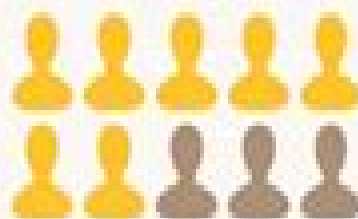


MOVE MORE FOR HEALTHIER FILIPINO TEENS

INTRODUCTION

- Adolescents are individuals in the 10-19 years age group¹, and described as a phase of life between childhood and adulthood
- In the Philippines, adolescence accounts for 20% of the population²
- Adolescence is a unique stage of human development and an important time for laying the foundations of good health
- Lifestyle and health behavior patterns in adolescence are more likely to persist until adulthood including the choice of being physically active



SEVEN in every **TEN** Filipino Adolescents were **INSUFFICIENTLY PHYSICALLY ACTIVE**³



The Philippines ranked 2nd out of 146 countries in 2019 with the most number of physically inactive school children.



Worldwide, 81% of adolescents aged 11-17 years do not meet WHO's global recommendations on physical activity⁴.



There is overwhelming evidence for the lifelong **health benefits** of a physically active lifestyle and the **health risks** of inactivity and sedentary behavior **from adolescence to adulthood**.

OBJECTIVES

- To develop PA intervention tools to help promote an active lifestyle among Filipino adolescents, 13 - 17 years old; and
- To determine the types and levels of physical activity and its influencing factors in male and female Filipino adolescents.



Lobal Ealth 2nd Dition

Kevin McCracken, David R. Phillips



Global Health 2nd Edition:

Global Health 101 Richard Skolnik, 2012 Global Health 101 Second Edition formerly titled Essentials of Global Health is a clear concise and user friendly introduction to the most critical issues in global health It illustrates key themes with an extensive set of case studies examples and the latest evidence While the book offers a global perspective particular attention is given to the health development link to developing countries and to the health needs of poor and disadvantaged people Global Health 101 builds on the success of an introductory global health course taught by the author at the George Washington School of Public Health and Health Services and is ideally suited for the the Association of American Colleges and Universities recommended course by the same name The text is accompanied by a wealth of instructor s resources as well as a robust companion website with videos presentations and references intended to help both teachers and students Richard Skolnik is the winner of numerous honors for teaching has taught global health for 8 years and has more than 30 years of experience as a global health practitioner in multilateral university and NGO settings He has been actively involved in dealing with critical issues in global health at country level and at the highest levels of international health policy making Learn more about the author Richard Skolnik s Essentials of Global Health is so comprehensive that it will be key reading in international health In accessible language he explains why good health is crucial to economic development what indicators help track changes in global health and requirements for good health systems Approaches to solving world health problems must be under pinned by good ethics and human rights guidelines he says and local practices and cultures must not be ignored Skolnik looks in detail at children s and women s health and at the different challenges of tackling communicative and non communicative disease in developing countries He also maps out the key players in global health and looks ahead to future challenges The Lancet October 2007 The book is organized in four parts Principles Measurements and the Health Development Link The principles of Global Health Health Determinants Measurements and Trends and Health Education Poverty and the Economy Cross Cutting Global Health Themes Human Rights Ethics and Global Health An Introduction to Health Systems and Culture and Health The Burden of Disease The Environment and Health Nutrition and Health Women s Health Child Health Infectious Diseases Non Communicable Diseases and Unintentional Injuries Working Together to Improve Global Health Conflicts Natural Disasters and Other Emergencies Cooperating to Improve Global Health and Science Technology and the Public s Health Updates to the Second Edition Updated tables and charts to include the most recent data on the burden of disease and risk factors An expanded section on health disparities and health equity A greatly expanded section on Neglected Tropical Diseases An expanded section on the financing of global health and innovative financing mechanisms Additional information on drug resistance and emerging and re emerging infectious diseases Additional information on innovative mechanisms for program implementation in areas related to key chapter topics such as performance based financing in maternal health TB and health systems development An expanded section on public private

partnerships and product development partnerships for health Additional examples and mini case studies in all of the core chapters A new chapter on Careers in Global Health with information on careers which would be illustrated with profiles of global health leaders from around the world who model those careers Looking for more real life evidence Check out Cases 1 3 6 7 13 in Essential Case Studies in Public Health Putting Public Health into Practice [Understanding Global Health, 2E](#) William H. Markle, Melanie A. Fisher, Raymond A. Smego, 2013-11-05 The first edition of Understanding Global Health set a new information standard for this rapidly emerging subject Written by a remarkable group of authors and contributors this comprehensive engagingly written text offers unmatched coverage of every important topic from infectious disease to economics to war Created with the non specialist in mind Understanding Global Health explores the current burden of disease in the world how health is determined and the problems faced by populations and health care workers around the world The second edition has been thoroughly updated to include the most current information and timely topics New chapters cover such topics as human trafficking malaria and neglected tropical diseases surgical issues in global health and mental health Every chapter includes Learning Objectives Summary Study Questions and References and in many instances practical case examples Provided by publisher **Global Health Training in Graduate Medical Education** Jack Chase MD, Jessica Evert MD, 2011-06-14 Global Health Training in Graduate Medical Education is a guide to help medical schools residency programs students residents fellows educators and allied health professionals create expand and improve global health education Investigate the history of global health work learn from the experience of established programs and health care leaders seek out new educational resources and consider the ethical implications of health work in communities at home and abroad **Introduction to Global Health** Kathryn H. Jacobsen, Professor of Epidemiology and Global Health George Mason University Fairfax Virginia Kathryn H Jacobsen, 2015-06-05 Introduction To Global Health Second Edition Is A Comprehensive Look At Today S Most Critical Global Health Issues Unlike Other Texts Of Its Kind This Book Emphasizes Possible Solutions To Global Health Concerns Rather Than Just Focusing On The Problems The Author Examines The Socioeconomic Biological And Environmental Causes And Consequences Of Disease Topics Covered Include Infectious Diseases Nutrition Maternal Health Non Communicable Diseases Ncds Mental Health And Injuries The Chapters Also Explore Global Health Metrics Ethics And Human Rights Policies And Practices The Second Edition Is A Thorough Revision That Offers Expanded Coverage Of Health Across The Lifespan From Childhood To Young Adulthood To Aging With Additional Coverage Of Ncds Injuries And Mental Health Issues As Well As New Coverage Of Health Issues During Humanitarian Crises And Health Issues Related To Human Rights Key Features Emphasizes Possible Solutions To Global Health Concerns Rather Than Just Focusing On The Problems Discussion Questions In Each Chapter Help Students To Reflect On And Apply The Material From The Chapter Student Companion Website Offers Additional Activities To Engage The Students In Learning Instructor Resources Instructors Manual Powerpoint Test Bank Student Resources Companion

Website **Global Health Care** Carol Holtz, 2013 This revised second edition of Global health care issues and policies equips students with up to date information on various global health topics and perspectives It prepares readers with a basic perspective of health policy issues in different geographical regions and explains how they are affected by significant world events Author Carol Holtz a nursing professor who understands student needs outlines the cultural religious economic and political influences on global health to guide students through the text and edits contributions from many notable authors New to this edition Updates to all chapters to include timely data and references Includes coverage of new infectious diseases as well as updated current diseases Global perspectives on economics and health care is completely revised Ethical and end of life issues Human rights stigma and HIV disclosure Health and health care in Mexico An instructor's manual featuring PowerPoint presentations complete with engaging online learning activities for students **Global Health** Kevin McCracken, David R. Phillips, 2017-07-14 Global Health continues to provide readers with a comprehensive up to date and thought provoking outline and understanding of the constantly evolving global health landscape In this new edition the authors have maintained the successful structure and organisation of the previous edition to examine and explain recent health changes and consider likely future patterns New or expanded topics covered include emerging and re emerging infectious disease threats increasing awareness of and interest in antimicrobial resistance and superbugs terrorism global conflict and health the new UN 2030 Agenda for Sustainable Development the drive for Universal Health Coverage UHC the use of information technology in global health substance abuse palliative and end of life care ethical issues in global health Using clear and original explanations of complex issues this text makes extensive use of boxed case studies and international examples with discussion questions posed for readers at the end of each chapter Readers will also be able to take advantage of the new website that was designed to complement this book Global Health is essential reading for students and researchers of global health public health and development studies Global Health 101 Skolnik, 2016 Rated by an independent panel as the best introductory Global Health text for undergraduates Global Health 101 Third Edition is a clear concise and user friendly introduction to the most critical issues in global health It illustrates key themes with an extensive set of case studies examples and the latest evidence Particular attention is given to the health development link to developing countries and to the health needs of poor and disadvantaged people The Third Edition is a thorough revision that offers an extensive amount of new and updated information while maintaining clarity simplicity and ease of use for faculty and students Offering the latest data on the burden of disease the book presents unique content on key topics that are often insufficiently covered in introductory materials such as immunization and adolescent health *Developing Global Health Programming* Jessica Evert, Paul Drain, Thomas Hall, 2014 Developing Global Health Programming A Guidebook for Medical and Professional Schools 2nd edition is an essential text for any academic institution administrator faculty or student interested in developing or expanding global health education and international programs This text expands on the 1st

edition and provides a comprehensive view of global health education that is useful for medical nursing dental public health and other professional schools This book provides evidence theory and practical information to guide astute program development and gold standard practices Topics covered include ethics pre departure training competencies partnership structures and much more In addition need to know resources and networking opportunities are detailed This authoritative text has over 90 contributors including trainee authors guided by faculty editors through a mentorship model Foreword by Andre Jacques Neusy Co Founder CEO Training for Health Equity Network THENet

Fitzpatrick's Dermatology in General Medicine, Eighth Edition, 2 Volume set Lowell A. Goldsmith, Stephen I. Katz, Barbara A. Gilchrest, Amy Paller, David J. Leffell, Klaus Wolff, 2012-02-22 The landmark dermatology text that bridges the gap between science and clinical medicine updated for today's practice Generations of clinicians skin biologists residents and educators have acclaimed Fitzpatrick's as the most authoritative and complete guide to dermatologic basic sciences histopathology diagnosis and treatment Edition after edition it reflects the latest insights into skin diseases and skin biology and their practical relevance to general internal medicine while covering the scientific foundations of the specialty This classic yet cutting edge text is supported by the expert insights of more than 500 internationally respected contributors and it covers everything dermatologists need to know about skin dermatologic signs of underlying disease and the management of all skin diseases including acne skin cancer and psoriasis FEATURES More than 3000 full color photographs DVD with image bank includes downloadable figures from the text New illustration style makes difficult concepts easier to understand Therapeutic ladders with first second and third line therapies New or thoroughly revised chapters on Psoriasis Skin disease in immunosuppressed patients Epidermal stem cells Hair growth disorders Neonatal pediatric and adolescent dermatology Radiotherapy Immunobiologicals and cytokines Lasers for rejuvenation Expanded medical and surgical therapeutics sections guide you through all treatment options

World Health Systems Bruce Fried, Laura M. Gaydos, 2012 World Health Systems Challenges and Perspectives Second Edition focuses on the realities of 26 health systems around the world The majority of chapters are written by a representative of each country who gives readers a first hand glimpse at the country's health system and the health status Six introductory chapters provide a framework to help you understand key concepts applicable to all health systems New introductory chapters focus on defining a health system health system strengthening health system regulation and the politics of health system reform With discussions of infrastructures as diverse as those found in Japan Brazil and Kenya the authors profile each country's health system organization current and emerging health policy issues cost and financing of healthcare health resources and delivery and future health outlook From back cover

Understanding Global Medicine and Health William Markle, Melanie Fisher, Ray Smego, 2007-08-01 The rapidly evolving world of global health and medicine in the palm of your hand Understanding Global Health is the groundbreaking go to primer that puts global health and its many challenges into sharp focus like no other text Written with the nonspecialist in mind this powerful

resource expertly reviews all the core topics that you must know in order to thrive in this decentralized new global health environment It s all here unique authoritative coverage of public health concepts plus insights into infectious diseases and clinical medicine everything you need to truly comprehend how global medicine is dramatically affecting today s practice of medicine and to prepare for your role in it *Textbook of International Health* Paul Frederick Basch,1999 An overview of factors from all disciplines affecting the health of individuals and populations Major determinants of health status around the world and interventions undertaken at community national and international levels are described in this comprehensive text

Principles and Practice of Hospital Medicine, Second Edition Sylvia C. McKean,John J. Ross,Daniel D. Dressler,Danielle Scheurer,2016-10-22 The leading textbook of hospital medicine completely updated to reflect today s challenges A Doody s Core Title for 2021 Since its publication in 2012 *Principles and Practice of Hospital Medicine Second Edition* has become the field s premier resource Comprehensive authoritative and practical this landmark text provides a solid grounding in clinical organizational and administrative areas central to the practice of hospital medicine The Second Edition has been completely updated to reflect the evolving practice responsibilities of hospitalists Examples include value based medicine expanded surgical content bedside clinical reasoning and a new segment devoted to rehabilitation and skilled nursing care This edition also features a more accessible and streamlined full color design enriched by more than 600 illustrations Each clinical chapter opens with boxed Key Clinical Questions that are addressed in the text and summarized in hundreds of tables Case studies demonstrate how to apply this information specifically to the management of hospitalized patients Representing the expertise of more than two hundred renowned contributors *Principles and Practice of Hospital Medicine Second Edition* is logically divided into six sections The Specialty of Hospital Medicine and Systems of Care Medical Consultation Rehabilitation and Skilled Nursing Care The Approach to the Patient at the Bedside Diagnostic Testing and Procedures Clinical Conditions in the Inpatient Setting *Principles and Practice of Hospital Medicine Second Edition* is essential reading for clinicians who strive to optimize inpatient care and sharpen their leadership skills **Understanding Global Health** William Markle,Melanie Fisher,Jr. Ray Smego,2007-07-25 The rapidly evolving world of global health and medicine in the palm of your hand The book s 17 multi authored chapters cover contemporary global public health remarkably well Overall it is a superb introductory text for preclinical and public health novices in global health across a wide spectrum of health careers *Family Medicine Journal* This is a welcome addition to the expanding roster of books on global health It is well written and provides appropriate background information required to initiate any study program in global health 3 Stars Doody s Review Service *Understanding Global Health* is the groundbreaking go to primer that puts global health and its many challenges into sharp focus like no other text Written with the nonspecialist in mind this powerful resource expertly reviews all the core topics that you must know in order to thrive in this decentralized new global health environment It s all here unique authoritative coverage of public health concepts plus insights into infectious diseases and

clinical medicine everything you need to truly comprehend how global medicine is dramatically affecting today's practice of medicine and to prepare for your role in it *Textbook of Global Health* Anne-Emanuelle Birn, Yogan Pillay, Timothy H. Holtz, 2017-01-24 THE CRITICAL WORK IN GLOBAL HEALTH NOW COMPLETELY REVISED AND UPDATED This book compels us to better understand the contexts in which health problems emerge and the forces that underlie and propel them Archbishop Emeritus Desmond Mpilo Tutu H1N1 Diabetes Ebola Zika Each of these health problems is rooted in a confluence of social political economic and biomedical factors that together inform our understanding of global health The imperative for those who study global health is to understand these factors individually and especially synergistically Fully revised and updated this fourth edition of Oxford's Textbook of Global Health offers a critical examination of the array of societal factors that shape health within and across countries including how health inequities create consequences that must be addressed by public health international aid and social and economic policymaking EBOOK: Globalization and Health Johanna Hanefeld, 2015-01-16 Part of the Understanding Public Health series this book offers students and practitioners an accessible exploration of global health Global health is a relatively new but rapidly expanding field as public health practitioners recognize the important challenges that global changes are posing for human health Health issues are increasingly crossing national boundaries and this book explores the actors that shape global health including private companies foundations civil society and multilateral organizations and explores some of the key issues in global health Illuminating the changes happening in health worldwide the book includes practical activities and applications which help to show the impact of global issues at an everyday level The issues covered include Social change linked to globalization Governance of global health Pharmaceuticals and tobacco Emerging infectious diseases Climate change Economy and trade Health security Globalisation and Health 2nd edition is an ideal resource for students of public health and health policy public health practitioners and policy makers Contributors Joan Busfield Nick Drager Andy Guise Johanna Hanefeld Benjamin Hawkins Kelley Lee Marco Liverani Tony McMichael Neil Pearce Richard Smith Neil Spicer Carolyn Stephens Preslava Stoeva and Helen Walls Understanding Public Health is an innovative series published by Open University Press in collaboration with the London School of Hygiene learn from it make a difference Gerard Hastings University of Stirling UK and the Open University This book provides a clear introduction to how globalization is shaping our health and the determinants of health The authors not only introduce us to the growing field of global health but also provide some concrete evidence of driving factors the key players and the impact on our daily lives It should be a reference book for public health students public health practitioners as well as for policy makers After I read this book I really realized that I live in a global village with all the consequences Congratulations it is a really great book Asnawi Abdullah Faculty of Public Health University Muhammadiyah Aceh Indonesia Encyclopedia of Global Health Yawei Zhang, 2008-01-09 A general reference for topics related to health worldwide this encyclopedia is ambitious in its scope with entries for specific diseases and conditions geographical areas health issues

biographical information and organizations related to world health policy CHOICE A useful one stop reference for health professionals and the general population alike that speaks to important changes and issues in global health a foundation of knowledge essential for any library Library Journal The contemporary understanding of global health is complicated and extends to all ends of the Earth and beyond From the health effects of global warming to the implications of single nucleotide differences on disease the factors that impact global health are extremely diverse and are changing constantly As new scientific advances are made as new policies are implemented as wars are waged and peace agreements signed or as new strains of infectious diseases evolve the state of global health changes The Encyclopedia of Global Health is a comprehensive one stop reference to a broad array of health topics worldwide Encompassing four volumes with more than 1 200 articles the Encyclopedia covers all aspects of health including physical and mental health entries biographies of major doctors and researchers profiles of medical institutions organizations and corporations descriptions of drugs and operations articles on national health policies and thematic health topics in the humanities Key Features Offers a truly global approach by giving the current health status in each country of five continents Compares the mortality rates of infectious diseases and non communicable diseases in developing and developed countries Presents a historical context for important changes and issues in global health and serves as a foundation of knowledge Examines how mental health and related conditions in developing countries are increasing toward the level in developed countries Ties the curriculum in related health disciplines from biology to psychology to psychopharmacology Provides a glossary of health definitions extensive cross references to related topics and thorough bibliographic citations Key Themes Children s Health Countries Africa Countries Americas Countries Asia Countries Europe Countries Pacific Diseases Cancers Diseases Localized Diseases Systemic Drugs and Drug Companies Health Sciences Men s Health Mental Health Organizations and Associations People Procedures and Therapies Research Society and Health Women s Health The Encyclopedia of Global Health is a useful reference for health professionals as well as for general populations making it a must have resource for any library *Comprehensive Pediatric Hospital Medicine, Second Edition* Lisa B. Zaoutis, Vincent W. Chiang, 2017-12-29 The gold standard text in pediatric hospital medicine updated and streamlined for today s practice Hailed by reviewers and clinicians alike Comprehensive Pediatric Hospital Medicine has become the specialty s cornerstone text Edited by five leading figures in pediatric hospital medicine this acclaimed resource brings you the most up to date evidence based approaches to inpatient pediatric care from experts in their fields Comprehensive Pediatric Hospital Medicine Second Edition opens with an informative introductory section that defines hospital medicine and addresses general issues of hospitalist practice and administration This includes important topics such as medical legal issues communications electronic health records palliative care ethical issues careers professional organizations and more The book then moves into commonly presenting signs and symptoms This is followed by the largest section a breakdown of diseases by system The text concludes with a procedures section that provides hard to find

instruction on the procedures most commonly performed on children in a hospital setting The Disease chapters are templated to include Background Pathophysiology Differential Diagnosis Diagnostic Evaluation Management Special Considerations Key Points References algorithms and more The Procedures chapters include Indications Contraindications Anatomy Equipment Procedure Preparation Technique Complications and Special Considerations If you re in need of an up to date comprehensive and authoritative text that spans the emerging field of pediatric hospital medicine your search ends here

Color Atlas of Family Medicine 2/E Richard Usatine,Mindy Ann Smith,Jr. E.J. Mayeaux,Heidi Chumley,2013-04-23
MORE THAN 2 000 FULL COLOR PHOTOGRAPHS HELP YOU VISUALLY DIAGNOSE CONDITIONS AND DISEASES
ENCOUNTERED IN CLINICAL PRACTICE The Color Atlas of Family Medicine Second Edition is a comprehensive atlas designed to facilitate diagnosis using outwardly appearing signs and manifestations The superb collection of clinical images is supported by concise evidence based treatment recommendations presented in convenient easy to apply bulleted text Each chapter begins with a story that ties the photographs to real life patients Coverage for each condition includes Patient Story Epidemiology Etiology and Pathophysiology Diagnosis Differential Diagnosis and Management Features Organized by anatomic and physiologic systems Includes pediatric and adult conditions Insightful legends with each photograph provide diagnostic pearls to enhance your clinical observational skills Indexed by topic region and morphology Special sections on women s health physical sexual abuse and substance abuse NEW chapters on important topics such as Diabetes Hypertension Headache Osteoporosis Alcoholism Tobacco addiction Global health Essential to family physicians and all healthcare providers involved in primary care The Color Atlas of Family Medicine Second Edition will also prove valuable to medical students residents internists pediatricians and dermatologists

Pharmacy Student Survival Guide, Second Edition Ruth E. Nemire,Karen L. Kier,2009-06-05 The book every pharmacy student must own Pharmacy Student Survival Guide is a one of a kind roadmap for excelling in pharmacy practice courses A combination calculations kinetics drug information medical terminology and laboratory data book all in one the Guide helps you organize case information improve problem solving skills learn terminology and impress faculty during rounds Pharmacy Student Survival Guide is presented in three sections that span the entire pharmacy curriculum Systems and Expectations covering ethics communication monitoring drug therapy and regulatory agencies Patient Care Tool Box covering medical terminology pharmacokinetics laboratory data and physical assessment Topics in Pharmacy Practice covering Drug Information and Drug Literature Evaluation Community Ambulatory Care Institutional Pharmacy Practice Public Health Reducing Health Disparities Through Domestic and Global Outreach to the Undeserved Valuable for both introductory and advanced practice course Pharmacy Student Survival Guide is a book you will turn to throughout your entire pharmacy education

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