



# Health and Wellness in adolescence

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# Health and Wellness



Physical



Emotional



Social



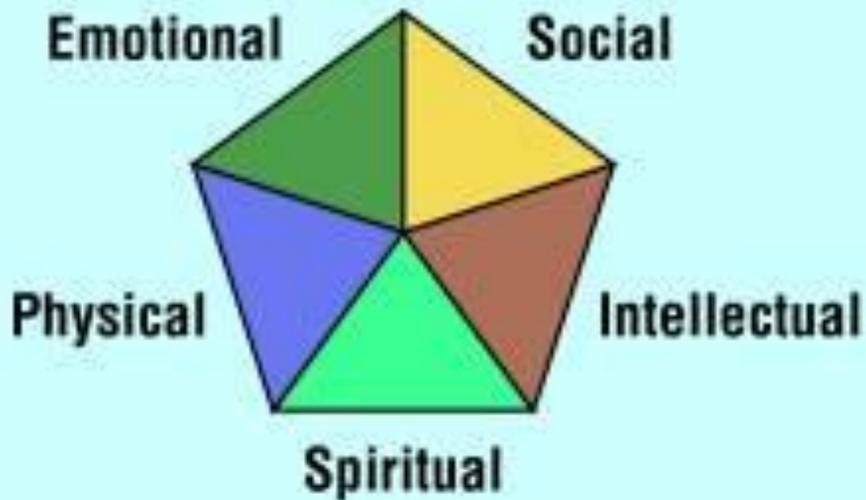
Spiritual

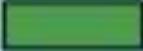
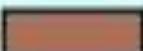


Intellectual

# Domains for health promotion (American journal of Health Promotion)

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-  Fitness, nutrition, medical self care, control of substance misuse
-  Care for emotional crisis, stress management
-  Communities, families, friends
-  Education, achievement, career development
-  Love, hope, charity

# Major health promotion areas in adolescence



HEALTH RISK BEHAVIOURS  
(SMOKING, ALCOHOL USE,  
DRUG MISUSE, SEXUAL  
HEALTH AND RISK TAKING)



PARENT – ADOLESCENT  
COMMUNICATION



DEPRESSION AND MENTAL  
HEALTH



VIOLENCE



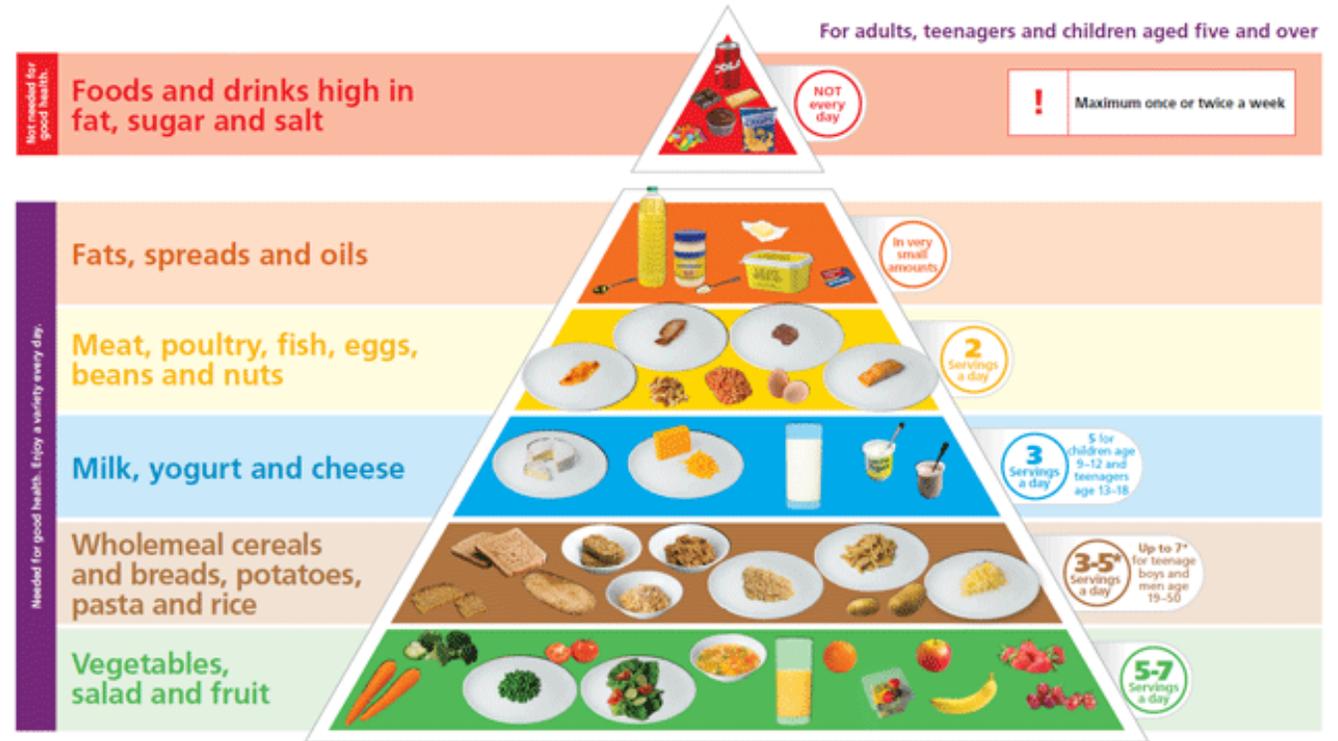
PHYSICAL ACTIVITY,  
NUTRITION AND OBESITY



HEALTH INEQUALITIES AND  
SOCIAL EXCLUSION

# Nutrition

- The food pyramid



# Nutrition

Most people consume snacks high in fat, sugar and salt and sugar sweetened drinks up to 6 times daily.

There are no recommended servings for this shelf because they are not needed for good health.

**Not every day- maximum once or twice a week**

**These foods have little nutritional value and cause obesity which leads to diabetes, some cancers. They contain high levels of sugars. They can be very high in calories and salts which in turn causes blood pressure which triples chances of developing heart disease and stroke.**

# A guide to 100 calories

4 squares of chocolate (half a bar)

1 small or fun sized chocolate coated bar

1 bag lower fat crisps

1 small cup cake (no icing)

1 plain mini muffin

2 plain biscuits or 1 chocolate biscuit

Half a can or 200mls of sugary drink

1 scoop of vanilla ice-cream

5-6 chips

# Alcohol

Alcohol is not needed for health and is not recommended for young people under 18 years

Alcohol contains calories and may promote snacking

Have 2-3 alcohol free days a week

No safe limit for alcohol use by under 18s.

Weekly lower risk limit; men- 17 standard drinks, women 11 standard drinks

Standard drinks e.g half a pint of beer or lager, small glass of wine, single measure of spirit

# Sleep



Go to bed and get up at the same time every day. It's important to get into a sleep habit.



Avoid caffeine and nicotine. One cup of coffee takes 8 hours to wear off. Nicotine/ vaping cause light sleeping and early waking.



Avoid alcohol before bed



Don't take naps after 3pm



Adolescents need at least 8 hours sleep. During the pubertal years, a teenagers sleep clock naturally changes. Teenagers usually won't start to feel sleepy until about 2 hours later than adults. This sleep clock resets once



More sleep tips available on [www.higginspharmacy.ie](http://www.higginspharmacy.ie) under blogs

# Exercise



To be healthy you need regular physical activity



Children and young people aged 5-17 years old should accumulate at least 60 minutes of moderate to vigorous intensity physical activity daily



Helps overall health and wellness as reduces symptoms of anxiety and depression



Moderate – increased breathing and heart rate, but still able to carry on a conversation



Vigorous- breathing heavily, cannot keep a conversation going, fast heart rate and sweating

Do you want  
to feel good  
and have  
more energy?



Know your weight



Watch what you eat- use the food pyramid guide



Eat regularly and healthily



Avoid alcohol and smoking



Get active

# References



[www.healthyireland.ie](http://www.healthyireland.ie)



World health organisation on adolescent health



ABC of adolescence health promotion (The British medical Journal)



American journal of Health Promotion



Sleep tips Dr Carol Duffy, Skreen family practice, Sligo