



Healthy Allegheny Teens Survey (HATS)

How many youth were involved?

A total of 1,813 youth participated, 1,609 completed the survey, of whom 1,485 were in high school.

What were some key findings?

- 17% of respondents in school reported being suspended
- 96% have health insurance
- 22% have asthma compared to 21% nationally
- 51% did not get 8+ hours of sleep on school nights compared to 68% nationally
- 47% reported eating daily vegetables
- 47% report 1 hour of moderate or vigorous exercise per day
- 44% played video games 3+ hours per day, compared to 41% nationally
- 20% had tried electronic or vapor cigarettes
- 23% had tried cigarettes compared to 41% nationally
- 11% experienced dating violence compared to 10% nationally
- 35% had sexual intercourse compared to 47% nationally
- 13% said someone close to them was murdered
- 27% had low social supports

How will this information be used?

The information will be useful for government, schools and all organizations interested in youth for planning and developing interventions to improve youth health in our County.

What do these statistics tell us about our youth population?

Overall, our young people are generally doing better than the national statistics. However, we have many challenges including nutrition, mental health, asthma and violence. As a community, we want to make sure all our youth have strong social supports and can get the help they need.

What is the HATS survey?

The Healthy Allegheny Teens Survey (HATS) is a collaboration of Allegheny County Health Department, Children's Hospital of Pittsburgh, UPMC and The Institute for Evaluation Science in Community Health at the University of Pittsburgh Graduate School of Public Health. It is an anonymous random telephone survey to collect information on adolescent health behaviors.

Why was the HATS needed?

Currently in Allegheny County, there is little population-based data on youth health and behaviors available.

What does the HATS cover?

The HATS is based, in large part, on the national CDC Youth Risk Behavior Survey. It covers areas including nutrition, physical activity, depression, violence, sexual activity, drug and alcohol use as well as questions about social supports.

Will the HATS tell us about individual schools?

No, the HATS is only able to provide information at the County level. School-based surveys based on the YRBSS will be needed to learn more about school populations.