

Adolescents in Saudi Arabia

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Propositions

Regarding the dissertation

Adolescents in Saudi Arabia Their status of health

by Fadia S. AlBuhairan

1. Adolescents in Saudi Arabia have unmet needs which require monitoring, interventions, and ongoing surveillance (this dissertation).
2. The double burden of malnutrition exists among adolescents in Saudi Arabia, necessitating a need to address disordered eating in the context of underweight and not just overweight/obesity (this dissertation).
3. Mental health screening and services should be integrated into schools, universities, and communities in Saudi Arabia in order to address these neglected conditions and enhance equitable uptake and accessibility in a sustainable manner (this dissertation).
4. In order to be able to holistically identify and address adolescent health issues, widespread capacity building among community professionals and parents is required (this dissertation).
5. Health promoting schools and universities are strategic vehicles to promoting positive adolescent and youth development, healthy behaviors and overall wellbeing. (World Health Organization)
6. Investing in adolescent health and wellbeing brings a triple dividend of benefits now, into future adult life and for the next generation of children. (The Lancet Commission on Adolescent Health and Wellbeing, 2013)
7. "Business and human endeavours are systems...we tend to focus on snapshots of isolated parts of the system. And wonder why our deepest problems never get solved." (Peter Senge)
8. In view of the complexity of adolescent health issues, as shown in this study, a holistic and cross-sectoral systems' approach, including 'adolescent health in all policies' is required.