

Community Work Plan for <b>Teen lifestyle</b>	
CHNA Page Reference – <b>pages 58 - 60</b>	
Health Problem	Outcome Objective
Teen lifestyle choices detrimental to health	<ul style="list-style-type: none"> <li>• Reduce alcohol and drug abuse by teens</li> </ul>
<p><b>Description of the health problem, risk factors and contributing factors:</b></p> <p>Comparing self-reported statistics for Upson teen behaviors to the State and U.S. statistics, it appears,</p> <ul style="list-style-type: none"> <li>• Upson teens report binge drinking at rates comparable to the State, but lower than the U.S. rates.</li> <li>• Upson teen statistics for drinking and driving are slightly lower than the State and U.S. rates.</li> <li>• Upson teens report cigarette smoking at higher rates than the State, but lower than the U.S. rates.</li> <li>• Upson teens report drug usage at rates lower than the State and U.S. rates.</li> </ul> <p>Although the above statistics are favorable, the community members and hospital steering committee felt that teen lifestyle choices should be a priority item. Since the data was self-reported by the teens, there is a tendency for understatement of the actual measures.</p>	
<p><b>Related Healthy People 2020 objectives:</b></p> <p>SA-2.1 – Increase proportion of at risk adolescents aged 12 – 17 years who in the past year refrained from using alcohol for the first time – 10 percent improvement by 2020 – Goal: 94.4 percent</p> <p>SA-2.2 - Increase proportion of at risk adolescents aged 12 – 17 years who in the past year refrained from using marijuana for the first time – 2 percent improvement by 2020 – Goal: 96.4 percent</p> <p>ECBP-2.6 - Increase the proportion of elementary, middle, and senior high schools that provide comprehensive school health education to prevent health problems in alcohol or other drug use – 10 percent improvement by 2020 – Goal: 90 percent</p>	
<p><b>Implementation Strategies to reduce contributing factors:</b></p> <p>Hospital staff will collaborate with school officials in identifying evidence-based programs to help teens overcome feelings of low self-esteem and hopelessness such as a “Girl Talk” chapter. The hospital will establish a “Girl Talk” chapter through a collaborative partnership with the school system and the local school of dance. Hospital staff will also collaborate with the school system and EMS to develop an anti-drinking and driving demonstration. The hospital will also collaborate with community agencies like the Recreation Department to provide health eating and active living education. The hospital will provide services in locations that are easily accessible by the low-income, minority and other vulnerable populations.</p>	