THE PROMISE AND POTENTIAL OF ADOLESCENT AND YOUTH HEALTH

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What do we know about young people’s health?

- 2.6 million adolescents and youth die each year

- Around 1/3 of the global burden of disease is linked to adolescence and youth
  - 1/6 due to disease burden that begins during these ages
  - 1/6 due to risk processes initiated during these ages
1. Forces shaping youth health

2. Global patterns of youth health

3. Making youth health visible
1. Forces shaping youth health
   – Secular change in adolescence
   – Biology of adolescence
Adolescence: a growing mismatch between biology & social role

Adapted from Gluckman
Biology: Pubertal change

Age

7 8 9 10 11 12 13 14 15 16

Stress responses

Sexual maturation

Growth spurt

Social affiliation
Window of vulnerability

- Limbic system
- Emotional activation
- Self-harm
- Substance abuse
- Depression
- Pre-frontal cortex
- Emotional regulation

Age vs. Developmental Milestones

- 5: Early childhood
- 10: Puberty
- 15: Early adulthood
- 20: Mid-adulthood
- 25: Late adulthood
- 30: Senior years
1. Forces shaping youth health

2. Global patterns of youth health
   - Mortality: where, when, how
   - General health
Countries where at least 70% of deaths are registered
Where do young people die?
All-cause mortality in 10-24 year olds
Where do young people die?
All-cause mortality in 10-24 year olds
How do young people die?

Male deaths aged 10-24
- Injuries: 52%
- NCDs: 27%
- Infectious: 21%

Female deaths aged 10-24
- Injuries: 30%
- NCDs: 22%
- Infectious: 33%
- Maternal: 15%
Traffic Injury Deaths (100,000/year) in males 20-24 years: selected countries (high income yellow)
Tobacco use (%) in males 13-15: selected countries

- Tajikistan
- Oman
- Australia
- China
- United States
- Switzerland
- India
- Thailand
- Austria
- Botswana
- Chile
- Namibia
- Jordan
- Jamaica
- Indonesia
Tobacco use in females 13-15: selected countries
Overweight in females 13-15 yrs: selected countries

%
1. Forces shaping youth health
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3. Making youth health visible
   – Youth engagement
   – Prevention: the example of schools
   – Keeping track of change
Youth for Road Safety (YOURS)
Wear a helmet

Most motorcycle deaths are a result of head injuries. Wearing a motorcycle helmet correctly can cut the risk of death by almost 40%, and the risk of severe injury by 70%. Be part of the solution.

Wear a seat-belt

Wearing a seat-belt reduces the risk of being ejected from a vehicle and suffering serious or fatal injury by between 40%-65%. Be part of the solution.
...it is the social relationships that pertain in schools that influence children’s learning, their health and their attitudes towards themselves

Michael Rutter
Promoting Health in Schools

- Health
- Learning
- Connectedness
- Security
- Communication
- Participation
Child and adolescent deaths rates among 50 countries

Introduction of EEC data

* Viner et al Lancet 2011
Mapping progress in prevention

HIV prevalence among females 15-24 years (%)

Comprehensive knowledge of HIV among females 15-24 years (%)
Country Profiles of Adolescent Health

America’s children
Child trends database
Health and Well-being of Young Australians
Children and young people in New Zealand
Indicators of infancy & adolescence (Sp)
State of the nation’s children (Ireland)
Every Child Matters (UK)
OECD - Doing better for children
Positive indicators of child well-being
Child Health Indicators of Life and Development
Young people: our future assets

1. Health is a sensitive indicator
2. Reducing future health burden
3. Parents of the next generation
4. Ensure the dividend on early childhood investments