



# Sexually Transmitted Diseases in San Francisco's Young Adolescents



Nicolette Muro WCSN and Danielle Parello WCSN  
The Evelyn L. Spiro School of Nursing Wagner College

## Introduction

- STDs are a healthcare problem in San Francisco due to a lack of education, decline in condom usage, absence of screening during a young age, and sexual behaviors of younger aged men having sex with men.
- Sexually transmitted diseases are diseases or infections that are passed from one person to another through sexual contact.
- A large amount of sexually transmitted diseases come from around 15 to 30 years of age. (3)
- At the age when you are starting to figure yourself out, this can cause issues due to a lack of knowledge about health and the body
- **Safety Zone Screening Center** would decrease the amount of adolescents who go into young adulthood not knowing they had an STD to begin with, and help eliminate the transmission.

## Problem

Sexually transmitted diseases are rising in the San Francisco population among the younger adults ranging mainly from ages 15-30.

Data from 2018 has stated that STD rates are at the highest level in thirty years. (4)

As of 2021, the Centers for Disease Control and Prevention (CDC) released

- The STD rate in the United States hit an all time high record.
- San Francisco was ranked the third highest city with STD rates in the United States
- Within a study of 100,000 people, San Francisco displayed as many as 3,150 people with STD cases.

From 2010 to 2017...

- Chlamydia cases increased by 98%
- Syphilis increased by 122%
- Gonorrhea increased by 196%. (1)

- Men in San Francisco, specifically men who have sex with men, are seen to have a greater prevalence and higher rate of these specific STDs.

- Specific STDs along with a coinfection of HIV have higher rates in the San Francisco area, especially in men and homosexual relationships

- history of alcohol
- receptive condomless anal sex
- substance use ("club drugs")
- multiple sex partners

This is due to...

- Lack of testing for these diseases
- Decline in condom use among this age group
- Lack of protective sex (condoms, contraceptives, etc.)
- Drug use
- Poverty
- Lack of education and large population in San Francisco

## Solution 'Safety Zone Screening Center'

- Safety Zone Screening Center is a health program aimed to prevent and treat STDs amongst the San Francisco's high-school population.
- Health care workers will volunteer at high schools to educate teachers, students, and parents
- Designed to reduce the risk behaviors and increase protective behaviors to treat and prevent sexually transmitted diseases amongst high school students.
- Cost effective and safe environment
- Teaches the significance of getting screened for these diseases and how to prevent spread
- The students would be taught how condoms block the transmission of diseases
- Educated on how sharing items such as needles, undergarments, towels or anything that may contain certain body fluids from a person can spread HIV and AIDS.
  - Many adolescents are unaware of the side effects of untreated STDs, and it solidifies the importance of getting screened
- **Role model stories**
  - Personal stories of the importance of protection against sexually transmitted diseases to spread awareness
- **Role play**
  - The students will get familiar with role playing and practice saying "no" in a stressful situation.
  - The students will visualize the correct way to use a condom modeled, and then practice the skill in a group role play.
- **Parent education**
  - Parents will receive educational pamphlets on information regarding HIV and AIDS, other STDs.
  - The pamphlets will also include tips on how to talk with their children about these issues.

## Community Assessment

### Demographics: (5)

- White: 46.41%
- Asian: 34.40%
- Other race: 7.68%
- Two or more races: 5.57%
- Black or African American: 5.21%
- Native American: 0.37%
- Native Hawaiian or Pacific Islander: 0.36% (1)
- Smoking rates have gone down to 11.4%, and there is only 4.8% of the population of San Francisco that does not have health insurance.
- The life expectancy has risen to 83.8 years, whereas the national median is 77.5 years of age. (2)

### Resources available:

- Healthy San Francisco-
  - Provides services to eligible residents regardless of immigration status, employment status, or pre-existing health conditions
  - Provides health coverage to 14,000 uninsured San Francisco residents

## References

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Overall STD Rates and Number of HIV Diagnoses, San Francisco, 2008-2018

