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Webinar

Webinar: Promoting healthy lifestyles during adolescence



Evidence ratings:

This resource has undergone expert review. See our Help/Q&A section for more details.

Year:

Targeted Drugs: Alcohol, Tobacco

Tags: Health4life, Chronic disease, Risky drinking, Health promotion, Lifestyle

Origin: Australian

Cost:
Free

Attachments

Promoting Healthy Lifestyles During Adolescence handout Webinar Transcript

Developers

The Matilda Centre for Research in Mental Health and Substance Use at the University of Sydney and Northwestern University, USA.

Available

1-hour webinar recording and handout, available on demand.

Summary

This webinar is for teachers, school staff, parents and anyone else seeking information about promoting healthy lifestyles among adolescents. Specifically, this webinar will focus on the Health4Life Initiative, a new school-based digital intervention designed to reduce the risk of chronic disease by modifying key lifestyle habits during adolescence.

Chronic diseases, such as cardiovascular diseases, diabetes, cancers and mental disorders, are the leading cause of death in Australia. Physical inactivity, unhealthy eating, risky alcohol use, smoking, sedentary recreational screen time and poor sleep are the "Big 6" risk factors associated with chronic disease. Although the majority of young people are free of chronic disease, far fewer are free of these risk factors. Providing education about the Big 6 to adolescents is critical to ensure that these risk behaviours do not become entrenched, and to reduce short-term harms such as obesity and mental health problems among youth.

A trial of the Health4Life Program is currently underway in schools across Australia. To find out more about the program watch the video below or check out the Health4Life website.

Expected Benefits

This webinar will provide:

- Information about the “Big 6” risk factors, including the patterns and prevalence among Australian adolescents and short- and long-term consequences.
- Strategies and key concepts for promoting healthy lifestyles among adolescents.
- An overview of the Health4Life Initiative, including the development process.
- Information about how high schools in NSW, QLD and WA can participate in a randomised controlled trial (starting in July 2019).

Evidence Base

This webinar was developed by Dr Katrina Champion at the Matilda Centre for Research in Mental Health and Substance Use, University of Sydney and Northwestern University Feinberg School of Medicine, and was informed by a review of the research evidence on this topic.

(Webinar conducted on 20/2/19)

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