

INTRODUCTION TO HEALTH AND RESEARCH

HEALTH and WELLBEING - WORKING WITH YOUNG PEOPLE

INTRODUCTION

The World Health Organisation (WHO) describes well being as an extremely hopeful attitude possessed by both societies and individuals and are much the same to Health;

It is explained that being able to have a positive input in the world will give people and societies the sense of purpose and quality of life. An example of well being in a society is the ability to take on challenging encounters and show strength and persistency. (WHO)

Health Promotion on Health and Well being (HPHW) gives an insight into the importance of promoting Health and Well being. It has been noted that encouraging Health has been an ongoing influence since the 1970's.

MAIN BODY

The notion of Health and Well being are similarly very private. Over three hundred years ago the Ottawa Charter for Health Promotion reported that health was an asset for daily life and that didn't mean just for the act of being alive, but it described that the requirement for Health involved:

- Education
- Shelter
- Peace
- food
- income
- social justice
- stable eco system
- equity

All of the above are still very just as relevant in 2023.(NPHW)

When promoting Well being the essential expectations involve areas outside of public health. These include:

- Childcare/education
- Business
- Aging
- Mental Health

The titles Health and Well being are very closely connected. Both Health and Well being compliment each other.(NPHW)

NPHW also indicates that Health involves physical and mental states of mind. It reiterates that safety is one of the most important factors of health. It is suggested that safeguarding is paramount during social, physical and economic environments. Well being is suggested to have a profound impact on health. The sense of being comes from aspects of subjective and objective elements. Feeling self worth impacts on physical, spiritual, financial, emotional, occupational factors. (HPHW)

It has been recognised that when paying attention to youth, and using their input and taking their view into consideration, a much more positive impact for success is probable. It has also been recognised that young peoples active involvement shows positive attitudes with young people feeling valued. Evidence presents youth contributions creates positive impacts on governmental decisions and also provided feelings of trustworthiness in the view of society. Research indicates that Youth participation is harmonious with better quantitative and qualitative techniques, and is a source of transformation that in turn could contribute to the research undertaking. Combining youth with data generation, explanation, surveys, gives researchers the ability to obtain awareness. Embracing youth involvements shows positive outcomes.(Academinvolving)

Ncbi determines Health and Well being to be influenced by many factors. These factors include, social structures, such as families and friends, cultures, communities as well as physical environments. Ncbi supports the view of promoting health and wellbeing in healthy people 2030. The Secretary Advisory committee's fully backed the Health and well being in healthy people 2030 and define health and well being with the perspective of how individuals think, feel and function in personal and social aspects of life. Individuals are impacted on the way they think, feel and function as these factors can have a great impact on their sense of purpose and question their own beliefs.

Young People aged between 10 and 24 are recognised as being extremely vulnerable. This age range suggests that young people are likely to take risks, such as consuming alcohol and illegal substance misuse. If these risks are not monitored the long term effects are detrimental rolling into adulthood. Therefore government investments have been greatly received in schools and colleges and this is not only for the purpose of education but also to give young people the opportunity to gain life long skills. (Association of young Peoples Health)

Educating young people on different types of drugs available will give them high quality evidence based information. The majority of young people will not abuse the use of drugs, many young people that do use drugs, have shown evidence of a very low risk of developing detrimental issues or in fact need any treatment intervention. There is evidence that young people who experience difficulties in their young life will most likely be more vulnerable to drug and alcohol abuse. There is a clear aim to prevent these issues escalating or even starting. They include recognising street named drugs, taking the time to establish what young people know about drugs and also engaging in groups to establish what a drug is and the potential harm it can inflict on a person. It is important to understand that educating young people that many drugs are in fact for example tobacco.(Public health wales)

Research shows that combining experimental research and qualitative research is complex due to low quality of evaluating reliable and valid studies in qualitative research. It has also been made clear that Health Promotion techniques are required and proof of the efficiency of peer-delivered health promotion for the younger generation is lacking clarity. (journals.sagepub.com/peer)

WHO recognises that health for all promotion concentrates on the rationale that health is determined by other factors outside the control of the health sector such as income, individual living conditions and education. Improving health and wellbeing is paramount to a successful daily life and subsequently promotes positive impacts social, economic and environmental conditions.

CONCLUSION

Health Promotion expresses a huge range of social and environmental interventions. Concentrating on preventing the underlying causes of ill health not only paying attention to treatment and cure. It is everyone's priority to keep young people safe. There are huge risks if poor health is established at a young age, it is likely that these risks will last a life time.

The importance of maintaining the highest level of health and health equality, where everyone is treated fairly regardless of race, disability, sexuality, geography, status to name a few, is essential and every single person should have the opportunity to attain their optimum health.

Reference List

- <https://academInvolving> (2019)
- <https://assets.publishing.service.gov.uk/media/> (2023)
- <https://ash.wales/wales-headline-statistics/> (2023)
- <https://doi.org/10.1177/001789690106000406>, Peer-delivered health promotion for young people: A systematic review of different study designs Volume 60, Issue 4 (2023)
- <https://www.bing.com/images/piece+of+health+promotion+on+health+and+well+being+young>
- <https://www.ncbi.nlm.nih.gov/> J Public Health Manag Pract. 2021 Nov; 27(6): S242-S248.
- <https://data.unicef.org/> Primary education Last update: June 2022 | Next update (2023)
- <http://www.publichealthwalesobservatory.wales.nhs.uk/alcohol-file-download> (2023)
- <https://journals.sagepub.com/peer> (2023)
- <https://www.who.int/activities/promoting-health-through-good-governance> (2023)

