



Relationship between Health and Nutrition among Adolescents

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DESCRIPTION

Adolescence is a time when home, school, and other environmental influences can impact not only adolescent health but also their future adult health. Currently, adolescent health screening has focused on the health screening. Unfortunately, the biopsychosocial diagnostic process is not without barriers and shortcomings in adolescent health screening. It is currently possible for primary care providers to have more tools and methods to help with disease prevention and health promotion. Besides outlining the importance of the approach to the adolescent patient, our work hopes to both simplify and amplify the efficacy of current tools used in adolescent screening. In the age of big data can be expanded to improve screening accuracy and reduce bias. It will help primary care providers' better implement the BPS model to achieve a more approach to adolescent health care.

Children who experience adversity can experience both negative and positive results, while children with different strengths can experience more positive results. An overall health assessment can provide a more balanced overview of how a teenager behaves in different situations in his life. In addition, integrating strengths into screening and evaluation protocols can lead to more collaborative relationships between adolescents and psychiatrists and more investment in achieving goals. Related to decision making and problem solving, global strategies that guide countries to help the vicious cycle of poverty between generations and encourage countries to focus on supporting youth health. The challenge to achieving these health goals is to leverage government to invest in this age group and improve the country's productivity and economy. Significant data among young people are one of the greatest challenges in promoting their health and rights. Policies to address unmet needs for youth health efforts need to be emphasized to improve the

completion of secondary education, especially among women. By fostering youth skills and values through education, the entire generation can become financially independent, actively contribute to society, and break the vicious cycle of poverty.

Other threats to adolescent health include Non-Communicable Diseases (NCDs) such as mental health, and reproductive health, and obesity. The common theme of these threats is the interventions to these issues must seek to influence an individual's behavior and attitudes while promoting a healthy lifestyle. It is estimated that 20% of young people around the world have mental health or behavioral problems. Depression is the leading cause of global illness burden in people aged 15-19 years, and suicide is one of the top three causes of death in people aged. Addressing these issues requires an interdisciplinary approach. Interventions to identify assess and effectively influence the behavior of young people in low- and middle-income countries. The majority of adolescents can maintain nutritional health by consuming nutritious foods with good bioavailability while avoiding substances that interfere with the absorption of nutrients. A nutritious and healthy diet seems to be most beneficial to adolescent health. Recommended diets vary widely from individual to individual, but beneficial foods include non-starch low glycemic sources such as fatty acid sources, proteins from grass-grown organic sources, nuts, and leafy vegetables includes vegetables and other fiber and phytonutrients. Fruits contain more fructose than vegetables. Eliminating or significantly reducing toxics, chemicals, and foods such as drugs, tobacco, alcohol, sugar, processed foods, fast foods, and non-organic wheat will bring great benefits. Fiber from vegetables, including celery, is preferred, as wheat can cause a higher insulin spike and can contain glyphosate. Eliminating harmful dietary culprits and eating moderate amounts of protein and vegetables can be accomplished on a budget.

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