SUPPORT *YOUR*

Teen Health Support

Ms Ursula Davis
School Nurse
udavis@nhs.net

Teen health at is extremely important;

Adolescence is an important period that lays the foundation for good adult health and relationships. Academic success and achievement are linked to good health and wellbeing. It is therefore extremely important to ensure that young people understand the positive impact a healthy lifestyle can have. Eating

Men ACWY Vacine

Young teenagers, sixth formers and students going to university for the first time are advised to have a vaccination to prevent meningitis W disease.
The Men ACWY vaccine is given by a single injection into the upper arm and protects against four different causes of meningitis and septicaemia – meningococcal (Men) A, C, W and Y diseases.

There are two Men ACWY vaccines called Nimenrix and Menveo. They are very similar and both work equally well.

Sleep

Talk to your teenager and emphasise the importance of sleep. Sleep has proven advantages for memory and performance. Around nine hours' sleep each night is recommended.
Cut out the caffeine to beat insomnia.
Suggest that your teenager drinks less caffeine (contained in drinks such as cola, tea and coffee). Too much caffeine stops them falling asleep and prevents deep sleep.
Don't binge before bedtime
Let teenagers know that eating too much or too little close to bedtime may prevent sleep, due to an overfull or empty stomach. This can be a cause of discomfort throughout the night.
Bedtime routines are a great sleep aid
Encourage your teenager to have a bedtime routine. Doing the same things in the same order an hour or two before bed time can help them drift off to sleep.
Ensure they have a good sleeping environment – ideally a room that is dark, cool, quiet, safe and comfortable.
Limit screens in the bedroom
If possible, don't have a mobile, tablet, TV or computer in the bedroom, as the light from the screen interferes with sleep.

Exercise

Regular exercise helps young people sleep soundly, as well as improving their general health.
Teenagers should be aiming for at least 60 minutes every day.
A young person should take part in three different types of physical activity each week:
Aerobic exercise: young people can dance, swim, play football or rugby, run, cycle and take part in martial arts.
Bone-strengthening: young people can weight train, play badminton, hockey, netball and gymnastics.
Muscle-strengthening: young people can take part in resistance exercises with bands, hand held weights or machines, rock climbing, play basketball and tennis.

Eating

A teenagers body goes through many physical changes – changes that need to be supported by a healthy, balanced diet.
By eating a varied and balanced diet teenagers should be able to get all the energy and nutrients they need from the food and drink, allowing their body to grow and develop naturally. Some important nutrients to be aware of are:
Iron (mineral) for maintaing healthy red blood cells. A good source of Iron can be found in red and white meat, beans, green leaf vegetables and pasta
Vitamin D for preventing hormone deficiencies and muscle weakness. Most people receive sufficient exposure from outdoor activities and the sun, whilst some groups are at an increased risk of low levels, requiring supplements, for example sitting on the computer for long periods. Vitamin D can be found in eggs, oily fish and fortified breakfast cereals.
Calcium for strong teeth, bones and heart muscle. Calcium can be found in cheese, soya, beans, tofu, yoghurt and milk.
Breakfast every morning
It kick starts brain activity and is important preparation for the school day. Having breakfast will help get some of the vitamins and minerals needed for good health.

Fruit and Veg 5 a day

Fruit and vegetables are good sources of many of the vitamins and minerals your teenagers body needs.
Healthier snack ideas
Cut down on food and drinks high in fat, sugar and salt, such as sweets, chocolate bars, cakes, sugary fizzy drinks and crisps.
Stay hydrated
Encourage your teenager to drink six to eight glasses of fluids a day – water and lower-fat milk are all healthy choices.
Feeling tired?
If your teenager is often feeling run down, they may be low on iron. Teenage girls are especially at risk because they lose iron during their period.
Eating disorders
Can effect both male and females at any age, and are characterised by an abnormal change towards food and eating habits. If you are concerned your young person has an eating problem, please speak to your GP, School Nurse of a teacher for advice.