

Guide to WHO Documents

concerning

Adolescent Health and Development

to assist in the programming process, helping Young
People remain a Force for Change during the World
AIDS Campaign and beyond



**Department of Child and Adolescent Health and Development
Family and Community Health
World Health Organization**

**Geneva, Switzerland
October 1999**



Guide to WHO documents concerning Adolescent Health and Development

INTRODUCTION

The WHO Department of Child & Adolescent Health & Development (CAH) has prepared this first version of an on-going bibliography as a contribution to expanding and sharing technical assistance in the programming process for adolescent health and development during the World AIDS Campaign. While the Department, the Regional Offices and the country offices are always happy to provide direct assistance on request to countries and institutions, this practical "tool kit" will respond to the needs of numerous individuals involved in national or institutional planning.

SELECTION CRITERIA

The WHO documents listed and briefly described here were produced by WHO Headquarters or by Regional Offices during the period 1990 to 1999. As WHO is a co-sponsor of UNAIDS, relevant publications from the joint programme are listed. Most of the documents cited are generally available, many are free of charge or can be obtained at special prices in developing countries. One or two documents not published by WHO but to which WHO has provided substantial input through the UN system have been included.

Other publications supported by WHO at regional and national levels certainly exist and their inclusion in future versions of this listing can only occur if details are provided to CAH. Please send your references to CAH at the contact address found at the end of this introductory section. While there are many non-WHO resources which can provide clinical, epidemiological, research or geographic specificity, the WHO documents listed here are useful in an overall public health context.

The references are generally adolescent specific or relate to issues which may particularly but not exclusively affect adolescents. Though some documents are not produced with adolescence in mind they contribute to the programming process. Users of the guide are encouraged to provide feedback to CAH on these and other WHO documents related to public health and programme planning which they have found useful in regard to adolescent health and development.

A PROGRAMMING PROCESS

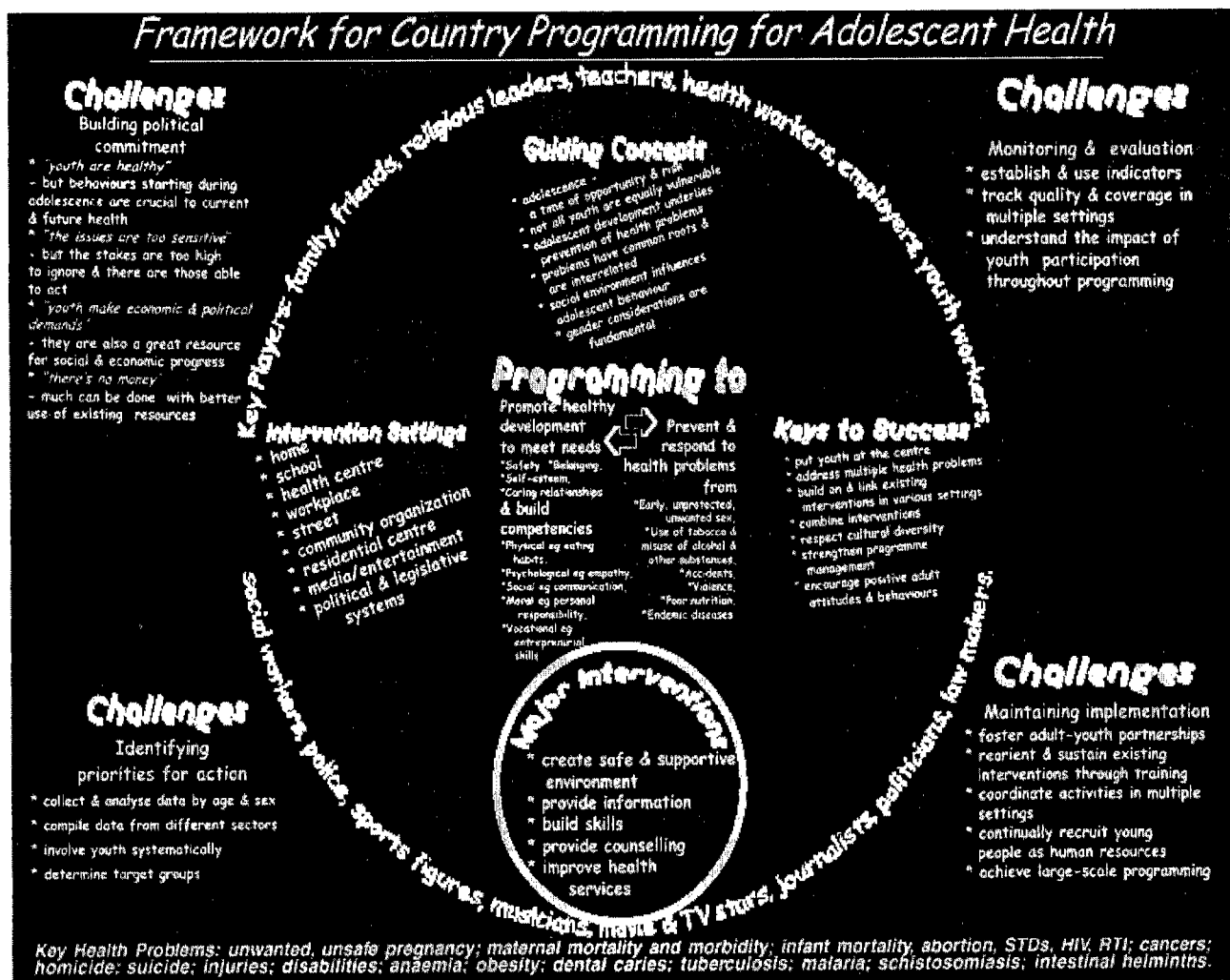
The Guide to WHO documents should be read in association with the "WHO/UNFPA/UNICEF Framework for Country Programming for Adolescent Health and Development". This framework presents at a glance the range of programming elements and challenges to be borne in mind to promote adolescent development and to prevent and respond to health problems among adolescents. Once familiar with the framework, one can use the stepwise process to go from general principles to their specific application in a given situation.

The Guide is presented in chapters which follow logical programming steps. This is not the only way in which the programming process can be organized, the Guide describes one simple and accessible process among several. The proposed steps in a programming process and consequent chapter headings in this Guide are:

- 1. Building political commitment**
- 2. Assessing priorities for action**
- 3. Maintaining implementation**
- 4. Monitoring and evaluation**

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By following the programming process through to the monitoring and evaluating stage you will collect information and experience that will lead to a new situation for which intervention will be needed. Indeed, good programming is generally cyclical. (The diagram below is shown full size as an annex to the Guide.)



The chapters in the Guide make a few suggestions for possible sub-steps in the programming process. The issues raised are of varying weight and will differ from place to place in view of the level of programme development.

LANGUAGE VERSIONS

Readers are kindly asked to note that not all language versions indicated in this bibliography are available from WHO Headquarters. Certain translations have been locally or regionally made. Reference should be made to the appropriate WHO Representation, Liaison Office or Regional Office.

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LATEST ESTIMATES

Epidemiological claims made in these documents have in many cases been superseded by new estimates. Readers who wish to obtain the latest estimates should consult the on-line edition of the World Health Report available (under Reports) on the website from www.who.int. A useful first place to visit is the WHO Library, also on the website (under Information Sources).

CONTACT ADDRESS

Some of the entries make reference to a contact person in a WHO office, who may or may not be the individual author of the document. In most cases, a generic contact in the department concerned is provided. We have included contacts in the hope that the Guide will be more than a static bibliography, but rather interactive, enabling dialogue around genuine needs. However, people and responsibilities change so if you have difficulty with any e-mail contact, please write to:

Department of Child & Adolescent Health & Development (CAH)
World Health Organization
1211 Geneva 27
Switzerland

Telephone: 00 41 22 791 4789
Facsimile: 00 41 22 791 4853
E-mail: cah@who.int

PRICES

All prices are based on the Swiss franc and include handling charges and postage by surface mail. Individuals living in developing countries are granted a 30% discount. WHO publications can be ordered directly by e-mail from WHO, Marketing and Dissemination: bookorders@who.int.

CONCLUSION

This listing includes around one hundred two documents, ranging from official WHO publications to internal briefing notes. CAH has launched this Guide at a time when problems such as HIV/AIDS, pregnancy and sexually transmitted diseases, substance abuse, including tobacco and alcohol, accident and injury are all taking a toll on adolescent health and development. The Department hopes that other Headquarters Departments, WHO Regional Offices, Representations and Liaison Offices will contribute additional references and maintain the momentum in the World AIDS Campaign during 1999 focussing on the need for children and adolescents to "Listen, Learn, Live". The 1998 World AIDS Campaign emphasised that young people are not only a key focus of HIV/AIDS activities but are first, foremost and above all a **Force for Change** in health and social development efforts.

Thanks are due to the numerous reviewers and contributors, both past and future. We particularly hope that this Guide and the WHO documents themselves will be useful to all those in countries who are addressing adolescent health and development, whether or not their interest is motivated by the pressing problem of HIV/AIDS among adolescents.



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Building political commitment

1. **BUILDING POLITICAL COMMITMENT**
2. Assessing priorities for action
3. Maintaining implementation
4. Monitoring and evaluation

Considerable progress in recognizing the importance of adolescent health has been made in many parts of the world and this is just beginning to result in policy formulation and programming at the national level. International support for adolescent health has been proclaimed in a number of high-level fora, most recently at the 1994 International Conference on Population and Development in Cairo and at the 4th International Conference on Women held in Beijing in 1995.

Building commitment to adolescent issues and of course to adolescents themselves at the national level requires advocacy for issues. This means influencing both individual persons and institutions so that they are ready to take part in a constructive dialogue. Adversaries must also be included in such a dialogue if adolescent needs are to be met rather than circumvented.

1

Action for adolescent health: towards a common agenda - Recommendations from a joint study group (WHO/UNICEF/UNFPA)

Reference: WHO/FRH/ADH/97.9

Subject: framework for joint action at global, regional and country level

Use: programme planning

Status: available

Price: free

Language: Arabic/English/French/Spanish/Russian

Contact: cah@who.int

The Members of the WHO/UNFPA/UNICEF Study Group on Programming for Adolescent Health emphasized the crucial need for the three agencies to provide complementary support to countries, by working within a common technical framework, in order to strengthen and expand the activities in countries aimed at promoting adolescent health in a more systematic fashion.

The Common Agenda for Action encourages the three UN agencies with principal interest and experience in the area of adolescent health, to support activities in countries in complementary ways. Seen as an update of the WHO/UNFPA/UNICEF Joint Statement on the Reproductive Health of Adolescents: a strategy for action (published in 1989). The Common Agenda is intended to reflect the policies of the three

agencies and serve as a basis for discussion at country level in the determination of their support of country-level programming. It also provides specific suggestions for collaborative activities to advance programming for adolescents at different levels.

2

Convention on the Rights of the Child

Subject: the rights and responsibilities of the under-18s

Use: normative document

Status: available

Price: free

Language: Arabic/Chinese/English/French/Russian/Spanish

Contact: cah@who.int

The International Convention on the Rights of the Child provides the agreed legal framework for inter-governmental and governmental interventions to promote and protect *inter alia* the health and well-being of all those under the age of eighteen years. Not a WHO publication.

3

The health of young people: a challenge and a promise

Reference: WHO/FHE/ADH/95.14

Subject: adolescent health

Use: standard reference book

Status: available

Price: 23.- Swiss francs.

Language: Chinese/English/French/Italian/Spanish/Tamil

Contact: cah@who.int

Issues a call for public health action that recognizes the unique health problems of young people and responds to their specific need for support. Recommends actions to underscore the contribution young people make to their own health and development and to society. While noting that this age group has been traditionally regarded as enjoying good health, the book draws attention to a number of radical changes in social conditions that have created new hazards in the very areas where young people are most vulnerable.

4

Framework for country programming for adolescent health

Subject: interrelated issues of the programming framework

Use: aide-memoire in public health

Status: available (also available as a moving "disk" for individual use)

Price: free

Language: Arabic/English/French/Russian/Spanish

Contact: cah@who.int

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A one-page Framework for Country Programming was developed during the WHO/UNICEF/UNFPA Study Group meeting, intended as a graphic summary of the elements - goals, principles and interventions - to be considered in national programming for adolescent health. The Framework also highlights the key challenges in the national programming process for adolescents, particularly as differentiated from conventional programming for other groups in the population.

5

Young people and HIV/AIDS: Background discussion paper on the elements of a global strategy

Reference: UNAIDS/PCB(7)/98.3

Subject: discussion document for programme implementors - initial framework for the development of a global strategy

Use: advocacy document

Status: available

Price: free

Language: English

Contact: unaids@unaids.org

This document was prepared for the UNAIDS Programme Co-ordinating Board meeting in New Delhi, December 1998. Seven sets of actions are described to inform the process of strategy development for improved response to HIV/AIDS appropriate to young people aged 10 to 24 years.

6

The action brief

Subject: activities of the joint UN Programme on HIV/AIDS

Use: a succinct round-up of global actions in the fight against HIV/AIDS

Status: available

Price: free

Language: English

Contact: unaids@unaids.org

This newsletter, first published in October 1998 and also available on the UNAIDS web site (<http://www.unaids.org>), summarizes UNAIDS' global actions in the fight against HIV/AIDS. Each issue has a separate theme, a message from the Executive Director and feature articles.

7

Improving child health

Subject: integrated management of childhood illness (IMCI)

Use: advocacy tool

Status: available

Price: free

Language: English/French

Contact: cah@who.int

An advocacy tool for IMCI which provides an easy to understand introduction to child mortality and morbidity and the integrated approach to overcoming them. As such, it provides a necessary background to the childhood part of the lifecycle of which adolescent health and development is a part.

8

The second decade

Reference: WHO/FRH/ADH/98.18

Subject: general presentation of range of issues and responses

Use: advocacy for adolescent health

Status: available

Price: free

Language: English

Contact: cah@who.int

Advocacy document to attract and promote attention to adolescent health and development issues. Based on the principles of the WHO/UNFPA/UNICEF framework for country programming. Death, disability and illness due to four adolescent health issues are explored: sexual and reproductive health, tobacco and other substance use, suicide and road traffic accidents. Central to the discussions of these health issues are the connections to be made between them and the principles for action at country level.

9

Why should we invest in adolescents?

Subject: shaping and targeting interventions for adolescents

Use: advocacy and programming

Status: available

Price: free

Language: English/Spanish

Contact: maddalem@paho.org

This document describes the interaction between processes of needs identification and the means for responding across social, health and educational sectors. An annex includes the list of all publications (in English, Spanish and Portuguese, free and priced) of the Pan American Health Organization concerning adolescent health.

10

Adolescent health and development: the key to the future

Reference: WHO/ADH/94.3Rev1.

Subject: gender

Use: reducing inequity and inequality

Status: available

Price: free

Language: English/French

Contact: cah@who.int

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A conference paper which provides an essential advocacy piece for international and national public health and development forums, setting out the key issues of adolescent health. An emphasis on adolescents as people, not problems, together with a conviction that youth participation is desirable lend credence to the notion that the struggle for women's health and development is a precursor of adolescent health and development.

11

Facing the challenges of HIV/AIDS/STDs: a gender-based response

Reference: KIT/SAFAIDS/UNAIDS 1998
Subject: gender issues, testimonies, bibliography and strategies
Use: making a gender-based response to HIV
Status: available
Price: free
Language: English
Contact: unaids@unaids.org

This 1998 reprint provides policymakers and programming staff with background information, educational tools and resources to understand gender in the context of sexually transmitted diseases including HIV/AIDS. The situation of young women is discussed.

12

Working with adolescent boys

Subject: review of international literature
Use: advocacy
Status: In press
Language: English
Contact: cah@who.int

This paper reviews literature and programme reports from around the world in order to identify trends in the socialization of adolescent males in view of promoting better health for them. Within the dual perspective of gender equity and gender specificity, it draws conclusions about the cost for boys' health of their status as victims and perpetrators of violence, sexual abuse and coercion. Male involvement in reproductive and sexual health, fatherhood, suicide, substance use, mental health are discussed. The typical needs of boys for accessible health services and counselling are presented. Further research is needed on adolescent masculinity, the health

needs of specific populations of boys out-of-work or out of schools and those who are gay or bisexual. The paper argues that the health of male adolescents cannot be reduced solely to violence and reproductive health.

13

The legislative and policy environment for adolescent health in Latin America and the Caribbean

Subject: interaction between social sectors
Use: legal tool
Status: available
Price: free
Language: English/French/Spanish
Contact: maddalem@paho.org

In the guise of a Youth Health and Human Development Profile of the Americas Region, this extensively researched paper fully describes the multiple influences of numerous social sectors on the health and well-being of adolescents.

14

A picture of health? A review and annotated bibliography of the health of young people in developing countries

Reference: WHO/FHE/ADH/95.14
Subject: epidemiology, health data
Use: bibliographic and base data research
Status: available
Price: free
Language: English
Contact: cah@who.int

This joint WHO/UNICEF document reviews what is known about the health of young people aged 10-24 in developing countries with the aim of providing a comprehensive portrait of health problems and the magnitude of morbidity and mortality they cause. The review shows that most health research in this age group has concentrated on problems related to sexual behaviour and substance abuse. Nonetheless data is available on the many other problems common in developing countries, that are either frequently neglected by health services or offer ideal opportunities for interventions to prevent serious disease later in life. Country specific facts and statistics are presented in numerous tables and graphs which will help in the initial stages of planning new research.

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15, 16, 17

Provision of information on sexuality to adolescents;

Provision of health, including reproductive health services to adolescents;

Confidentiality and parental consent in the provision of health, including reproductive health services to adolescents

Subject: adolescent sexual and reproductive health and rights
Use: informal briefing, advocacy
Status: available
Price: free
Language: English
Contact: cah@who.int

The underlying rights of adolescents to the information and services they need to protect their own and other people's sexual and reproductive health are balanced with the need for confidentiality and parental support. Notes prepared by the Department of Child & Adolescent Health & Development for use during the UN Preparatory Conference on ICPD+5 in New York in 1999.

18

Reproductive health research: the new directions

Reference: ISBN 92 4 156192 0
Subject: fertility, reproductive health determinants, contraceptive technology
Use: defining research agenda, understanding and planning research
Status: available
Price: 35 Swiss francs
Language: English
Contact: rhrpublications@who.int

The joint WHO/UNFPA/UNDP/World Bank Biennial Report 1996–1997 includes reviews of what has been done in adolescent reproductive health, what is known about the reproductive and sexual knowledge and behaviour of young people. An essay included in the report introduces the questions of service delivery and measurement and points to future research topics including interrelation of risk behaviours, the needs of gay, lesbian and bisexual young people, physiological susceptibility of adolescents to STD, long term contraceptive use initiated in adolescence.

19

Sex and youth

Reference: UNAIDS/99.26E
Subject: Sexual behaviour in adolescence, AIDS aetiology
Use: Comparative study
Status: available
Price: free
Language: English
Contact: unaids@unaids.org

This 1999 addition to the UNAIDS Best Practice collection provides a comparative analysis of the contextual factors affecting risk for HIV/AIDS among adolescents in developing countries. The analysis continues work done in reviewing data on sexually transmitted diseases among adolescents in 1993 (reference WHO/ADH/93.1) and resumed in a four page WHO fact sheet in 1997 (number 186).

20

Unwanted pregnancy and induced abortion among adolescents

Reference:
Subject: results of WHO case studies
Use: understand the consequences of adolescent abortion
Status: available
Price:-
Language: English
Contact: rhrpublications@who.int

Describes the history of a WHO initiative to identify the magnitude of induced abortion among young women. Community-based and hospital-based research are compared, social factors such as gender-relations are described. Policy and programme implications are drawn.

21

Towards better reproductive health in Eastern Europe

Subject: adolescent reproductive health care (in Latvia)
Use: case study
Status: available from the Central European University Press
Language: English
Contact: ceupress@osi.hu

This collection by the WHO Scientific Working Group on Reproductive Health Research includes a chapter on research related to the development of adolescent reproductive health care in a Baltic country, Latvia. The political and social transition in countries in central and Eastern Europe has a special impact on the health of adolescents, particularly their reproductive and sexual health.

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Reproductive health of young people in Central and Eastern Europe

Subject: sex education, reproductive health, family planning
Use: background papers
Status: available
Language: English
Contact: abr@who.dk

This collection of papers was prepared for a UNFPA/Government of Denmark/WHO workshop in June 1997. It describes research related to problems of sex and culture, abortion as a method of fertility management, increasing STD rates in young people and the search for solutions across eleven countries in transition.

23

Abortion in the developing world

Reference: 1998
Subject: adolescent sexuality and abortion
Use: strategy and intervention review
Status: available from Zed Books, London, England, and Vistar Publications, New Delhi, India
Language: English
Contact: rhrpublications@who.int

Four chapters in Part III of this authoritative review examine abortion in relation to adolescent sexuality in China, Korea, Mexico and Tanzania. Useful in understanding adolescent recourse to abortion in fertility regulation.

24

Youth health and development

Reference: WCMRY/1998/10 10 June 1998
Subject: general framework of youth health programming
Use: technical advocacy at governmental level
Status: available
Price: free
Language: Arabic/English/French/Spanish
Contact: cah@who.int

A discussion document developed for the First World Conference of Ministers Responsible for Youth that was held in Lisbon, Portugal in August 1998. This joint publication by WHO, UNFPA, UNICEF and UNAIDS gives a succinct overview of the health situation of 15 to 24 year olds. Based on the principles of the framework for country programming, the intervention package and keys to success presented will effectively promote youth health and development.

25

Report of the world conference of ministers responsible for youth

Reference: WCMRY/1998/28
Subject: Lisbon Declaration on Youth Policies and Programmes and other resolutions
Use: international policy document
Status: available
Price: free
Language: Arabic/English/French/Spanish
Status: available from United Nations Youth Unit, New York.
Contact: AngelW@un.org

This is a UN Document developed and adopted at the First World Conference of Ministers Responsible for Youth (Lisbon, Portugal, August 1998). The framework for national youth policy development includes a chapter on Health. This is not a WHO publication.

26

Health promotion santé

Reference: WHO/HPR/HEP/95.1
Subject: the Ottawa Charter on Health Promotion
Use: normative document
Status: available
Price: free
Language: English/French
Contact: obyrd@who.int

The Charter adopted at the International Conference on Health Promotion 17-21 November 1986 describes the pre-requisites for health and the means of health promotion that underpin adolescent health and development.

27

Volatile solvent use: a global overview

Subject: volatile solvents, health
Use: background information on epidemiology, effects, and interventions related to volatile solvents
Status: available
Price: free
Language: English
Contact: sab@who.int

This document provides a global overview of the epidemiology of volatile solvents, patterns of use, types of substances, acute and chronic effects, gaps in research and interventions to reduce supply and demand for these substances, including prevention, reduction of morbidity and mortality and treatment of dependence. It can serve to policy makers as the basis for policy formulation and to advocate for more attention to this neglected epidemic.

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Prevention of substance abuse among young people in Central and Eastern Europe

Subject: prevention, Central and Eastern Europe
Use: background document
Status: available
Price: free
Languages: English
Contact: sab@who.int

A report on missions undertaken by WHO's Programme on Substance Abuse (PSA) in 1997 to seven Central and Eastern European countries participating in a WHO/UNDP/Mentor Foundation regional prevention of substance abuse among young people project. For these seven countries: Bulgaria, Czech Republic, Estonia, Latvia, Lithuania, Poland and Slovakia - the document gives a unique overview of the substance use situation among young people, youth specific prevention work related to substances and the process of setting up national task forces for developing and co-ordinating comprehensive national responses.

29

Amphetamine-type stimulants

Reference: WHO/MSA/97.5.
Subject: epidemiology, health effects, prevention and treatment
Use: review of scientific evidence
Status: available
Price: free
Language: English
Contact: sab@who.int

Amphetamine-type stimulants (ATS) have been used in many countries for many years. In the last ten years manufacture, trafficking and use, particularly by young people, have been increasing worldwide. There are serious risks to individual and public health associated with ATS use, but these risks are not yet well understood. The use of MDMA (ecstasy) by adolescents has caused particular concern in a number of countries. This lack of understanding presents obstacles to the implementation of effective prevention, treatment and policy responses to ATS-related problems. The health risks and social consequences of ATS use and proposed responses in the areas of epidemiology; prevention; health risk assessment, treatment; and policy are presented.

30

Strategies for child protection

Reference: WHO/EUR/ICP/FMLY/010301
Subject: child and adolescent abuse, neglect
Use: advocacy
Status: available
Price: free
Language: English
Contact: vma@who.dk

Health targets for the year 2000 in Europe include a healthy start in life and the enjoyment of better health by young people so that they can fulfil their role in society. Sadly, injury from violence and accidents, physical, emotional and sexual abuse and neglect even within the family are becoming major public health concerns. The health sector must work alongside legal and social sectors, not just in recognizing, treating and preventing abuse-related pathology but also promoting physical, social and psychological well-being for children, adolescents and those who interact with them. The recommendations of the meeting (Padua, Italy, 29-31 October 1998) put the Convention on the Rights of the Child at the heart of health promotion training and multidisciplinary response. This report provides numerous tables capturing in operational terms definitions of risk, abuse, harm, responsibility and response.

31

The European Network of Health Promoting Schools

Reference: EUR/ICP/IUST/060305
Subject: health in schools, health promotion, youth participation, curriculum development
Use: resource manual for national coordinators
Status: available
Price: free
Language: English, French, German, Russian
Contact: bdm@who.dk

The European Network of Health Promoting Schools is a tripartite project launched by the World Health Organization Regional Office for Europe, the European Commission and the Council of Europe. A series of publications describe the history since 1992, the concept of an integrated approach to promoting health by making school environments safe and conducive to the development of healthy lifestyles of staff, pupils and community. Active

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participation of school pupils in clarifying a school's social aim is closely linked to promoting a sense of responsibility among children and to promoting self-awareness and esteem. Ask for ENHPS "Key Information Documents", A newsletter "Network News" is also available.

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The health education of adolescents

Reference: WHO-EM/FHE/001/E/G
Use: advocacy
Status: available
Price: free
Language: Arabic/ English
Contact: rfc@who.sci.eg

This technical paper prepared for the 43th session of the Eastern Mediterranean Regional Committee provides the rationale for taking action for adolescent health in the region and outlines the components of health education activities. These include nutrition, hygiene, lifestyle, mental health, sexual development and reproductive health. Reference to the Koran (Quran) and sayings of the Prophet Muhammad as well as to Jewish and Christian scripture in relation to adolescent health and development are included. Also highlighted are the roles of parents, schools, mass media, community organizations including religious leaders and the need to be attentive to opportunities for enhancing employability. The document contains the 1996 Regional Committee resolution on health education of adolescents.

33

Towards 2010

Subject: international meeting report
Status: available
Price: free
Language: English
Contact: cah@who.int

Report of the Meeting of the Technical Advisory Group for the WHO Adolescent Health and Development Programme, Geneva, 25-26 March 1998 and the Meeting of Regional Officers responsible for Adolescent Health, Geneva 23-24 March 1998. Provides a global overview of ongoing activities.

34

Progress in child and adolescent health and development

Reference: WHO/CHS/CAH/99.4
Subject: activities of the Department of Child and Adolescent Health and Development in 1998
Status: available (also available as an OHP presentation)
Price: free
Language: English
Contact: cah@who.int

This report demonstrates both the issues which have been addressed in determining a comprehensive package of interventions for child health and the challenges to be taken up if the healthy child is to grow through adolescence to take a constructive place in the community. The global activities of the former Division of Child Health and Development and the former Adolescent Health and Development Programme at WHO are documented. They indicate what public health authorities have to bear in mind if the needs of the under-19s are to be addressed in an integrated manner.

35

Sexual development, maturation and growth

In: UNDP/UNFPA/WHO/World Bank Special Programme of Research Development and Research Training in Human Reproduction. Annual Technical Report 1998

Reference: WHO/RHR/HRP/ATR/98/99
Subject: on-going work of the WHO Department of Reproductive Health and Research
Use: identify scope and limits of research on adolescent sexuality, fertility
Status: available on HRP Online - HRP's web site <http://www.who.int/hrp/>
Price: free
Language: English
Contact: rhrpublications@who.int

This informal presentation describes much of the adolescent reproductive and sexual health research activities of WHO/CHS/RHR. Overviews the insights, perceptions and behaviours of young people obtained through attitudinal and social science research. Operational research on services for adolescents is introduced.

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Workshop on adolescent health

Reference: RS/97/GE/30/(PHL)
Subject: report of a meeting in the WHO Western Pacific Region
Language: English
Contact: administrator@who.org.ph

Participants representing the health and education sectors from eleven countries reviewed the present status of adolescent health and assessed training activities required to improve the capacity of health personnel to support adolescents. There was a general consensus on the need to strengthen programmes for adolescent health which despite the growing proportion of the population in the region, has not been given priority.

37

Approaches to adolescent health and development: principles for success

Reference: WHO/ADH/92.3
Subject: meeting the needs of adolescents
Use: principles for identifying good practice
Status: out of print, ask for a photocopy
Price: free
Language: English
Contact: cah@who.int

This 30 page report of a joint WHO/International Youth Foundation meeting held in Geneva (in November 1991), documents the global search for programmes that successfully meet the diverse needs of adolescents in a manner likely to be replicable in other settings. The principles and methods of good programming are underlined by the presented data.

38

Strategies for adolescent health and development in South-East Asia

Reference: SEAMCH/212
Subject: report of an inter-country consultation
Use: strategy development
Status: available
Price: free
Language: English
Contact: acharyas@whosea.org

Making use of the WHO/UNICEF/UNFPA framework for country programming, this 60-page report of an 8-country consultation provides a collective vision for adolescents in South-east Asia for the next century. The strategy formulates the hope for healthy, educated, socially responsible adolescents. Activities that favour freedom of expression by young people and which construct

safe and supportive environments are proposed. Indicates that progress in adolescent health relies not so much on more biomedical and behavioural research (Nutrition, RH/FP/SH, STD/HIV/AIDS, Smoking, alcohol), but in better application of age-specific data, quality criteria and workable indicators in youth-friendly, gender-sensitive and truly appropriate health systems, as well as greater understanding of and empathy towards young people on the part of planners, policy makers and providers.

39

Young people - force for change

Subject: report of an inter-country meeting
Use: strategy development
Status: available
Language: English/Russian
Contact: uhata@unesco.org

A meeting report on preventive education and access to health services for adolescents in countries of Central Asia and the Transcaucasus. A regional strategy, an associated call to UN agencies to co-ordinate their assistance and a number of country action plans are provided in the report.

40

Young people in Armenia, Azerbaijan, Georgia - force for change

Subject: report of an inter-country project and meeting
Use: strategy development
Status: available
Language: English
Contact: cah@who.int

This document describes in detail the processes of training needs assessment and curriculum design which preceded the meeting described above.

41

Plan of action on health and development of adolescents and youth in the Americas 1998-2001

Subject: health status and history of interventions, operational contacts
Use: strategy development
Status: available
Price: free
Language: English/Spanish
Contact: maddalem@paho.org

The paper presents the regional strategy for adolescent health and development approved by the Directing Council of PAHO in September 1997.

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It draws a picture of the current situation of the age group regarding poverty, education, urbanization and employment, sexual and reproductive health, violence, substance abuse and mental health. The conceptual framework for the response confronts these problems with a holistic human development and health promotion approach to family, social, political and economic contexts. The operational strategies are clearly presented in tables and figures, with an accompanying bibliography and list of regional focal points and their areas of work.

42

Working towards a regional strategy on young people's health, development and protection in CEE/CIS/Baltics

Subject: report of a multi-country joint mission
Use: strategy development
Status: available
Language: English
Contact: lkenny@unicef.ch

This series of joint mission reports describes the largely participatory process used by UNICEF/UNAIDS and WHO to examine the common framework for country programming proposed for adolescent health and development in the context of burgeoning risk of HIV/AIDS/STD infection and increasing injecting drug use in Central and Eastern Europe, the Commonwealth of Independent States and the Baltic countries.

43

Africa's youth confronts the epidemic

Reference: September 1999
Subject: children, young people and AIDS on the African continent
Use: advocacy
Status: available
Language: English/French
Contact: unaids@unaids.org

A 13-page paper issued at the International Conference on AIDS and STDs in Africa, Lusaka Zambia, September 1999. Describes the issues facing African children and young people in light of the AIDS epidemic. Highlights innovative projects from various countries working on these issues.

44

Staying alive

Reference: December 1998
Subject: a look at the lives of young people living in a world with HIV/AIDS.
Use: advocacy, training
Status: available
Language: English/French/Italian/Japanese/Mandarin/Portuguese/Russian/Spanish/Ukrainian
Contact: unaids@unaids.org

An Emmy Award-winning 26-minute video with compelling stories of young people in Brazil, India, the Netherlands, Ukraine, USA and India and useful, accurate information about the modes of HIV transmission.



Guide to WHO documents concerning Adolescent Health and Development

Assessing priorities for action

1. Building political commitment
2. **ASSESSING PRIORITIES FOR ACTION**
3. Maintaining implementation
4. Monitoring and evaluation

As interest in the health and development of adolescents rapidly gains momentum, a host of initiatives intended to improve their situation are being undertaken, often without any systematic assessment of priorities. Given the importance of integrating and co-ordinating interventions to optimize outcomes for adolescents, it is vital to arrive at a set of priority actions to guide the programme development and implementation process. The process for priority setting should start with the assessment and analysis of the situation that adolescents face in their environment in order to establish a sound information basis for future action. Undertaking such a situation analysis provides the opportunity for developing partnerships with adolescents from the very beginning of the information collection and programme planning processes. Include a systematic and creative dissemination of the results of such research. This is a key step in gaining supporters to the programming process.

A situation analysis will also provide a baseline against which to measure change. Relatively rapid methods exist that are tailored to key issues of adolescent health, often involving young people in the data collection process. Gaps in needed information will certainly be identified considering what is currently collected and how it is reported.

45 **Demographic data for health situation assessment and projections 1998**

Reference: WHO/HST/HSP/98.4
Subject: essential demographic and health data
Use: comparability of data for programming
Status: available
Price: free
Language: English
Contact: lopeza@who.int

The standard brief compendium of population groups, trends, projections and characteristics for use in health planning. Age groups and cohorts can be identified, including early, mid- and late adolescence, school-going age, early working age as used and reported by individual countries and regions.

46

Coming of age: from facts to action for adolescent sexual and reproductive health

Reference: WHO/FRH/ADH/97.18
Subject: adolescent sexual and reproductive health
Use: situational analysis
Status: available
Price: price to be announced
Language: English (French will be available soon)
Contact: cah@who.int

A guide for conducting a situational analysis of adolescent reproductive and sexual health at the national or sub-national level. The outcome of the analysis is to provide the user with an understanding of the health problems (using sexual and reproductive health as the entry point) and needs of their adolescents. The guide takes a unique stance for the active participation of adolescents and the community in all phases of situation analysis. The guide not only draws upon previous knowledge from other WHO materials but also utilizes the tools and methods of experienced researchers and programme managers, world wide.

47

The Narrative Research Method - Studying behaviour patterns of young people by young people - A guide to its use

Reference: WHO/ADH/93.4
Subject: social relationships
Use: research tool
Status: available
Price: 8 Swiss francs
Language: English/French/Spanish
Contact: cah@who.int

A research tool which has been extensively used to understand behaviours, including sexual behaviour, among young people in the context of their cultural realities. A core group of young people is brought together to develop a representative story depicting behaviour in their community. The story is then transformed into a "questionnaire" which is administered to other young people in the districts to be investigated. The findings of this participatory methodology can be used to develop local or national plans of action to promote adolescent health and health information products, in which the core group may become involved as facilitators.

Guide to WHO documents concerning Adolescent Health and Development

Assessing priorities for action

48

Rapid assessment and response guide on psychoactive substance use and prevention

Subject: substance use, prevention
Use: situation analysis, programme development, community mobilization
Status: draft available for field-testing
Language: English
Contact: sab@who.int

The Guide provides information on the nature and extent of problems related to psychoactive substance use and suggests immediate, short term and longer term ways in which responses may be improved. Useful where resources are scarce and results are required rapidly. Research targets substance users, both adolescent and others. Assessment of licit and illicit psychoactive substance use and health consequences can be made by following the assessment in order to assist in the development of interventions with a particular focus on prevention.

49

Rapid assessment and response guide on substance use and sexual risk behaviour

Subject: substance use, sexual behaviour/health, HIV prevention
Use: assessment tool, intervention development, community mobilization
Status: being field-tested
Languages: English, Spanish, Portuguese
Contact: sab@who.int

This draft document focuses on the relationship between substance use and risky sexual behaviour in various cultural settings. While it does not have a specific youth focus, it nonetheless focuses on behaviours clearly identified in adolescents and young people. It gives guidance on how to initiate a rapid process leading from situation assessment to the development and implementation of culturally appropriate responses. The aim is to reduce the adverse health consequences of sexual risk behaviour associated with substance use, such as HIV/AIDS and other STDs, unwanted pregnancy and sexual violence.

50

Rapid assessment and response guide on substance use among especially vulnerable young people

Subject: substance use, sexual health
Use: assessment tool, intervention development
Status: draft available
Languages: English
Contact: sab@who.int

The objective of this guide is to assist individuals and organizations to plan and implement rapid situation assessments on substance use and health among especially vulnerable young people (EVYP). Flexible enough to be used in different regions and among different EVYP populations, it uses principles of community development and involvement. The development of appropriate responses to the local situation is seen as an integral part of the assessment process and aims to integrate prevention strategies that cut across psychoactive substance use, sexual health and general adolescent health.

51

Accidents in childhood and adolescence, the role of research

Reference: ISBN 924156119X
Subject: accident and injury
Use: research and prevention
Status: available
Language: Chinese/English/French
Contact: cah@who.int

This WHO monograph was prepared in association with the French National Institute of Health and Medical Research.

52

The importance of social science research in the protection of sexual and reproductive choice of adolescents

Reference: Journal article in Medicine and Law, 1999
Subject: influence of social science research on programming
Use: policy development
Status: available
Language: English
Contact: rhrpublications@who.int

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Assessing priorities for action

This document of the Special Programme of Research, Development and Research Training in Human Reproduction, WHO/UNDP/UNFPA/World Bank initiates the reader into the arguments for doing research and for using the results of it to change policy, law and programmes. Contains many references and calls on adolescent data from Moldova, Romania and Russia.

53

Caribbean adolescent health

Subject: education, health, risk taking behaviour
Use: identifying good practice in research methods
Price: free

Language: English

Contact: Director of Communications, Department of Paediatrics, University of Minnesota, USA. (A WHO Collaborating Centre). telephone +1 612 626 2931

This collection surveys 100 schools in four countries (Antigua, Dominica, Grenada, Jamaica) in a search to identify the means to improve health status of adolescents in both family and community contexts.

54

Young people's health and development in Lesotho

Subject: health education, adolescent behaviour

Use: service planning

Status: available

Language: English only

Contact: who@lesoff.co.za

This 56-page book was published in 1994 by the WHO Representative, Lesotho in collaboration with the Ministry of Health and Social Welfare and the United Nations Population Fund. This is the dissemination work based on a study by the Bureau of Statistics.

55

Listen, Learn, Live! World AIDS Campaign with Children and Young People Briefing Kit. 5 documents (Signature poster, Key Issues and Ideas for Action, Young People and HIV/AIDS Briefing Paper, Children and HIV/AIDS Briefing Paper, Facts and Figures)

Reference: 1999

Subject: key Issues, latest figures, strategic action areas and ideas for action on children, young people and HIV/AIDS

Use: advocacy, communication, programming activities with emphasis on youth participation

Status: available

Price: free

Language: English/French/Spanish

Contact: unaids@unaids.org

This briefing kit is an up-to-date and comprehensive package which provides "all you need to know about working with children and young people on HIV/AIDS". The background papers outline the latest issues with specific examples of NGO activities worldwide. *Facts and Figures* provide a look at the impact of epidemic on those under 25 as of February 1999. The *Key Issues and Ideas for Action* document provides concrete steps which can be taken -- by individuals and organizations -- in working with children and young people on HIV/AIDS.

56

Report of the international training workshop on developing applied food and nutrition projects - maternal and adolescent nutrition

Subject: maternal and adolescent nutrition

Use: designing and developing studies and proposals

Status: In press

Price: free

Language: English

Contact: khanums@whosea.org

This is the report of the International Training Workshop on Developing Applied Food and Nutrition Projects, organized by the Institute of Nutrition, Mahidol University, Thailand, in collaboration with the WHO Regional Office for South-East Asia. The workshop specifically aimed to build the local capacity of workshop participants to carefully design a proposed study, focusing on the theme of maternal and adolescent nutrition. The report details the comprehensive coverage of topics on Applied Food and Nutrition in the context of maternal and adolescent nutrition-developmental programs, community nutrition-action research and nutrition extension that was dealt with as part of the training content of the workshop. It focused on the enablement of participants to appraise their existing community nutrition programs by discussing strengths and weaknesses of their specific country situations. This approach assisted them in working toward practical action strategies, which could be suitably applied in their contexts.

Guide to WHO documents concerning Adolescent Health and Development

Maintaining implementation

1. Building political commitment
2. Assessing priorities for action
3. **MAINTAINING IMPLEMENTATION**
4. Monitoring and evaluation

This is the moment in the programming cycle when the range of health, social and informational interventions will need to be operationalized. Thus service provider orientation and training will be carried out, both in the form of in-service and pre-service training. A communication plan will need to be drawn up on the basis of audience research. Segmentation according to sub-groups and populations such as school-going adolescents, street youth, refugees and displaced adolescents, those manifesting particular risk behaviours may have been part of the process of identifying priorities, in which case implementation will also be by such sub-groups. While there are commonalities in the major interventions to be used for various groups of adolescents, there is often different initial points of entry i.e. a health problem or target group of particular concern. Moreover, other challenges exist, for example, fostering adult-youth partnerships, co-ordinating activities in multiple settings, continually recruiting young people as human resources and achieving large-scale programming. Addressing these challenges has only just begun. This is reflected in a limited manner in the documents below.

57 **Programming for adolescent health and development**

Report of a WHO/UNFPA/UNICEF study group on programming for adolescent health

Reference: WHO Technical Report Series number 886, 1999. ISBN 92 4 120886 4
Subject: adolescent health and development, including sexual and reproductive health
Use: effective interventions for programming
Status: available
Price: 56 Swiss francs
Language: English (French/Spanish to be made available)
Contact: cah@who.int

The WHO/UNFPA/UNICEF Study Group on Programming for Adolescent Health was formed in 1995 to review and evaluate country level activity in adolescent health. This process has resulted in the identification of effective interventions as well as the confirmation of key factors needed for successful development and implementation of adolescent health programmes. The technical report contains state of the art knowledge and examples

of programmes, lists reference materials for programme development, as well as descriptions of adolescent health activities.

58

A two-way street? report on Phase II of PSA street children project

Reference: (1) WHO/PSA/95.12; (2) WHO/PSA/95.13; (3) WHO/PSA/96.14
Subject: substance use, health
Use: training, research, intervention planning, evaluation
Status: pilot phase
Language: English
Contact: sab@who.int

The Street Children Project is concerned with the improvement of the health, welfare, and the overall quality of life of street children. This improvement is to be obtained through the strengthening of training, research and services related to street children at the national, regional and local level. To date more than 5000 street children from more than 26 countries have been involved in this WHO initiative and experiences are synthesised in three documents.

59

Juvenile violence in the Americas: innovative studies in research, diagnosis and prevention, September 1998

Subject: violence
Use: diagnosis and prevention
Status: available
Language: English/Spanish
Contact: maddalem@paho.org

A description of the types, causes costs and consequences of violence perpetrated on and by young people. A theoretical model of cognitive and social learning concepts seeks to explain aggression and suggest ways of shaping environmental factors and behaviour modelling to reduce youth violence, through parental, school and media programmes. Extensive bibliography.

60

Strategies, policies and practices for the immunisation of adolescents

Subject: adolescent immunisation in developing country settings
Use: planning and managing national immunisation programmes
Status: final draft
Language: English
Contact: cah@who.int

Maintaining implementation

This document contains a review of the published literature on the scientific (principally the immunological) basis of adolescent immunisation; the findings of a global survey on national policies and practices in this field; and a discussion on how decisions need to be made regarding which vaccines to include in a national immunisation schedule, how and where to deliver them, based on the prevailing epidemiological trends, availability of resources, and possible opportunities for reaching – and working with – adolescents. It represents a departure from the comparatively universal nature of the WHO's recommendations on infant and childhood immunisation.

61

Skills for life newsletter

Subject: activities of the WHO programme on mental health
Use: regular updating on life skills initiatives
Status: available
Price: free
Language: Issue numbers in brackets: English (1-8); French (6); German (1-3); Italian (1-6); Spanish (1-6)
Contact: birrellweisenr@who.int

This newsletter provides information on technical matters, research and application of life skills, part of the work of WHO in regard to mental health.

62

Manual de identificación y promoción de la resiliencia en niños y adolescentes

Reference: PAHO, September 1998
Subject: resiliency and protective factors
Use: explore and promote resiliency
Status: available
Price: free
Language: Spanish
Contact: maddalem@paho.org

Discusses the concept of resiliency within the framework of protective and risk factors. Provides practical guidance on the promotion of resiliency in children and adolescents for health professionals and parents or caretakers.

63

Approaches to adolescent health and development: principles for success

Reference: WHO/ADH/92.4
Subject: compendium of projects and programmes
Use: comparing good practice
Status: available
Price: free
Language: English
Contact: cah@who.int

Nearly three hundred pages of project descriptions and analysis of good practice. Covers health, education and youth and community sectors for promoting adolescent development, psychosocial interventions, sexual and reproductive health, preventing problem behaviours and overcoming disadvantage. All regions are identifiable thanks to a country index.

64

Counselling skills training in adolescent sexuality and reproductive health

Reference: WHO/ADH/93.3
Subject: sexual and reproductive health and behaviour, service management
Use: A facilitator's guide to the training workshop
Status: available
Price: 15.- Swiss francs
Language: English/French/Russian/Spanish
Contact: cah@who.int

A guide to organizing and facilitating a 5-day workshop with the purpose of strengthening the knowledge and skills of adults who counsel adolescents. Participants become familiar with the topics of adolescent sexuality and reproductive health. Emphasis is placed on interpersonal communication and listening skills. The principles of non-directive counselling are introduced. This approach aims to facilitate the young client's overall development by strengthening self-understanding and enhancing their ability to deal personally with present problems and prevent future difficulties.

65

Orientation programme on adolescent health for health care professionals

Subject: priority health problems of adolescents
Use: modular training package for in-service training
Status: under development
Language: English
Contact: cah@who.int

WHO is collaborating with UNICEF, the Commonwealth Medical Association and other organizations to develop a package of materials to orient health care providers on the special characteristics of adolescents. The package addresses the priority health problems that affect adolescents including sexual and reproductive health problems such as sexually transmitted diseases, other health problems such as psychoactive substance use, nutrition and mental health. By improving the way in which front-line health workers see and deal with their adolescent patients, preventive and curative health services

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Maintaining implementation

will be more useful to those who need them. The development and design of the programme are participatory with substantial input from health care providers working in developing countries.

66

The development and dissemination of life skills education: an overview

Reference: MNH/PSF/94.7

Subject: educational development and use of life skills in schools

Use: designing psychosocial interventions

Status: available

Price: free

Language: English

Contact: birrellweisenr@who.int

This document, developed in collaboration with UNICEF, provides a description of the lessons learned and case studies of the development and implementation of life skills initiatives.

67

A critical link

Reference: WHO/CHS/CAH/99.3

Subject: Interventions for physical growth and psychological development

Use: reviewing child development and nutrition interventions

Status: available

Price: free

Language: English

Contact: cah@who.int

This review paper begins to identify the importance of sustaining psychosocial interventions (such as play and stimulation) in early childhood in order to ensure child development within the context of, for example, nutrition programmes. Many of the principles apply in later childhood and pre-adolescence.

68

Primary prevention of mental, neurological and psychosocial disorders

Reference: ISBN 92 4 154516 X

Subject: mental retardation, epilepsy, suicide, burnout

Use: identifying simple public health measures to reduce incidence of disorders

Status: available

Price: 35 Swiss francs

Language: English

Contact: prilipkol@who.int

While prevention of mental disorders is a public health priority, the cost-effective means to achieve it are not well-known. The chapter on suicide in this book provides a useful model of preventative health promotion and protection relevant to the adolescent age range.

69

Life skills education for children and adolescents in schools

Reference: WHO/MNH/PSF/93.7A.Rev.2

Subject: life skills

Use: facilitate the development and implementation of life skills in curricula

Status: available

Price: free

Language: English

Contact: birrellweisenr@who.int

A framework for life skills programme development. The materials focus on the teaching of life skills to children and adolescents in schools. This document is therefore targeted at organisations involved in school curriculum development, health education and the development of schools based health and social interventions. The document has two parts. Part 1 is an introduction to life skills for psychosocial competence; Part 2 contains guidelines for programme development.

70

Young people and substance abuse: a manual to create, use and evaluate educational material and activities

Reference: WHO/HSC/SAB/99.3

Subject: prevention, participatory activities, health, substance use

Use: create, use and evaluate educational activities and materials

Status: available

Language: English/Polish/Rumanian/Sinhala/Spanish

Contact: sab@who.int

Health education is concerned with the communication of accurate information but also with fostering the motivation, skills and confidence necessary to improve health. This manual can be used as part of such broad health education efforts to reduce substance use and associated health and social problems at the local level, with the participation of young people.

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Maintaining implementation

Step by step orientation on how to create, use and evaluate educational materials and activities related to substance use includes involvement of young people. The manual was produced in consultation with local organizations working with street children and with experts in health education and participatory methods. It was field tested in Spain, Philippines, Sri Lanka, Romania, Honduras and Mozambique.

71

Volatile solvent use: promoting health through community involvement

Subject: volatile solvents, health
Use: strategic action by community and non-governmental organizations, policy makers,
Status: draft
Language: English
Contact: sab@who.int

This document provides a community-based strategy to change community attitudes towards volatile solvent users, to improve community knowledge about acute and long term effects of these substances and to provide skills to develop and evaluate the strategy. It is based on a participatory approach to health-related problems and on the empowerment of the community to change their present and future relationship with volatile substances.

72

Violence Prevention: an important element of a Health-Promoting School

Reference: WHO/SCHOOL/98.3
Subject: violence prevention, Health-Promoting Schools, health promotion
Use: review of research, advocacy and implementation guide
Status: available
Price: free
Language: English (French/Russian/Spanish available in 2000)
Contact: jonesj@who.ch

A document in the WHO School Health Information Series, published jointly by WHO, UNESCO and Education International to help individuals advocate for and implement violence prevention efforts through schools. It describes strong arguments for initiating efforts to address violence prevention through schools, concepts and qualities of a Health-Promoting School, and specific ways that schools can begin to use their organizational capacity to prevent violence.

73

Tobacco use prevention: an important responsibility of a health-promoting school

Reference: WHO/SCHOOL/98.5
Subject: tobacco use prevention, health-promoting schools, health promotion
Use: review of research; advocacy and implementation guide
Status: available
Price: free
Language: English/Chinese (French/Russian/Spanish available in 2000)
Contact: jonesj@who.int

A document in the WHO School Health Information Series, published jointly by WHO, UNESCO and Education International to help individuals advocate for and implement tobacco use prevention efforts through schools. It describes strong arguments for addressing tobacco use prevention through schools, concepts and qualities of a Health-Promoting School, and specific ways that schools can use their full organizational capacity to prevent tobacco use.

74

Preventing HIV/AIDS/STI and related discrimination: an important responsibility of health-promoting schools

Reference: WHO/SCHOOL/98.6
Subject: HIV/AIDS and STI prevention, health-promoting schools, health promotion
Use: review of research; advocacy and implementation guide
Status: available
Price: free
Language: English/Chinese (French/Russian/Spanish available in 2000)
Contact: jonesj@who.int

A document in the WHO School Health Information Series, published jointly by WHO, UNESCO, UNAIDS and Education International to help individuals advocate for and implement HIV/AIDS/STI prevention through schools. It describes strong arguments for addressing HIV/AIDS/STI prevention through schools, concepts and qualities of a Health-Promoting School, and specific ways that schools can use their full organizational capacity to prevent HIV/AIDS/STI and related discrimination.

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Maintaining implementation

75

Local action: creating health-promoting schools

Reference: WHO/SCHOOL/98.7
Subject: school health goals, objectives and workplans, health-promoting schools, health promotion
Use: advocacy and implementation guide
Status: available
Price: free
Language: English (French/Russian/Spanish available in 2000)
Contact: jonesj@who.int

Local Action assists individuals working at the local level to plan, implement and evaluate efforts to improve health through schools. It provides practical guidance, tools, and tips from schools around the world. It offers suggestions about how school administrators, teachers, students, parents and community members can work together to make their school a healthy place for living, learning and working.

76

Active Living: an essential element of a health-promoting school

Reference: WHO/SCHOOL/99
Subject: physical activity, recreation, health-promoting schools, health promotion
Use: review of research, advocacy and implementation guide
Status: draft (final copy available in 2000)
Price: free
Language: English (French/Russian/Spanish available in 2000)
Contact: jonesj@who.ch

A document in the WHO School Health Information Series jointly published by Education International to help individuals advocate for and implement efforts to promote active living (physical activity, sport and recreation) through schools. It describes strong arguments for addressing active living, concepts and qualities of a Health-Promoting School, and specific ways that schools can use their full organizational capacity to promote active living among students and school personnel.

77

Child friendly school initiative

Reference: MNH/PSF/97.1
Subject: the school as a socializing institution
Use: review of steps to be taken to promote well-being in school
Status: available
Language: English
Contact: billingtond@who.int

The child-friendly schools initiative aims to encourage schools to contribute to the socio-emotional development of children by becoming child-friendly. The child friendly school's goal is to contribute to society by working to achieve the ideals described in the UN Convention on the Rights of the Child, that is for a school which promotes peace, dignity, tolerance, freedom, equality and solidarity. Assessment of the child-friendly status of schools can be carried out using the Child-Friendly School Checklist provided in the document.

78

Promoting the health of young people in Europe

Reference: ISBN 1873452 594, 1994
Subject: health in schools
Use: training manual for teachers and others working with young people
Status: available
Language: English
Contact: bdm@who.dk

A 213-page theory and practice guide to health education for teachers, educators. A 1998 50-page Case study book which includes studies of pupils as partners (EUR/ICP/IVST 06 01 02(B)) complements this work.

79

Training workshops for the development and implementation of life skills programmes

Reference: WHO/MNH/PSF/93.7B.Rev1
Subject: educational curriculum development
Use: planning workshops
Status: available
Language: English
Contact: birrellweisenr@who.int

This document has been prepared to assist the training of people involved in the development and implementation of life skills education at the national and sub-national level.

80

Talking about AIDS with adolescents

Reference: World Health Forum vol 19 no 3 1998
Subject: communication for health
Use: planning IEC
Status: available
Language: English/French
Contact: Catherine Manuel, Public Health, University Aix, Marseille, 27 bd. Jean-Moulin, 13385 Marseille, Cedex 5, France; Tel: 33 491 38 75 83

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This article is based on in-school AIDS education in France, part of the obligatory curriculum on sex education. It discusses the appropriate age at which to discuss HIV and the risk of associating sexuality with a life-threatening condition. Tailoring information to behaviour and skills is emphasized with confidence that such preventive work among adolescents can be even more effective than with adults.

81

Care for chronically ill adolescents

Reference: World Health Forum vol 15 no 3 1994
Subject: definitions and procedures for care
Use: planning response of the health system
Status: available in libraries
Language: English/French
Contact: Brook, Rapaport and Heim

This brief article discusses a range of chronic conditions found in adolescents and suggests options for their management at clinical and public health levels. Convulsive disorders, morbid obesity, hearing impairment, diabetes, inflammatory bowel disorder and bronchial asthma are all referred to.

82

Improving family and community practices

Reference: WHO/CAH/98.2
Subject: communication, mobilization
Use: sustaining integrated management of childhood diseases
Status: available
Language: English
Contact: cah@who.int

Introduces the concept that communicating with communities, parents and users of health services will sustain clinical advances. Families have the major responsibility for caring for their children. Successful and sustained reduction in child mortality thus requires partnership between health workers, families and communities. Adolescents, whether family members or as organized in community service groups are an often under-utilized resource in supplementing professional and parental response to the health and developmental needs of young children. This 8-page booklet lists a dozen family practices in which adolescents can be trained (varying from breast-feeding promotion, impregnating bed-nets and psychosocial stimulation of children.)

83

Radcal. Special issue for the 12th World AIDS conference, Geneva, Switzerland

Subject: communication about HIV/AIDS
Use: direct contact with youth about AIDS
Status: available
Language: English
Contact: unaids@unaids.org

This colour magazine is a lively presentation of issues of relevance to young people whether sexually active, using drugs, on the street or not.

84

Children living in a world of AIDS

Subject: children's rights, participation
Use: communication planning
Status: available
Language: English
Contact: unaids@unaids.org

This 20-page booklet is published by the Children and AIDS International NGO Network and is available from UNAIDS. It provides extensive guidelines and examples for children and young people's participation in HIV/AIDS programmes. Sound advice on what to do and not to do regarding media, confidentiality, listening skills, make it invaluable in developing a communication plan. There is a resume of the Convention on the Rights of the Child. Some cute illustrations add even more.

85

Education pour la santé en milieu scolaire

Subject: school health education
Use: service planning
Status: available
Language: French only
Contact: WHO Representative, Algeria

This 120-page book of the Algerian Ministry of Health and Education was published in collaboration with the WHO Liaison Office for Algeria in March 1999. It is an extensive guide to the organization of health education for school-going children and adolescents. The discussion reposes on knowledge of the psychology of childhood and adolescence. The application of the principles of psychodynamics in group work and behaviour change is explained. Covers HIV/AIDS, substance use, including tobacco, oral health.

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Maintaining implementation

86, 87, 88

(1) Improving the psychosocial development of children – programmes for enriching their human environment

(2) Improving the psychosocial development of children – a programme for the enrichment of interactions between mothers and children

(3) Improving mother/child interaction to promote better psychosocial development in children

References: (1) MNH/PSF/93.6 (2) MNH/PSF/95.4
(3) MSA/MHP/98.1

This series of three documents jointly published by WHO and International Child Development Programmes, Oslo, is used in training trainers of care givers, usually mothers, guardians, educators. While the research and application have been mostly around early childhood, clearly the "Eight guidelines for good interaction" are relevant to bringing up adolescents and to adolescents bringing up young children, whether siblings or offspring. Show love, converse, follow, praise, focus attention, share experiences, help make sense, widen experience, learn rules, limits and values.

89

Psychopharmacology of children and adolescents

Reference: ISBN 92 75 13027 2
Subject: paediatric psychotropics
Use: clinician's primer
Status: available
Language: English/Spanish
Contact: paho@pmds.com

This 54-page publication was originally published in 1990 and has been made available again as it fills a need for those who work with troubled children and adolescents. Differential diagnosis is stressed and the psychiatric, social, cognitive, educational and medico-neurological factors that may contribute to a clinical presentation are discussed in the context of using pharmacotherapy as part of a broader treatment plan that includes all aspects of the child's or adolescent's life.

90

Emergency contraception – a guide for service delivery

Reference: WHO/FRH/FPP/98.19
Subject: emergency contraception
Use: guide for service delivery
Status: available
Price: free
Language: English/French
Contact: rhrpublications@who.int

The role of emergency contraception in preventing unwanted pregnancies among adolescents is discussed in the context of helping individuals attain the highest standards of reproductive health and rights. Prevention of abortion among adolescents fearing social ostracism is one potential effect of making emergency contraception available to young people who have had unplanned, unwanted, unprotected sexual intercourse. The 60-page booklet argues that emergency contraception does not encourage adolescent sexual activity and makes the cause for it being an entry point for health promotion through the contact it will stimulate between an adolescent and health care providers. Age *per se* is not a contraindication for this method of fertility management. Extensive information and counselling tips are given.

91

Building alliances and taking action to create a generation of tobacco-free children and youth

Subject: prevention of tobacco use among children and adolescents
Use: project description
Status: available
Language: English
Contact: tfi@who.int

This WHO/UNICEF project document supported by UNF describes the objectives and implementation of a multi-sectoral phase initiative to prevent tobacco-related harm to children and adolescents. This succinct review of the many steps required to undertake specific health promotion among adolescents at risk from substance use, together with a world-wide address list, will be very useful to anyone seeking to network around the issue.

Maintaining implementation

92

Obesity: preventing and managing the global epidemic

Reference: WHO/NUT/NCD/98.1

Subject: obesity

Use: public health strategy

Status: summary on website

Language: English

Contact: nishidac@who.int

This is an interim version (now out of stock, Executive Summary is available on the website <http://www.who.int/nut> under "NHD Activities and Outputs") of the report of a WHO consultation convened to consider the alarming global epidemic of obesity, assess the magnitude of associated public health problems and map out strategies for prevention and control. The report also looks at the causes and costs of obesity – in developing and developed countries, in children and adolescents, as well as adults. The final version of the report will be published in the WHO Technical Report Series (TRS).

93

Manual para la educacion en salud integral del adolescente

Reference: PAHO 17 September 1997

Subject: adolescent health, particularly sexual and reproductive health

Use: manual for educators and other professionals to form their own materials

Status: available

Price: free

Language: Spanish

Contact: maddalem@paho.org

Provides core information with regard to adolescents, their psychosocial and sexual development, risk behaviours and well-being, which can be used in the training of health professionals. Includes activities and worksheet examples.

94

La juventud y el liderazgo transformador conceptos y estrategias en mundos inciertos y turbulentos

Reference: PAHO, September 1998

Subject: adolescent participation and leadership for social change

Use: adolescents as a force for change

Status: available

Price: free

Language: Spanish

Contact: maddalem@paho.org

Discussion document that looks at the development of leadership in adolescents as a force for social change. It provides the examples and lessons learned from several leadership training programmes and aims at opening the discussion on adolescent participation.

95

Guidelines for the programming of comprehensive adolescent health care and health care modules

Subject: identifying opportunities for programming

Status: available

Price: free

Language: English/Spanish

Contact: maddalem@paho.org

This document provides useful indications of the functions of the different levels of health system in relation to programming for adolescent health. Intersectoral activities, a key feature of programming for adolescent health and development is addressed throughout with respect to situation analysis, execution, financing and evaluation. Case examples are provided from Brazil and Chile. The document is undated but was prepared in the early 1990s to support a Kellogg Foundation funded project on national comprehensive health initiatives for adolescents in the region of the Americas.

96

Force for change. World AIDS Campaign with young people. A report of activities

Reference: 1999

Subject: report of worldwide World AIDS Campaign activities in 1998

Use: source of ideas for carrying out HIV/AIDS activities with young people

Status: available

Language: English (French/Spanish to be available by end-1999)

Contact: unaids@unaids.org

This report is an 80-page document that gives a comprehensive overview of international, regional and country-level activities that happened for *Force for Change*. World AIDS Campaign with Young People in 1998. A timeless and rich source of ideas for carrying out activities with young people and HIV/AIDS.

Guide to WHO documents concerning Adolescent Health and Development

Maintaining implementation

97

Listen, learn, live! World AIDS Campaign with children and young people: challenges for Latin America and the Caribbean

Reference: February 1999, Launch of World AIDS Campaign 1999

Subject: children, young people and AIDS in Latin America and the Caribbean

Use: advocacy

Status: available

Language: English/French/Spanish

Contact: unaids@unaids.org

A 10-page paper issued at the launch of the Campaign in February 1999 in Brasilia, Brazil. Describes the issues facing children and young people in the region in light of the AIDS epidemic. Highlights innovative projects from various countries working on these issues.

98

Nutritional status of adolescent girls and women of reproductive age

Reference: SEA/NUT/141

Subject: nutritional status of adolescent girls/women of reproductive age

Use: for policy-makers, programme managers for identifying nutritional issues

Status: available

Price: free

Language: English

Contact: khanums@whosea.org

This report of a regional consultation (WHO Regional Office for South-East Asia) that took place in New Delhi, 26-28 November 1997, highlights the fact that adolescent girls are a largely forgotten group who, because of their growth and development, have unique nutritional requirements. The report noted that data on this group, especially from developing countries is sparse but indicates a wide range of serious nutritional problems, many of which have consequences for their reproductive health and the perpetuation of malnutrition (poverty cycle). The consultation reviewed the available evidence relating to the health and nutritional status of adolescent girls and women of reproductive age, the existing measures to improve them and recommended a holistic approach for the improvement of their life.

99

Reproductive health in refugee situations

Reference: UNHCR 1999

Subject: reproductive health in conflict and emergency situations

Use: inter-agency field manual

Status: available

Language: English/French

Contact: rhrpublications@who.int

For young people living as refugees, the stresses and challenges of growing up can be much greater than for those with access to health, social and cultural services. Chapter 8 of this manual provides guidance on responding to young people who may have gone through personal trauma, armed conflict, violence, insecurity, sexual abuse, harm to or loss of family members, disruption of schooling, employment and friendships.

Guide to WHO documents concerning Adolescent Health and Development

Monitoring and evaluation

1. Building political commitment
2. Assessing priorities for action
3. Maintaining implementation
4. **MONITORING AND EVALUATION**

Many stakeholders increasingly want to know what precisely is being achieved for all the effort and resources invested in programmes. Policy-makers and service providers want to know what the programmes cost, how they are functioning, how to maximize complementary input and minimize duplication and they want to base their decisions on data and evidence. Monitoring and evaluation are critical functions for providing the evidence of what is happening based on data that can be collected by all interested parties. The importance of both processes to any systematic programme strategy development and implementation is becoming increasingly apparent. Thus good monitoring and evaluation will not only ensure that programmes are made accountable to all stakeholders — including communities, programme staff, governments, agencies and donors — but will also provide operational feedback to ensure strategic reorientation and enhancement of specific interventions. Above all, there is an urgent public health challenge to understand the complex interactions of factors that contribute to positive adolescent health and development outcomes, so as to revise programme strategies accordingly, thus improving intervention effectiveness. For all these reasons, programme monitoring and evaluation are vital.

Criteria and methodologies for monitoring and evaluating interventions as well as indicators for inputs, processes, outputs of programmes as related to health and development outcomes in adolescence are in their early stages of development. Nonetheless, existing guidelines can be used for monitoring applied in order that changing circumstances can be identified.

100

Guide to drug abuse epidemiology

Reference: WHO/MSA/PSA/97.14)
Subject: substance use, epidemiology
Use: data collection
Status: (revised version to be available early 2000)
Contact: sab@who.int

This 1997 Guide provides technical assistance to countries and communities in all aspects of drug abuse epidemiology in order to address emerging and changing problems associated with drug use. It provides practical guidance on internationally comparable, yet locally appropriate and culturally adaptable, measures and methods. Access to poor and marginalized populations, such as street children, youth and indigenous people is facilitated. Surveys on student populations are described in detail. The Guide is designed to be suitable for countries and communities at all levels of health development, including those with limited resources and experience in drug abuse epidemiology.

101

Impact of HIV and sexual health education on the sexual behaviour of young people - A review update

Reference: UNAIDS/97.4
Subject: sex education, AIDS education, sexual behaviour
Use: best practice programming
Status: In press
Language: English/French
Contact: unaids@unaids.org

This key material of the UNAIDS Best Practice Collection reviews 68 studies and reports which evaluate the effects of sexual health education and HIV/AIDS education on the sexual behaviour of young people. This review illustrates that sexual health education programmes can have an impact on delaying the onset of sexual activity, reducing the number of sexual partners, reducing unplanned pregnancies and reducing STD rates. Importantly, the review suggested that sexual health programmes are unlikely to increase sexual activity. Programme planners are encouraged to consider features of successful interventions highlighted in the review, especially gender issues and the developmental stages of learners, in the design of sexual health education programmes.

The document includes a very useful table which summarises the key findings of all the studies and reports included. Weaknesses in the available data are acknowledged and greater attention to evaluation is encouraged.

Monitoring and evaluation

102

Evaluation of missed opportunities for comprehensive adolescent health care

Subject: quality of health services

Use: improving the quality of health services for adolescents

Status: available

Price: free

Language: English/Portuguese/Spanish

Contact: maddalem@paho.org

This tool provides questionnaires to evaluate the quality of health services for adolescents. Based on the perspective of missed opportunities, it has separate survey tools for adolescents, service providers and the health system.

Framework for Country Programming for Adolescent Health

Challenges

- Building political commitment
- * "youth are healthy" - but behaviours starting during adolescence are crucial to current & future health
 - * "the issues are too sensitive" - but the stakes are too high to ignore & there are those able to act
 - * "youth make economic & political demands" - they are also a great resource for social & economic progress
 - * "there's no money" - much can be done with better use of existing resources

Challenges

- Identifying priorities for action
- * collect & analyse data by age & sex
 - * compile data from different sectors
 - * involve youth systematically
 - * determine target groups

Guiding Concepts

- * adolescence - a time of opportunity & risk
- * not all youth are equally vulnerable
- * adolescent development & prevention of health problems & problems have common roots & are inter-related
- * social environment influences adolescent behaviours
- * gender considerations are fundamental

Programming to

Promote healthy development



to meet needs & respond to health problems

- * Safety, *Belonging, *Self-esteem, *Caring relationships
- * Early, unprotected, unwanted sex, *Use of tobacco & misuse of alcohol & other substances, *Accidents, *Violence, *Poor nutrition, *Epidemic diseases.

& build competencies

- * Physical eg eating habits, *Psychological eg empathy, *Social eg communication, *Moral eg personal responsibility, *Vocational eg entrepreneurial skills.

Intervention Settings

- * home
- * school centre
- * health place
- * workplace
- * street
- * community organization
- * residential centre
- * media/entertainment
- * political & legislative systems

Keys to Success

- * put youth at the centre
- * address multiple health problems
- * build on & link existing interventions in various settings
- * combine interventions
- * respect cultural diversity
- * strengthen programme management
- * encourage positive adult attitudes & behaviours

Major Interventions

- * create safe & supportive environment
- * provide information
- * build skills
- * provide counselling
- * improve health services

Challenges

- * Monitoring & evaluation
- * establish & use indicators
- * track quality & coverage in multiple settings
- * understand the impact of youth participation throughout programming

Challenges

- * Maintaining implementation
- * foster adult-youth partnerships
- * reorient & sustain existing interventions through training
- * coordinate activities in multiple settings
- * continually recruit young people as human resources
- * achieve large-scale programming

Key Health Problems: unwanted, unsafe pregnancy; maternal mortality and morbidity; infant mortality, abortion, STDs, HIV, RTI; cancers; homicide; suicide; injuries; disabilities; anaemia; obesity; dental caries; tuberculosis; malaria; schistosomiasis; intestinal helminths.

