

The Second Decade Project:

A Community-based Prevention Framework for Persons 10-19 Years of Age

Patrick O'Carroll, MD, MPH, FACPM, FACMI
Assistant Surgeon General, USPHS
Senior Advisor to the Assistant Secretary for Health, HHS

June 9, 2016

Patrick.ocarroll@hhs.gov



At 10 years of age...



Jenny,
in Cincinnati

Big issue: *bullying*



Nick,
in Seattle

Big issue: *obesity*



Pamela,
in San Diego

Big issue: *drug use*

At 20 years of age...



The Problem

- During the second decade of life (10-19 years of age) **many** health-promoting or health damaging behaviors are established which enormously influence long-term health status
- However, *few American communities incorporate the full range of what we know promotes healthful development during this period.*

We already have terrific *issue-specific* guidance:

The Challenge:

Best Practices

Centers for Disease Control and Prevention
MMWR
Morbidity and Mortality Weekly Report
Recommendations and Reports / Vol. 60 / No. 5
September 16, 2011

School Health Guidelines to Promote Healthy Eating and Physical Activity

TALKING WITH TEENS
Our Site for Parents and Other Adults

A GUIDE FOR

PROGRAMS PREVENTION

PREVENTING SUICIDE

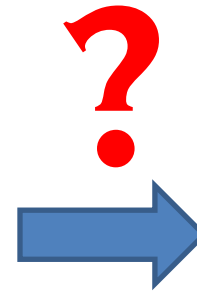
Effective HIV and STD Prevention Programs for Youth:
A Summary of Scientific Evidence

National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention
Division of Adolescent and School Health

SAMHSA

U.S. DEPARTMENT OF HEALTH & HUMAN SERVICES
CENTERS FOR DISEASE CONTROL AND PREVENTION

cdc



Somehow integrate all these into a framework that is comprehensive, yet simple and easy to use

Our Target User:

- A community leader who is a “**champion**” for adolescent well-being in their community...
Could be mayor, councilmember, agency head (e.g., parks), school board member, parent, community or faith based organization leader...
- ...who can assemble a **broad coalition**...
- ...in a **community that can be engaged** to improve adolescent health and well-being.

Interviews

- Conducted 30+ interviews validating the problem and asking for input on what was needed
 - Multiple interviews with four selected sites
 - School representatives
 - School board member and school administrator
 - Parents
 - National Public Health and Adolescent Consultants
 - NACCHO, Nat'l League of Cities, OAH, Children's Hospital
 - Region 10 HHS
 - HRSA, CDC, ACF , CMS, Prevention Collaborative

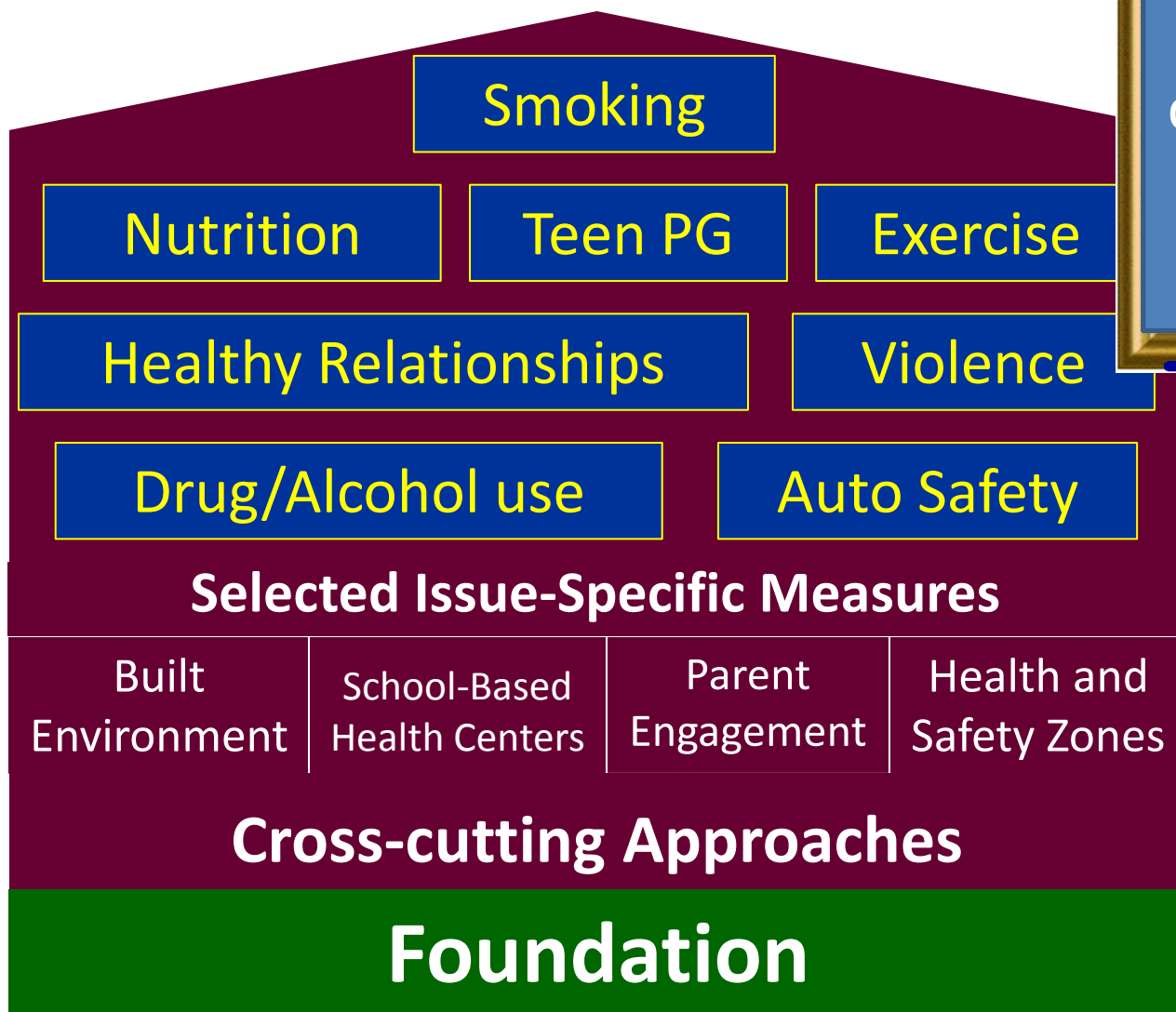
We learned that the guidance...

- must help a community **GET STARTED**
 - *“We don’t know where to begin”*
- must be **SIMPLE** and **ACTION-ORIENTED**
 - *“Can’t be simple enough”*
 - *“Needs to read like a recipe”*
- must include **BROAD, MULTI-IMPACT MEASURES**
 - *“Anything a community does for teens helps decrease drug abuse...”*
- Must **NOT BE A LONG LIST** of separate programs
 - *“Can’t do everything...”*

Promoting Health & Healthy Development in the
Second Decade of Life:
A Planning Guide for Communities



Second Decade for Prevention Architecture



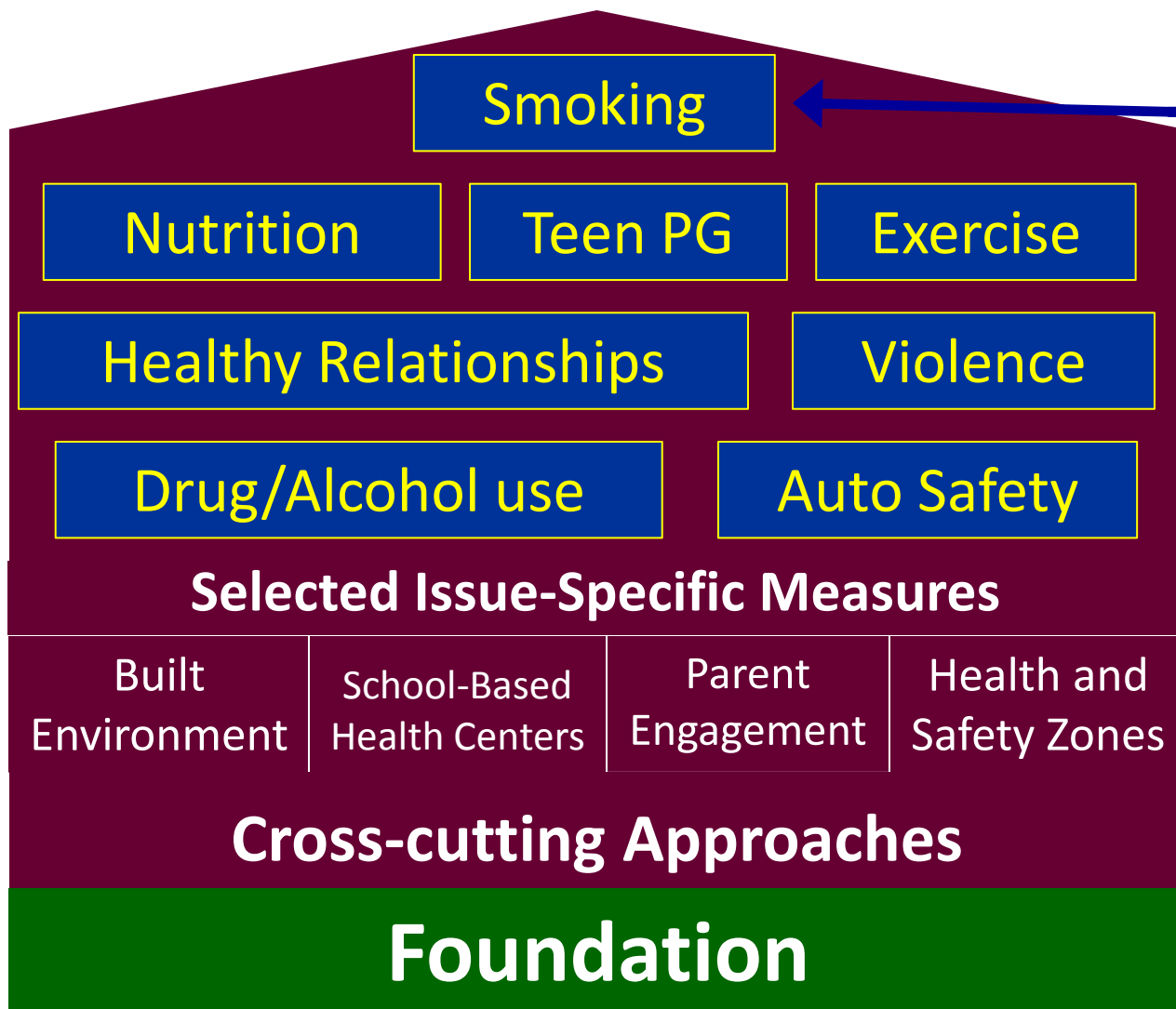
Our integrated

f
D
co
y

- Key health issue-specific measures
- High impact
- But *not* addressed in cross-cutting approach
- Programs, policies, environment
- Links to evidence-based programs

Prevention Architecture

Example: *Smoking*



- Excise taxes
- Cessation services
- Tobacco-free college campuses
- Rx referral
- Parent engagement:
 - ⬆ communication of risk
- Environment:
 - ⬇ sales, advertising of cigarettes

10 years of age...

Jenny,

in Cincinnati

Big issue: *bullying*



Nick,

in Seattle

Big issue: *obesity*



Pamela,

in San Diego

Big issue: *drug use*



Second Decade Planning Guide

Community Champion
assembles Coalition,
develops foundation



Focus on immediate issue
leveraged toward more
comprehensive approach



Multi-impact measures
selected for action

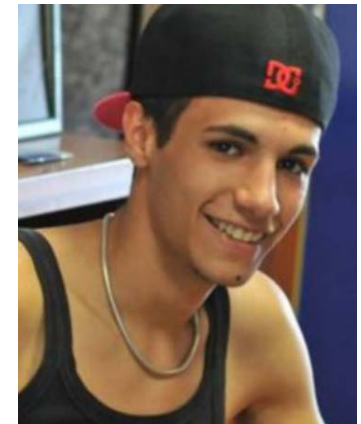


Measures for specific
high-impact health
threats included



Second Decade Plan

20 years of age



Where We Are Today

- **Final (evaluation) draft** of the Community Guide completed in summer of 2015
- **Five pilot test sites selected**, from candidate communities across the country
- **Evaluation in progress** this year:
 - Utility of the *Guide* re. its usefulness in assembling and establishing a broad, inclusive coalition
 - Effectiveness in helping the assembled coalition to develop a comprehensive community plan

The Second Decade Project:

A Community-based Prevention Framework for Persons 10-19 Years of Age

Patrick O'Carroll, MD, MPH, FACPM, FACMI
Assistant Surgeon General, USPHS
Senior Advisor to the Assistant Secretary for Health, HHS

June 9, 2016

Patrick.ocarroll@hhs.gov

