

## HELPFUL RESOURCES

Houston Department of Health & Human Services, Immunization Bureau  
<http://www.houstontx.gov/health/>

Centers for Disease Control & Prevention  
<http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6234a1.htm>

City of Houston Health Centers  
Northside Health Center  
8504 Schuller, Houston  
832-395-9100

La Nueva Casa de Amigos Health Center  
1809 North Main, Houston  
832-395-0570

Sharpstown Health Services  
6201 Bonhomme  
(South Tower, 3rd Floor)  
832-395-9800

Sunnyside Health Center  
4605 Wilmington, Houston  
832-395-0206

Find more information about Vaccines for Preteens and Teens from the CDC's website:  
[www.cdc.gov/vaccines/teens](http://www.cdc.gov/vaccines/teens)

Houston Department of Health and Human Services  
<http://www.houstontx.gov/health/HHS-Home-Page>

U.S Department of Health and Human Services Office of Adolescent Health  
<http://www.hhs.gov/ash/oah/adolescent-health-topics/index.html>

## GET INVOLVED!

### Youth<sup>14</sup>

- Utilize school based clinics.
- Become an ambassador for vaccines.
- Educate your peers on the illnesses.

### Parents<sup>15</sup>

- Enroll in an health coverage plan, such as Medicaid/CHIP.
- Utilize services on an annual basis.

### School Personnel<sup>16</sup>

- Advertise the availability of free or reduced cost medical services for youth.
- School nurses should review all immunization records and make appropriate referrals.

### Community<sup>17</sup>

- Advocate for more teen-friendly community health centers.
- Host community health fairs and invite vendors that can educate and vaccinate youth.



## References and More!

Please visit <http://www.houstontx.gov/health/hdhhs-profiles> for a full list of references.

## Other Titles in this Series:

- |                                   |   |
|-----------------------------------|---|
| ■ Teen Pregnancy & Prevention     | ■ Youth Sexual Health, STIs & HIV       |
| ■ Youth Suicide Prevention        | ■ Youth Bullying & Prevention           |
| ■ Youth Mental Health             | ■ Overall Summary of Teen Health Issues |
| ■ Youth Violence Prevention       |   |
| ■ Teen Dating Violence Prevention |   |
| ■ Youth Obesity & Prevention      |   |
| ■ Youth Homelessness              |   |

For more information, please contact Adolescent Health and Injury Prevention (AHIP) via the Houston Youth Voice, Health, Safety Coalition at: [4youthvoice@houstontx.gov](mailto:4youthvoice@houstontx.gov)  
Facebook: [4youthvoicehouston](#) Twitter: [@4youthvoice](#)

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## YOUTH IN HOUSTON & HARRIS COUNTY<sup>13</sup>

### Population\*

Houston: 601,918 (29%)  
Harris County: 1,263,889 (31%)

### Poverty

Children under 18 living below poverty level:  
Houston: 35.3%  
Harris County: 27.4%

### Education

High School Graduates (ages 18-24):  
Houston: 29.3%  
Harris County: 30.5%

## DEMOGRAPHIC SNAPSHOT OF YOUTH<sup>14</sup>

Below is a snapshot of the demographics for youth living in Houston and Harris County.

### Gender

Houston:	Harris County:
Male: 51%	Male: 51%
Female: 49%	Female: 49%

### Age

Houston:	Harris County:
Under 5 years: 28%	27%
5 to 9 years: 25%	25%
10 to 14 years: 23%	24%
15 to 19 years: 24%	24%

### Race/Ethnicity

Harris County:  
Hispanic: 51%  
White: 23%  
Black: 19%  
Other: 7%

\* Percentages (youth under the age of 19) are representative of the total Houston/Harris County population.  
† As of 2010, percentages are based on total population of Houston and/or Harris County under the age of 19.

YOUTH  
voice • health • safety

Adolescent Health and Injury Prevention (AHIP)

# YOUTH IMMUNIZATIONS

Profile of the City of Houston & Harris County, Texas

Immunizations are just as important for youth as they are for younger children and infants. Vaccines protect youth against serious, potentially life-threatening illnesses by increasing the body's ability to fight infection. Any visit with your doctor or health-care provider is a good opportunity to bring your youth up to date on recommended immunizations. HPV, Tdap, meningitis, and flu vaccines are recommended for all youth.

**Vaccine-preventable disease levels are at or near record lows.**

The Healthy People 2020's goal is for 80% of adolescent ages 13-15 to have Tdap, meningitis, HPV and varicella vaccines.<sup>5</sup>

## Reported Immunization Rates for Houston Youth Ages 13-15

86%  
Tdap

91%  
Meningitis

58%  
HPV

50%  
HPV

## Recommended vaccines for preventable diseases<sup>6</sup>

**Pertussis** Also known as whooping cough, it can spread easily from person to person. Preventing it in older children helps protect infants.

**Human Papilloma Virus (HPV)** A viral infection which is spread by sexual and skin-to-skin contact. Over 100 different types of HPV exist, some types cause genital warts and other types may cause cancer in both males and females.

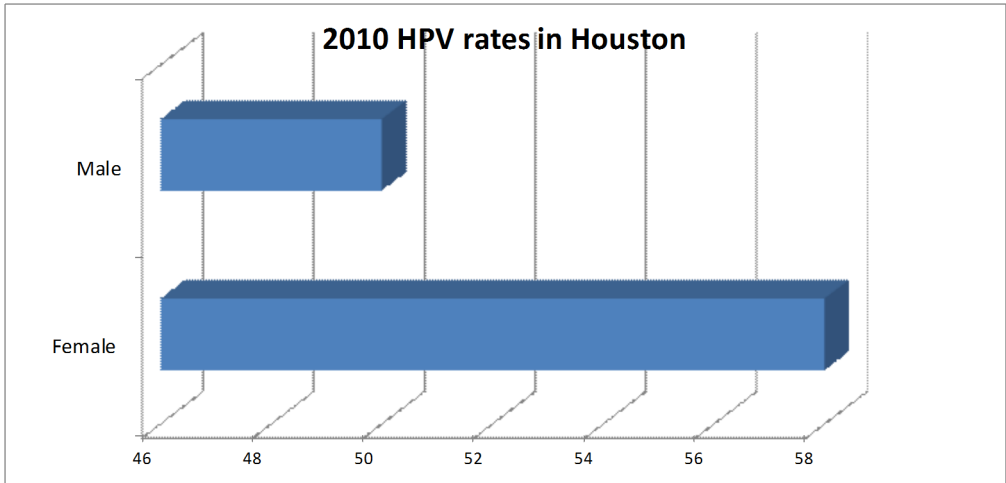
**Meningitis** An inflammation that may cause brain damage or death. An infected person can spread this disease by coughing or kissing. Students in college dorms may be at higher risk.

**Influenza (Flu)** A viral infection of the nose, throat and lungs that spreads when infected people talk, cough or sneeze. Tiny droplets with virus in them land in the mouths or noses of people nearby. You may also get the flu by touching an object with the flu virus on it—like a doorknob or used tissue—and then touching your own eyes, nose, or mouth.

# HUMAN PAPILLOMA VIRUS (HPV)<sup>7,8,9</sup>

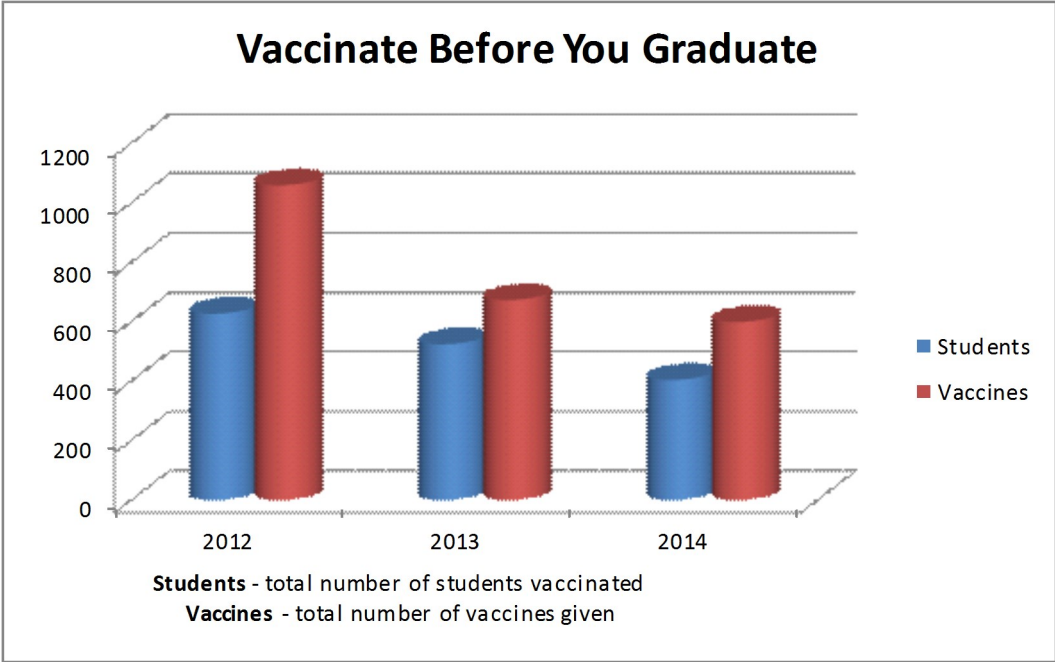
An estimated 79 million Americans are currently infected with HPV. HPV infection is most common in people in their teens and early 20s. An estimated 14 million new HPV infections are reported each year in the U.S. HPV is transmitted through skin-to-skin contact, vaginal, anal or oral intercourse. In 2013, only 57 percent of girls nationally between the ages of 13 and 17 received the HPV vaccine, and less than 38 percent received all three doses.

- Only 38 percent of boys nationally ages 13 to 17 received all three doses.
- Houston has a higher rate of youth receiving all three HPV vaccination than the national rate.



### IMMUNIZATION BARRIERS

- Parental Consent
- Lack of knowledge
- Cost



## The Flu & You<sup>10</sup>

- Check with your physician to see if you are up-to-date on all recommended vaccinations.
- Everyone 6 months and older should receive a flu vaccine annually.
- Have the entire family vaccinated for the flu every year as soon as it is available (usually in the fall).

## WHAT WORKS?

The programs listed below are a compilation of initiatives, campaigns, and programs that are research informed, apply best practices and have the potential to be implemented in various settings. Below are some examples of these types of programs for immunization.

Program	What Is It?	Website
Vaccinate Before You Graduate	The Vaccinate Before You Graduate (VBUG) program is designed to vaccinate and educate all high school seniors who are in need of vaccines. Our target goal is to vaccinate all vaccine delinquent students at each selected campus.	<a href="http://www.hcphes.org/UserFiles/Servers/Server_72972/File/VBUG.pdf">http://www.hcphes.org/UserFiles/Servers/Server_72972/File/VBUG.pdf</a>
Bright Futures	A national health promotion initiative dedicated to the principle that every child deserves to be healthy and that optimal health involves a trusting relationship between the health professional, the child, the family, and the community as partners in health practice.	<a href="http://www.brightfutures.org/">http://www.brightfutures.org/</a>

### Recommendations:<sup>11,12</sup>

- Provide easy access to comprehensive, coordinated care in convenient locations.
- Ensure financing mechanisms permit free or low-cost services for youth and advertise the ability of free or reduced cost services for youth.
- Create a youth-friendly waiting area with appropriate décor, and train staff to treat youth respectfully and confidentially.
- Monitor and evaluate services to ensure that teens receive high quality care.

**Recommended catch-up vaccines** for adolescents who were not immunized or were under immunized as infants and toddlers:

- Hepatitis B
- Measles Mumps and Rubella (MMR)
- Polio
- Varicella



### Related Policies and Policy Implications:<sup>13</sup>

- Expand coverage: Children under 26 years old can be covered by a parent’s health insurance policy. Children under 19 years old can not be denied coverage because of a pre-existing condition.
- **Title 25 Health Services** includes immunization requirements in Texas elementary and secondary schools and institutions of higher education.
- **Texas Education Code** states each student shall be fully immunized against diphtheria, measles, rubella, mumps, tetanus, and poliomyelitis.
- **Human Resource Code, Chapter 42** establishes statewide minimum standards for their safety and protection and by regulating the facilities through a licensing program.