A changing landscape: Overview and Cross-Cutting Themes

Claire Brindis, Dr. P.H.
Professor of Pediatrics and Health Policy
Director, Philip R. Lee Institute for Health Policy Studies
with Charles Irwin, Jane Park, Sally Adams, and Jazmyn Scott
Institute of Medicine
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Why are we here?

- Significant demographic shifts
- Increasing body of evidence, including international comparisons, suggest that needs of this group have been overlooked
- Increasing concerns regarding the impact of the “Odyssey”, Boomerang, Failure to Launch generation....
Young Adults – Who are they?

- Between 1990 and 2060, the number of young adults ages 18-24 is projected to increase from 26 to 34 million; represents 10% of the total population.

U.S. Population Ages 18-24, Actual & Projected, 1990-2060

Racial and ethnic makeup of the US in 1960s vs. now

- Racial/ethnic diversity in the general population will continue to increase; the proportion of Hispanics has risen by 25%; the proportion of Whites has decreased by almost half.

US Census Bureau, 2013.
Changing Demographics: Growth of Hispanic Population

1980
Changing Demographics: Growth of Hispanic Population

1990
Changing Demographics: Growth of Hispanic Population

2000
Changing Demographics: Growth of Hispanic Population

2010
Why this Population? Why now?

– Throughout history and in every generation..
  • Young adults need tools to be:
    – meaningfully engaged,
    – caring individuals in their communities, and
    – productively employed to their full potential in society

– Changing age structure (aging population) will mean our nation will depend even more on young people’s health and well-being.

– Just as they are needed more – there are more challenges to them being successful -- especially true for some extra vulnerable populations: substance users, mental health, etc.
Life Course Perspective

• How does health fit into the overall picture of ensuring a successful transition from adolescence through young adulthood?

• Young adulthood is a critical period in one’s life; sets the stage for adulthood
  • Habits acquired in adolescence and further in young adulthood can impact the life course, particularly risk behaviors
  • Behaviors in young adulthood can increase risk of developing chronic disease later in life
    – Binge drinking and heart disease
  • Peak onset of chronic illnesses (i.e., mental health)
Milestones

• The contextual change for young adulthood has resulted in delayed attainment of traditional milestones associated with the transition to becoming adult

• Five major milestones
  – Completion of School
  – Leaving Home
  – Financial Independence
  – Marriage
  – Children

Health Profile of Young Adults: International and Over Time
How does the health of American young adults compare to young adults in other high-income countries?
Transportation-related mortality among young adult males in the United States and average of 16 peer countries, 1955-2004

Males Aged 20-24

Deaths per 100,000 PYO

Year

Average for 16 Peer Countries
United States

Violent mortality among young adult males in the United States and average of 16 peer countries, 1955-2004

Males Aged 20-24

Deaths per 100,000 PYO

Year

United States

Average for 16 Peer Countries

Self-reported prevalence of diabetes, by age and sex, in 17 peer countries, 2008

<table>
<thead>
<tr>
<th>Country</th>
<th>Females</th>
<th>Ages 15-24</th>
<th>Males</th>
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<tbody>
<tr>
<td>Italy</td>
<td>0.9</td>
<td>2.8</td>
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<tr>
<td>Netherlands</td>
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<td>1.6</td>
<td>2.8</td>
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<td>Austria</td>
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<tr>
<td>Portugal</td>
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<tr>
<td>Denmark</td>
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<td>Switzerland</td>
<td>1.5</td>
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<td>Germany</td>
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<td>3.0</td>
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<td>Japan</td>
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<td>Sweden</td>
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<td>France</td>
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<td>United Kingdom</td>
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<td>Spain</td>
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<tr>
<td>United States</td>
<td>2.3</td>
<td>4.1</td>
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</tbody>
</table>

Transitions: Adolescence and Young Adult Mortality

Leading Causes of Death in US: Adolescents and Young Adults, 2010

Ages 15-19
- Homicide: 17%
- Unintentional Injuries: Motor Vehicle: 27%
- Other: 16%
- Unintentional Injuries: All Other: 15%
- Congenital Anomalies: 2%
- Malignant Neoplasms: 5%
- Heart Disease: 3%

Ages 20-24
- Homicide: 15%
- Unintentional Injuries: Motor Vehicle: 22%
- Other: 17%
- Unintentional Injuries: All Other: 20%
- Congenital Anomalies: 1%
- Malignant Neoplasms: 5%
- Heart Disease: 4%

Chronic Conditions: Mental Health and Substance Use

Past-Year Mental Health and Substance Use Disorders Young Adults (18-25) by Gender, 2010

<table>
<thead>
<tr>
<th>Condition</th>
<th>Male</th>
<th>Female</th>
</tr>
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<tbody>
<tr>
<td>Serious Psychological Distress %</td>
<td>14%</td>
<td>22%</td>
</tr>
<tr>
<td>Major Depressive Episode %</td>
<td>5%</td>
<td>12%</td>
</tr>
<tr>
<td>Alcohol Abuse/Dependence %</td>
<td>20%</td>
<td>12%</td>
</tr>
<tr>
<td>Drug Abuse/Dependence %</td>
<td>9%</td>
<td>6%</td>
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Chronic Conditions: Unplanned Pregnancies

• In 2008, there were nearly 2 million pregnancies to unmarried women age 20-29; 69% (1.3 million were unplanned).

• The rate of unplanned pregnancy among unmarried women in their twenties varied by age
  – 95 pregnancies per 1,000 for 20-29 year-olds overall,
  – 102 per 1,000 for 20-24 year-olds, and
  – 84 per 1,000 for 25-29 year-olds.

• Roughly half (51%) of unintended pregnancies to young unmarried women ended in abortion.

Chronic Conditions: Obesity

Obesity Rates by Age Group, 2011

<table>
<thead>
<tr>
<th>Age Groups</th>
<th>Obesity Rates</th>
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<tbody>
<tr>
<td>18-25</td>
<td>20%</td>
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<tr>
<td>26-35</td>
<td>27%</td>
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<tr>
<td>36-45</td>
<td>31%</td>
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<td>46-55</td>
<td>31%</td>
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<tr>
<td>56-65</td>
<td>33%</td>
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<td>&gt;65</td>
<td>26%</td>
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National Health Interview Survey (2011).
Shortcomings of the Health Care System for Youth

• The current system falls short in many respects:
  • The financing system is difficult to navigate and leaves many out.
  • System rewards acute care over preventive services and chronic disease management.
  • Shortage of providers trained in and comfortable serving adolescents, especially in mental health.
  • Little consensus/focus on health care needs for young adults.

NRC/IOM, 2008; Park et al., 2006
How Can The Affordable Care Act (ACA) Help?

- No exclusions for pre-existing conditions & individual insurance mandate.
- Major expansions of private insurance.
- Major expansion of public coverage (Medicaid) will be decided on a state-by-state basis.
- Improved access to services, through:
  - Essential health benefit packages.
  - No-cost sharing for certain preventive health services.
CHANGING

Context

for

Young

Adulthood
Changing Context

• Post-Industrial Society and its impact on Education
• Employment and other Pathways
• Marriage and Family Formation
• Role of Social Technology
Before 1960, over 80% of US jobs = industry and manufacturing
Employment: Post-Industrial Society

Number of Employees by Major Industry, 1970-2009
Thousands of persons; monthly data seasonally adjusted

Now: Almost 80% work in an office or service environment
Changes in demographics are not the only factor driving family change. Over the past 50 years, the U.S. economy has been transformed on several dimensions. The manufacturing-based economy has been replaced by an information-based economy. And the presence of women in the workplace has increased dramatically. In 1960, women comprised only 33% of the U.S. labor force. By 2009, women had reached near parity with men (47% of the workforce).

Over that same period, women have made significant gains in educational attainment. In 1960, less than 6% of women had a college degree. By 2008, that share had climbed to 29%. Furthermore, for the past two decades, women have been the majority of new college graduates. As a result, among adults in their 20s and 30s today, more women than men have graduated from college.

These dramatic changes in the economic status of women have had wide-ranging effects on family structure. In the 1950s and 1960s, most married women did not work outside the home, instead relying on men to support their families. In 1960, 32% of wives were in the labor force. By 2008, that share had risen to 61%.

Along with their greater participation in the labor force, women began to delay marriage and have fewer children. In addition, women have been faced with economic pressures to complete their education and enter the workforce, which has led to a greater demand for dual-career families.
Changing Context: Education Trends

Percent Distribution of Workforce by Education, 1970-2011

Quiz

• In 2012, what percentage of young men ages 25-29 completed college degrees? Women?
  a) 16% men, 28% women
  b) 30% men, 37% women
  c) 36% men, 38% women
  d) 42% men, 49% women

• In what year did females begin completing college at a higher rate than men?
  a) 1986
  b) 1989
  c) 1991
  d) 1995
Changing Context: Education

Percent College Completion Among Adults ages 25-29 by Gender, 1947-2012
% of 25-29 year olds

Changing Context: Unemployment Trends

Unemployment Rate among Young Adults 20-24, 2003-2012

Changing Context: Economic Mobility

66% percent of those raised in the bottom of the wealth ladder remain on the bottom two rungs themselves, and 66% of those raised in the top of the wealth ladder remain on the top two rungs.

Changing Context: Internet Use

Main Findings

Fully 95% of teens are online, a percentage that has been consistent since 2006. Internet use has transformed dramatically during that time from stationary connections tied to desktops in the home to always on connections that move with them throughout the day. In many ways, teens represent the leading edge of mobile connectivity, and the patterns of their technology use often signal future changes in the adult population.

Teens are just as likely to have a cell phone as they are to have a desktop or laptop computer. And increasingly these phones are affording teens always on, mobile access to the internet in some cases, serving as their primary point of access. Smartphone ownership among teens has grown substantially since 2011; 37% of American youth ages 12-17 now have a smartphone, up from 23% in 2011. Tablets are also taking hold, as close to one in four teens say they have one of these devices. Taken together, teens have more ways than ever to stay connected throughout the day and night.

Internet use over time by teens and adults

Changing Context: Social Media

% of Young Adult (18-25) Internet Users who used social media in 2012...

- Use Facebook: 86%
- Use any social networking: 83%
- Use Twitter: 27%
- Use Instagram: 28%
- Use Pinterest: 19%
- Use Tumblr: 13%

Milestones: School Enrollment

Percent Young Adults (16-25) Enrolled in School by Gender, 1970 vs. 2007

### Males
- **White**: 49 (2007), 49 (1970)
- **Black**: 40 (2007), 49 (1970)
- **Hispanic**: 40 (2007), 42 (1970)
- **Native-born Hispanic**: 46 (2007), 52 (1970)
- **Foreign-born Hispanic**: 23 (2007), 34 (1970)

### Females
- **Black**: 37 (2007), 56 (1970)
- **Hispanic**: 33 (2007), 49 (1970)
- **Foreign-born Hispanic**: 27 (2007), 34 (1970)
- **Native-born Hispanic**: 36 (2007), 58 (1970)

*Note: Whites include only non-Hispanic whites. Blacks include only non-Hispanic blacks.*

Milestones: College Completion

Percent of Adults 25 Years and Over who Have Completed 4 years of College or More by Race and Ethnicity, 1975-2012

Milestones: College Completion

Percent of People 25 Years and Over who Have Completed 4 years of College or More, by Race and Ethnicity, 1975-2012

Quiz

• What % of young adults ages 25-29 say they live at home or moved back in temporarily with their parents because of the economy?
  a. 20%
  b. 30%
  c. 40%
  d. 50%
Milestones: Living at Home

Youngest Adults Staying Closest to Home

% young adults saying they live with parents now or moved back in with parents temporarily because of economy

- 18-24: 53%
- 25-29: 41%
- 30-34: 7%
- All Young Adults: 39%

Milestones: Financial Independence

Financial Ties Vary with Age

% young adults saying their financial situation is linked to their parents’ financial situation “a great deal” or “some”

18-24: 47%
25-29: 60%
30-34: 44%
All Young Adults: 32%

Milestones:
Marriage and Family Formation
Milestones: Marriage by Education Level

Percentage of 25-29 year old Women Who have Never Married, By Education, 1990-2010

Source: Decennial Census Public Use Microdata Samples, 1990-2000; American Community Survey Public Use Microdata Samples, 2010

Milestones: Marriage by Race

Share of Never Married, by Race and Ethnicity, 1960-2008 (%)

Note: Ages 18 and older. Hispanics are of any race. Whites and Blacks include only non-Hispanics.

Milestones: Marriage, Childbearing

Percentage of All Births to Women Ages 20-24 that were to Unmarried Women ages 20-24, 1970-2011

Milestones: Marriage, Childbearing

Percentage of All Births that were to Unmarried Women by Race and Hispanic Origin, 1970-2011

Milestones: Relationship between marriage, education, and childbearing

Percentage of Non-marital births to women ages 20-29, by Education (1970-2010)


Milestones: Marriage, Childbearing

AT THE AGE OF 25

44%
OF WOMEN HAVE HAD A BABY

38%
OF WOMEN HAVE MARRIED

Trajectories
Changes in Female Pathways 1970-2007

- Among females, significant reduction in the proportion of Latina (native: 34% to 8%) and foreign born who were “mothers only” (39% to 18%);
- Similar patterns among Blacks (25% to 8%); Whites (28% to 6%).
- Across all ethnic/racial groups, a doubling of women indicating that they are going to school only.

Trajectories: Military

Percent Young Adult (20-25) Males in the Military by Race, 1970-2007

- **White**
  - 1970: 11%
  - 1980: 4%
  - 1990: 5%
  - 2007: 7%

- **Black**
  - 1970: 8%
  - 1980: 9%
  - 1990: 8%
  - 2007: 4%

- **Native-Born Hispanic**
  - 1970: 2%
  - 1980: 4%
  - 1990: 5%
  - 2007: 6%

- **Foreign Born Hispanic**
  - 1970: 1%
  - 1980: 1%
  - 1990: 3%
  - 2007: 6%

Notes: Whites include only non-Hispanic whites. Blacks include only non-Hispanic blacks.

Trajectories: Incarceration

Percent Young Adult (20-25) Males Incarcerated by Race, 1970-2007

Notes: Whites include only non-Hispanic whites. Blacks include only non-Hispanic blacks.

Implications

• Demographics:
  – Apart from gender and race/ethnic disparities, recognize great variability among and across special groups in different geographic parts of the country.
  – Greater proportion of Latinos/as continuing their education may slowly close an opportunity gap, but will primarily benefit females.

• Pipeline Choices:
  – “Interacting synergies” between age, gender, race/ethnicity, opportunities for education, employment, and other health care and well-being needs of this population.
  – The sense of “limitless number of pathways” represents a challenge, particularly for under-represented minority youth, whose life options may be more narrow in scope, as well as for middle-and upper-class young adults.
  – Pipeline education and employment options may need to be established to enable youth at different points in the “runway” to “get on and off,” as they seek more advanced education and training.
Implications

• Education and Training:
  – The extended educational training requirements bumps the progression towards marriage and family formation; gender may have different impacts upon choices young adults select.
  – Social policies related to training programs (for example, post-military), advanced long-distance learning, and paternal leave may continue to impact gender roles, in turn, further impacting family formation.

• Economics
  – The lack of economic opportunities, in spite of educational achievements, will likely continue to impact traditional milestones—including living independently from parents, delaying childbearing, and delaying marriage even more.
  – Options for policymakers may be limited. Given economic disparities, educational and employment opportunities for the under-served, particularly males representing diverse ethnic groups, will need to be prioritized.
Thank You

Sally Adams
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Jane Park
Jazmyn Scott

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