Engaging Adolescents with Disabilities in Sexual and Reproductive Health

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Detroit, MI

Website: https://nationalcenterdph.org/ Twitter: @PHis4Everyone
Objectives

• Identify the importance of including people with disabilities and their family in sexual and reproductive health programs and practices
• Identify tools and resources to help with being inclusive of adolescents with disabilities into programs and practice
• Identify strategies to practice being inclusive of adolescents with disabilities

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Who We Are

ASSOCIATION OF UNIVERSITY CENTERS ON DISABILITIES

THE LEADERSHIP, EDUCATION, ADVOCACY & RESEARCH NETWORK

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The Association of University Centers on Disabilities (AUCD) is a diverse network of people with disabilities, families, educators, researchers, advocates, and professionals.

AUCD is a strong presence in every U.S. state and territory, and grows leaders who have the skills to make a difference throughout the world.

In partnership with people with disabilities, AUCD promotes inclusion, dignity, respect, equity, justice, health, and well-being across the lifespan in all communities.

www.aucd.org  Facebook  Twitter  Instagram
National Network

- 67 University Centers for Excellence in Developmental Disabilities (UCEDD)
- 52 Leadership Education in Neurodevelopmental and Related Disabilities (LEND) Programs
- 14 Intellectual and Developmental Disability Research Centers (IDDRC)

Find the AUCD Network Center near you: https://nationalcenterdph.org/aucd-network-centers/
Major Areas of National Contribution

- Early Intervention
- Preschool & Child Care
- Special Education
- Access to General Curriculum
- Literacy
- School-Work Transition
- Family-Centered Care
- Inclusive Education
- Assistive Technology
- Post Secondary Education

- Screening & Identification
- Maternal & Child Health
- Child Abuse & Neglect
- Self-Advocacy & Self Determination
- Community-based Services
- Housing
- Health Promotion
- Supported Living
- Employment
- Aging

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The National Center for Disability in Public Health (NCDPH) build capacity by encouraging collaboration between public health partners and AUCD’s Network Centers in every state and territory.

NCDPH work together with our partners to address health disparities for people who have a disability.

Currently NCDPH is focusing on:

- Access to Healthcare
- Developmental Monitoring and Screening
- Emergency Preparedness
- Nutrition and Healthy Weight
- Sexual and Reproductive Health
- Wellness and Mental Health

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Icebreaker

Write one word or phrase that comes to mind when you think about:

1. Youth and sex
2. Youth with disability and sex

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What is Disability?

Any condition of the body or mind (impairment) that makes it more difficult for the person with the condition to do certain activities (activity limitation) and interact with the world around them (participation restrictions)

• 1 in 4 adults have a disability
• 1 in 5 children ages 12-17 are identified as having special health care needs
• About 1 in 6 of youth ages 3 to 17 have developmental disabilities

Source: CDC Disability and Health, CDC Disabilities Impacts All of Us, OAH Trends in Prevalence of Disabilities among Youth
Health Implications

• People with disabilities (PWD) are more likely to have poorer health outcomes compared to people without disabilities
  ▪ More likely to have higher rates of obesity and smoking
  ▪ Children with developmental disabilities are more likely to be obese
  ▪ People with cognitive limitations are 5x more likely to have diabetes than the general population

Source: Obesity Prevention for Children with Developmental Disabilities, Persons with Disabilities as an Unrecognized Health Disparity Population

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“HHS Advisory Committee on Minority Health has described living as a member of a racial or ethnic minority group with a disability as a “double burden” due to the added sociopolitical challenges encountered”

• People of color with a disability are more likely to:
  ▪ report fair or poor health
  ▪ be obese
  ▪ have a chronic health condition
  ▪ have greater difficulty accessing care than do racial and ethnic minorities without a disability

Source: The Double Burden

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Why is Inclusion Important?

• Inclusion of PWD into health programs is an effective way of improving their health

• Inclusion allows PWD the opportunity to make informed decisions about their health

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Example of Inclusion

• Diabetes & Disability Community of Practice (CoP) focused on including people with mobility limitations and intellectual disabilities in the Diabetes Prevention Program (DPP)
  ▪ An adapted version was created for PWD

• CoP participants partnered with local community partners
  ▪ Some states are training PWD to be facilitators

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1. What does inclusion look like to you and within your organization?

2. What are some inclusive efforts or practices you have done personally or professionally? How is inclusion supported?

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Inclusion and Sexual and Reproductive Health

• Sexual and reproductive health are important parts of overall health.

• Lack of information on sexual and reproductive health leaves PWD vulnerable and at a greater risk for preventable health problems.
Inclusion and Sexual and Reproductive Health

• The reality. Everyone needs to know.
  ▪ **Sexual anatomy** – know your body
  ▪ **Sexual development** – puberty, hygiene, personal care
  ▪ **Social/Relationships** – appropriate versus not

• We live in a highly sexualized culture with many ways to obtain information but is it accurate?
Inclusion and Sexual and Reproductive Health

• **2017 Youth Sexual Health Data (U.S. High School Students):**
  - 40% had had sexual intercourse.
  - 10% had four or more sexual partners.
  - Half of the nearly 20 million new STDs reported (ages 15-24)
  - 21% of all new HIV diagnoses (ages 13-24)
  - 7% had been physically forced to have sexual intercourse when they did not want to.

• More than 1 in 10 reported experiencing physical or sexual violence from a dating partner.

Source: CDC Sexual Risk Behaviors: HIV, STD, & Teen Pregnancy Prevention
Inclusion Matters

• People of all ages with disabilities are more likely to face violence from an intimate partner

• Women and girls with any type of disability, as well as people with a cognitive disability, face the highest rates of violence

• More than 1 in 5 young people with disabilities experience violence (ages 12-19)
  ▪ including sexual assault or rape
  ▪ more than twice the rate of youth without a disability

Source: ACL  Teens the Right to Healthy Relationships
Examples of Inclusive Practices

- Educating adults (parents, family members, health care providers, etc.)
- Age and ability appropriate
- Plain language materials – simple language and ideas that are easy to grasp
- Provide alternate formats for written materials
  - Demonstrations, Videos with captioning and/or transcripts
- Repetition and rehearsal
- Sign language interpreters for people who are deaf or hearing impaired

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Discussion Panel

Frank Vaca

Maddie Doing

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Open Discussion

WHAT ARE YOU THINKING?

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Group work

1. How can you bring awareness to the adult(s) in an adolescent’s life about speaking to them about sex and reproductive health?

2. How can you include adolescents with a disability in the planning and implementation of sexual and reproductive efforts?

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Open Discussion/ Report Out

Group Takeaways?
Questions? Thoughts? Epiphanies?
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