



# **BUILDING A HEALTHY TEENAGE COMMUNITY**

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## Definition

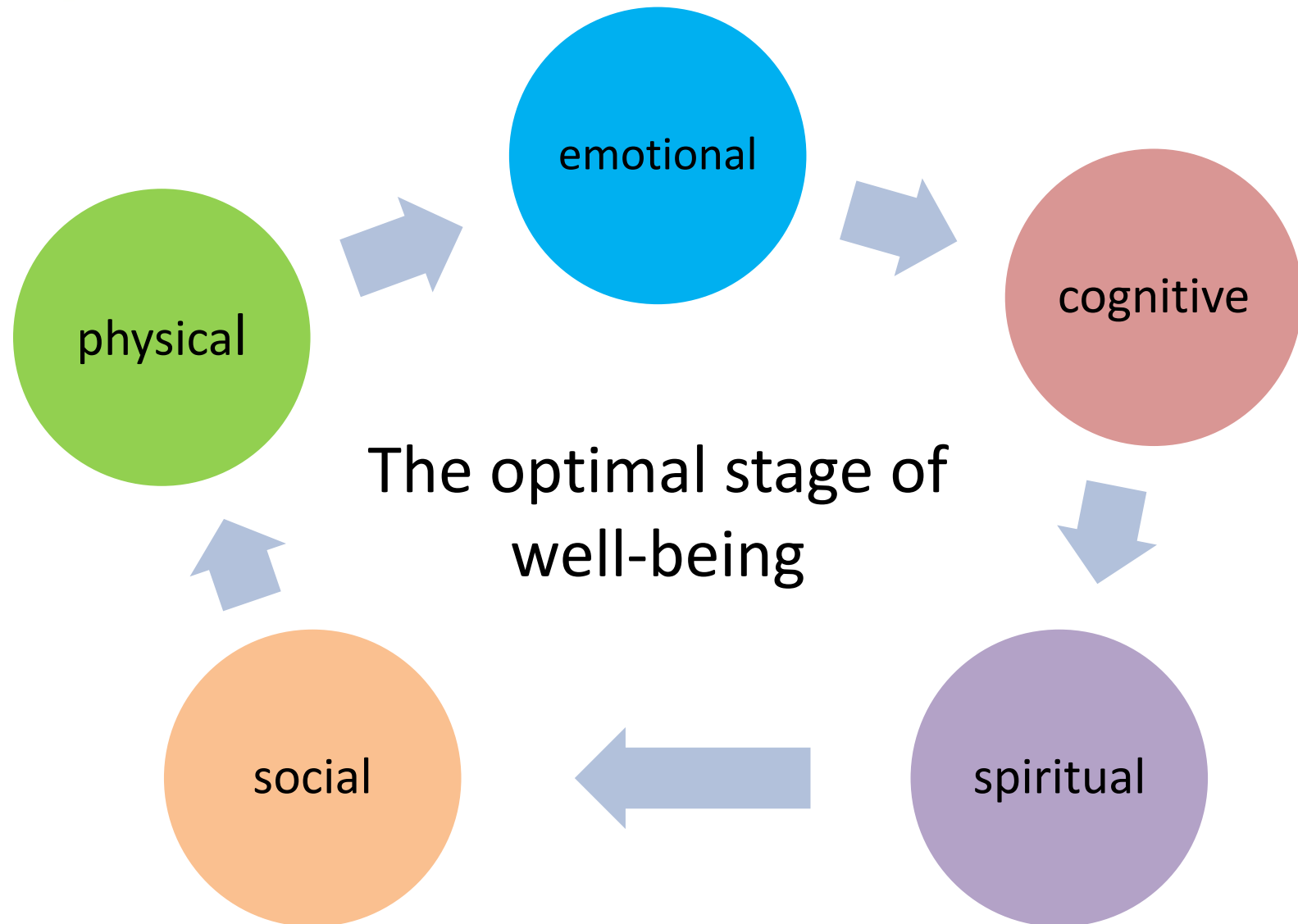
*Teenager* - a young person whose age falls within the range from 13–19.

*Adolescent* - a period of development after childhood and before adulthood

World Health Organization – adolescent = ages 10-19

Kajian penduduk dan keluarga Malaysia kelima (KPKM-5) 2014 (LPPKN) - Adolescent (13-19 years old):  
15.30% (4,594,316)

# What is Adolescent Health?



# Adolescents are healthy when they:

1. Engage in healthy behaviors that contribute to a healthy lifestyle
2. Have the capacity to thrive in spite of stressors in life
3. Successfully engage in the developmental tasks of adolescence
4. Experience a sense of wholeness and well-being

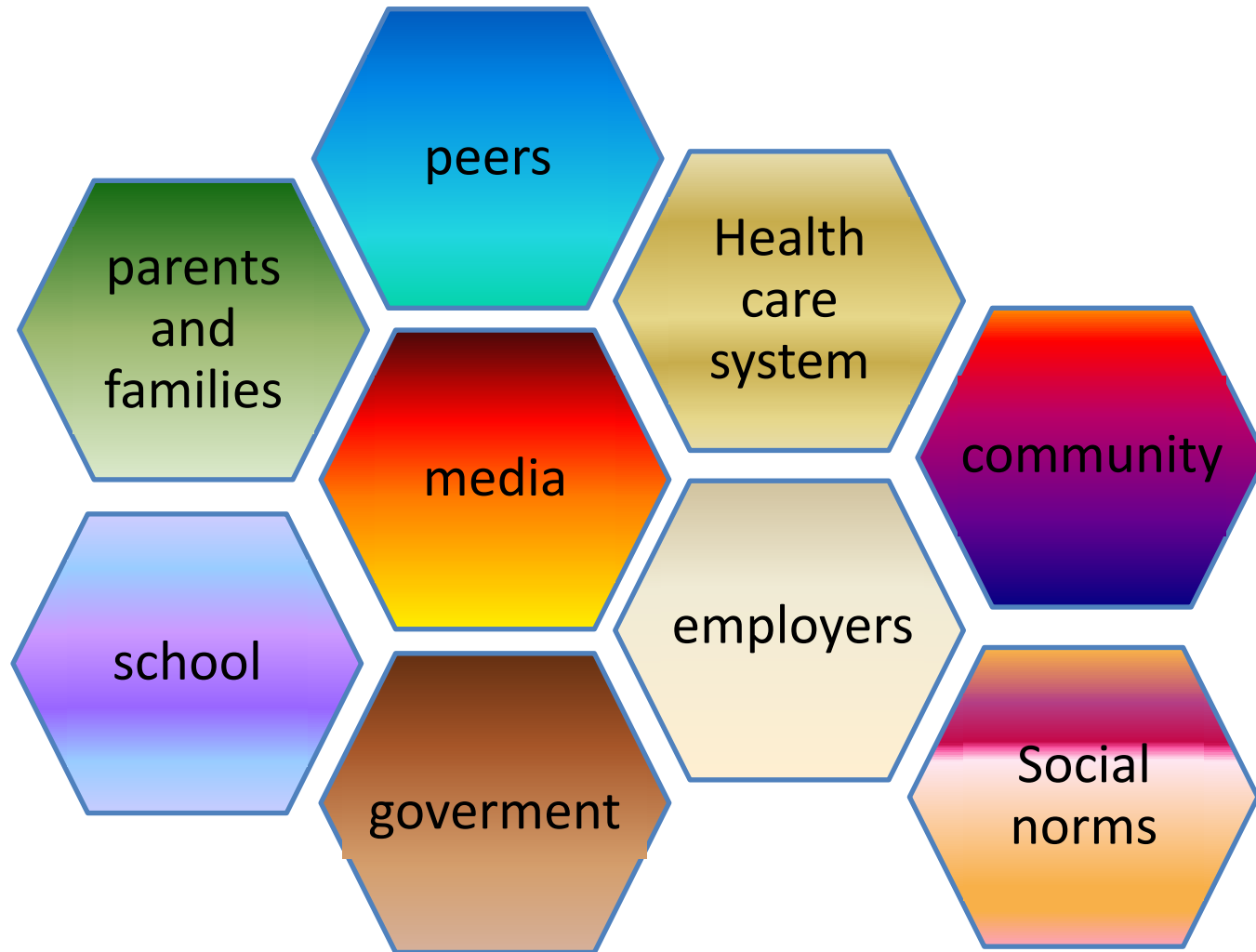
# Why Focus on Adolescent Health?

- ✓ Adolescence is one of the most dynamic stages of human growth
- ✓ Adolescent health provides the foundation for adult health status
- ✓ Good health enables them to make the most of their teenage years
- ✓ Unhealthy adolescent's behavior can lead to negative consequences; immediate or long term

# The behaviors that negatively affect the adolescent's health

- ❑ BEHAVIORS THAT RESULT IN UNINTENTIONAL AND INTENTIONAL INJURY (including violence and suicidal behaviors)
- ❑ ALCOHOL AND OTHER DRUG ABUSE
  - ❑ TOBACCO USE
- ❑ SEXUAL BEHAVIORS
- ❑ UNHEALTHY DIETARY BEHAVIORS
- ❑ INADEQUATE PHYSICAL ACTIVITY

# Factors that affect the adolescent's health



# Risk factors

## FAMILY

- Poor family management
  - Poor discipline
  - Family conflict
- Parental attitudes favourable toward drug use/ antisocial behavior

## COMMUNITY

- Low neighbourhood attachment
  - Community disorganisation
- Laws & norms favourable to drug use
- Perceived availability of drugs

## PEERS/INDIVIDUAL

- Rebelliousness /Impulsiveness
- Antisocial behaviour
  - Favourable attitudes toward drug use
- Early initiation of problem behaviour
- Rewards for antisocial involvement

## SCHOOL

- Academic stress
- Low commitment to school
- Unfavourable school environment



# Protective factors

## FAMILY

- Attachment
- Opportunities for prosocial involvement
- Rewards for prosocial involvement

## COMMUNITY

- Opportunities for prosocial involvement
- Rewards for prosocial involvement

## PEERS/INDIVIDUAL

- Religiosity
- Social skills
- Belief in moral values

## SCHOOL

- Opportunities for prosocial involvement
- Rewards for prosocial involvement

# Strategies to support adolescent's health

**Decreasing the Risk Factors**

**Increasing the Protective Factors**

**Providing Opportunities**

**Building Healthy Communities and Schools**

# Health promotion approach

TARGET GROUP	APPROACH
<b>Family</b>	<ul style="list-style-type: none"><li>• Parent Training</li><li>• Family Intervention</li></ul>
<b>School</b>	<ul style="list-style-type: none"><li>• School based Health Education (Curriculum)</li><li>• School Organisation and Behaviour Management (Includes school discipline procedures, safety, policies and practices )</li></ul>
<b>Community</b>	<ul style="list-style-type: none"><li>• Community Based Health Education</li><li>• Community Mobilisation (campaign)</li><li>• Health Service Reorientation</li></ul>

# Health promotion approach

TARGET GROUP	APPROACH
<b>Peers</b>	<ul style="list-style-type: none"><li>• Utilise peers to provide support or deliver a health message.</li><li>• Provide recreational opportunities outside the school</li><li>• Mentorship</li></ul>
<b>Government</b>	<ul style="list-style-type: none"><li>• Employment and Training</li><li>• Law, regulation, policing and enforcement</li></ul>
<b>Media</b>	<ul style="list-style-type: none"><li>• Social Marketing (promoting health message)</li></ul>

# Reference

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Thank You