



## 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

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

### Available

### Format

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.

Get involved in the Health4Life trial starting July 2019! Watch the video below for more information, or contact us with any questions: [bridie.osman@sydney.edu.au](mailto:bridie.osman@sydney.edu.au)

## 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 to 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.

Page last reviewed: 8 November 2019. (Webinar conducted on 20/2/19)