

# PUBLIC HEALTH CONNECTION



## Teen Pregnancy Prevention

May is National Teen Pregnancy Prevention Month. Teen pregnancy can be prevented and great strides have been made over the last twenty years. In 2020, the teen birth rate was down eight percent and down 75 percent from 1991 according to the CDC. Teen birth rates have steadily declined to new lows each year since 2009. Although the reasons for the declines are not totally clear, evidence is suggesting that these declines are due to more teens abstaining from sexual activity and more teens who are sexually active using birth control than in previous years. While the US teen birth rate has declined, it is still substantially higher than in other western industrialized nations. Racial/ethnic and geographical disparities in teen birth rates persist.

Social determinants of health are the non-medical factors that influence health outcomes. They are the conditions in which people are born, grow, work, live, and age, and the wider set of forces and systems shaping the conditions of daily life (CDC, 2023). Social determinants play a big part in teen pregnancy. At the community level, teens who have mentors and more connection to their communities are less likely to engage in sexual activity; contrarily, those who live in communities with higher rates of substance abuse, violence, and hunger are more likely to start having sex early and to have a child.

The CDC states that teens need access to youth-friendly reproductive health services and support from parents and other trusted adults, who can play an important role in helping teens make healthy choices about relationships, sex, and birth control. Efforts at the community level that address social and economic factors associated with teen pregnancy also play a critical role.



### OUR MISSION:

The Scott County Health Department promotes, protects, and preserves health through leadership, services, education, and partnerships.

### OUR VISION:

Scott County—  
A safe and healthy  
community.



## SPECIAL EVENTS

- *Scott County Board of Health Meeting, Scott County Administrative Center, 1st Floor Boardroom, 12:00 PM, Thursday, May 18, 2023*
- *SCHD will be closed Monday, May 29, 2023 in observation of Memorial Day.*

## Links

- CDC—Teen Pregnancy: [cdc.gov/teenpregnancy/about/](https://www.cdc.gov/teenpregnancy/about/)
- QC Trails: [qctrails.org](https://www.qctrails.org)

## National Bike Month

May is National Bike Month. National Bike Month was established in 1956 by the League of American Bicyclists to showcase the many benefits of cycling, whether it is improvement to mental and physical health, or reducing greenhouse gases. The Quad Cities area is very bike friendly. Many area communities have bike lanes and separated trails. More bicycle and pedestrian connections are planned to be constructed in this area in the future. Popular separated bicycle and pedestrian trails include Great River Bike Trail, Hennepin Canal, Duck Creek Parkway Trail, and the Mississippi River Trail. Mountain biking is also popular in the Quad Cities area. Iliniwek Forest Preserve, Loud Thunder Forest Preserve, Sylvan Island, Sunderbruch Park, Westbrook Park, and Scott County Park are the most popular for mountain bikers. Remember these 2023 dates: May 7th is National Ride a Bike Day and May 19th is Bike to Work Day. Always wear a helmet, remain alert, and wear bright clothing while biking. Please get out there and ride your bike! For more information on local trails, visit [qctrails.org](https://www.qctrails.org).



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