

**Title:** Putting Adolescent Health on the Nation's Agenda-Adolescent Health: Think, Act, Grow

**Track:** School Health: Programs and Services

**First Choice Presentation:** 60 minute workshop

**Second Choice Presentation:** 30 minute workshop

**Topic:** School Health Services

**Percentage Lectured / Interactive:** 75/25

**Presentation Level:** Intermediate

**Core Beliefs Addressed:**

**Health and learning are directly linked and essential to the development of healthy, resilient citizens.**

Academic success is an excellent indicator of the overall well-being of youth and a primary predictor of adult health outcomes.

**Schools are uniquely positioned to help students acquire healthy habits for a lifetime.** Schools prepare students to be college and career ready, which includes being a health literate adult.

**Schools should be safe, nurturing environments that facilitate learning for all.** School climate, school connectedness and a caring, safe learning environment promote student success and teacher retention through parent and community partnerships, policies and practices.

**Abstract:**

Adolescence is a time of rapid change and development, and it is a critical time for intervening to set the course for lifelong health. Most of the nation's adolescents are generally healthy, but mental health problems, alcohol, tobacco and drug misuse, obesity and violence sideline too many young people. Families, communities, educators, youth leaders, healthcare providers, and young people can take concrete steps to promote the overall health of adolescents now and into the future.

Participants in this interactive session will learn about an effort aimed at putting the teen years on the nation's agenda as a top priority. Led by the Office of Adolescent Health (OAH) in the U.S. Department of Health and Human Services (HHS), Adolescent Health: Think, Act, Grow (TAG), is a call to action for all who care about young people and want to build healthy futures for all adolescents. Drawing on research and best practice, TAG offers a set of actions developed by a broad group of stakeholders and grounded in science for six professional sectors, including education, public health, and after-school programs. This session will highlight opportunities and strategies for improving adolescent health in schools and through connections between schools and communities. The session will include small-group discussions for participants to explore ideas for leveraging TAG's resources to support their own work.

OAH will provide one-page handouts on TAG.

**Lead Presenter Disclosure:** Conflict: No;

**Second Presenter Disclosure:** Conflict: No

**Student Presentation:** No

**Learning Objectives:**

**Objective 1:** Identify health opportunities of adolescence, and understand TAG's goals and activities after hearing research highlights on the importance of adolescent years for improving the short- and long-term health of adolescents; information about TAG's goals.

**Objective 2:** Leverage TAG's resources to improve adolescent health in their schools and communities. Information and discussion about TAG's action-oriented steps is specific to educators and school personnel and strategies.

**Objective 3:** Understand multiple ways that they and their school or organization can be part of TAG through information and facilitated discussion about opportunities for educators and school personnel to partner with TAG, including specific examples

### **Summary**

Adolescent Health: Think, Act, Grow is a national call-to-action to improve the health of adolescents. This presentation will highlight key research findings that demonstrate unique opportunities during adolescence to promote the health and healthy development of adolescents today and in the future. Examples of TAG resources tailored for educators and school personnel will give participants concrete ideas and action steps they can apply in their work to improve adolescents' health in their own schools.