Why Focus on Adolescent Health and Wellbeing?
Our future: a *Lancet* Commission on adolescent health and wellbeing

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Before the First 1000 Days
Spring Webinar
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Potential, Opportunity & Challenge
The pubertal cascade

Late childhood and adolescent neurodevelopment

Nutritional, physical, social and cultural environment

Interactive shaping

Subcortical maturation

Prefrontal cortex maturation

High level cognitive, social and emotional capacities

Age

7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30
The largest generation in human history.....
"Young people are the world’s greatest untapped resource."

UN Secretary-General
Recommendations
Key Recommendations

1. Reframe adolescent health
2. Match action to need
3. Universal health coverage
4. Intersectoral action
5. Engaging and empowering youth
6. Grow knowledge and capacity
A Broader Lens

Global adolescent health today

Adolescent health needs

HIV  SRH  Mental Health
Nutrition  Infectious diseases  Violence
Substance Abuse  Injury  Chronic Physical Illness

HIV  SRH  Mental Health
Nutrition  Infectious Diseases  Violence
Substance Abuse  Injury  Chronic Physical Illness
Longer and Broader Still

- Needs
  - Health determinants
  - Health risks
- Health problems
- Health services
- Structural actions
- Community actions

- Actions

- Preconception health
- Fetal development
- Early child development
- Adolescence
- Adulthood
Global health profile of 10- to 24-year-olds
Undernutrition DALYs in 10-24 year olds in 2013
Overweight and obesity change since 1990

Prevalence in 2013

Annual percentage change from 1990 to 2013

THE LANCET
Knowledge & Capacity for Accountability

**Assessment**
- Health status
- Policy and service responses
- Financial investments

**Health actions**
- Structural
- Community
- Health services

**Communication**
- Government sectors
- Young people’s organisations
- Young people, families and communities
- Funders and international agencies

**Governance**
- Political incentives
- Economic incentives
- Legal processes

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**Take the account**

**Share the account**

**Hold the account**

**Respond to the account**

**Adolescent & young adult engagement**

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