• Children’s health
  – Two areas of focus: poverty, prevention
  – Prevention
    • Immunization
    • Efforts to avoid accidents
      – Close monitoring needed as children gain locomotor and manipulative skills
    • Caregivers’ roles important

• Adolescents’ health
  – Many factors and lifestyle linked to both poor health habits and early death in the adult years begin during adolescence
    • Important models:
      – Family p.124
      – Peers p.124
  – Improving adolescent health
    • Reduce health-compromising behaviors
    • Encourage health-enhancing behaviors

• Emerging and young adults’ health
  – Twice the mortality rate of adolescents p.125
  – Engaging in more health-compromising behaviors
  – More chronic health problems, more likely to be obese, more likely to have a mental health disorder
  – Little thought about lifestyle’s links to health
    • Poor lifestyles associated with poor health
      – Impairs life satisfaction
      – Physical health at age 30 predicts

• Health and aging
  – Only 17% of US adults aged 65 to 74 have a disability
  – 50% of US adults aged 85 and above have a disability

• Chronic disorders
  – Rare in early adulthood, increase in middle adulthood, and common in late adulthood
  – Slow onset, long duration
    • Types vary by gender
      – Men have a higher incidence of fatal chronic conditions
Health, Illness, and Disease

• Health and aging
  – Osteoporosis
    • Extensive bone tissue loss; affects walking
    • 80% of US cases: females, leading cause of broken bones
      – Most common in White, thin, small-framed women
    • Affects two-thirds of women over age 60
    • Related to deficiencies in calcium, vitamin D, estrogen, and lack of exercise
    • Eat foods rich in calcium, exercise, avoid smoking

• Health and aging
  – Dementia
    • Neurological disorder; primary symptoms involve a deterioration of mental functioning
    • Lose the ability to care for themselves
    • Can lose the ability to recognize familiar surroundings and people

• Health and aging
  – Alzheimer disease (one form of dementia)
    • A progressive, irreversible brain disorder, characterized by a gradual deterioration of memory, reasoning, language, and eventually, physical function.
    • 2009: about 5.3 million Americans affected
    • A deficiency in the brain chemical acetylcholine
    • causes: age, genes, lifestyle
    http://youtu.be/9Wv9Rk-pXc

• Health and aging
  – Parkinson disease (another type of dementia)
    • Chronic, progressive, characterized by muscle tremors, slowing of movement, and partial facial paralysis
    • Triggered by degeneration of dopamine-producing neurons in the brain
    • Drug treatments in early stages; loss of effect over time
    • Deep brain stimulation shows promise
    http://youtu.be/1yCgLythe00

• Health treatment for older adults
  – Alternative home, community-based care
    • Nursing homes used less; need increases as person ages
  – Nursing homes: Quality varies enormously
  – Problems: failed inspections, minimal standards, over 1/3 have serious deficits, patient rights issues
  – Best care promotes ‘patient self-control’
    • Self-control in care linked to longevity, activity level, alertness and happiness

Figure 4.7 - Perceived Control and Mortality
**Nutrition and Eating Habits**

**Infancy**
- Nutrition important for development and growth
  - Recommended 50 calories per day per pound of body weight
- Breastfeeding versus bottle feeding:
  - Controversial; breastfeeding appears better
    - Rate has increased in US since 1970
    - Benefits: fewer gastro/respiratory infections; reduces risks of asthma, diabetes, SIDS
    - Lowers risk of ear/skin infections
  - Benefits mother: lowers risk of diseases
- When should breastfeeding be avoided

**Childhood**
- Overweight children
  - Obesity is a serious problem – measured by BMI
  - Being overweight during preschool years is linked to being overweight during adolescence and adulthood
  - Girls

**Consequences of obesity**
- Medical and psychological problem
  - Diabetes, high cholesterol, hypertension
  - Low self-esteem, depression, exclusion by peers
- Treatment of obesity
  - Diet, exercise, behavior modification programs

**Adolescence**
- Nutrition and being overweight are key problems
  - Eat more junk food; less vegetables and fruits
  - Overweight in adolescence remains at epidemic level
    - Higher percentage for females
    - Ethnic variations exist: African American girls, Latino boys at highest risk
  - Interventions: exercise, reduction of sedentary activity, behavior therapy, calorie restriction

**Eating disorders**
- Anorexia nervosa
  - Relentless to be thin by starvation
  - Serious disorder; can lead to death
  - Characteristics p.136
  - Begins in the early to middle teenage years
  - Most are white females from well-educated, middle- and upper-income families
  - High standards, competitive
  - Media and American culture fashion image
  - Media and American culture fashion image
  - http://youtu.be/sz-nPMTXduo

- Bulimia nervosa
  - Binge-and-purge eating pattern; use of laxatives or self-induced vomiting
  - Preoccupied with food; depressed/anxious, fear of being overweight, low self-esteem
  - Typically fall within a normal weight range
  - 90% are women, onset in late adolescence or early adulthood
  - Binge eating disorder (BED)
    - Eating in secret and feeling disgust after the episode
Nutrition and Eating Habits

• Adult development and aging
  – Nutrition and eating behavior are important
  – Obesity is a problem; 32% of U.S. adults in 2004
    • Being overweight increases risk of middle age death —
      40% higher
  – Worldwide: rates for women increasing faster
  – Environment has dramatic effect — greater access to food/higher fat content

http://youtu.be/QOerIhejPw0

• Adult development
  – Exercising and diet
    • Most effective weight loss/control is exercise
      – 30 minutes a day, healthy meal planning
      – Daily weighing; keep a food diary
    • Weight loss from diets may pose health risks
      – Liquid/very low cal diets affect gallbladder
      – Successful weight loss; less depressed

Exercise

• Adulthood
  – Moderate/intense exercise may have physical and psychological gains
    • Prevention of heart disease, live longer
    • Aerobic exercise: Sustained activity that stimulates heart/lung functioning
    • Exercise aids mental and physical health

• Ways to exercise more
  – Reduce TV time
  – Chart your progress
  – Get rid of excuses
  – Eliminate “I don’t have time” by making exercise a priority
  – Imagine the alternative
  – Learn more about exercise

Substance Use

• Adolescence and emerging adulthood
  – Healthy lifestyle: Exercise, avoid substance use
  – Cigarette use — Onset in childhood/adolescence
  – Many alcoholics — Onset in high school/college
  – The earlier the use; the more long-term harm

• Aging and exercise
  – Linked to increased longevity
  – Related to prevention of common chronic diseases
  – Improves older adults’ cellular functioning
  – Associated with improvement in disease treatments
  – Reduce decline of motor skills during aging
  – Effective in treatment/reduce risk of mental health problems
  – Linked to improved cognitive/brain functioning
**Substance Use**

- **Adolescence and emerging adulthood**
  - Trend studies: University of Michigan research
  - Annually: 46,000 secondary school students, 400 schools
  - Declines in alcohol use
    - 8th graders: 26% (1996) to 14% (2010)
    - 10th graders: 39% (2001) to 29% (2010)
    - 12th graders: 72% (1980) to 41% (2010)
  - The use of illicit drugs by adolescents has also declined
  - United States still has one of highest use rates of adolescent drug use

- **Substance Use**

- **Adolescence**
  - Cigarette smoking – Decline since 1996/1997
    - 2007 percentage of surveyed still smoking
      - 8th graders: 7%, 10th graders: 14%, 12th graders: 19%

- **Substance Use**

- **Adolescence**
  - Parents, peers, social support have role in preventing substance use
    - Positive relationships with parents
    - Parental monitoring
    - Family mealtimes together
    - Nonuse by friends in school social network
    - Educational success is a good buffer

- **Substance Use**

- **Emerging adulthood**
  - Critical transition from adolescence to college
    - Alcohol use is common among many
    - Binge drinking problems at colleges
      - Dramatic increase among females
        - Problems include missing classes, physical injuries, troubles with police, and unprotected sex.
      - Alcohol/drug use declines in mid-20s

- **Substance Use**

- **Older adults**
  - Majority over 65 abstain from alcohol use
  - Substance use — “invisible epidemic” among elderly
    - Undetected: Illicit and prescription drugs
    - Consequences of abuse:
      - Depression
      - Inadequate nutrition, frequent falls
      - Congestive heart failure

- **Substance Use**

- **Older adults**
  - Moderate use of red wine linked to longevity, better physical and mental health
    - More open socially, self-mastery
    - Lowers stress, lower heart disease risk