



Addressing HIV, Other Sexually Transmitted Diseases, and Pregnancy Prevention



CDC's Division of Adolescent & School Health

Mission

The mission of the Division of Adolescent and School Health (DASH) is to prevent the most serious health risks among children, adolescents, and young adults.

Goal

To prevent HIV infection, other sexually transmitted diseases (STDs), and unintended pregnancy among youth and young adults.

Strategies

- 1 Data collection and analysis.
- 2 Funding to state, territory, and local education agencies and national nongovernmental organizations for program and policy development.
- 3 Evaluation.
- 4 Integration with other federal efforts.

1 Data Collection and Analysis

Youth Risk Behavior Surveillance System (YRBSS)

The YRBSS consists of national, state, and large urban school district surveys of representative samples of high school students. Conducted every two years, these surveys monitor health-risk behaviors among young people so that health and education agencies can more effectively target and improve programs. These behaviors, often established during childhood and early adolescence, include tobacco use; unhealthy dietary choices; inadequate physical activity; alcohol and other drug use; sexual behaviors that can lead to unintended pregnancy or STDs, including HIV infection; and behaviors that contribute to unintentional injuries and violence.

Specific data collected on behaviors that contribute to HIV, other STDs, and unintended pregnancy include the percentage of students who

- Ever had sexual intercourse.
- Had first sexual intercourse before age 13 years.
- Used a condom during last sexual intercourse.
- Used birth control pills before last sexual intercourse.
- Were taught about AIDS or HIV infection in school.

www.cdc.gov/YRBS

Coordinated School Health Program (CSHP)

A CSHP consists of eight interrelated components: health education; physical education; health services; nutrition services; counseling, psychological, and social services; healthy and safe school environments; health promotion for staff members; and family and community involvement. CSHPs focus on improving the quality of each of these components and expanding collaboration among the people responsible for them. This coordination results in a planned, organized, and comprehensive set of courses, services, policies, and interventions that meet the health and safety needs of all students from kindergarten through grade 12. Effective CSHPs can increase the adoption of health-enhancing behaviors, improve student and staff health, and use resources more efficiently.

School Health Policies and Programs Study (SHPPS)

Conducted every six years, SHPPS is the most comprehensive study of U.S. school health policies and programs. SHPPS assesses the characteristics of school health policies and programs at the state, district, school, and classroom levels nationwide across all eight school health program components: health education; physical education and activity; health services; mental health and social services; nutrition services; healthy and safe school environment; faculty and staff health promotion; and family and community involvement.

SHPPS monitors policies and practices that address HIV prevention, other



STD prevention, and pregnancy prevention, such as

- Requiring HIV, other STDs, and unintended pregnancy prevention education.
- Teaching communication and decision-making skills related to sexual risk behaviors in a required class or course.
- Providing staff development on HIV, STD, and pregnancy prevention education for teachers of health education classes.
- Allowing students with AIDS or HIV infection to attend classes and participate in school sports or other activities.
- Allowing staff members with AIDS or HIV infection to work as long as they are able.

www.cdc.gov/SHPPS

School Health Profiles (Profiles)

Profiles, a biennial survey conducted by state and local education and health agencies, provides data on school health policies and practices in states and large urban school districts. It monitors and assesses characteristics of, and trends in, health and physical education and activity, tobacco-use prevention policies, nutrition-related policies and practices, health services, collaboration, and family and community involvement in school health programs. States and large urban school districts can use Profiles data to plan and allocate resources, guide professional development, advocate for policy improvement and resources, and describe the status of school health programs in their jurisdiction.

Data collected in Profiles include the percentage of schools in participating states and large urban school districts that

- Teach HIV prevention, other STD prevention, and unintended pregnancy prevention knowledge and skills.
- Have a policy that protects the rights of students or staff members with HIV infection or AIDS.
- Have a lead health education teacher who has received professional development on the prevention of HIV infection, other STDs, and unintended pregnancy prevention.

www.cdc.gov/HealthyYouth/Profiles

Healthy Passages

Healthy Passages is a multi-year study that follows a group of fifth-grade students through age 20 to improve our understanding of what factors help keep children healthy. The results will provide information that can be used to develop effective policies and programs to improve the health and development of children, adolescents, and adults. Healthy Passages collects data on human sexuality and HIV, STD, and pregnancy prevention topics taught in schools, as well as data on tobacco and substance use, physical activity, diet, physical and mental health, injuries and violence, sexual behavior, family and peer relationships, and media exposure.

www.cdc.gov/HealthyYouth/HealthyPassages

2 Funding to State, Territory, and Local Education Agencies and National Nongovernmental Organizations for Program and Policy Development

State, Territory, and Local Programs to Address HIV, Other Sexually Transmitted Diseases, and Pregnancy Prevention

DASH supports efforts to promote healthy, responsible choices and to prevent HIV and other STD infections and pregnancy through Coordinated School Health Programs (CSHPs) by providing technical assistance and financial support to 48 state education agencies, 18 local education agencies, and 7 territorial education agencies. DASH funds state, local, and territorial education agencies to

- Implement effective policies, programs, curricula, and standar

- Provide professional development, consultation, and technical assistance to schools and school districts.
- Integrate HIV prevention efforts with efforts to prevent other STDs and unintended pregnancy.
- Implement strategies to reduce health disparities.
- Collaborate with local health and education departments, community planning groups, parents, students, and other groups or coalitions.

National Nongovernmental Organization (NGO) Programs for HIV, STD, and Pregnancy Prevention

National NGOs support the efforts of state and local health and education agencies in preventing HIV, other STDs, and unintended pregnancies. NGOs can effectively reach target audiences with resources, guidance, training, and technical assistance to develop, implement, and promote quality programs, policies, and practices. Through extensive coordination and collaboration, NGOs promote better health for all students and put research findings into action to promote healthier youth.

DASH funds national NGOs to

- Assess needs for training, technical assistance, materials, and other resources.
- Build capacity of other funded partners and constituents through



training and technical assistance efforts.

- Identify, develop, and disseminate model strategies, guidelines, program materials, and other resources.
- Assist constituents and other funded partners in developing partnerships.
- Encourage constituents and other funded partners to collaborate with state departments of education and health and community-based organizations.

Examples of funded partner activities include the following:

- The HIV Stakeholders Group encourages collaboration between state departments of education and health on HIV, STD, and unintended pregnancy prevention. DASH provides funding and technical assistance to Stakeholder Group members: the National Coalition of STD Directors; the Association of Maternal and Child Health Programs; the National Alliance of State and Territorial AIDS Directors; and the Society of State Directors of Health, Physical Education and Recreation.
- The National School Boards Association developed an innovative online course for school board members titled *Calming the Controversy: Working with your Community to Reach Consensus on School-Based Education to Prevent HIV and Other Serious Health Consequences of Adolescent Sexual Behaviors*. The course provides tools and processes for engaging the community in the decision-making processes related to HIV prevention education.
- The American Psychological Association (APA) developed and disseminated a training manual for school health and mental health professionals on how to more effectively reach lesbian, gay, bisexual, and questioning youth with HIV prevention education and positive health information. APA provides technical assistance for the cadre of trainers implementing the curriculum and is collaborating with partners to sponsor and evaluate trainings.

- To help policy makers and educators develop and administer sound policies addressing HIV infection in schools, the National Association of State Boards of Education published *Someone at School Has AIDS*. This guide includes sample policy language for such issues as attendance, privacy, employment, HIV and athletics, and education on preventing HIV infection.

www.nasbe.org/healthyschools/Safe_Healthy/sasha.html.

3 Evaluation

Technical Assistance

DASH provides evaluation support to its funded partners through individual technical assistance and professional development. Technical assistance increases the capacity of funded partners to evaluate and improve their programs by describing their program using a logic model, developing SMART objectives, and documenting what happened in their program by maintaining accurate and organized records on program activities and designating a person responsible for process evaluation data.

Program Evaluation

To help identify effective new approaches for promoting the health of young people, DASH provides technical assistance to state and local agencies for evaluating innovative policies and programs. For example, the *Seattle Schools Climate Study* is an evaluation of the role gay-straight alliances play in creating a safer environment for all students. The evaluation is being conducted in selected Seattle middle and high schools.

Evaluation Research

To help identify effective new approaches for promoting the health of young people, DASH provides assistance to universities and state and local agency partners to evaluate innovative projects. Additionally,

DASH participates in rigorous evaluation research projects. Examples of evaluations are provided below.

- *Linking Lives* is a parent-based intervention to prevent or reduce tobacco use and sexual risk behaviors among young adolescents, and was developed for parents of Latino and African American middle school students in the Bronx, New York. The evaluation focuses on the effectiveness of combining parent interventions with school-based curricula, compared with using curricula alone. The primary feature of the parent intervention is a set of booklets (in English and Spanish) that teaches parents how to communicate effectively with their children about tobacco use and sexual risk behaviors. The evaluation study is a randomized controlled trial and includes about 4,750 families. Data collection will be completed in 2007.
- *All About Youth* is a randomized, controlled trial involving the development and evaluation of two curricula for middle school students: a risk-avoidance curriculum that emphasizes sexual abstinence until marriage, and a risk-reduction curriculum that emphasizes abstinence and includes skill-building activities for condom and contraceptive use. The efficacy of each curriculum is being evaluated relative to a control group. The study includes about 1,500 middle school students, primarily Latino and



African American, from 15 Houston middle schools. Data collection will be completed in 2010.

- An evaluation of *Safer Choices*—a school-based HIV, STD, and unintended pregnancy prevention intervention for high school students—examined the program’s cost-effectiveness and cost-benefit. The evaluation found that for every dollar invested in the program, about \$2.93 in societal costs were saved.

4 Integration with Other Federal Efforts

DASH collaborates closely with CDC’s Divisions of HIV/AIDS Prevention (DHAP), STD Prevention (DSTD), and Reproductive Health (DRH), other CDC partners, and other federal agencies to address issues related to HIV, STD, and pregnancy prevention.

- DASH, DHAP, DRH, and DSTD established a Work Group on Adolescent Sexual and Reproductive Health to increase communication and collaboration between CDC programs striving to prevent sexual risks among young people. The work group assessed the data from an online inventory of all funded programmatic and research activities in the four divisions that address health issues among young people, their families, and the institutions that serve them. An expert panel provided feedback on CDC’s research and program activities, made observations on the strengths of these activities, identified gaps, and offered ways that the activities might be improved.
- DASH staff members participate in meetings of the national CDC/Health Resources and Services Administration (HRSA) Advisory Committee on HIV and STD Prevention and Treatment, which

operates under the Federal Advisory Committee Act. Under its federal charter, the Advisory Committee is charged with advising CDC and HRSA on all matters relating to HIV prevention, treatment, and care. The Advisory Committee was created in November 2002 and combined the formerly separate HIV/AIDS advisory committees at CDC and HRSA. This assured the collaboration of the two agencies and strengthened the role of federal advisors to address the entire continuum of care for HIV/AIDS.

- DASH, in coordination with HRSA’s Maternal and Child Health Bureau, Office of Adolescent Health, serves as a co-facilitator of the National Initiative to Improve Adolescent Health (NIIAH), which grew from the efforts of Healthy People 2010. Among the objectives of Healthy People 2010 are 21 Critical Health Objectives for Adolescents and Young Adults. The NIIAH is uniquely positioned to elevate national and state focus on the health, safety, and well-being of adolescents and young adults (aged 10–24 years) and foster cooperation among a variety of partners, including states, for attaining all 21 objectives.
- DASH participated on a panel at the Abstinence Education E Conference, *Strengthening Programs through Scientific Evaluation*, which was organized by the Department of Health and Human Services’ Office of Population Affairs and Administration for Children and Families.
- DASH serves as a consultant for the *Guide to Community Preventive Services* reviews on the prevention of HIV infection, STDs, and

pregnancy among adolescents. The Guide summarizes the scientific literature on what is known about the effectiveness, economic efficiency, and feasibility of interventions to promote community health and prevent disease.

www.thecommunityguide.org/sex/default.htm

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