

# Youth Stats

## Snapshot of Adolescent Health in Contra Costa County

Contra Costa Health Services

No. 3, July 2010

## Sexually Transmitted Diseases

Sexually transmitted diseases (STD) are among the most common infections in the U.S., yet they are preventable. Some STDs, such as gonorrhea or chlamydia, are often asymptomatic and frequently are not recognized or diagnosed.<sup>1</sup> If untreated, these STDs can cause serious health problems such as infertility, some genital cancers, pelvic inflammatory disease, and increased susceptibility to Human Immunodeficiency Virus (HIV), the virus that causes Acquired Immunodeficiency Syndrome (AIDS).

Almost half of all new STD infections in the U.S. are reported among young people 15 to 24 years of age, and youth are at higher risk of acquiring an STD compared to adults.<sup>2</sup> Youth face multiple

barriers to accessing prevention and treatment, including lack of health insurance or the inability to pay for services, lack of transportation, discomfort with facilities designed for adults, and concerns about confidentiality.<sup>2</sup>

Three STDs are addressed in this fact sheet: chlamydia, gonorrhea, HIV/AIDS. Medical providers are required to report these STDs to the local health department when diagnosed. Since not all people are tested for STDs, and screening and reporting are not always complete, the actual number of STD cases in the population is assumed to be higher.

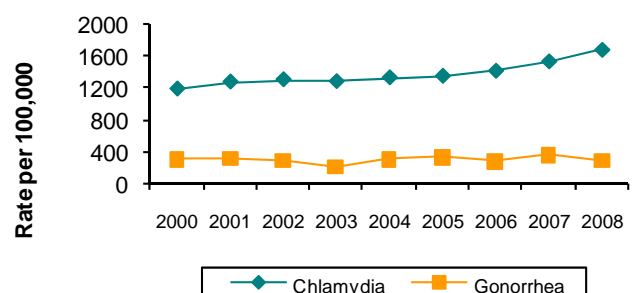
### Highlights

- Chlamydia rates increased 42% among Contra Costa youth (2000-2008).
- The chlamydia rate among female youth was four times that of males in Contra Costa (2006-2008).
- The gonorrhea rate among female youth was two times that of males in Contra Costa (2006-2008).
- Males 20 to 24 years of age had STD rates approximately three times that of males 15 to 19 years of age in Contra Costa (2006-2008).
- The majority of HIV and AIDS cases among Contra Costa youth were among males.

### Chlamydia rates increased 42% among Contra Costa youth between 2000 and 2008.<sup>3, 4</sup>

- Chlamydia rates among youth 15 to 24 years of age rose from 1,186 cases per 100,000 in 2000 to 1,679 cases per 100,000 in 2008. This represents a 42% increase.
- Gonorrhea rates among this age group have fluctuated between a low of 209 cases per 100,000 in 2003 to a high of 362 cases per 100,000 in 2007.

Chlamydia and Gonorrhea Rates Among 15 to 24 Year Olds, Contra Costa, 2000 to 2008

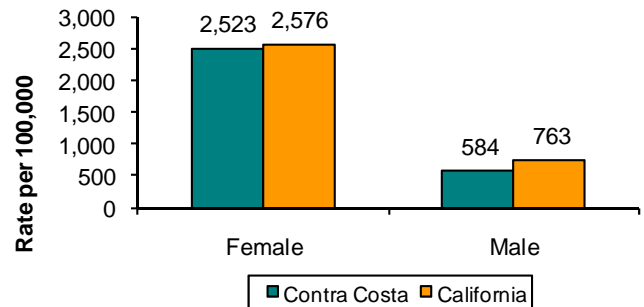


Source: California Department of Health Services, STD Control Branch

## The chlamydia rate among female youth was four times that of males in Contra Costa between 2006 and 2008.<sup>3,4</sup>

- A total of 7,051 cases of chlamydia were diagnosed and reported among Contra Costa youth 15 to 24 years of age.
- The majority (80%) of chlamydia cases were diagnosed among females, and the chlamydia rate among females (2,523 per 100,000) was more than four times that of males (584 per 100,000). It is important to note that females are more likely to be screened for chlamydia than males as part of their reproductive health care.<sup>5</sup>
- The chlamydia rate for females in Contra Costa was similar to the rate for California, while the rate for Contra Costa males was lower than the rate for California.

Chlamydia Rates by Sex Among Youth  
15 to 24 Years of Age, 2006 – 2008

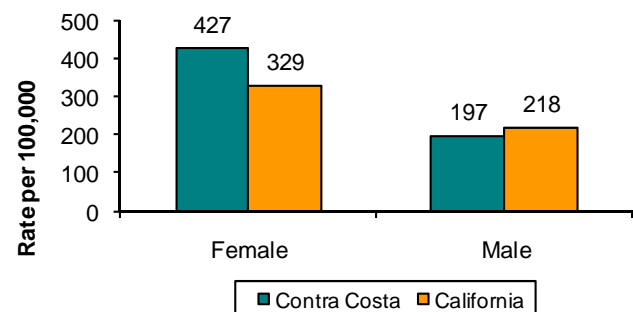


Source: California Department of Health Services, STD Control Branch

## The gonorrhea rate among female youth was two times that of males in Contra Costa between 2006 and 2008.<sup>3,4</sup>

- A total of 1,427 cases of gonorrhea were diagnosed and reported among Contra Costa youth ages 15 to 24, making gonorrhea less common than chlamydia.
- Approximately two-thirds of these gonorrhea cases were diagnosed among females. As with chlamydia, gonorrhea rates were higher among females (427 per 100,000) than males (197 per 100,000).
- Contra Costa had a higher gonorrhea rate than California for females and a similar rate for males.

Gonorrhea Rates by Sex Among Youth  
15 to 24 Years of Age, 2006 – 2008

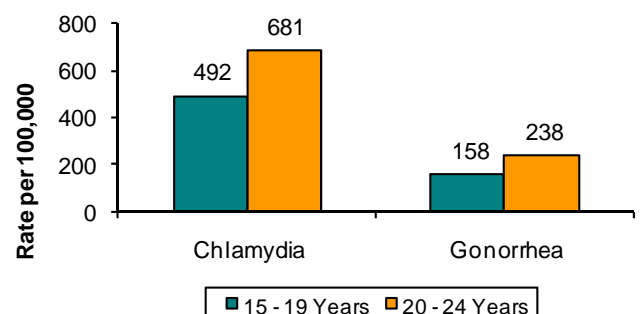


Source: California Department of Health Services, STD Control Branch

## Males 20 to 24 years of age had STD rates approximately three times that of males 15 to 19 years of age in Contra Costa between 2006 and 2008.<sup>3,4</sup>

- Chlamydia and gonorrhea rates varied by age for males. The rates for both STDs among males 20 to 24 years of age were approximately three times that of 15 to 19 year olds.
- Among females, the differences in STD rates by age were not as striking. The chlamydia rate among females was higher among 15 to 19 year olds (2,683 per 100,000) compared to 20 to 24 year olds (2,352 per 100,000). There were no significant differences in the gonorrhea rates by age for females (446 per 100,000 for 15 to 19 year olds versus 407 per 100,000 for 20 to 24 year olds).

Chlamydia and Gonorrhea Rates by Age Among Males  
15 to 24 Years of Age, Contra Costa, 2006 – 2008

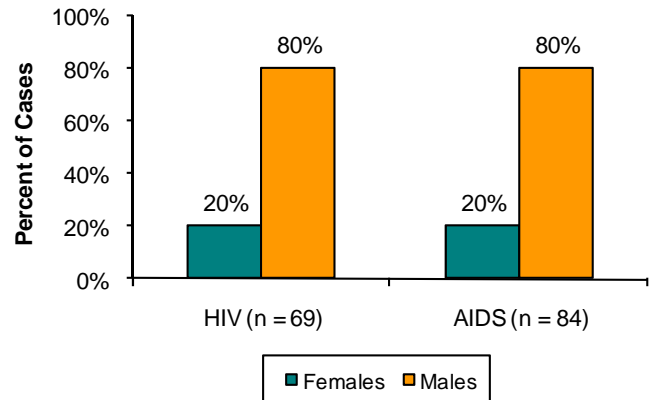


Source: California Department of Health Services, STD Control Branch

## The majority of HIV and AIDS cases among Contra Costa youth were among males.<sup>6</sup>

- Between July 2002 and December 2008, 69 cases of HIV were diagnosed and reported among 10 to 24 year olds. This represents an average of 10 to 11 cases per year.
- The majority of these 69 HIV cases (80%) were among males, and 80% of all these cases were diagnosed among 20 to 24 year olds.
- In approximately three-quarters (72%) of these 69 HIV cases, the probable mode of transmission was sexual contact.
- Between 1985 and December 2008, 84 cases of AIDS were diagnosed and reported among 10 to 24 year olds. This represents an average of 3 to 4 diagnoses per year.
- The majority of these 84 AIDS cases (80%) were among males, and 80% of all these cases were diagnosed among 20 to 24 year olds.
- Almost two-thirds (62%) of these 84 AIDS cases can be attributed to sexually transmitted HIV.

HIV and AIDS Cases by Sex Among Youth 10 to 24 Years of Age as of 12/31/08, Contra Costa



Source: Contra Costa Epidemiology, Surveillance & Health Data Unit, Contra Costa Health Services

The HIV/AIDS data presented in this fact sheet represent cases of HIV and AIDS that have been diagnosed and reported to the health department by a medical provider for clients who were between 10 and 24 years old at diagnosis. If a person diagnosed with HIV is subsequently diagnosed with AIDS, he or she is no longer included in the HIV data. Thus, there is no duplication in cases between HIV and AIDS data.

### Did You Know?

Human Papillomavirus (HPV) is the most common STD in the U.S.<sup>7</sup> Unlike chlamydia and gonorrhea, HPV is not required to be reported to local health departments when diagnosed. Therefore, data on HPV prevalence is estimated using other methods, and is not available at the local level. In 2000, an estimated 9.2 million youth between the ages of 15 and 24 years in the U.S. were infected with HPV.<sup>8</sup> There are more than 40 strains of HPV that can be sexually transmitted. Two strains of HPV cause 70% of cervical cancers, and two other strains cause 90% of genital warts.<sup>9</sup> Efforts to control this pervasive virus resulted in the development of a new HPV vaccine that protects against these four strains. The vaccine is delivered in three doses over a six-month period, and is recommended before females become sexually active, as young as 9 years old, but normally between 11 and 13 years of age.<sup>8</sup> The vaccine may also be given to males to protect against most genital warts.<sup>10</sup>

### Sources and Other Notes

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10. Centers for Disease Control and Prevention. Genital HPV infection – CDC fact sheet [Internet]. Division of STD Prevention. Atlanta GA: 2009 Nov. Available from <http://www.cdc.gov/std/HPV/STDFact-HPV.htm#prevent>.

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[www.cchealth.org/services/teenage\\_program](http://www.cchealth.org/services/teenage_program)



TeenAge Program (TAP), Family, Maternal and Child Health Programs, Contra Costa Health Services

