches provided to all students and a wider variety
3. home life and how we can give them a safe escape at school

Assets...

Sanitation Donations

In my school we have mental health awareness clubs, trusted adult allies, and general bullying and substance abuse policies.

1. Access to welcoming teachers, counselors, adults
2. Inclusive, diverse community
3. Peaceful, loving household

1. Having a support system- counselor, therapist, friends, etc.
2. Playing sports- distraction from troubles
3. Strict rules- I go to a private school, so the enforcement of punishment is helpful to maintain high character and following rules

1. being a role model to young students that they can be successful
2. Always having a good attitude and uplifting because you never know how someone's day is going
3. Respecting all adults and staff



Adolescence is a critical developmental stage with unique challenges and vulnerabilities to mental health issues.

Adolescent Mental Health Status in **ARIZONA**

In a classroom with 30 high school students...

Self-Harm

8 harmed

All teens 28%

In 2021, **3,508 teens** were hospitalized for **suicidal ideation** and **non-fatal suicide attempts**. Retrieved from [Arizona Hospital Discharge Database, 2021](#)

1 thought about attempting suicide last year.

Female teens 32%

Suicide Plans

6 had plans about attempting suicide last year.

All teens 20%

Female teens 28%

Suicide Attempts

3 attempted suicide last year.

All teens 10%

Female teens 17%

LGBQ+ teens 26%

Poor Mental Health and COVID-19 Pandemic

Female and LGBTQ+ adolescents are more likely to report poor mental health.

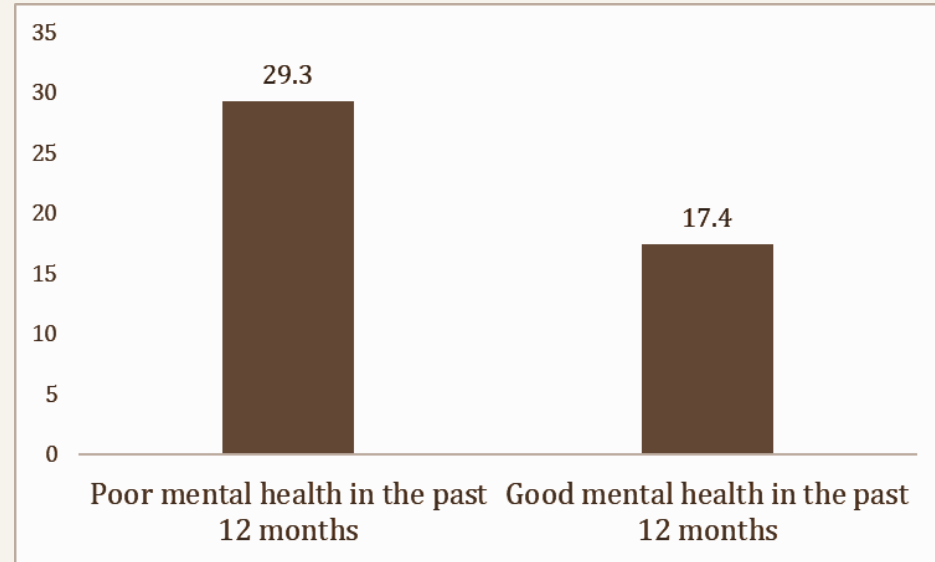
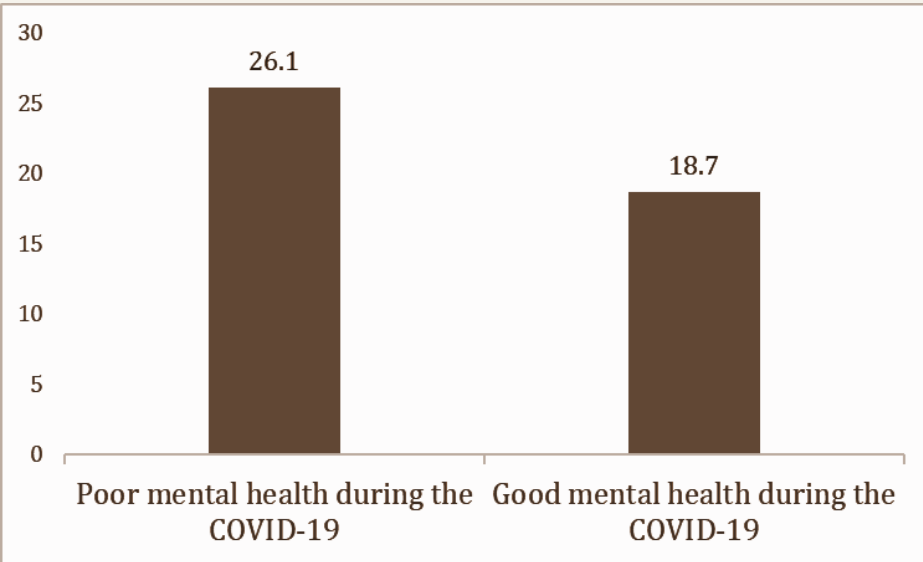


51% of female adolescents
&
22% of male adolescents
report poor mental health in the
past 30 days



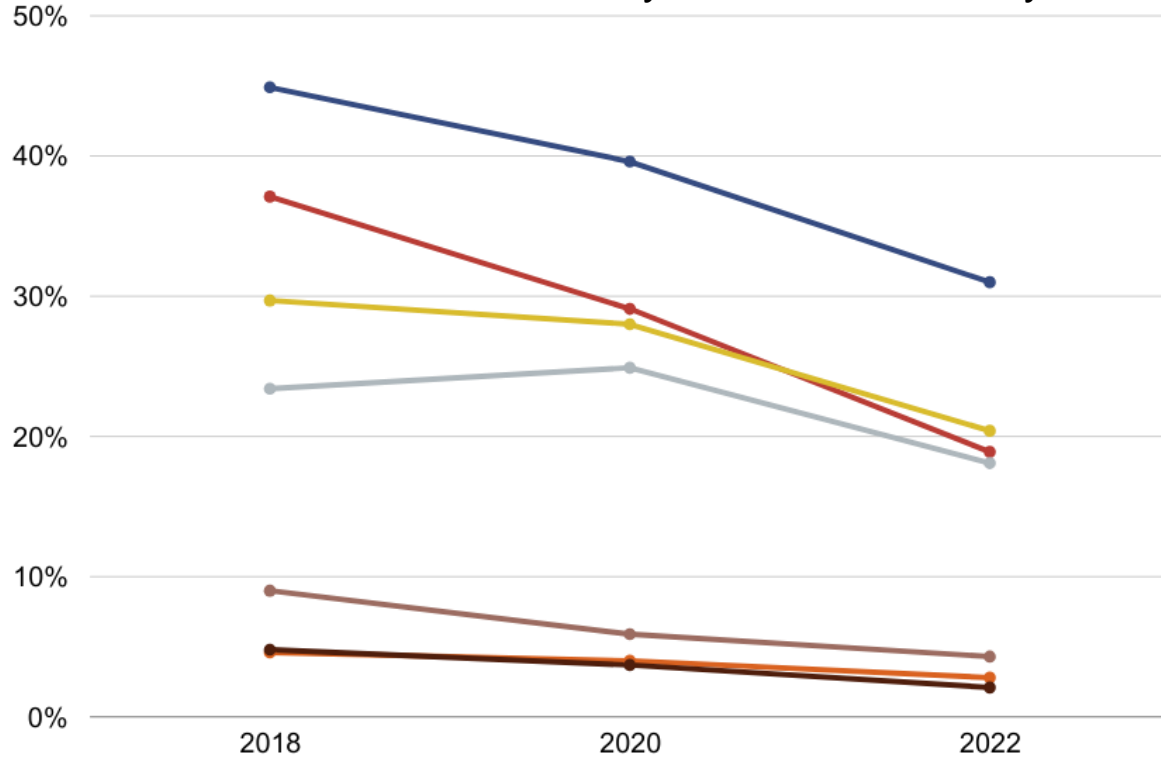
63% of LGBTQ+ adolescents
&
26% of heterosexual adolescents
report poor mental health in
the past 30 days

Adolescents who reported poor mental health are more likely to miss school due to illness more than 4 days in the past year.



Arizona Youth Survey (AYS) 2018-2022: Reported Substance Use

In your lifetime, have you used...



- Alcohol
- E-cigarettes
- Marijuana
- Marijuana Conc.
- Rx Pain Relievers
- Rx Stimulants
- Rx Sedatives

AYS 2022:

Reported Substance Use & Gender

In your lifetime, have you used...

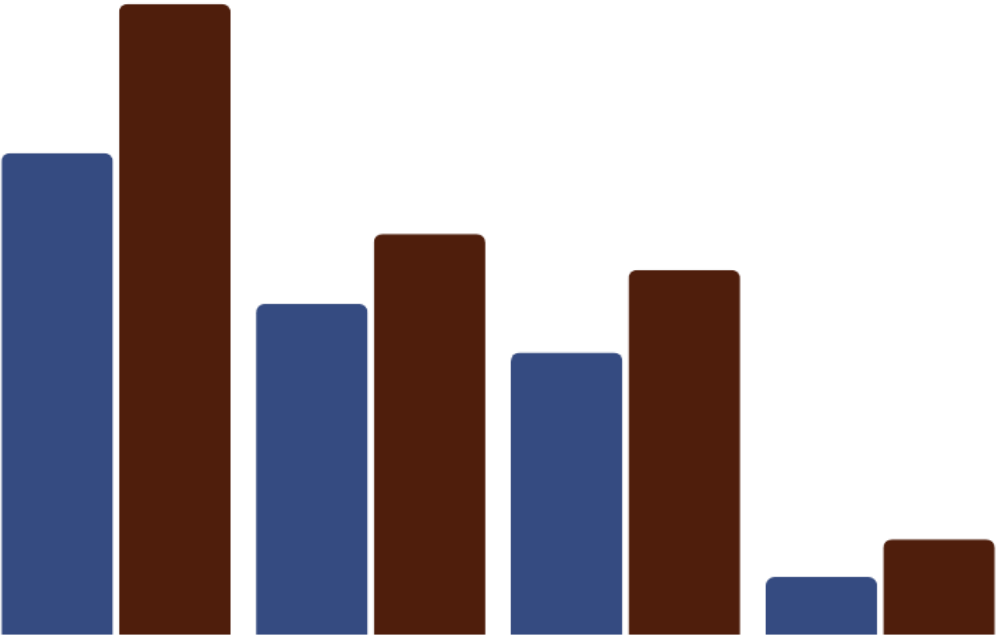
40%

30%

20%

10%

0%



Alcohol

Marijuana

Marijuana Conc.

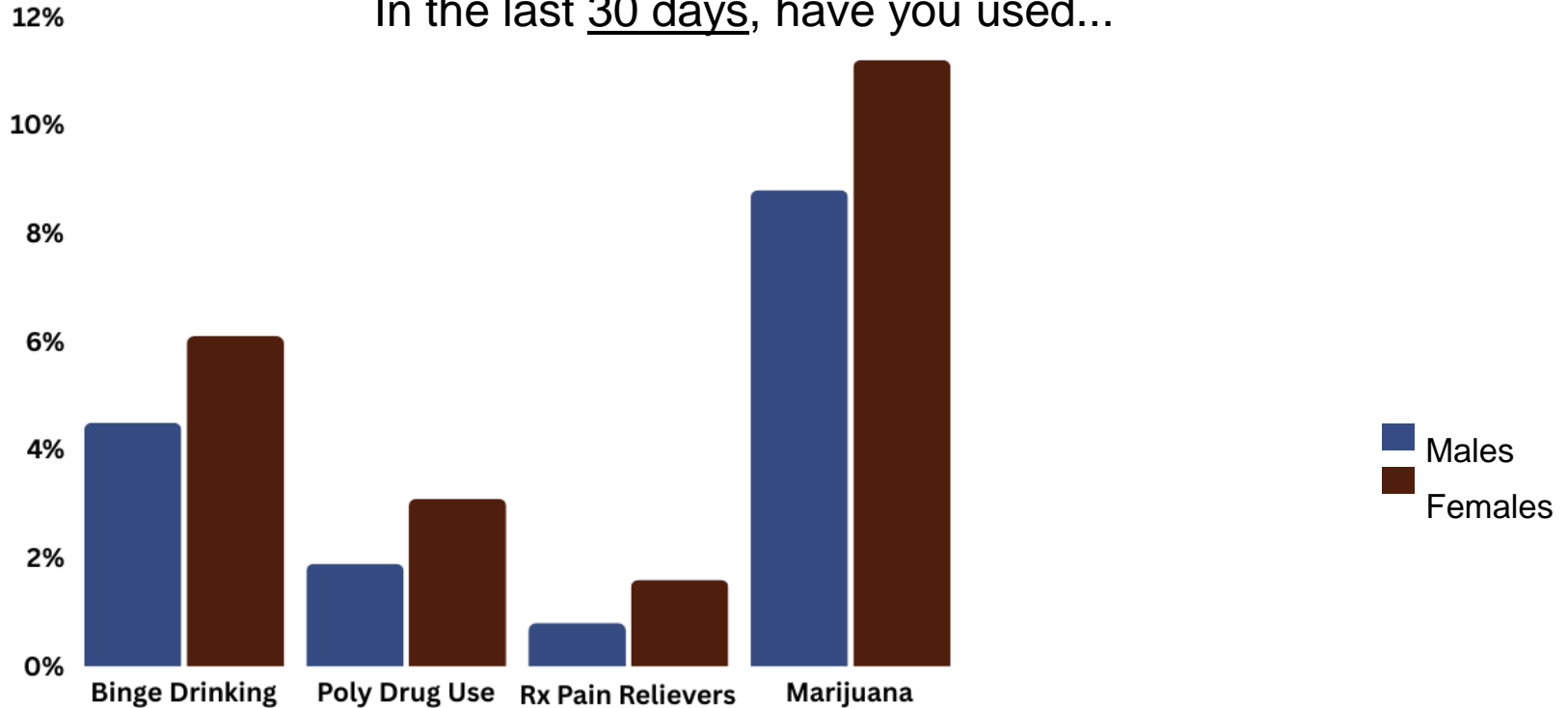
Rx Pain Relievers

Males
Females

AYS 2022:

Reported Substance Use & Gender

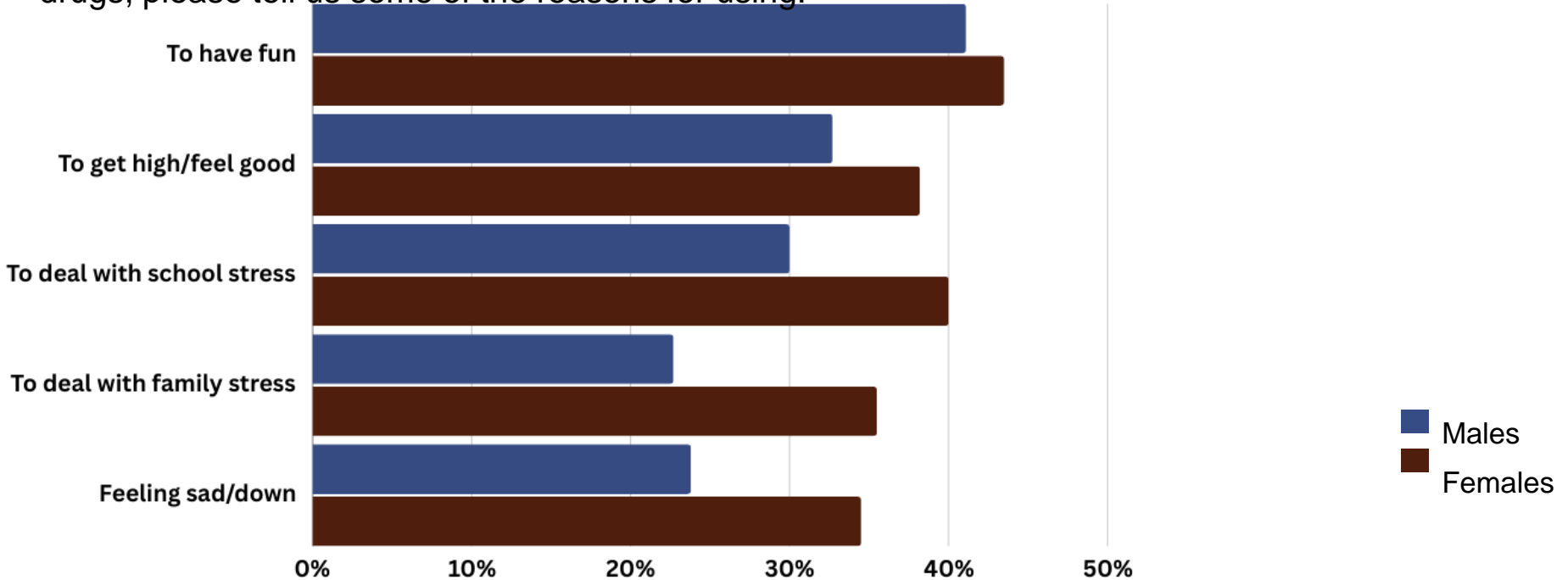
In the last 30 days, have you used...



AYS 2022:

Reasons for Substance Use & Gender

During the past 30 days, if you used tobacco, alcohol, prescription drugs, marijuana, or other illegal drugs, please tell us some of the reasons for using.






AYS 2018-2022:




Sources of Prescription Drugs

If you have ever used prescription drugs without a doctor telling you to use them, how did you get them?

Top 3 in 2022

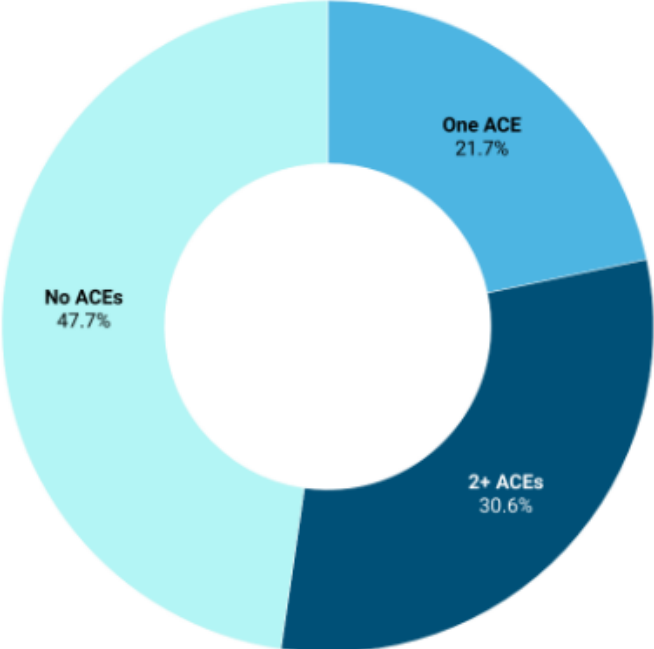
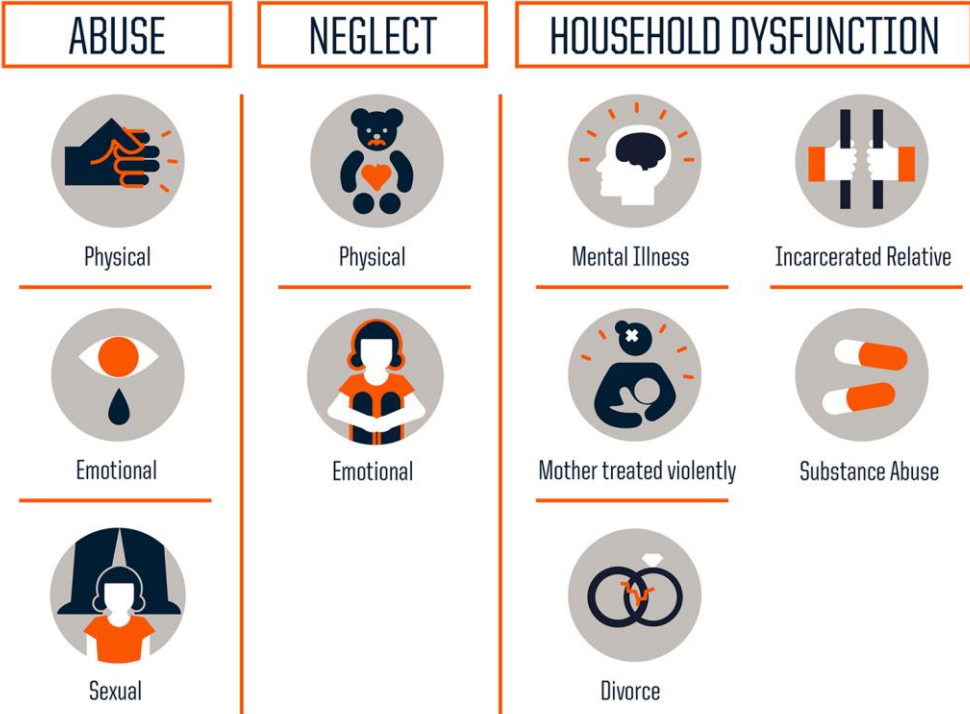
-  Home (37.2%)
-  US doctor/pharmacy (30.6%)
-  Family/relatives (24.7%)

Top 3 in 2018 & 2020

-  Friends (25.6%/28.8%)
-  Home (24.1%/23.6%)
-  Family/relatives (20.4%/18.8%)

Adverse Childhood Experiences (ACEs)

Co-Occurrences of ACEs in Adolescents (12-17 years), Arizona, 2019-2020



Compared to those with no ACEs, a person with four or more ACEs is ...

37.5

times more likely to attempt **suicide**



4.7

times more likely to have **depression**



3.7

times more likely to have **anxiety**



Compared to those with no ACEs, a person with four or more ACEs is ...

10.2 times more likely to deal with **problematic drug use**



6.9 times more likely to abuse **alcohol**



7.5 times more likely to become a **victim of violence**



8.1 times more likely to become a **violent perpetrator**





Opportunities for Increasing Positive Childhood Experiences

- Adult mentors
- Family resilience
- Supportive friends
- School connectedness
- Bullying

86% of Arizona adolescents have an adult mentor.



Adolescents from **lower educational households** and **non-Hispanic others** are less likely to have an adult mentor.

72% of Arizona adolescents feel safe at school.

38% of Arizona adolescents participate in volunteer activities.

68% of Arizona adolescents participate in afterschool activities.



Adolescents who are **male** and from **non-Hispanic other ethnicities**, and **lower educational households** are less likely participate in **afterschool activities**.

40% of Arizona adolescents have a caring adult.

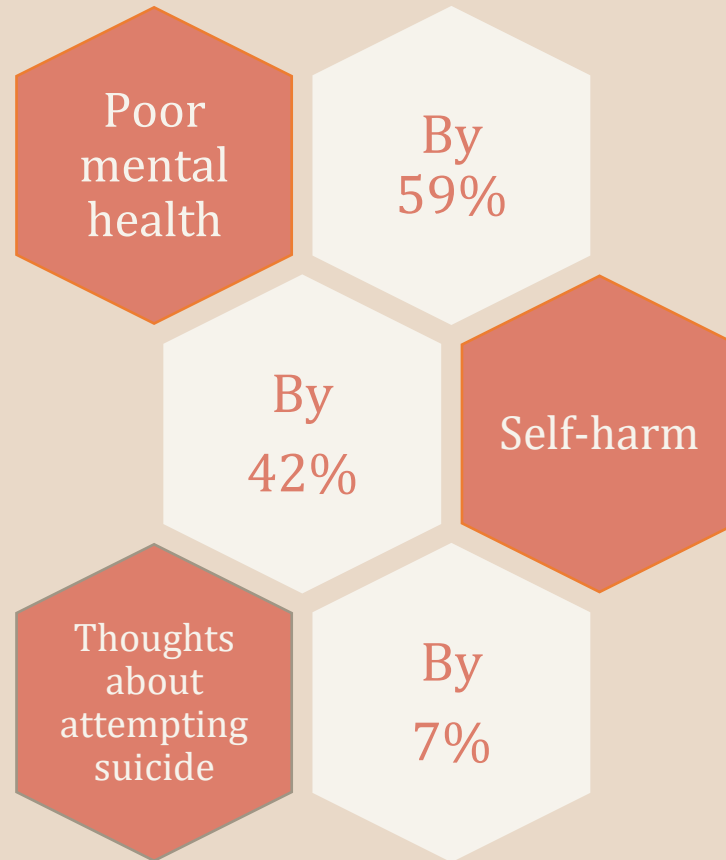
44% of Arizona adolescents have a supportive friend.

47% of Arizona adolescents feel connected to people at school.



Females, LGBTQ+, and **ethnic minority adolescents** are less likely to have these support systems.

Feeling close to people at school can decrease





Literature-Based Recommendations

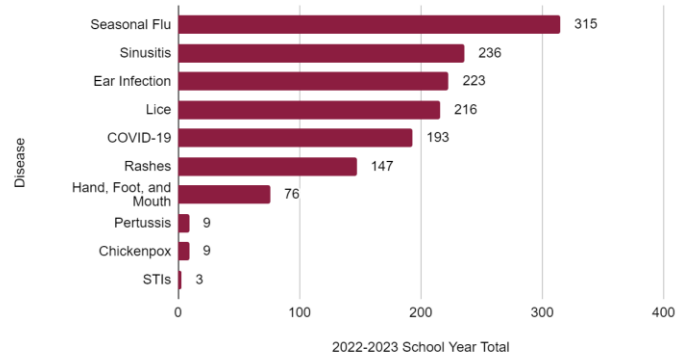


Ways School Nurses Increase Attendance

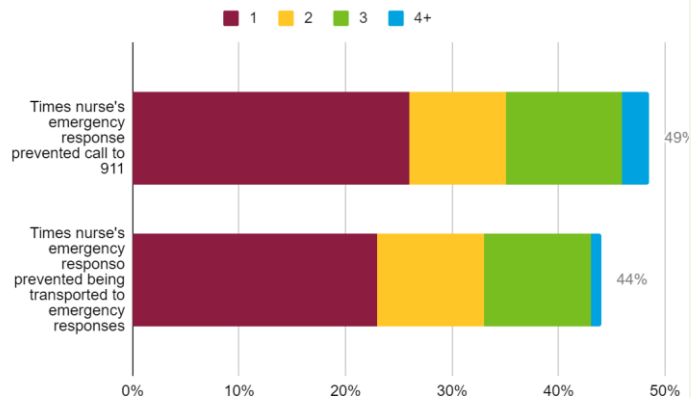
N = 31 Nurses

- School nurses can help identify acute illnesses to quickly bring care to the child and **stop the illness from spreading and impacting more children.**
- School nurses can also help identify and manage chronic illnesses **reducing time for appointments out of school.**
- School nurses can also prevent calls to 911, **allowing students to return to class and reducing disruption.**

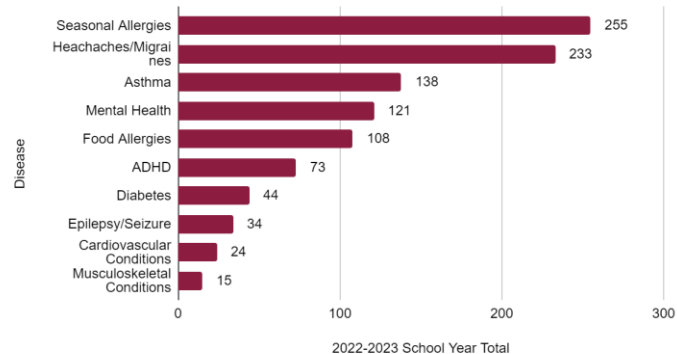
Acute Illnesses Detected By ASAP School Nurses



ASAP Nurses' Emergency Response in 2022-2023 SY



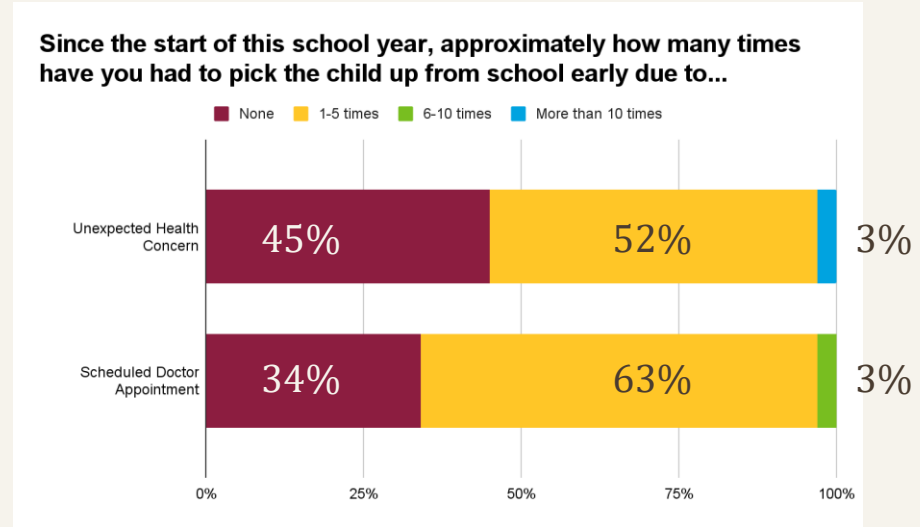
Chronic Illnesses Detected By ASAP School Nurses



Nurses Value to the School Community

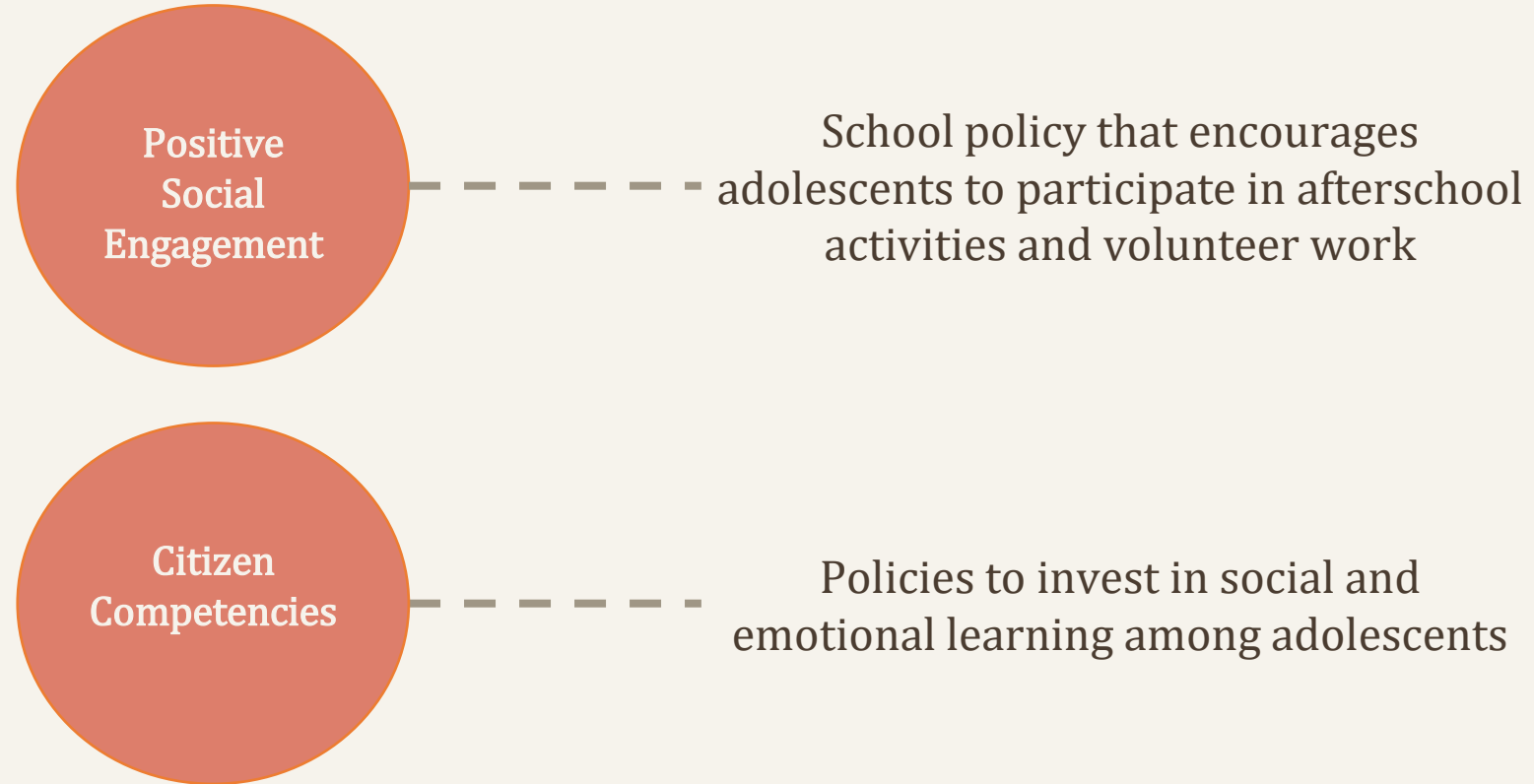
- Preliminary data indicates that **more than half of caregivers have to pick up their child from school at least 1 time** due to a scheduled doctor appointment or an unexpected health concern.
- 20% of caregivers spent **more than 6 hours out of work**, seeking to address an unexpected health concern of their child.
- In schools with a school nurse, 50% Administrators (N=19) and Teachers (N=32) spent **less than 1 hour** addressing student health issues in the classroom.

N = 20 Caregivers



*This is preliminary data from an ongoing data collection. Here 20 caregivers answered for 32 children.

Literature-Based Recommendations



2021 Arizona Youth Risk Behavior Survey

Positive Impact of Supportive Relationships on Teen Mental Health

Nearly half of Arizona teens in 9-12th grade are experiencing **poor mental health**. Teen rates of **self-harm** and **thoughts of suicide, plans and attempts** are alarming. Rates increase for **female and LGBQ+ teens*** and those experiencing adverse childhood experiences (ACEs), being **bullied or bullying** others. **Supportive relationships with caring adults, friends, and people at school reduce teens' risk.**

4 in 10 Arizona teens report **POOR MENTAL HEALTH**

Female vs Male

LGBQ+ vs Heterosexual

2021 Arizona Youth Risk Behavior Survey

Teen Weight Control: Connections to Unhealthy Weight Control Behaviors and Poor Mental Health

The majority of Arizona **teens in grades 9-12** are trying to control their weight and nearly half are trying to lose weight. Teens that are trying to lose weight are most likely to engage in **unhealthy behaviors to control their weight** like not eating for 24+ hours, vomiting, and taking diet pills. **Female and LGBQ+ teens*** are most affected. Teens experiencing **childhood adversity, poor mental health** (stress, anxiety, depression), and thoughts about **suicide** are more likely to engage in these behaviors.

8 in 10 Arizona teens are trying to control their weight.

Most teens (80% of female teens and 83% of male teens) are trying to control their weight (lose, gain, or stay the same).

Trying to lose weight

Trying to stay same weight

Trying to gain weight

Not trying to do anything



ARIZONA DEPARTMENT OF HEALTH SERVICES
Health and Wellness for All Arizonans

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Adverse Childhood Experiences (ACEs)

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Home

- About Adverse childhood experiences (ACEs)
- State plans to mitigate ACEs
- Positive childhood experiences (PCEs)
- Dashboards
- Reports and presentations
- Additional resources

Home

ACEs - About Adverse Childhood Experiences (ACEs)

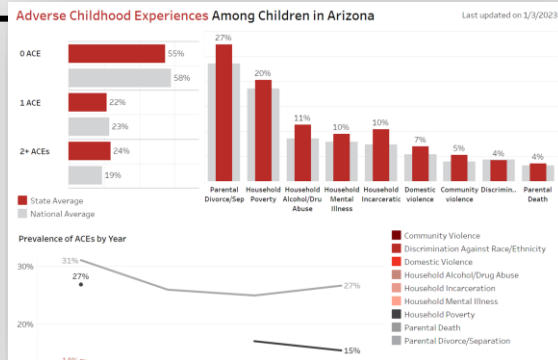
PCEs - About Positive Childhood Experiences (PCEs)

Dashboards

Additional Resources

One in five children in Arizona face difficult experiences in childhood that can impact their adult lives. These experiences are known as Adverse Childhood Experiences (ACEs).

ACEs have been linked to a variety of health problems, such as chronic stress, depression, anxiety, suicide, cancer, and drug or alcohol abuse.



Arizona Positive & Adverse Childhood Experiences (PACEs) Surveillance

Last updated on 6/26/23



azdhs.gov/aces

ADVERSE CHILDHOOD EXPERIENCES IN ARIZONA

A reporting brief using data from the US National
Survey for Children's Health

May 2021



POSITIVE CHILDHOOD EXPERIENCES IN ARIZONA

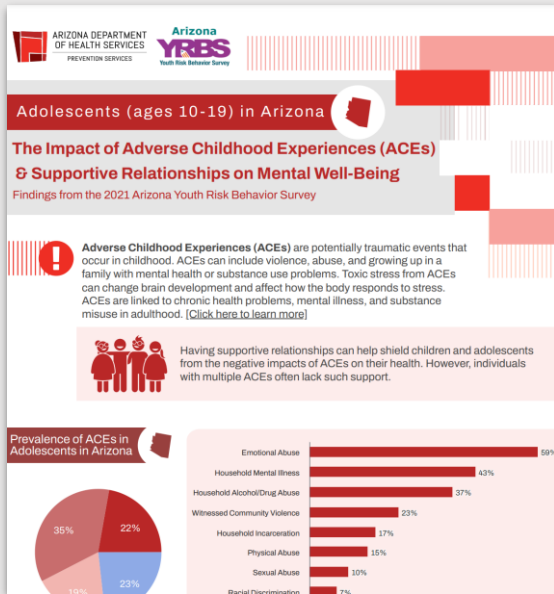
A reporting brief using data from the
U.S. National Survey for Children's Health

September 2022

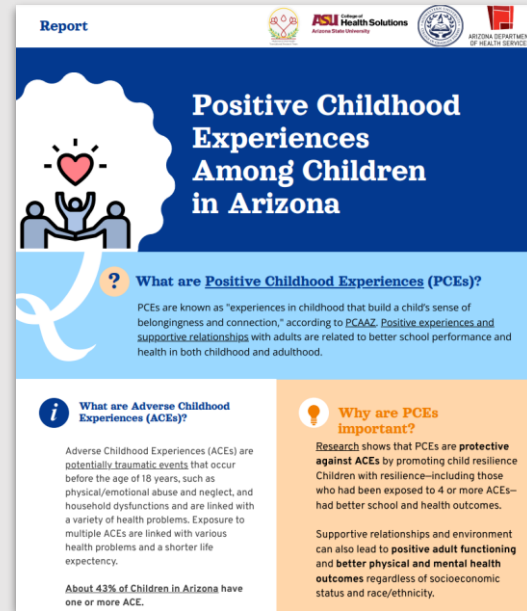


ASU College of
Health Solutions
Arizona State University





ACEs and Interpersonal Support Infographic



PCEs Infographic



Supportive Relationships Mitigate the Effect of Cumulative Exposure to Adverse Childhood Experiences on Depression, Anxiety, Stress, and Suicide Considerations—The Arizona Youth Risk Behavior Survey

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Versions Notes

Abstract

Declining adolescent mental health is a significant public health concern during the COVID-19 pandemic. Social distancing and stay-at-home orders have led to missed social connections with peers and adults outside households, and this has increased the risk of mental health problems in children and adolescents, particularly those with adverse childhood experiences (ACEs). Studies have shown that strong interpersonal support improves adolescent mental health. We examined the association between ACEs and poor mental health (including stress, anxiety, and depression) and how the presence of interpersonal support from caring adults and friends and school connectedness can mitigate this relationship among adolescents in Arizona. This study analyzed data from the 2021 Arizona Youth Risk Behavior Survey (YRBS; $n = 1181$), a population-based survey conducted biennially across the United States.



<https://www.mdpi.com/2227-9067/11/2/161>

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