

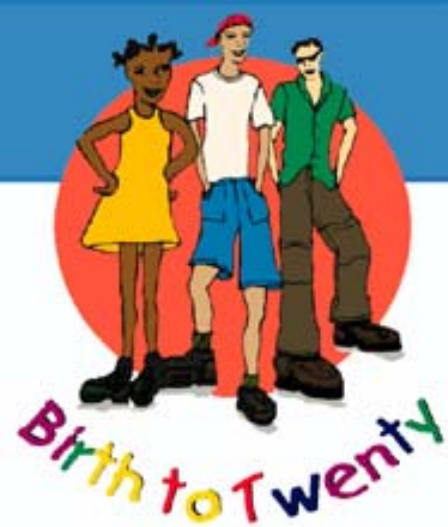
Very young adolescents A longitudinal perspective from South Africa: The Birth to Twenty study

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**Very young adolescents
WHO, Geneva May 2003**

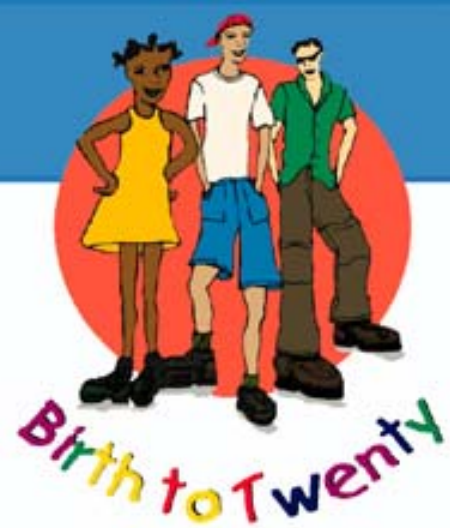
**Birth to Twenty is the largest and longest running study
of child health and development in Africa.**



South African context

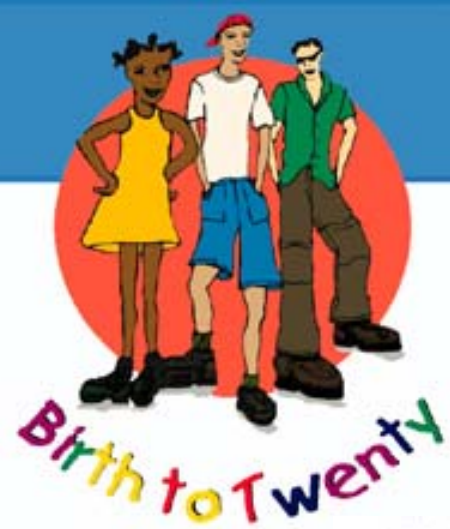
Programmes of redress & restitution

- Removal of restrictions on work and residence
- Free health care for pregnant women & preschoolers
- Primary school nutrition programme
- Child care grant -> extension to age 14 years
- Child Protection Units, Domestic Violence Act, Maintenance Act
- Constitution, CRC, African Charter



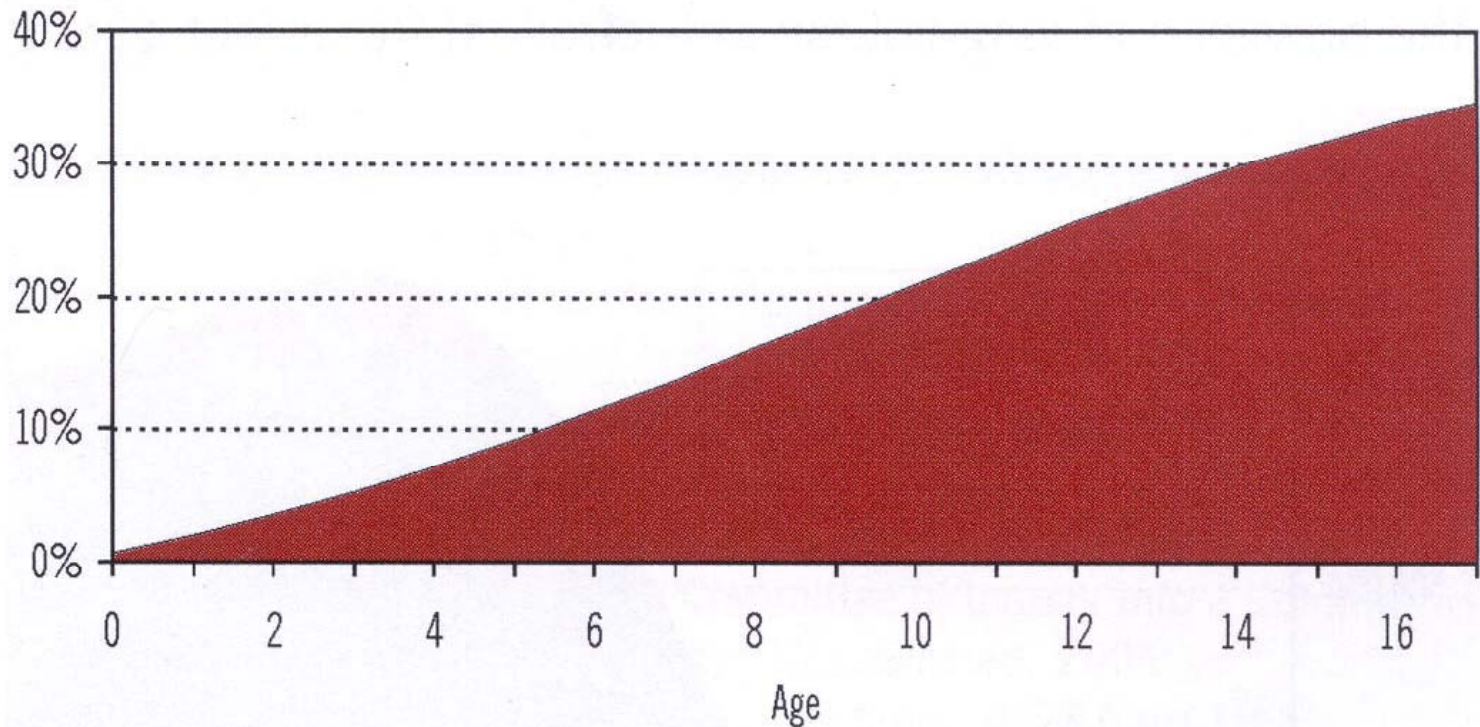
CONDITIONS OF CHILDREN

- 60% children live in poverty
- 1 in 10 children <9 years are underweight
- 1 in 5 children <9 years are stunted
- Up to 30% of children in some rural areas not in school
- 1/2million children under 14 years work long hours
- close to 9 000 children <11 years raped in 2001
- more than 4 000 children <17 years in custody in 2001

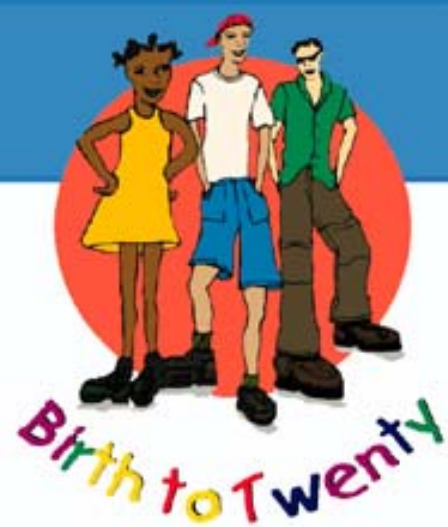


HIV/AIDS and orphaning

1 in 5 children live with HIV+ mother
2002, 3% maternal orphans, 13%

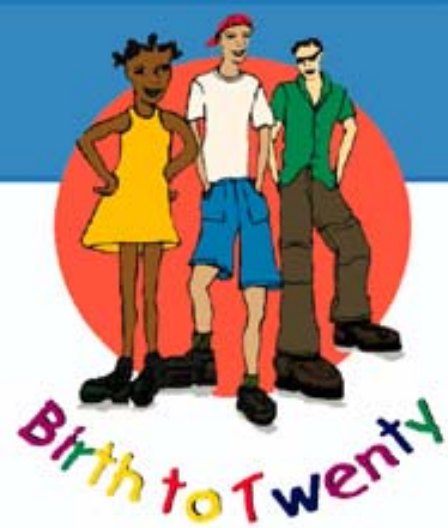


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Birth to Twenty: Mandela's Children

- 54% SA urbanised, Soweto-Jhb 200sq kms
- Bt10 began 1989 with pilot studies, enrolment 1990
- Enrolled 3 274 singleton births in Soweto-Jo'burg
- Antenatal, delivery, 6mo, 1yr, 2, 3, 4, 5, 7/8, 9/10
- Themes: Growth & Nutrition, Health, Psychosocial, Care and Education, Methodology
- 70% retention (2 300), 1 300 in core sample (all pts)



Puberty key in 11-14 yrs

Puberty and pubertal growth spurt

- 9 to 15 years in girls, 10 to 16 years in boys
- Hormonal, physical changes
- Changes in self-concept, perception by others
- Possible changes in peer groups
- Changes in school: primary to secondary
- Diet, exercise, weight gain, substance use, sexual behaviour



Pathways - health & wellbeing

Historical factors

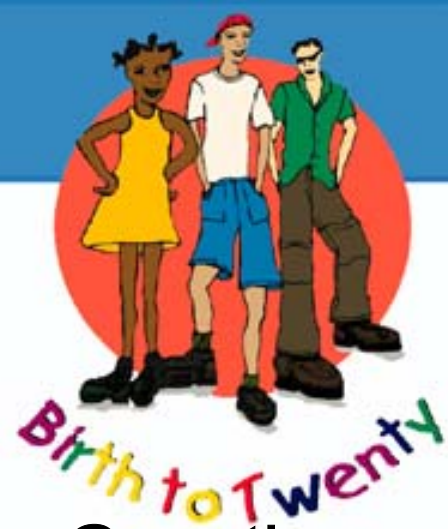
Risks

Puberty

Opportunities

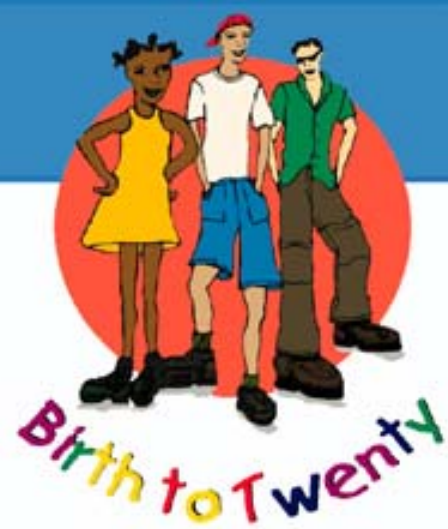
Services

Young adolescent health and wellbeing



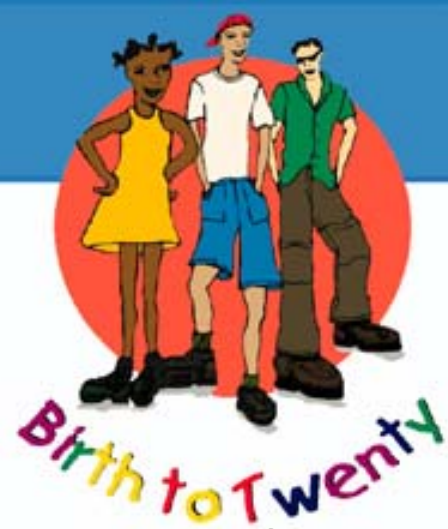
PUBERTAL CHANGES

- Growth spurt, hormonal changes, sexual development
- Direct effects eg fertility
- Indirect effects eg sexual behaviour, weight gain if overeat & inactive, rapid development -> adult disease, advances/delays -> adjustment, self-perception, others' view of self, older or younger peer group
- Age-related eg primary to secondary schooling



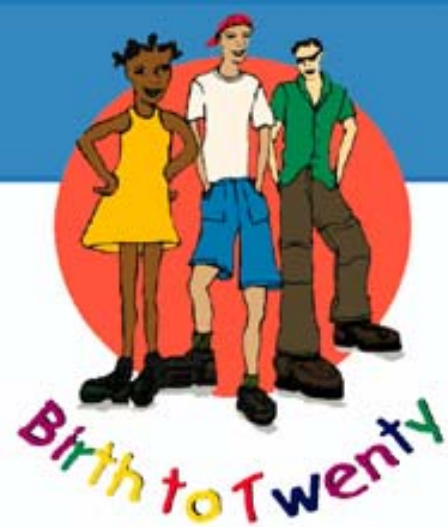
TOPICS FOR PRESENTATION

- Physical growth
- Risk behaviour and situations
- Behavioural adjustment
- Connectedness to family and community
- Parental monitoring and supervision



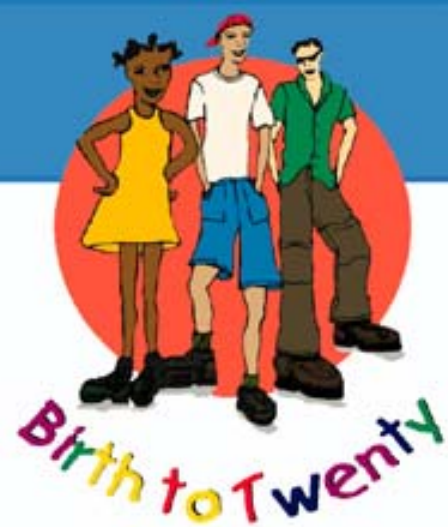
PHYSICAL GROWTH

- At 9 yrs, 9.4% stunted, 14% undernourished, 14% overweight, 3% obese
- Growth patterns – rapid or catch-up growth (20%)
- Lowest bweights, greatest catch-up
- Maintained greater weight, tallest
- Highest % body fat



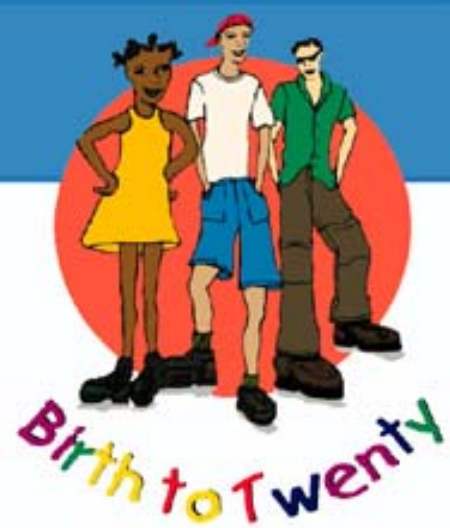
RISK BEHAVIOURS

Smoke regularly	0%
Had sexual intercourse	0.05%
In trouble with law	0.5%
Drink sometimes	1.3%
Heavy peeing	1.8%
Run away	2%
Carried weapon	3%



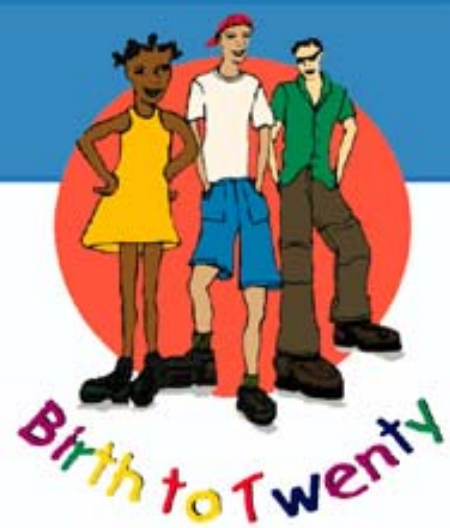
NEGATIVE LIFE EVENTS

Sibling leave home	6.3%
Loss of job by parent	8.3%
Hospitalization of parent	8.7%
Death of grandparent	8.7%
Increase arguments	11%
Changes school	13%
Separation family 2 weeks	15.9%



CONNECTEDNESS

Move, miss neighbourhood	81.2%
Teachers praise my work	96.8%
Talk teachers 1:1	85.4%
Close to mom	96.9%
Close to dad	68.3%
Parents proud of me	99.1%



MONITORING

Rules in family clear	93.6%
Parents trust me to behave	95.8%
Parents would know smoke	95.3%
Parents ask for reports	99.6%
Parents ask homework	97.2%
Rules for TV watching	50.9%
Strict about friends	53.1%



Help families provide for children

- Physical and safety needs
- Love & caring
- Self-esteem
- Encouragement & support
- Constructive use of time
- Boundaries & expectations
- Positive values
- Positive links to community

Children deserve resources to serve them

- Healthy start
- Safe environment
- Free from prejudice & discrim
- Opportunity to give back to others
- Education for marketable skills

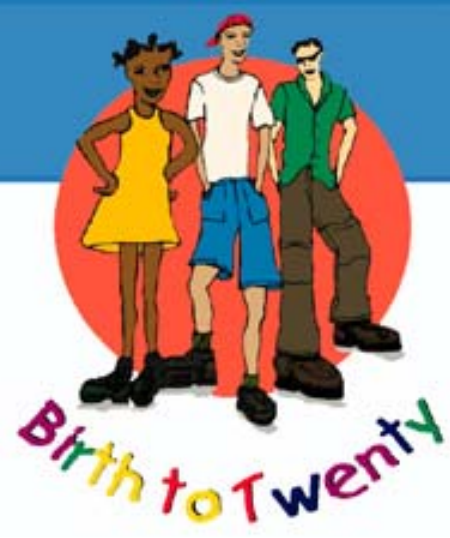
Civil society

Outcomes for children

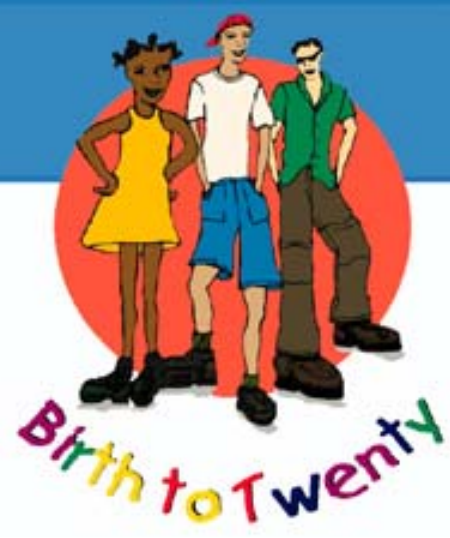
- Caring, Compassion
- Competence
- Character
- Connection
- Confidence

Lerner, Fisher & Weinberg (2000)

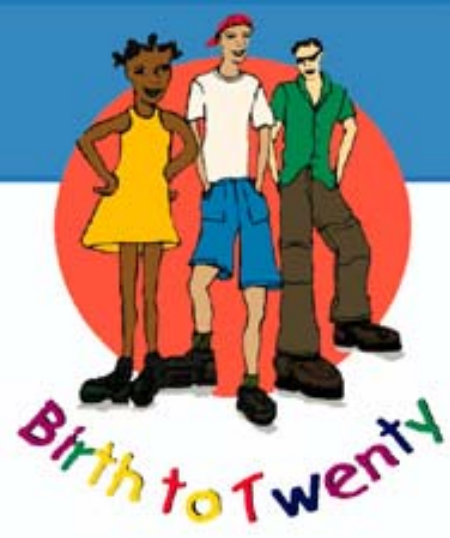
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