



# THRIVE! Community Assessment of San Luis Teen Pregnancy, STI, and Optimal Health

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## Introduction:

Campesinos Sin Fronteras (CSF) launched the THRIVE! Initiative in 2019 to promote optimal health and prevent teen pregnancy and STIs.

## THRIVE! Goals and Structure:

- Advised by Adolescent Wellness Network (ADN) of 28 community partners.
- Locals facilitate Teen Outreach Program (TOP) in 3 schools and Families Talking Together(FTT) workshops for parents
- Funded by Office of Population Affairs (OPA), Department of Health and Human Services (HHS)

## Purpose:

This community assessment aimed to engage residents in discussing obstacles to teen optimal health, preferred sexual and mental health education methods, and school perceptions of the Teen Outreach Program (TOP).

## Methods:

Using Community Based Participatory Research (CBPR) practices from July – December 2021, 10 CSF staff in San Luis conducted:

- 3 semi-formal group discussions with teens and parents
- 1 digital survey for educators at partner schools
- 6 key informant interviews with stakeholders
- 1 activity to update the 2020 THRIVE! asset map

The ADN was highly engaged throughout.

Assessment design, data analysis, and internal dissemination was conducted by AzPRC.

## Results: Community Engagement

- 16 youth
- 23 parents/caregivers
- 3 schools
- 6 community stakeholders
- 28 ADN members

Over 50% of Yuma County residents are concerned about family planning in their community.

## Teens Struggle to...

- Access contraceptives/family planning methods to prevent STIs, teen pregnancies.
- Ask for help with mental/sexual health needs.

## Teens want to...

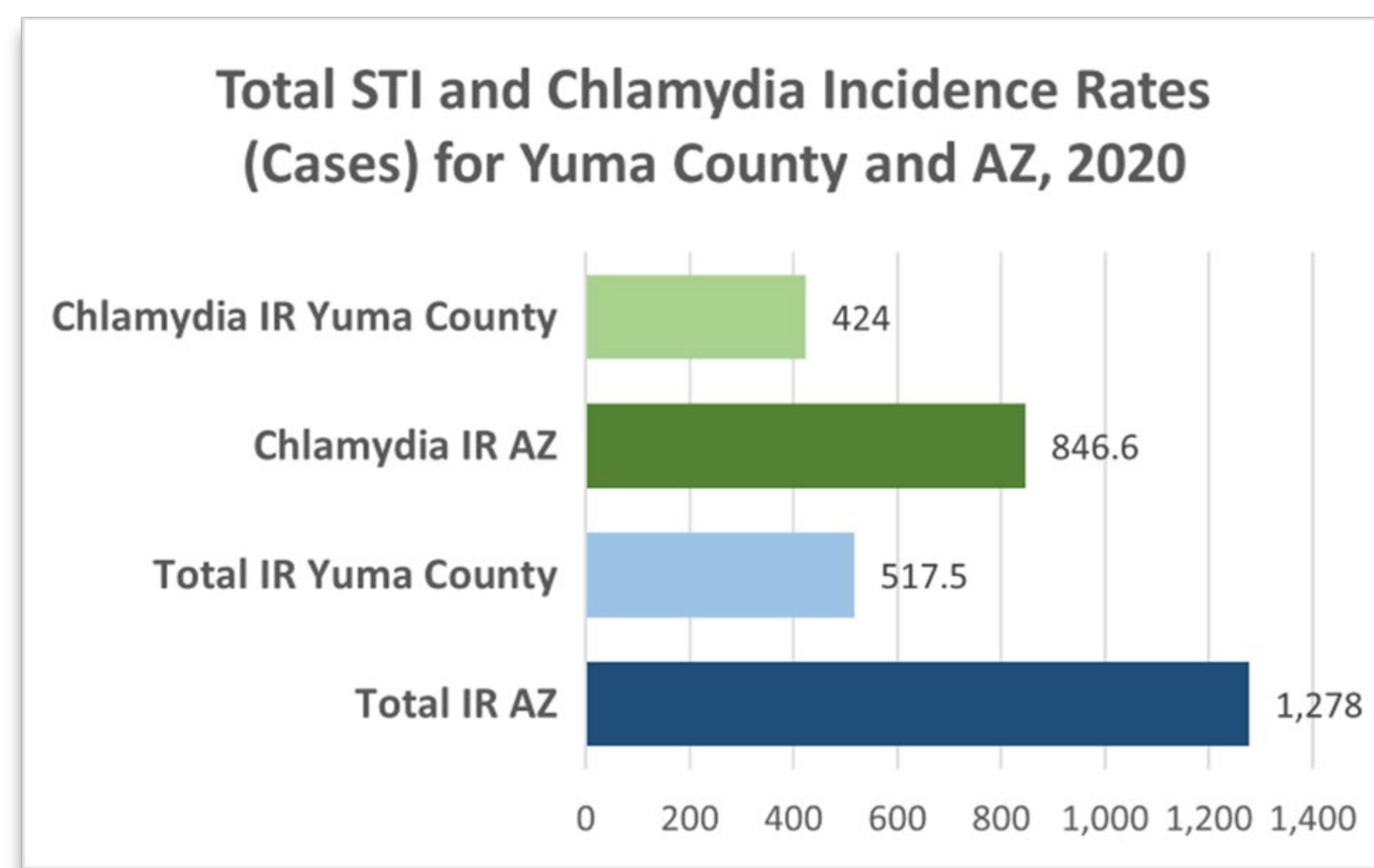
- Receive sexual health education from trusted adults, especially parents.
- Receive info on local health resources.

## Primary Perceptions of Barriers to Teen Optimal Health in San Luis, AZ

| Teens  | Parents  | Schools   | Stakeholders   |
|--|--|---|--|
| <ul style="list-style-type: none"> <li>• Believe <b>mental health is intertwined</b> with sexual health, substance use, LGBTQ identity.</li> <li>• <b>Poverty increases</b> teen substance abuse.</li> <li>• Lack of support for <b>LGBTQ identity</b>, increases feelings of being unheard, alone.</li> </ul> | <ul style="list-style-type: none"> <li>• Teen's friends involved in illegal activities, <b>peer pressure</b>.</li> <li>• <b>Access to drugs, alcohol, prostitution</b> in Mexico with different ID policies.</li> <li>• Believe sex ed should be <b>taught by parents at home</b>.</li> <li>• <b>Received limited sex ed as teens</b>, don't want to repeat that for their teens.</li> </ul> | <ul style="list-style-type: none"> <li>• <b>Strong community resistance</b> to sexual health education in schools.</li> <li>• <b>Parent/teen conversations</b> would prevent teen pregnancies, STIs.</li> <li>• Education can <b>normalize mental and sexual health</b>.</li> </ul> | <ul style="list-style-type: none"> <li>• Teens need <b>leadership opportunities and caring adults</b> in their lives.</li> <li>• <b>Education can destigmatize</b> concerns of mental health and teens asking for help.</li> <li>• Lack of <b>transportation, insurance coverage</b> limit teen optimal health.</li> </ul> |

## Sexually Transmitted Infections (STIs) are decreasing in Yuma County.

Teens 15-24 years old and Latinx individuals experience the highest rates of STIs. Chlamydia is the most prevalent STI in Yuma County, though Gonorrhea and Syphilis remain widespread.



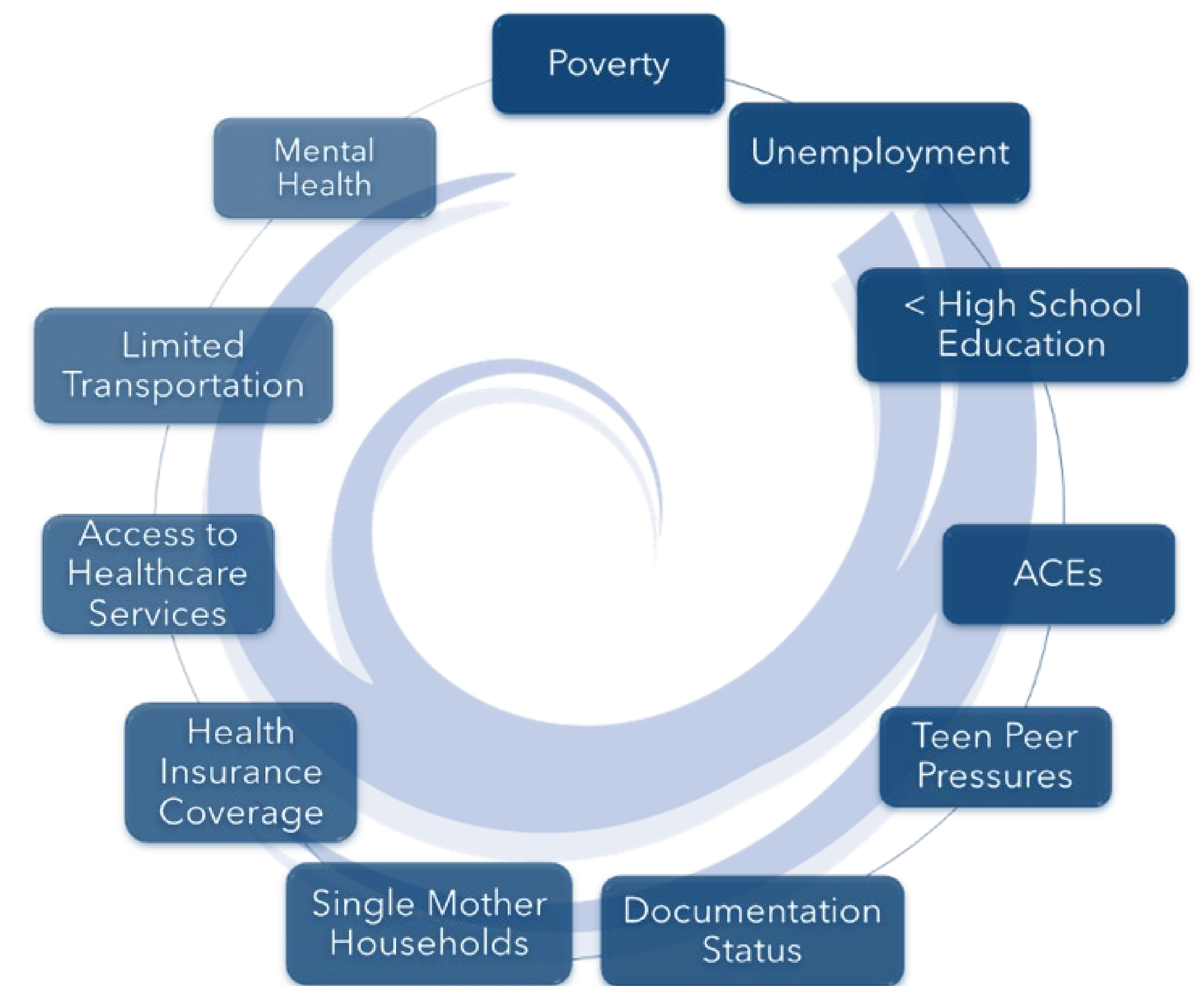
**Teen Pregnancies in San Luis are still higher** than Yuma County or Arizona state, despite recent decline since 2009. Teen parents earn \$3,500 less per year, are less likely to graduate from high school, and receive twice as much federal aid for twice as long.

## 2020 Teen Pregnancies per 1K women 14-19yrs

|             |      |
|-------------|------|
| San Luis    | 34.0 |
| Yuma County | 30.2 |
| Arizona     | 22.1 |

**Adverse Childhood Experiences (ACEs)** between 0-17 years old can increase risk of chronic disease, mental illness, and substance use. San Luis parents are concerned about teen exposure to illicit substances, and peer pressures from their friends engaged in violence, gang, or trafficking activities.

## Key Social Determinants Influencing San Luis Teen Optimal Health



## Discussion

Public health implications of this community assessment include informing key partnerships and programming to address barriers to teen optimal health, and the positive engagement of residents to identify solutions they believe in. Results from this report are distributed across San Luis by THRIVE! staff and will inform the program's sustainability planning.

## Recommendations and Public Health Implications:

**EDUCATE** teens and parents about: mental health, sexual health, family planning, parenting styles, communication skills.

**ENGAGE PARENTS** via parent or family nights, parent support networks, parent coalitions to inform programming.

**INCREASE SERVICES** like outreach events with healthcare providers, connect teens with medical professionals to build relationships, distribute free family planning tools and STI prevention information, offer free STI testing, coordinate with Border Health Commission to increase Community Health Workers.

**IMPROVE AWARENESS** by advocating for funding, improved transportation, constructing new healthcare and behavioral health facilities, distribute resources to families.



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