

NPM 17: ADULT MENTOR

GOAL

To increase the percent of adolescents with an adult mentor.

SIGNIFICANCE

Having a connection to a caring adult is a protective factor that has been associated with several measures of child well-being, including markers of flourishing, physical activity, participation in activities, talking with parents as well as decreased likelihood of bullying and depression.¹ Furthermore, a growing evidence base demonstrates the effectiveness of programs to foster youth-adult partnerships in wide variety of settings (ex. after school programming).²

DEFINITION

Numerators:

Number of adolescents, ages 12 through 17, who are reported by a parent to have at least one other adult in their school, neighborhood, or community who knows them well and who they can rely on for advice or guidance.

Denominators:

Number of adolescents, ages 12 through 17.

HEALTHY PEOPLE 2030 OBJECTIVE

Adolescent Health (AH) 03: Increase the proportion of adolescents who have an adult they can talk to about serious problems (Baseline: 79.0 percent of adolescents aged 12 to 17 years had an adult in their lives with whom they could talk about serious problems in 2018, Target: 82.9 percent).

STATUS

The percentages of Hispanic and Black non-Hispanic adolescents who reportedly have an adult mentor (i.e., one or more adults outside the home who they can rely on for advice or guidance) were lower than that of White non-Hispanic adolescents (Figure 1). In addition, Medicaid reportedly had a lower percentage of adolescents who had an adult mentor as compared to adolescents covered by private insurance (Figure 2).

¹ Murphey D, Bandy T, Schmitz H, Moore KA. Caring Adults: Important for Positive Child Well-Being. Child Trends, Publication #2013-54. 2013 December.

² Marttinen R, Johnston K, Phillips S, Fredrick RN, Meza B. REACH Harlem: young urban boys' experiences in an after-school PA positive youth development program, Physical Education and Sport Pedagogy. 2019;24:4, 373-389.

Figure 1. Percentage of Adolescents Ages 12-17 Years Who Have a Mentor, by Selected Race/Ethnicities, NSCH 2021-2022.

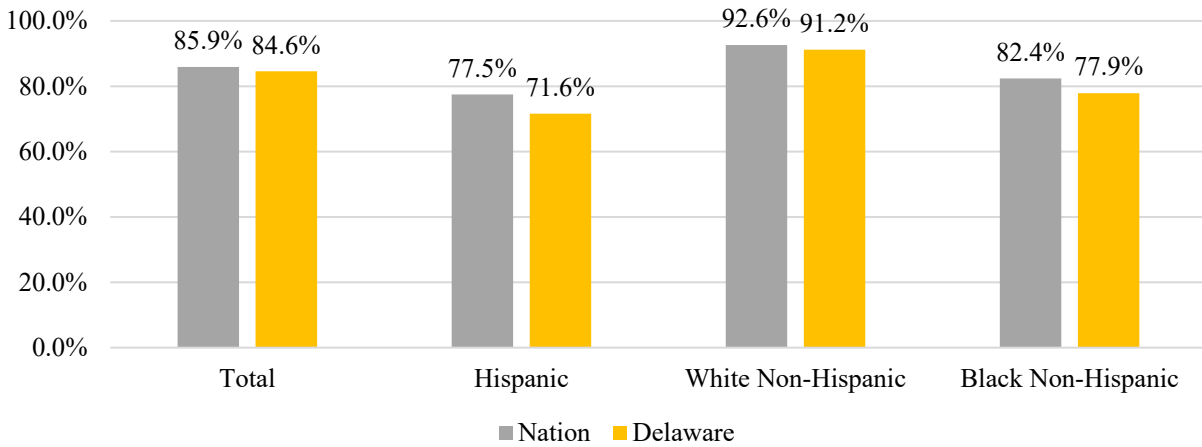


Figure 2. Percentage of Adolescents Ages 12-17 Years Who Have a Mentor, by Health Care Coverage, NSCH 2021-2022.

