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