

Introduction

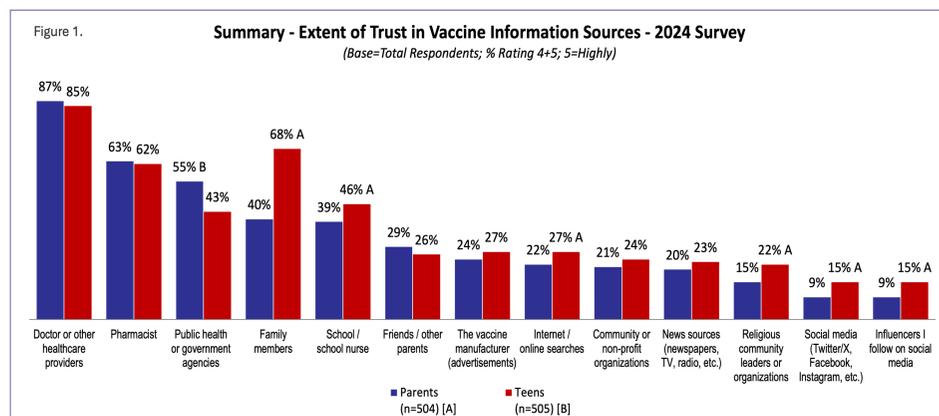
- Prior studies show that teens and their parents share similar attitudes regarding recommended vaccines for adolescents¹
- Less is known about whether teens and their parents share perceptions regarding decision-making about teens' healthy living choices, seeking medical care, choosing vaccination
- UNITY conducted a survey to **assess attitudes and beliefs about preventive health behaviors and immunizations**, use of and trust in vaccine information sources, and healthcare decision-making among U.S. teens and parents of teens

Results²

Most health behaviors (using seat belts, adequate sleep, healthy diet, and avoiding drugs, alcohol, and smoking) were rated very/important (>70% ratings of 4+5 on a 5-point scale) by all respondents, with more parents than teens considering each health behavior highly important. In contrast, **the three specific vaccine-related behaviors** tested in the survey were rated **lower in importance** than other health-related behaviors.

	Sep-2024 Ratings (Change from Oct-2023)	
	Parents [A]	Teens [B]
Seeing a doctor/HCP regularly	90% ^B (+1)	76% (+2)
Getting all the recommended vaccines	81% ^B (+11)	66% (+10)
Getting annual flu shot	58% ^B (+1)	44% (+7)
Getting the COVID-19 vaccine	44% ^B (-2)	38% (+5)

Seeing a doctor for checkups was unimportant to **~25% of teens**. Getting all recommended vaccines was important to most parents and teens and has increased since 2023. Importance of getting an annual influenza or the latest COVID-19 vaccine falls **below 50% of teens** in our survey. The highest trust for vaccine information is placed in healthcare providers by **both** parents and teens. Nearly **70% of teens report high trust in family members**, but significantly fewer teens trust public health and government agencies compared to parents.



Fewer than 50% of parents and teens found vaccine information easy to find or to understand. Both groups agreed, especially in 2024, that there is a lot of misinformation about vaccines (>75%).

	Sep-2024 Ratings (Change from Oct-2023)	
	Parents [A]	Teens [B]
There is a lot of misinformation about vaccines.	82% ^B (+8)	77% (+14)
Factual vaccine information is easy to <u>find</u> .	49% (-3)	47% (+2)
Vaccine information is easy to <u>understand</u> .	44% ^B (-5)	36% (-1)

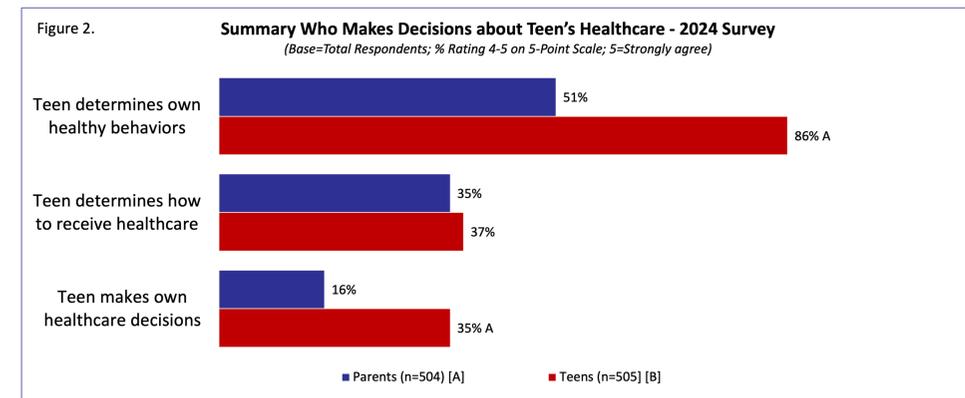
Methods

Multi-Wave Study: Unity conducted online survey research with representative groups of U.S. adolescents aged 13-18 (n=504) and parents of adolescents (n=505). Six surveys have been fielded since 2016; these data were collected in October 2023 and September 2024.

Sampling and Data Collection: A 10-minute online, self-administered survey; respondents selected from a large U.S. national panel balanced for representation of the population according to the U.S. Census. The survey was hosted on a secure website by a third-party, Dynata.

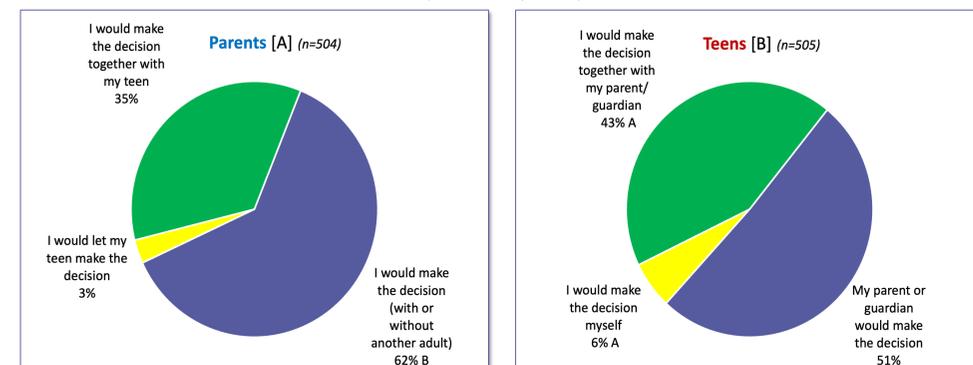
Analysis: Analyses included frequencies and analysis of variance (ANOVA); t-test or z-test was used for appropriate individual comparisons. Significant differences are reported at p-value ≤0.05.

86% of teens indicated that they determine their own healthy behaviors (e.g., diet, exercise, sleep, safety issues); 51% of parents agreed. Parents and teen responded similarly regarding degree of teen autonomy in deciding the healthcare provider or specialist they engage. **Few parents (16%) vs. 35% of teens indicated that the teen has autonomy in healthcare decision-making** such as whether to have an annual check-up or receive a vaccine.



After consultation with a healthcare provider, **similar proportions of teens (44%) and parents (39%)** predicted that they would jointly decide to receive a newly-recommended vaccine.

Figure 3. Who Makes Decision about Teen Getting a Newly Recommended Vaccine - 2024 Survey (Base=Total Respondents)



Conclusions

- Teens perceive significantly **more autonomy** in making decisions regarding their health behaviors and healthcare than parents believe teens have
- Parents and teens describe **similar decision-making patterns** for a newly recommended vaccines
- Easy-to-understand vaccine-related information should be **readily available** for both parents *and* teens to support teen vaccination
- Attitudes about the importance of vaccines among teens and parents are changing since the COVID-19 pandemic
- Parents and healthcare providers, who remain most trusted for credible and valid counseling, should **actively involve teens in vaccine-related decisions** and promote teen agency for preventive health measures

¹Middleman AB, Klein J, Quinn J. Vaccines for Teens: Attitudes Across the Pandemic on Routine and COVID-19 Vaccines. *J Adolesc Health*. 2022;70(4):S12-S13. <https://doi.org/10.1016/j.jadohealth.2022.01.135>
²Statistically significant differences at a 95% confidence level are indicated using capital letters (A/B/C) corresponding to the variable that the referenced number is higher than.