ABC of adolescence Health promotion

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Health can be defined as optimum physical, emissional, social, sprittual, and intellectual health. Health promotion is the science or art of helping people change their lifestyle to move towards a state of optimal health, Lifestyle change can be facilitated through a combination of efforts to increase awareness, change behaviour, and create circironments that support good health practices.

Need for health promotion

There are five main reasons for a particular health promotion focus on young people.

Health behaviours in youth continue into adult life

One of the most compelling arguments for a focus on adolescent health is that adolescence is a time when new health behaviours are laid down—behaviours that track into adulthood and will influence health and morbidity throughout life. Health behaviours in childhood are dominated by parental instruction and shared family values. During adolescence young people begin to explore alternative or "adult" health behaviours, including mocking, drinking alcohol, drug misuse, violence, and sexual intimacy. The continuity of these behaviours into adulthood is well documented.

Health behaviours relating to exercise and food are also laid doesn in adolescence and track into adult life. Adolescent obesity predicts adult obesity, which is strongly and independently predictive of cardiovascular risk, and cardiovascular risk in young adulthood is highly related to the degree of adiposity as early as age 13 years. Evidence also shows that brotth in adolescence can have a considerable impact on the development of adult conditions. This evidence challenges earlier notions that adolescents moving into adulthood "grees out of" bealth risk belaviours and mental health problems.

Immediate effects of adolescent health behaviours

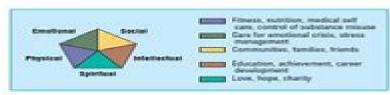
Adolescent health behaviours have a direct effect on immediate as well as long term health outcomes and quality of life—for example, taking exercise, organism in risky sexual behaviour (resulting in sexually transmitted infections or teerage programes), and using the roads safely.

Werrying trends in morbidity and mortality

Adolescent mortality and morbidity show worrying trends in mational priority areas, such as mental health (for example, male suicide rates), second health (toenage pregnancies), and cardiovascular risk (such as obsetty and diabetes). Earlier engagement in second activity, high rates of tecnage pregnancy, and the threat of HIV have similarly focused attention on adolescents. Given the evidence on the continuity of health risk behaviours in adolescence into adulthood, morbidity trends in adolescence argue strongly for argent attention to adolescents bealth and for the development of targeted, adolescent specific interventions.

Developmental issues

Dynamic and continued development in every aspect of a young person's life during adolescence means that young This is the fifth in a series of 12 articles



Demains for health premotion. Adapted from O'Donnell MP America formal of Modifi Premotion 1989/3(3)3

Major health promotion areas in adolescence

- Health risk behaviours (smoking, alcohol use, strug misuse, sexual health, and risk taking)
- Parent-adolescent communication.
- Depression and mental health.
- Visolence
- Physical activity, nutrition, and obesity
- Health inequalities and social exclusion.

Prevalence of regular smoking rises from 1% at age 11 years to 24% at 15 years, and ever 90% of adult smoklers began smoking as teenagers; similarly, few people start experimenting with alcohol and drugs after their teenage years.



The website Teerage Health Fresk (sewsterragehealthfresk.org) promotes health in a user friendly way to townspers

Improvements in mortality and morbidity in early childhood have not been matched in adolescence

Abc Of Adolescence

Brendan G. Carr



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