

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."

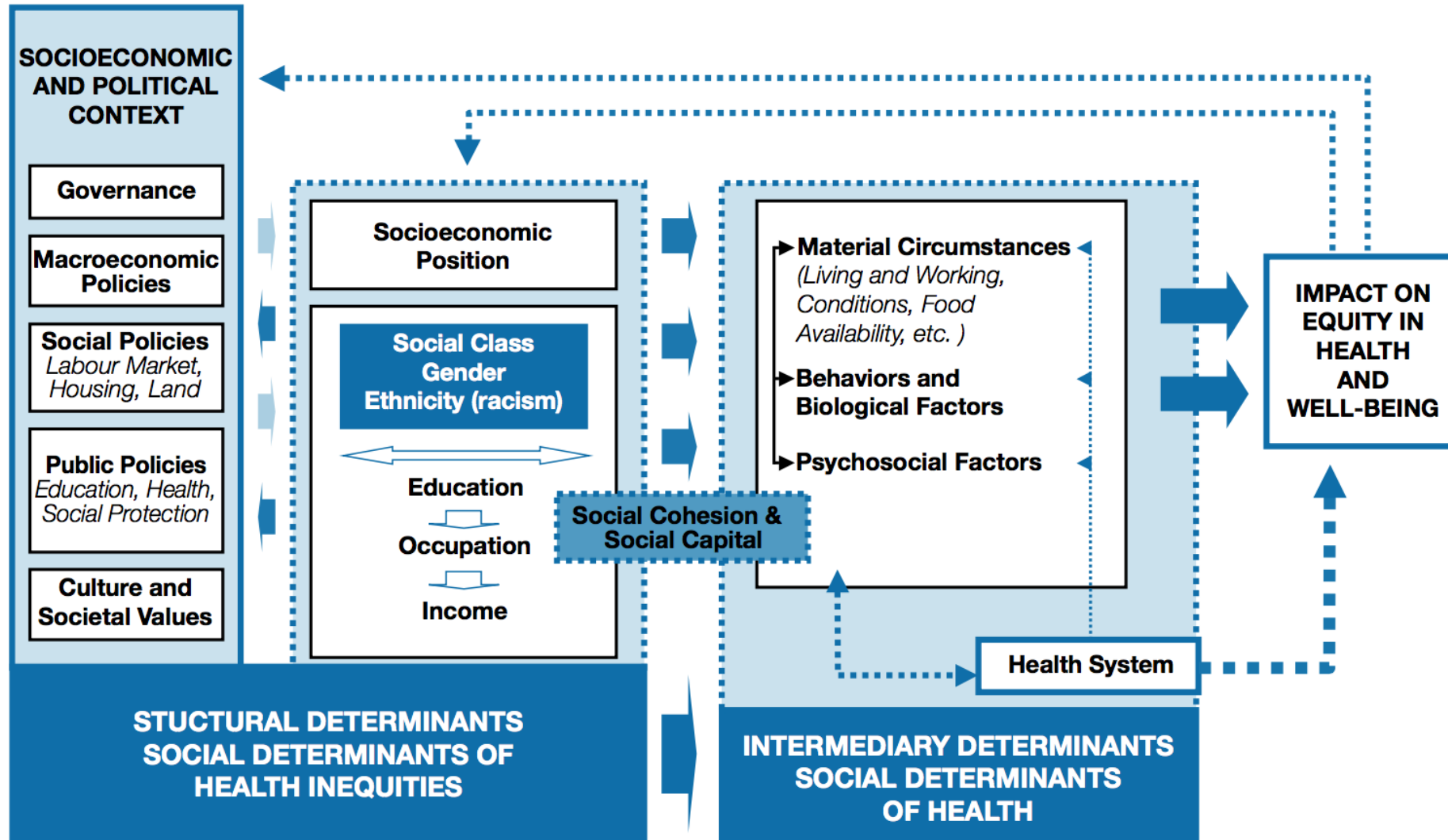
UNICEF 2006

Developmental perspective

Three domains of human development:

- Physical
- Cognitive
- Social and emotional

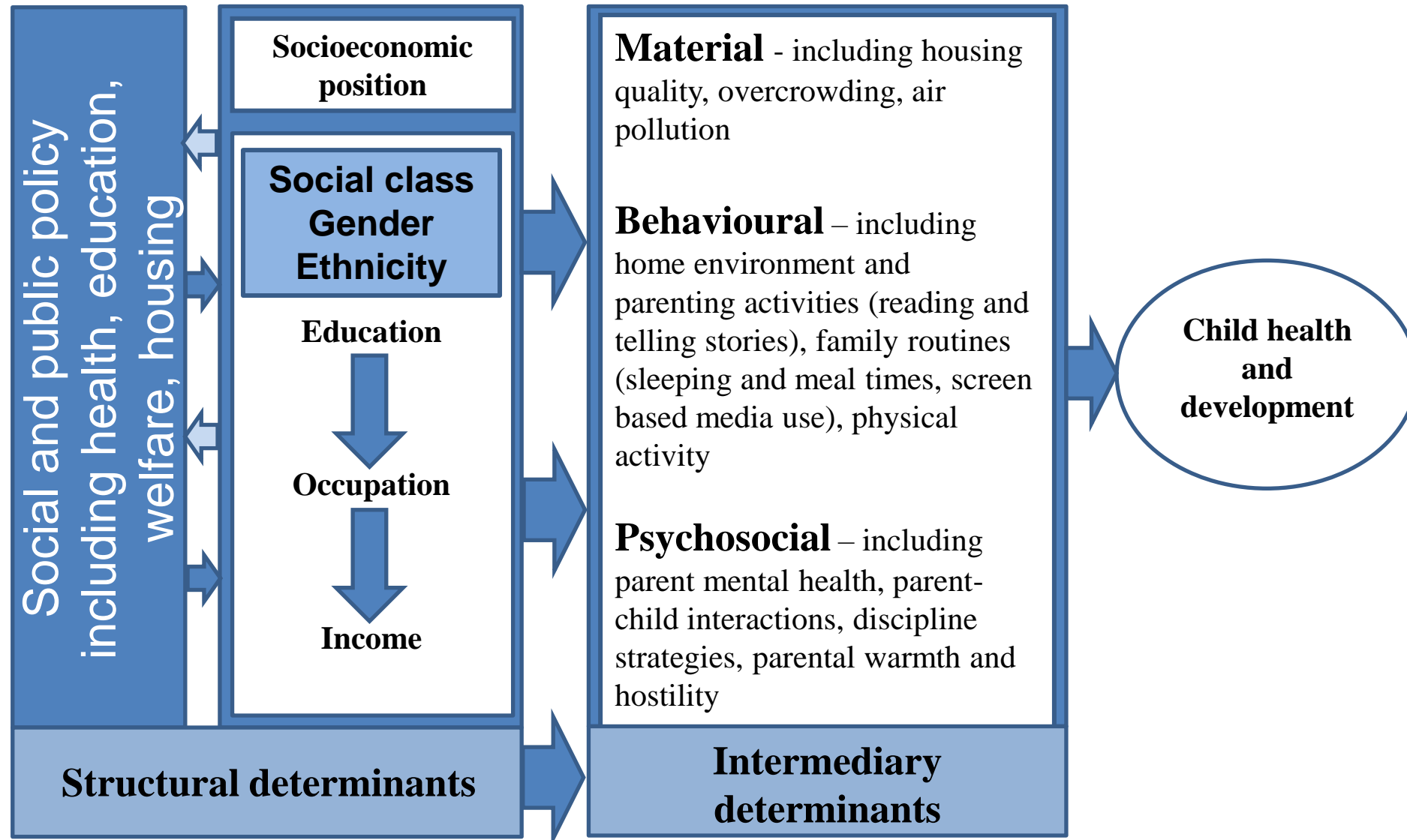
CSDH conceptual framework for action on the social determinants of health



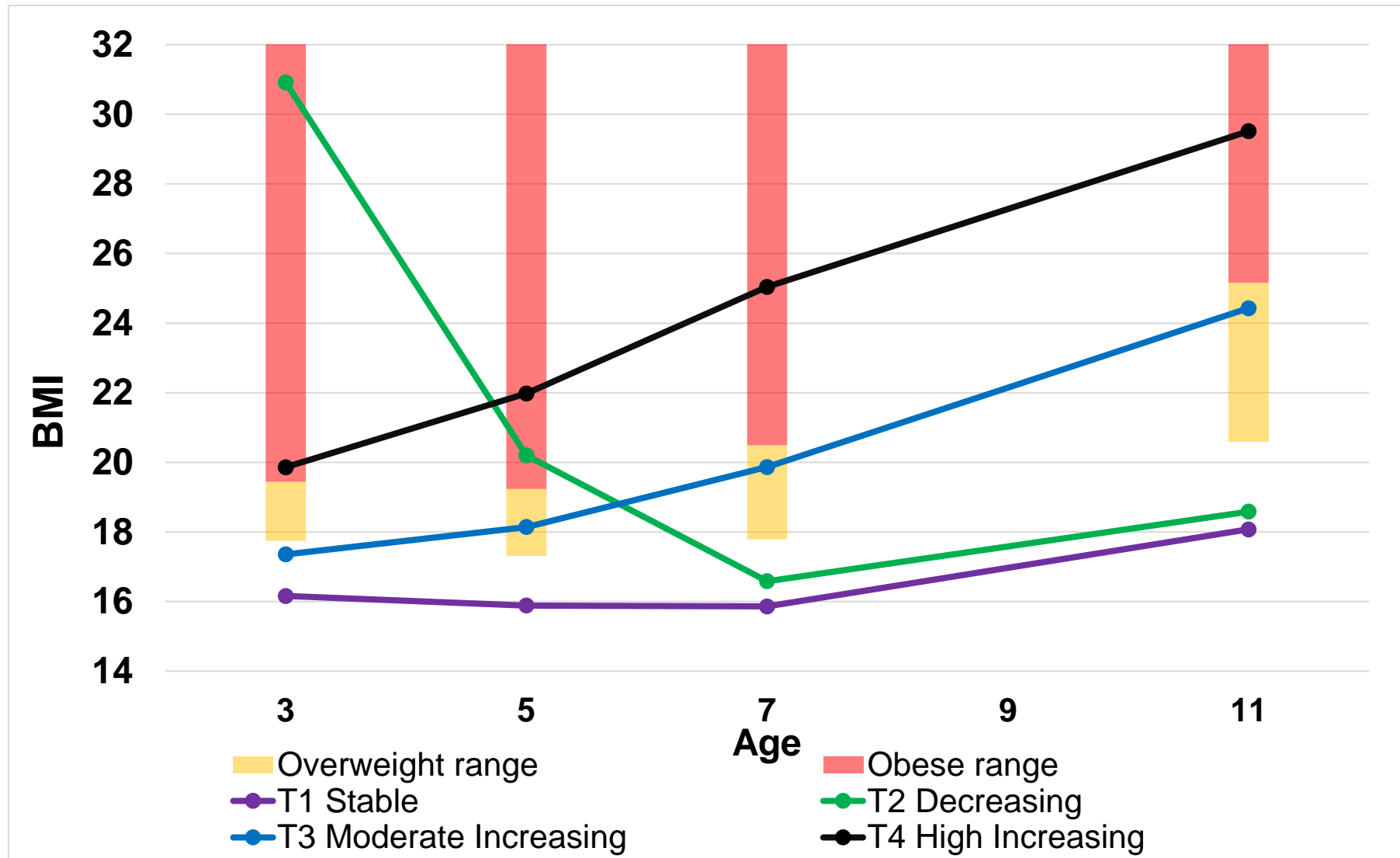
Solar O, Irwin A (2010): A Conceptual framework for action on the social determinants of health. Social Determinants of Health Discussion Paper 2 (Policy and Practice). Geneva: World Health Organization.

**What are the influences on
early child development?**

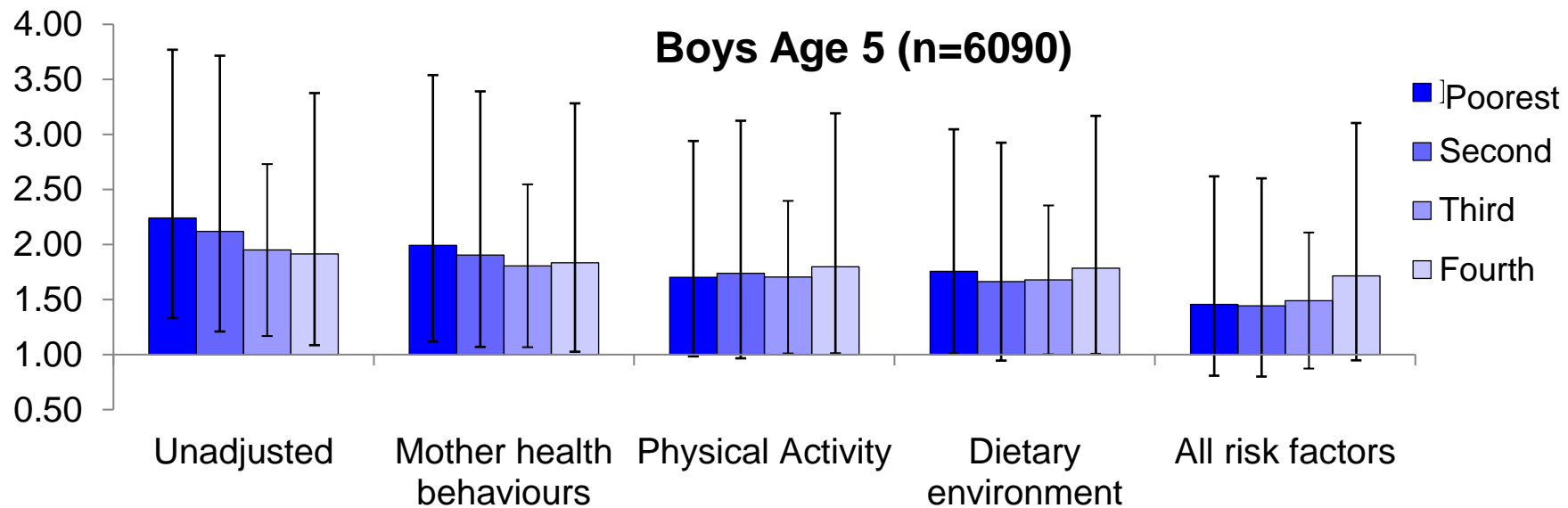
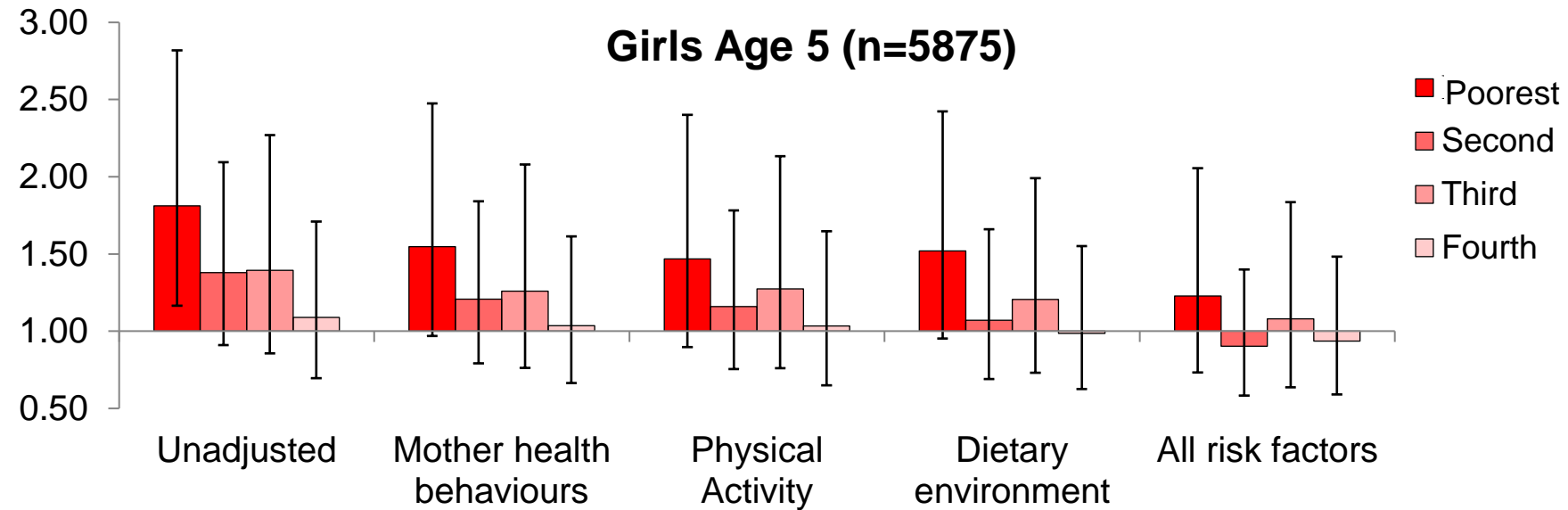
Social determinants for child health and development



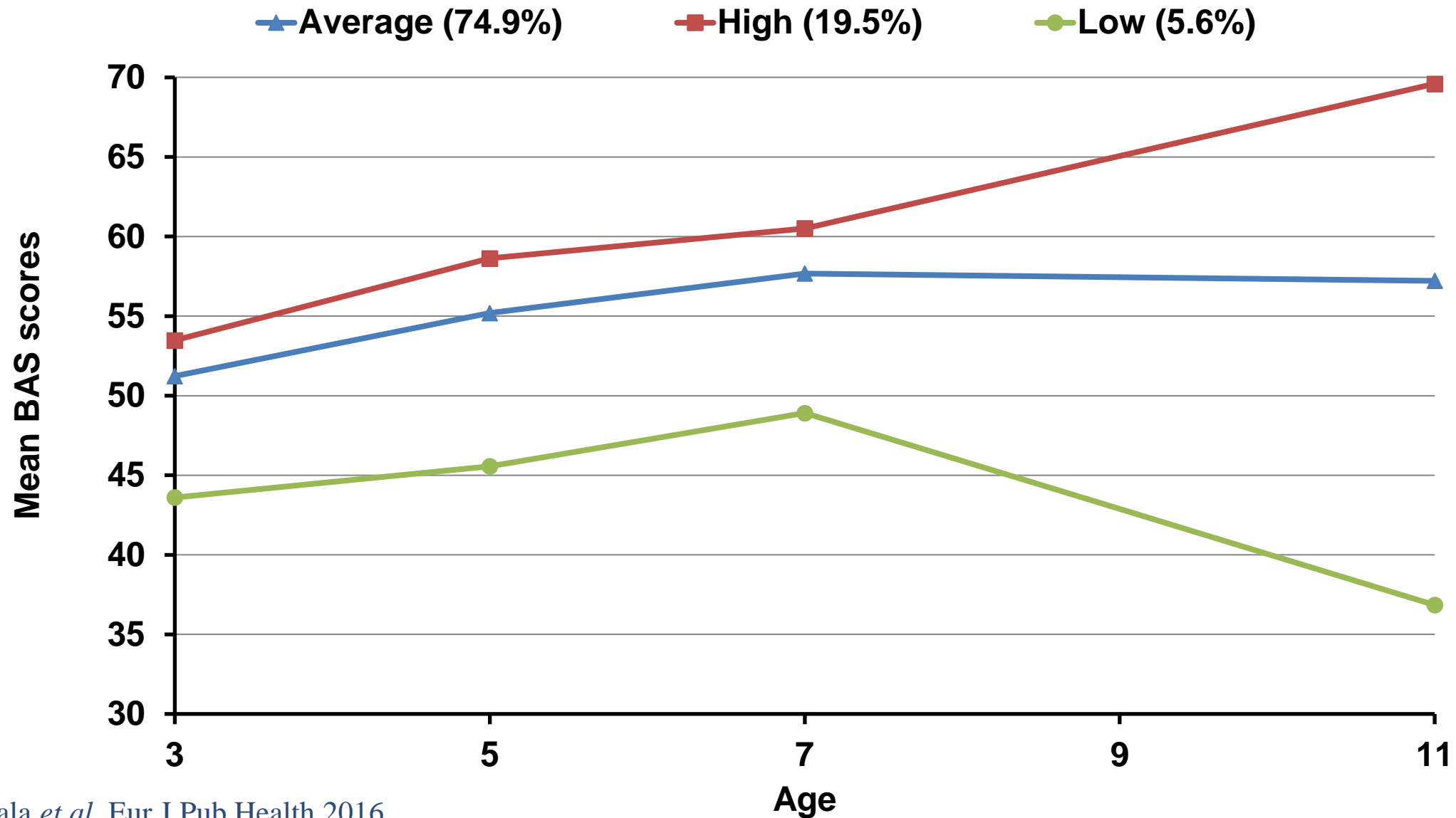
BMI trajectories in childhood



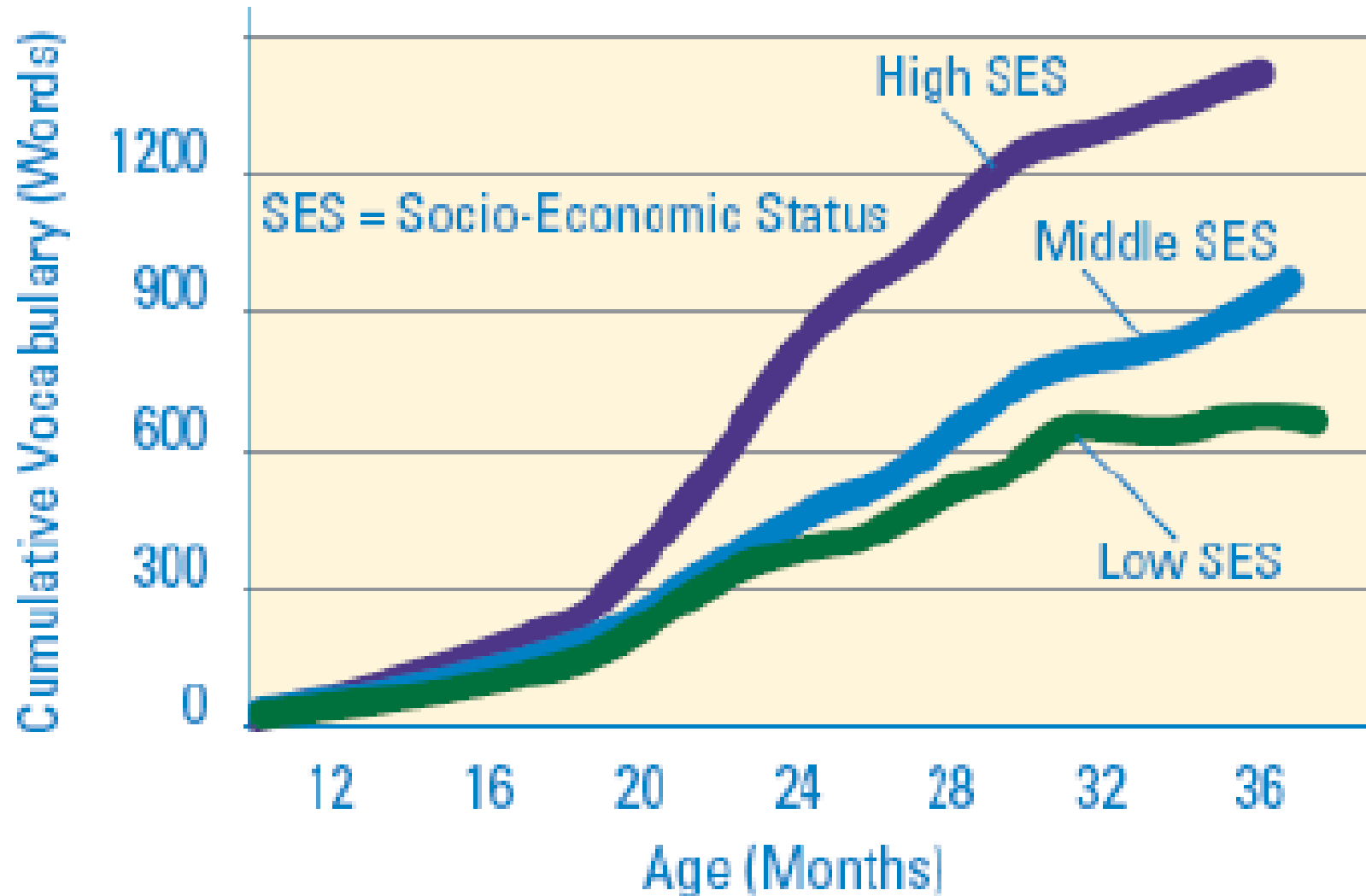
Obesity Age 5



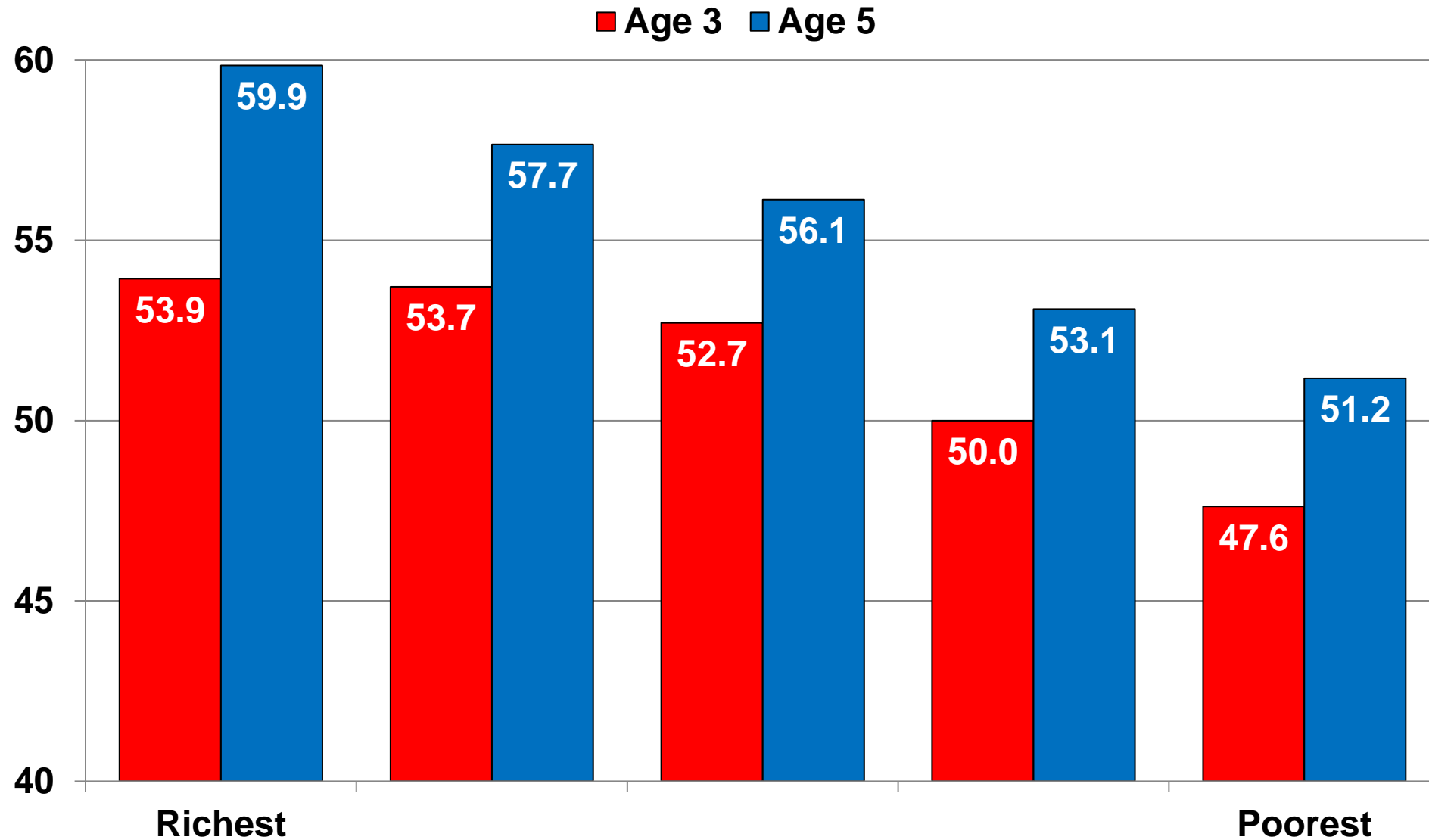
Longitudinal Verbal Profiles



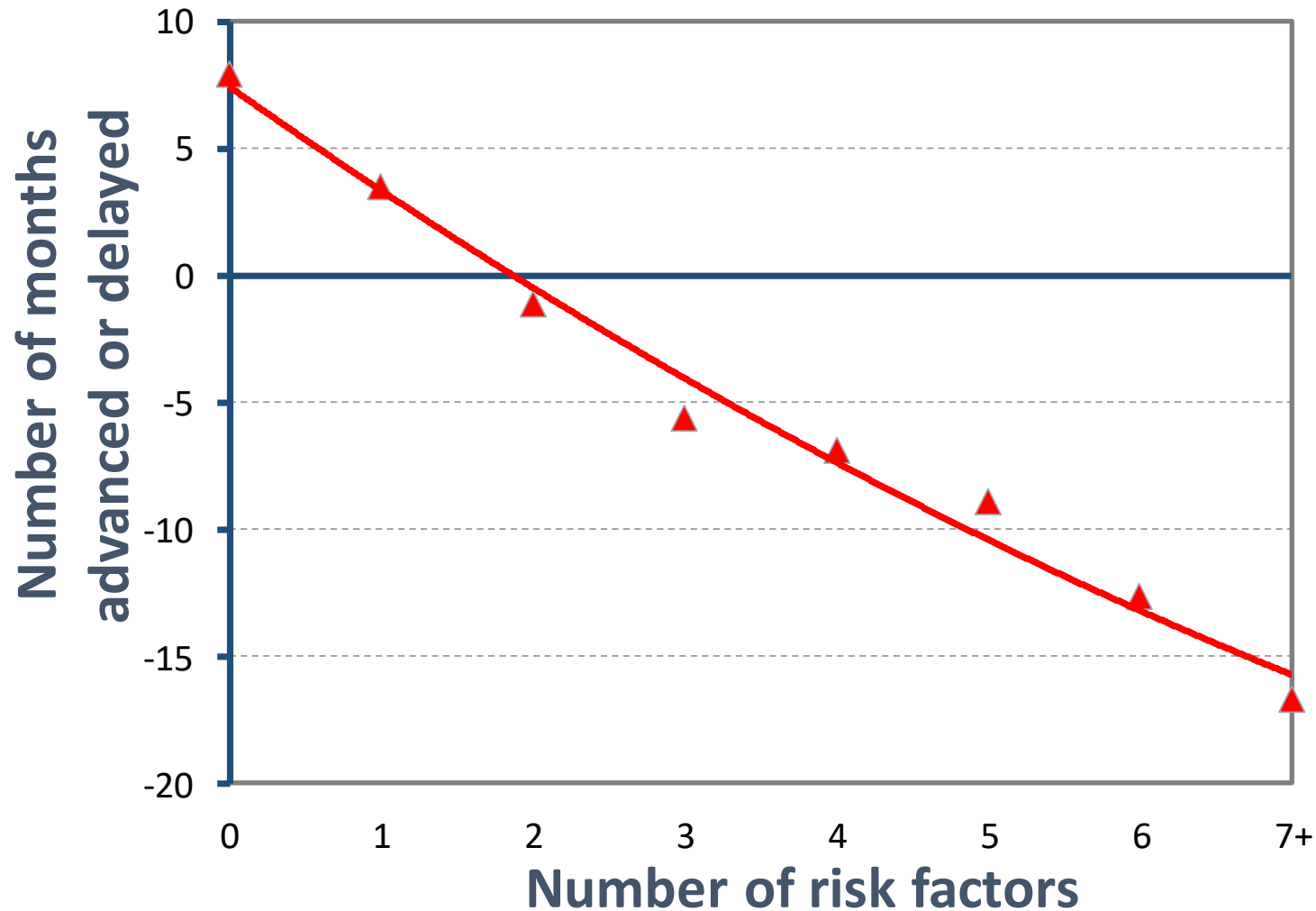
Inequality starts early



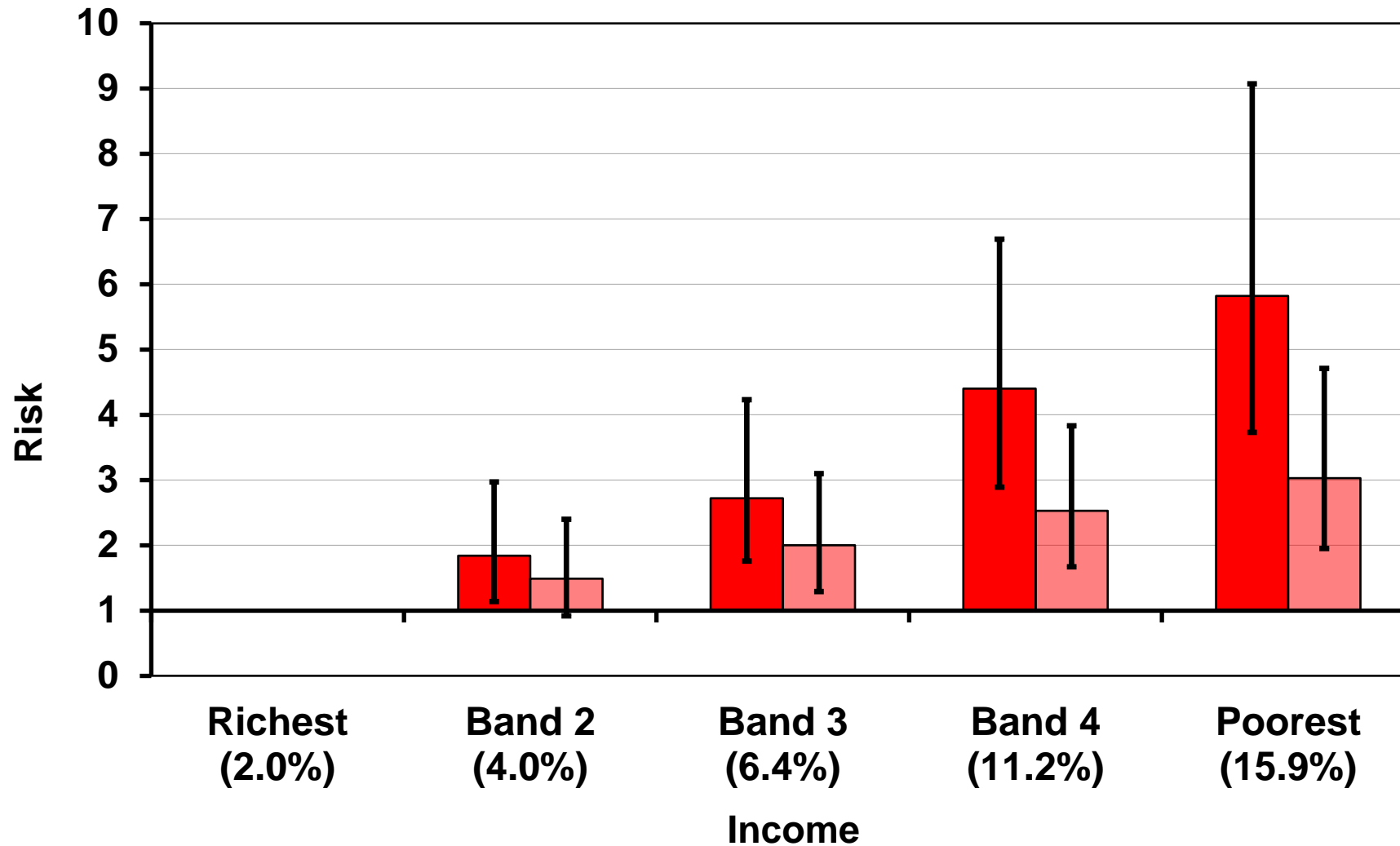
Verbal ability at ages 3 & 5 by family income



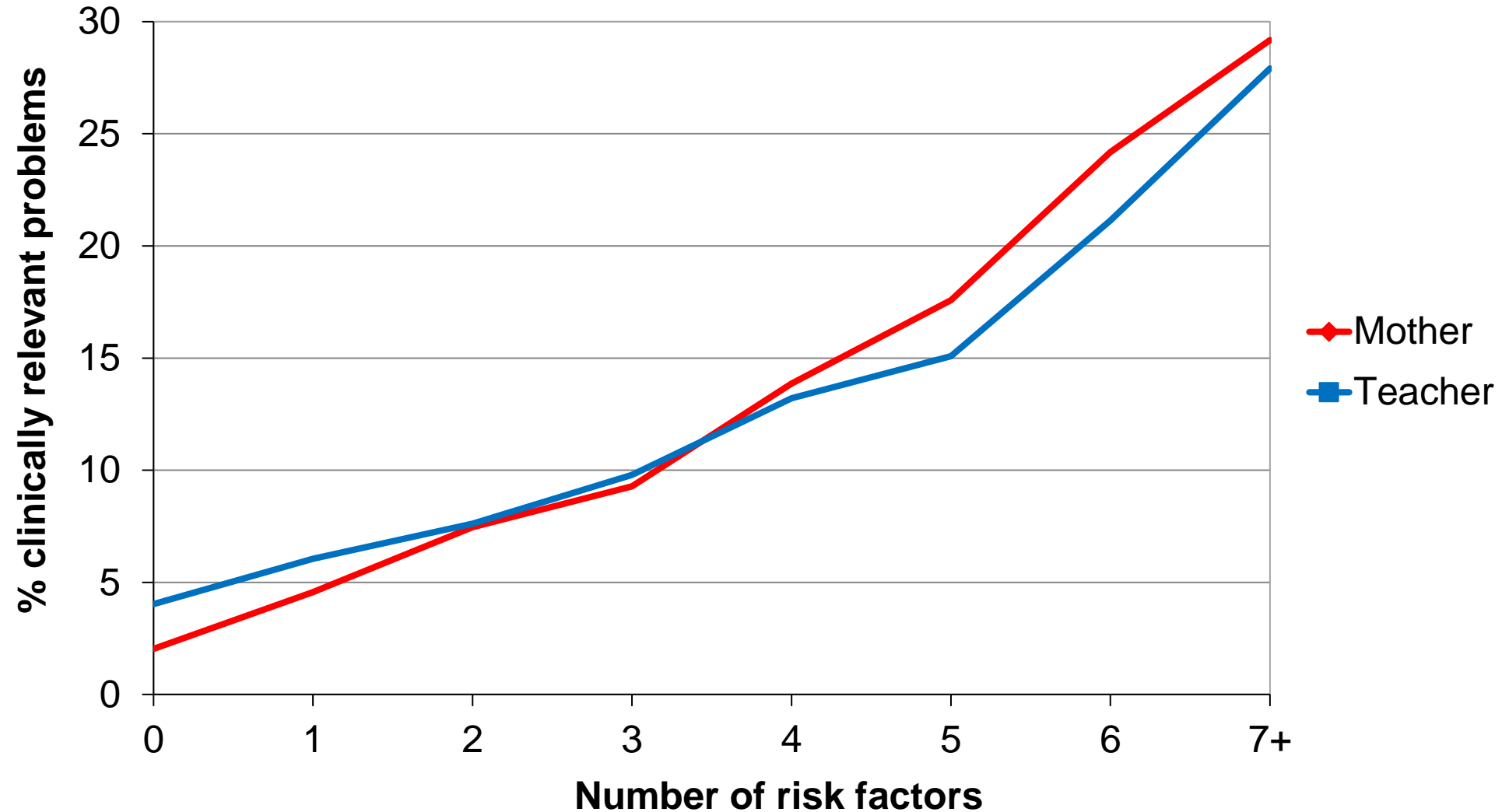
Verbal months ahead or behind at age 7 by number of risk factors



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



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



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

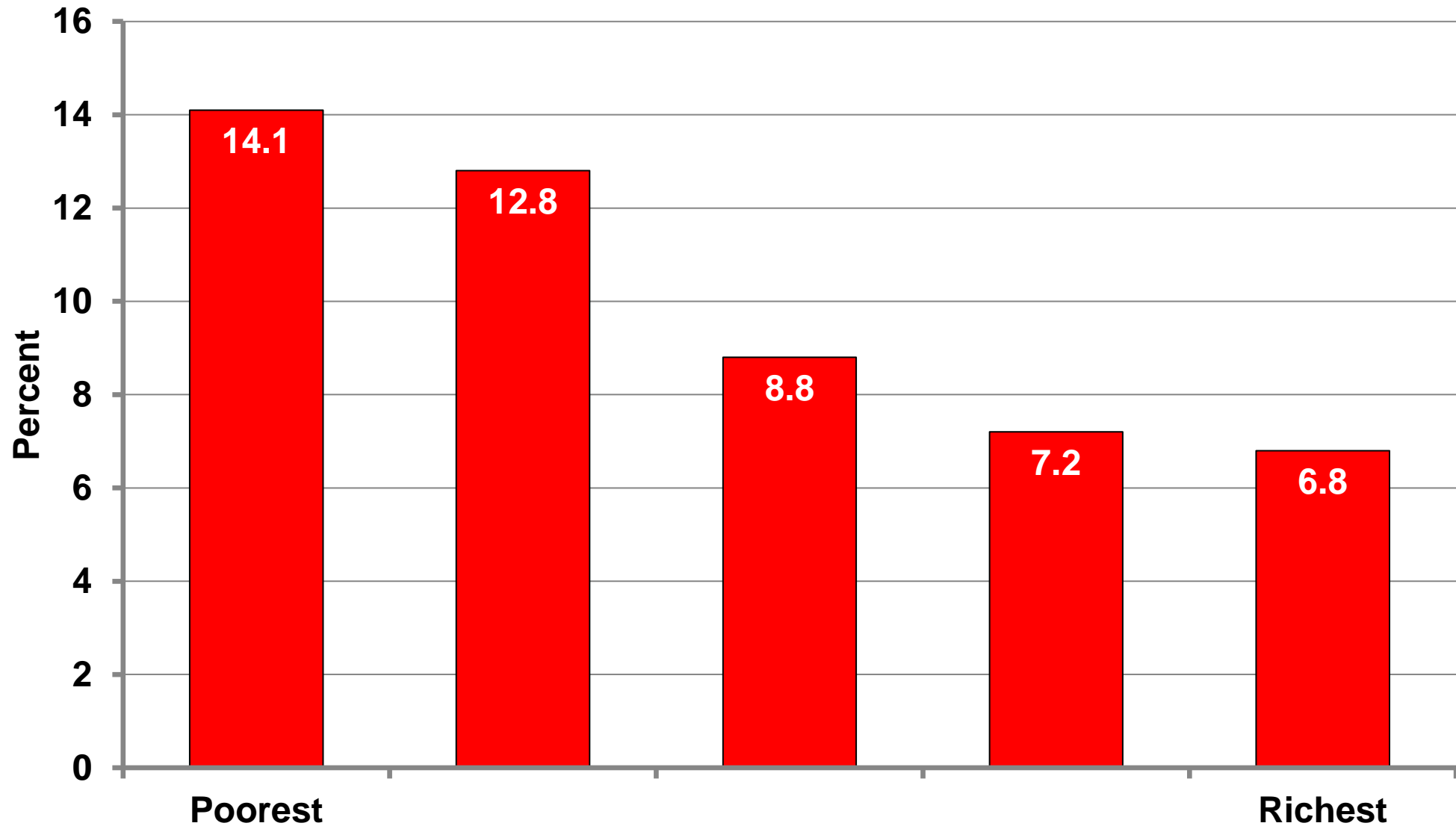
- Mental health
- Health behaviours
- Overweight/obesity

Recent decades - marked changes in health and wellbeing:

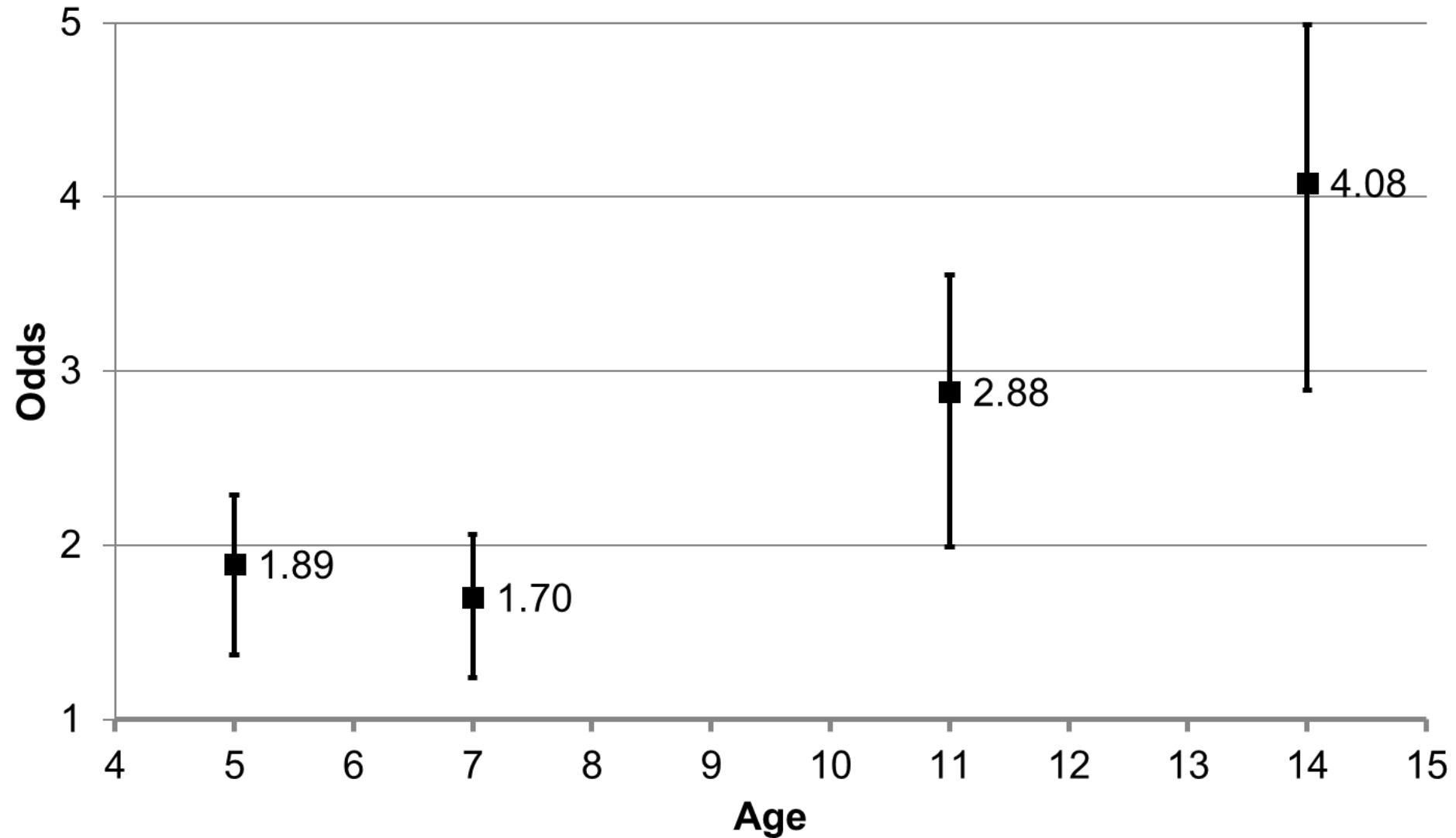
- Alcohol consumption, smoking, teenage pregnancy rates have declined
- Screen based media use, overweight and obesity and poor mental health have increased

What are the influences on adolescent health and wellbeing?

Early menarche (by age 11) by family income



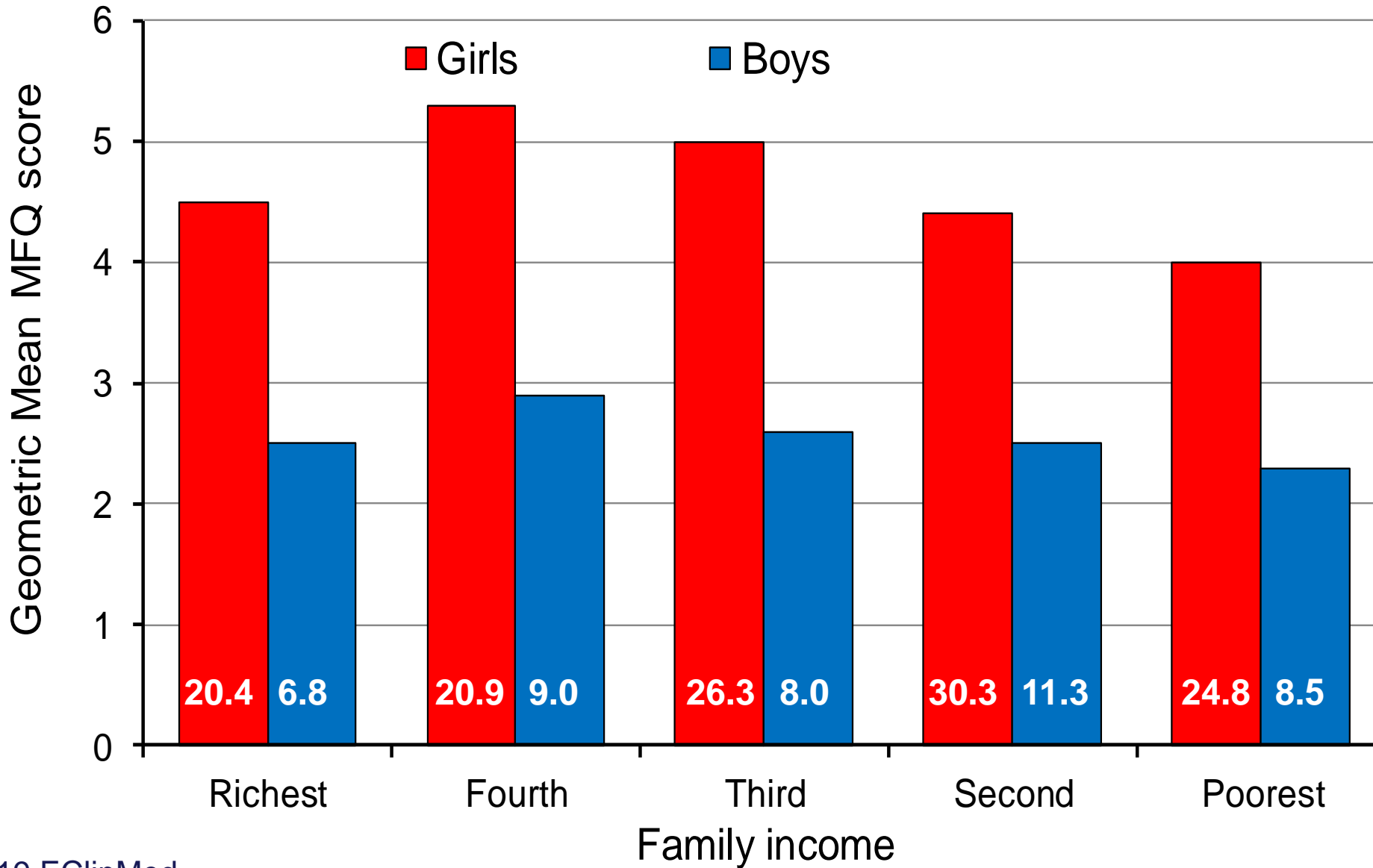
Inequalities in obesity, poorest vs richest



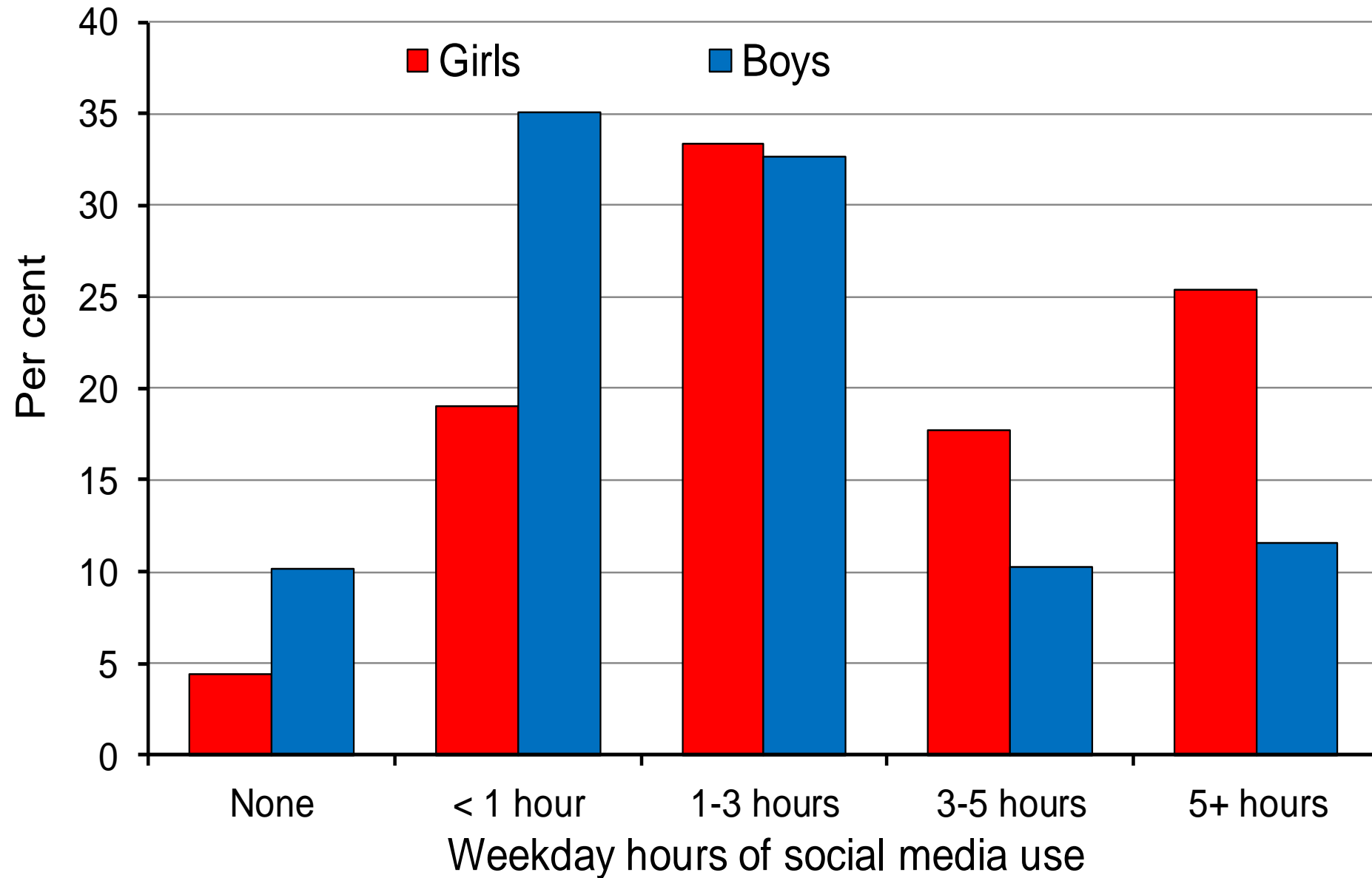
Health behaviours by income quintile among youth (Age 14, MCS)

	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

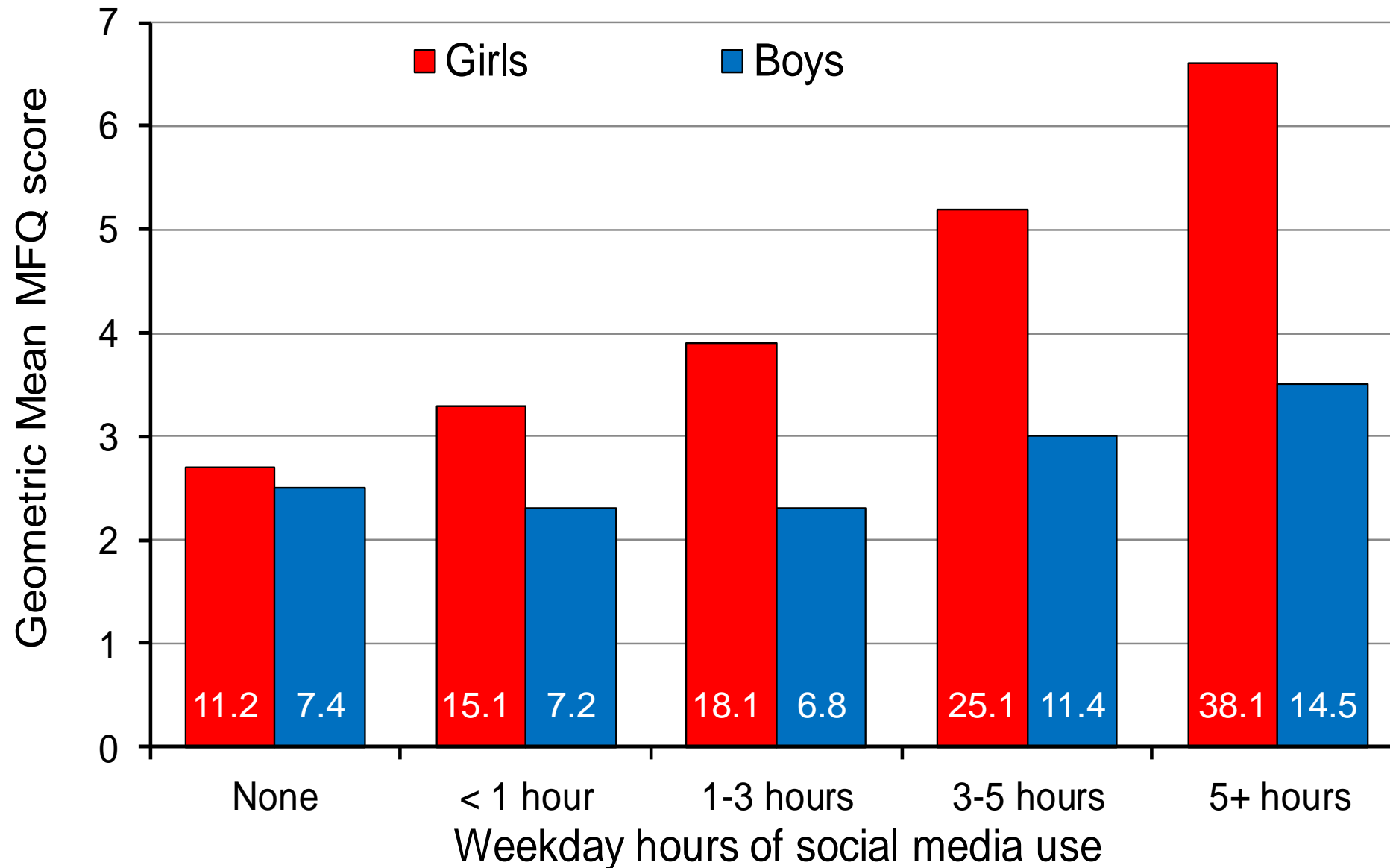
Depressive symptoms by family income

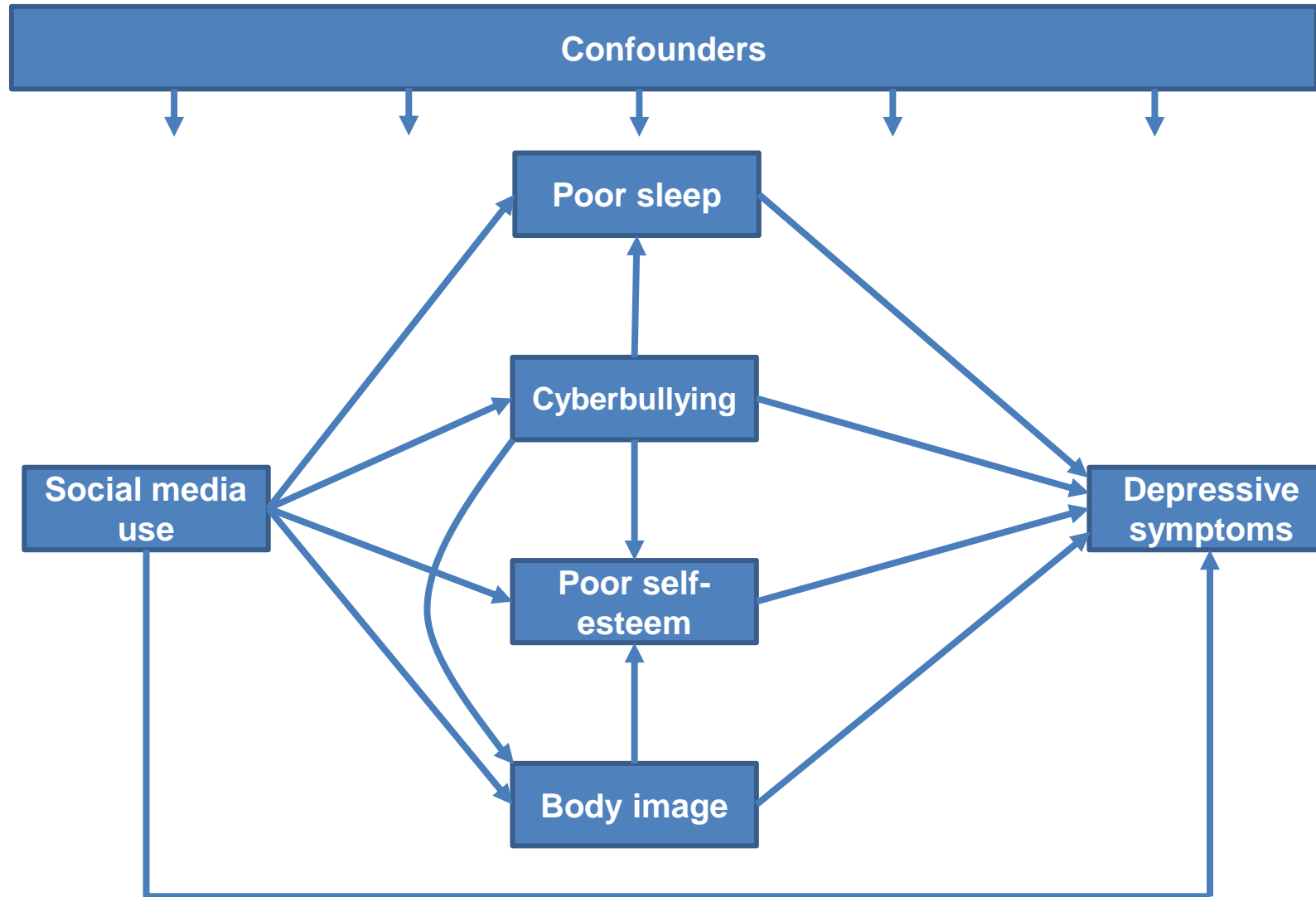


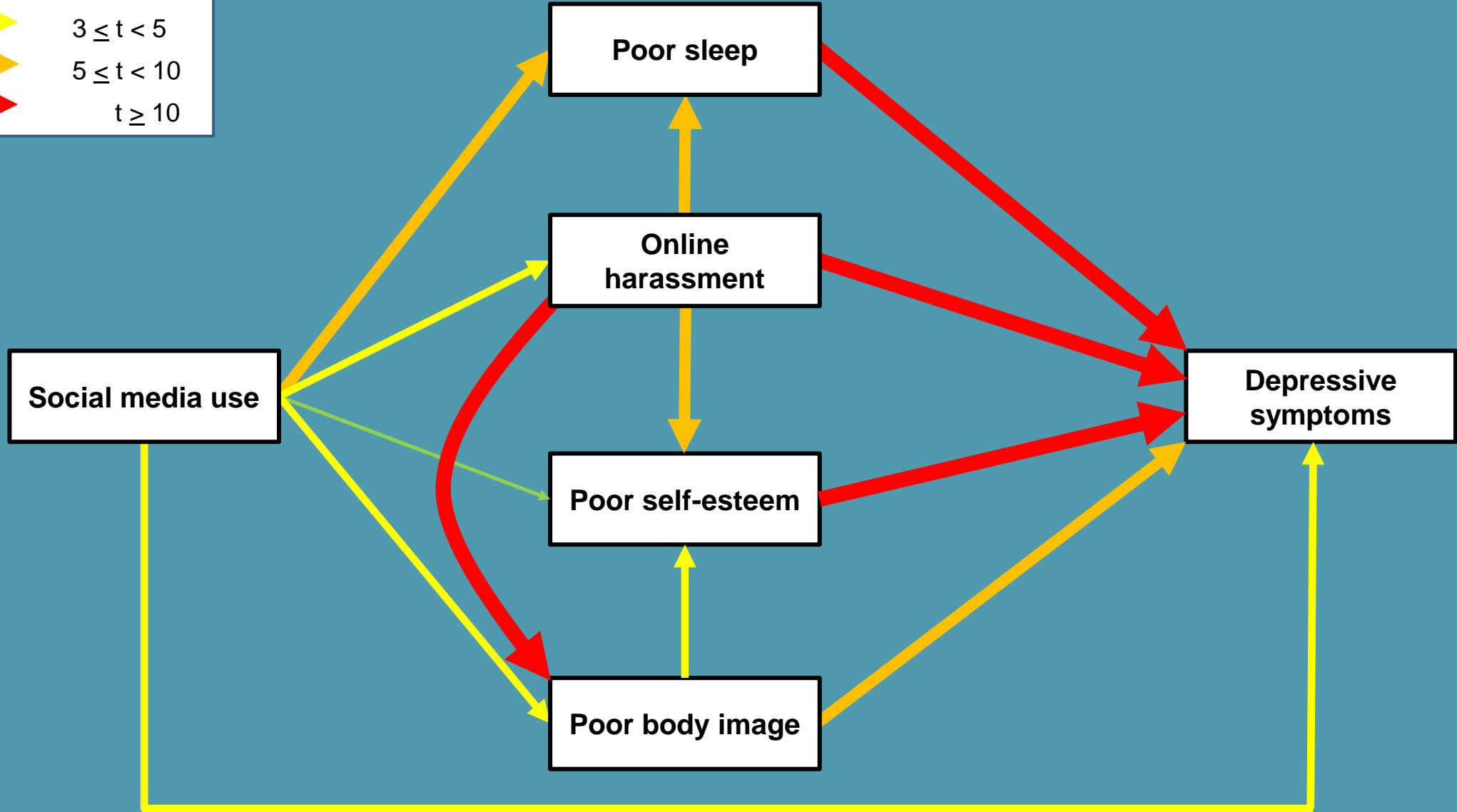
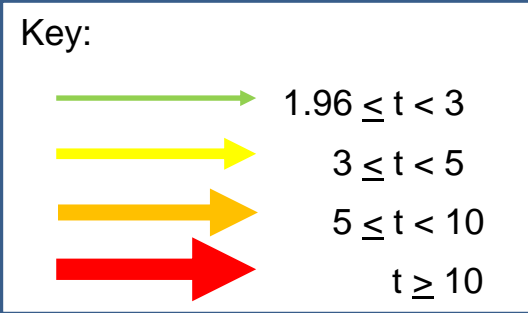
Prevalence of weekday hours of social media use



Depressive symptoms by social media use







Summary

- Child and adolescent health and development matters – now and for the future
- Stark socioeconomic inequalities are evident and these start early
- Structural factors shape ‘intermediary’ environments: behavioural, material, psychosocial
- To give every child and young person a good start in life - action is needed on intermediate and structural influences

Major challenges for adolescent health and wellbeing – what might some of the research questions be?