

Division of Adolescent & Young Adult Medicine Retreat- 2018

Salinas Teen Health Study

*Understanding Latino adolescents' trajectories
of risk and resilience*

Marissa Raymond-Flesch, MD, MPH

Background/Purpose

Latino Youth Face Profound Health Disparities

- Higher rates of: teen pregnancy, STIs, depression, youth violence
 - Latino populations are growing fastest in rural communities where disparities are worst
 - Current immigration climate may be contributing to poor health outcomes

**The Salinas Teen Health Study Objective:
Identify developmental trajectories of academic success, sexual health, and youth violence**



Methods/Results

Salinas Teen Health Study

- **Longitudinal cohort study of 599 8th graders**
 - **Community-engaged** study using **mixed methods**
- Formative focus groups highlighted mental health
 - Added PHQ8, GAD, and interviews with mothers
- Baseline data: Depression rates lower among teens who are well-connected to parents and school
 - Immigration concerns are limiting access to school and family members

Discussion/Future Directions

Investigating relationship between mental health and other health behaviors among Latino youth.

■ Trajectory analyses

- Depression and condoms/contraceptive use
- Immigrant generation/mental health

■ Youth qualitative interviews

■ Qualitative interviews with mothers

- Exploring family separation, trauma, resilience
- Exploring interventions to support families