

**Adolescent
Health: A
Public Health
Perspective
P8616**

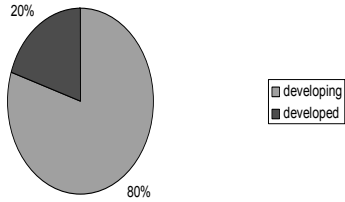
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**Why is it important to
invest in adolescents?**

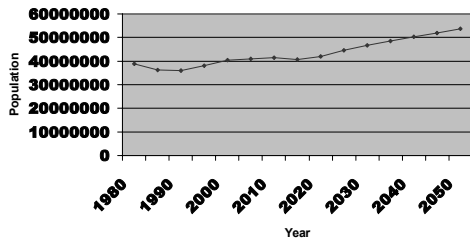


**10-19 years olds make
up 20% of the world's
population**

One Billion 10-19 year olds worldwide



US Population Ages 10-19, Actual & Projected, 1980-2050



A surge in research activities & expanded definitions of “health” have challenged the view of adolescence as time of optimal health

Behaviors initiated in adolescence can become habits during the adult years

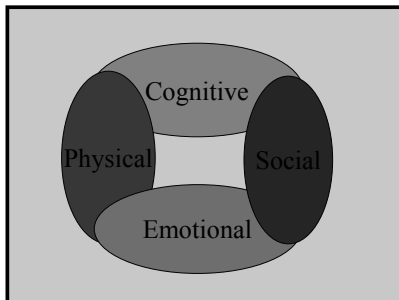
Most adolescent mortality and morbidity due to environmental & behavioral factors that be changed

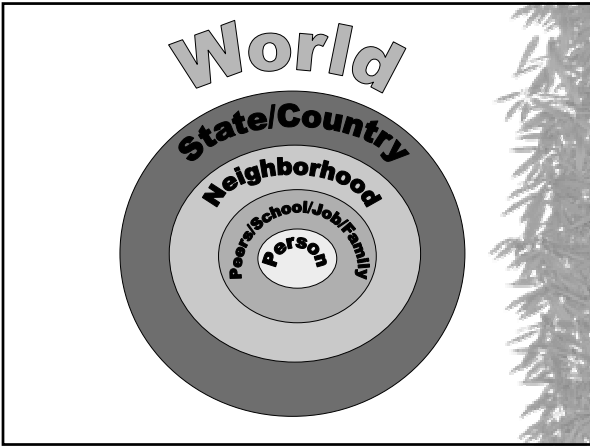
The personal & public costs are/will be staggering if we don't do more

The gap between reproductive capacity and attaining independent adult status has lengthened

Adolescents are a “trapped audience”...our last chance for large-scale, institutional interventions to promote health

Adolescence: A time of dramatic changes





How healthy are adolescents?

- Mortality?
- Morbidity?
- Risk behaviors?
- Service utilization?
- Subjective sense of well-being?

Theories of Behavior Change

1. Theory of Reasoned Action
2. Social Cognitive (Learning) Theory
3. Behavior Modification
4. Health Belief Model
5. Transtheoretical (Stages of Change) Model

Causal Pathway



Substance Abuse


- * Youth Risk Behavior Survey
- * Monitoring the Future
- * National Household Survey of Drug Abuse
- * AddHealth
- * ESPAD



Sexual & Reproductive Health:

Current Data

Selected Programs



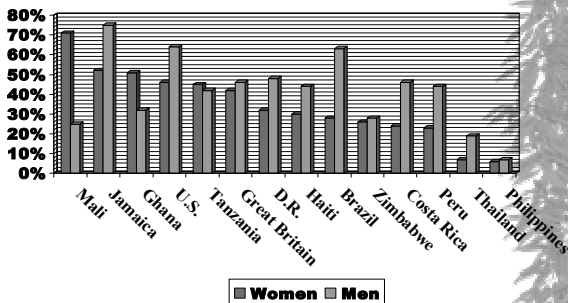
Comprehensive School-Based Health Centers as a Model Primary Health Care Delivery System for Adolescents

Center for Population and Family Health
Joseph L. Mailman School of Public Health of Columbia University

Bullying

- * 8% of 14 year old Swedish & Norwegian boys report being bullied at school
- * 19% (boys) & 23% (girls) in South Carolina report being bullied several times or more in the past month

% of 20-24 year-olds who had had sex before age 17, by country and gender



Promoting Healthy Lifestyles



**A Youth Development
Paradigm**