Why is it important to invest in adolescents?

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

- Cognitive
- Physical
- Social
- Emotional
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

Harlem Health Promotion Center/Center for Community Health and Education
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

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

[Graph showing % of 20-24 year-olds who had had sex before age 17, by country and gender]
Promoting Healthy Lifestyles

A Youth Development Paradigm