

HEALTH OFFICER REPORT

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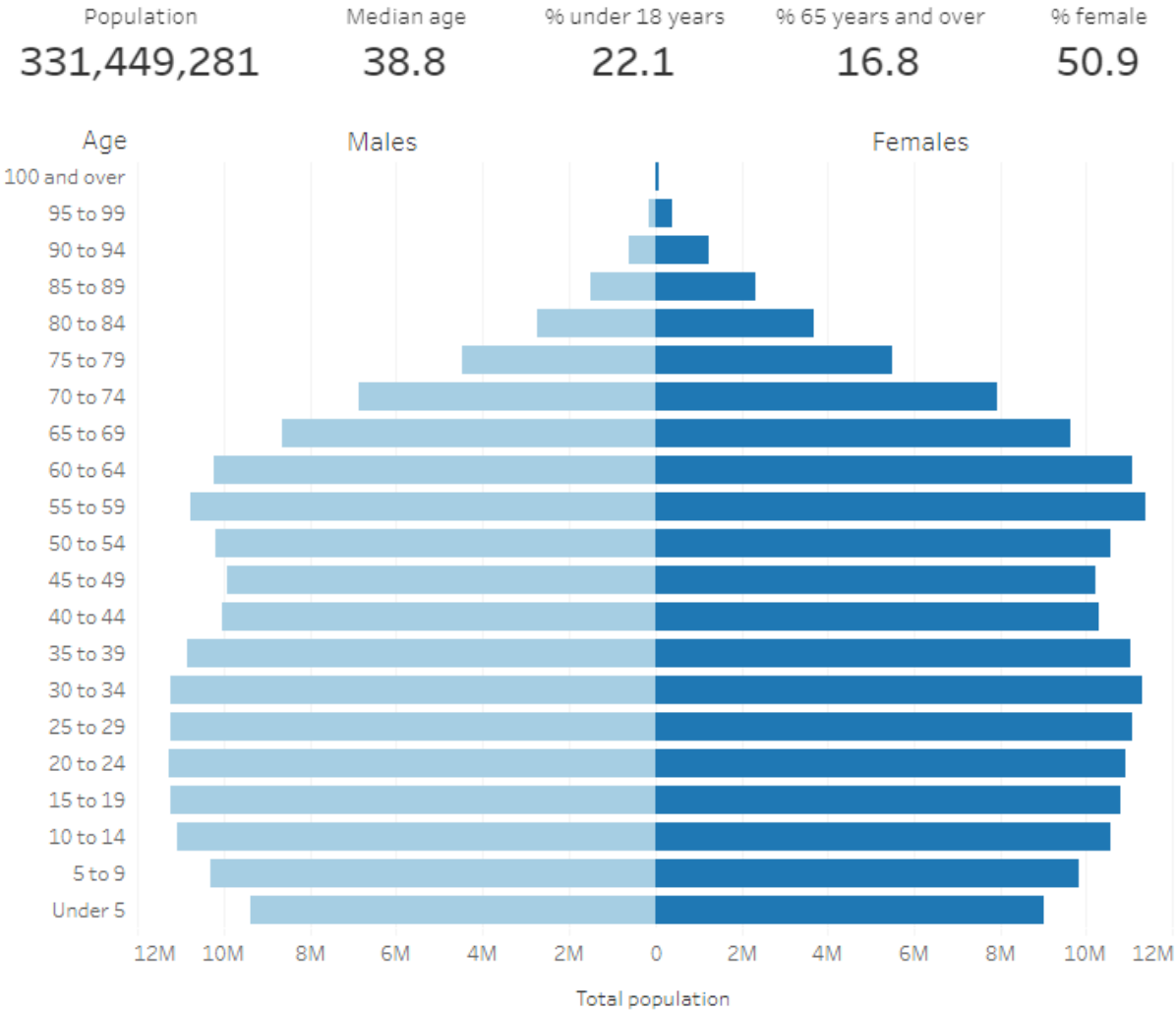
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US CENSUS DATA: AMERICAN POPULATION GROWING OLDER



- Median age rose to 38.8 years
- 65 and older increased 33% between 2010 – 2020 (5X faster than total US population in past century)
- Birth rate declined
- Declining percentage of children under 5

“This demographic shift is uneven and requires sound planning if we are going to ensure the capacity to protect and ensure public health as our demographics change.” ~ Dr. Georges Benjamin, ED of APHA

Figure 1.

This drawing from a 1900 Census report illustrates why this is called a population *pyramid*. The triangular shape with a wide base and narrow peak indicates a growing population.

Source:
<<https://www2.census.gov/library/publications/decennial/1900/volume-2/volume-2-p4.pdf>>.

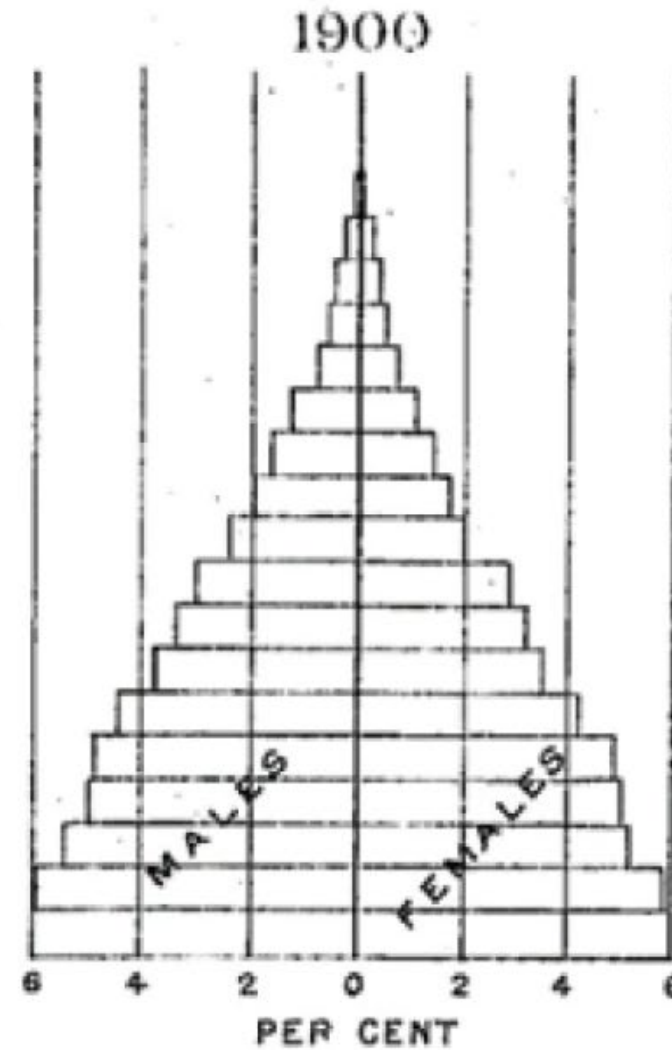
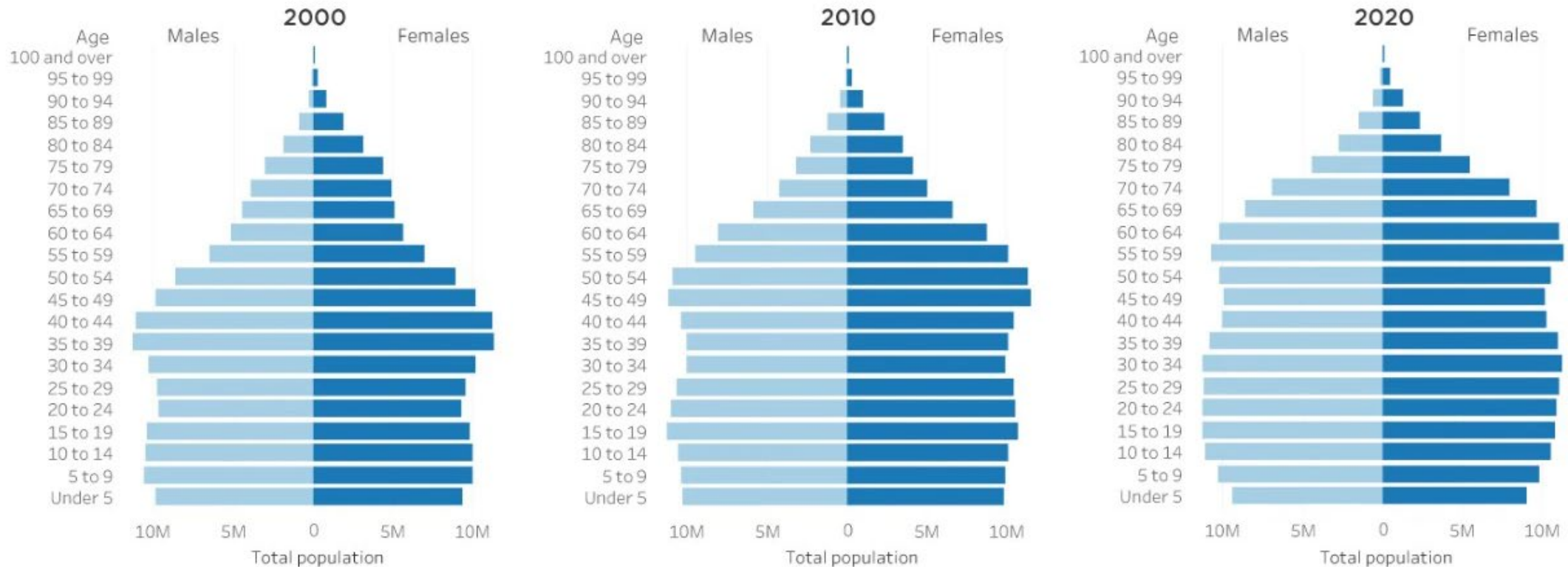


Figure 2.

Population Pyramids for the United States: 2000, 2010 and 2020

(In millions)



Source: U.S. Census Bureau, Census 2000 Summary File 1 (SF1), 2010 Census Summary File 1 (SF1) and 2020 Census Demographic and Housing Characteristics File (DHC).

Increasing concern about what the public health needs of an aging population will look like and how sustainable that might be.

UNIVERSAL FLU VACCINE?

- National Institutes of Health started clinical trial for mRNA universal influenza vaccine
- Seasonal flu kills thousands of Americans annually
- Influenza virus changes every year
- Current system: scientists monitor global trends and try to predict which strains are likely to be dominant in upcoming season – these go into seasonal flu vaccine
- Universal vaccine would cover wide array of flu strains and eliminate need for yearly process. ***If able to induce prolonged immunity, no need for annual shots.***
- Universal vaccines could be instrumental in preventing future flu pandemics



US SURGEON GENERAL'S YOUTH MENTAL HEALTH ADVISORY

Dr. Murthy released advisory noting social media can be harmful to youth mental health

- Research continues to show link between social media and anxiety + depression
- 95% of youth 13-17 report using a social media platform
- 2/3 of teenagers report using social media every day; 1/3 report using it “almost constantly”

Parents to model responsible online media use and create social media use plan with kids

Tech companies, federal government, teachers, other groups all have responsibilities too

Positive benefits acknowledged to certain groups

- Majority of young girls of color report regularly viewing “positive and identity-affirming content”
- Social media can connect those otherwise isolated (people with disabilities, LGBTQ+, others)



“I’m issuing this advisory because we’re in the middle of a youth mental health crisis and I’m concerned that social media is contributing to the harms that kids are experiencing.”

Social media use by youth is nearly universal, and while some uses are beneficial, there is a meaningful risk of harm to children.

Read the advisory and learn more at:
surgeongeneral.gov/ymh-social-media



Office of the
U.S. Surgeon General

Social Media and Youth Mental Health

2023

The U.S. Surgeon General's Advisory



REFERENCES

- [An Aging U.S. Population With Fewer Children in 2020 \(census.gov\)](#)
- [Clinical trial of mRNA universal influenza vaccine candidate begins | National Institutes of Health \(NIH\)](#)
- [Social Media and Youth Mental Health — Current Priorities of the U.S. Surgeon General \(hhs.gov\)](#)