

HEALTH TRACKS

A Newsletter From Local Public Health to Improve the Health of Families in NW Minnesota



Public Health
Prevent. Promote. Protect.



**Age-
18-20 YEARS**

GREETINGS!

You have now grown into a young man or woman with continued need for preventive health behaviors. Can you believe that you have lived through all the changes of early adolescence? Those growth spurts, body changes and concerns about who you are should now be lessening. You have had many life experiences to help prepare you for the responsibilities of adulthood. A big responsibility will always be to take care of your health.

YOUR HEALTH



Well-Child Check-Ups:

You will need a complete physical exam at age 18. You should see a dentist for regular check-ups, too. Because every individual develops at his or her own rate, you may complete your growing earlier or later than others your age. If you have any questions about your health or development, you should consult a physician, public health department, nursing service, or health clinic.

Immunizations (shots):

You should also check to make sure you have received the HPV and meningitis vaccines. If not, we encourage you to contact your medical provider to receive these vaccines. It is recommended that you receive a yearly flu shot!

EMOTIONAL AND SOCIAL DEVELOPMENT

- ❖ Your parents may be becoming your friends.
- ❖ Relationships change less and last longer.
- ❖ Dating is often in couples rather than groups.

Common Health Concerns

INFECTIONS

What causes sore throats? Most are associated with viral infections such as influenza, but when a sore throat is accompanied by a fever, a medical clinic should be consulted to check for strep throat. A strep infection calls for antibiotic therapy to prevent the development of complications such as rheumatic fever or mononucleosis.

What is mono? Common symptoms include fever, sore throat, headache, swollen lymph nodes and extreme fatigue. However, studies show that one-third of persons with the mono virus called Epstein-Barr or EBV have no symptoms. It is important to rest when you have this illness to prevent rupturing your spleen which can be fatal. Avoid returning to sports or jobs too soon.

STD's? Every year 4 Million cases of Sexually Transmitted Diseases (STD's) occur among teenagers in the US. STD's can vary in severity. Syphilis, Chlamydia, and Gonorrhea can be treated with medications. If you don't get treated chlamydia and gonorrhea can damage reproductive organs. This can impact your ability to have a baby in the future. However, some STD's cannot be treated. Herpes and HIV/AIDS are diseases without a cure. Only their symptoms can be treated.

Nutrition

FOLLOW THE FOOD PYRAMID

The average 18 year old male requires 2,800-3,000 calories per day and the average 18 year old female requires 2,000 - 2,400 calories per day. Your diet should contain sufficient amounts of protein, fats, minerals, vitamins and carbohydrates.

- ◆ Protein is necessary for your body to maintain health. Protein sources include milk, eggs, meat, dried peas and beans.
- ◆ Fats are necessary to transport certain vitamins into the body. Good sources of fats are meats & butter, olive oil, peanut butter, canola oil, almonds, fish and sunflower seed oil.
- ◆ The most important minerals in your diet are zinc, iron and calcium - found in red meats, green vegetables and milk products.
- ◆ Foods rich in vitamins include milk, grains, fruits, a variety of vegetables, fish and meat.



MENTAL HEALTH ACTIVITY TIP

List 15 things you like about yourself. Don't stop the assignment until you reach 15 items. Read and reread the list until you can take ownership of what you like about you!

WHAT PARENTS HOPE YOU CAN DO:

- Know what kind of person you want to be.
- Be comfortable with your male or female self image.
- Know how to have close relationships.
- Have the ability to value yourself and others.
- Become independent of your parents as your main emotional and financial support.

Good Health Habits

1. Eat a balanced diet. Breakfast jump starts the metabolism - don't leave home without it.
2. Maintain your appropriate weight.
3. Have regular physical fitness routine.
4. Brush and floss your teeth regularly.
5. Do not smoke.
6. Do not take drugs.
7. Get sufficient sleep.
8. For women only: Get a Pap smear on a regular basis and learn how to do a breast self-exam, and make it a routine practice.
9. For men only: Learn how to do a testicular exam and make it a routine practice.
10. Learn about safe sex and sexually transmitted diseases. Information is available from your local public health agency.

ESTABLISH PLANS FOR:

- ◆ College or vocational education.
- ◆ Work/Career.
- ◆ Marriage.
- ◆ Child-rearing.

Safety Check

- ✓ Seatbelts are a must.
- ✓ Never drink and drive. Don't ride with someone who has been drinking.
- ✓ Observe motorcycle, automobile and other vehicle safety.
- ✓ Observe water safety.
- ✓ Observe firearms safety.
- ✓ Use smoke detectors.
- ✓ When depression sets in, seek help.
- ✓ If you have a chemical abuse problem, seek help when you first become concerned.

The good intention of being healthy is simply not enough. Strive for a healthy balance in life. Look for the people, places and influences that support a healthy body and mind. Health is something that is never completely achieved. You never reach it. You keep working for improvement.

Some Suggested Life Skills and Information Teenagers Should Know Before They Leave the Nest

MONTHLY COST OF THE FOLLOWING ITEMS IN YOUR HOME

- ⦿ Electricity
- ⦿ Heat
- ⦿ Groceries
- ⦿ Telephone
- ⦿ Insurance

IS YOUR HOME HEATED WITH

- ⦿ Gas
- ⦿ Oil
- ⦿ Electricity
- ⦿ If you use gas or oil, do you know where the filters are?
- ⦿ How often do furnace filters need to be changed?

REPAIRS

- ⦿ Can you fix a leaky faucet?
- ⦿ Can you fix a running toilet?
- ⦿ Does your home have a fuse box?
- ⦿ Does your home have a circuit breaker?
- ⦿ Do you know how to change fuses?
- ⦿ Do you know how to activate a circuit breaker?
- ⦿ Can you change an automobile tire?
- ⦿ Can you sew on a button?

TAXES

- ⦿ Do you understand how taxes work?
- ⦿ Can you fill out an income tax form?

Please feel free to call me if you wish to discuss any concerns you might have about your health.

We hope in some way we have helped you off to a good start in life. Remember:

- ✓ Take care of yourself!
- ✓ Learn as much as you can about as much as you can!
- ✓ Live your life with love for yourself and those who share your world.
- ✓ Enjoy your life - remember life is an adventure.

Good Bye!

CREDIT CARDS

- ⦿ Do your parents have credit cards?
- ⦿ Do you understand how credit cards work?
- ⦿ Do you know how much interest is charged on credit cards?
- ⦿ What are advantages and disadvantages of credit cards?

INSURANCE

- ⦿ Do you understand automobile insurance coverage?
- ⦿ How much does it cost to insure teenage drivers?
- ⦿ What is a high risk policy?

MONEY/CREDIT/COSTS

- ⦿ Do you know how to balance a checkbook?
- ⦿ If you were away from home and needed to borrow money and no friend would lend it to you, would you go to a bank?
- ⦿ If your best friend asked you to co-sign a loan, do you know what your responsibility would be?

OTHERS

- ⦿ Can you prepare a simple meal?
- ⦿ Do you need more information in the areas of sex, social disease, birth control, others?



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