

Contents

Preface	ix
Chapter 1 Understanding Adolescent Health <i>John Coleman, Leo B. Hendry and Marion Kloep</i>	1
Chapter 2 Young People: Physical Health, Exercise and Recreation <i>Ruth Lowry, John Kremer and Karen Trew</i>	19
Chapter 3 Emotional Health and Well-Being <i>John Coleman</i>	41
Chapter 4 Eating Disorders, Dieting and Body Image <i>Susan Faulkner</i>	61
Chapter 5 Sexual Health <i>Lester Coleman</i>	83
Chapter 6 Substance Use in Adolescence <i>Rutger C.M.E. Engels and Regina van den Eijnden</i>	107
Chapter 7 Getting It Right in Health Services for Young People <i>Aidan Macfarlane and Ann McPherson</i>	123
Chapter 8 Being Different: Adolescents, Chronic Illness and Disability <i>Peter J. Helms</i>	143
Chapter 9 Transitions for Young People with Complex Health Needs <i>Janet McDonagh</i>	159
Chapter 10 Health Promotion and Health Education <i>Donna Mackinnon</i>	177
Chapter 11 Conclusion <i>John Coleman, Leo B. Hendry and Marion Kloep</i>	199

Glossary	209
References	215
Index	231