

## Facts about adolescent health in Utah

This summary contains the latest facts about adolescent health in Utah on the following topics:

- Reproductive Health
- Mental Health
- Physical Health & Nutrition
- Substance Abuse &
- Healthy Relationships.

Sources for these data can be found at the end of this summary.

## ■ Facts about adolescent reproductive health in Utah

In 2008, Utah was ranked 18 out of 50 states on teen birth rates among mothers ages 15 to 19 (with 1 representing the lowest rate and 50 representing the highest rate).<sup>RH1</sup> Utah was ranked 6 out of 50 states on teen pregnancy rates to mothers between the ages of 15 and 19 (with 1 representing the lowest rate and 50 representing the highest rate).<sup>RH2</sup>

### Number of births to mothers under 20, 2008<sup>RH1</sup>

Total	Utah	United States
Mothers under age 20	3,781	440,522
Mother's age	Utah	United States
Under 15	32	5,764
15-17	1,122	135,664
18-19	2,627	299,094
15-19	3,749	434,758
Mother's race/ethnicity <sup>o</sup>	Utah	United States
Black, non-Hispanic	68	106,690
Hispanic	1,440	147,240
White, non-Hispanic	2,040	169,788
American Indian	116	8,941
Asian or Pacific Islander	97	7,618

## Utah reproductive health data

### Teen birth rate (births per 1,000 females ages 15–19), 2008<sup>RH1</sup>

Total	Utah	United States
Mothers ages 15-19	35	42
Mother's age	Utah	United States
15-17	18	22
18-19	58	71

### Percent change in the teen birth rate, 1991-2008<sup>RH1</sup>

Total	Utah	United States
Change in rate to mothers age 15-19 (1991 to 2008)	-27%	-32%

### Of all births to mothers under 20, percent by race/ethnicity, 2008<sup>RH1</sup>

Mother's race/ethnicity <sup>0</sup>	Utah	United States
Black, non-Hispanic	2%	24%
Hispanic	38%	33%
White, non-Hispanic	54%	39%
American Indian	3%	2%
Asian or Pacific Islander	3%	2%

### Of all births to mothers under 20, percent repeat births, 2008<sup>RH1</sup>

Total	Utah	United States
Mothers under age 20	18%	19%
Mother's race/ethnicity <sup>0</sup>	Utah	United States
Black, non-Hispanic	24%	21%
Hispanic	22%	21%
White, non-Hispanic	15%	16%
American Indian	22%	22%
Asian or Pacific Islander	21%	17%



## Utah reproductive health data

### Of all births to mothers under 20, percent outside of marriage (nonmarital), 2008 <sup>RH1</sup>

Total	Utah	United States
Mothers under age 20	75%	87%
Mother's age	Utah	United States
Under 15	100%	99%
15-17	87%	94%
18-19	70%	83%
15-19	75%	87%

### Percent of children born to teen mothers that were low birth weight, <sup>§</sup> 2008 <sup>RH1</sup>

Total	Utah	United States
Mothers under age 20	9%	10%

<sup>§</sup> Low birth weight is defined as less than 2,500 grams (about 5.5 pounds).

### Of all births in the state, percent to mothers under 20, 2008 <sup>RH1</sup>

Total	Utah	United States
Mothers under age 20	7%	10%

### Teen pregnancy rate (pregnancies per 1,000 females ages 15-19), 2005 <sup>RH2</sup>

Total	Utah	United States
Mothers ages 15-19	47	70
Mother's age	Utah	United States
15-17	24	38
18-19	80	118

### Percent change in the teen pregnancy rate, 1988-2005 <sup>RH2</sup>

Total	Utah	United States
Change in rate to mothers ages 15-19 (1988 to 2005)	-32%	-37%
Change in rate to mothers ages 15-19 (1992 to 2005)	-28%	-37%



## Utah reproductive health data

### Teen abortion rate (abortions per 1,000 females ages 15-19), 2005<sup>RH2</sup>

Total	Utah	United States
Mothers ages 15-19	6	19
Mother's age	Utah	United States
15-17	3	11
18-19	10	31

### Percent change in the teen abortion rate, 1988-2005<sup>RH2</sup>

Total	Utah	United States
Change in rate to mothers ages 15-19 (1988 to 2005)	-60%	-56%
Change in rate to mothers ages 15-19 (1992 to 2005)	-33%	-46%

### Sexual behaviors among high school students (grades 9-12), 2009<sup>RH3</sup>

Percent of high school students who:	Utah	United States
Have ever had sexual intercourse		
Total	N/A%	46%
Male	N/A%	46%
Female	N/A%	46%
Had sex for the first time before 13 years of age		
Total	N/A%	6%
Male	N/A%	8%
Female	N/A%	3%
Have had sex with 4 or more partners		
Total	N/A%	14%
Male	N/A%	16%
Female	N/A%	11%
Drank alcohol or used drugs before last sex		
Total	N/A%	22%
Male	N/A%	26%
Female	N/A%	17%



## Utah reproductive health data

### HIV/AIDS education among high school students (grades 9-12), 2009<sup>RH3</sup>

Percent of high school students who:	Utah	United States
Were ever taught about AIDS or HIV infection		
Total	84%	87%
Male	83%	86%
Female	85%	88%

### Birth control use among sexually active high school students (grades 9-12), 2009<sup>RH3</sup>

Percent of high school students who:	Utah	United States
Used a condom during last sexual intercourse		
Total	N/A%	61%
Male	N/A%	69%
Female	N/A%	54%
Used birth control pills before last sexual intercourse		
Total	N/A%	20%
Male	N/A%	17%
Female	N/A%	23%
Used Depo-Provera before last sexual intercourse		
Total	N/A%	3%
Male	N/A%	2%
Female	N/A%	4%
Used both a condom at and birth control pills or Depo-Provera before last sexual intercourse		
Total	N/A%	9%
Male	N/A%	8%
Female	N/A%	10%



## Utah reproductive health data

### Relationship violence and forced sex among high school students (grades 9-12), 2009<sup>RH3</sup>

Percent of high school students who:	Utah	United States
Have been hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend (during the 12 months before the survey)		
Total	11%	10%
Male	13%	10%
Female	9%	9%
Were ever physically forced to have sexual intercourse (when they did not want to)		
Total	7%	7%
Male	6%	5%
Female	8%	10%



## Facts about adolescent mental health in Utah

### Depressive symptoms among high school students (grades 9-12), 2009<sup>MH1</sup>

Percent of high school students who:	Utah	United States
Felt sad or hopeless (almost every day for 2 or more weeks in a row so that they stopped doing some usual activities during the 12 months before the survey)		
Total	26%	26%
Male	19%	19%
Female	33%	34%

### Having at least one major depressive episode, ages 12-17, 2005-2006<sup>MH2</sup>

Percent of adolescents ages 12-17 who:	Utah	United States
Had at least one major depressive episode in the past year	8%	8%

### Vomited or took laxatives, high school students (grades 9-12), 2009<sup>MH1</sup>

Percent of high school students who:	Utah	United States
Vomited or took laxatives to lose weight or to keep from gaining weight (during the 30 days before the survey)		
Total	4%	4%
Male	4%	3%
Female	5%	5%

## Utah mental health data

### Suicidal thoughts and attempts among high school students (grades 9-12), 2009<sup>MH1</sup>

Percent of high school students who:	Utah	United States
Seriously considered attempting suicide (during the 12 months before the survey)		
Total	15%	14%
Male	14%	10%
Female	16%	17%
Attempted suicide one or more times (during the 12 months before the survey)		
Total	7%	6%
Male	6%	5%
Female	8%	8%

### Positive social skills, ages 12-17, 2007<sup>MH3</sup>

Percent of adolescents ages 12-17 who:	Utah	United States
Consistently exhibit positive social skills, <sup>+</sup> according to parent	96%	93%

<sup>+</sup> Positive social skills is a composite measure of four positive social skills. Positive social skills are reports by parents and include respect for teachers and neighbors; getting along well with other children; trying to understand other people's feelings; and trying to resolve conflicts with classmates, family, or friends.



## Facts about adolescent physical health and nutrition in Utah

### Overall health and chronic conditions, ages 12-17, 2007<sup>PH1</sup>

Percent of adolescents ages 12-17 who:	Utah	United States
Parent describes being in		
Excellent/very good health	90%	83%
Good health	8%	13%
Fair/poor health	2%	4%
Have a chronic condition, <sup>a</sup> according to parent		
No chronic conditions	74%	71%
One chronic condition	17%	17%
Two or more chronic conditions	10%	12%

<sup>a</sup> Chronic conditions surveyed include learning disability; ADD or ADHD; depression; anxiety problems; behavioral or conduct problems; autism or other autism spectrum disorder; developmental delay; speech problems; asthma; diabetes; Tourette Syndrome; epilepsy or seizure disorder; hearing problems; vision problems; bone or joint problems; and brain injury or concussion. For each condition, parent respondents were asked whether they have ever been told by a health care professional that the adolescent has the condition, and whether the adolescent currently has the condition.

### Asthma prevalence among high school students (grades 9-12), 2009<sup>PH2</sup>

Percent of high school students who:	Utah	United States
Have ever been told by a doctor or nurse that they had asthma		
Total	21%	22%
Male	22%	23%
Female	21%	21%

### Health insurance status, ages 12-17, 2007<sup>PH1</sup>

Percent of adolescents ages 12-17 who:	Utah	United States
Had health insurance at time of survey, according to parent	86%	90%

## Utah physical health and nutrition data

### Physical activity among high school students (grades 9-12), 2009<sup>PH2</sup>

Percent of high school students who:	Utah	United States
Were physically active at least 60 minutes per day on 5 days or more per week		
Total	47%	37%
Male	55%	46%
Female	39%	28%
Attended physical education classes on 1 or more days in an average week		
Total	57%	56%
Male	60%	58%
Female	53%	55%
Watched television 3 or more hours per day		
Total	16%	33%
Male	16%	33%
Female	16%	32%
Used computers 3 or more hours per day		
Total	12%	25%
Male	17%	28%
Female	7%	21%



## Utah physical health and nutrition data

### Weight/obesity and eating behaviors among high school students (grades 9-12), 2009<sup>PH2</sup>

Percent of high school students who:	Utah	United States
Are obese ( $\geq 95^{\text{th}}$ percentile for body mass index, by age and gender)		
Total	6%	12%
Male	8%	15%
Female	4%	8%
Described themselves as slightly or very overweight		
Total	24%	28%
Male	18%	23%
Female	30%	33%
Went without eating for 24 hours or more to lose weight or to keep from gaining weight (during the 30 days before the survey)		
Total	10%	11%
Male	8%	7%
Female	12%	14%

### Fruit, vegetable, and soda intake among high school students (grades 9-12), 2009<sup>PH2</sup>

Percent of high school students who:	Utah	United States
Ate fruits and vegetables 5 or more times per day		
Total	18%	22%
Male	19%	24%
Female	18%	20%
Ate vegetables 3 or more times per day		
Total	12%	14%
Male	12%	14%
Female	11%	13%
Drank a can, bottle or glass of soda or pop at least one time per day (not including diet soda or diet pop)		
Total	14%	29%
Male	19%	35%
Female	9%	23%



## Utah physical health and nutrition data

### Seat belt use among high school students (grades 9-12), 2009<sup>PH2</sup>

Percent of high school students who:	Utah	United States
Sometimes, most of the time, or always wore a seat belt (when riding in a car driven by someone else)		
Total	92%	90%
Male	90%	88%
Female	95%	92%



## Facts about adolescent substance abuse in Utah

### Alcohol-related behaviors among high school students (grades 9-12), 2009<sup>SA1</sup>

Percent of high school students who:	Utah	United States
Drank alcohol for the first time before age 13 years (other than a few sips)		
Total	12%	21%
Male	14%	24%
Female	9%	18%
Had at least one drink of alcohol on at least one day (during the 30 days before the survey)		
Total	18%	42%
Male	22%	41%
Female	15%	43%
Had five or more drinks of alcohol in a row within a couple of hours on at least one day (during the 30 days before the survey)		
Total	11%	24%
Male	15%	25%
Female	8%	23%
Drove when drinking alcohol one or more times (during the 30 days before the survey)		
Total	5%	10%
Male	6%	12%
Female	3%	8%
Rode with a driver who had been drinking alcohol one or more times (during the 30 days before the survey)		
Total	14%	28%
Male	14%	28%
Female	13%	29%

## Utah substance abuse data

### Tobacco-related behaviors among high school students (grades 9-12), 2009 <sup>SA1</sup>

Percent of high school students who:	Utah	United States
Never tried cigarette smoking (even one or two puffs)		
Total	76%	54%
Male	73%	54%
Female	80%	54%
Smoked cigarettes on at least one day (during the 30 days before the survey)		
Total	8%	19%
Male	10%	20%
Female	6%	19%
Tried to quit smoking cigarettes (among students who currently smoked, during the 12 months before the survey)		
Total	43%	51%
Male	N/A%	48%
Female	N/A%	54%
Used chewing tobacco, snuff, or dip on at least one day (during the 30 days before the survey)		
Total	5%	9%
Male	9%	15%
Female	2%	2%

### Marijuana use among high school students (grades 9-12), 2009 <sup>SA1</sup>

Percent of high school students who:	Utah	United States
Ever used marijuana one or more times (during their life)		
Total	21%	37%
Male	25%	39%
Female	16%	34%



## Utah substance abuse data

### Cocaine use among high school students (grades 9-12), 2009<sup>SA1</sup>

Percent of high school students who:	Utah	United States
Used any form of cocaine one or more times (powder, crack, or freebase) (during the 30 days before the survey)		
Total	3%	3%
Male	4%	4%
Female	2%	2%

### Nonmedical use of pain relievers, ages 12-17, 2006-2007<sup>SA2</sup>

Percent of adolescents ages 12-17 who:	Utah	United States
Used pain relievers for nonmedical reasons in the past year	7%	7%

### Needing but not receiving treatment for substance use, ages 12-17, 2006-2007<sup>SA2</sup>

Percent of adolescents ages 12-17 who:	Utah	United States
Needed but did not receive treatment for alcohol use in the past year	4%	5%
Needed but did not receive treatment for illicit drug use in the past year	4%	4%



## Facts about adolescent relationships in Utah

### Bullying among high school students (grades 9-12), 2009<sup>HR1</sup>

Percent of high school students who:	Utah	United States
Were bullied on school property (during the 12 months before the survey)		
Total	19%	20%
Male	21%	19%
Female	17%	21%

### Violence among high school students (grades 9-12), 2009<sup>HR1</sup>

Percent of high school students who:	Utah	United States
Carried a weapon on at least one day (during the 30 days before the survey)		
Total	16%	17%
Male	26%	27%
Female	5%	7%
Carried a gun on at least one day (during the 30 days before the survey)		
Total	6%	6%
Male	11%	10%
Female	1%	2%
Were in a physical fight one or more times (during the 12 months before the survey)		
Total	28%	31%
Male	36%	39%
Female	20%	23%
Were injured in a physical fight one or more times (during the 12 months before the survey)		
Total	4%	4%
Male	5%	5%
Female	2%	2%

## Utah adolescent relationships data

### Violence at school among high school students (grades 9-12), 2009<sup>HR1</sup>

Percent of high school students who:	Utah	United States
Carried a weapon on school property on at least one day (during the 30 days before the survey)		
Total	5%	6%
Male	7%	8%
Female	2%	3%
Did not go to school because they felt unsafe at school or on their way to or from school, on at least one day (during the 30 days before the survey)		
Total	6%	5%
Male	7%	5%
Female	5%	5%
Were threatened or injured with a weapon on school property one or more times (during the 12 months before the survey)		
Total	8%	8%
Male	11%	10%
Female	4%	5%
Were in a physical fight on school property one or more times (during the 12 months before the survey)		
Total	11%	11%
Male	16%	15%
Female	4%	7%

### Sexual relationships among high school students (grades 9-12), 2009<sup>HR1</sup>

Percent of high school students who:	Utah	United States
Have ever had sexual intercourse		
Total	N/A%	46%
Male	N/A%	46%
Female	N/A%	46%



## Utah adolescent relationships data

### Dating violence among high school students (grades 9-12), 2009<sup>HR1</sup>

Percent of high school students who:	Utah	United States
Were hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend (during the 12 months before the survey)		
Total	11%	10%
Male	13%	10%
Female	9%	9%
Were ever physically forced to have sexual intercourse (when they did not want to)		
Total	7%	7%
Male	6%	5%
Female	8%	10%

### Supportive neighborhoods, ages 12-17, 2005-2006<sup>HR2</sup>

Percent of adolescents ages 12-17 who:	Utah	United States
Live in a supportive neighborhood, <sup>A</sup> according to parent		
Total	95%	85%

<sup>A</sup> Supportive neighborhood information is reported by parents and is based on the statements: people in my neighborhood help each other out; we watch out for each other's children in this neighborhood; there are people I can count on in this neighborhood; if my child were outside playing and got hurt or scared, there are adults nearby who I trust to help my child. Parents were asked whether they strongly agree, somewhat agree, somewhat disagree, or strongly disagree with each statement. Choosing a "disagree" option on more than one statement removes someone from living in a supportive neighborhood.

### Positive social skills, ages 12-17, 2005-2006<sup>HR2</sup>

Percent of adolescents ages 12-17 who:	Utah	United States
Consistently exhibit positive social skills, <sup>+</sup> according to parent		
Total	96%	93%

<sup>+</sup> Positive social skills is a composite measure of four positive social skills. Positive social skills are reported by parents and include respect for teachers and neighbors; getting along well with other children; trying to understand other people's feelings; and trying to resolve conflicts with classmates, family, or friends



## Data notes

- ◊ Race/ethnicity totals do not add to state totals because figures for American Indian and Asian or Pacific Islanders may include teens of Hispanic origin.
- \* Figure does not meet standards of reliability or precision; fewer than 6 births.

Data from the National Survey on Drug Use and Health and the National Survey of Children's Health have been rounded to the nearest whole number.

N/A: data do not exist on this measure for this state.

## Data sources

### Data sources on adolescent reproductive health

- RH1 2008 Birth data are from:** Centers for Disease Control and Prevention. National Center for Health Statistics. VitalStats. Retrieved January, 2011, from <http://www.cdc.gov/nchs/vitalstats.htm> and Martin, J. A., Hamilton, B. E., Sutton, P. D., Ventura, S. J., Mathews, T. J., & Osterman, M. J. K. (2010). *Births: Final data for 2008*. National Vital Statistics Reports 59(1). Hyattsville, MD: National Center for Health Statistics. Retrieved May 26, 2011, from [http://cdc.gov/nchs/data/nvsr/nvsr59/nvsr59\\_01.pdf](http://cdc.gov/nchs/data/nvsr/nvsr59/nvsr59_01.pdf)
- 1991 Birth rate data are from:** Ventura, S. J., Martin, J. A., Curtin, S. C., Matthews, T. J., & Park, M. M. (2000). *Births: Final data for 1998*. National Vital Statistics Reports 48(3). Table B. Hyattsville, MD: National Center for Health Statistics. Retrieved August 9, 2011, from [http://www.cdc.gov/nchs/data/nvsr/nvsr48/nvs48\\_03.pdf](http://www.cdc.gov/nchs/data/nvsr/nvsr48/nvs48_03.pdf)
- RH2 Pregnancy and abortion rate data are from:** Guttmacher Institute. (2010). *U.S. teenage pregnancies, births and abortions: National and state trends and trends by race and ethnicity*. Washington, DC: Guttmacher Institute. Retrieved January 7, 2011, from <http://www.guttmacher.org/pubs/USTPtrends.pdf>
- RH3 High school data are from:** Centers for Disease Control and Prevention. (2010). *Youth Risk Behavior Surveillance Survey - United States, 2009*. Surveillance summaries: MMWR 2010; 59 (No. SS-5). Retrieved February 15, 2011, from <http://www.cdc.gov/mmwr/pdf/ss/ss5905.pdf>

## Data notes (continued)

### Data sources on adolescent mental health

- MH1 High school data are from:** Centers for Disease Control and Prevention. (2010). *Youth Risk Behavior Surveillance Survey - United States, 2009*. Surveillance summaries: MMWR 2010; 59 (No. SS-5). Retrieved June 22<sup>nd</sup>, 2011, from <http://www.cdc.gov/mmwr/pdf/ss/ss5905.pdf>
- MH2 Depressive episode data are from:** U.S. Department of Health and Human Service. (2010). *Results from the 2005 and 2006 National Survey on Drug Use and Health*. Table C.24. Retrieved July 12<sup>th</sup>, 2011, from <http://www.oas.samhsa.gov/2k6State/AppC.htm#TabC-24>
- MH3 Positive social skill data are from:** Child and Adolescent Health Measurement Initiative; The Data Resource Center for Child and Adolescent Health. (2007). *National Survey of Children's Health*. Portland, OR: Child and Adolescent Health Measurement Initiative; The Data Resource Center for Child and Adolescent Health. Retrieved May 20, 2011, from [www.nschdata.org](http://www.nschdata.org)

### Data sources on adolescent physical health and nutrition

- PH1 Overall health and health insurance data are from:** Child and Adolescent Health Measurement Initiative; The Data Resource Center for Child and Adolescent Health. (2007). *National Survey of Children's Health*. Portland, OR: Child and Adolescent Health Measurement Initiative; The Data Resource Center for Child and Adolescent Health. Retrieved May 20, 2011, from [www.nschdata.org](http://www.nschdata.org)
- PH2 High school data are from:** Centers for Disease Control and Prevention. (2010). *Youth Risk Behavior Surveillance Survey - United States, 2009*. Surveillance summaries: MMWR 2010; 59 (No. SS 5). Retrieved February 15, 2011, from <http://www.cdc.gov/mmwr/pdf/ss/ss5905.pdf>

### Data sources on adolescent substance abuse

- SA1 High school data are from:** Centers for Disease Control and Prevention. (2010). *Youth Risk Behavior Surveillance Survey - United States, 2009*. Surveillance summaries: MMWR 2010; 59 (No. SS-5). Retrieved June 22<sup>nd</sup>, 2011, from <http://www.cdc.gov/mmwr/pdf/ss/ss5905.pdf>
- SA2 Pain reliever and receipt of treatment data are from:** U.S. Department of Health and Human Service. (2010). *Results from the 2006 and 2007 National Survey on Drug Use and Health*. Tables B.8, B.22, and C.21. Retrieved July 12<sup>th</sup>, 2011, from <http://www.oas.samhsa.gov/2k7State/TOC.htm>



## Utah data notes and data sources

### Data sources on adolescent relationships

**MH1 High school data are from:** Centers for Disease Control and Prevention. (2010). *Youth Risk Behavior Surveillance Survey - United States, 2009*. Surveillance summaries: MMWR 2010; 59 (No. SS-5). Retrieved June 22<sup>nd</sup>, 2011, from <http://www.cdc.gov/mmwr/pdf/ss/ss5905.pdf>

**MH2 Supportive neighborhoods and positive social skill data are from:** Child and Adolescent Health Measurement Initiative; The Data Resource Center for Child and Adolescent Health. (2007). *National Survey of Children's Health*. Portland, OR: Child and Adolescent Health Measurement Initiative; The Data Resource Center for Child and Adolescent Health. Retrieved August 10, 2011, from [www.nschdata.org](http://www.nschdata.org)

