

“More Between 10 and 20”

## Looking Forward

NC Institute of Medicine  
Adolescent Health Task Force

June 5, 2009

Carol A. Ford MD  
Jane Brown PhD

More Between  
10 and 20  
Initiative

Parent Survey

Report Card

Task Force



NC Adolescent Health Summit Fall 2009

# Summary of Tentative Timeline

- Final Task Force Meeting
- Release Report Card
- Release Task Force Report
- Release Parent Survey Summary
- NC Adolescent Health Summit



North Carolina  
metamorphosis  
project  
*healthy adolescents. healthy futures.*



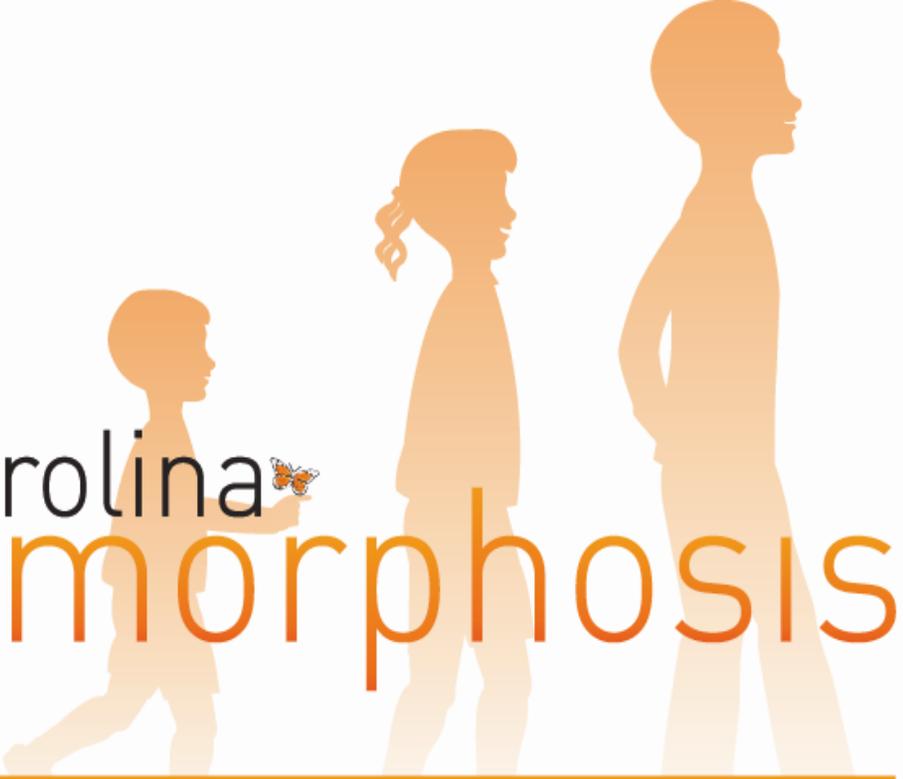
**Save | the Date**

**The N.C. Adolescent Health Summit**  
**Tuesday, Dec. 15, 2009**  
**The Carolina Inn, Chapel Hill, NC**

**Join us for a review of the first N.C. Adolescent Health Report Card and the N.C. Institute of Medicine's Adolescent Health Task Force evidence-based recommendations for improving policy, services and programs to improve the health of North Carolinians ages 10 to 20 between 2010 and 2020.**

More information will be sent via email, or visit [www.med.unc.edu/ncmp](http://www.med.unc.edu/ncmp)  
Sponsored by the N.C. Metamorphosis Project

# Media/Communication Messages



North Carolina  
metamorphosis  
project

---

*healthy adolescents. healthy futures.*

# NCMP

- Home
- ABOUT NCMP
- NOTEWORTHY
- N.C. ADOLESCENT AND YOUNG ADULT HEALTH REPORT CARD
- PARENT SURVEY
- N.C. ADOLESCENT HEALTH TASK FORCE AND REPORT
- N.C. ADOLESCENT HEALTH SUMMIT
- DISSEMINATION AND IMPLEMENTATION
- PUBLICATIONS / PRESENTATIONS
- MAKE A CONTRIBUTION TO NCMP
- CONTACT US



you are here: home

## The North Carolina Metamorphosis Project

The overall goal of The North Carolina Metamorphosis Project is to improve adolescent health, health care, life-long trajectories of health, and transitions to adulthood in North Carolina. In addition, we aim to increase awareness of the unmet health needs of North Carolinians between 10 and 20 years of age and to produce and implement evidence-based recommendations to improve services and programs to address high-priority health needs of this age group during the second decade of the 21st century. Our strategy for achieving these objectives involves five key activities:

1. [N.C. Adolescent and Young Adult Health Report Card](#)
2. [Parent Survey](#)
3. [N.C. Adolescent Health Task Force and Report](#)
4. [N.C. Adolescent Health Summit](#)
5. [Dissemination and Implementation Support](#)

For additional information on these activities, please click on the links above, or on the corresponding tab in the left column.

### Calendar

June 2009						
Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

### Upcoming Events

**N.C. ADOLESCENT HEALTH SUMMIT**  
The Carolina Inn, 2009-12-15  
[more events...](#)

ABOUT NCMP — NCMP - UNC School of Medicine - Mozilla Firefox

File Edit View History Bookmarks Tools Help

http://wvp.med.unc.edu/ncmp/about-ncmp

Most Visited Search! News Weather Entertainment Travel Sites

ABOUT NCMP — NCMP - UNC Scho...

UNC Health Care | UNC School of Medicine | UNC

UNC SCHOOL OF MEDICINE

directories maps & directions news make a gift careers

# NCMP

Home

**ABOUT NCMP**

- Research Team
- Collaborators
- Sponsors

NOTEWORTHY

- N.C. ADOLESCENT AND YOUNG ADULT HEALTH REPORT CARD
- PARENT SURVEY
- N.C. ADOLESCENT HEALTH TASK FORCE AND REPORT
- N.C. ADOLESCENT HEALTH SUMMIT
- DISSEMINATION AND IMPLEMENTATION
- PUBLICATIONS / PRESENTATIONS
- MAKE A CONTRIBUTION TO NCMP
- CONTACT US



North Carolina metamorphosis project  
*healthy adolescents. healthy futures.*

you are here: [home](#) > [about ncmp](#)

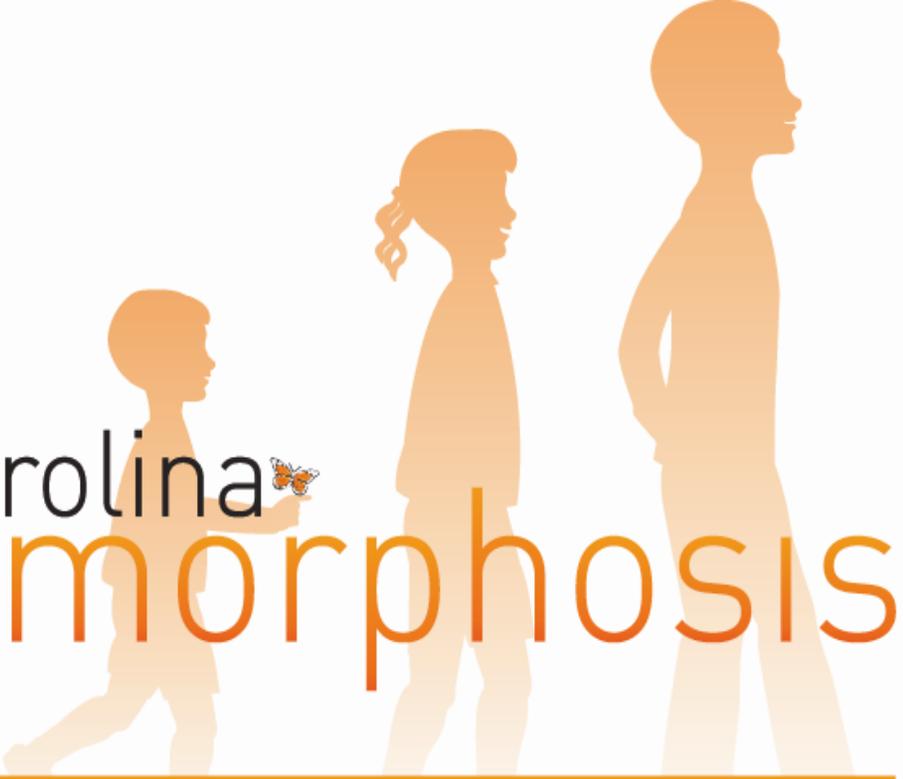
## ABOUT NCMP

Children between ages 10 and 20 have health needs that are in many ways different than the health needs of other age groups. As a result, their health care needs are often overlooked when examining the health problems of children and adults. Strategies to address the unmet health needs of older children must take into account the developmental complexities of adolescence, as well as other factors which impact on their health status. For example:

- Substance use or abuse and mental health problems are health issues facing adolescents and young adults. Almost half of high-school students (42.3%) reported using alcohol in the last 30 days, and 21% report using marijuana. By age 18-24, nearly 40% of young adults have reported at least one episode of binge drinking in the past 30 days. Further, young adults age 18-24 are more likely than any other age group to report that their mental health is not good (39%); and 13% of high school students reported having attempted suicide.
- Most adolescents (63%) have engaged in sexual intercourse before completing high school. Rates of curable sexually transmitted infections are highest among youth under age 25; in 2006, 13% of new HIV diagnoses were in young people between 13 and 24 years of age. Although teen pregnancy has declined in recent years, almost 4% of all births in the state are to teens younger than age 18.
- Many risk factors for adult cardiovascular disease are recognized or become established during the second decade of life. The percentage of children who are overweight or obese increases from 15% (ages 2-4), to 27% (ages 12-18) to 40% (ages 18-24).
- Motor vehicle accidents constitute the major cause of death for adolescents.
- Suboptimal education also contributes to poor health outcomes. Among North Carolinians between 18 and 24 years of age, less than half (38%) are enrolled in or have completed college; and 16% are not attending school, not working and have no degree beyond high-school.

Improving health and well-being during the second decade of life can favorably influence life-long trajectories of health and well being. Our goal is to increase awareness of the unmet needs of North Carolinians age 10-20, and to develop a detailed strategy to address the high-priority health needs of these adolescents and young adults.

[Site Map](#) [Accessibility](#) [Contact](#)  
[Log In](#)



North Carolina  
metamorphosis  
project

---

*healthy adolescents. healthy futures.*

