



MY 🙋 🙋 🙋 🙋 🙋

Texting with America's
Youth to Improve Health
and Wellbeing

Tammy Chang, MD, MPH, MS





MyVoice is a national mixed methods text message poll that empowers young people (ages 14-24) to voice their opinion on important policy issues







ADOLESCENTS ARE THE GREATEST RESOURCE FOR A SOCIETY TO THRIVE



Investments in adolescents
bring a triple benefit:



**HEALTHY
ADOLESCENTS
NOW**



**HEALTHY ADULTS
IN THE FUTURE**



**HEALTHY FUTURE
GENERATIONS**



THE ADOLESCENT BRAIN

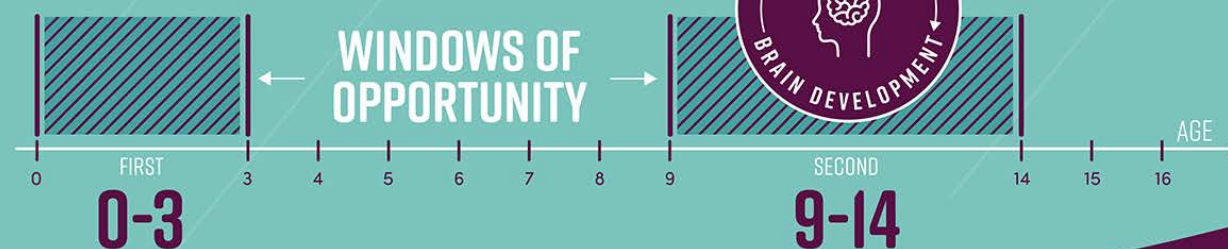
A SECOND WINDOW OF OPPORTUNITY

EARLY ADOLESCENCE IS
A TIME OF RAPID
LEARNING AND
BRAIN DEVELOPMENT

THESE INCLUDE INCREASES IN SENSATION-SEEKING, MOTIVATION FOR SOCIAL RELATIONS AND SENSITIVITY TO SOCIAL EVALUATION.

A PERIOD OF
VULNERABILITY
AND OPPORTUNITY

PUBERTY INITIATES INTENSE LEARNING & BRAIN DEVELOPMENT, WHICH LEAD TO STRUCTURAL REMODELING AND NEURAL RE-CONFIGURATION OF KEY BRAIN SYSTEMS. IT'S A CRUCIAL TIME TO INVEST IN ADOLESCENTS.



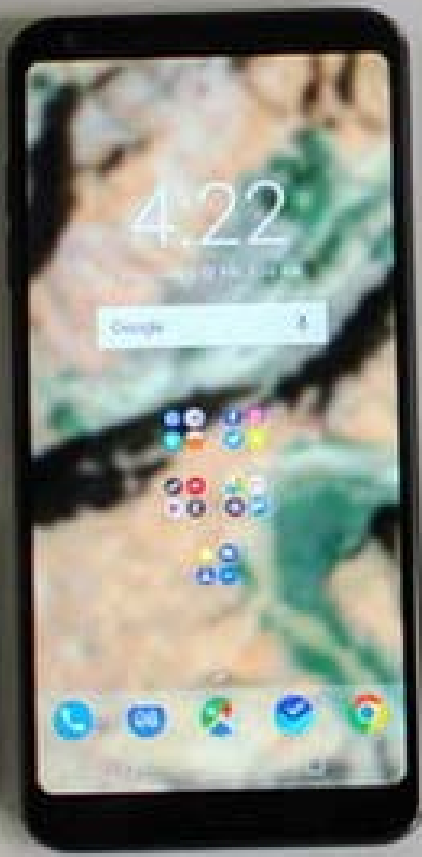
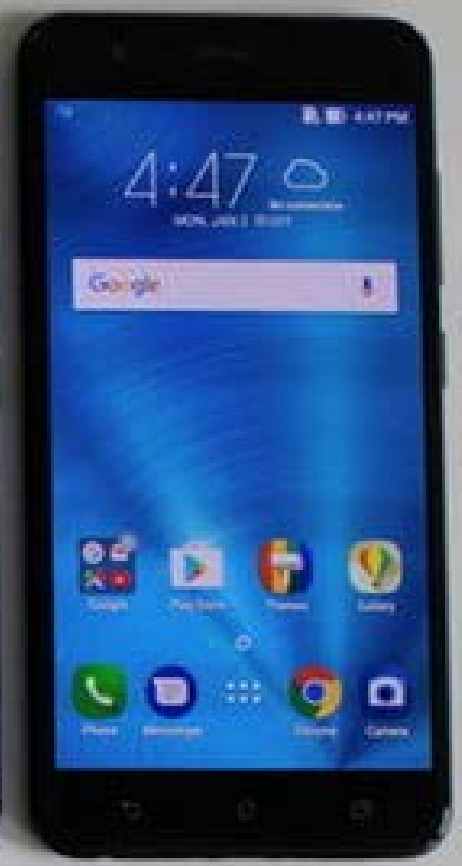
DOWNLOAD

“THE ADOLESCENT BRAIN:
A SECOND WINDOW OF OPPORTUNITY”

WWW.UNICEF-IRC.ORG/ADOLESCENT-BRAIN



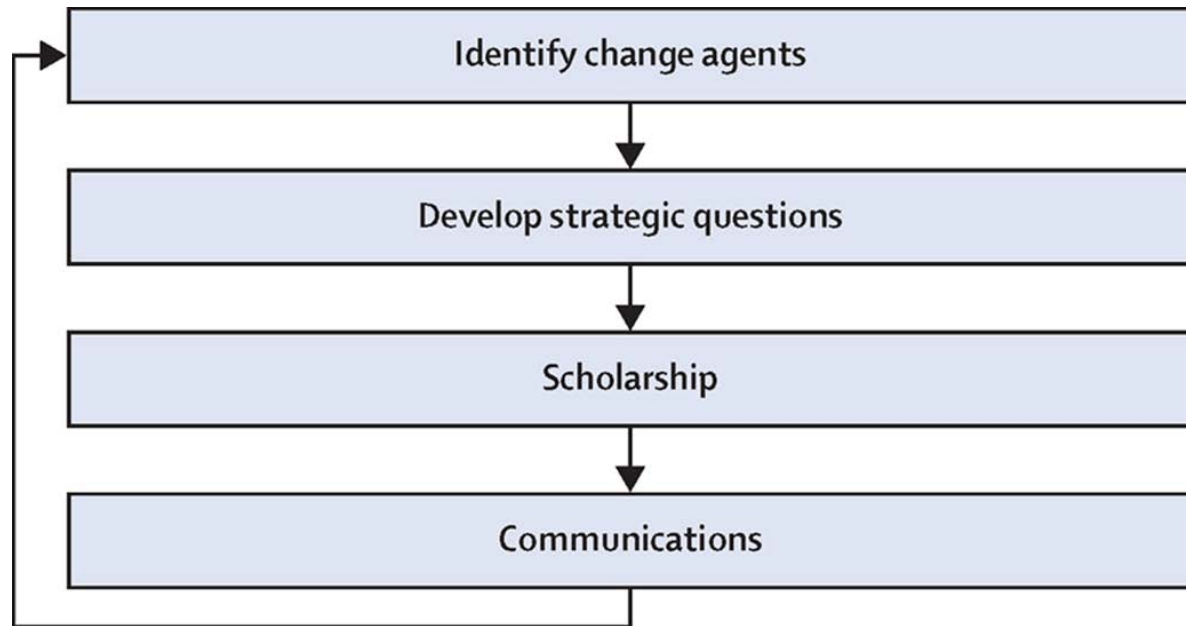




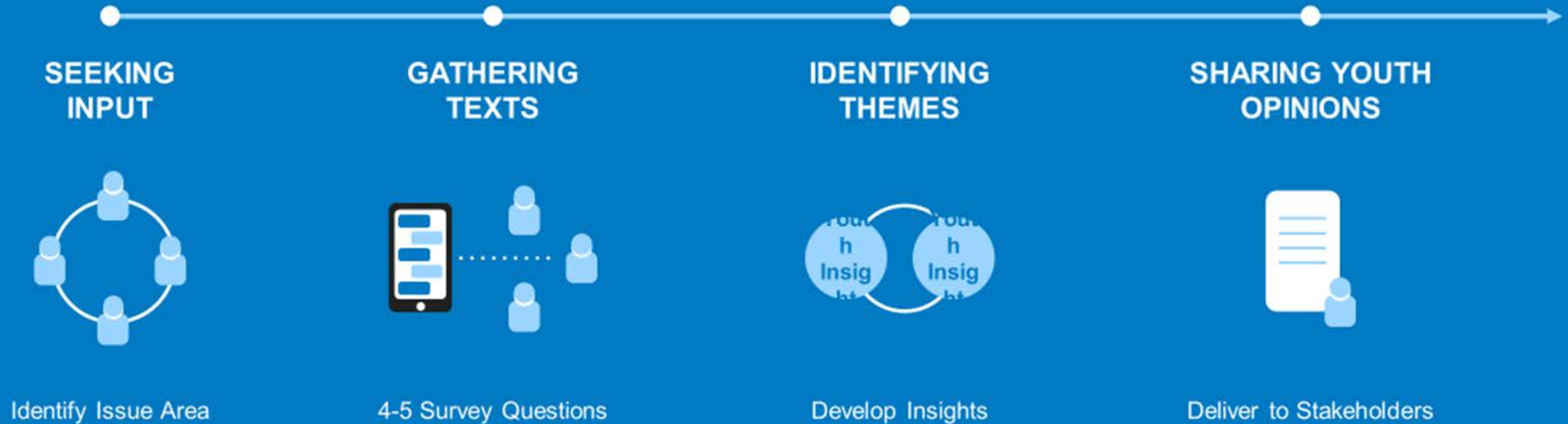
Right People
Right Information
Right Time



Strategic Science



MyVoice Process

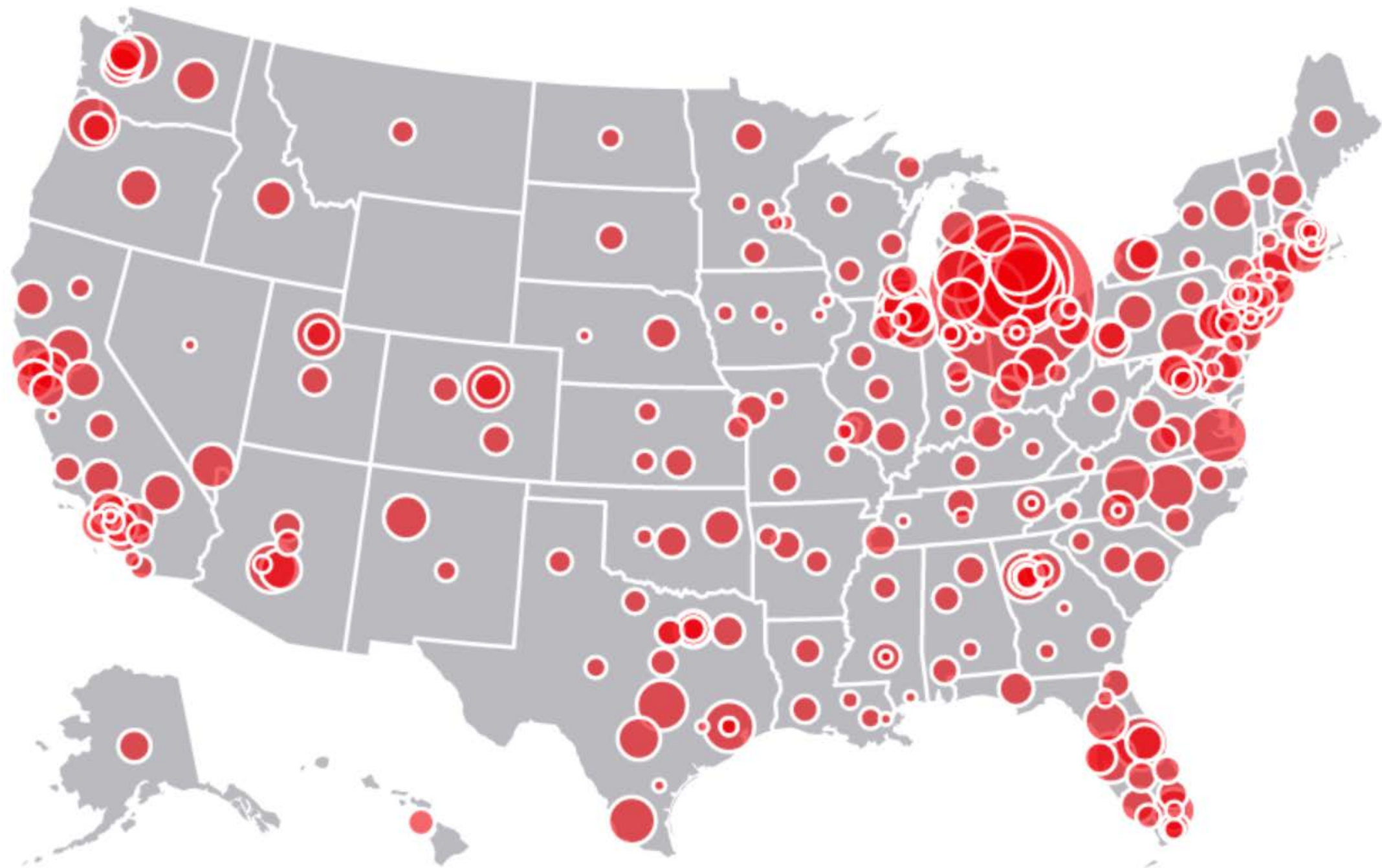




Youth As Experts

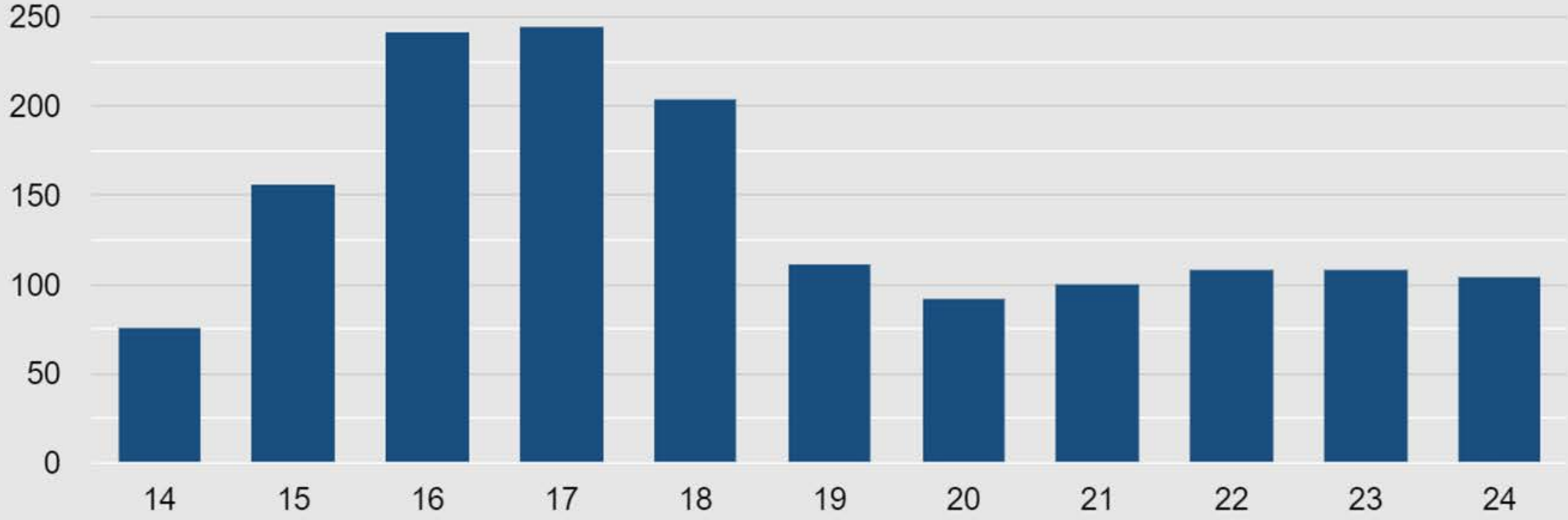
Accessible Research Methods

Accessible Technology

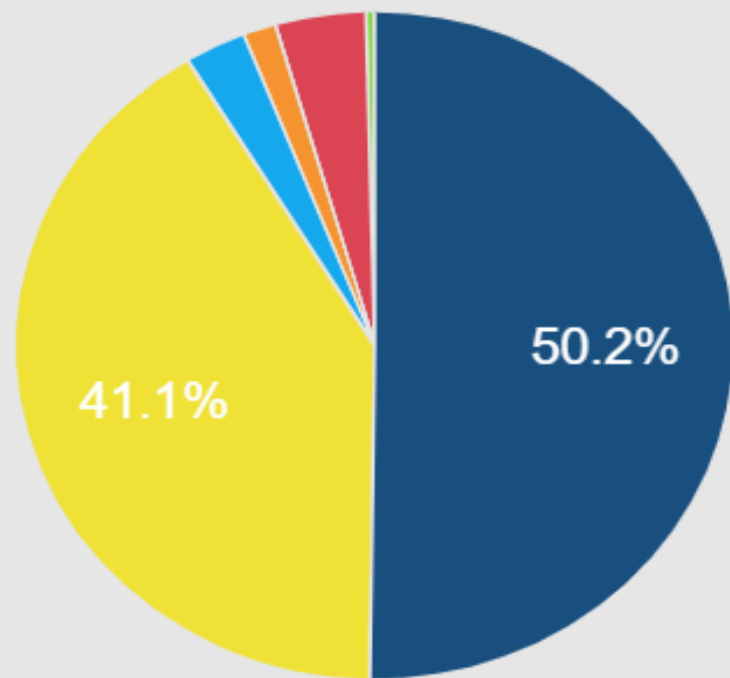


Age

Frequency

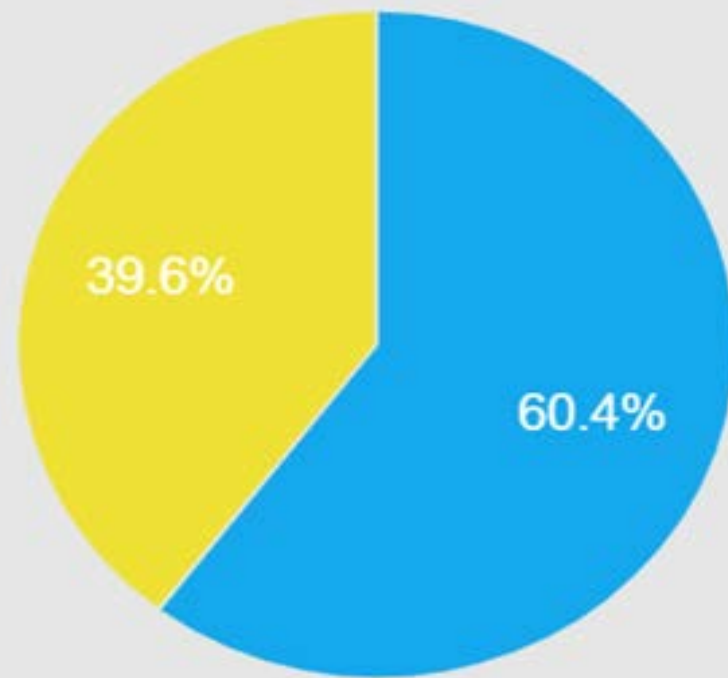


Gender



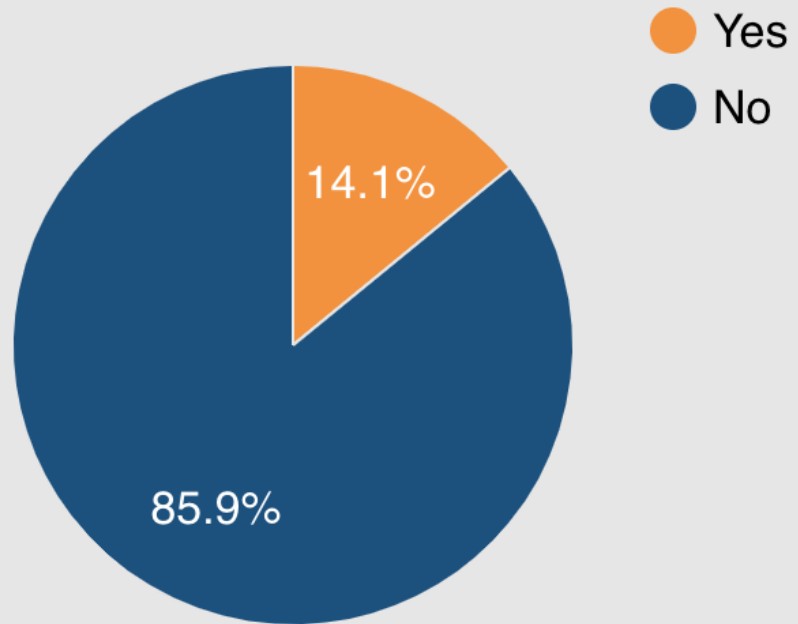
- Female
- Male
- Nonbinary
- Other
- FTM
- MTF

Free or Reduced Lunch

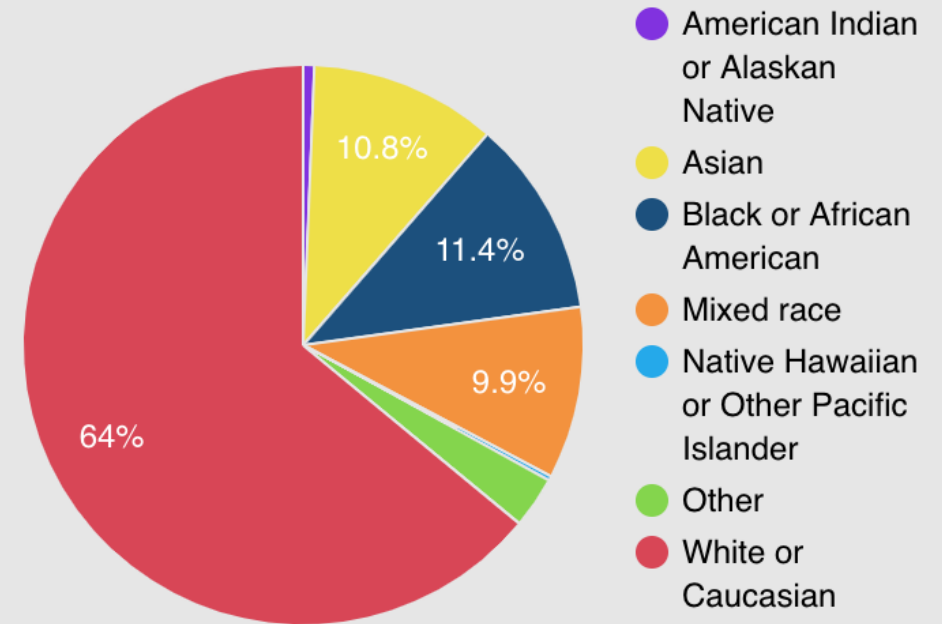


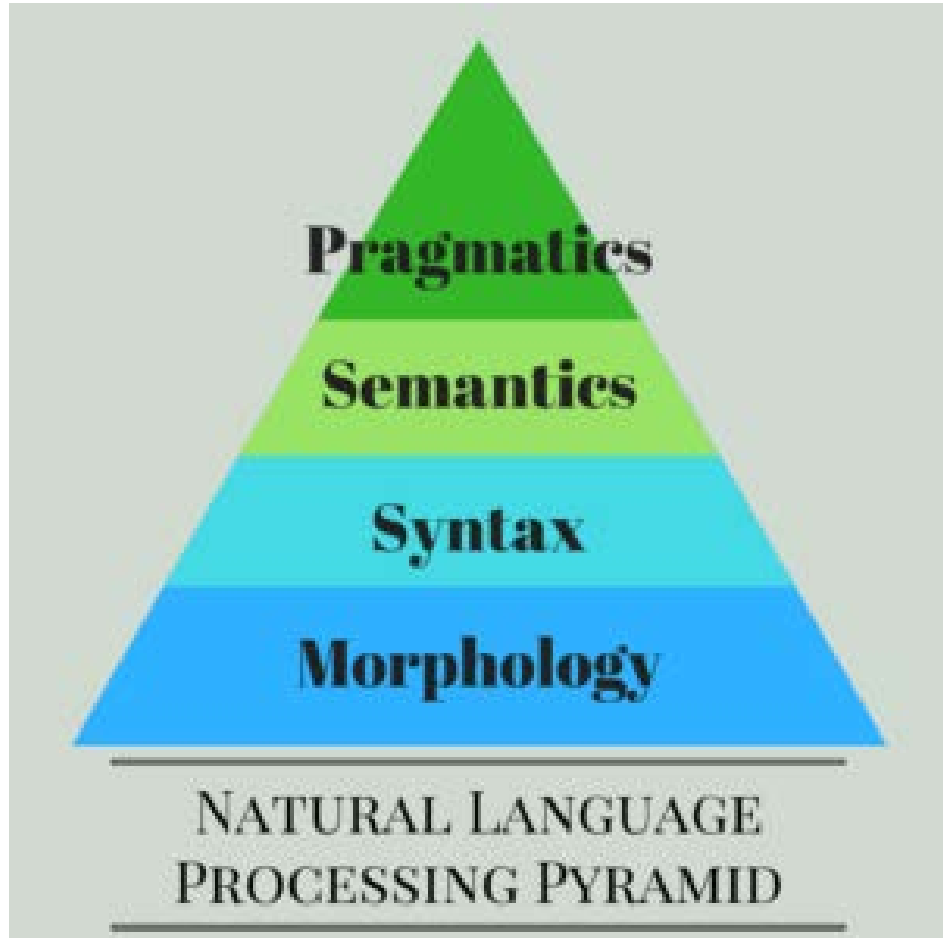
- No
- Yes

Hispanic/Latinx



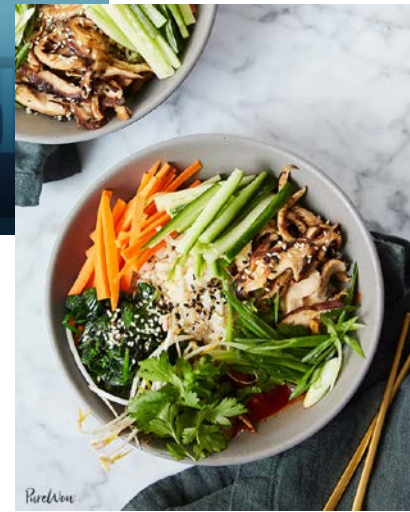
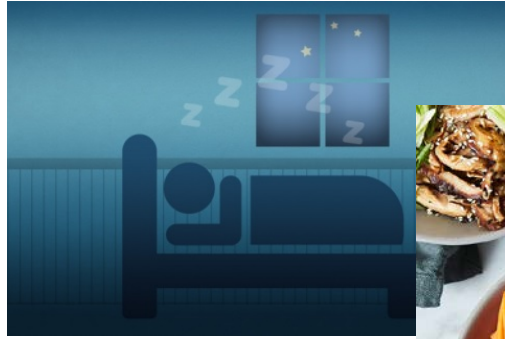
Race





SEX ED:

1. Do not have sex
2. See number 1
3. See number 2
4. See number 3



GARDASIL.9
Human Papillomavirus
9-valent Vaccine, Recombinant



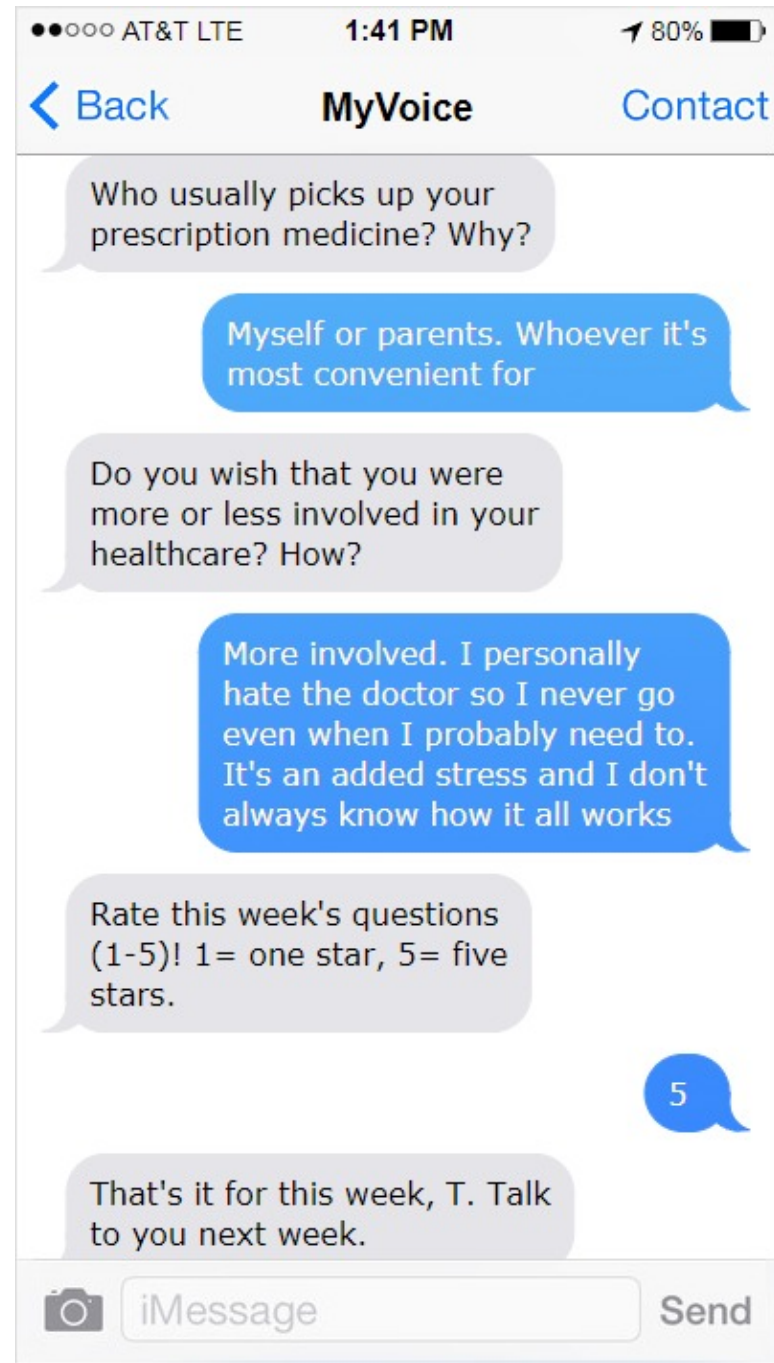
OPLOIDS



1 in 2 sexually active young people will get an STD by 25 - MOST WON'T KNOW IT.

OMG. GYT

GET YOURSELF TESTED.



What motivates you to answer our questions each week?

- ▶ “Because I feel like my answers could help someone in the future”
- ▶ “\$\$\$ and MY opinion”
- ▶ “MyVoice is a platform that listens to the youth's opinion. Sometimes I feel like the world forgets to listen.”
- ▶ “Since I'm under the age to vote I like to find a way to voice my opinions on controversial issues”
- ▶ “The fact that you guys always give good questions”
- ▶ “It's important to discuss important issues and this is a convenient way”
- ▶ “They are easy to answer”
- ▶ “It's fun”
- ▶ “Y'all always keep me in the loop”
- ▶ “It's really been helpful to reflect on difficult topics and decide where I stand”

What do you think participants gain from being in MyVoice?

- ▶ “Knowledge about current issues”
- ▶ “they gain awareness of issues that they not have known about before”
- ▶ “Extra cash and opportunity to learn about current events”
- ▶ “I think participants gain the ability to develop and share their opinions on various issues”
- ▶ “Participants get to think about different relevant issues--including ones they might not think about often.”
- ▶ “A safe place to present their opinions”
- ▶ “A chance to have their voice heard! It makes you think too.”
- ▶ “Participants gain the feeling of validation and the feeling that they matter.”
- ▶ “I think that they gain the opportunity to speak about topics and participate in conversations that are not normally inclusive of youth”
- ▶ “A sense of representation”



HEALTH DEPARTMENT
WASHTENAW
COUNTY *Michigan*



Juvenile
Law Center



Interagency Working Group on Youth Programs: Membership

- Corporation for National and Community Service
- Office of National Drug Control Policy
- U.S. Department of Agriculture
- U.S. Department of Commerce
- U.S. Department of Defense
- U.S. Department of Education
- U.S. Department of Health and Human Services (Chair)
- U.S. Department of Housing and Urban Development*
- U.S. Department of Justice (Vice-Chair)
- U.S. Department of Labor
- U.S. Department of the Interior
- U.S. Department of Transportation



The logo for AAPOR features the letters 'AAPOR' in a green, serif font. A black checkmark is positioned over the letter 'O'.

AAPOR

American Association for Public Opinion Research

The logo for SAHIM consists of the letters 'SAHIM' in a blue, serif font. A thin blue line curves through the letters 'A' and 'H'.

SOCIETY FOR ADOLESCENT
HEALTH AND MEDICINE

Eating
Disorders
Research
Society



Society for Research
on Adolescence



APHA

AMERICAN PUBLIC HEALTH ASSOCIATION

For science. For action. For health.



AcademyHealth



Research Letter

September 2018

Youth Opinions About Guns and Gun Control in the United States

Murphy Van Sparrentak, MSW¹; Tammy Chang, MD, MPH, MS²; Alison L. Miller, PhD¹; [et al](#)

» [Author Affiliations](#) | [Article Information](#)

JAMA Pediatr. 2018;172(9):884-886. doi:10.1001/jamapediatrics.2018.1746

Young activists and mass-shooting survivors in the United States have recently been organizing protests and demanding increased gun control measures. Although national polls have tracked adult opinions about gun control policies for decades, little is known about how youth feel about guns and/or gun control. Because the youth perspective is a powerful factor in the public debate, the goal of this study was to characterize youth opinions on guns and gun control.



VICE PRESIDENT FOR COMMUNICATIONS
MICHIGAN NEWS
UNIVERSITY OF MICHIGAN

Young Americans support gun regulation but not ban



MEDPAGE TODAY

Most High School Students Want Stricter Gun Control

— But most also described themselves as 'pro' guns in the home

PHYSICIAN

Many Youths Believe Gun Control would Decrease Mass

Where do young Americans stand on guns?



THE WEEK

Many US teens think gun control might curb mass shootings



Many U.S. teens think gun control might curb mass shootings

Many U.S. teens think gun control might curb mass shootings

THE 190TH GENERAL COURT OF THE COMMONWEALTH OF MASSACHUSETTS

[Bills & Laws](#)[Budget](#)[Legislators](#)[Hearings & Events](#)

★ BILL H.1195

190th (Current)

AN ACT PROTECTING CHILDREN FROM HARMFUL DIET PILLS AND MUSCLE-BUILDING SUPPLEMENTS

By Ms. Khan of Newton, a petition (accompanied by bill, House, No. 1195) of Kay Khan and others for legislation prohibiting the sale of dietary supplements for weight loss or muscle building to minors under the age of 18 . Public Health.

[View Text](#)[Print Preview](#)[Download PDF](#)

Presenter: [Kay Khan](#)

Status: Referred to [Joint Committee on Public Health](#)



Neurobiological and Socio-behavioral Science of Adolescent Development and Its Applications

THE PROMISE OF ADOLESCENCE: REALIZING OPPORTUNITY FOR ALL YOUTH

Committee the Neurobiological and Socio-behavioral Science of Adolescent Development and Its Applications

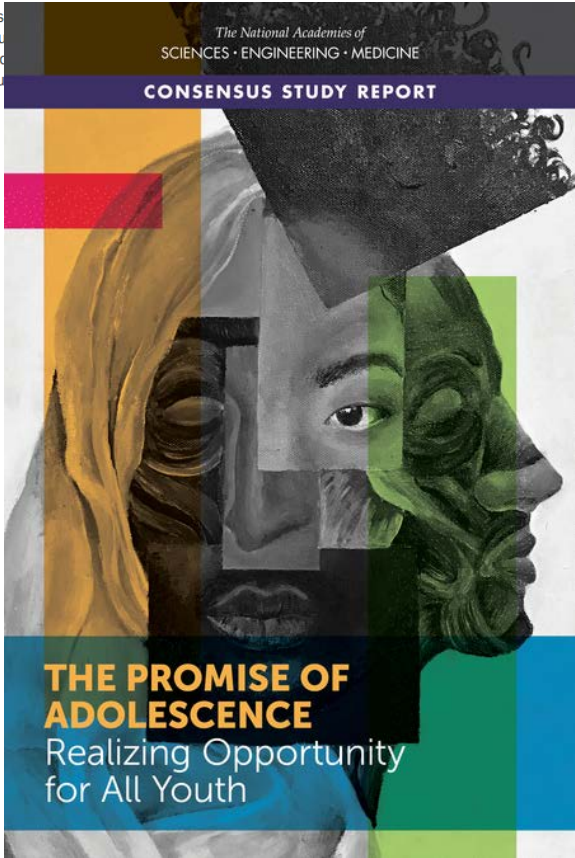
Board on Children, Youth, and Families
Division of Behavioral and Social Sciences and Education
Health and Medicine Division

A Consensus Study Report of
The National Academies of
SCIENCES · ENGINEERING · MEDICINE

THE NATIONAL ACADEMIES PRESS
Washington, DC
www.nap.edu

Status: Current
PIN: DBASSE-BCYF-17-07
Project Duration (months): 18 month(s)
RSO: Blain, Natacha

al science of adolescent development, health, well-being, resilience, committee will also focus on how this knowledge can be applied to development are promoted and that systems address structural barriers the first study in the National Academy of Medicine's Culture of Health in the social distribution of risks and resources identified in the first study, even recommendations to key stakeholders s federal, state, and local policymakers who gu els, opportunities for translations, potential po work with a communications consultant throu





FAST FACTS: THE IMPACTS OF CLIMATE CHANGE ON YOUTH
 AND HOW THEY CAN MAKE A DIFFERENCE!
 Featuring the voices of youth across the United States!

89% OF YOUTH ARE WORRIED ABOUT THE ENVIRONMENT

- "I am deeply concerned because it's my future" - A 17-year-old
- "It has been mentally depressing" - A 21-year-old
- "I am worried about the environment. I believe that climate change is the single biggest crisis facing us right now. I am especially worried about it, though, because I know that my generation is gonna be left to clean up this mess that wasn't even our fault" - A 16-year-old

DID YOU KNOW? MORE YOUTH LEARN ABOUT CLIMATE CHANGE THROUGH THE MEDIA THAN IN SCHOOL

MOST YOUTH HAVE PERSONALLY EXPERIENCED THE IMPACTS OF CLIMATE CHANGE

- "[Climate change] has made my asthma more problematic and increased healthcare costs for my countrymen" - A 20-year-old
- "[Climate change] gives me a lot of anxiety" - A 17-year-old
- "In Florida, we have experienced an increased amount of hurricanes which has amounted to significant financial losses" - A 17-year-old
- "We see and breathe in smog" - A 15-year-old
- "The increase in extreme weather has caused school and work cancellations" - A 20-year-old
- "I love star gazing at night and I can no longer see the stars I live most nights because of pollution" - A 15-year-old

YOUTH TAKE PERSONAL ACTION TO PROTECT THE ENVIRONMENT

What's the most common action? 59% of youth recycle, but there are other ways to make a difference...

HOW YOUTH CAN MAKE A DIFFERENCE (APPROVED BY THE EXPERTS!):

1. Advocate
2. Vote!
3. Cut back on meat
4. Buy less stuff
5. Utilize social media

MY VOICE **M**
 Want to learn more on how we did our study?
 Visit www.hi.umn.edu/myvoice

ADOLESCENT HEALTH INITIATIVE
 UNIVERSITY OF MINNESOTA









Washtenaw County Health Department

about a month ago



Thanks to everyone who came out to the MacArthur Boulevard Community Fun Day last week! What a great event filled with lively activities, resources, and community.





Introducing Youth Policy Connect: A MyVoice Data Service

MyVoice is piloting a new free research data service for policymakers. We offer a portfolio of data and research services, providing organizations across the country the real time data and analysis need to make informed youth-centered decisions.

[LEARN MORE](#)















MY     



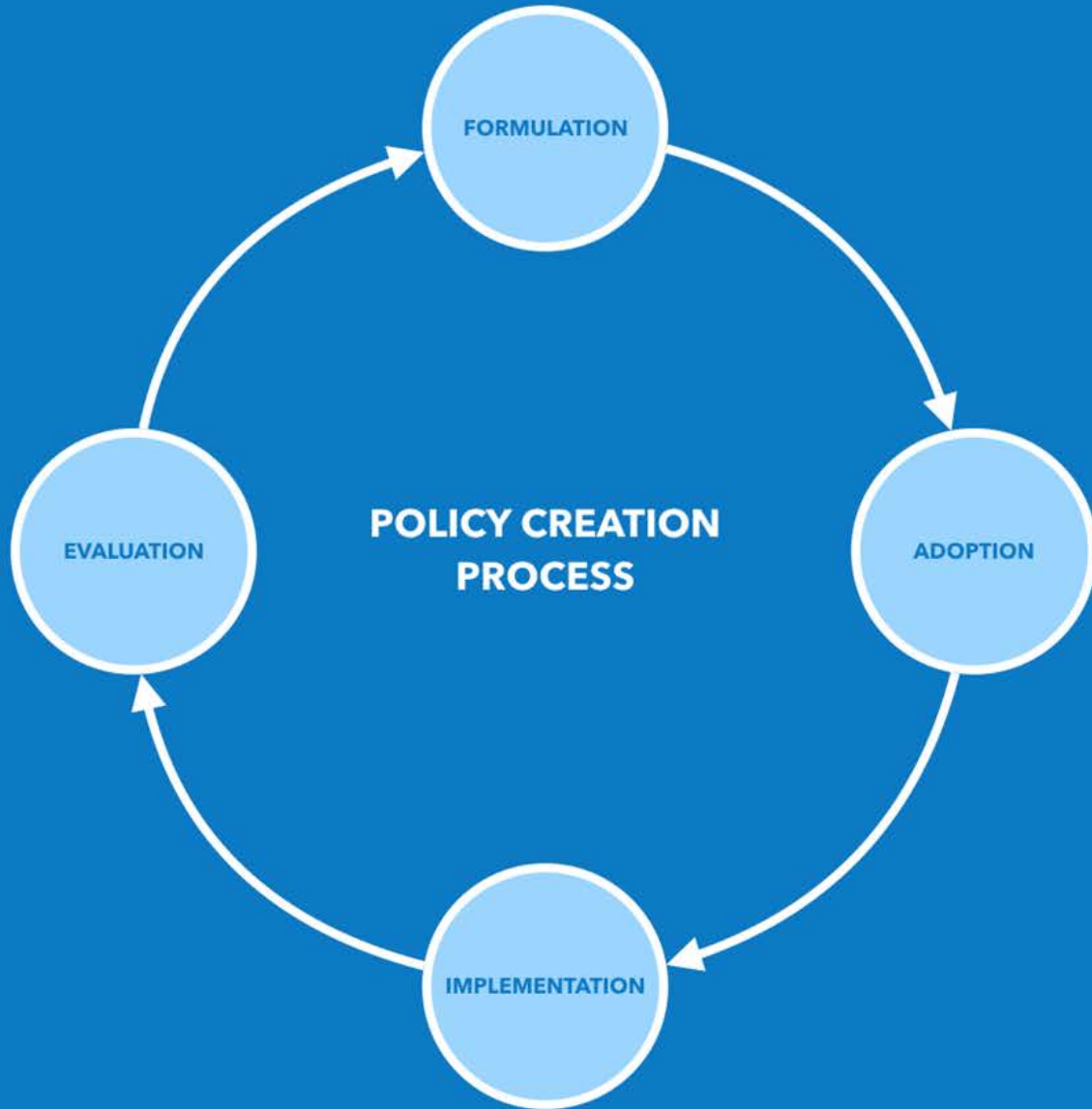
Questions

www.hearmyvoicenow.org



@MyVoiceYouth

@chang_tammy



MyVoice Policy Framework

HOW MYVOICE CAN INFORM POLICY

No Stories Without Data

No Data Without Stories



◆ HEALTH CARE UNDER TRUMP

**No Stories Without Data, No
Data Without Stories**

Article · October 18, 2017

Amy Compton-Phillips, MD
Providence St. Joseph Health