

physical and emotional health for young adults will improve their safety and well-being as well as their educational and employment outcomes.

Conclusion → Rapid technological changes and economic challenges and a prolonged transition to adulthood appear to be contributing to health problems of young adults by increasing their stress and sedentary habits. Poor health at this phase in life can have important consequences for future health, employment success, health care and national security.

taking that is common during these years can impact lifelong functioning. Yet only one-third of young adults received any type of preventive counselling on important issues for this age group such as smoking, alcohol use during the past year. And there is no consolidated and oral health guidelines specifically focussed on young adult population.

• Developing evidence based Practices

The National Institutes of Health support research aimed at developing a set of evidence-based practices for medical and behavioural health care including prevention for young adults. This research focus on building up evidence based practices. In some cases existing interventions may be modified for this population while in other situations entirely new interventions may be needed.

• Improving health for young adults

Health, safety and well-being of young adults require focussed attention in public health programs and in delivery of health care services. Improving behavioural,

• Young adults are surprisingly unhealthy. While the transition into adulthood highlights the importance of taking responsibility for one's health, the dominant pattern among many young adults is declining health. As adolescents age into their early and mid 20's are more likely to eat fast food, contract sexually transmitted diseases, and smoke cigarettes. Furthermore, the current generation of young adults is at the leading edge of obesity. Poor health in young adulthood has important consequences for future health, employment, success, health care costs and national security. Mental health among young adults is also an area of grave concern.

• Enhancing preventive care for young adults. Young adulthood provides an important opportunity for prevention. Serious illnesses and disorders can be avoided or managed better if young adults are engaged in wellness practices and screened for early signs of untreated illnesses and seek

Unit - IIIrd

Care and Well-Being in Adulthood

Young adulthood - ages approximately 18 to 26 - is a critical time of life. What happens during these years has profound and long lasting implications for young adults, and because many are parents - for the next generation. Healthy, productive and skilled young adults are critical for nation's workforce, global competitiveness, public safety and national security.

Young adulthood is a critical development period during which key tasks in transition to independent adulthood need to be accomplished including taking responsibility for one's own health. Health care services must address periodic-specific needs. The process of maturation is not suddenly completed when a young person turns 18. Cognitive, emotional, and psychological maturation continues well into mid 20's.