

Teen Sexual Health Resource

A resource for parents and teens to encourage conversation, improve communication, and create awareness about teen sexual health issues

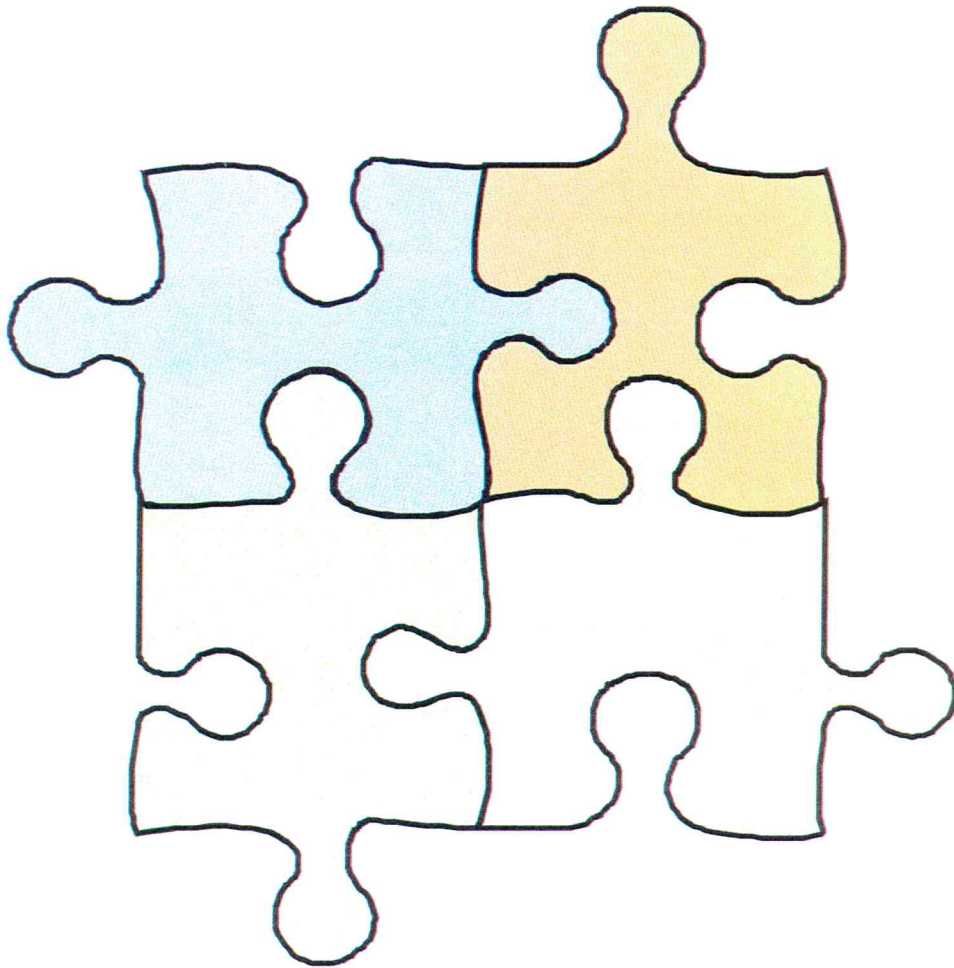


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THE FACTS: Adolescent Sexual Health in Woodbury County

Updated 2014

www.eyesopeniowa.org

Sexuality is a natural part of being human. A holistic view of sexuality affirms its multi-dimensional complexity. In adolescence, we experience significant physical, psychological, and social changes related to our sexuality. Our relationships and communication skills become more complex. Our sense of personal identity becomes increasingly important. And, we explore behaviors, values, and feelings related to sexuality.



Adolescent sexual health means more than the absence of negative

outcomes. A holistic view acknowledges that "sexual health is a state of physical, emotional, mental, and social well-being in relation to sexuality; it is not merely the absence of disease, dysfunction, or infirmity."¹

When we employ a holistic view of sexuality, we recognize that **sexual health outcomes are affected by more than individual decision making.** In fact, a multiplicity of factors impact upon healthy sexual development in childhood and adolescence. Access to age-appropriate, medically accurate sex education and safe affordable healthcare are two factors. Family support is another. Research indicates that sexual behaviors and outcomes are heavily influenced by structural factors including:

- 1) poverty and discrimination that can severely compromise family and community support systems;
- 2) gender inequities and gender role expectations; and
- 3) the assumption that everyone is or should be heterosexual.²

Effective efforts to promote adolescent sexual health must integrate meaningful responses to these structural factors along with more traditional strategies. This fact sheet employs a holistic, but not exhaustive, view of adolescent sexual health by reporting key indicators for teens in Woodbury County.

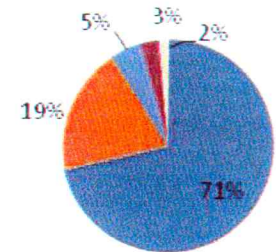
Woodbury County Teen Population

Woodbury County is home to an estimated 102,323 residents; 7,540 (7%) are adolescents, 15-19 years.³ The teen population includes:

Fig 1. Teen population by Race*/Ethnicity (Woodbury Co., 2012)

White	5,380 (71%)
Hispanic/Latino	1,472 (19%)
Black/African American	349 (5%)
Asian / Pacific Islander	217 (3%)
American Indian	122 (2%)

*Non-Hispanic/Latino



Woodbury County has a higher total population of Hispanic/Latino, Black/African American, and American Indian/Alaska Native youth compared to most other counties in Iowa. Woodbury County's largest cities include Sioux City (in part) and Sergeant Bluff.

Adolescent Sexual Health Indicators & Influences

Structural factors like policy, education, family and community support, access to health care, and poverty influence adolescent sexual health outcomes. Structural barriers may leave teens vulnerable to depression, isolation, and violence.

- o The high school graduation rate is 87%.⁴
- o An estimated 6,349 (24%) children aged 0-17 live below the poverty level compared to 17% of children statewide.⁵
- o Approximately 1,202 (4%) children aged 18 and under lack health insurance coverage.⁴
- o Among youth in 6th, 8th, and 11th grades, 75% report positive family relationships, 64% report family involvement and support, and 77% believe adults in their community care about people their age. However, only 45% believe they live in a neighborhood where neighbors recognize achievements by teens, help teens in need, or spend time talking with teens.⁶
- o Approximately 29% of 11th grade students have drunk alcohol in the past 30 days. In addition, 28% have reported ever (i.e. at least once) using tobacco products, and 27% have ever smoked marijuana.⁶
- o The majority (71%) of students in 6th, 8th, and 11th grades agree that students in their school respect each other's differences (e.g. gender, race, culture, sexual orientation, etc.). However, more students perceive less respect for differences as they age, from 22% of 6th grade students to 29% of 11th grade students who say students in their school do not respect each other's differences.⁶
- o Over half (57%) of youth in 6th, 8th, and 11th grades report having been bullied. Types of bullying included being called names (43%), left out/excluded (33%), spreading false rumors (35%), sexual jokes (21%), or physically bullied (20%).⁶
- o Among youth in 6th, 8th, and 11th grades, 11% report having been electronically bullied in the past 30 days (includes through e-mail, chat rooms, instant messaging, Web sites, or texting).⁶
- o Only 52% of youth report that teachers or other adults at school "almost always" or "often" try to put a stop to bullying.⁶

Births to Mothers Under Age 20 in Woodbury County

In addition to age-appropriate medically-accurate information about abstinence, contraception, and condoms, teens need access to reliable affordable contraception in order to prevent pregnancy.

- An estimated 1,840 young women aged 13-19 need publicly funded contraceptive supplies and services.⁷
- The majority of teen births occur to women 18-19 years (74%), with 25% of teen births to women aged 15-17 years old, and 1% of teen births to mothers under 15 years.⁸
- The cost of teen childbearing is estimated to be \$5.4 million (2008 dollars).⁹

Table 1. Births to mothers under age 20 in Woodbury County (2008-2012)⁸

Woodbury County	2008	2009	2010	2011	2012
Number of teen births (mothers under 20)	199	207	187	142	147
Population of 15-19 year old females	3,758	3,807	3,787	3,657	3,642
Percent of births to mothers under 20	11.9%	12.9%	12.0%	8.9%	9.8%
Percent of teens who give birth	5.2%	5.4%	4.9%	3.8%	4.0%
Teen birth rate (per 1000 females, 15-19 years)	52.2	54.1	49.1	38.3	39.5
Relative rank ¹	1	1	1	1	1
Overall rank ²	12	6	13	13	11

1. Relative rank among counties of similar population size: <10,000; 10,000 - <20,000; 20,000 - <100,000; or >100,000 total population, respectively.
2. Overall rank among Iowa's 99 counties.

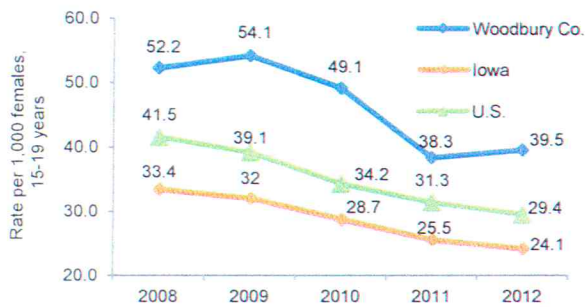


Fig 2. Woodbury Co. Teen Birth Rates (2008-2012)⁸

○ In 2012, Woodbury County's teen birth rate was 39.5 births per 1000 females aged 15-19 per year, higher than the 2012 statewide teen birth rate of 24 births per 1000 females, 15-19 years, per year.⁸

○ From 2008-2012, the five year teen birth rate for minority youth in Woodbury County was disproportionately higher than the five year teen birth rate of 47 births per 1000 females, 15-19 years, per year.⁸

Latina • 86
Black/African American • 69
American Indian/Alaska Native • 120
Teen birth rate per 1000 females aged 15-19 per year

○ In Woodbury County, most (59%) teen mothers received prenatal care during their first trimester; however, 5% of teens who gave birth received no or late prenatal care, 13% of teen births were preterm births (before 37 weeks gestation), and 8% of all infants born to teens were low birth weight (less than 2500 grams).⁸

Adolescent sexual health may also be measured by the availability of programs and services in support of pregnant teens and teen parent families, including early referral to prenatal care, education, and family services.

To find teen pregnancy prevention services, support for teen parent families, and information on sex education in Iowa public schools, go to www.eyesopeniowa.org.

Sexually Transmitted Diseases (STDs) and HIV/AIDS

Physiological and social factors along with greater testing rates among females contribute to gender disparities in STD rates.

- Statewide, teens (15-19 years) account for 26% of chlamydia cases and 20% of gonorrhea cases, second only to 20-24 year olds in age groups most affected by STDs.¹⁰
- Statewide, teens, 15-19 years, account for 3% of all syphilis cases with 14 cases from 2008-2012.¹⁰
- There are 75 persons living with HIV/AIDS in Woodbury County, including less than 4 cases in children, 0-19 years.¹¹

Table 2. Rates of chlamydia and gonorrhea among males and females aged 15-19 years (Woodbury Co., 2010-2012)¹⁰

Woodbury County	Males						Females					
	2010		2011		2012		2010		2011		2012	
	# Cases	Rate	# Cases	Rate	# Cases	Rate	# Cases	Rate	# Cases	Rate	# Cases	Rate
Chlamydia	19	474	28	707	32	821	108	2850	106	2873	103	2828
Gonorrhea	*		*		*		5		6		9	

Rate: Number of cases per 100,000 males or females, 15-19 years old, respectively.

*Counts less than 4 suppressed to protect confidentiality. Rates not calculated when case counts less than 10.

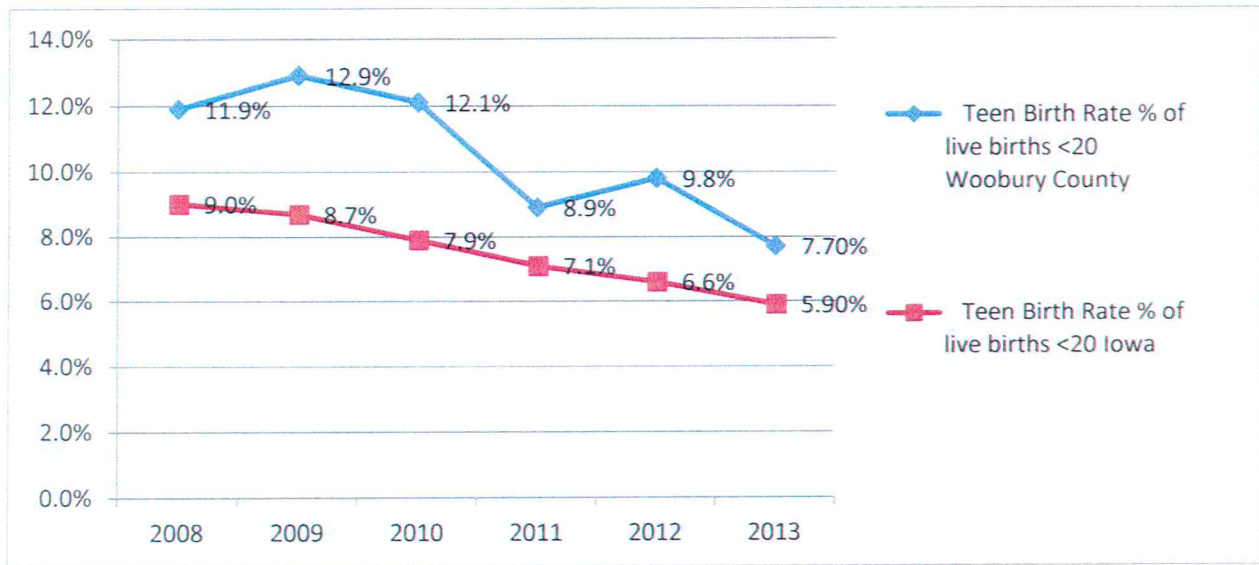
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- 1 World Health Organization. Sexual Health http://www.who.int/topics/sexual_health/en/. Accessed March 31, 2011.
- 2 Oregon Department of Human Services. Oregon Youth Sexual Health Plan 2009. <http://egov.oregon.gov/DHS/children/teens/tpp/#actionagenda>. Accessed March 31, 2011.
- 3 National Center for Health Statistics. Bridged-Race Population Estimates (Vintage 2012). CDC WONDER Online Database. <http://wonder.cdc.gov/Bridged-Race-v2012.HTML>. Accessed Nov 11, 2013.
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- 6 Iowa Consortium for Substance Abuse Research and Evaluation. 2012 Iowa Youth Survey. <http://www.iowayouthsurvey.iowa.gov>. Accessed Nov 19, 2013.
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- 8 Iowa Department of Public Health, Bureau of Health Statistics. Vital Records, 2005-2012. Des Moines, IA. IDPH.
- 9 The National Campaign to Prevent Teen and Unplanned Pregnancy. *Counting it up: Cost of Teen Childbearing Calculator*. Washington, DC: Author <http://www.thenationalcampaign.org/costs/calculator.asp>. Accessed Nov 30, 2013.
- 10 Iowa Department of Public Health, Bureau of Disease Prevention & Immunization. *Iowa Reportable Sexually Transmitted Disease Data, 2008-2012*. Des Moines, IA. IDPH.
- 11 Iowa Department of Public Health, Bureau of Disease Prevention & Immunization. *Persons living with HIV or AIDS as of December 31, 2012*. Des Moines, IA. IDPH.

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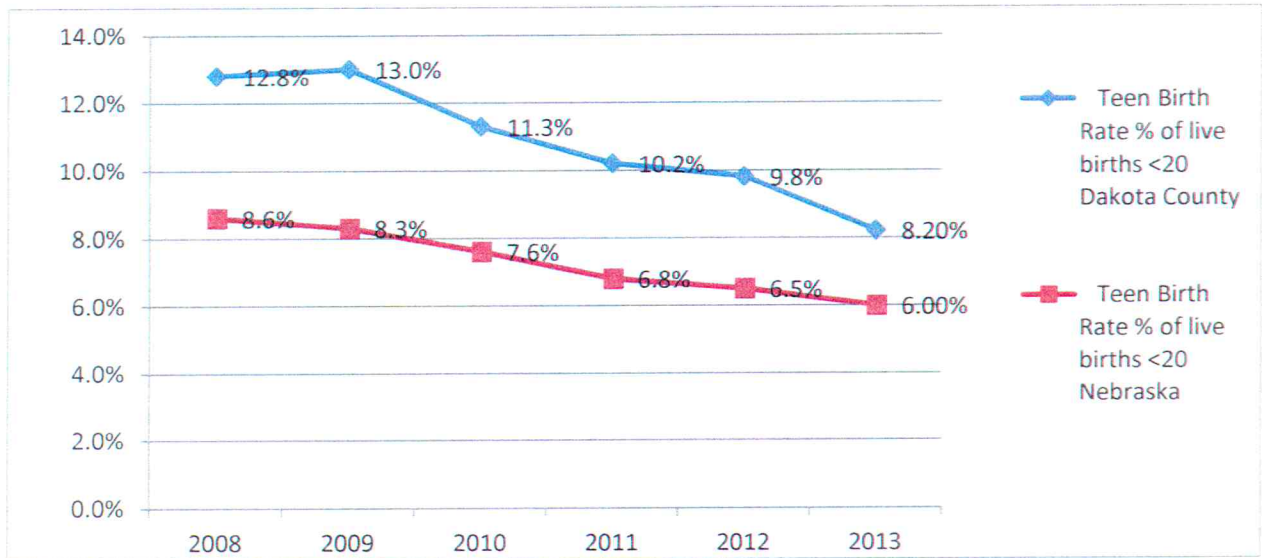
Teen Pregnancy Percentages in Iowa and Nebraska

Woodbury County and Iowa



Source: Iowa Department of Public Health Vital Statistics

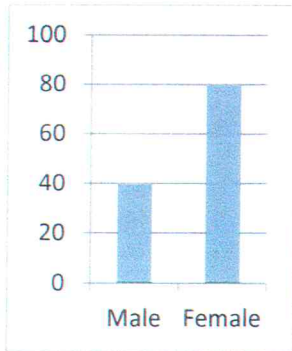
Dakota County and Nebraska



Source: Nebraska Department of Public Health Vital Statistics

Teen Sexual Health Survey 2015

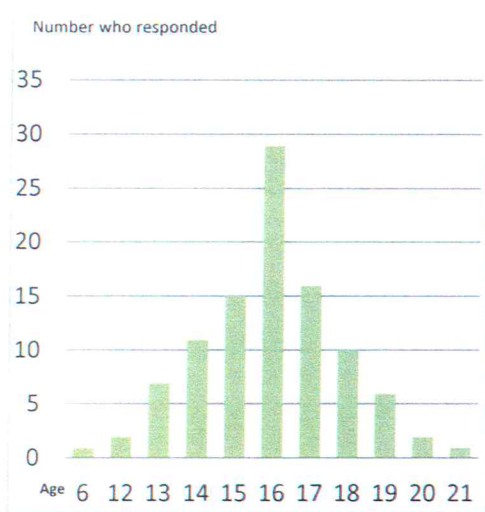
Number of Participants



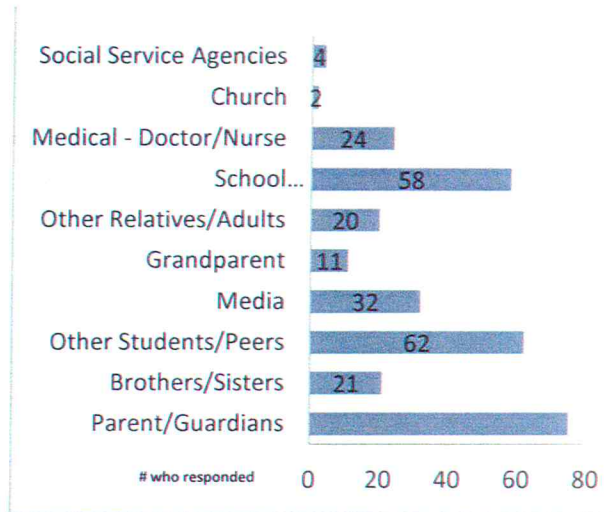
Age of Participants



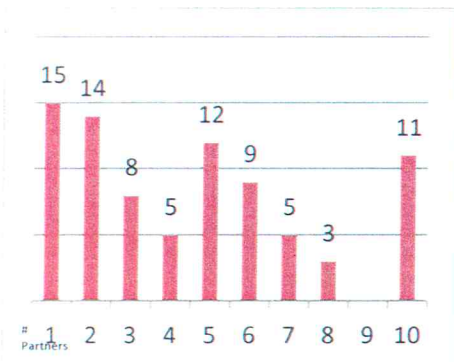
Age when first had sex



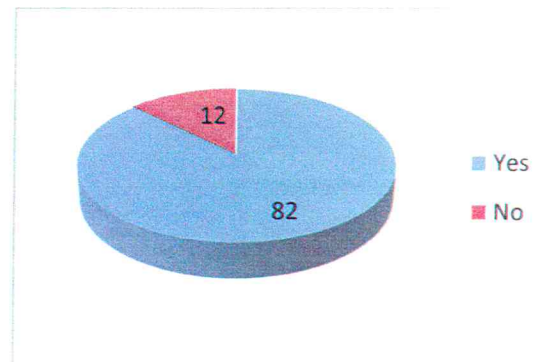
Who talked to you about sex?



How many different partners have you had sex with?



Did you use any method(s) to prevent pregnancy or sexually transmitted infections?



Survey conducted by Holly Keegan and Comprehensive Strategy to gather knowledge about sexual health habits. 120 surveys were collected in 2015. The survey had 10 questions and was filled out by ages 18 and over who signed consent form.

Teen Sexual Health Community Resources

Name of Organization	Location	Services
Big Brothers Big Sisters of Siouxland	3650 Glen Oaks Blvd. (712) 239-9890 Sioux City, IA 51104	Mentoring
Birthright of Siouxland	520 Nebraska St, Ste 322 (712) 258-3436 Sioux City, IA 51101	Free pregnancy tests, community resource referrals, options information, and support from staff
Catholic Charities	1601 Military Road (712) 252-4547 Sioux City, IA 51103	Pregnancy counseling Adoption Post-adoption counseling Post-abortion counseling
Crittenton Center	303 W 24th Street (712) 255-4321 Sioux City, IA 51104	HOPES-healthy opportunities for parents to experience success; parent support in-home family visitation program. Also teach preventative to prevent additional births, birth intervals. Resource Center- offers short-term sessions on parent education, pregnancy workshops, discipline techniques, newborn care, and referrals to other agencies. Classes featuring the curriculum of Love & Logic & Circle of Security.
Girls Inc.	500 Main Street (712) 252-1088 Sioux City, IA 51103	Growing Together- for girls ages 9-11. This curriculum features interactive sessions to start a two-way conversation between girls and a trusted adult about sexuality issues. Will Power/Won't Power- for girls ages 12-14. This curriculum teaches girls how to build skills and strategies for dealing with sexual situations as they enter the most pressure-sensitive adolescent years. Friendly PEERsuasion- for girls ages 10-14. This curriculum builds knowledge and skills for resisting negative peer pressure. Taking Care of Business- for girls ages 15-18. This curriculum features sessions on recognizing and moving beyond limiting sex-role stereotypes for women. This includes: positive decision making, building assertiveness, and relationship skills. What a Girl Wants: Discovering and Deciding on Healthy Relationships- for girls ages 15-18. This workshops, girls discuss healthy and unhealthy relationships, examine relationship violence, and determine strategies for maintaining safe and healthy relationships.
Her Health Women's Center	5732 Sunnybrook Drive (712) 276-0237 Sioux City, IA 51106	Pregnancy tests, options information, limited first-trimester obstetrical ultrasound exams, and community referrals. Parenting education, life skills sessions, and continued support

Teen Sexual Health Community Resources

			provided by staff.
			Pregnancy and Adoption counseling
			Earn while you learn program-allows clients to get points for program participation that can be used for baby items
Iowa State University Extension & Outreach	4301 Sergeant Road #213 (712) 276-2157 Sioux City, IA 51106		Strengthening Families Program, age 10-14, sessions that discuss ways to improve family communication and reduce risky behaviors.
Juvenile Court & the Sioux City Community Schools	North Middle East Middle West Middle		Girls Circle Groups are offered to girls grades in 6-7 at North Middle, grades at 7-8 at East Middle, and 8th grade only at West Middle. Girls Circle addresses girls inherent needs and strengths to connect with others. The topics featured can include: identify unhealthy or unsafe behaviors as well as develop and practice skills amendable to group work.
Lutheran Services in Iowa	2039 S Saint Aubin Street (712) 255-2505 Sioux City, IA 51106		Teen Parenting Groups-take place in the Sioux City high schools, South Sioux City high schools, and Sergeant Bluff High school. Choices & Values-adolescent pregnancy prevention in Anthon, North, and Sergeant Bluff middle school. HOPES in-home visitation program.
Mary's Choice	4415 Stone Avenue (712) 274-6279 Sioux City, IA 51106		Pregnancy testing, lay counseling, adoption referrals, services needed form that allows clients to receive baby items, and other referral services when needed.
Mercy Child Advocacy Center	801 5th Street (712) 279-5635 Sioux City, IA 51101		Alcohol & Sex: A poor prescription for Decision Making
Planned Parenthood of the Heartland	4409 Stone Avenue (712) 276-2919 Sioux City, IA 51106		Free or low cost men and women's reproductive health care Educational comprehensive programs, Sex Ed- CAPP, Teen Outreach Program HIV testing, HPV vaccine, Pregnancy testing, birth control options, birth control, education on abortion, pregnancy, and adoption. Prenatal care, Emergency contraception, Sexually transmitted testing and treatment.
Siouxland Community Health Center	1021 Nebraska Street (712) 252-2477 Sioux City, IA 51105		HIV prevention/testing, pregnancy tests, comprehensive prenatal care, prenatal education, and referrals to outside agencies
Siouxland District Health Department	1014 Nebraska Street (712) 279-6119 Sioux City, IA 51105		Treatment for sexually transmitted diseases, immunization services, Title V Maternal & Child Health, HOPES, and WIC. HIV & STD testing.

Teen Sexual Health Community Resources

<p>Siouxland Obstetrics & Gynecology</p>	<p>2730 Pierce St., Ste 201 (712) 277-3141 Sioux City, IA 51104</p>	<p>Annual exams, education on puberty and menstruation, preventative health care, STI testing, and treatment for irregular or painful periods.</p>
<p>Siouxland Women’s Health Care, P.C.</p>	<p>1000 Jackson Street (712) 252-0501 Sioux City, IA 51105</p>	<p>Annual exams, education on puberty and menstruation, preventative health care, STI testing, and treatment for irregular or painful periods.</p>

In 2014, Comprehensive Strategy planning partners identified Teen Pregnancy/Teen Sexual Health as topics for which they needed more education and information. Because of this, several meetings were dedicated to this topic and the need for a Resource Guide was identified.

We hope that you will find this Guide informative and enlightening as we work together to explore the topic of Teen Sexual Health.

Information compiled by Comprehensive Strategy. This list should not be considered all-inclusive, nor is there any implied endorsement of any particular service. 5/1/15

For more information, email Comprehensivestrategy@gmail.com or go to www.siouxlandcares.org and click on Comprehensive Strategy.

Communication Resources:

Not right now- Put Pregnancy on Pause

<http://www.notrightnowsc.org/>

Eyes Open Iowa

<http://www.eyesopeniowa.org/resources/parents/>

The National Campaign to Prevent Teen and Unplanned Pregnancy

<http://thenationalcampaign.org/>

Kids Health

http://kidshealth.org/teen/sexual_health/

EmpowHER, Improving health.changing lives.

<http://www.empowher.com/sex-relationships/content/5-sexual-health-resources-your-teen>

Advocates for Youth

<http://www.advocatesforyouth.org>

Iowa Department of Public Health Vital Statistics

http://idph.state.ia.us/apl/health_statistics.asp

Nebraska Department of Public Health Vital Statistics

<http://dhhs.ne.gov/publichealth/Pages/vitalrecords.aspx>

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