



UNITY

United for adolescent vaccination



Unity sponsored a national poll on **Adolescent Health and Immunization** during COVID-19 in Aug-Sept 2020 with approximately 600 parents and 300 teens.

SNAPSHOT:

- ✓ **Almost 2/3 of teens** are experiencing some or a lot of stress due to COVID-19
- ✓ **Only 4 in 10 teens** feel it is safe to see their healthcare provider for a check-up
- ✓ **Almost 1/2 of parents** reported a delayed or canceled teen check-up due to COVID-19
- ✓ **About 6 in 10 parents** agreed the pandemic has increased the importance of getting recommended vaccines for their teens
- ✓ **Only 2/3 of teens** value getting a flu shot, highlighting an education opportunity, especially during a pandemic

KEY FINDINGS:

The confusion and fear around COVID-19 is impacting adolescent health well beyond the risks associated with the pandemic. At a time when teens should be exploring new life moments, they are in isolation and missing social interaction with peers in and outside of school.

While parents and teens may have the best of intentions, fears and concerns around the pandemic have impacted teens seeing physicians for a well check-up as less than half of teens feel that it is safe to do so.

In a time when existing, recommended adolescent vaccination is critical to overall health, and the increase in mental health concerns and stress due to fears and isolation are top-of-mind, well-visit appointment should be a priority.

Regarding the impact of COVID-19, medical experts and scientists agree that flu shots in particular have heightened importance, with both the flu and COVID-19 spreading at the same time. Trends are positive, as two-thirds of teens value getting a flu shot, which is a significant increase from a national poll conducted in 2016 by UNITY where only half of teens believed getting a flu shot is important.

To prioritize the well-being of teens during this challenging time, there are actions that parents and teens can take now. Scheduling adolescent well-visits to keep them on track, ready and protected with scheduled vaccines or to catch up on any doses missed due to delayed or cancelled appointments is vital.

For more information on this and other Unity projects visit unity4teenvax.org