

Adolescents' Concepts of Health and Wellness

Heather Huszti, Ph.D.

Children's Hospital of Orange County

Definitions of Health

- “...a state of complete physical, mental, and social well-being and not merely the absence of disease and infirmity.” (World Health Organization, 1946)
- “...is the actualization of inherent and acquired human potential through goal-directed behavior, competent self-care, and satisfying relationships with others while adjustments are made as needed to maintain structural integrity and harmony with relevant environments.” (Pender, 1996)

LEADING CAUSES OF DEATH IN 15- TO 19-YEAR-OLDS

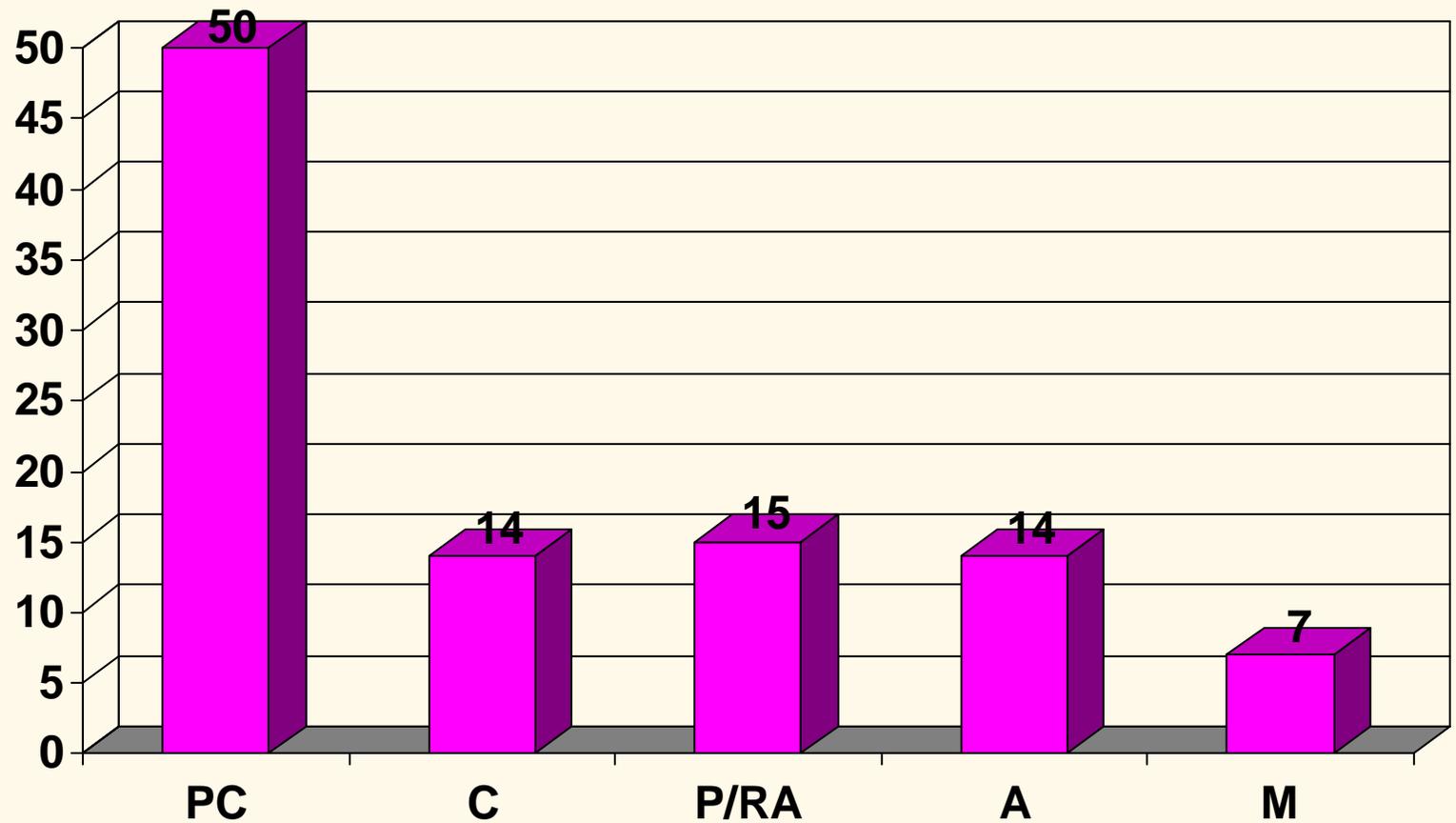
— UNITED STATES, 2001 —

CAUSE	# OF DEATHS
Accidents	6646
Homicide	1899
Suicide	1611
Cancer	732
Heart Disease	347
Congenital Anomalies	255
Chronic Lower Respiratory Disease	74
Stroke	68
Influenza and Pneumonia	66
Blood Poisoning	57

} 1599

Anderson & Smith 2003

Stage of Change in General Community



Questions

- How do adolescents conceptualize health and wellness?
- What do they know about health and wellness?
- How do they get information about health and wellness?

How do adolescent conceptualize health?

- Few studies
- Studies tend to be smaller
- Often using qualitative methodology
- Similar results

Early Adolescents

- 110 6th to 8th graders
- Low-income inner city school
- Two questions
 - How do you define the word 'healthy'?
 - What does being healthy mean to you?
- Responses combined to create categories of health

Buck & Ryan-Wenger, J of Theory Construction and Testing, 2003

Definitions of Health

- **Absence of illness (12.2 %)**
 - Not sick or having disease
 - Not worry about health problems
- **Physique (20.3%)**
 - A good body, strong body
 - Correct weight
 - Physically fit
- **Functional Ability (52.9%)**
 - Able to run
 - Able to perform sports

Definitions of Health

- Health risk avoidance behavior (69.3%) ***
 - Not smoking
 - Not using drugs
- Health promoting behavior (42.4%)
 - Eating health food, eating vegetables
 - Exercising, working out
- Holistic integration (7%)
 - Mentally stable
 - Energized
 - The way you feel about yourself

Other studies

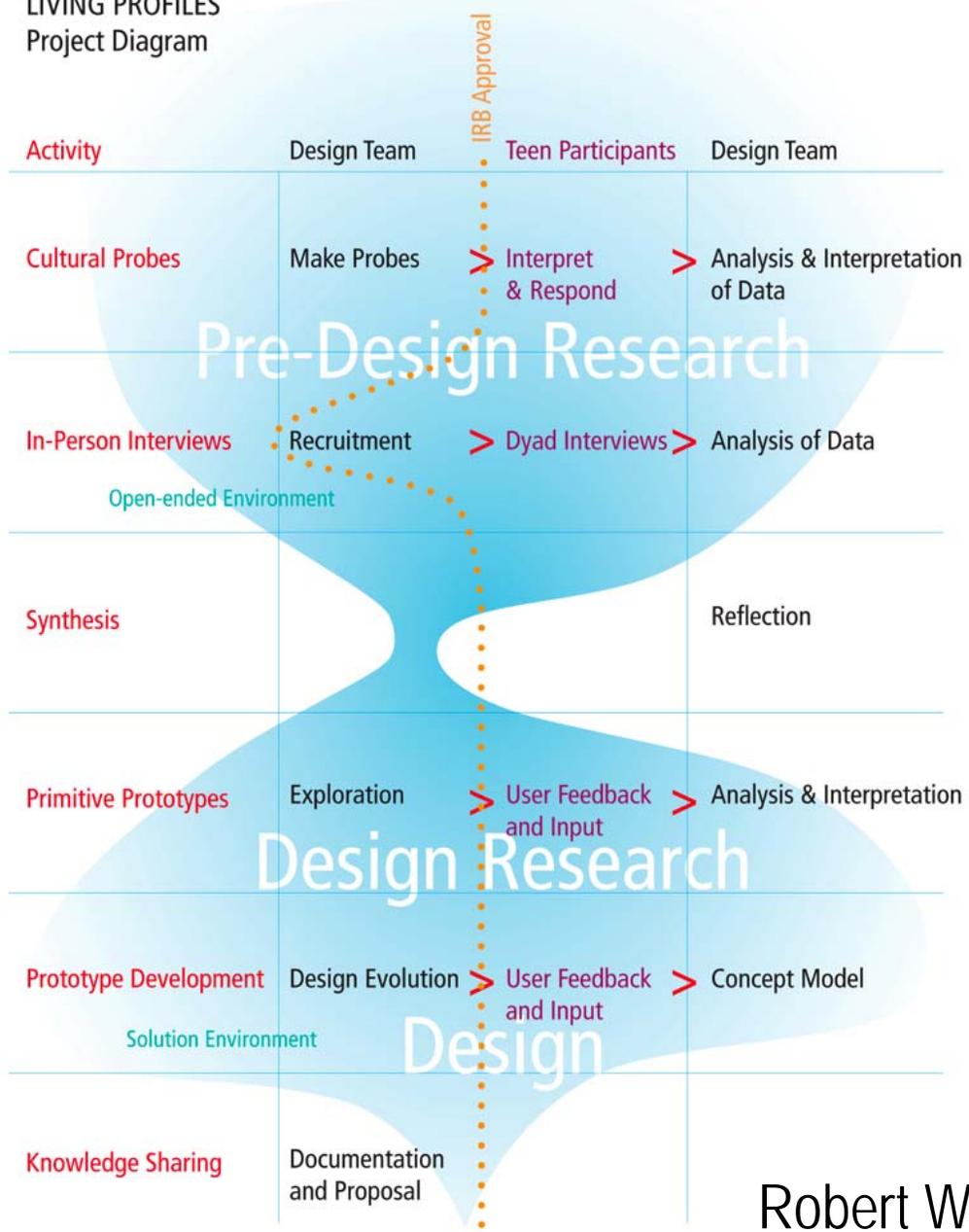
- 6 – 11 year olds, younger children look at specific health practices, while older use feeling states (Eiser, Patterson & Eiser, 1983)
- Younger adolescents describe health in terms of absence of illness, older adolescents greater importance on disease prevention and health-maintenance (Millstein & Irwin, 1987)
- 9th graders, describe health in terms of well-being, absence of illness, being fit, dealing with problems, taking responsibility (Rosenbaum & Carry, 1996)

Living Profiles

- Art Center College of Design
 - Lisa Nugent
 - Sean Donahue
 - Tina Park
- Children's Hospital of Orange County
 - Diane Nugent, MD
 - Amit Soni, MD
 - Heather Huszti, PhD
- Stanford University School of Medicine
 - Peter Chira, MD
 - Christy Sandborg



LIVING PROFILES
Project Diagram



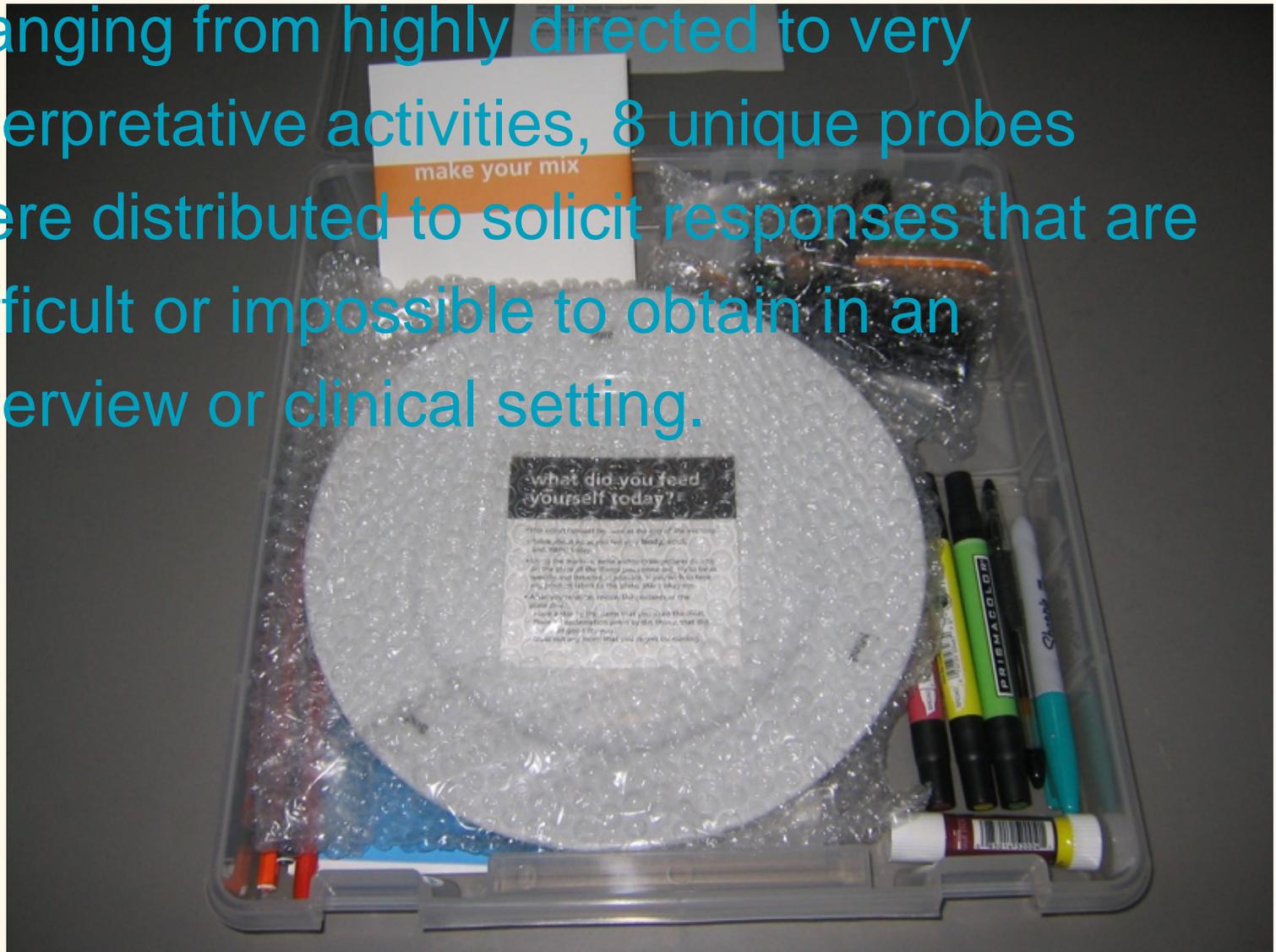
Robert Wood Johnson

Participants

- 35 participants
- Ages 14 – 18 years of age
- Chronic illness (hematology, rheumatology)
- Invite best friend to participate in interview
- Use of cultural probes to elicit information
- Interviews with identified subject and best friend

Cultural probes

Ranging from highly directed to very interpretative activities, 8 unique probes were distributed to solicit responses that are difficult or impossible to obtain in an interview or clinical setting.



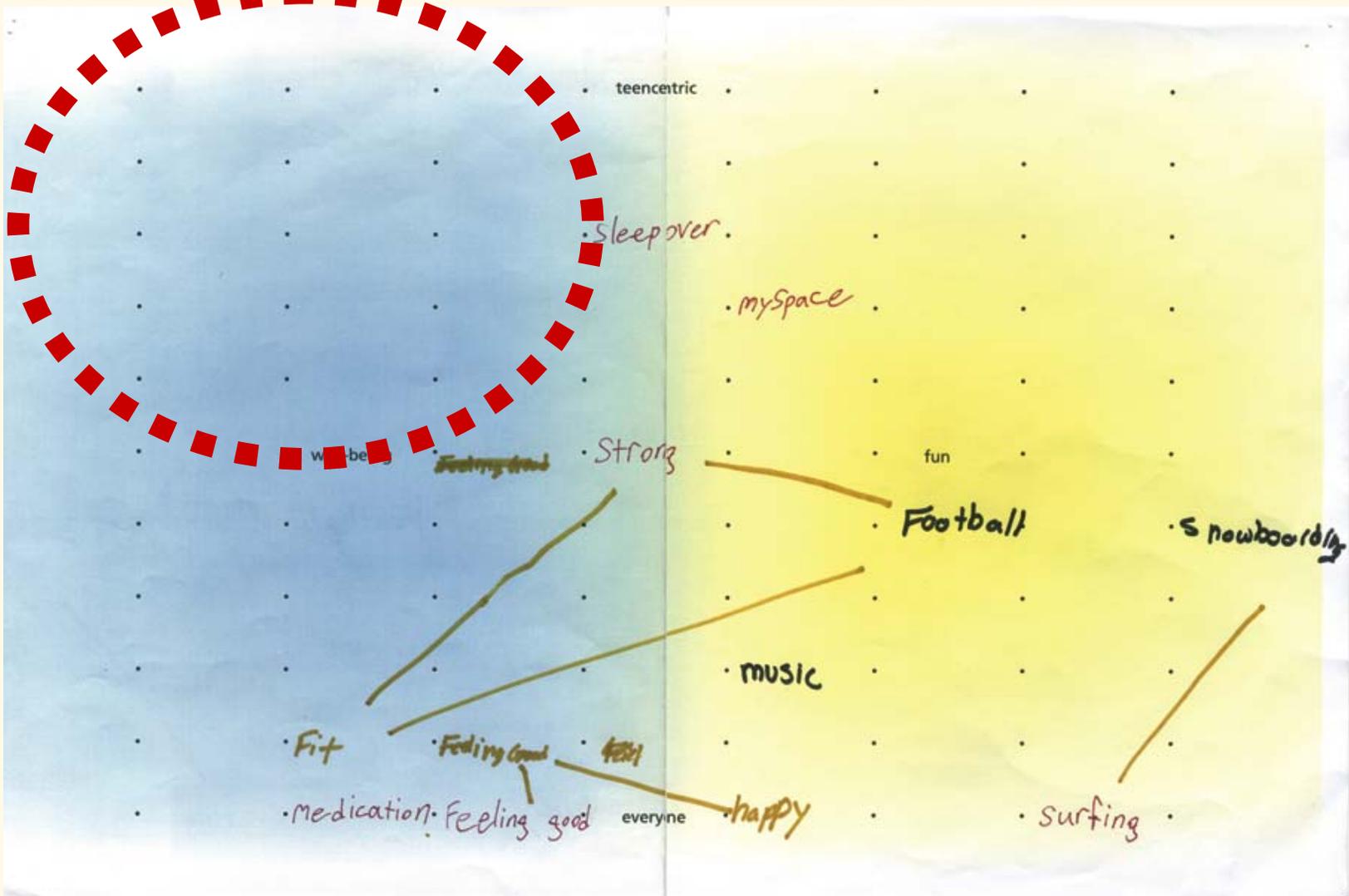
Teen-Centric

Well-Being

Fun

Everyone

Discoveries



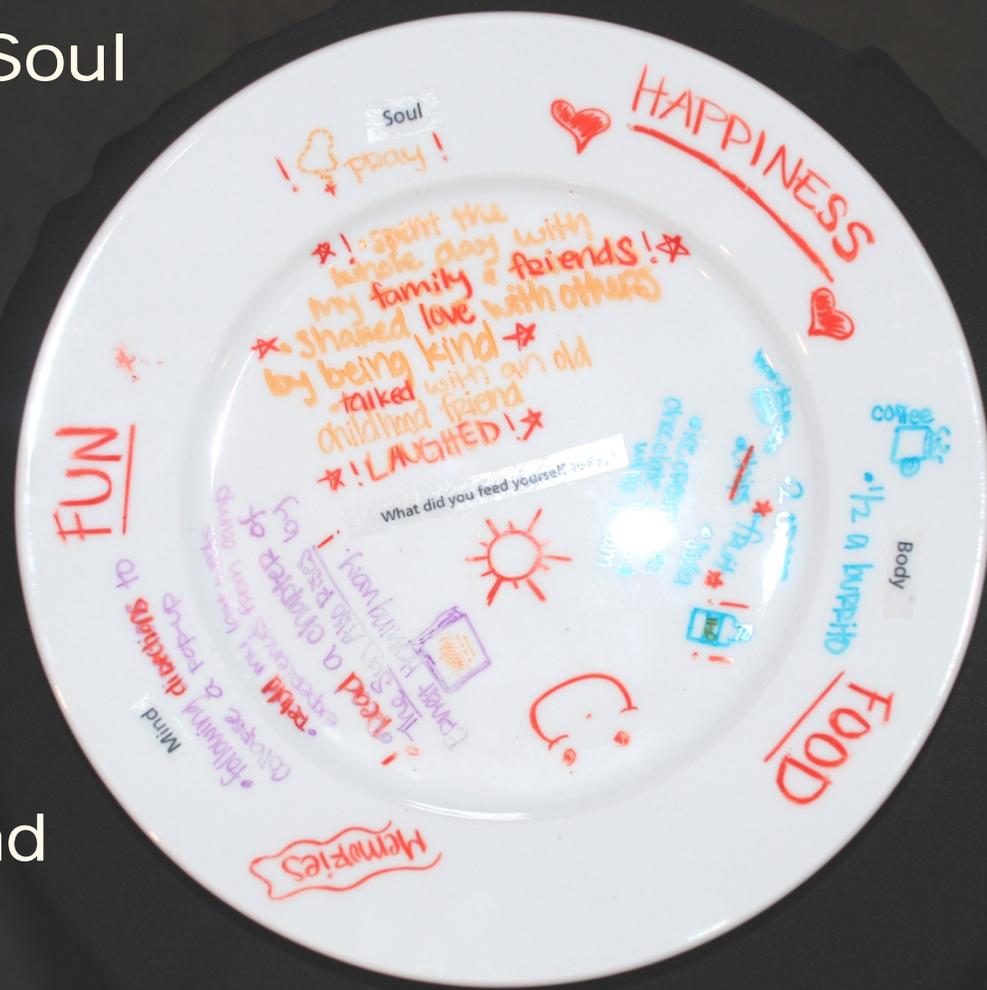
Definition of health

- Food and exercise predominant themes
 - “The way I eat and physically the way I work out all the time and stuff. And yeah, I’m not always stressed out all the time, so... yeah.
 - Eat healthy, I guess, Exercise. That’s it.
Interviewer: And by exercise what do you mean? Subject: Skateboarding
 - Just living a healthy life, being athletic, eating the right types of food.

Soul

Mind

Body



1. your health record

The doctor's office keeps track of your medical visits but this is your chance to create your **personal health record**.

Using the files provided document the moments in your life to date that you feel are or have been important to your mental, physical, and/or spiritual health. A broken arm? A bad hair day?

1. First write a description of your health condition:

mm. I have lupus and was diagnosed when I was 14, freshman year in highschool. whoopee. - haha - not really.

2. Use each folder tab to identify and record a different moment in your health history.

3. When you're done, mark which folders you would want to be **public** and which you would want to be **private**.

4. The last folder is your chance to prescribe something for yourself. What should you do more of? What should you do less of? What do you want to remind yourself to do?

① Public
mm. when I was

5 I accepted Jesus as my personal savior and became a Christian - and then when I was 14 I was baptized.

② I was also diagnosed w/ lupus - which I had never even heard of when I was 14. It was a shock - but I was ok after a while

③ I've been (private)
getting better ever since - no sudden flairs ☺
(public)

a prescription:

Do more: sleep, exercise.
relax, time w/ friends.

Do less: procrastinate, eat stuff
I am "allergic to"

(public)

2. personalize your health records

What do you want the doctor to know about you?

Collect 5 things that you would like to be included in your medical record; they could be photos, drawings, thoughts, questions etc... Using tape, place what you would like to add to your record in the 5 provided spaces.

1



Friends are very important to me !!

2



I love travelling and trying new things

3



EIFFLE TOWER
PYRAMIDS
TAJ MAHAL
MOUNT RUSHMORE

Places I want to go to.

4

"Say what?!?"



I like to talk a lot 😊

5



Smiling & laughing are good ways to relax!!

My friends



All About ME

1. your health record

The doctor's office keeps track of your medical visits but this is your chance to create your **personal health record**.

Using the files provided document the moments in your life to date that you feel are or have been important to your mental, physical, and/or spiritual health. A broken arm? A bad hair day?

1. First write a description of your health condition:

I am a ~~fairly~~ generally happy person who has so much to be thankful for just as everyone else. I have VonWillibrands & ~~she~~ was formally diagnosed about 4 years ago. I don't let this get in my way of doing things that I love to do. I take each day as it comes & try to make the best out of everything.

2. Use each folder tab to identify and record a different moment in your health history.
3. When you're done, mark which folders you would want to be **public** and which you would want to be **private**.
4. The last folder is your chance to prescribe something for yourself. What should you do more of? What should you do less of? What do you want to remind your self to do?

Broken arm

-Public-

gained alot of weight

Angery with God

-Private-

-Public-

Confirmation

made friends at school

-Public-

-Private-

a prescription:

I need to remember who my real friends are at times and not treat them with dispespect. I can be a little mean sometimes, & I need to not be. I also need to open myself up a little & make new friends & not be so shy.

What do adolescents know about what they consider healthy?

- 236 9th to 12th graders
- Completed questionnaires
- Self-perception of knowledge across areas
- Knowledge test

Zenner & Pritchard, Academic Exchange Quarterly, 2007

What do adolescents know about what they consider healthy?

Topic	70-80% correct	All correct	Pearsons corr
Nutrition	32%	2%	.21 **
Eating Disorders	30%	5%	.26 **
Sleep	28%	2%	.01

How do you know what you don't know?

Zenner & Pritchard, Academic Exchange Quarterly, 2007

Information

- Where do teenagers go for health information?

Where get health information?

- Living Profiles, no questions for physicians, but had topics they wanted to know more about
- 71% of adolescents reported health risk, but 63% did not talk to MD about risk (Klein & Wilson, 2002)
- 11 – 19 year olds prefer health information from physician, but concerned about privacy issues and lack of availability (Gray, et al., 2005)

Where get health information?

- It may depend....
- 210 high school students
- Health scenarios; pneumonia, smoking, initiate sex, symptoms of depression
- Pneumonia: Physicians and parents
- Smoking: Friends, parents, physicians
- Initiate sex: Partner, friends
- Depression: Partner, psychologist, friend

Marcell & Helpern-Felsher, J of Adol Health, 2007_

Internet?

- Several studies suggest adolescents use the internet
- Concerns about privacy
 - Adolescent definitions of privacy
- Concerns about reliability of information
 - See books and magazines as more reliable
 - “Wouldn’t print it if it weren’t accurate.”



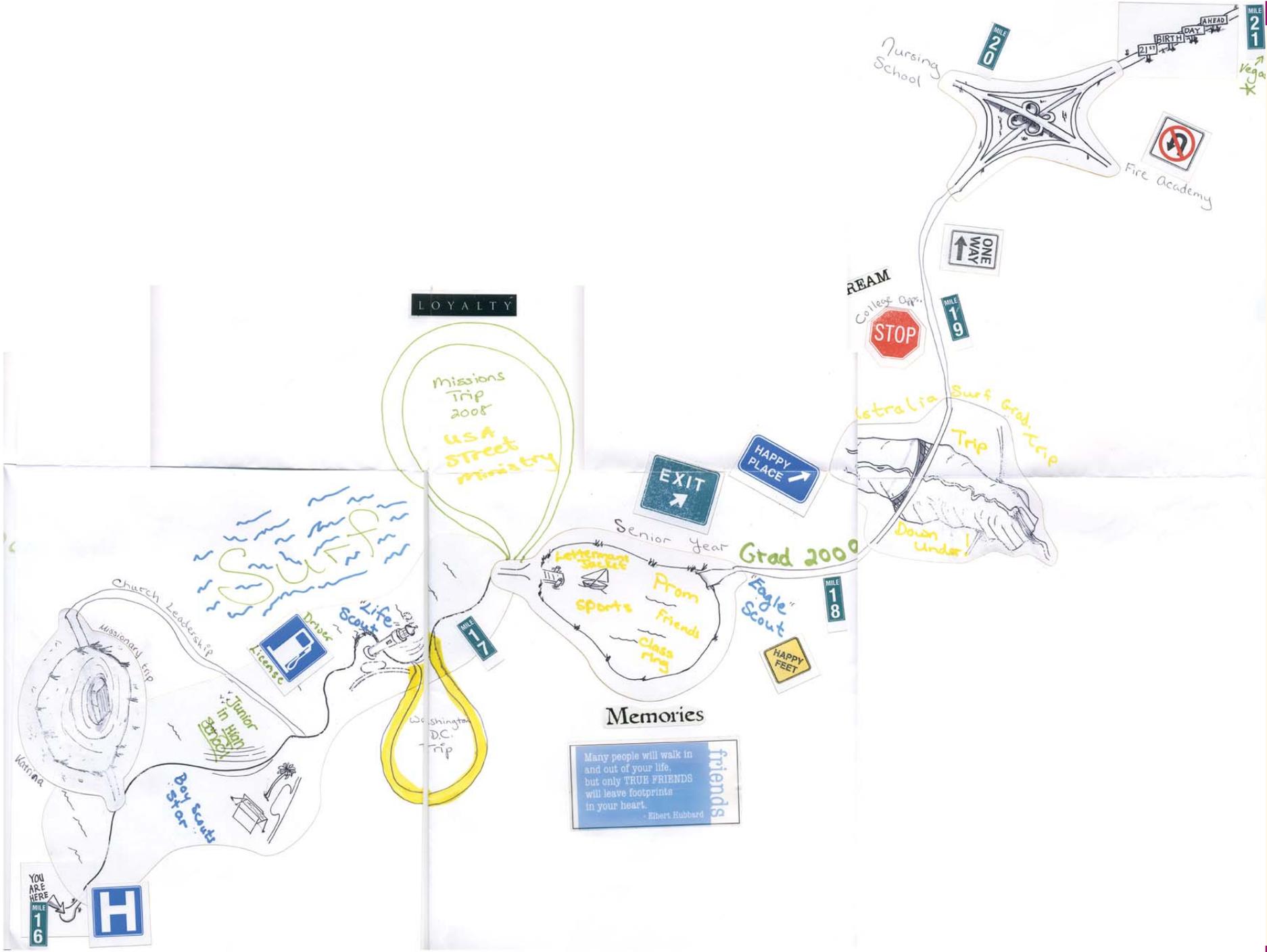
Shanahan

What do you do when you're hurt?

I usually lay down and watch T.V. or have my mom hold me like she did when I was little.

How do you know when it's something serious?

I don't really know when it's something serious. I think I handle pain pretty well, so I try to just ignore the pain when it's there. That's something I definitely need to work on in order to stay healthy.



LOYALTY

Missions Trip 2008
USA Street Ministry

Surf

Church Leadership
Missions Trip
Kamira
Boy Scouts Star

Driver License

Life Scout

Junior in High School

Washington D.C. Trip

Memories

Many people will walk in and out of your life, but only TRUE FRIENDS will leave footprints in your heart. - Elbert Hubbard

friends

Senior Year Grad 2000

Let's meet sports Friends class ring

Australia Surf Trip

Down Under!

Nursing School

Fire Academy

REAM

College App.

STOP

EXIT

HAPPY PLACE

HAPPY FEET

ONE WAY

MILE 19

MILE 18

MILE 20

MILE 21

vegan

YOU ARE HERE
MILE 16

H