



CORE FOCUS ON ADOLESCENT HEALTH

Nursing

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KEYWORDS:

Suicide is leading cause of death: Depression is the major one cause of illness and disability.



Who's "Health for the world's adolescents" report reveals that depression is the predominant cause of illness and disability for both boys and girls aged 10-19 years. The cause of adolescent deaths globally suicide. Worldwide, an estimated 1.3 million adolescents died in 2012.

Drawing on a wealth of published evidence and consultations with 10-19 year olds around the world, the report also brings together, for the first time, all WHO guidance on the full spectrum of health issues affecting adolescents mental and violence. The report recommends key action to strengthen the ways countries respond to adolescent's physical and mental health needs.

"The world has not paid enough attention to the health of adolescents" says Dr. Flavia Bustreo, Assistant Director-General for Family, Women and children's health. WHO "we hope report will focus high level attention on the health needs of 10-19 year-olds and serve as a spring board for accelerated action on adolescent health"

Mental health problems take a big toll

Globally, depression is the number 1 cause of illness and disability in this age group, and suicide ranks number 3 among cause of death. Some studies show that half of all people who develop mental disorders have their first symptoms by the age of 14. If adolescents with mental health problem get the care they need, this can prevent death and avoid suffering throughout life.

Pregnancy and childbirth-related deaths have fallen

Deaths due to complications of pregnancy and childbirth among adolescents have dropped significantly since 2000, particularly in regions where maternal mortality rates are highest. WHO's south East Asia, Eastern Mediterranean and African regions have seen estimated declines of 57%, 50% and 37% respectively. Despite these improvements, maternal mortality still ranks second among cause of death among 15-19 years old girls globally, exceeded only by suicide.

Teen Suicide Statistics.

Suicide is the third leading cause of death for 15-24 year-olds. (2015 CDCWISQARS)

Suicide does not just happen. Studies show that at least 90% of teens who kills themselves have some type of mental health problem, such as depression and anxiety. Suicide is second leading cause of death for collage- ages 12-18. (2015 CDCWISQARS).

More teenagers and young adults die from suicide than from cancer, heart disease, AIDS, birth defects, stroke, Pneumonia, influenza and chronic lung disease, COMBINED. Each day in our nation, there are

an average of our 5,240 attempts by a young people's grades 7-12. Four out of five teens who attempts suicide have given clear warning sighs.

New data on adolescent health behaviors

New data from countries where surveys have been done show that fewer than 1 in every 4 adolescents does enough exercise WHO recommends at least one hour of moderates to vigorous but some trends in adolescents health related behaviors are improving . for example rates of citrates smoking are decreasing among younger adolescents in most high income countries as well.