

Nurses Nook - Overview of Adolescent Health

What are the most prevalent health issues of adolescents in the US today? While children are generally healthy at this age, they are primarily at risk from substance abuse, accidents, obesity, chronic conditions (such as asthma), risky sexual behaviors, and mental health issues such as anxiety and depression. These issues apply to high school students but also to a lesser extent to middle school students. Please take a look at this page from the Department of Health and Human Services for a look at the overall picture of adolescent health in the US. If you go to each individual section (e.g. mental health) there is a link to state level data.

<https://www.hhs.gov/ash/oah/adolescent-health-topics/americas-adolescents/picture.html#>

And as always if you have any questions please feel free to contact the nurse in your child's school.