

Adolescent health needs are increasing, while accessible and youth-acceptable health care services are diminishing. The adolescent population is the least likely age group to receive needed and appropriate health care services.

During adolescence, youth make decisions to avoid or engage in health risk behaviors, with day-to-day and long-term implications for their future health, as well as long-term economic security. Recent studies reveal “up north” youth choose to use alcohol, tobacco, and other drugs, engage in sexual activity (contributing to unintended pregnancy or disease), eat a poor diet, and exercise too little at about the same rates as their counterparts in metropolitan areas of Michigan.

The *Teen Health Project of Northwest Michigan* is here to address adolescent health needs for middle and high school students in your school. The project is brought to you by the Health Department of Northwest Michigan, through a grant from the Michigan Department of Community Health.



Adolescents are the least likely age group to receive needed and appropriate health care services.

In partnership with your school, the Teen Health Project provides:

✓ ***Health Education Services***

The health department and community health partners are available to provide health education presentations requested by schools. Presentation topics focusing on prevention include:

- Tobacco Use
- Alcohol and Other Drug Use
- Nutrition and Physical Activity
- Unintentional Injury and Violence
- HIV/AIDS and STI Prevention
- Teen Pregnancy Prevention

✓ ***Individual Screening Through GAPS (Guidelines for Adolescent Preventive Services) Assessments***

Students meet one-on-one with a registered nurse to identify unhealthy behaviors, and develop a plan to meet personal health goals.

- Teachers and school staff can refer students for a GAPS visit.
- Parents and staff can review GAPS materials at the school office.
- Parents will be able to “opt out” for their student if they desire.

✓ ***Assistance with School Wellness Policies***

Schools have an important role to play in promoting wellness, healthy diet and physical activity for northern Michigan students.

The Teen Health Project can assist your school with wellness policy implementation by working to customize the Healthy Schools Action Tool (HSAT).

During adolescence, youth make decisions to avoid or engage in health risk behaviors that can have both short- and long-term consequences.



Students and families will receive information and referrals to the **Ironmen Health Center**, a teen health center serving Antrim County youth age 10-21 and their children.

The Ironmen Health Center provides primary healthcare services including physical exams, treatment for illness and injury, STI prevention, testing, and treatment, mental health services, chronic disease management, referrals for specialty services, and assistance with insurance applications.

**The Health Department of
Northwest Michigan
can bring high quality health
education presentations to
your school!**

For over 75 years, the health department has worked with school districts to coordinate health risk interventions for students in the four-county region consisting of Antrim, Charlevoix, Emmet, and Otsego counties. Since then, we've partnered with schools to offer health education to students, curricula related to risk education, health promotion, support for teen parents, tobacco prevention and cessation, physical fitness, and healthy nutrition. The health department continues to work closely with schools to identify families without access to health care and link them with MICHild, Healthy Kids, and other community resources.

**Please let the Teen Health
Project assist you in
providing your students with
quality health presentations
and community awareness
activities!**

**For more information,
please contact
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Teen Health Project of Northwest Michigan



**Helping schools support the
formation of life-long healthy
behaviors through health
presentations, individual screening
and case finding, and school
improvement services.**

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