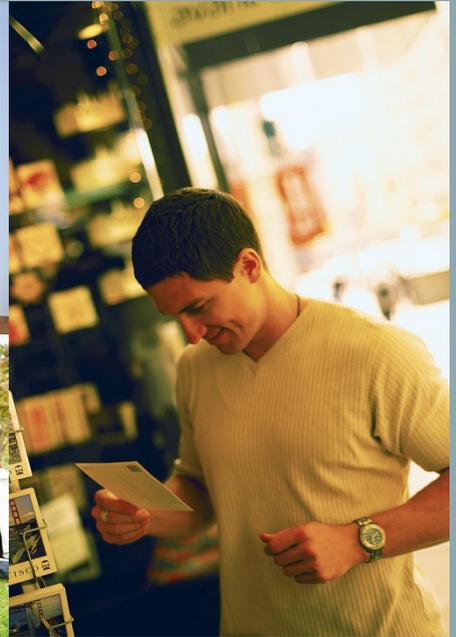


# Teen Health Perspective Results



*“Honestly, most issues are mental like anxiety, stress, worry, and over thinking. They do all not need to be treated with medicine; they need someone to say these feelings are normal and give ways to cope with stress, feelings of not being good enough, and peer pressure. It’s easy to feel like you’re the only one going through it or feeling it.”*

*\*All quotations come from adolescents who participated in the survey.\**

# What is Teen Health Perspective?



- Teen Health Perspective is a national level survey, for teenagers ages 13 to 18. Unlike most health related surveys for teenagers, this survey focuses on the doctor/patient relationship and how to improve it by using advice from teens.
- Instead of asking if teens partake in risky behaviors, this survey asks if these behaviors are concerns and if teens feel comfortable talking to their doctors about them.



*“Have more time alone with doctors.”*

# Age

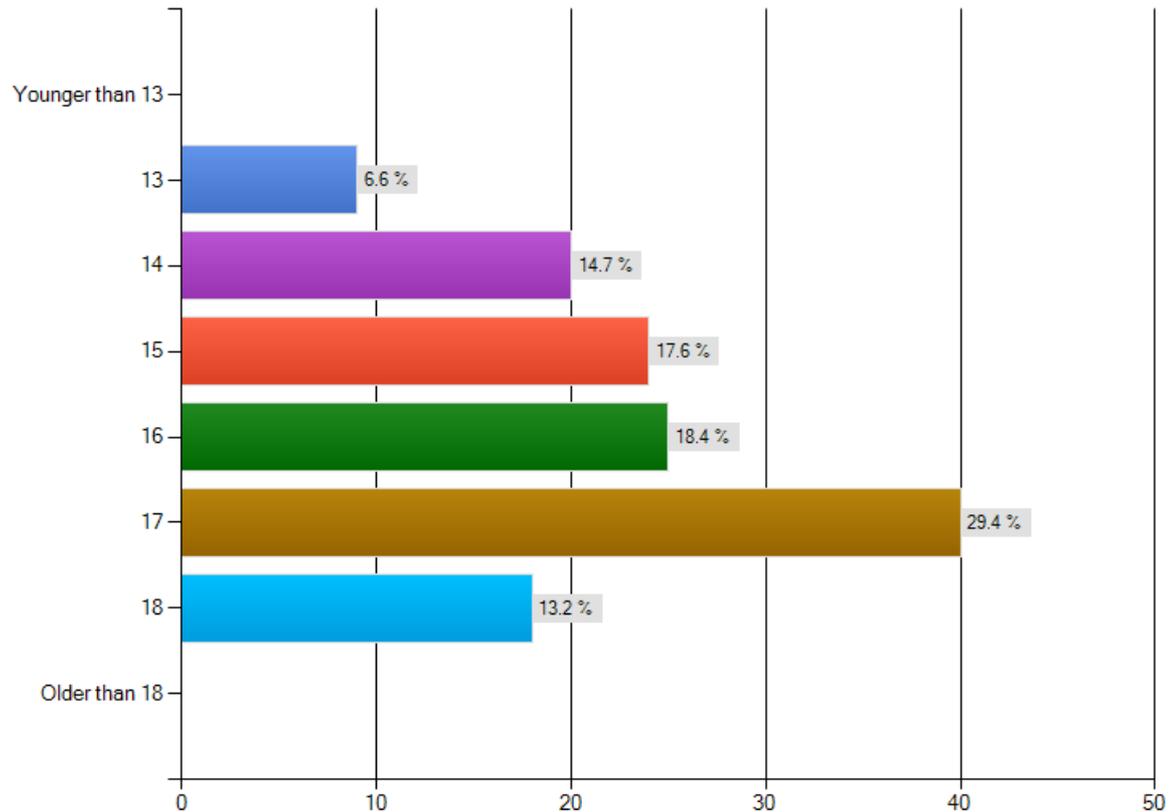


- Typically, older teenagers were more likely to take the survey as opposed to younger teenagers, which was opposite to our original thoughts.
- Only 21% of the respondents were either 13 or 14 years old.
- This could be plausible because the older teenagers are about to become adults and are more likely to be concerned about their healthcare.

# Age



How old are you?



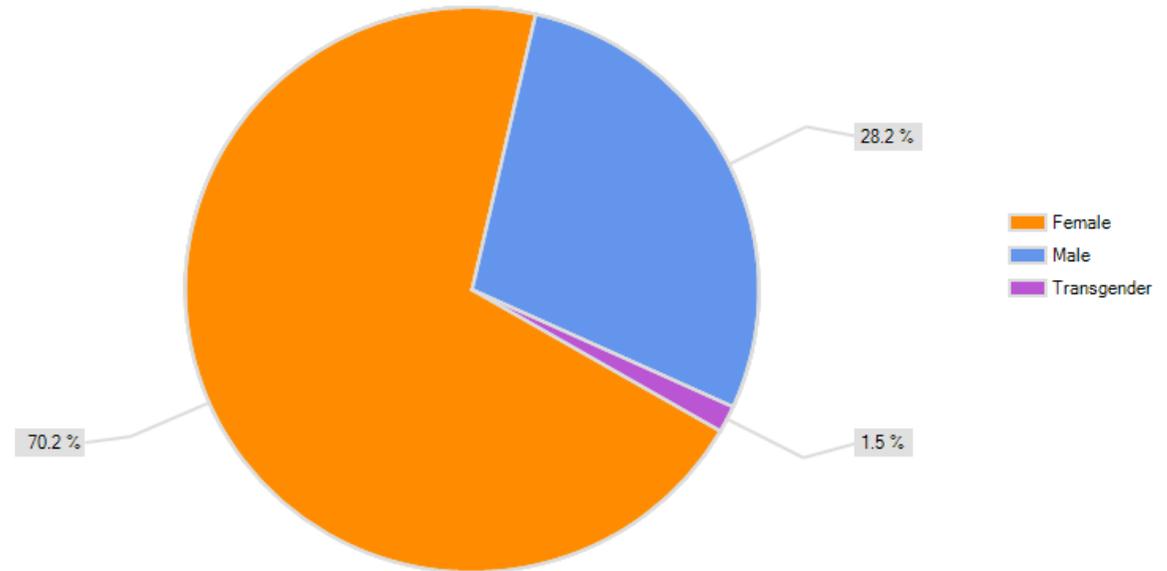
*“Have doctors communicate in a more “down-to-earth” tone.”*



## Gender Analysis

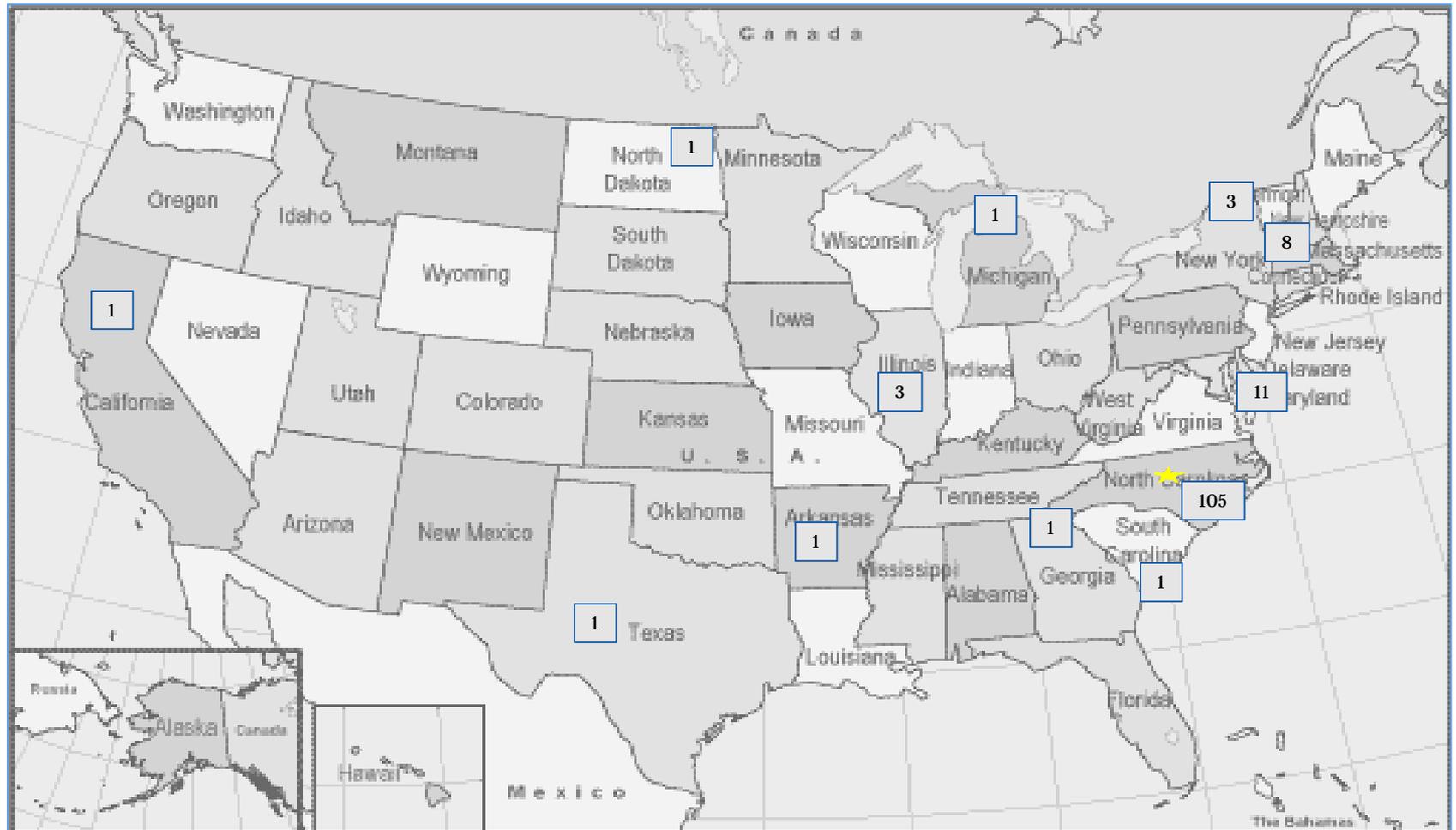
A majority of those who took the survey were female. (70%)

What is your gender?



*“Try to have a less awkward environment.”*

# Location



*“Make doctor’s appointments less awkward; ask us things so we don’t have to make the first step.”*

# Other Demographic Data



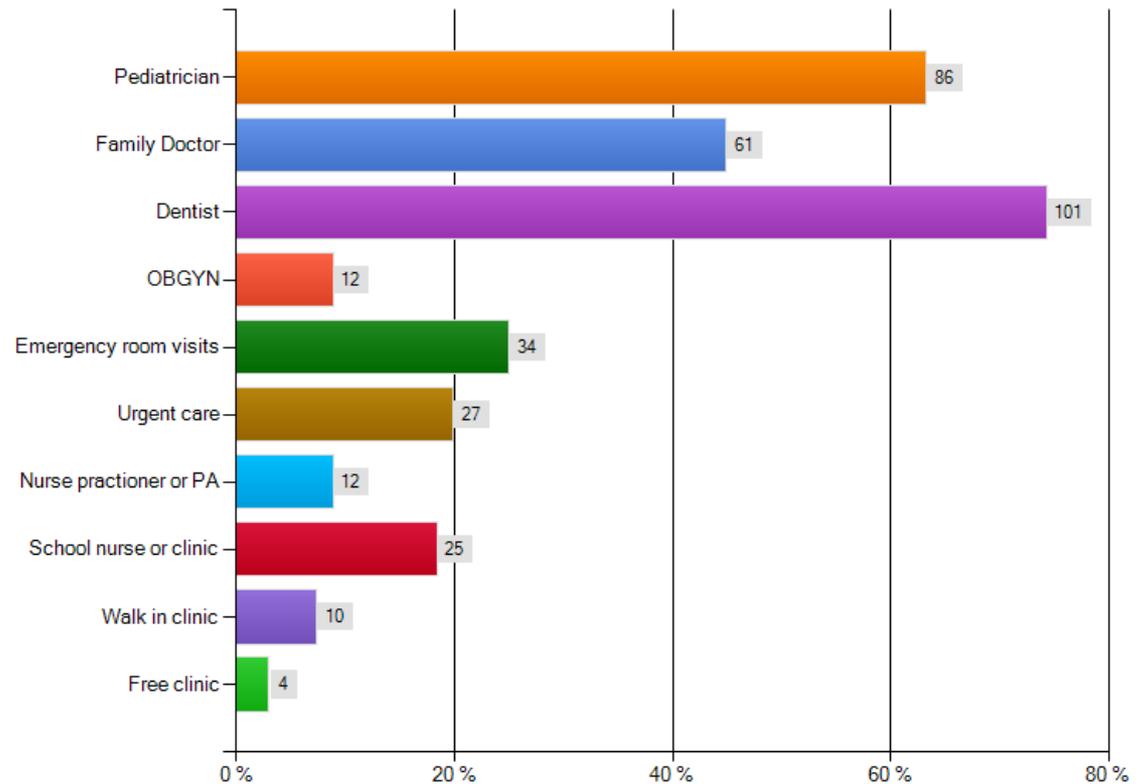
- Most of our respondents attend public school (82%)
- 71% of the respondents live in a suburban area.
- A majority of those surveyed live with both of their parents (67%)



Typically, the dentist and the pediatrician ranked high among those surveyed. However, other comments included the optometrist, neurologist, and neuropsychologist.

## What Type of Providers do Adolescents See?

What type of health care provider(s) do you see? Click all that apply



*“Make things easier for teens to understand.”*

# Doctor Demographic Data



- Most teenagers surveyed go to the doctor once every few months or once a year (96%)
- 72% of teenagers visit the same doctor every time they visit.
- The main reason(s) teenagers visit the doctor are a sports exam (42%), an annual physical (79%), and treatment for an illness or injury (60%)
- However, only 10% of teenagers go to the doctor for social or emotional health issues.

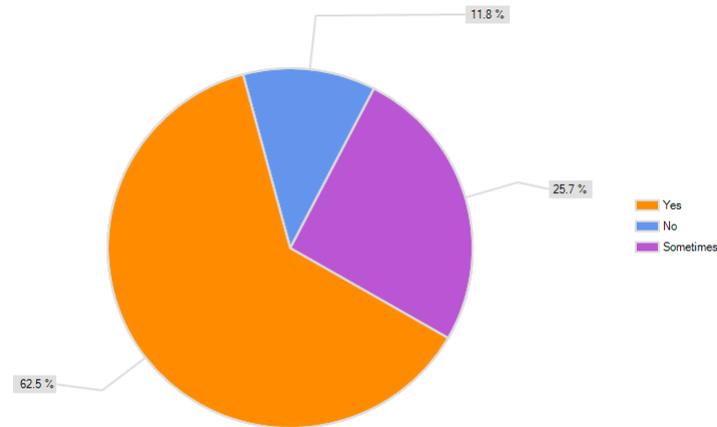
*"I think that it would be useful for our doctors to not assume that all teenagers are doing alcohol, drugs, and sex."*

# Doctor Demographic Data



- 72% of teenagers do not schedule their own appointments.
- Only 12% of teenagers feel that they are not involved with decisions regarding their health.

Do you feel involved in making decisions regarding your health?

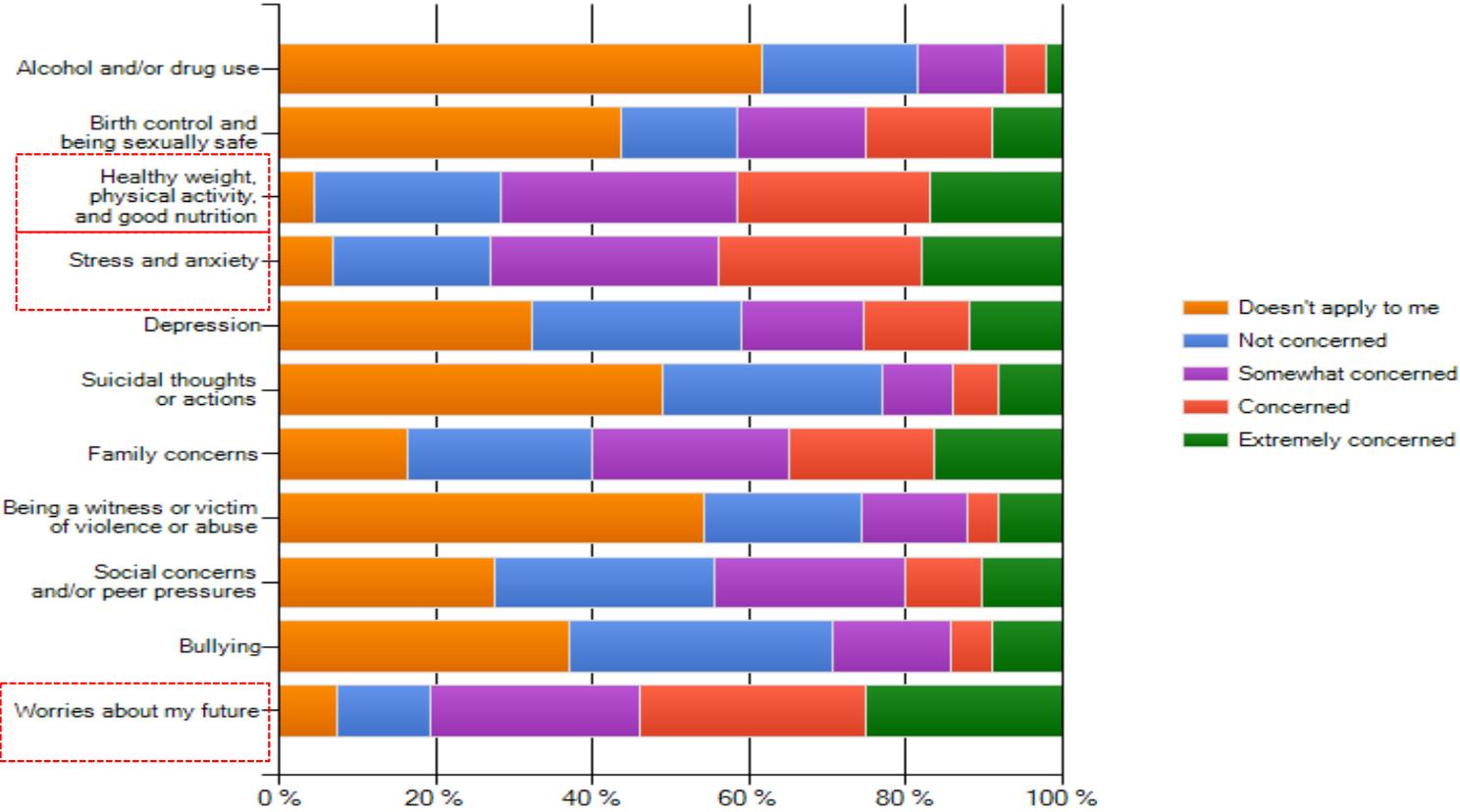


*"I would like more alone time with my doctor, because there are some topics I do not want to discuss in front of my mom."*

# So What Are Teens Biggest Concerns?



Rate your level of concern with the following issues



"My doctor has never asked me about depression or anxiety issues, which I think could help and prevent a lot of cases if doctors instead of just psychiatrists were open about this issue."

# Worries About the Future



- This concern seems to be prevalent among all teenagers.
- 27% of teenagers are somewhat concerned, 29% are concerned, and 25% are extremely concerned.
- I thought it would be interesting to see if there was any correlation between gender and future worries.

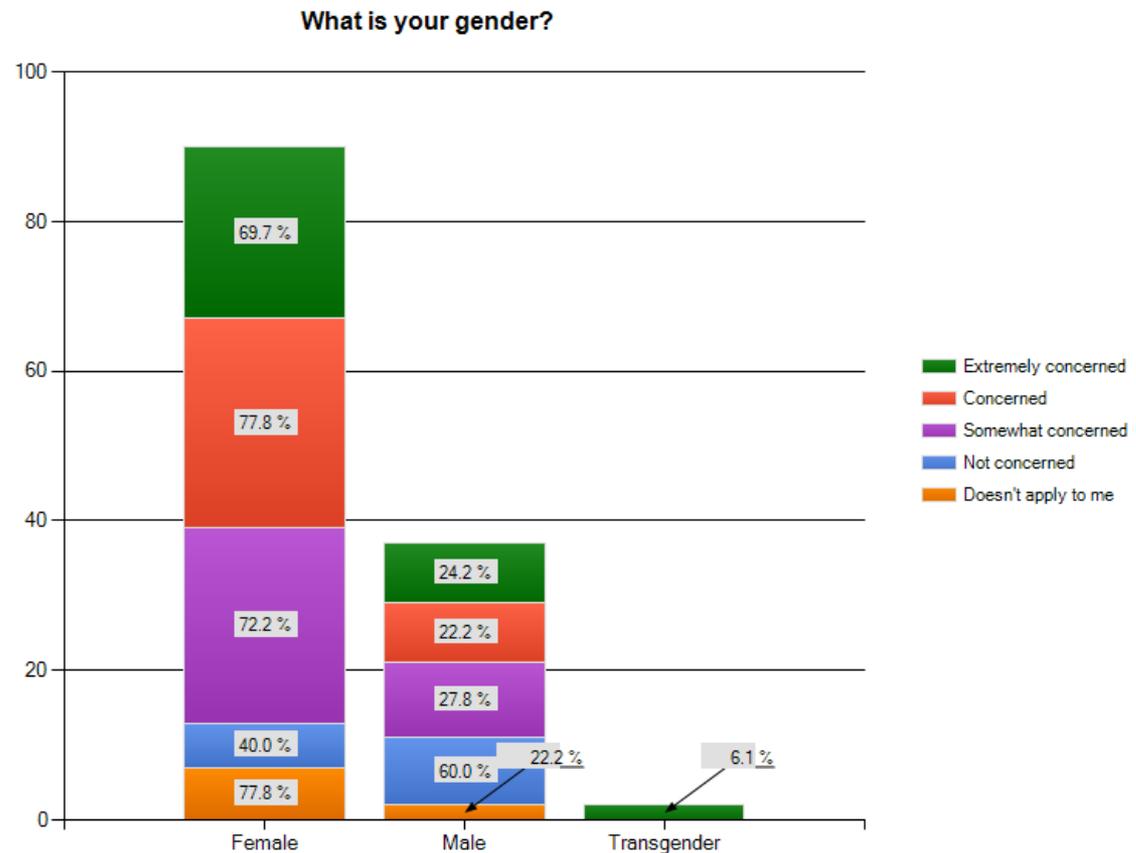


While a majority of those surveyed were female, female and transgender adolescents felt much more worried about the future as opposed to males.

Of those who said that they were very concerned about the future, 70% were females. All of the transgender adolescents stated that they were very concerned about the future.

Of those who said they were not concerned about the future, 60% were male.

## Gender and Worries About the Future



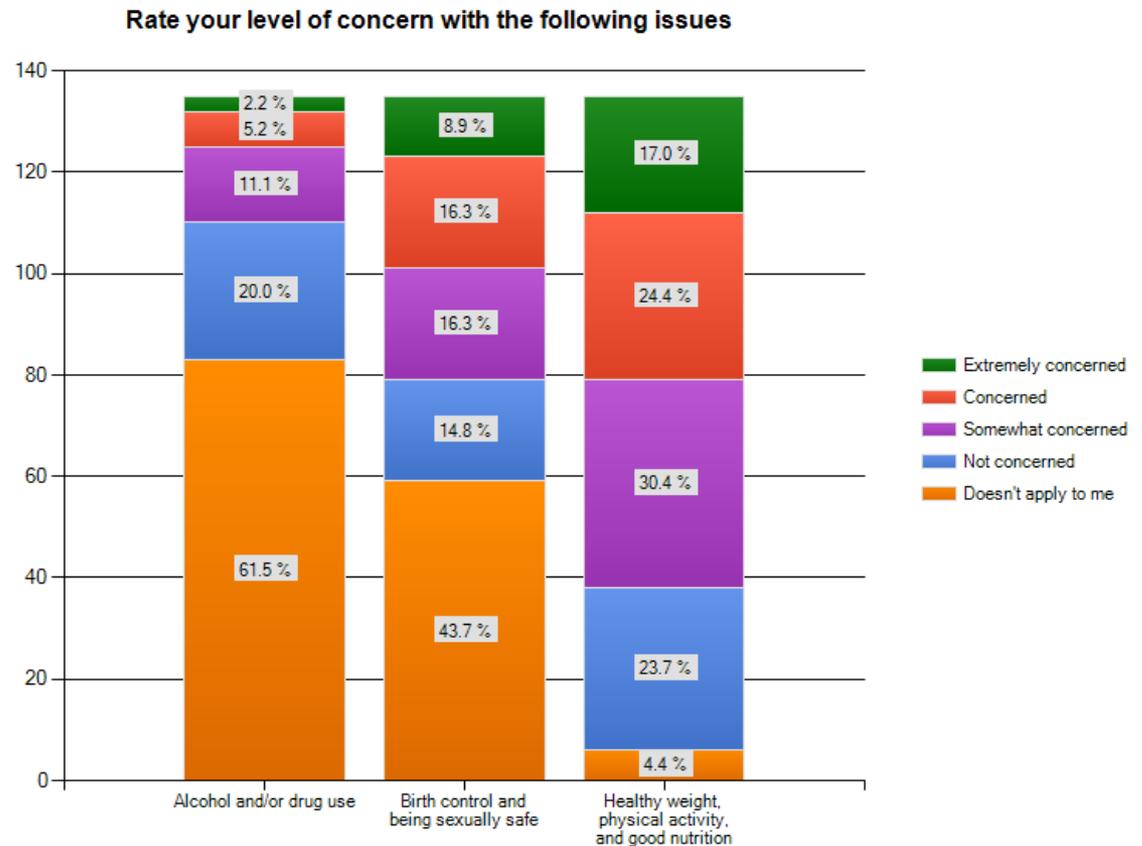
*“Treat us with respect.”*



Compared to other issues such as alcohol, drugs, and sex, the majority of teens rated themselves as “Extremely concerned” with being healthy in terms of weight, exercise, and nutrition (WEN).

Typically, one thinks of teenagers being concerned about the other topics. However, the percentage of teens who were somewhat to very concerned with (WEN) was 72% compared to alcohol and drugs with 19%

## Teens and Healthy Weight, Physical Activity, and Good Nutrition



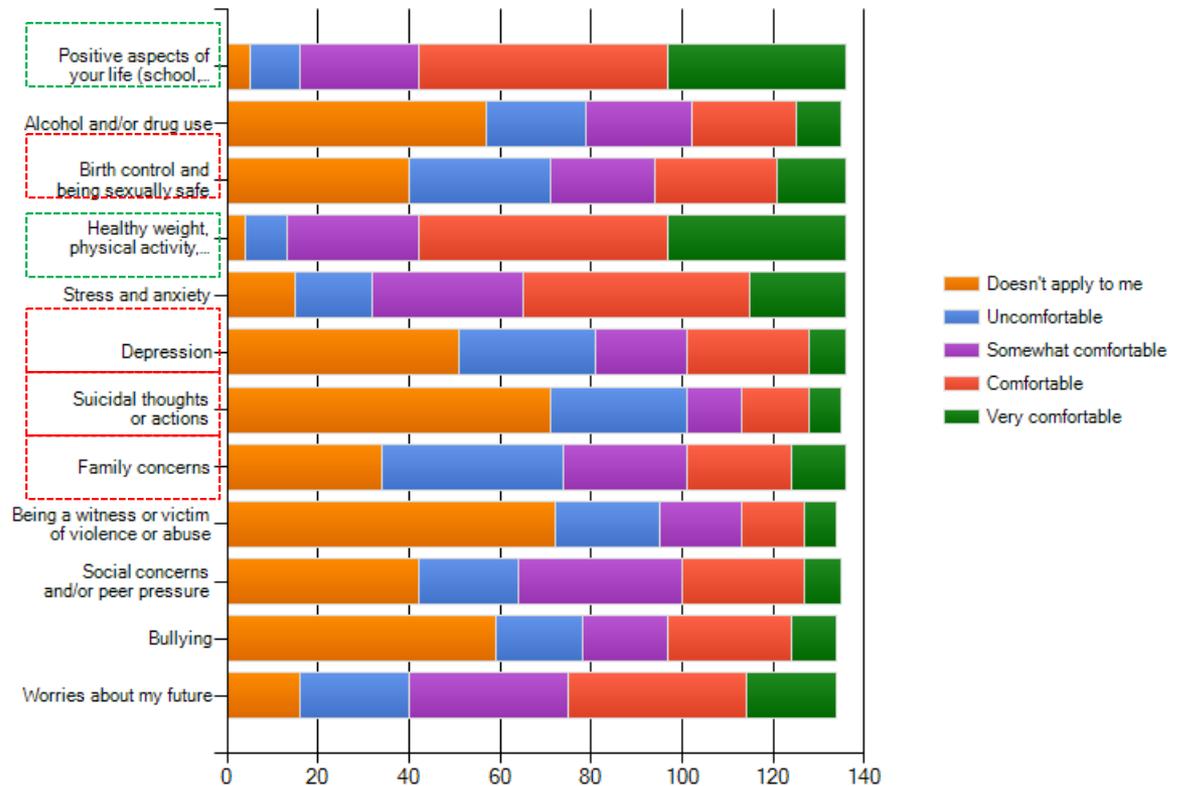
*“Make sure to cover all areas from sex, drugs, and bullying. A lot of these things teens see daily and are pressured into doing.”*



Of all of the topics, teens felt the most comfortable talking to their doctors about positive aspects of their lives and healthy weight. Teens felt least comfortable talking about family concerns, suicidal thoughts or actions, depression, and birth control.

## Are Teens Comfortable Talking to Their Doctor About These Concerns?

How comfortable do you feel discussing the following topics with your doctor?

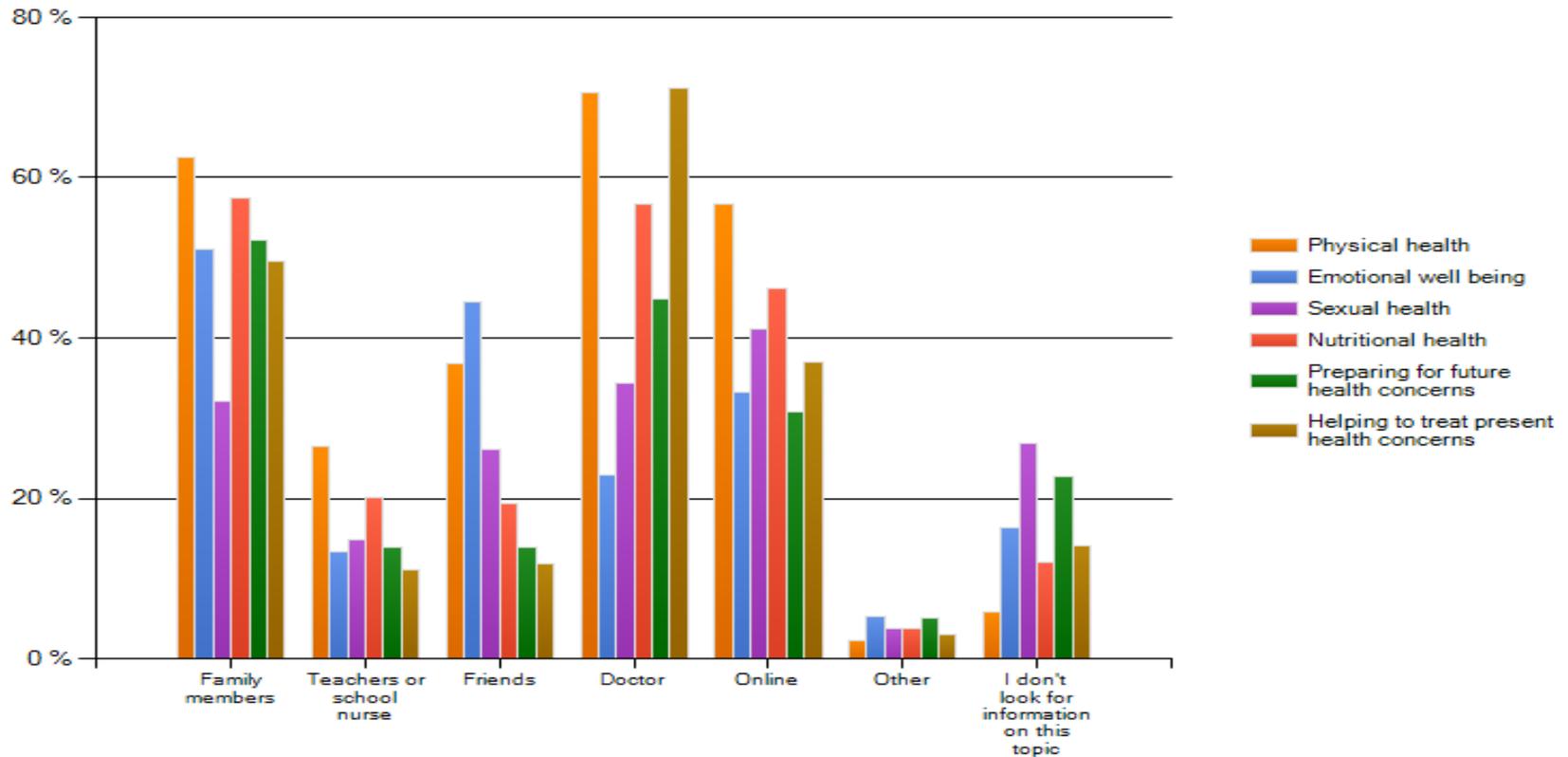


*“Privacy.”*

# Where Do Teens Get Answers?



Where do you find information to answer your questions? Check all that apply



*“Handicap accessible accommodations, including assistive technology, and for my doctors and teachers to work together.”*

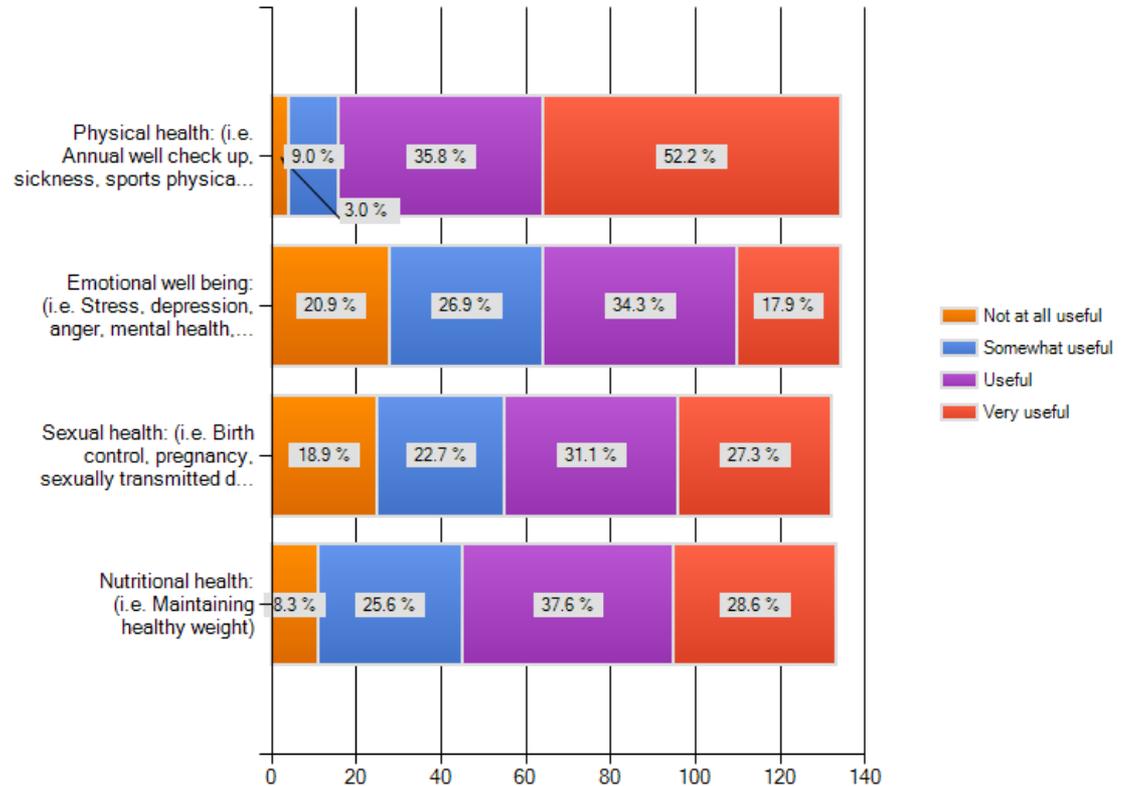


# How useful is my doctor?

Teens rated their doctors quite favorably in the areas of physical health and nutritional health.

However, in the areas of emotional well being and sexual health, around 20% of teens felt that their doctor was not at all useful.

How useful is your doctor in helping with the following areas?



*“Websites generated especially for teens and health.”*

# Influence



- As adolescents, we are constantly influenced among outside sources.
- We included a variety of outside sources to see if one had a greater influence over another.
- The rating scale for influences is 1 to 8. A rating of 1 indicated that it was the most influential.



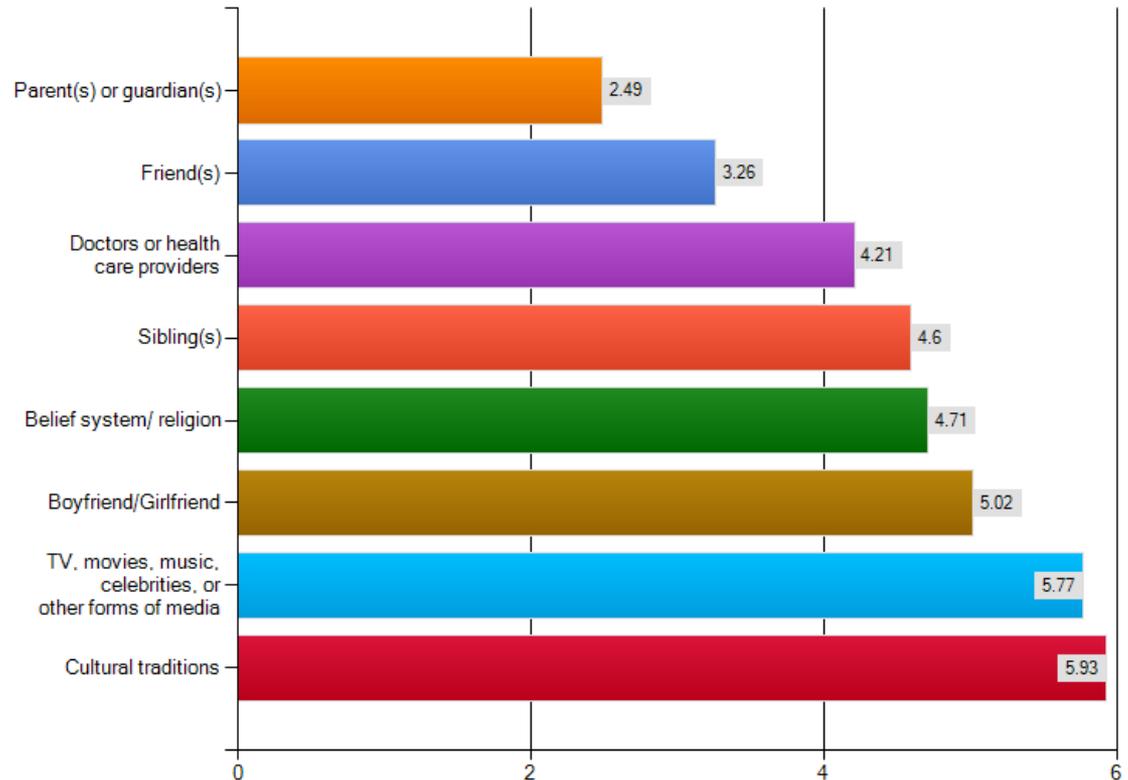
# Influence

The most influential people in teenagers lives are parents and friends. Media and cultural traditions are the least influential on a teens choices.

The parents averages a score of 2.49, meaning they were the most influential overall.

We were surprised to learn that doctors had a higher average than many of the other options

Who or what influences you the most? Please rank the following



*“More information on health being easily available.”*

# So What Do Teens Think?



“Teenagers need a place that they can go where they aren't surrounded by infants and toddlers but they aren't surrounded by grown adults either. They also need to feel more comfortable talking to their doctors but the doctors have to be more active in making them feel comfortable.”

“They (doctors) need to understand the teenager individually before treating them.”

“Things that govern teenagers: Time, Money, Friends.”

“I think it is very important to have confidence in one's doctor. I, personally, would feel better if my doctor allowed me to speak to him alone, so I could be able to express all my concerns”



“Treat them as your equal. Not someone's child. Then you will gain their respect and trust.”

**33% of teenagers who participated in the survey had additional suggestions for improving healthcare.**

*Having a doctor that recognizes the difference between a teenager and a kid or adult socially would be helpful in the communication process.*



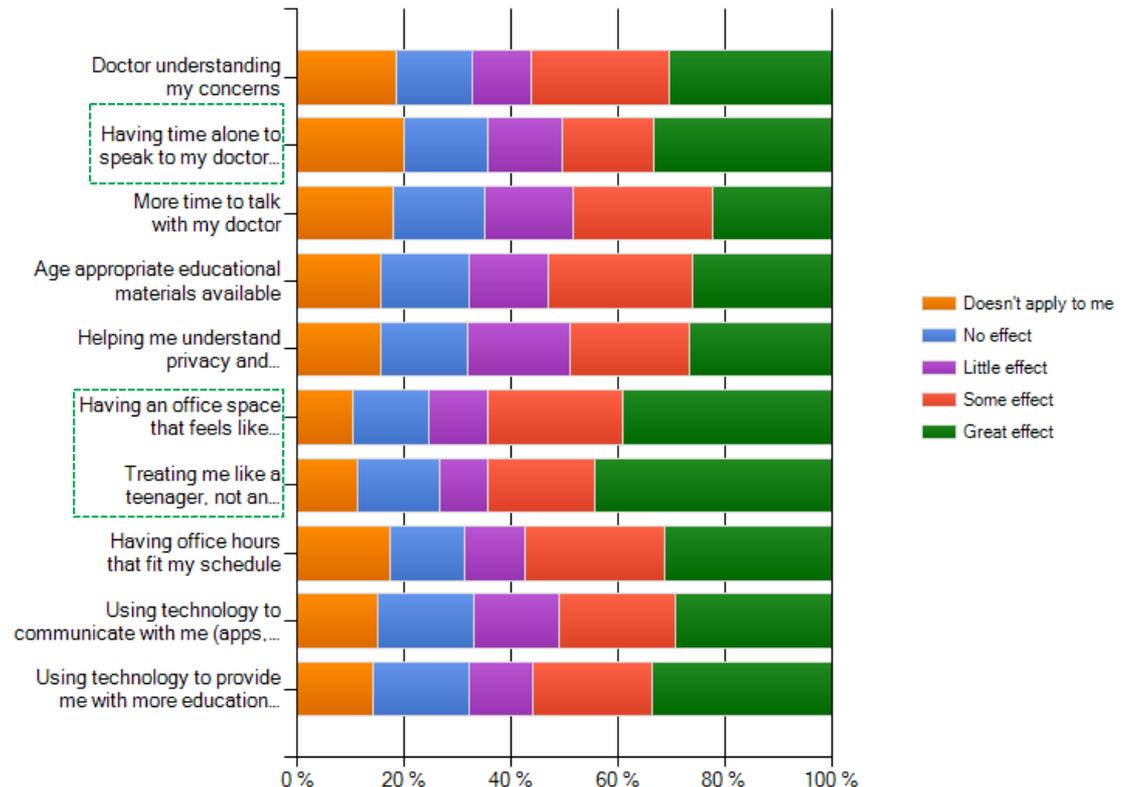
Overall, the results were varied from this question.

However, we had some interesting findings. Teens didn't necessarily want more time with their doctor, overall they wanted time alone to talk to their doctor.

Over 40% of teens said that it would have a great effect if the office space was more inviting to teenagers and they were treated like teenagers.

## What Would Make the Visit Better?

What would make your doctors visits better?



*“Always listen to their problems.”*