

# CDC Efforts to Address HIV/AIDS and Youth

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# CDC Efforts to Address HIV/AIDS among Youth

- Youth: adolescents/young adults ( $\leq 24$ )
- Focus areas
  - HIV/AIDS
  - STDs
  - Sexual Health
- Divisions/Center
  - Division of Adolescent and School Health
  - Division of HIV/AIDS Prevention
  - Division of STD Prevention
  - NCHHSTP Sexual Health Initiative

# DASH Activities to Address Youth

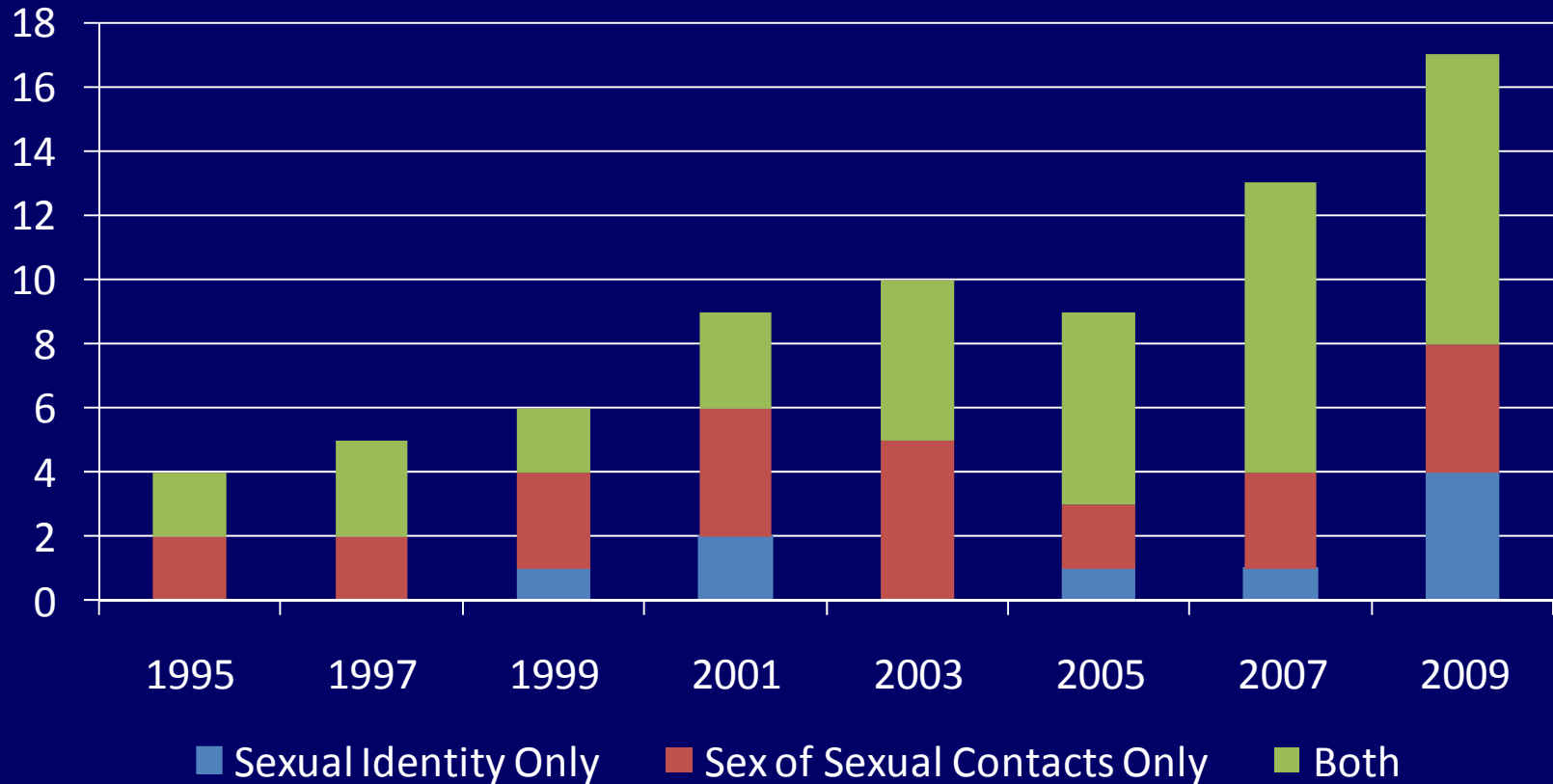
- *Indicators:* Monitor sexual health risk behaviors and school policies and practices to address them
- *Research:* Conduct behavioral research to help provide the science base for effective policies and programs
- *Guidance:* Provide evidence-based guidance for adolescent and school health programs to prevent HIV/STDs/teen pregnancy
- *Program Support:* Provide funding and technical assistance to state, local, territorial, and tribal agencies and NGOs to support delivery of effective HIV/STD/teen pregnancy prevention programs



# DASH: Key Indicators

- YRBSS: % of high school students who
  - Abstained from sexual intercourse or used condoms if sexually active
  - Used both a condom and a hormonal contraceptive during last sexual intercourse
  - Were taught in school about HIV/AIDS
- School Health Policies and Practices Study (SHPPS)/Profiles: regarding HIV/STD/pregnancy prevention, % of schools that
  - Addressed key topics on prevention
  - Provided professional development for lead health educators
  - Educated families
  - Linked students for clinical preventive services
  - Had gay-straight alliances

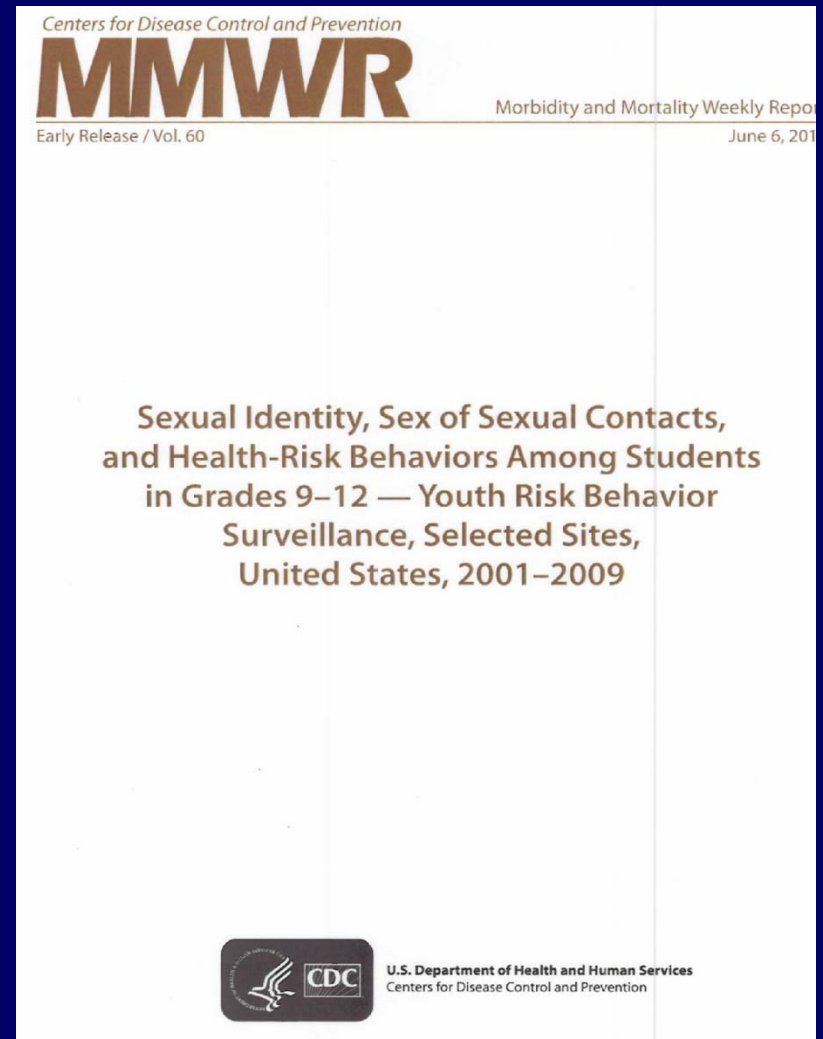
# YRBSS Sites\* Asking Questions on Sexual Minority Status, by Year



\* With weighted data

# Health of LGB Youth

- Data from 7 states and 6 cities
- First population-based data on health risk behavior of sexual minority youth
- Increased health risk behaviors (injury, violence, suicide, tobacco, alcohol/drugs, sexual behavior, diet, physical activity)
- Released June 6 at Dept Education LGBT Youth Summit



# DASH Guidance for School Health Education

- *CDC School Health Guidelines to Prevent HIV, Other STDs, and Pregnancy and to Promote SH*
  - Updated version to be released Jan 2012
  - Part of a coordinated school health framework
  - Items to assess school policies/practices relate to SH to be added to CDC's School Health Index
- *Health Education Curriculum Analysis Tool (HECAT)*
  - Conduct clear, complete and consistent analyses of health education curricula
  - Based on
    - National Health Education Standards
    - CDC's Characteristics of Effective Health Education Curricula
  - Select or develop appropriate and effective curricula
  - Customizable to meet local needs and requirements

# DASH: Programmatic Activities

- Support for HIV prevention education in 49 SEAs, 16 LEAs
  - Build capacity of schools and other institutions to promote sexual health among youth
  - Foster the delivery of high-quality, evidence-based sexual health education
  - Increase youth access to contraceptives and sexual health services
  - Establish supportive environments for LGBT youth
  - Enhance youth resilience through positive youth development and family education
- National NGO funding to support programs in areas with highest HIV/STD/teen pregnancy burden
  - 13 NGOs to be funded 2011-16



# DASH: Challenges and Possible Responses

- **Decentralized education system** with widely differing policies and programs makes dissemination of standards difficult
- **Increasing focus on test results** diminishes other aspects of school mission, such as protecting and promoting health
- **Funding** for school health programs **fragmented** and inadequate.
  - Most funding categorical, despite evidence that many health outcomes can be prevented by common protective factors.
- **Gap between need to implement** evidence-based interventions with fidelity **& program capacity**.
  - better understanding needed regarding steps and capacity necessary to implement interventions, which parts must be standard and which parts can be tailored to local needs.
- **Need to balance** ensuring that all students are educated about HIV/STD and targeting high-risk adolescents

# DHAP Activities to Address Youth

- In alignment with NHAS, DHAP focuses on reducing racial/ethnic disparities and on populations most at risk, such as MSM
  - Youth are important in both, but not focused on as a primary target
  - Overall, most “youth-focused” programs are conducted by DASH
- DHAP-specific youth-focused activities
  - Testing events by health depts and CBOs
  - YMSM of Color and YTG of Color FOA (PS 11-1113)
  - Youth-focused communications projects
  - Youth-focused interventions

# DHAP: YMSM of Color and YTG of Color FOA

- 5 yr program emphasizing testing, linkage, & re-engagement in care/prevention
- \$55 m over 5 yrs to 34 CBOs
  - Average award \$300,000
  - 19 states and Puerto Rico
  - 30 CBOs focused on young gay/bisexual men, 6 on transgender youth
- Goals
  - Provide HIV testing to > 90,000
  - Identify and link 3500 new HIV+ to care and prevention
  - Deliver behavioral change HIV prevention & condom distribution programs for high-risk HIV-

# DSTDP Activities to Address Youth

- Youth a primary focus of division efforts
  - Nearly 50% of STD estimated to occur in youth
- Priority activities
  - Chlamydia screening, rescreening
  - Expedited Partner Therapy
  - HPV vaccine implementation, monitoring
  - Bacterial STI in young MSM
  - Behavioral interventions
    - Intervention research/translation—Project CONNECT
    - Social marketing—Get Yourself Tested (GYT)

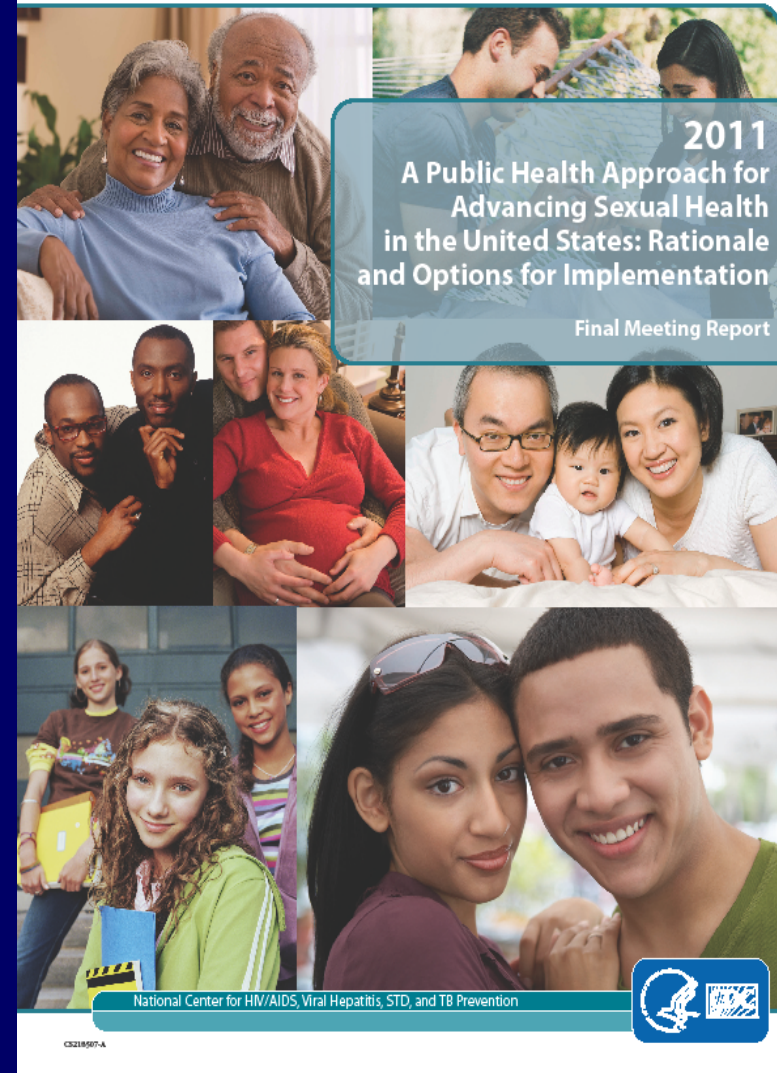
# What Percentage of CDC HIV Prevention Resources is Being Targeted for Youth?

- DASH: 100%
- DHAP: no precise data
  - 20% reported HIV cases in 2009 in youth
- DSTDP: no precise data
  - estimated > 18% (funds for Infertility Prevention Project for CT screening of young F)
  - 72% reported CT cases in 2009 in youth

# CDC Sexual Health Initiative: Consultation

## April 2010

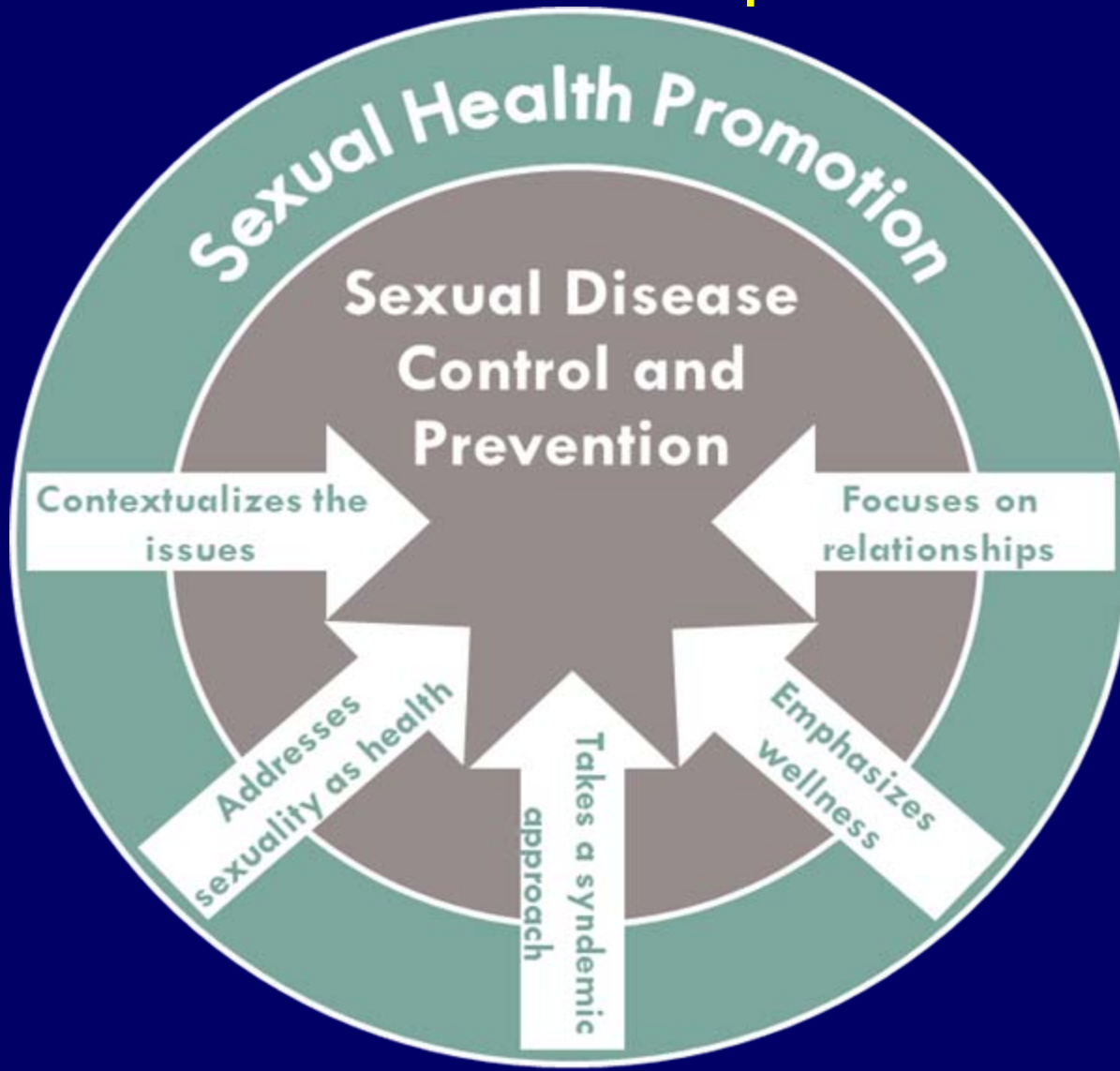
- Strong endorsement by attendees: SH framework is broad, contextual, positive, inclusive, empowering
- Opportunity to communicate, normalize and destigmatize SH, leverage partners, synergize (with other “health” approaches)
- Key recommendations
  - Develop a CDC definition of sexual health and a White Paper
  - Develop key objectives & national SH indicators
  - Communications research to find right metaphors, tone, message for greatest acceptance
  - Consider a national coalition of partners to include faith-based organizations
  - Work with programs and providers to determine how a SH framework can enhance their work



# Why Does the U.S. Need A Sexual Health Focus to Enhance Public Health Efforts?

- Focus shifts from a disease-focus to a **more positive health-based approach** characterized by understanding of complex factors that shape human sexual behavior
  - Reduces stigma
  - Relevant to those seeking health (ie, everyone)
- Helps enhance the **efficiency and effectiveness of prevention messaging** and services by **bundling** messages and services
  - Effectiveness (eg, platforms for “Childhood immunizations, “Heart health”, physical fitness, etc.)
- Enhances ability to **normalize conversations** regarding contributions of sexuality and sexual behavior to overall health

# Sexual Health Framework: Using health promotion to complement disease control and prevention





# CDC Efforts to Address Sexual Health

- Policy
  - CHAC SH WG
  - New definition and indicators for SH
  - White paper: “A Public Health Approach for Advancing Sexual Health in the U.S.”
- Science-based
  - Reviews of intervention evidence, transnational approaches
  - Assessing of communication framework, messages
- Partnerships
  - National Coalition to Enhance STD/HIV Prevention through Promotion of a Holistic Approach to Health and Wellness to be awarded **9/30/11**

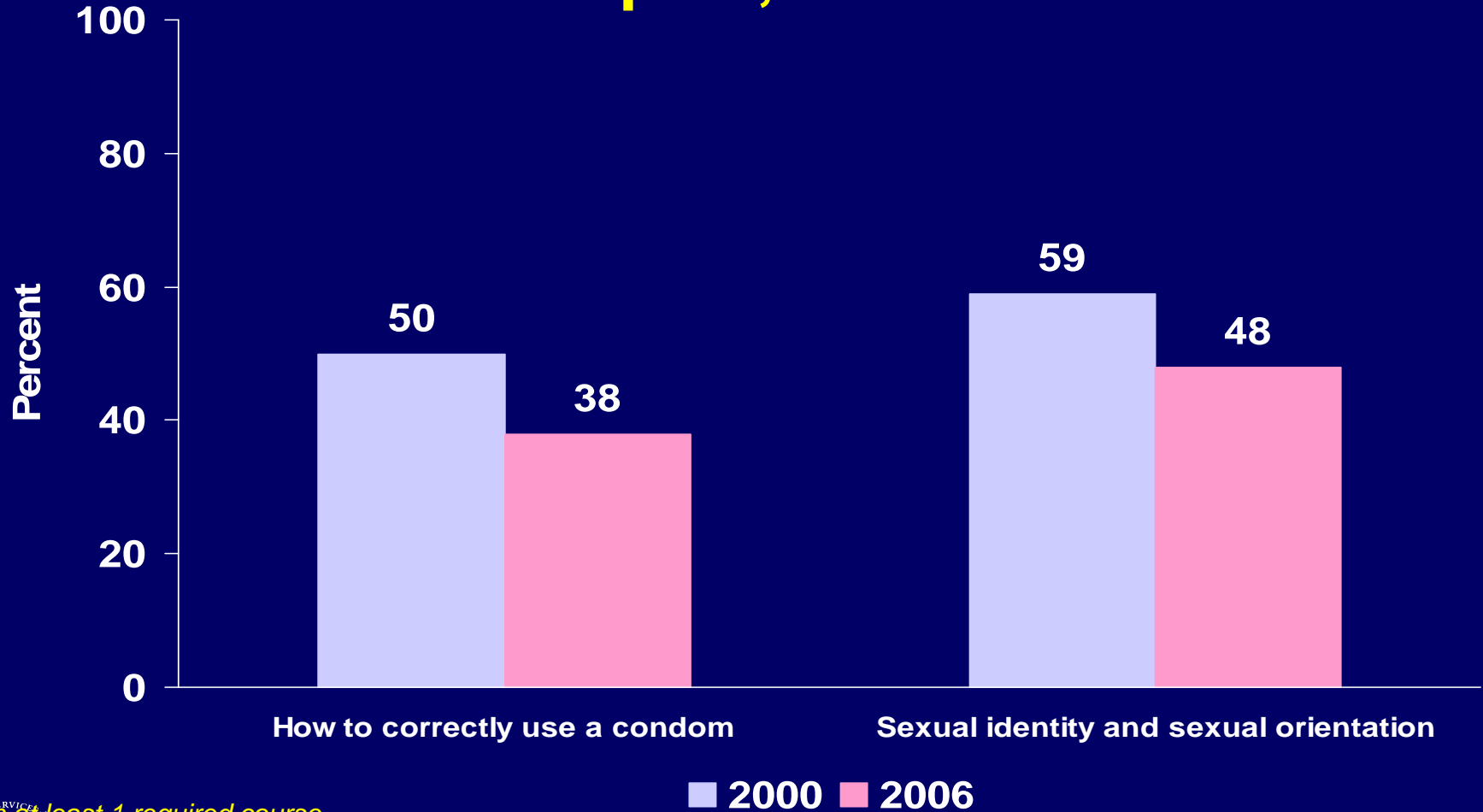
# Acknowledgements

- Howell Wechsler
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# Percentage of High Schools in Which Teachers Taught Specific Human Sexuality and HIV Prevention Topics,\* 2000 and 2006

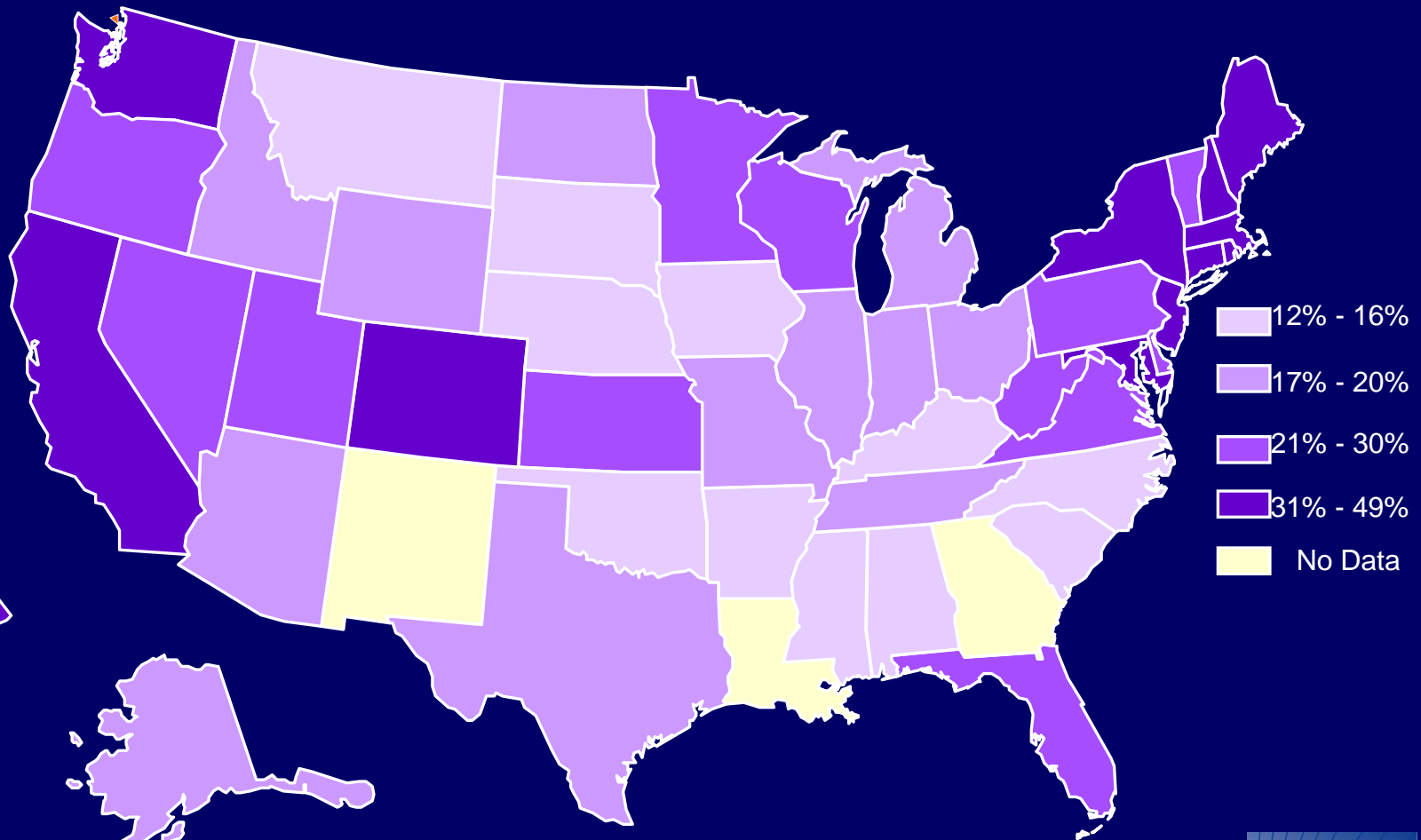


*In at least 1 required course.*

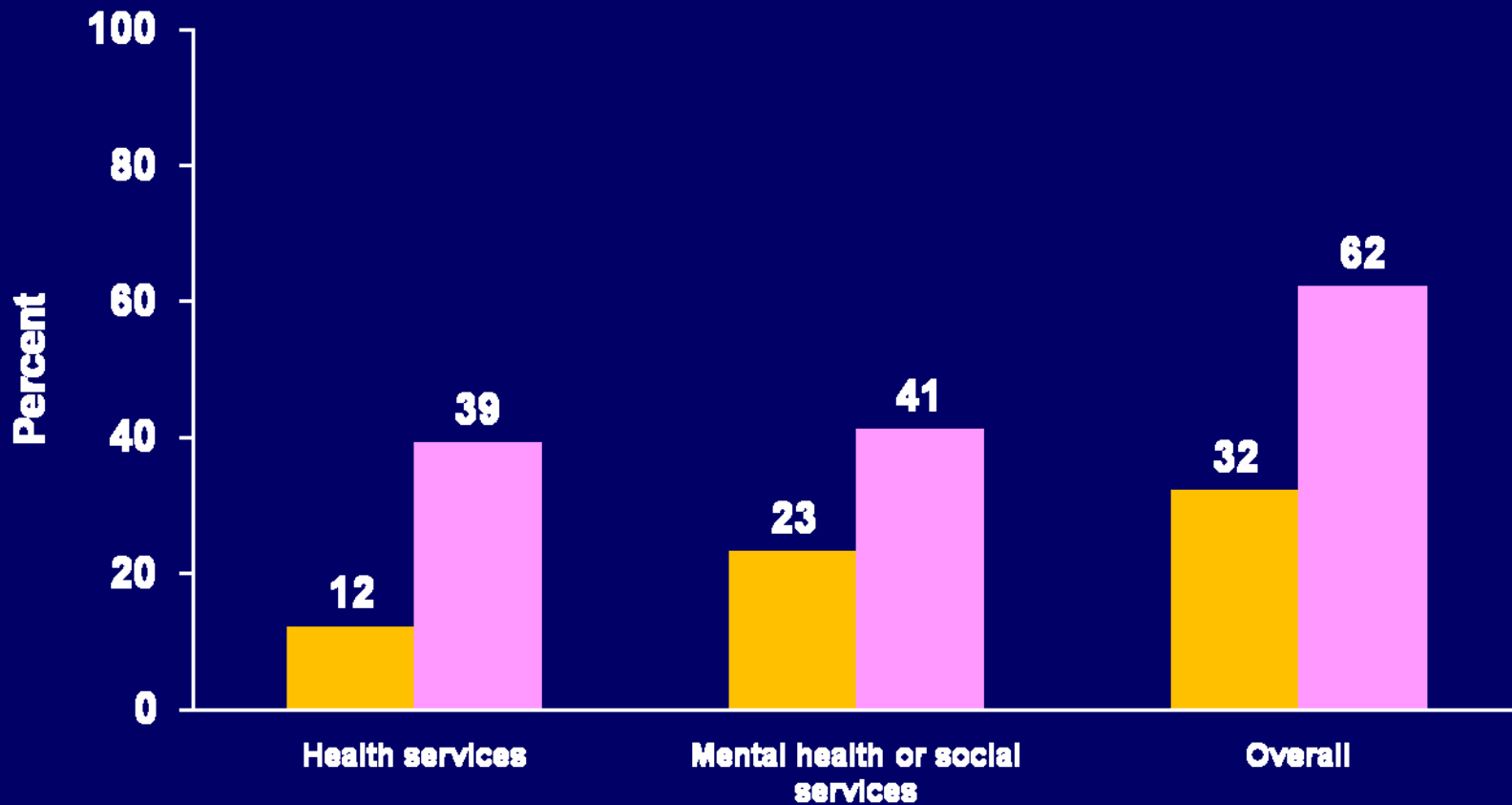
*School Health Policies and Programs Study, 2000 and 2006*



# Percentage of Secondary Schools With a Gay/Straight Alliance or Similar Club




# Percentage of Schools\* That Provided HIV Counseling, Testing, and Referral Services, by Provider Type, 2000 and 2006



■ 2000 ■ 2006

# Youth Risk Behavior Surveillance System (YRBS)

- Biannual survey of 9<sup>th</sup>-12<sup>th</sup> grade HS students
  - Started 1991
  - Current participation: 76 sites (47 states, 23 cities, 6 tribal/territory)
- Risk behaviors assessed
  - Contribute to injuries/violence
  - Tobacco
  - Alcohol, drugs
  - Diet
  - Physical activity
  - Sexual activity



Ever had sex  
Had sex before age 13  
Had sex with  $\geq 4$  or more persons  
Currently sexually active  
Condom use  
Contraceptive use  
Use of alcohol or other drugs before last sex



# Surveillance of School Policies and Practices

- School Health Policies and Practices Study (SHPPS)
  - National survey of school health policies & practices at state, district, school, and classroom levels
  - Provides national level data
  - Conducted every 6 years (1994-2012)
  - As of 2014, more targeted survey every other yr
- School Health Profiles
  - Biannual survey of state, territorial, tribal, large cities
  - Provides state and local-level data





# DSTDP: Priority Challenges

- Increasing adherence to screening recommendations in the private sector
  - Public and provider education
  - Working with health plans to promote uptake of USPSTF recommendations
- Improving and assuring confidential access to STD services for youth
  - Legal policy analysis of laws on consent, confidentiality
- Increasing utilization of EPT to prevent re-infection and ongoing transmission
  - addressing barriers such as state laws prohibiting EPT and policies preventing reimbursement



# CDC HIV/STD Prevention: Youth Engagement in Planning and Implementation

- Social marketing, health communication research
  - Youth advocates work with partners (ie, Planned Parenthood) to provide input on *GYT* campaign.
  - Youth surveyed as part of NCHHSTP Sexual Health message assessment process
- Direct engagement by funded partners
  - LA holds annual leadership conference for youth with emphasis on developing leadership skills to expand GSA in high schools across LA Unified School District
  - South Dakota and several other states work with Straight Forward, a local teen advocacy group on increased awareness and communication between teens and parents.
  - Vermont conducts youth focus groups to provide input into curricula training for professional development events.



# DHAP: Youth-Focused HIV Prevention Communications Projects & Interventions

- Communications projects
  - Act Against AIDS Leadership Initiative
    - 9 of 19 grantees have youth-focused programs
  - *Take Charge. Take the Test.*
    - Campaign to promote HIV testing in AfAm F 18-34 yrs old
  - *Testing Makes Us Stronger*
    - Campaign to promote HIV testing among black gay and other MSM
    - Not exclusive for youth, but those 18-24 are primary audience
  - *Greater Than AIDS*
    - CDC-supported Kaiser Family Foundation campaign targeting most-heavily affected communities via media partners (eg, MTV) and community outreach
- Interventions
  - *Project AIM* (reduce HIV risk behaviors at-risk youth)
  - *Choosing Life: Empowerment! Action! Results!* (for those  $\geq 16$  living with HIV or at high risk)
  - *Focus on Youth* (for AfAm youth 12-15)



# CDC Definition of Sexual Health: A Public Health Perspective

- Sexual health is a state of wellbeing in relation to sexuality across the lifespan that involves physical, emotional, mental, social, **and spiritual** dimensions.
- Sexual health is an inextricable element of human health and is based on a positive, equitable, and respectful approach to sexuality, relationships, and reproduction, that is free of coercion, fear, discrimination, stigma, shame, and violence.
- It **includes the ability to understand the benefits, risks, and responsibilities of sexual behavior; the prevention of disease and other adverse outcomes; and the possibility of fulfilling** sexual relationships.
- **Sexual health is impacted by socioeconomic and cultural contexts—including policies, practices, and services—that support healthy outcomes for individuals and their communities.**



*Developed by the Sexual Health Workgroup of the CDC-HRSA Advisory Committee. 2011*



# Objectives of CDC's public health approach to advancing sexual health in the U.S.

- I. Increase knowledge, communication, and respectful attitudes regarding sexual health
- II. Increase use of high-quality, coordinated educational, clinical, and other preventive services that improve sexual health
- III. Increase healthy, responsible, and respectful sexual behaviors and relationships
- IV. Decrease adverse health outcomes, including HIV/STDs, viral hepatitis, unintended pregnancies, and sexual violence



# DASH: Engagement of youth in planning and implementation

- Youth not directly involved by DASH in planning, however funded partners engage youth in both planning and implementation.
- Examples
  - LA holds annual leadership conference for youth with emphasis on developing leadership skills to expand GSA in high schools across LA Unified School District
  - South Dakota and several other states work with Straight Forward, a local teen advocacy group on increased awareness and communication between teens and parents.
    - Tell It To Me Straight community dinner for parents of MS and HS-aged students encourages parents to engage children in conversations on teenage sexuality, other safety concerns
  - Broward County Public Schools partnered with American Red Cross to develop and implement an HIV/AIDS education program for HS students—Project BEAT (Bridging Education and Attitudes in Teens).
  - Vermont conducts focus groups with youth to incorporate student input into curricula training professional development events.



# DSTDP engagement of youth in planning and implementation

- DSTDP conducts social marketing research with youth to inform our communication activities
- Youth advocates work with our partner Planned Parenthood Federation of America to provide input on the *GYT* campaign.

