Ten reasons for investing in young people’s health

References

1 Adolescence is a critical time for health.
   - Data on these topics are provided in Hagell, Coleman and Brooks (2015) *Key Data on Adolescence* (AYPH), particularly in chapter 4 (health behaviour and lifestyle) and chapter 5 (sexual health)

2 Adolescent health is not improving enough.
   - The *Lancet Commission* on adolescent health and wellbeing

3 Young people are not getting the health services or information they require.

4 Good sexual health services and testing are critical.

5 Teenage pregnancy reduction must continue.
   - Teenage Pregnancy Knowledge Exchange, data pages

6 Ignoring chronic adolescent disease costs money.
   - See AYPH’s Key Data on Adolescence 2015, Chapter 7 (physical health, longterm conditions and disability), particularly Charts 7.2, 7.3 and 7.4 on hospital admissions for asthma, diabetes and epilepsy

7 Effects of poor health care in adolescence can last a lifetime.

8 Investing in adolescent health has benefits beyond health
   - Alcohol Education Trust 2016, Facts and figures - overview

9 Mental health issues are diagnosed at this age

10 Important new research has brought new insights.

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