

Development: physical, cognitive and social

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What is Child Development?

Child development refers to the ordered emergence of interdependent skills of sensori-motor, cognitive-language, and social-emotional functioning. This emergence depends on and is interlinked with the child's good nutrition and health. *As A World Fit for Children* states, "...children should be physically healthy, mentally alert, emotionally secure, socially competent and ready to learn."

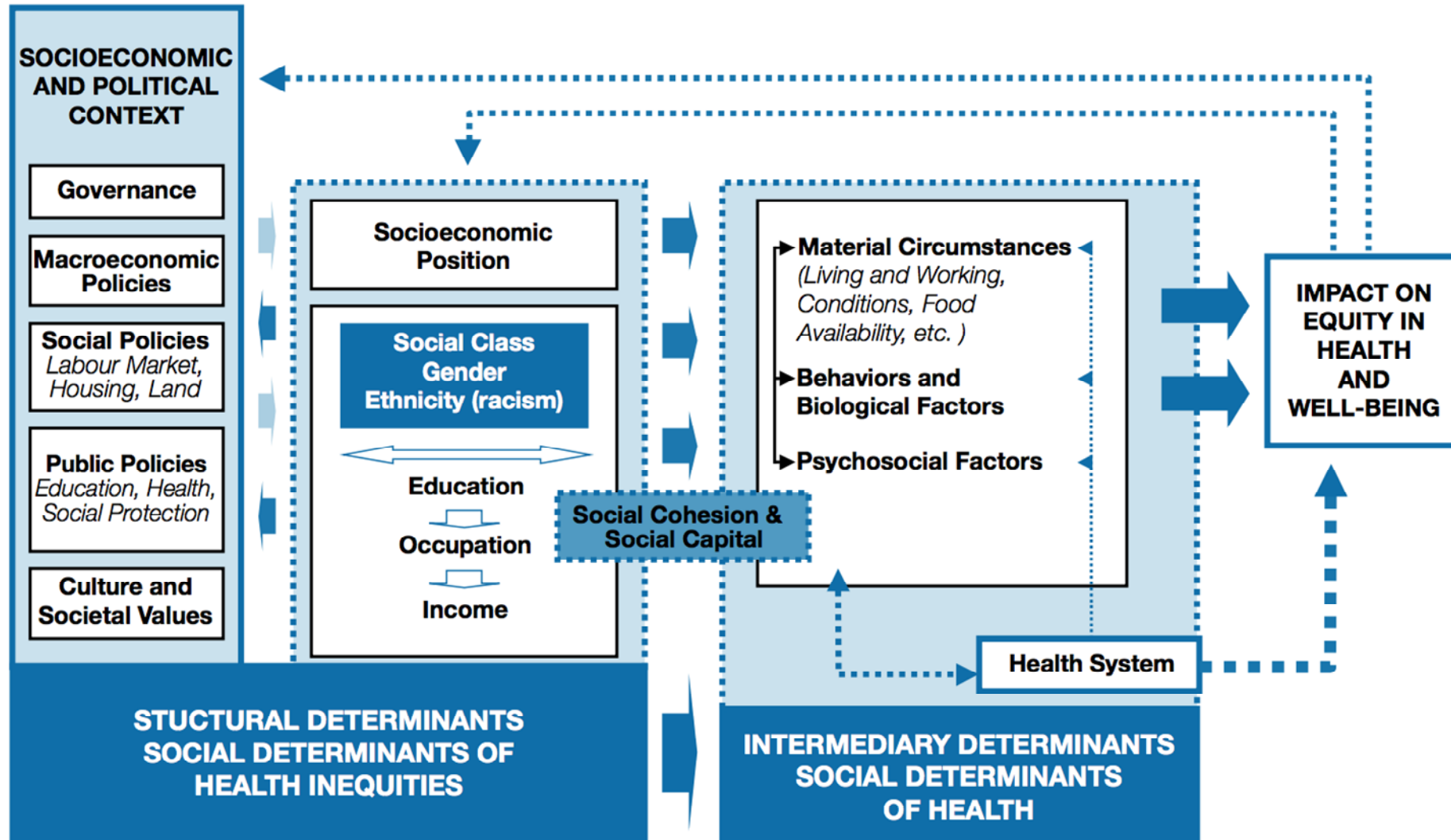
UNICEF 2006

Developmental perspective

Three domains of human development:

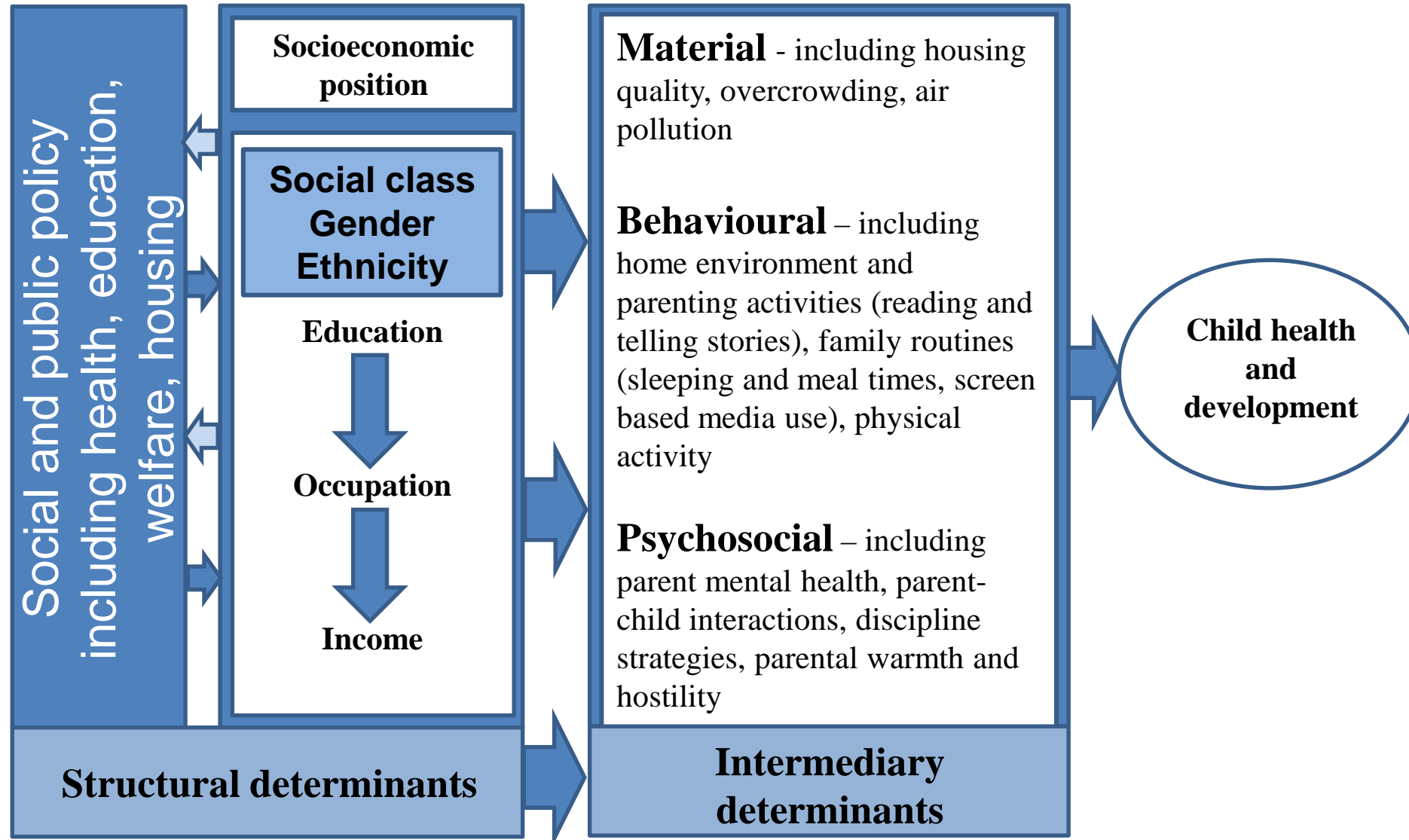
- Physical
- Cognitive
- Social and emotional

CSDH conceptual framework for action on the social determinants of health

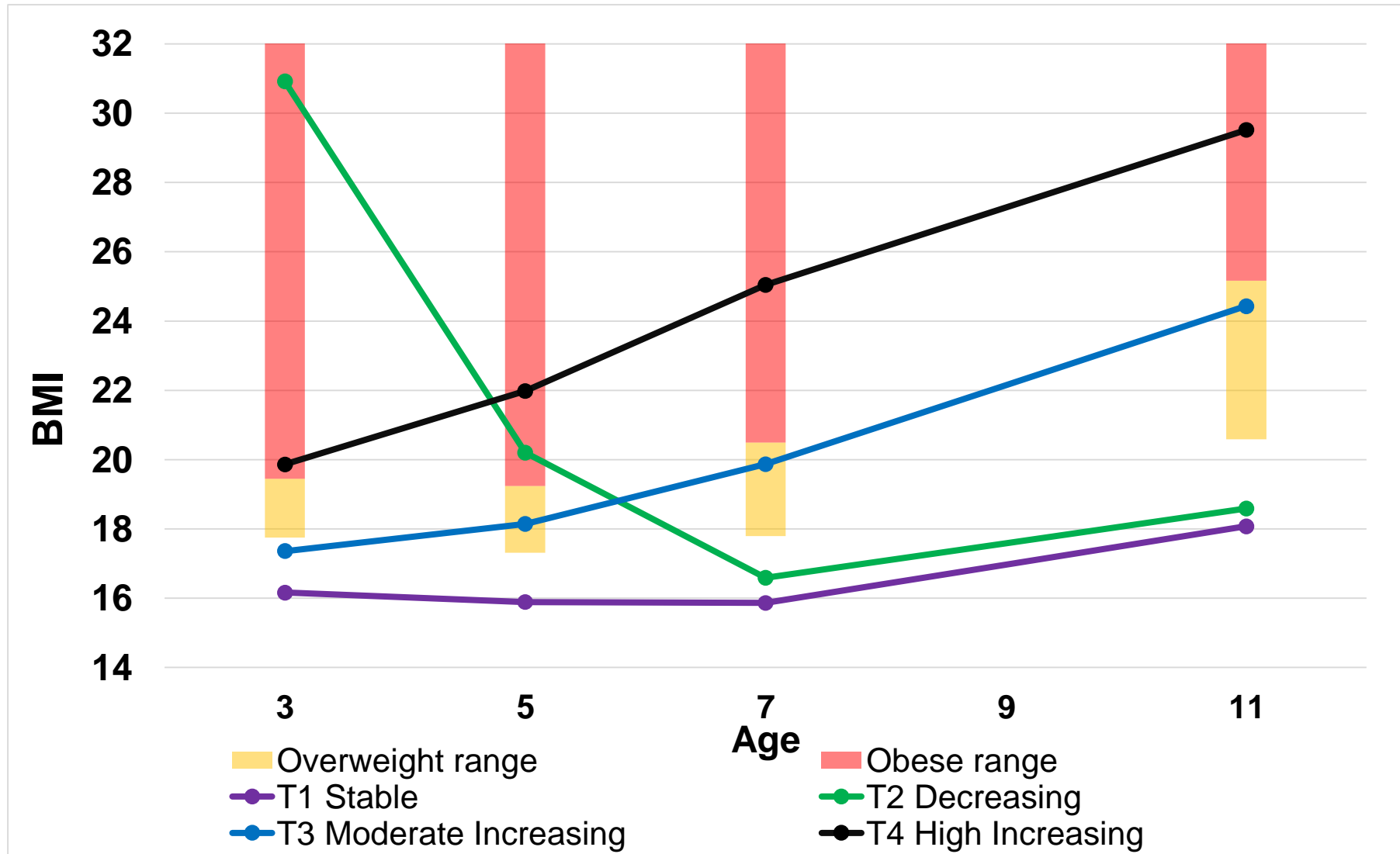


Solar O, Irwin A (2010): A Conceptual framework for action on the social determinants of health. Social Determinants of Health Discussion Paper 2 (Policy and Practice). Geneva: World Health Organization.

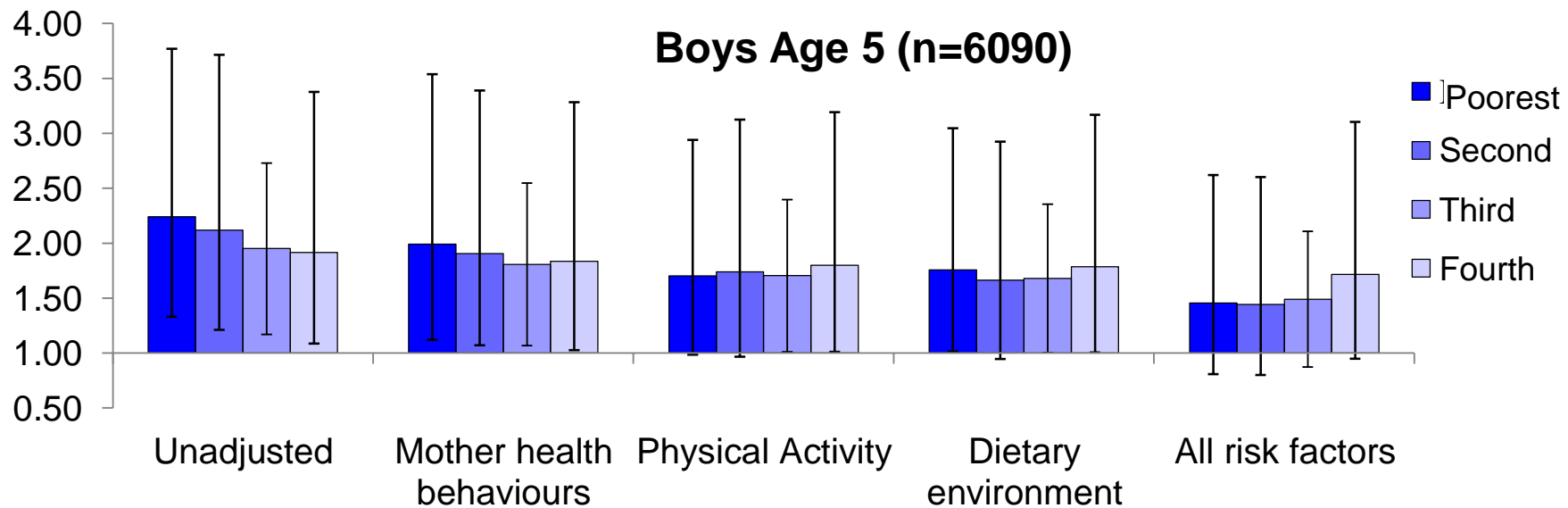
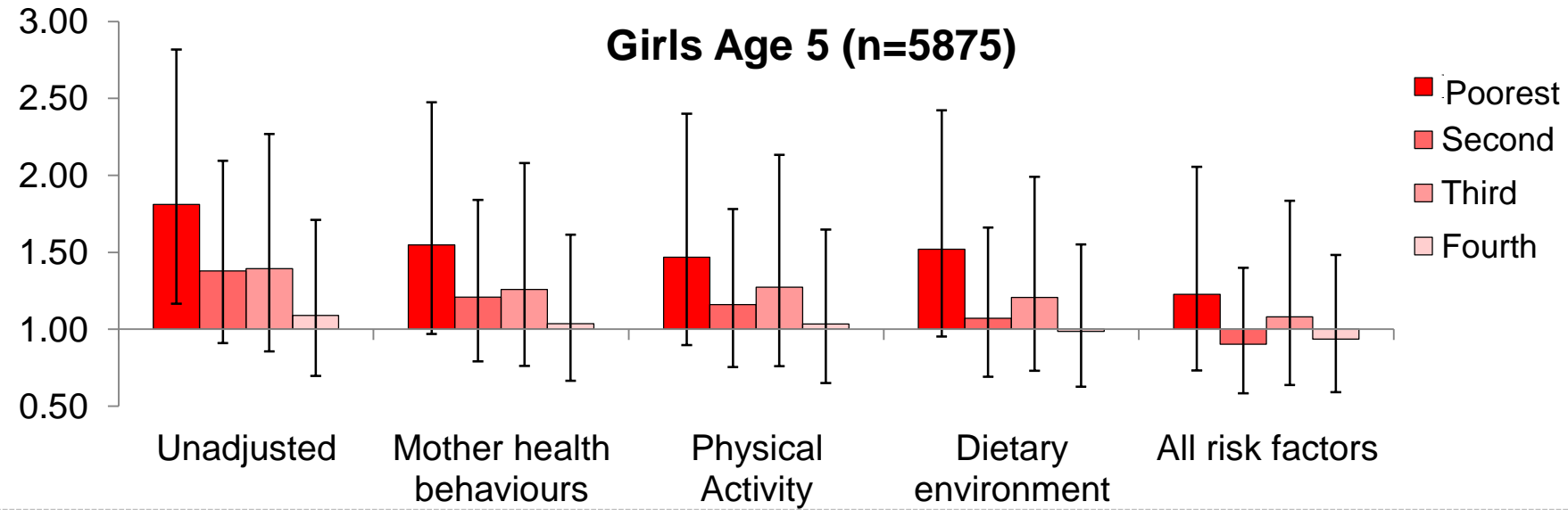
Social determinants for child health and development



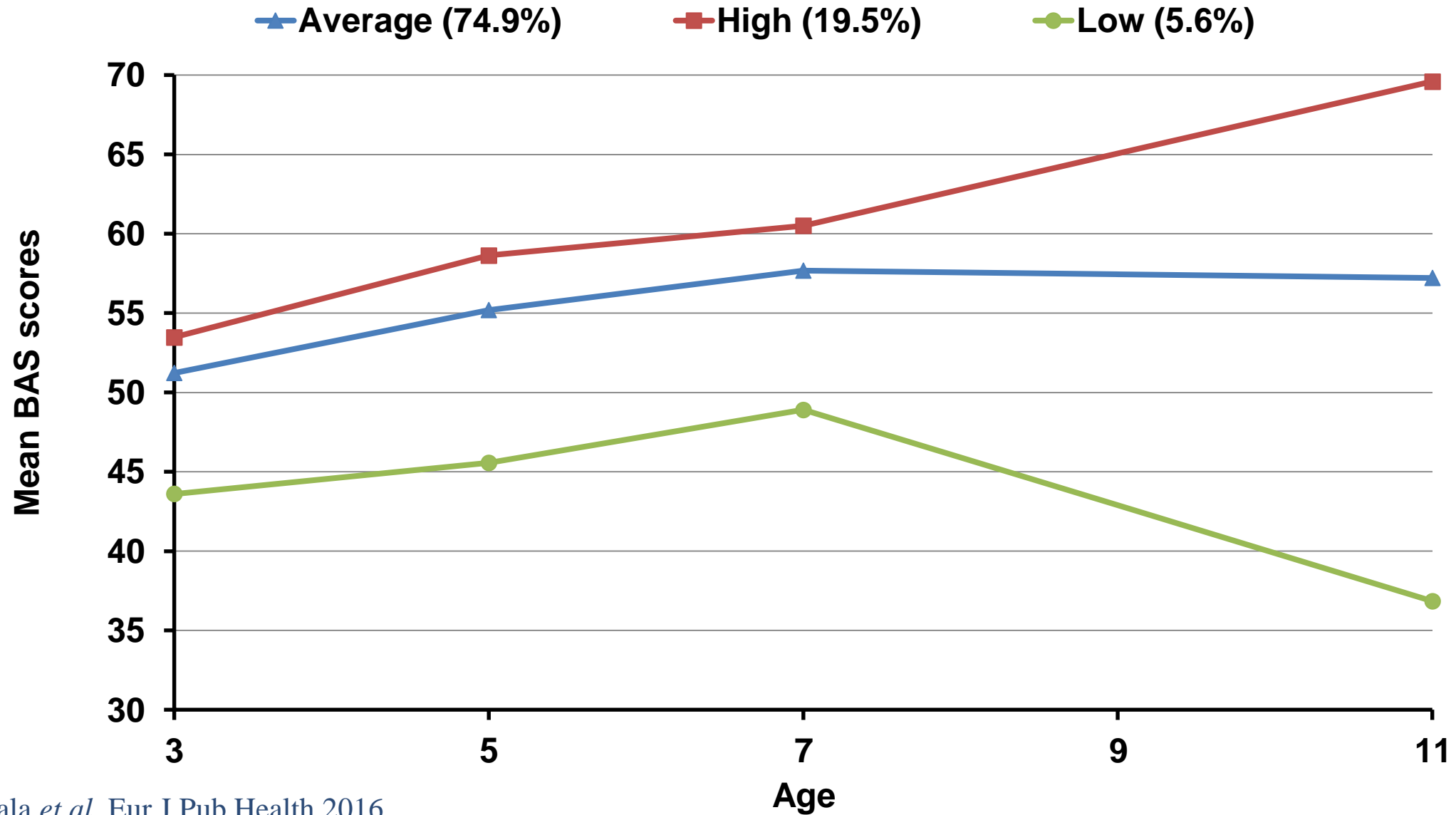
BMI trajectories in childhood



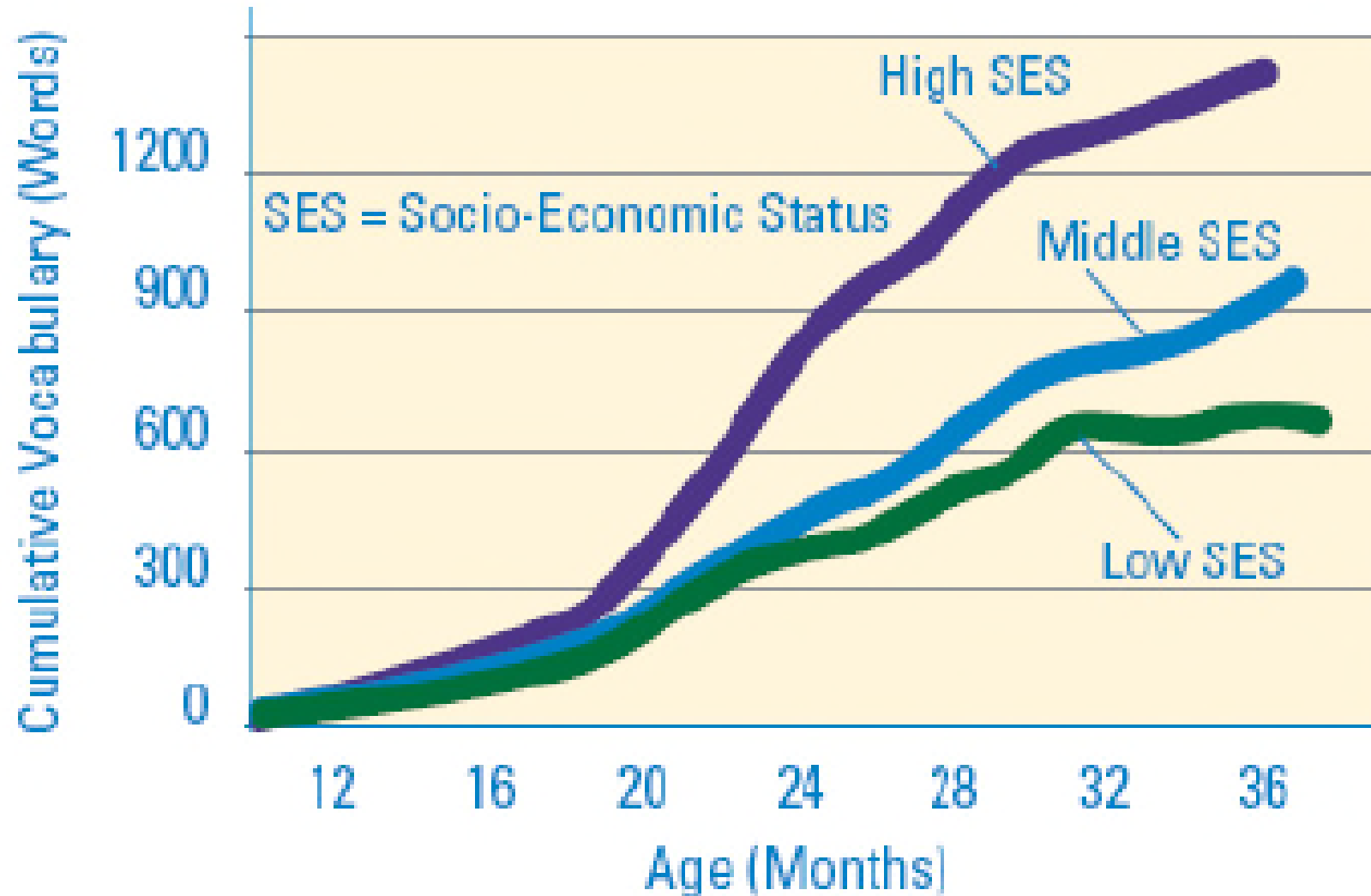
Obesity Age 5



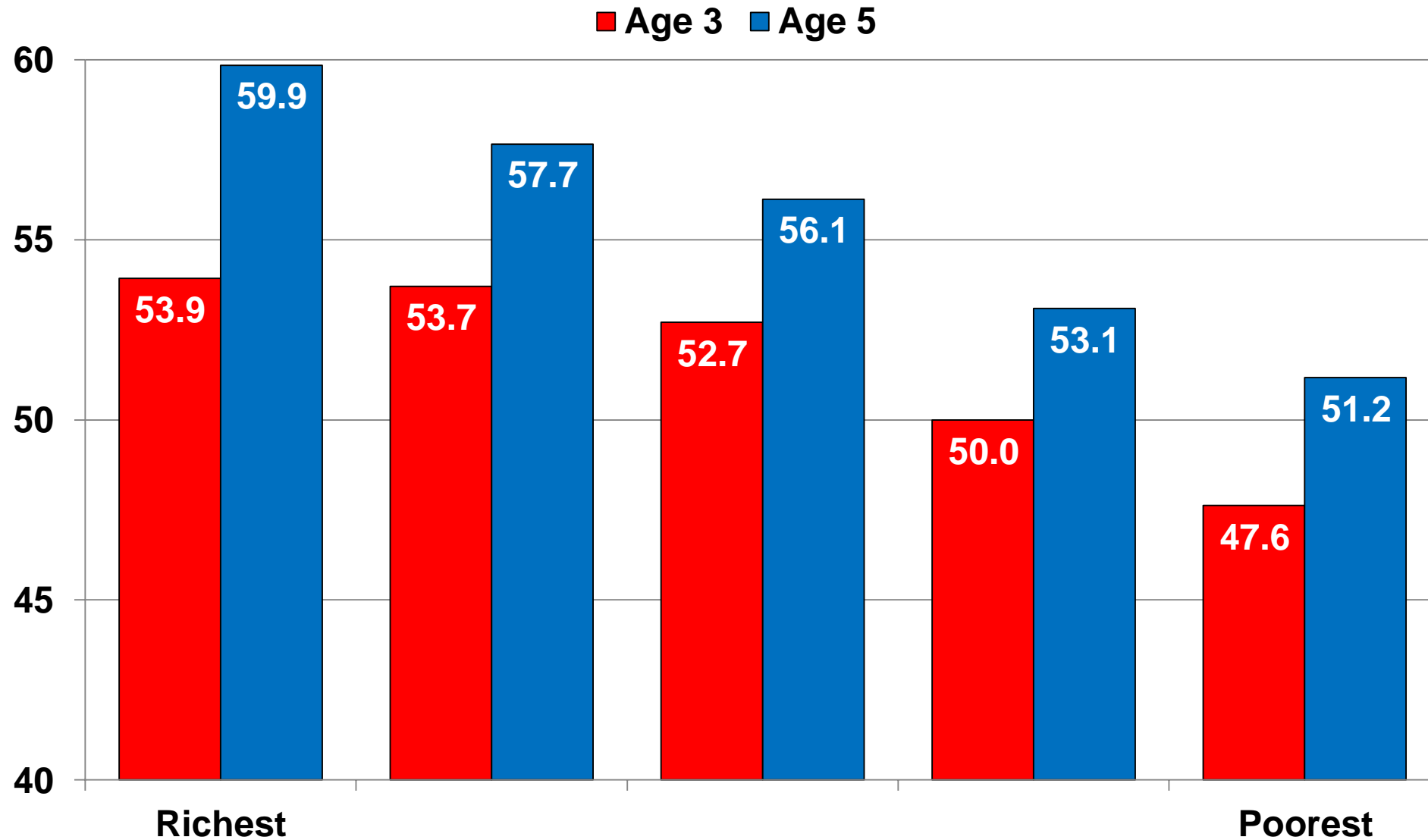
Longitudinal Verbal Profiles



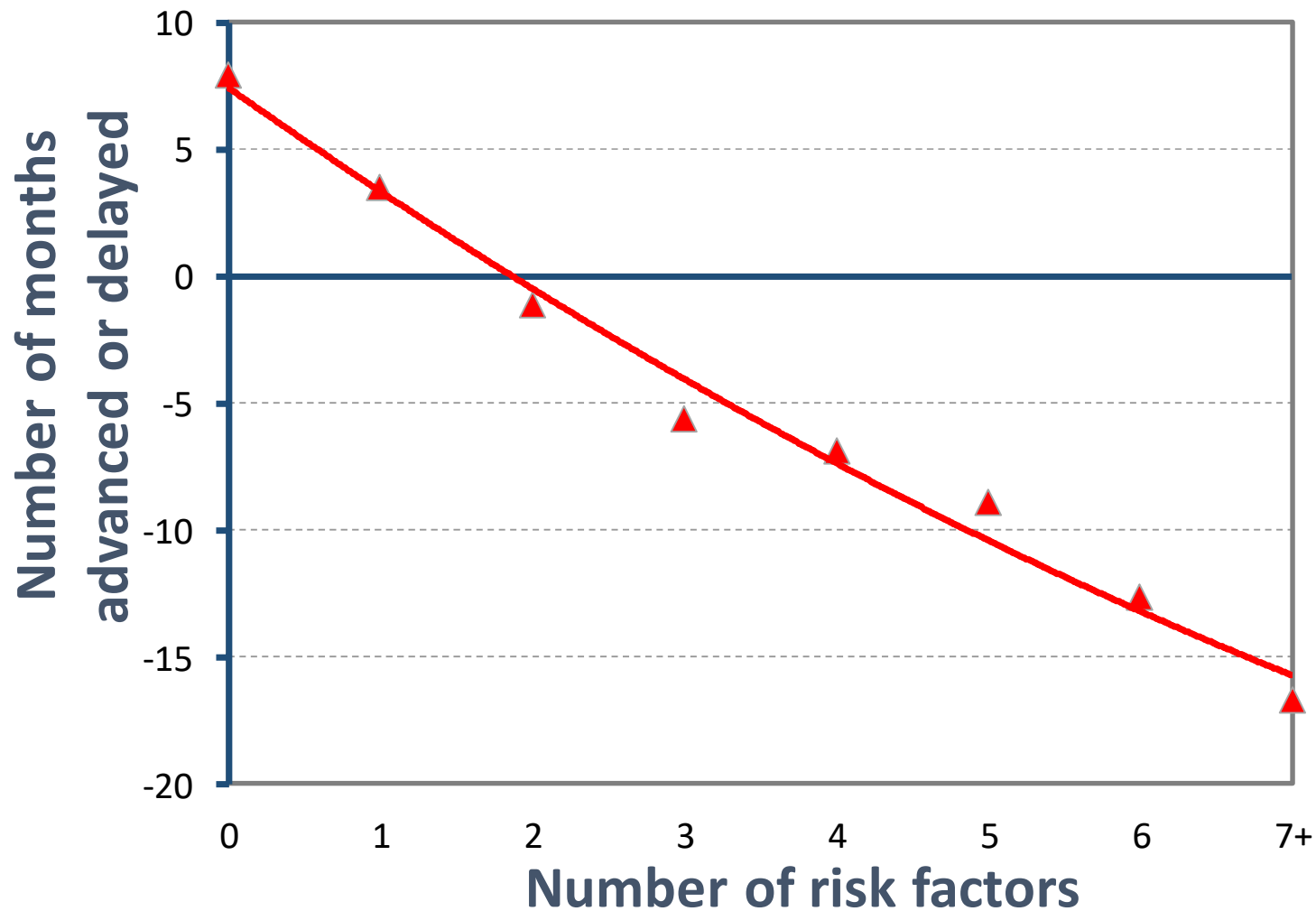
Inequality starts early



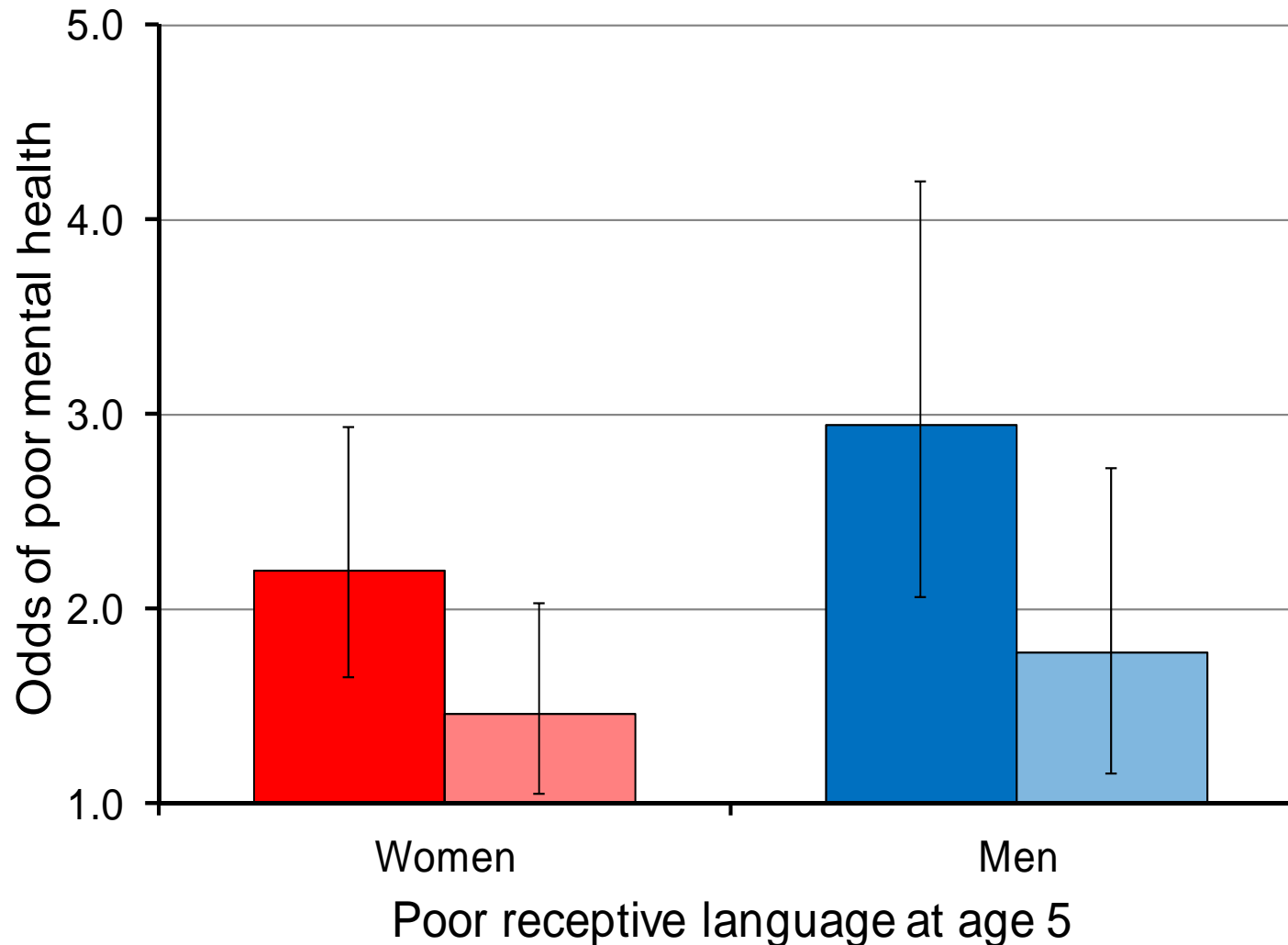
Verbal ability at ages 3 & 5 by family income



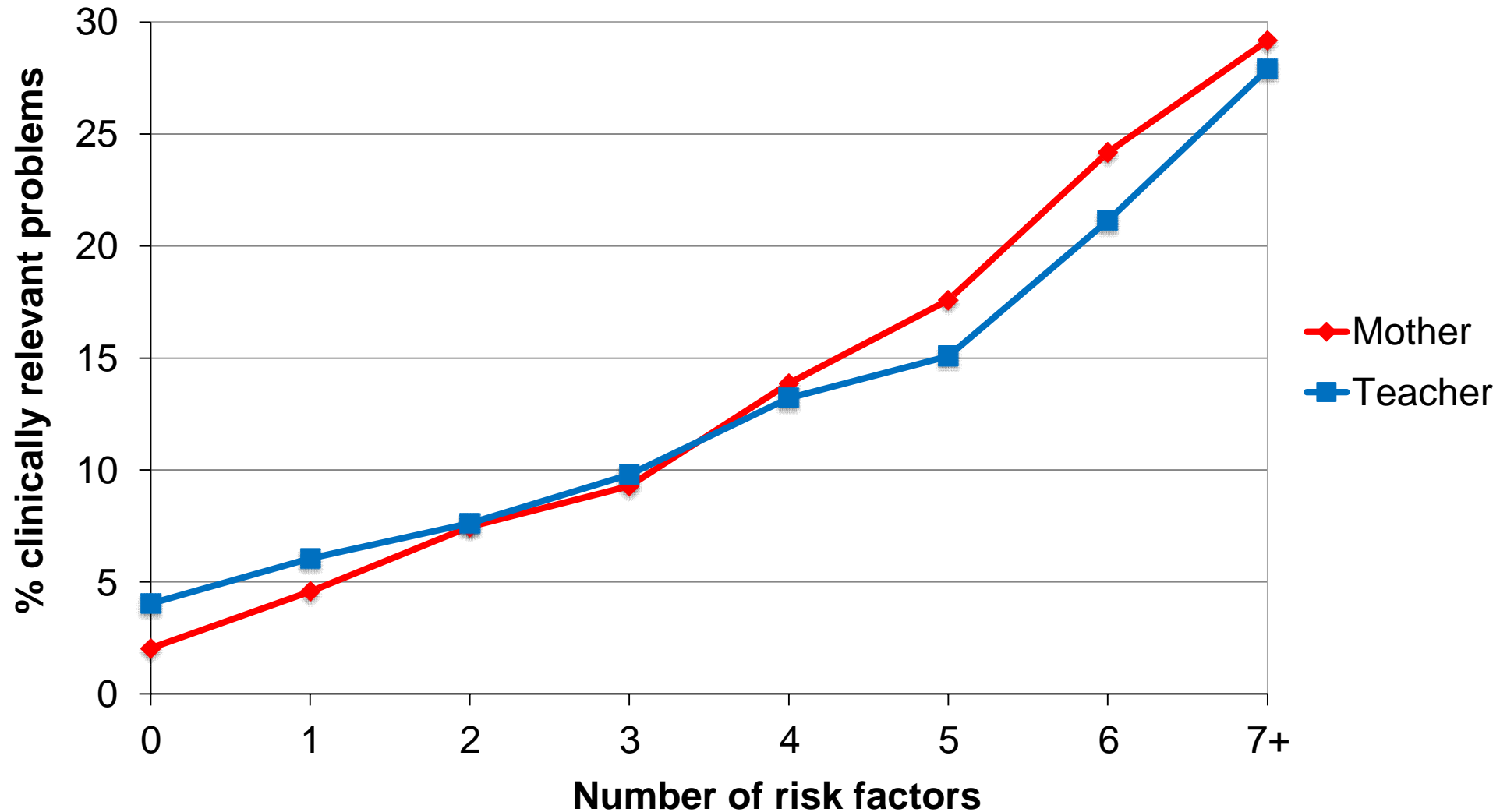
Verbal months ahead or behind at age 7 by number of risk factors



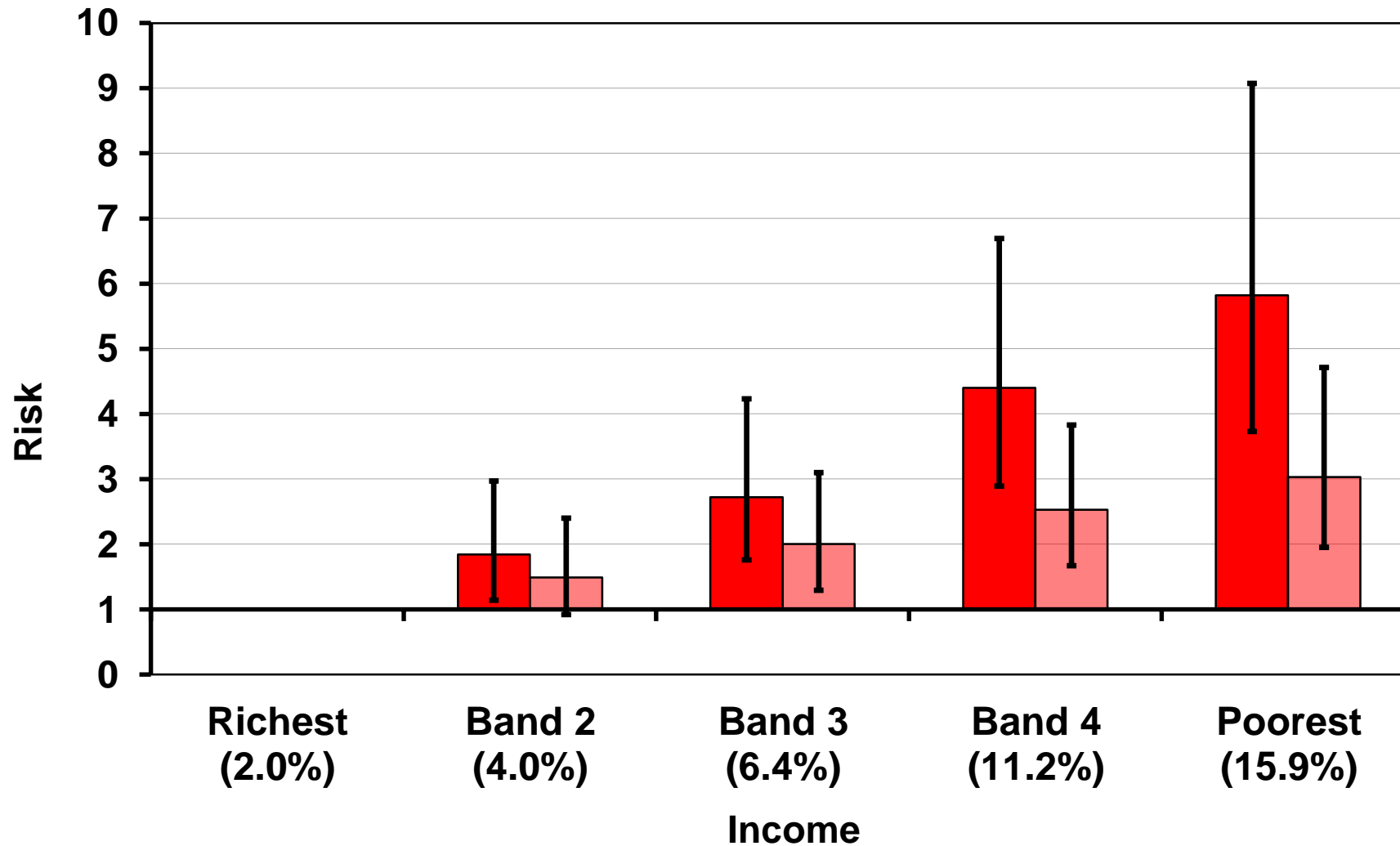
Predictive effect of linguistic development in early childhood on adult mental health at age 34



Clinically relevant behavioural problems at age 7, by number of risk factors



Income gap in the risk of socioemotional difficulties at 5 years of age



Adolescence

Adolescence

The period from the onset of puberty to that of an independent role in society

Puberty transitions

- Physical – stature, sexual characteristics
- Physiological – endocrine
- Psychological – autonomy, identity, decision making, social relationships

Social transitions

- Leaving education
- Entering employment
- Leaving parental home
- Partnership and/or family formation

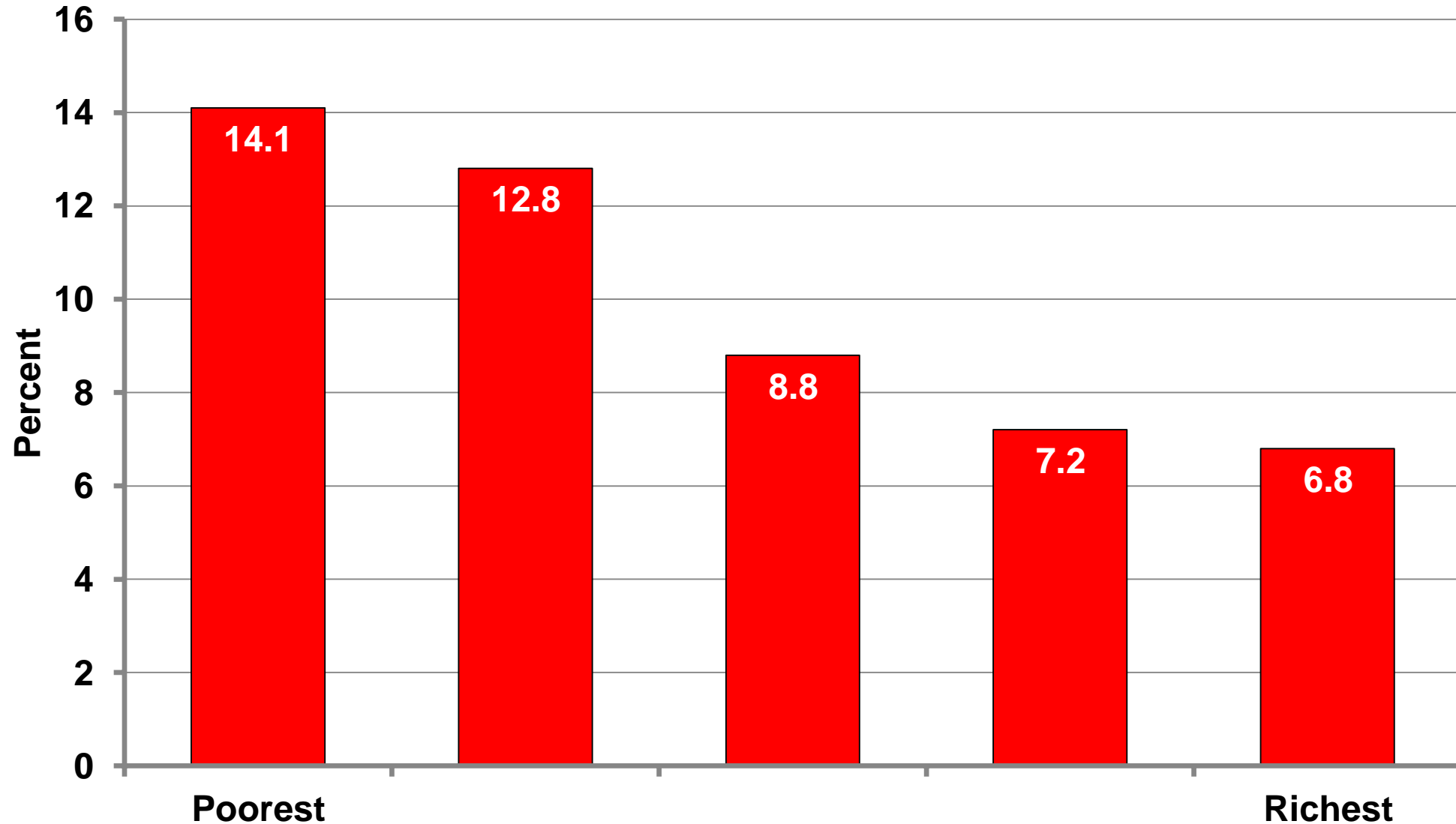
Important markers

- Mental health
- Health behaviours
- Overweight/obesity

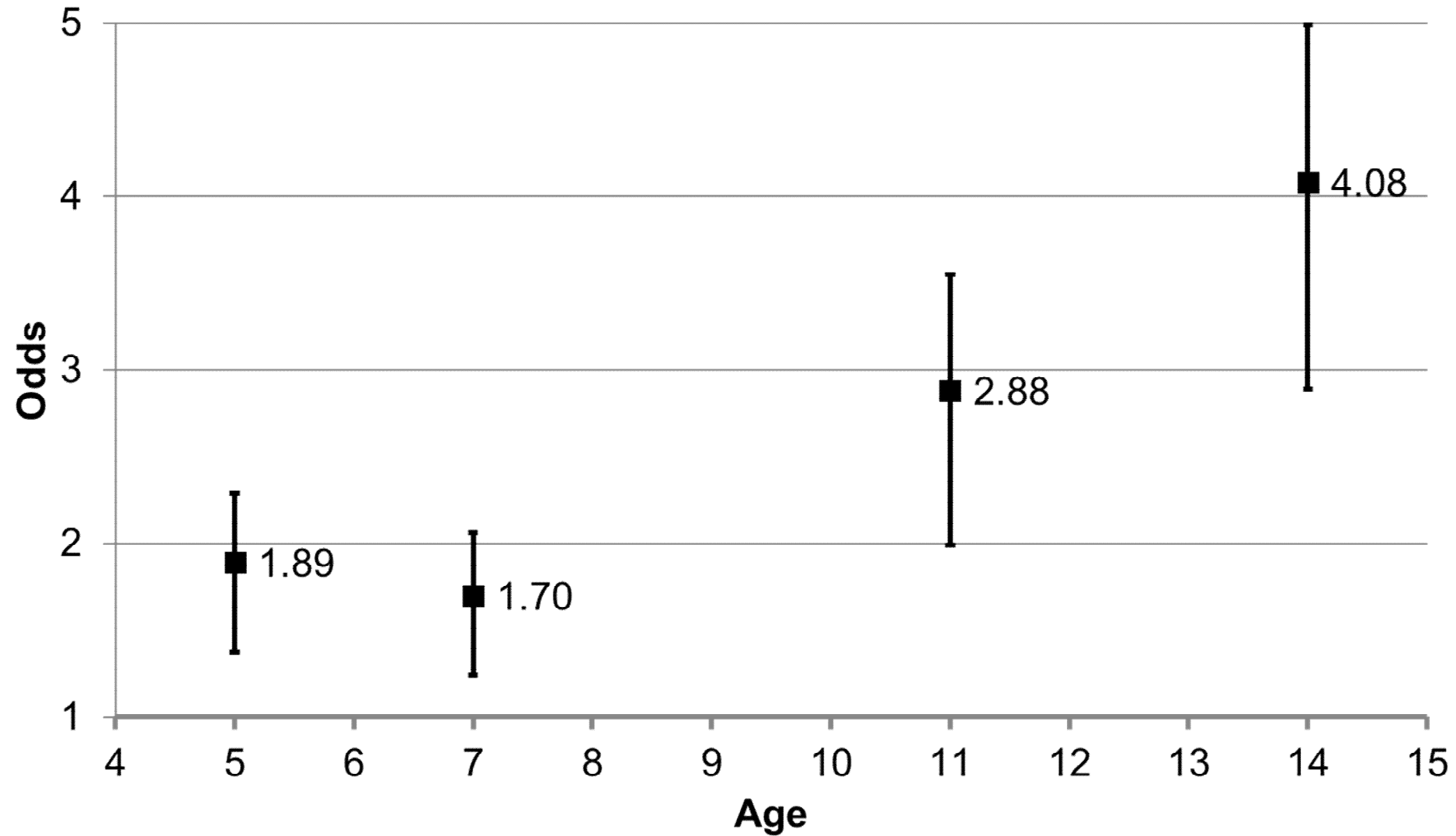
Recent decades - marked changes in health and wellbeing:

- Alcohol consumption, smoking, teenage pregnancy rates have declined
- Screen based media use, overweight and obesity and poor mental health have increased

Early menarche (by age 11) by family income



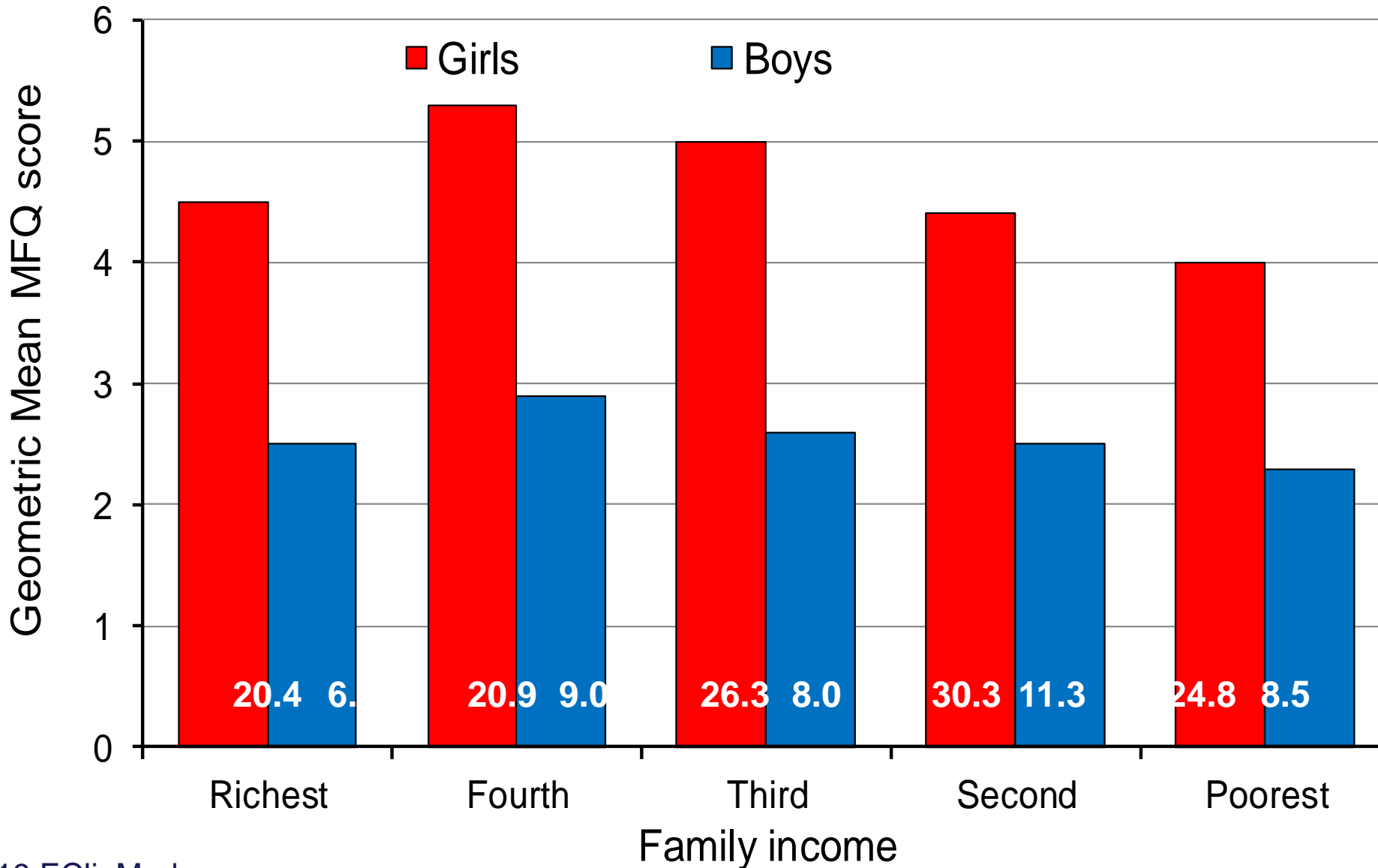
Inequalities in obesity, poorest vs richest



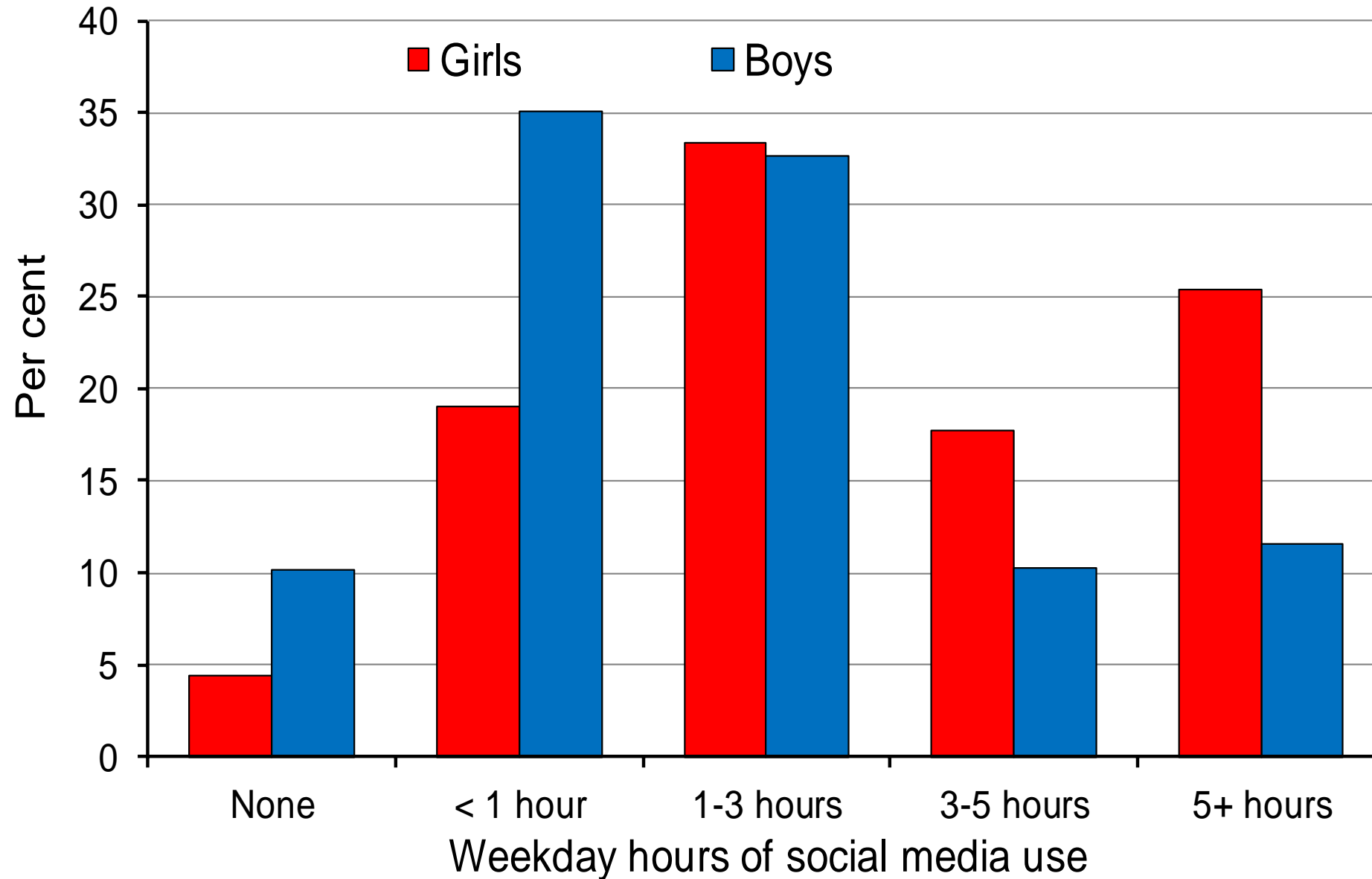
Health behaviours by income quintile among youth (Age 14, MCS)

	Richest	2	3	4	Poorest
Heavy drinking (All)	7.0	9.0	10.7	10.2	7.1
Heavy drinking (current drinkers)	15.1	18.9	22.1	22.3	23.5
Ever smoked	8.7	11.4	14.7	21.4	20.1
Any illicit drug use	2.6	3.6	5.5	6.6	5.4
Physical activity					
5+ days	41.3	38.4	36.8	35.8	35.5
3-4 days	36.7	34.9	32.7	32.4	30.6
1-2 days	18.9	23.2	26.7	26.5	27.6
None	3.0	3.6	4.5	5.4	6.3

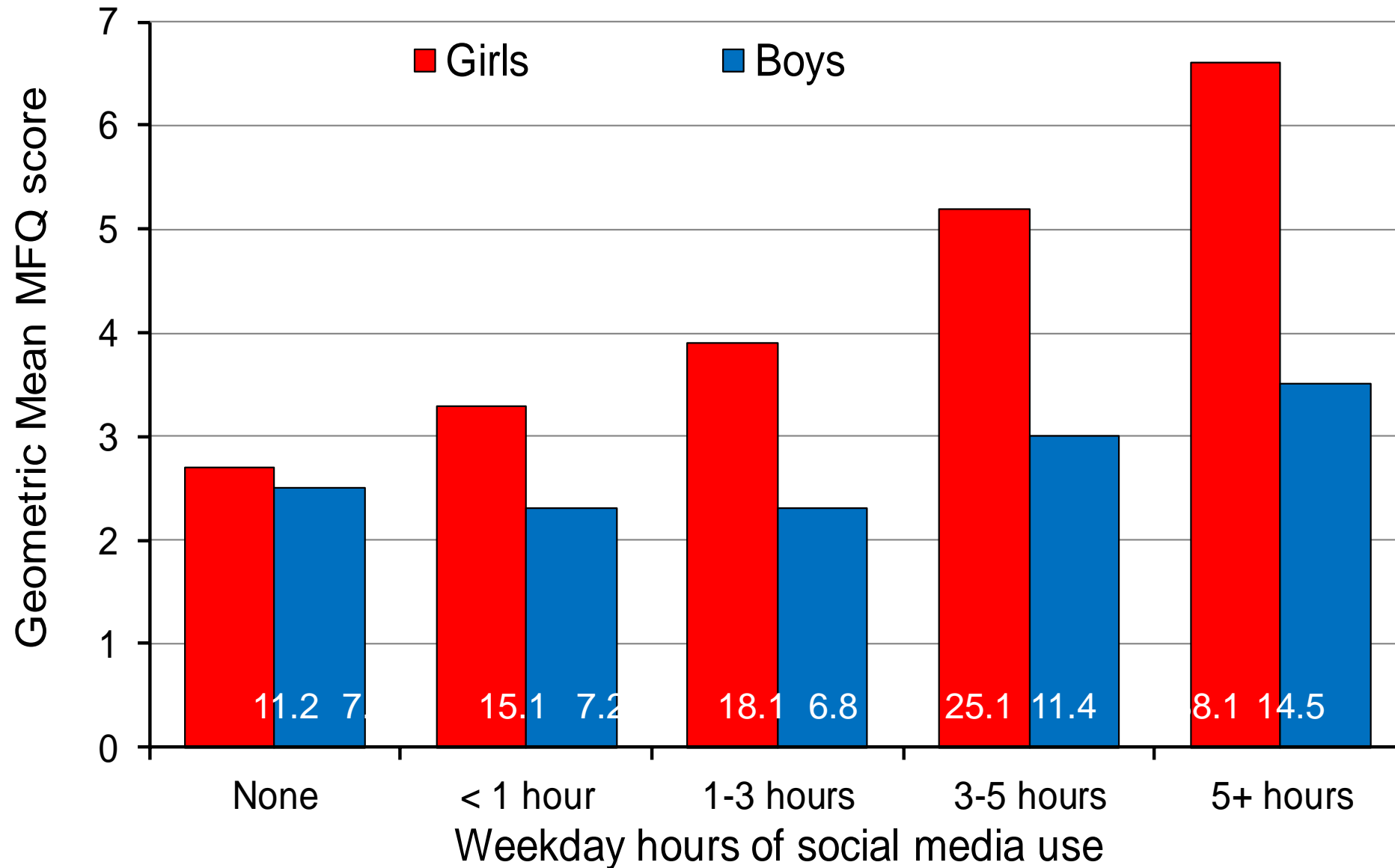
Depressive symptoms by family income

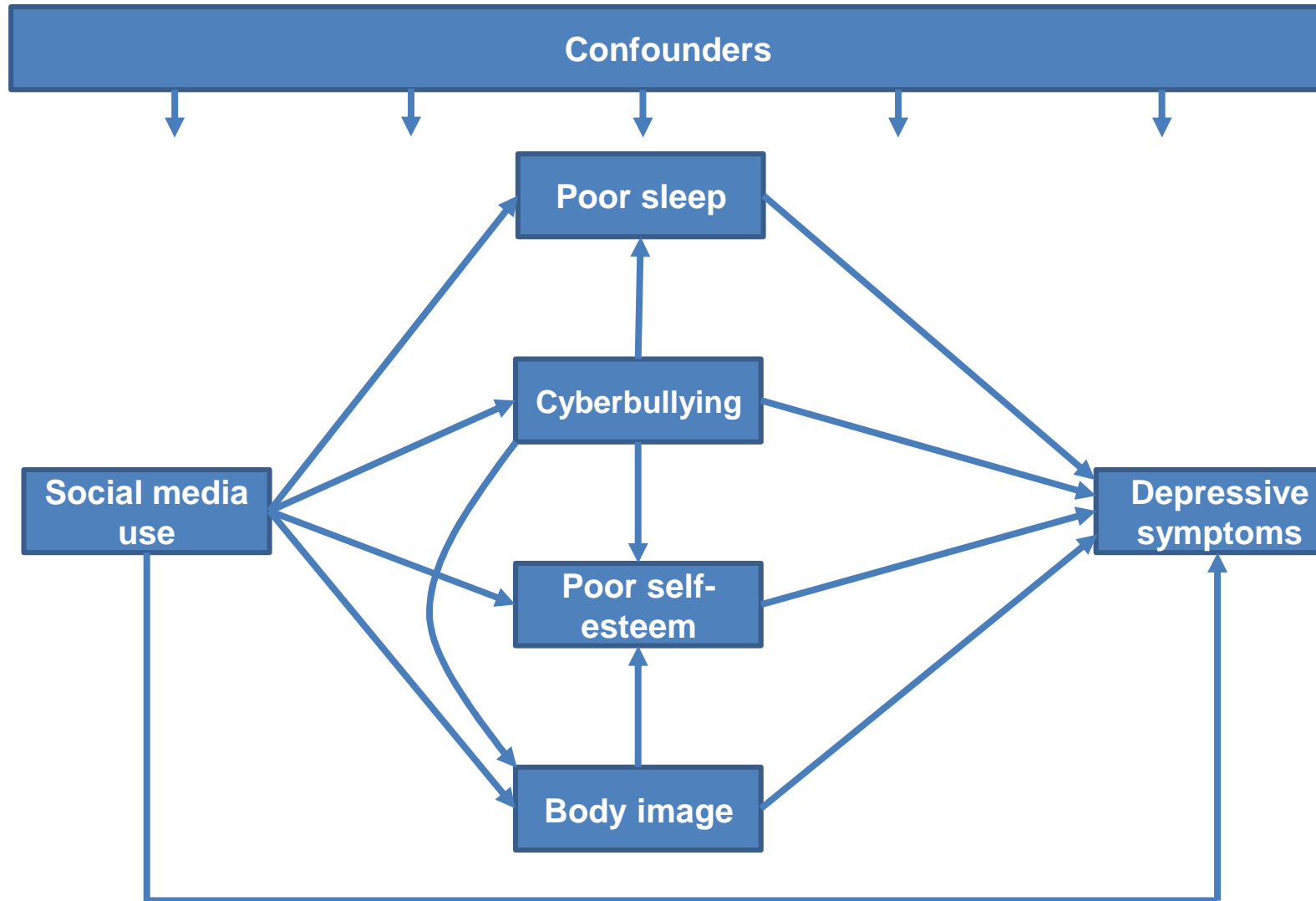


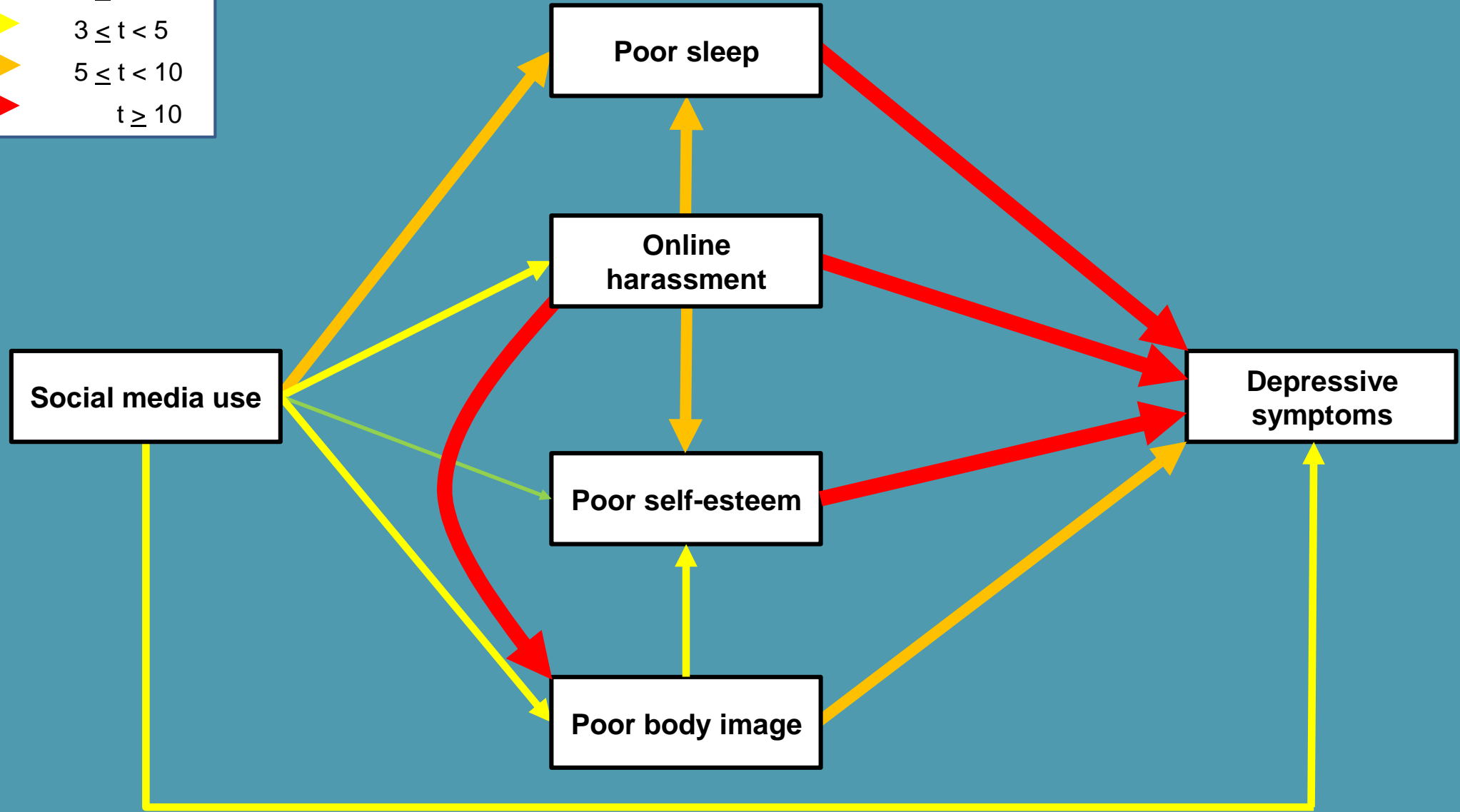
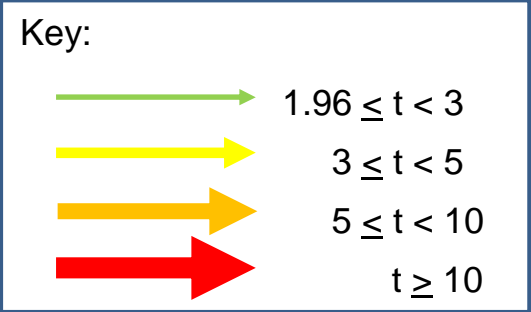
Prevalence of weekday hours of social media use



Depressive symptoms by social media use







Areas for further research:

- Child and adolescent overweight and obesity pose major societal and economic burdens. What are the factors driving widening inequalities?
- Sleep is now recognised as a public health priority. What are the broader contextual influences on sleep across the lifecourse?
- Poor mental health appears to be on the increase among young people – what are the contributing factors compared with earlier generations? Are inequalities increasing?
- Social media use is linked to multiple benefits, but pitfalls are apparent too. What factors underpin patterns of social media use? How might social media use influence wellbeing (relationships, mental health and educational attainments)?
- Loneliness is common among youth. Is it more prevalent now than in previous generations? What are the drivers?

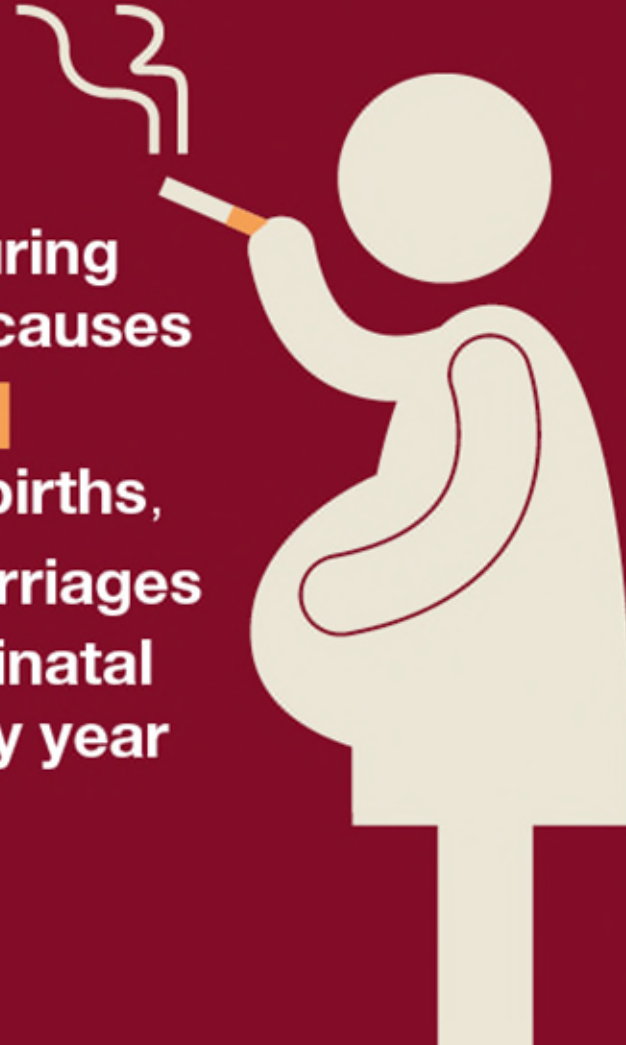
Cigarette smoking in pregnancy: its influence on birth weight and perinatal mortality

No. of cigarettes smoked per day	Death rate / 1000	Birth weight (kg)
0	32.0	3.386
1 – 4	38.5	3.295
5 – 9	42.2	3.204
10 – 19	41.6	3.208
20 – 30	41.2	3.175

Conclusion: ‘This evidence should have important implications for health education aimed at getting pregnant mothers to give up smoking’

Smoking in pregnancy

Smoking during pregnancy causes up to **2,200** premature births, **5,000** miscarriages and **300** perinatal deaths every year in the UK



It also increases the risk of complications in pregnancy and of the child developing a number of conditions later on in life such as:

premature birth



low birth weight



respiratory conditions



problems of the ear, nose and throat



diabetes



obesity



