



Health Promotion For Youth

(Focus on developing personal skills)



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Health Promotion

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity, Health promotion is the process of enabling people to increase control over and to improve their health. It moves beyond a focus on individual behaviour towards a wide range of social and environmental interventions (as per WHO).

The first international conference to address the issue of Health Promotion was held in Ottawa in 1986 that resulted in the proclamation of the “Ottawa Charter of Health Promotion”. The charter incorporates five pillars as key action areas and three basic strategies for Health Promotion.



Three Basic Strategies for Health Promotion



Importance of health promotion for youth - 5 main reasons

- 1. Health behaviours in youth continue into whole life :** Adolescence is a time when new health behaviours are laid down—behaviours that track into adulthood and will influence health and morbidity throughout life.
- 2. Immediate effects of adolescent health behaviours :** Adolescent health behaviours have a direct effect on immediate as well as long term health outcomes and quality of life - . for example, regular physical activities, consuming balanced diet, avoiding risky sexual behaviour (preventing sexually transmitted infection or teenage pregnancy) and maintaining healthy hygiene practices.
- 3. Worrying trends in morbidity and mortality :** Adolescent mortality and morbidity show worrying trends in priority areas, such as mental health (for example, male suicide rates), sexual health (teenage pregnancies), and cardiovascular risk (such as obesity and diabetes), road rage accidents etc.
- 4. Developmental issues :** Intervention for adolescents should focus on increasing self-esteem and self-empowerment rather than on a single health issues. Health and Education professionals/sector should act as advocates of change for the young people.
- 5. Clustering of health risk :** Health risk behaviours cluster in adolescence, meaning those who smoke are also more likely to drink alcohol and take drugs. Health promotion may help youth in adopting healthy behaviours.

Source <https://www.ncbi.nlm.nih.gov/pmc/article/PMC552817/>





Develop Personal Skills

This booklet of Health Promotion for youth addresses *personal hygiene, age appropriate diet for healthier you, physical exercise, mental health and refraining from any form of substance abuse*. It is aimed to sensitize & creating awareness amongst youth by providing information on the ways and means to develop personal skills i.e. the 4th pillar of Health promotion (as per Ottawa Charter, 1986).

What is personal hygiene ?

Personal hygiene is all about managing your body hygiene, essentially caring for your well being, incorporating some physical hygiene habits which will have mental health benefits also. Good personal hygiene includes the below mentioned but not limited to:



♦ Wash your hands frequently



♦ Take regular shower & Wash your genitals



♦ Keep your clothes dry and clean

Insufficient personal hygiene may leads to:

- Bad body odor
- Bad breath
- Dental diseases
- Air borne infection
- Food borne diseases
- Water borne diseases
- Skin & hair diseases
- Urogenital tract diseases
- Eye & ear diseases
- Social rejection
- Depression



♦ Maintain oral hygiene



Fitness Protocols

Age Appropriate Fitness Protocols and Guidelines for age 18-64 years

1. Young adults should do at least 150 minutes to 300 minutes of moderate- intensity aerobic physical activity, or do at least 75 to 150 minutes of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate and vigorous-intensity activity throughout the week for substantial health benefits;
2. Young adults should also do muscle-strengthening activities at moderate or greater intensity that involve all major muscle groups on 2 or more days a week, as these provide additional health benefits.

1

Flexibility related Activities

Forward Bend
Calf Stretch
Child's Pose
Knee to Chest
Bend Down

2

Strength related Activities

Straight Leg Raises (Lower Body Strength)
Push-Ups on the Wall (Upper Body Strength)
Curl Up (Core Strength)
Plank (Core Strength)
Push-ups (Upper Body Strength)
Squat (Lower Body Strength)

Endurance related Activities

Spot Running (Improves Speed & Endurance & Core Strength)
Climbing Stairs (Endurance)
Jumping Jacks (Endurance)
March and Swing Your Arms (Endurance)
Brisk Walking (Endurance)
Quick Air Punches (Endurance)
Swimming (Endurance)

Balance related Activities

Single Leg Stance
Leg Swings
Walking On Lines of different shapes

4

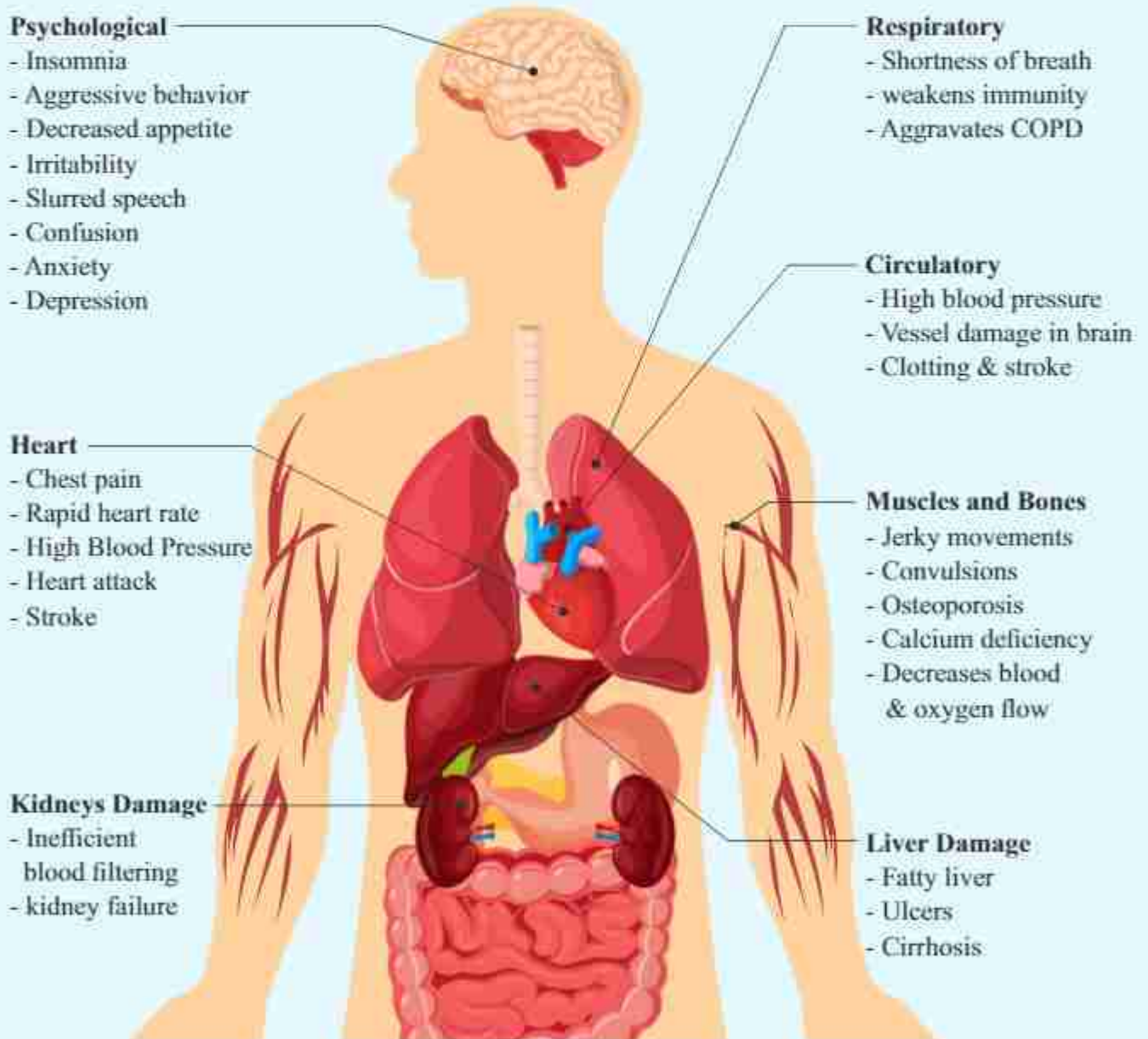
3

Walking lunges (Muscular Endurance)



Effects of Tobacco, Alcohol & Drugs on the Body

Harmful effects of Tobacco (Bidi, Cigarette, Khaini, Gutkha etc.), Psychoactive Drugs (cocaine, heroin, anabolic steroids, synthetic cathinones etc.) and Alcohol. Consuming any of these are dangerous to health.



SAY NO TO - TOBACCO, ALCOHOL & DRUGS



Mindfulness and Self-Care: Nurturing Your Well-Being

What is Mindfulness ?

Mindfulness: a state of nonjudgmental awareness of what's happening in the present moment, including the awareness of one's own thoughts, feelings, and senses.

Components of Mindfulness

Awareness: During a state of mindfulness, you will notice your thoughts, feelings, and physical sensations as they happen. The goal is not to clear your mind or to stop thinking but it is to become aware of your thoughts and feelings, rather than getting lost in them.

Acceptance: The thoughts, feelings, and sensations that you notice should be observed in a nonjudgmental manner. For example, if you notice a feeling of nervousness, simply state to yourself: "I notice that I am feeling nervous". There's no need to further judge or change the feeling.

Benefits of Mindfulness

Reduced symptoms of depression and anxiety

Improved memory, focus, and mental processing speed

Improved ability to adapt to stressful situations

Greater satisfaction within relationships

Reduced rumination (repetitively going over a thought or problem)

Improved ability to manage emotions

Source: TherapistAid.com





Menstrual Hygiene

Do's

- Use good quality napkin, change it regularly and dispose it properly.
- Remember to take and change napkin whenever going out to prevent embarrassment.
- Wash the genital area after each use of toilet, also after urination.
- Keep the area between your legs dry.
- Use completely dried preferably cotton undergarments.
- Take bath every day during menstrual periods.
- Take nutritious food.
- Indulge mild physical activities.



Insufficient menstrual hygiene may lead to:

- Increased risk of urogenital infections.
- Irritation, itching and rashes in the vaginal area.
- Bad body odor leading to social rejection.
- Fatigue and lack of interest in work.
- Anemia.
- Risk of Hepatitis B & HIV/AIDS.



Road Safety: Drive Safe - Save Lives

Do's

- All the occupants of the two wheeler & car whether on the front or backseat must wear helmet and seatbelt.
- Always follow speed limit
- Always drive on the left side of the road.
- Always use indicators to let other road users know about the change in the direction of travel.
- Follow the traffic rules and signals and Stop your vehicle before the Zebra-crossing to allow Pedestrians to cross the road.
- Always give way to ambulances, fire brigade and other life saving vehicles etc.
- Always keep a safe distance from the vehicle in front of you.
- Use other modes of transport (Bus, Metro, cabs, auto rickshaws etc.) if you/your friend are drunk or intoxicated.
- Always keep a first-aid kit in your vehicle for emergency.



Follow Traffic Light



Wear Your Seat Belt



Don't Over Speed



Avoid Distractions

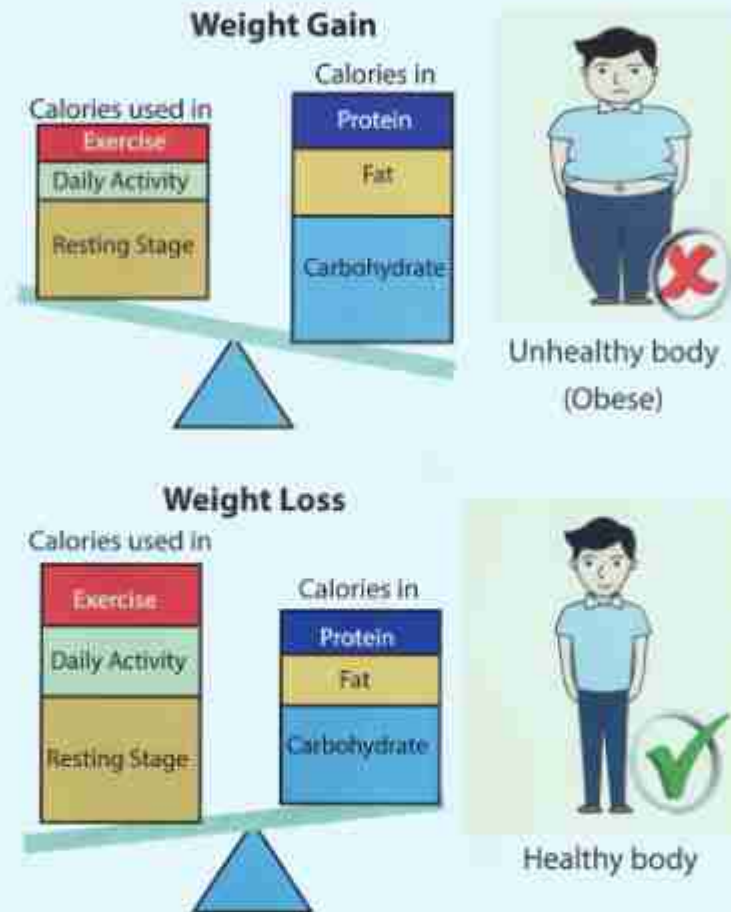
Don'ts

- Do not drink & drive, it may be fatal
- Avoid distractions (avoid using mobile phone)
- Do not over take from wrong side
- Do not over speed
- Do not change lane frequently
- Do not blow horn at declared "No-honking zones like hospital zones and school zones, etc.
- Do not jump traffic signals
- Do not drive when you are tired/sleepy/drowsy



Age Appropriate Diet for a Healthier Youth

Many boys and girls in developing countries enter adolescence undernourished, easy making them more vulnerable to disease and early death. Increased production availability of processed foods, rapid urbanization and changing lifestyles have led to a shift in dietary patterns.

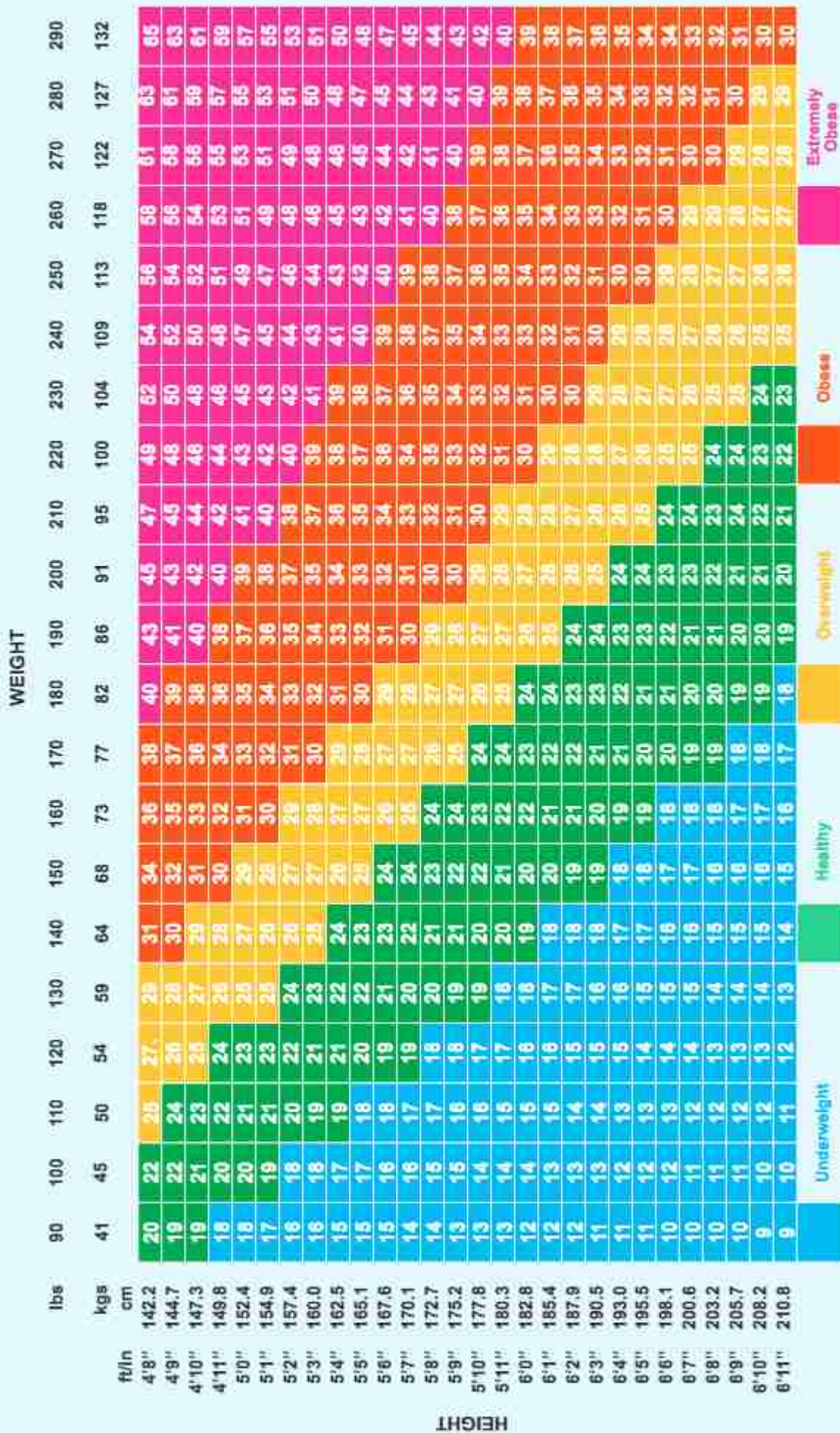


- Energy intake (calories) should be in balance with energy expenditure.
- Ensure sufficient protein intake for muscle development.
- To avoid unhealthy weight gain, total fat should not exceed 30% of total energy intake per day.
- Limiting intake of free sugars to less than 10% of total energy intake is part of a healthy diet.
- Keeping salt intake to less than 5 gram per day which are preferably non processed.
- Prioritize nutrient dense foods to ensure you get essential vitamins and minerals.

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To find your BMI, locate where your height and weight intersect; your BMI is listed in the square.



← REDUCED RISK INCREASED RISK →



Breakfast -

1 glass of low fat milk - (250ml), 2 slices of brown bread/2 roti, 2 idlis/dosa or 1 bowl dalia/oats/porridge sprouted dal, paneer -25gm or 2 egg white and **250-500 ml Water (1-2 glass)**

Snacks -

1-2 whole fruits/nuts & seed - 25-50gm whole or in a Smoothie and **250-500 ml Water (1-2 glass)**

Lunch -

Clear soup, salad, roti 3 (preferably combination of wheat flour and chana in ratio of 4:1), rice 1 katori, whole dal 1 katori, curd 1 serving, green vegetables 1 serving, fresh fruit 1 (seasonal fruit) and **250-500 ml Water (1-2 glass)**

5 Small Meals in a Day

Dinner -

Salad, soup, roti 3, whole dal 1 katori, green vegetables 1 serving, soya nuggets/paneer 1 serving or grilled fish/chicken and **250-500 ml Water (1-2 glass)**

Early Evening Snacks -

Sprouts chat/veg. upma (1/2 katori), roasted chana, Fresh Juice/1 cup tea/coffee, 2-3 biscuits and **250-500 ml Water (1-2 glass)**

A Daily Platter for Health Promotion

