



## 5 Key Adolescent Health Issue Areas and Goals

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### **Behavioral Health (Mental Health & Substance Abuse)**

- Goal 1:** Rates of substance use and abuse will decrease among adolescents
- Goal 2:** Behavioral and physical health services for adolescents will be more fully integrated to improve access and quality of care

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### **Injury, Violence & Safety**

- Goal 3:** Adolescents will engage in healthy relationships
- Goal 4:** Injuries and deaths in adolescents associated with motor vehicles will decline
- Goal 5:** Decrease the incidence and consequences of Traumatic Brain Injury (TBI) in adolescents

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### **Reproductive Health**

- Goal 6:** Adolescents and their families will be able to make informed decisions about their reproductive health
- Goal 7:** Reduce the rates of sexually transmitted infections in adolescents
- Goal 8:** Promote the continued downward trend in pregnancy and birth rates among adolescents

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### **Nutrition & Physical Activity**

- Goal 9:** Adolescents will engage in healthy eating behaviors
- Goal 10:** Adolescents will engage in recommended physical activity
- Goal 11:** Adolescents will have a healthy body mass index (BMI)

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### **Sleep**

- Goal 12:** Adolescents will obtain a minimum of 8.5-9.5 hours of sleep per night