

HEALTHY CHILDREN AND ADOLESCENTS

The best chance for a healthy lifestyle starts during childhood and adolescence – so let's seize the day!



PUBLIC HEALTH SCHWEIZ
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The Swiss Society for Public Health



zhaw School of Health Professions

MANIFESTO FOR HEALTHY CHILDREN AND ADOLESCENTS

At no other time in life is the promotion of health so effective, sustainable and economically efficient as during childhood and adolescence.

Switzerland does not yet do enough for health promotion and disease prevention during these stages of life.

This manifesto is intended for ***politicians, local authorities and public administrators***. The ***national, cantonal and local offices*** must coordinate their efforts for healthy children and adolescents more effectively. A comprehensive strategy recognizes the need to act, recommends next steps and harnesses synergies.

We appeal to ***professional organizations*** dedicated to children and adolescents as well as ***experts*** of health promotion and disease prevention.



You can find the manifesto as a key document in its full length available for download under www.gesundheitsmanifest.ch (available in German or French language)

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CHILDREN AND
ADOLESCENTS SHOULD BE
ABLE TO UNFURL THEIR
BEST RESOURCES – FOR
THEMSELVES AS WELL AS
FOR OUR FUTURE SOCIETY.

EARLY CHILDHOOD LAYS THE FOUNDATION

Pregnancy and the first years of life are crucial for the physical, psychological and social development of a human being.

So we demand:

- | **Childcare services** must be more robustly subsidized.
- | Underprivileged households and chronically disadvantaged families need an **optional home visit program**.
- | We must actively promote the family-centered interlinking and coordination of **health, social and educational institutions** during early development.
- | We need a **parental leave** prescribed by law.

INVESTMENTS IN EARLY CHILDHOOD ARE WELL WORTHWHILE.
LATER COSTS WILL BE REDUCED.



You can find the detailed demands regarding early childhood as well as their target groups and justifications starting from page 6 of the Health Manifesto.

SCHOOLING MAKES AN IMPACT FOR LIFE

Schools play a key role in promoting a healthy lifestyle and thus preventing disease.

So we demand:

Health promotion and disease prevention must be **accessible to all children and instructors**; continuous care by the school doctor is warranted in particular.

The **potential** for **health promotion and disease prevention** in the linguistic regions' curricula must be put into practice and their **competencies** reviewed.

The expansion of **Schoolnetwork21** should be actively supported by the cantons.

We require ample resources for the integration of children and adolescents with **special needs**.

SCHOOL PLAYS A KEY ROLE IN THE PROMOTION OF HEALTH.
A GOOD SCHOOL ATMOSPHERE IS THEREFORE PARAMOUNT.

You can find the complete list of demands for school as well as their target groups and justifications starting from page 8 of the Health Manifesto.



ADOLESCENCE IS FULL OF CHALLENGES

During adolescence, people are particularly sensitive and vulnerable. The transition from school to a vocational education is challenging.

So we demand:

All youth should have easy access to **basic counselling and support**.

There must be better **early recognition and intervention** strategies for at-risk youth.

Traumatized **refugee children** should have appropriate therapeutic offers ready-at-hand.

Absenteeism and drop-out rates must be better researched and tackled from an interdisciplinary standpoint.

THERE IS A LOT OF ENERGY IN ADOLESCENCE. MET BY APPROPRIATE CONDUITS, THIS CAN BE CHANNLED IN A POSITIVE WAY.

You can find the comprehensive demands regarding adolescence as well as their target groups and justifications starting from page 11 of the Health Manifesto.



PSYCHOLOGICAL HEALTH IS CENTRAL TO DEVELOPMENT

Psychological disorders often take root in childhood and adolescence. Diagnosis and treatment usually lag far behind, if they take place at all.

So we demand:

The human resources and financial parameters for the **care** of mentally ill children and adolescents must be increased.

Measures must be taken immediately to **promote psychological health** in early development.

Groups at risk of mental illness should be supported by corresponding projects and early recognition improved.

Digital opportunities for health literacy should be used and potential dangers quickly identified.

EARLY DETECTION AND CONSEQUENT INTERVENTION SUPPORT POSITIVE PERSONAL DEVELOPMENT AND REDUCE THE BURDEN OF ILLNESS.

You can find all demands regarding psychological health as well as their target groups and justifications starting from page 14 of the Health Manifesto.



DATA FOR DEEDS

Data build an indispensable basis for the planning and review of measures taken to improve the health of children and adolescents. In Switzerland, this data situation is quite incomplete.

So we demand:

| A **consensus** on the relevant data, how to best collect it and how it should be reported needs to be reached.

| A national **cohort of children and adolescents** should be established.

| A **health survey** for the age group between 0 and 15 years will be implemented, and those for the age group between 15 and 25 years will be augmented.

| Medical and psychological services at schools should compile the most important health **data digitally** and make regular **reports**.

A PERIODIC HEALTH REPORT IS A VITAL PART OF AN ALL-ENCOMPASSING STRATEGY FOR THE PROMOTION OF HEALTHY CHILDREN AND ADOLESCENTS.



You can find all demands regarding the data situation as well as their target groups and justifications starting from page 18 of the Health Manifesto.



SUPPORTERS

- Swiss Foundation for Child Protection
- RADIX Swiss health foundation
- IdéeSport Foundation
- Breastfeeding Promotion Switzerland
- Swiss Federation of midwives
- AGILE.CH The Organisations of Persons with Disabilities
- Schweizer Berufsverband der Pflegefachfrauen und Pflegefachmänner SBK
- SACYP Swiss Association for Child and Youth Psychology
- Schweizerischer Berufsverband für Angewandte Psychologie SBAP
- Dachverband Lehrerinnen und Lehrer Schweiz LCH
- Association of Swiss Psychotherapists ASP
- institut kinderseele schweiz
- CURAVIVA Switzerland
- Pro Juventute
- Swiss Public Health Doctors
- FMH Swiss Medical Association
- Committee for UNICEF Switzerland and Liechtenstein
- kibesuisse Swiss Association of Childcare
- Swiss Society of Paediatrics SSP
- Swiss Association for Paediatric Care at Home
- NYCS - National Youth Council of Switzerland
- youngCaritas
- Jacobs Foundation
- Verband Schulleiterinnen und Schulleiter Schweiz
- DOJ umbrella organisation of Swiss Open Youth Work
- Bildungscoalition NGO
- Addiction Switzerland
- Swiss Professional Association of Obesity in Childhood and Adolescence akj
- Schulpsychologie Schweiz – Interkantonale Leitungskonferenz (SPILK)
- scolarmed Association of professionals in school health services
- chronischkrank.ch
- School Social Work Association SSAV
- GELIKO Schweizerische Gesundheitsligen-Konferenz
- Schweizerischer Fachverband Mütter- und Väterberatung
- Swiss Society of Gynaecology and Obstetrics SSGO
- Swiss Academy of Medical Sciences SAMS

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