



ICASH-KEYNOTE

THE ROLE OF HEALTH POLYTECHNIC OF PALANGKA RAYA AS A LEADING CENTER FOR ADOLESCENT HEALTH IN CENTRAL KALIMANTAN

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EXTENDED ABSTRACT

Adolescence is a transitional period in the span of human life, connecting childhood and adulthood. In this period there were major and essential changes regarding the maturity of spiritual and physical functions. Teenagers are often considered as a healthy group. Nevertheless, many teenagers die prematurely due to accidents, suicide, violence, complications related to pregnancy and other diseases which actually may be prevented or treated. Many teenagers also suffer from chronic pain and disability. In addition, many serious diseases in adulthood are rooted in adolescence, especially when they engaged to following risk factors: smoking, sexually transmitted infections including HIV, poor eating habits and sedentary lifestyles.

Healthy lifestyle starts from the early age may create productive and high-quality human resources in the future. In the period of adolescence, physical health reaches its optimal point and it will picture the health patterns in adult population in the following decades. Globally, a quarter of worldwide population are people aged 10-24 years, in which 70% of them live in low-income countries. Therefore, it is very important for countries to engage with young people and be able to meet their health needs. Recent strategy to deal with adolescent problems is by maintaining the quality of health services.

Accordingly, Health Polytechnic of Palangka Raya participate to provide a friendly and healthy environment for adolescents through its leading center named "Pusat Unggulan Kesehatan Remaja". This youth care and service center provides a wide range of health service in midwifery, nursing and nutrition areas. Various activities have been conducted in coordination with governments, stakeholders and community, such as:

1. *Community services*
 - a. *Mentoring peer counsellors to prevent anaemia in high school students*
 - b. *Early Detection Package Assistance (HVP Immunization, early detection of breast cancer in adolescents)*
 - c. *Health education activities on menstrual disorders*
 - d. *Detection of signs and symptoms of depression in adolescents*
 - e. *Development and capacity building of Information and Counselling Center for Youth*
 - f. *Sex education for high school students (introduction of reproductive organs)*
 - g. *Understanding the contents of Nutrition Fact Label on food packaging and how to read it*
 - h. *Screening and monitoring teenage girls with dysmenorrhea*
 - i. *Education in Preventing Diabetes Mellitus among high school students*
2. *Scientific researches*

- a. *Investigating the use of educational teaching aids (modul) to prevent anemia*
- b. *Developing an Android-based health promotion model of sex education for adolescents*
- c. *Investigating the effect of Karungut, traditional musical rhyme of Dayak people to prevent anxiety in adolescence pregnancy.*
- d. *Monitoring nutritional status and menstrual cycle of teenagers in Palangka Raya*

3. *Commercialization of local based products*

As one of top ten the best leading center in Indonesian Health Polytechnic, it is expected that the outcomes of those activities will improve the health status and quality of life of adolescents, especially in Palangka Raya, Central Kalimantan. When possible, our institution aims to become the center of adolescent health studies in Indonesia. Moreover, it is targeted to be the national standardized reference for adolescent health.

However, this is impossible to be fulfilled without a good cooperation from government, stakeholders and community in Indonesia and cross-country. Networking is another key to solve health problems in our future young generation. Adolescents health must be one of a country's priorities and concerns.