Purpose and Objectives

PURPOSE

Highlight the heterogeneous results from Adolescents samples

OBJECTIVES

- Literature and context in Adolescence
- What Neuropsychology can provide
- How to detect problems
- A Wide perspective: Feminism and Antiracism

FINANCIAL DISCLOSURE

Do you have a financial disclosure? ***NONE***

ita.

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- *Teenage Suicide*
- *How- Context*
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- *What's going on?*
  - *Language Impairment*
  - *Social networks*
  - *Gaming*
  - *Suicide and Eco-anxiety*
- *Adolescent response to the world*
- *What we learned*
- *Pathways for Hope*
- *Context where I come from*

unicef

Balvin, N., & Banati, P. (2017). The Adolescent Brain: A second window of opportunity-A compendium. *Florence: United Nation Children's Fund Office of Research–Innocenti*. https://www.youtube.com/watch?v=-1FRco3Bjyk

This is adolescence

This is why Green Day makes trans-generation concerts

ita.

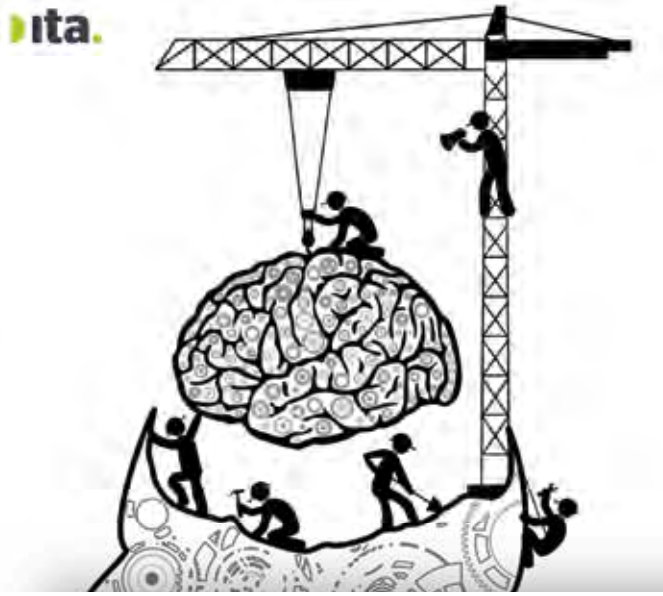
Adolescence and evolutionary challenges

- Become more independent from the family
- Establish their own circles of interpersonal relationships.
- Negotiate sexual relationships and form sentimental and couple relationships.
- Clarify their future life and professional goals and be able to dedicate themselves to them in a resolute manner.
- How to generate hope, curiosity and joy
- “It is not enough to establish interpersonal relationships in order to feel we exist; it is also necessary that these relationships are situated within circles of pertinence that contain them". (Neuburger, 2022).

Neuburger, R. (2022). *Existir* . Editorial Kairós)

Kernberg O, New developments in transference focused psychotherapy. **Int J Psychoanal** 2016; 97:385–407

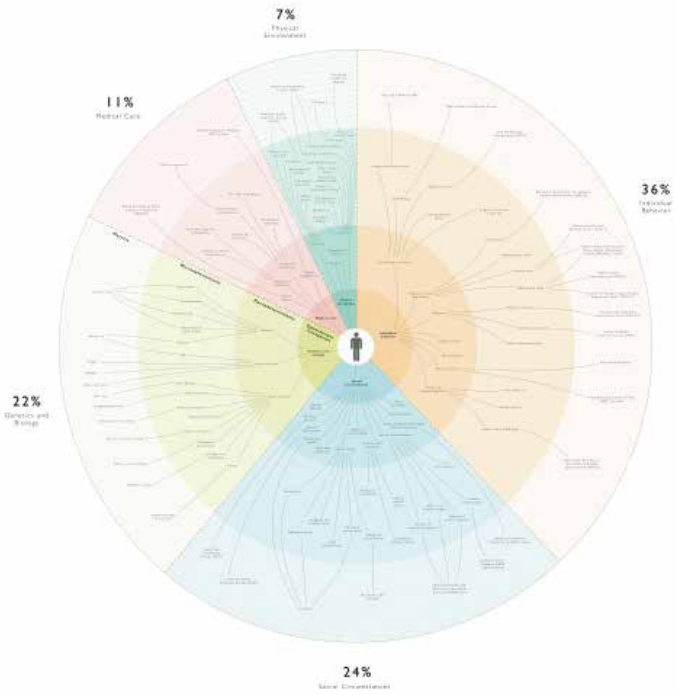
Normandin, L., Alan Weiner, & Karin Ensink (2023). An Integrated Developmental Approach to Personality Disorders in Adolescence: Expanding Kernberg's Object Relations Theory. *American journal of psychotherapy*, *76*(1), 9–14. https://doi.org/10.1176/appi.psychotherapy.20220023



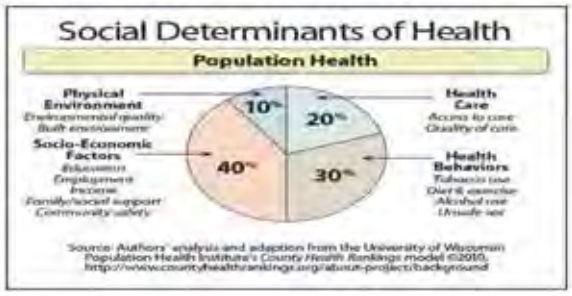
How

DETERMINANTS OF HEALTH

This diagram is a model of all factors correlated with health outcomes for an individual



80% of health determinants are out of the Health System



https://www.goinvo.com/features/careplans/part-3.html
https://www.goinvo.com/vision/living-health-lab/

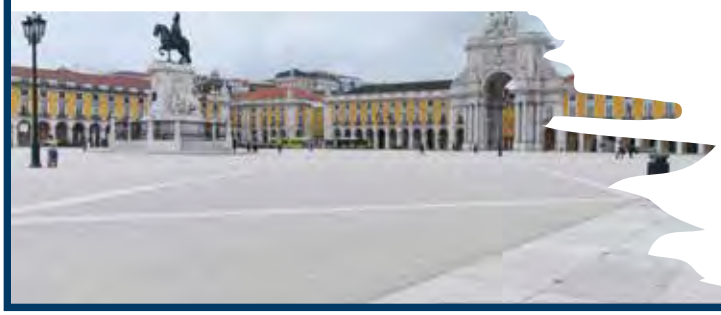
Targeted advertising

2006

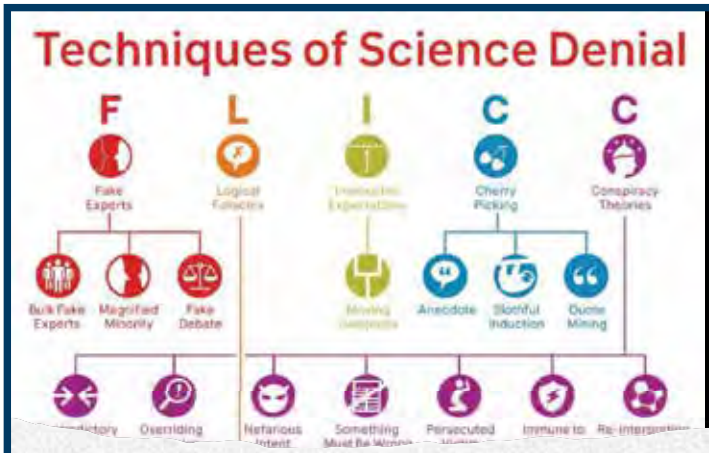
The permanent connection -
"We invite to the cyberspace the economy. It is no longer a one time a day market, now is a 24h 365 days a year market". (Bruno Patino, 2020)

https://www.youtube.com/watch?v=PgQA6XxngPs

Valkenburg, P. M., Meier, A., & Beyens, I. (2022). Social media use and its impact on adolescent mental health: An umbrella review of the evidence. *Current opinion in psychology*, *44*, 58–68. https://doi.org/10.1016/j.copsyc.2021.08.017



After Covid

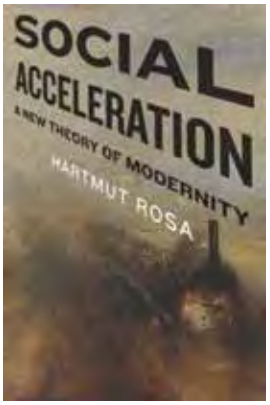


Inside the world Polaritzation...

Flat Earth Society

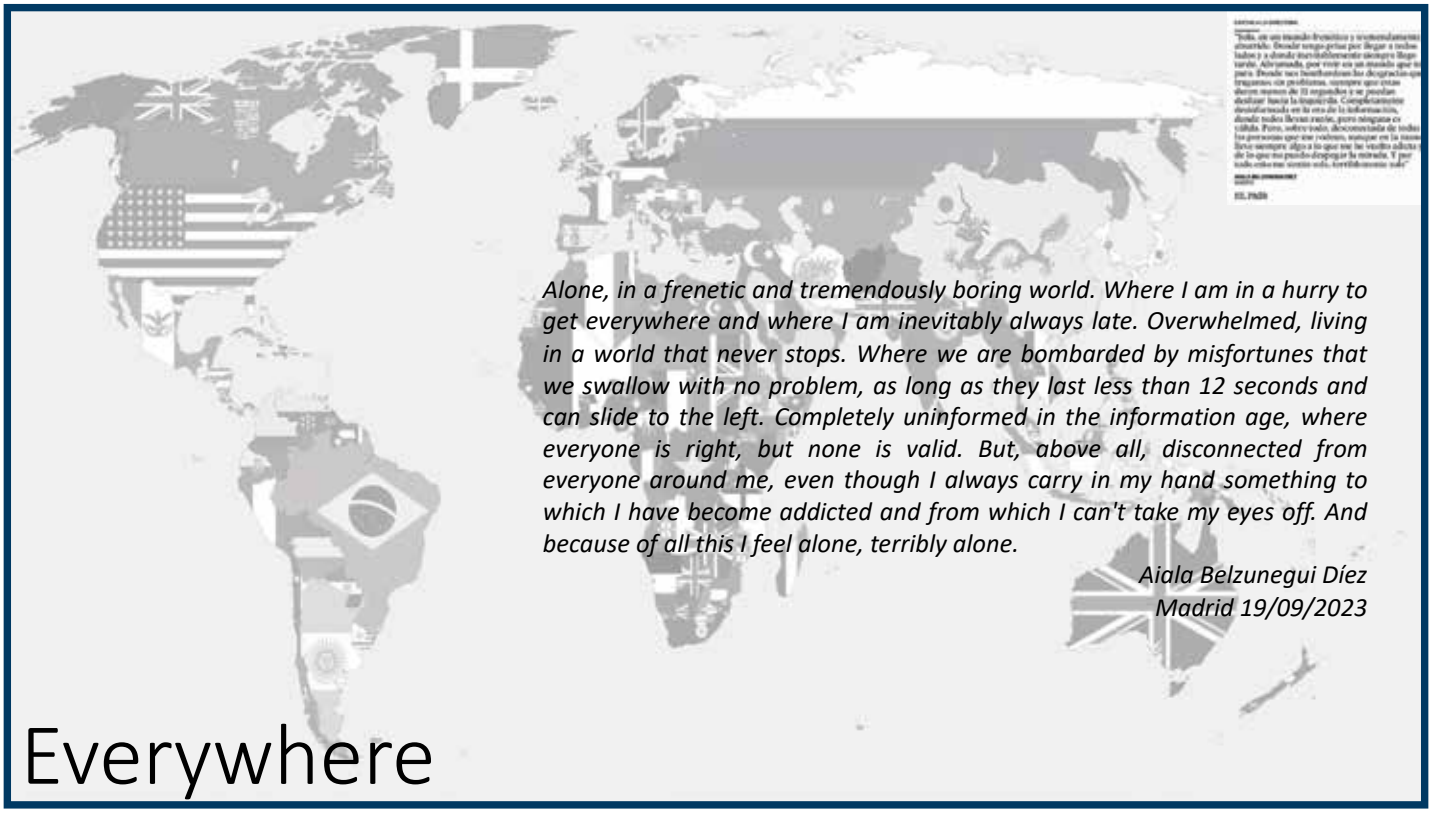
Our Civilization

"We do not have time, although we are gaining more and more time. Our societies are constituted in a temporal way. Their economic model is not designed for constant speed: production requires an acceleration of consumption, even if the richest demographic basins do not expand. Time has thus become the scarce commodity, the most in-demand resource and the basis for all current economic growth"



Slow down sounds great

Rosa H. & Trejo-Mathys J. (2013). *Social acceleration : a new theory of modernity*. Columbia University Press. Retrieved September 29 2023 from http://www.degruyter.com/doi/book/10.7312/rosa14834.



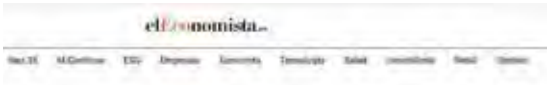
Alone, in a frenetic and tremendously boring world. Where I am in a hurry to get everywhere and where I am inevitably always late. Overwhelmed, living in a world that never stops. Where we are bombarded by misfortunes that we swallow with no problem, as long as they last less than 12 seconds and can slide to the left. Completely uninformed in the information age, where everyone is right, but none is valid. But, above all, disconnected from everyone around me, even though I always carry in my hand something to which I have become addicted and from which I can't take my eyes off. And because of all this I feel alone, terribly alone.

Aiala Belzunegui Díez
Madrid 19/09/2023

Everywhere

A month ago....

[…]there is no better antidote to reactionary extremism than feminism”



A wipe for women and liquor for men: the controversial gift of a town in Granada for the holidays
https://www.eleconomista.es/actualidad/noticias/12424126/08/23/una-bayeta-para-las-mujeres-y-licor-para-los-hombres-el-polemico-regalo-de-un-pueblo-de-granada-por-las-fiestas.html

PEDRO SÁNCHEZ, President of Spain, recalled that on 10 September (2023)

What's going on ?

Some Issues

The situation is hard to be a good parent?

It is all a global problem…

- Finger sticks for gamers, lazy auxiliary wands, suitable for eating snacks while playing with mobile phones and without dirty hands.

relief for parents*

How many of you will have looked at your mobile phone more than 4 times after I finished talking?

ita.

Recenze Marek Preiss

Manfred Spitzer: Digital dementia: What We and Our Children are Doing to our Minds. Brno: Host, 2014

Marek Preiss [1,2,3]

1. Prague Psychiatric Center
2. National Institute of Mental Health
3. University of New York in Prague

Manfred Spitzer's book from 2012 called *Digital Dementia* (Brno: Host, 2014) is even a little, brilliantly-written and well translated. The author is a German neuroscientist and psychiatrist in a leadership position. By the book title – digital dementia – Spitzer refers to the term *digital emigrants* that labels a generation of people born after 1980. This generation grew up with computers as a natural part of life. Spitzer primarily disapproves of excessive playing of computer games, relying on the ease of obtaining information and external information sources that replace deeper understanding. Since the publication has received a number of reviews even in the Czech press (to say nothing of foreign countries), it is very likely that this book will influence the opinion of the general public. And because it also affects the computer rehabilitation, we should become familiar with the author's opinion.

(Manfred Spitzer, 2013)

7 Years only

(Michel Desmurget, 2020)

Maybe not only Covid persistent…made a cognitive impairment.

Speech Problems

La Valle I., Lewis J., Crawford C., Paull G., Lloyd E., Ott E., Mann G., Drayton E., Cattoretti G., Hall A., & Willis E. (2022). Implications of COVID for Early Childhood Education and Care in England. Centre for Evidence and Implementation

Singh, S., Roy, D., Sinha, K., Parveen, S., Sharma, G., & Joshi, G. (2020). Impact of COVID-19 and lockdown on mental health of children and adolescents: A narrative review with recommendations. *Psychiatry research*, *293*, 113429. https://doi.org/10.1016/j.psychres.2020.113429

ita.

Speech language world problem

Mobile Media Device Use is Associated with Expressive Language Delay in 18-Month-Old Children

van den Heuvel, M., Ma, J., Borkhoff, C. M., Koroshegyi, C., Dai, D. W. H., Parkin, P. C., Maguire, J. L., Birken, C. S., & TARGet Kids! Collaboration (2019). Mobile Media Device Use is Associated with Expressive Language Delay in 18-Month-Old Children. *Journal of developmental and behavioral pediatrics : JDBP*, *40*(2), 99–104. https://doi.org/10.1097/DBP.0000000000000630

Frelinger, C., Gardner, R. M., Huffman, L. C., Whitgob, E. E., Feldman, H. M., & Bannett, Y. (2023). Detection of Speech-Language Delay in the Primary Care Setting: An Electronic Health Record Investigation. *Journal of developmental and behavioral pediatrics : JDBP*, *44*(3), e196–e203. https://doi.org/10.1097/DBP.0000000000001167

Lecture comprehension problems

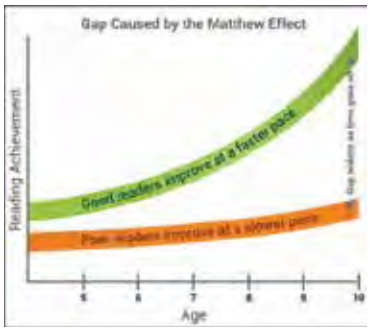
UNICEF warns of shockingly low levels of learning, with only a third of 10-year-olds globally estimated to be able to read and understand a simple written story

Evans D. J. R. (2022). Has pedagogy, technology, and Covid-19 killed the face-to-face lecture?. *Anatomical sciences education*, *15*(6), 1145–1151. https://doi.org/10.1002/ase.2224

The State of Global Learning Poverty: 2022 UpdateThe World Bank, UNESCO, UNICEF, USAID, FSDO, Bill and Melinda Gates Foundation, 2022, 77 p., Open access. (2022). *Population and Development Review*, *48*(4), 1215-1216. https://doi.org/10.1111/padr.12534

Matthew Effect (Merton, 1968; Stankovich, 1968)

- Describes the process by which **better readers acquire more knowledge and vocabulary through access to text, enabling them to perform better on cognitive and reading tasks**. Poor readers do not have access to more information and fall further behind their peers in reading skills, vocabulary, and knowledge, leading to further declines in reading and cognitive skills.
- Therefore, the intelligence tests of younger readers will be lower as a result of poor reading ability and intelligence tasks will make them less likely to exhibit the required discrepancy. (Dombrowski et al. 2004).



What reading in early childhood gives you

- Sequential comprehension
- More vocabulary and general knowledge
- Syntactic skills (better expression)
- Memory in 4 different domains (episodic semantic; working and implicit)
- Empathy
- Confidence and self-esteem

For to every one who has will more be given, and he will have abundance; but from him who has not, even what he has will be taken away.
—*Matthew 25:29, RSV*.

Merton, R.K. (1968, January 5). The Matthew Effect in Science. Science, 159(3810), 56-63.
Stanovich, K.E. (1986, Autumn). Matthew Effects in reading: Some consequences of individual differences in the acquisition of literacy. Reading Research Quarterly, 21(4), 360-407.

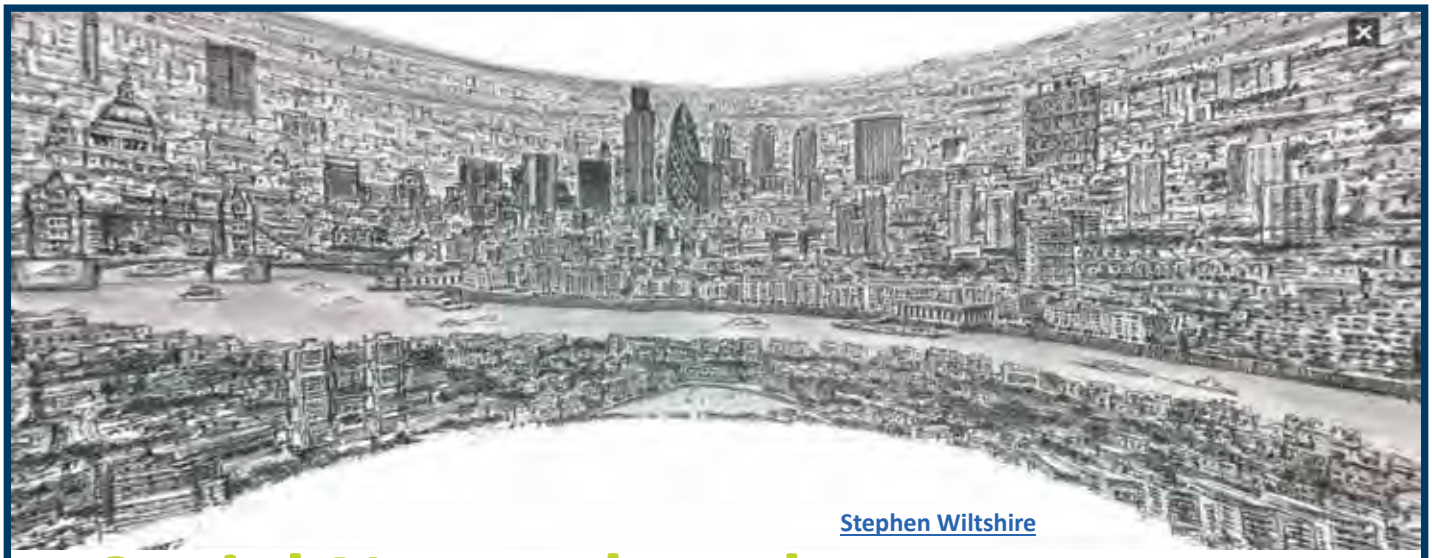
Model “Wait to fail”

- This is because a child is often not referred for intervention until his or her performance scores are low enough to evidence a discrepancy with the teacher's performance expectations for that child. (Stuebing et al. 2002).
- As a result, the child may not have access to interventions available outside the classroom. This delay is because children's achievement scores do not begin to decline until the content of achievement tests becomes increasingly complex and abstract (3rd Primary) (Dombrowski et al. 2004).
- Importance of Early Attention (and how hard it is to work there!).

Dombrowski, S. C., Kamphaus, R. W., & Reynolds, C. R. (2004). After the demise of the discrepancy: Proposed learning disabilities diagnostic criteria. Professional Psychology: Research and Practice, 35, 364–372

Al Otaiba, S., Wagner, R. K., & Miller, B. (2014). "Waiting to Fail" Redux: Understanding Inadequate Response to Intervention. *Learning disability quarterly : journal of the Division for Children with Learning Disabilities*, *37*(3), 129–133. https://doi.org/10.1177/0731948714525622

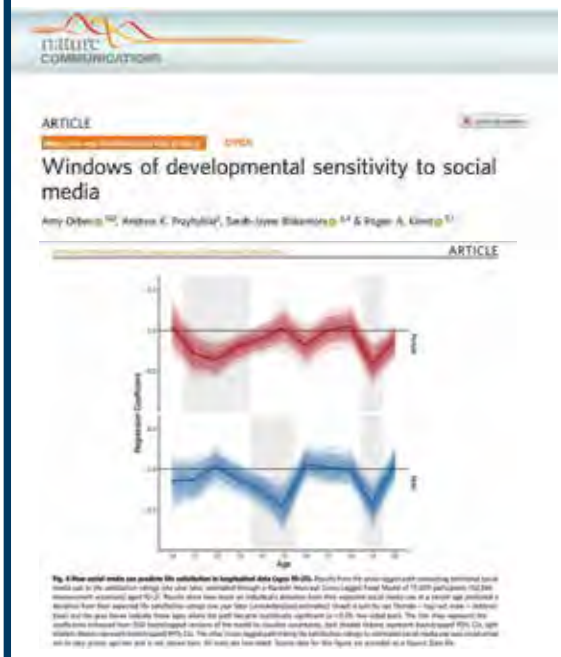
Stuebing, K. K., Fletcher, J. M., LeDoux, J. M., Lyon, G. R., Shaywitz, S. E., & Shaywitz, B. A. (2002). Validity of IQ-discrepancy classifications of reading disabilities: A meta-analysis. *American Educational Research Journal, 39*(2), 469–518. https://doi.org/10.3102/00028312039002469

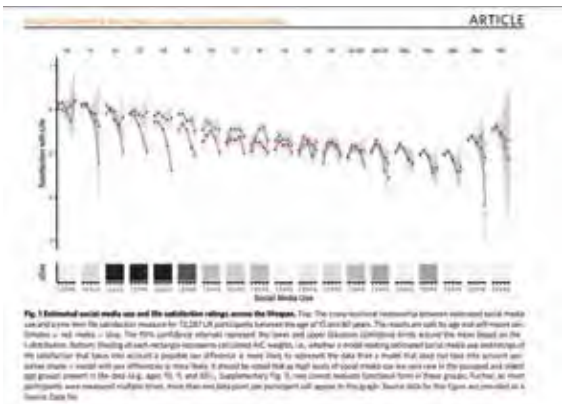


Stephen Wiltshire

Social Network and Smartphones

https://www.stephenwiltshire.co.uk/360/london/index.html





Different evolutions due to different social context for adolescents. Women more exposed and worse life satistaction early

Orben, A., Przybylski, A. K., Blakemore, S. J., & Kievit, R. A. (2022). Windows of developmental sensitivity to social media. *Nature communications*, *13*(1), 1649. https://doi.org/10.1038/s41467-022-29296-3

Suplementary material

https://static-content.springer.com/esm/art%3A10.1038%2Fs41467-022-29296-3/MediaObjects/41467_2022_29296_MOESM1_ESM.pdf

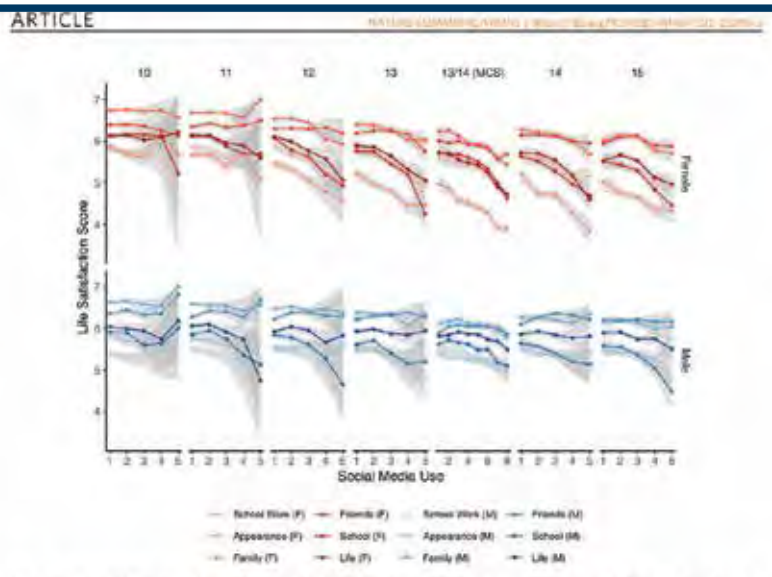


Fig. 2 The cross-section relationship between social media use and six different life satisfaction measurements (ages 10-15). The Figure shows the cross-sectional relation between estimated social media use and six life satisfaction measures at ages 10–15 (Understanding Society dataset, US: 10,089 participants and 24,698 measurement occasions) and ages 13–14 (Millennium Cohort Study dataset, MCS; 11,726 participants). Specifically, it displays the cross-sectional correlation between estimated social media use and raw scores of sub-components of life satisfaction (satisfaction with school work, appearance, family, friends, school, and life). The relationships are presented separately for males and females. The 95% confidence intervals represent the lower and upper Gaussian confidence limits around the mean based on the t-distribution. Source data for this figure are provided as a Source Data file.

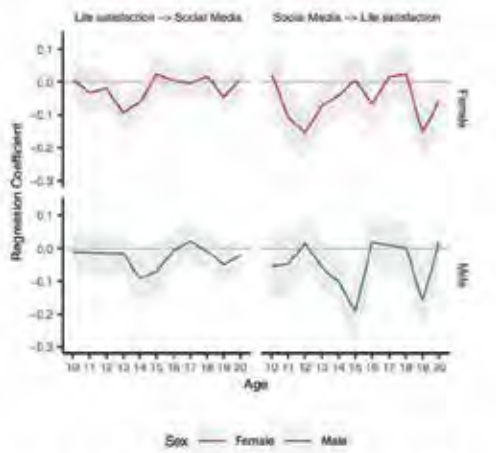


Fig. 3 Results from Random Intercept Cross-Lagged Panel Model (RI-CLPM) of estimated social media use and life satisfaction for 17,409 participants of the Understanding Society dataset aged 10-21 (52,556 measurement occasions). Results from both cross-lagged paths of a RI-CLPM where those paths were free to vary across age/sex. Results are unstandardized and split by path (left: deviations from expected ratings of life satisfaction at that age predicting deviations from expected social media use one year later; right: deviations from expected social media use at that age predicting deviations from expected ratings of life satisfaction one year later) and sex (female = top/red, male = bottom/blue). The ribbon represents the 95% Confidence Interval around the point estimate. All tests are two-sided. Source data for this figure are provided as a Source Data file.

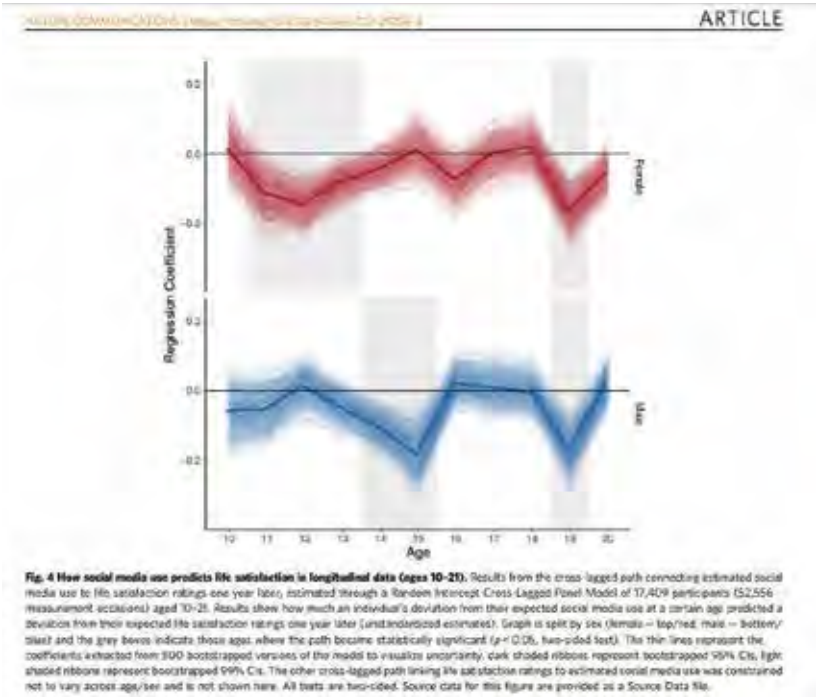


Fig. 4 How social media use predicts life satisfaction in longitudinal data (ages 10–21). Results from the cross-lagged path connecting estimated social media use to life satisfaction ratings one year later, estimated through a Random Intercept Cross-Lagged Panel Model of 17,409 participants (52,556 measurement occasions) aged 10–21. Results show how much an individual's deviation from their expected social media use at a certain age predicted a deviation from their expected life satisfaction ratings one year later (unstandardized estimates). Graph is split by sex (female = top/red, male = bottom/blue) and the grey boxes indicate those ages where the path became statistically significant ($p < 0.05$, two-sided test). The thin lines represent the coefficients extracted from 100 bootstrapped versions of the model to visualize uncertainty, dark shaded ribbons represent bootstrapped 95% CIs, light shaded ribbons represent bootstrapped 99% CIs. The other cross-lagged path linking life satisfaction ratings to estimated social media use was constrained not to vary across age/sex and is not shown here. All tests are two-sided. Source data for this figure are provided as a Source Data file.

ita.

Porn world

- Adolescents watch pornography for the first time at the age of 12 and almost 7 out of 10 (68.2%) consume this sexual content frequently (they have done so in the last 30 days). This consumption occurs in privacy (93.9%), through cell phones, and focuses on free online content (98.5%), mostly based on violence and inequality (Save the Children, 2020).

Sanjuán, C. (2020). *(mis) sexual information: Pornography and adolescence. An analysis of adolescent pornography use and its impact on development and peer relationships (in Spanish)* Madrid: Save the Children Spain.

Further from Sexting

AI-generated naked images of dozens of Spanish girls shared around schools

Police are investigating deepfakes in town of Almendralejo that have targeted victims aged 11 to 17

By James Badcock

A few days ago

Doyle, C., Douglas, E., & O'Reilly, G. (2021). The outcomes of sexting for children and adolescents: A systematic review of the literature. *Journal of adolescence*, *92*, 86–113. https://doi.org/10.1016/j.adolescence.2021.08.009

Gandolfi, C. E., Mosillo, M., Del Castillo, G., Forni, G., Pietronigro, A., Tiwana, N., & Pellai, A. (2021). Online grooming: an analysis of the phenomenon. *Minerva pediatrics*, *73*(3), 272–280. https://doi.org/10.23736/S2724-5276.20.05615-7

Doyle, C., Douglas, E., & O'Reilly, G. (2021). The outcomes of sexting for children and adolescents: A systematic review of the literature. *Journal of adolescence*, *92*, 86–113. https://doi.org/10.1016/j.adolescence.2021.08.009

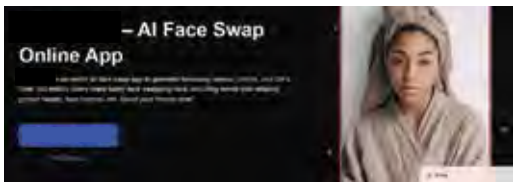
Gargano, M., Tomassoni, R., Zanon, A., Lungu, M. A., & Infurna, M. R. (2022). Sexting in adolescence: what are the reasons? An empirical study. *La Clinica terapeutica*, *173*(5), 407–413. https://doi.org/10.7417/CT.2022.2455

Bottino, S. M., Bottino, C. M., Regina, C. G., Correia, A. V., & Ribeiro, W. S. (2015). Cyberbullying and adolescent mental health: systematic review. *Cadernos de saude publica*, *31*(3), 463–475. https://doi.org/10.1590/0102-311x00036114

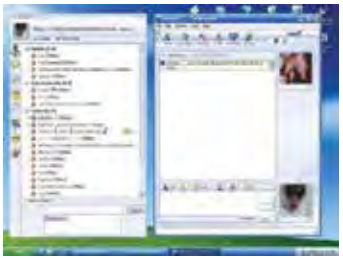
Mori, C., Cooke, J. E., Temple, J. R., Ly, A., Lu, Y., Anderson, N., Rash, C., & Madigan, S. (2020). The Prevalence of Sexting Behaviors Among Emerging Adults: A Meta-Analysis. *Archives of sexual behavior*, *49*(4), 1103–1119. https://doi.org/10.1007/s10508-020-01656-4

Issues in class

- Could you imagine your adolescence like that ?



24h with you everywhere



NEPO-BABYS

The phrase “nepotism baby” (or the diminutive “nepo baby”)

is a term referring to the children of celebrities who have succeeded in careers similar to those of their parents.

It has pervaded social media in earnest expressions of admiration.

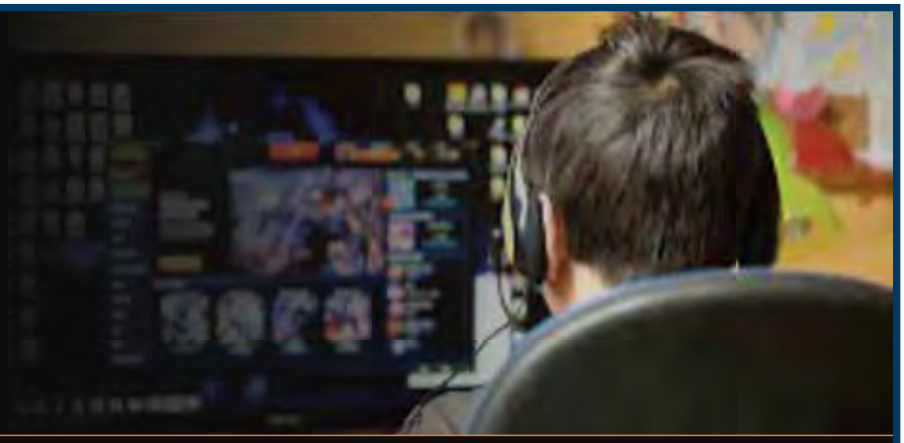
No one is oblivious to what we have internalized for as long as we can remember.

- If they want to make a lot of likes, that's their life, that's up to them, it's not ours (Pep Guardiola, 2018)

Pep Guardiola: FC Barcelona/Manchester City Coach

“My kids go to school with Indian people, black people, normal people, people from everywhere“ (2018)

Gaming



Aa an example:

The Dark Reality behind CSGO. (Illegal Gambling, lies and addiction)

https://www.youtube.com/watch?v=JT17l53Fkj0

ita.

What we find out with gamers: 2 profiles

Rebel adolescents

- < 16 years
- Behavioural sintoms
- Academic faiulre
- No treatment beofere
- Main APP : Online game
- Friends preserved
- Play in the evenings
- No backgroud of mental health problems in the family
- Reason of use: playful
- Fearful parents

Locked adolescents

- > 16
- Afective sintoms
- Academic failure
- Previous treaments
- Main APP: *massively multiplayer online game (MMORGP) or Chat*
- Previous rejection/loss/bulling
- Playing in the evening until early morning
- Psychiatric history in the family
- Complaint: Disability (loneliness)
- Primary reason for use: Shelter
- Disoriented / abandoning parents

Internet Gaming Disorder diagnostic criteria

- The World Health Organization has included gaming disorder in the 11th Revision of the International Classification of Diseases (ICD-11)(2). It is defined in ICD-11 as “a pattern of gaming behavior ('digital-gaming' or 'video-gaming') characterized by impaired control over gaming, increasing priority given to gaming over other activities to the extent that gaming takes precedence over other interests and daily activities, and continuation or escalation of gaming despite the occurrence of negative consequences.”

Castro-Calvo, J., King, D. L., Stein, D. J., Brand, M., Carmi, L., Chamberlain, S. R., Demetrovics, Z., Fineberg, N. A., Rumpf, H. J., Yücel, M., Achab, S., Ambekar, A., Bahar, N., Blaszczynski, A., Bowden-Jones, H., Carbonell, X., Chan, E. M. L., Ko, C. H., de Timary, P., Dufour, M., … Billieux, J. (2021). Expert appraisal of criteria for assessing gaming disorder: an international Delphi study. *Addiction (Abingdon, England)*, *116*(9), 2463–2475. https://doi.org/10.1111/add.15411

Cerniglia, L., Zoratto, F., Cimino, S., Laviola, G., Ammaniti, M., & Adriani, W. (2017). Internet Addiction in adolescence: Neurobiological, psychosocial and clinical issues. *Neuroscience and biobehavioral reviews*, *76*(Pt A), 174–184. https://doi.org/10.1016/j.neubiorev.2016.12.024

Shut away as a severity criterion, with or without addiction

- Internet Gaming disorder in daily life (Montag & Reuter, 2017) associate with
- Functional impairment (Baer et al., 2012)
- Decreased **hours of sleep** (Griffiths, Davies and Chappell, 2004).
- **Increased sedentary lifestyle** (Henchoz et al., 2016)
- Worsening of occupational or educational performance (Wittek et al., 2015)
- Increased psychopathological symptoms (Vukosavlevic et al., 2015)
- **Impaired decision-making** (Yao et al., 2015).
- Lower levels of sociability. Self-efficacy (Festi, 2013)
- Less **leisure activities, socialization, family time** and presence of isolation or social withdrawal (Li & Wong, 2015; Stavropoulos et al.,2018).

The pathway of gaming fun, pathological gaming, and gaming addiction

Gentile, D. A., Bailey, K., Bavelier, D., Brockmyer, J. F., Cash, H., Coyne, S. M., Doan, A., Grant, D. S., Green, C. S., Griffiths, M., Markle, T., Petry, N. M., Prot, S., Rae, C. D., Rehbein, F., Rich, M., Sullivan, D., Woolley, E., & Young, K. (2017). Internet Gaming Disorder in Children and Adolescents. *Pediatrics*, *140*(Suppl 2), S81–S85. https://doi.org/10.1542/peds.2016-1758H

Paulus, F. W., Ohmann, S., von Gontard, A., & Popow, C. (2018). Internet gaming disorder in children and adolescents: a systematic review. *Developmental medicine and child neurology*, *60*(7), 645–659. https://doi.org/10.1111/dmcn.13754

Montag, C., & Reuter, M. (2015). Internet Addiction: Neuroscientific Approaches and Therapeutical Interventions.

New old Tricks

- From Switzerland (right now)
- Dr. Joël Billieux UNIL Lausanne

Can playing Dungeons and Dragons be good for you? Tabletop Role-Playing Games to mitigate social anxiety and reduce problematic gaming

Joel Billieux[1], Jonathan Bloch[1], Lucien Rochat[2], Loïs Fournier[1], Charlotte Eben[3], Yasser Khazaal[4], Olivier Simon[4], Marc Malmdorf Andersen[5], Daniel L. King[6], Andreas Lieberoth[5]

Recomendations

- **20-20-20 rule** (2 weeks was not enough to considerably improve binocular vision or dry eye signs.)
- Every 20 minutes
- 20 seconds at 20 feet of distance
- To flex oculus muscles
- Screens with natural light (ambiental light)
- Researchers explain that any break from repetitive computer work or screens is beneficial. They also explain that children don't typically notice eye strain as much as adults. As a result, children's screen time should be monitored closely by caregivers.

Talens-Estarelles, C., Cerviño, A., García-Lázaro, S., Fogelton, A., Sheppard, A., & Wolffsohn, J. S. (2023). The effects of breaks on digital eye strain, dry eye and binocular vision: Testing the 20-20-20 rule. *Contact lens & anterior eye : the journal of the British Contact Lens Association*, *46*(2), 101744. https://doi.org/10.1016/j.clae.2022.101744

Johnson, S., & Rosenfield, M. (2023). 20-20-20 Rule: Are These Numbers Justified?. *Optometry and vision science : official publication of the American Academy of Optometry*, *100*(1), 52–56. https://doi.org/10.1097/OPX.0000000000001971

ita.

Suicide & Self-Harm

Suicide worldwide in 2019: global health estimates. Geneva: World Health Organization; 2021. Licence: CC BY-NC-SA 3.0 IGO.

Suicide world

Suicide affects people of all ages. In 2021, suicide was among the top 9 leading causes of death for people ages 10-64. Suicide was the second leading cause of death for people ages 10-14 and 20-34.

Some groups have higher suicide rates than others. Suicide rates vary by race/ethnicity, age, and other factors, such as where someone lives

Suicide was the second leading cause of death among individuals between the ages of 10-14 and 25-34 , the third leading cause of death among individuals between the ages of 15-24, and the fourth leading cause of death among individuals between the ages of 35 and 44.

There were nearly two times as many suicides (45,979) in the United States as there were homicides (24,576).

Centers for Disease Control and Prevention, National Center for Health Statistics. National Vital Statistics System, Mortality 2018-2021 on CDC WONDER Online Database, released in 2023. Data are from the Multiple Cause of Death Files, 2018-2021, as compiled from data provided by the 57 vital statistics jurisdictions through the Vital Statistics Cooperative Program. Accessed at http://wonder.cdc.gov/mcd-icd10-expanded.html on Jan 11, 2023

Centers for Disease Control and Prevention (CDC). Youth Risk Behavior Survey Data Summary and Trends Report: 2011-2021. Available at https://www.cdc.gov/healthyyouth/data/yrbs/pdf/YRBS_Data-Summary-Trends_Report2023_508.pdf

Eco - anxiety


The psychology of denial concerning climate mitigation measures: Evidence from Swiss focus groups

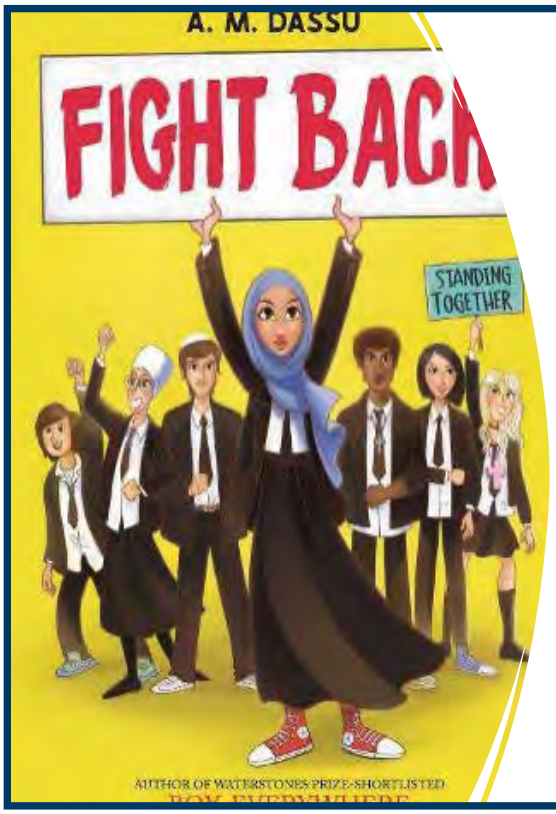
Inside Top 10 reasons for consultation in Switzerland

Stoll-Kleemann, S., O'Riordan, T.J., & Jaeger, C.C. (2001). The psychology of denial concerning climate mitigation measures: evidence from Swiss focus groups. *Global Environmental Change-human and Policy Dimensions, 11*, 107-117.

Substance Use

Dr. Antonio Verdejo-García is Professor and Head of the Addiction and Impulsivity Group at the Turner Institute for Brain and Mental Health at Monash University, Melbourne.

Extracted from:
https://www.laureateinstitute.org/uploads/2/9/9/2/29920141/book_draft-v6.pdf



Adolescent response

ita.

In the last years…

Adolescents are pointing out our generational mistakes and it seems that we are pointing them as losers and a future fail generation

Adolescents pointing out structural problems and avoiding to participate in some parts of last 25 years society is showing to the world the short-sighted and unplanned vision we have had for many years without criticism.

But adolescence is always a rebel stage isn't it ?
Well it depens on what "rebel" means.

Thinking is what is scary, not acting

SEX EDUCATION **the series that revolutionized sex on television**

Moving on

LGTBIQ+|

June 28, commemorates the riots that took place in 1969 at the Stonewall Inn in New York City and marked the beginning of the ongoing struggle to **defend sexual and gender diversity**.

https://teentalk.ca/learn-about/gender-identity/

Climate Change Action

- The six claimants, between ages 11 and 24 and all from Portugal, will argue that they are on the frontlines of climate change and ask the court to force these countries to rapidly accelerate climate action.

https://edition.cnn.com/2023/09/27/europe/portugal-climate-lawsuit-human-rights-court-intl/index.html

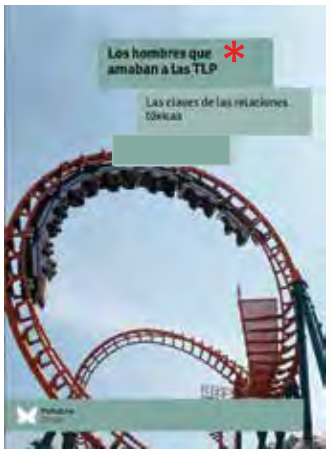
Fight against stigma

Autism is simply a diagnosis and not a prognosis. (Maximiliano Bravo, sociologist)

Thornicroft, G., Mehta, N., Clement, S., Evans-Lacko, S., Doherty, M., Rose, D., Koschorke, M., Shidhaye, R., O'Reilly, C., & Henderson, C. (2016). Evidence for effective interventions to reduce mental-health-related stigma and discrimination. *Lancet (London, England)*, *387*(10023), 1123–1132. https://doi.org/10.1016/S0140-6736(15)00298-6

What we learned

Out of sight, Out of mind

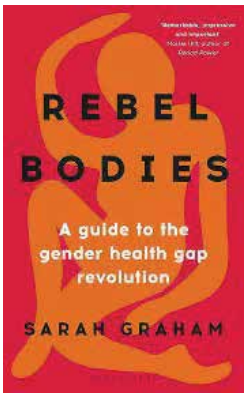


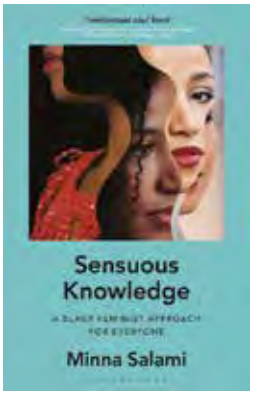
Men who loved Borderline Personality disorder (BDP) women

BDP men does not exist?

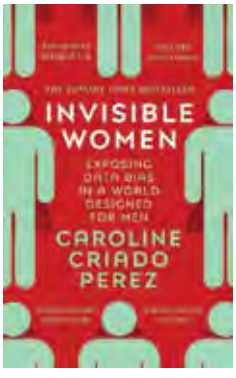
That's another whole presentation

Feminism





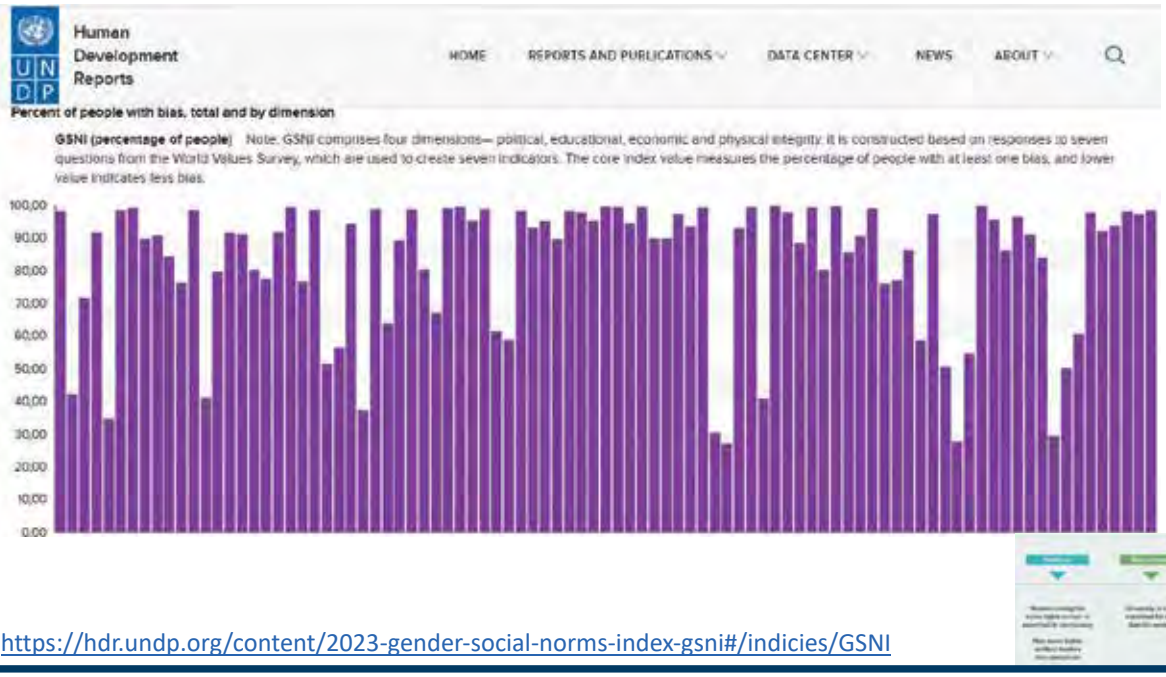
A real feminist obviously!



In 2015, Caroline appointed Officer of the Order of the British Empire (OBE) for services to equality and diversity, particularly in the media.

At the same time

Germany
New Zeland
Holland
Sweden
UK
Norway



https://hdr.undp.org/content/2023-gender-social-norms-index-gsni#/indicies/GSNI

Anti-Racist perspective

flesh-colored Paint ?

Eating disorders

Bad

Fun

- Vigorexia?
- Fat-phobia
- Prevalence and Epidemioligical studies helps us to understand

Chellappoo A. (2021). Contrasting Narratives of Race and Fatness in Covid-19. *History and philosophy of the life sciences*, *43*(4), 120. https://doi.org/10.1007/s40656-021-00477-5

Historically

- Eating Disorders Prevalence (Galmiche et al., 2019) 95% Women
- Prevalence Autism Spectrum Disorders (Loomes et al., 2017) 95% Men

Eating Disorders	ASD
Cognitive Rigidity ✓	Cognitive Rigidity ✓
Alexitimia ✓	Alexitimia ✓
restricted interest ✓	restricted interest ✓
Impairment in social cognition ✓	Impairment in social cognition ✓
Masking (by social factors) ✗	*Masking* ✗ ✓

YES WOMAN

Galmiche, M., Déchelotte, P., Lambert, G., & Tavolacci, M. P. (2019). Prevalence of eating disorders over the 2000-2018 period: a systematic literature review. *The American journal of clinical nutrition*, *109*(5), 1402–1413. https://doi.org/10.1093/ajcn/nqy342
Loomes, R., Hull, L., & Mandy, W. P. L. (2017). What Is the Male-to-Female Ratio in Autism Spectrum Disorder? A Systematic Review and Meta-Analysis. *Journal of the American Academy of Child and Adolescent Psychiatry*, *56*(6), 466–474. https://doi.org/10.1016/j.jaac.2017.03.013

Fox news apologizes for comments to Greta Thunberg.

The anchor called her a “Swedish girl with mental problems”.

ASVINI THIVAKARAN

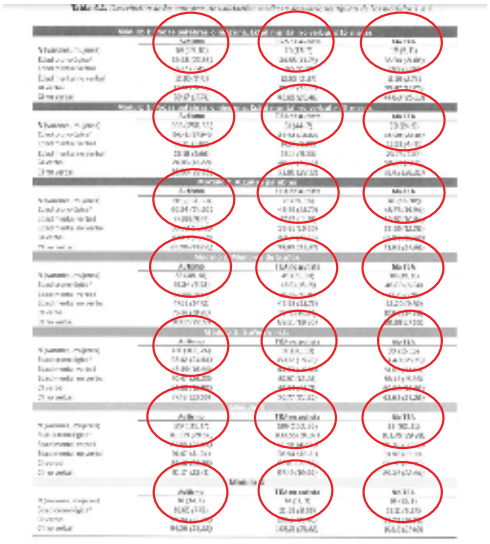
Piezoelectric Power Generation from Automotive Tires

Autism to the rescue

was an autistic style of functioning a regulating factor during the pandemic ?

ita.

A Little bit of history



ADOS Observational scale for Autism diagnosis (1989)

Almost NO sample of Woman and racialized samples
Inter-rater reliability…
Adolescent adult module does not evolve like the population learning

As major part of medicine samples
White man upper-middle class, probably with overweight

Outcome: No ASD Woman diagnosis from 1989…
Since….

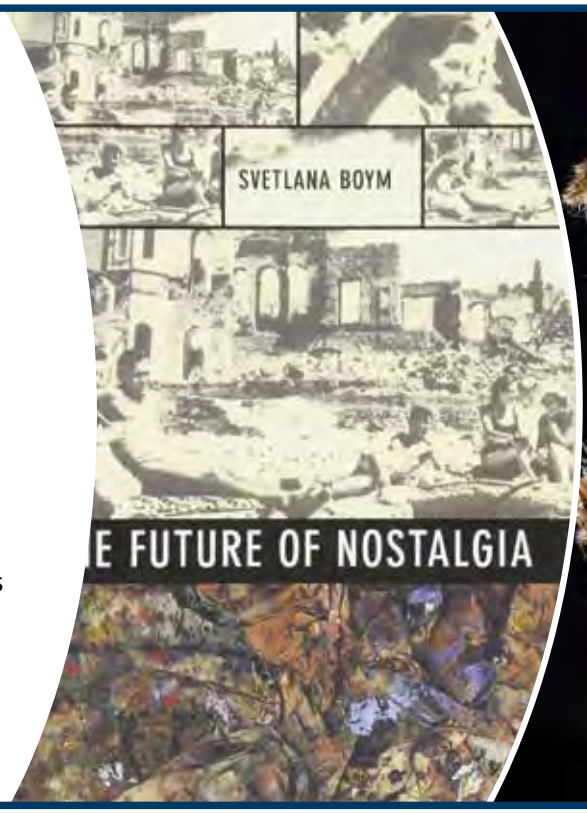
Alexis Wineman Breaks Barriers for People with Autism

https://themighty.com/topic/autism-spectrum-disorder/actually-autistic-instagram/

https://newzhook.com/story/youtube-channels-autism-spectrum-awa

Pathways for Hope

Social conscience of clinicians



EPISTEMOLOGICAL STANCE *

- Brain = mind ?
- Brain Health = mental health?
- Are we in a Catch-22 in mental health ?

- Mental health was not prepared for the fame…

* A way of thinking, which can have an impact on the way we work.

Family (Whole concept)

- Sons and daughters
- They are not Workers of home.
- They need ADULTS (Whatever it means)
- Family therapy still shows is the treatment indicated for Adolescents disorders
- Always add efficacy (with pharmacological treatment if needed)

Waraan, L., Rognli, E. W., Czajkowski, N. O., Aalberg, M., & Mehlum, L. (2021). Effectiveness of attachment-based family therapy compared to treatment as usual for depressed adolescents in community mental health clinics. *Child and adolescent psychiatry and mental health*, *15*(1), 8. https://doi.org/10.1186/s13034-021-00361-x

Jiménez, L., Hidalgo, V., Baena, S., León, A., & Lorence, B. (2019). Effectiveness of Structural-Strategic Family Therapy in the Treatment of Adolescents with Mental Health Problems and Their Families. *International journal of environmental research and public health*, *16*(7), 1255. https://doi.org/10.3390/ijerph16071255

Hogue, A., Bobek, M., Dauber, S., Henderson, C. E., McLeod, B. D., & Southam-Gerow, M. A. (2019). Core Elements of Family Therapy for Adolescent Behavior Problems: Empirical Distillation of Three Manualized Treatments. *Journal of clinical child and adolescent psychology : the official journal for the Society of Clinical Child and Adolescent Psychology, American Psychological Association, Division 53*, *48*(1), 29–41. https://doi.org/10.1080/15374416.2018.1555762

Person-centred care

PPC is based on:

a) the identification of the person's capacities and strengths;

b) a global perspective of intervention based on history and life plans

c) joint decision-making by professionals, users and relatives

d) the consideration of people within their environment and community .

Person-centered care (PCC): the people's perspective

- All persons have dignity.
- Each person is unique.
- Biography is the essential reason for uniqueness.
- Individuals have the right to control their own lives.
- People with severe cognitive impairment also have the right to exercise autonomy.
- All people have strengths and capabilities.
- The physical environment influences people's behavior and subjective well-being.
- Daily activity is of great importance for people's well-being.
- People are interdependent.
- People are multidimensional and are subject to change.

Gro Rosvold Berntsen, Sara Yaron, Morgan Chetty, Carolyn Canfield, Louis Ako-Egbe, Phuk Phan, Caitriona Curran, Isabela Castro, Person-centered care (PCC): the people's perspective, *International Journal for Quality in Health Care*, Volume 33, Issue Supplement_2, November 2021, Pages ii23–ii26, https://doi.org/10.1093/intqhc/mzab052

Berntsen, G. R., Yaron, S., Chetty, M., Canfield, C., Ako-Egbe, L., Phan, P., Curran, C., & Castro, I. (2021). Person-centered care (PCC): the people's perspective. *International journal for quality in health care : journal of the International Society for Quality in Health Care*, *33*(Supplement_2), ii23–ii26. https://doi.org/10.1093/intqhc/mzab052

Santana, M. J., Manalili, K., Jolley, R. J., Zelinsky, S., Quan, H., & Lu, M. (2018). How to practice person-centred care: A conceptual framework. *Health expectations : an international journal of public participation in health care and health policy*, *21*(2), 429–440. https://doi.org/10.1111/hex.12640

	Classic individual planning	Person-centered care PCC
Perception of the person	The person can participate, but does not decide Role: Recipient of services	The person is perceived as a subject with rights who makes his or her own decisions. Role: client
Values and beliefs	Paternalism of the expert Predominance of technique The problem is in the person	Life satisfaction Orientation and respect for the individual and his or her self-determination. The problem is in the environment
Decision making	Taken by the technical team	Taken by the individual and/or his/her support group
Necessary knowledge	Psychopedagogy, medicine, rehabilitation	Curriculum knowledge, other knowledge related to helping relationships, active listening and communication are added. Ethics and law
Methodology	Elaboration by multidisciplinary team Planning by operational objectives	Coordinated, participatory and democratic, always including the individual. Debate, negotiation and final consensus
Assessment	Quantitative, and focused on the skills achieved by the person.	Quantitative and qualitative, focused on the adequacy of the support provided and on the fulfillment of commitments made.
Limitations	Availability of specific services	People's preferences and availability of community resources
Reference model	Psychopedagogic/rehabilitation	Quality of life

Adapted from: Berntsen, G. R., Yaron, S., Chetty, M., Canfield, C., Ako-Egbe, L., Phan, P., Curran, C., & Castro, I. (2021). Person-centered care (PCC): the people's perspective. *International journal for quality in health care : journal of the International Society for Quality in Health Care*, *33*(Supplement_2), ii23–ii26. https://doi.org/10.1093/intqhc/mzab052

ita.

My contribution

(without financing)

We are not prepared to asses this type of inatention

What do neuropsychological tests assess?

Alfredo Ardila and Feggy Ostrosky

Neuroimage

- Most neuropsychological tests are simultaneously evaluating different cognitive abilities associated with the activity of diverse brain areas.
- "Cognitive/anatomical" correlations could only be established for some relatively simple functions. This change in the understanding about the brain organization of cognition has not been reflected in the interpretation of the neuropsychological tests yet.
- The interpretation of neuropsychological tests should be based not only in clinical observations but also in functional studies. This is a necessary further step in clinical neuropsychology.

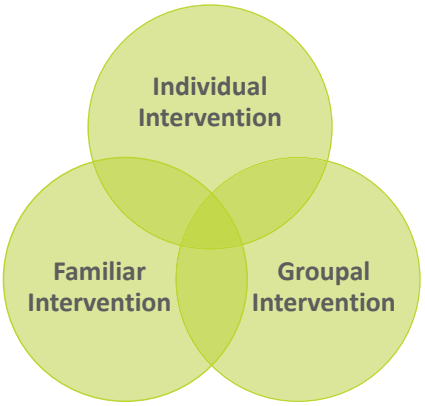
Ardila, A., & Ostrosky, F. (2022). What do neuropsychological tests assess?. *Applied neuropsychology. Adult*, *29*(1), 1–9. https://doi.org/10.1080/23279095.2019.1699099

ita.

CARE MODEL

ita. especialistas en salud mental

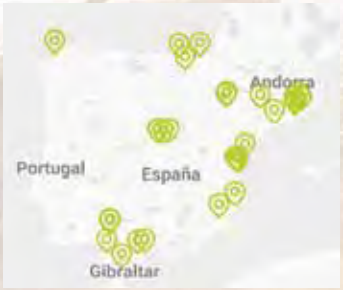
- ✓ Treatment model created by psychologists
- ✓ Psychotherapy at the center - psychologist as clinical referent for treatment
- ✓ Interdisciplinary teamwork
- ✓ The center of therapy is the patient and the family.
- ✓ Patient and family are active agents in treatment



ITA

•**In terms of Severity:**

•Outpatient clinics
•Day Hospital
•Hospitalization
•Therapeutic Apartments
•Evaluation Department



https://itasaludmental.com/

Network of centers dedicated to the comprehensive treatment of disorders and problems associated with mental health:

- Eating Disorders
- Behavioral Disorders
- Personality Disorders
- Addictions
- General Psychiatry
- Neurodevelopment

Children and adolescents who present, among others, difficulties related to:

•Filio-parental violence
•Difficulty in accepting rules and limits
•Disruptive behavior
•Absenteeism
•School failure
•Lack of motivation
•Problems with the law
•Drug abuse
•Traumatic life events
•Addiction to new technologies
•Depresion, Suicide anf Self harm ideas

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especialistas en salud mental

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DIMENSIONAL MODEL

BEHAVIORAL DIFFICULTIES:

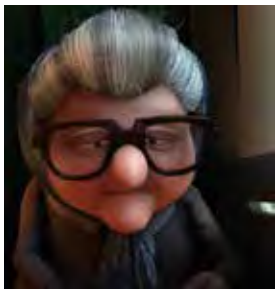
- Challenging behaviors
- Relationships from the politics of fear and power
- Aggressiveness
- High impulsivity
- Opposition to norms and routines

EXTERNALIZING PROFILE

EMOTIONAL DIFFICULTIES:

- Sadness
- Isolation
- Avoidant behaviors
- Tendency to complacency
- High levels of fear

INTERNALIZING PROFILE



Does anyone say Impulsivity?

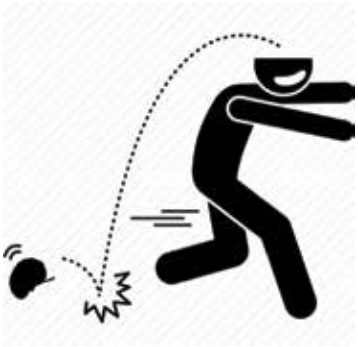
https://www.youtube.com/watch?v=38y_1EWIE9I

Snack Attack

"Impulsivity is a multidimensional personality trait that incorporates deficits in cognitive processes and a wide range of inappropriate actions that are carried out without thinking through the consequences and often result in undesirable outcomes" (e.g., Evenden, 1999; Eysenck & Eysenck, 1980; Fossati, Barratt, Acquarini, & Di Ceglie, 2002; Patton, Stanford, & Barratt, 1995).

However, what we commonly call impulsivity may be an umbrella concept that refers to several conceptually and empirically fragmentable traits (Berg, 2015).

- Decision Making Impulsivity
- Impulsive Behavior
- Personality Traits



Berg, J. M., Latzman, R. D., Bliwise, N. G., & Lilienfeld, S. O. (2015). Parsing the heterogeneity of impulsivity: A meta-analytic review of the behavioral implications of the UPPS for psychopathology. *Psychological assessment*, *27*(4), 1129–1146. https://doi.org/10.1037/pas0000111

MacKillop, J., Weafer, J., C Gray, J., Oshri, A., Palmer, A., & de Wit, H. (2016). The latent structure of impulsivity: impulsive choice, impulsive action, and impulsive personality traits. *Psychopharmacology*, *233*(18), 3361–3370. https://doi.org/10.1007/s00213-016-4372-0

Undecided - Impulsive

Personality and Individual Differences

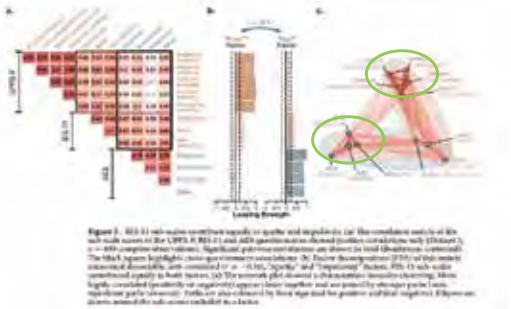
The surprising relationship between indecisiveness and impulsivity

Emily E. Barkley-Levenson, Craig R. Fox

Barkley-Levenson, E. E., & Fox, C. R. (2016). The surprising relationship between indecisiveness and impulsivity. *Personality and Individual Differences*, *90*, 1-6.

Apathy - Impulsivity

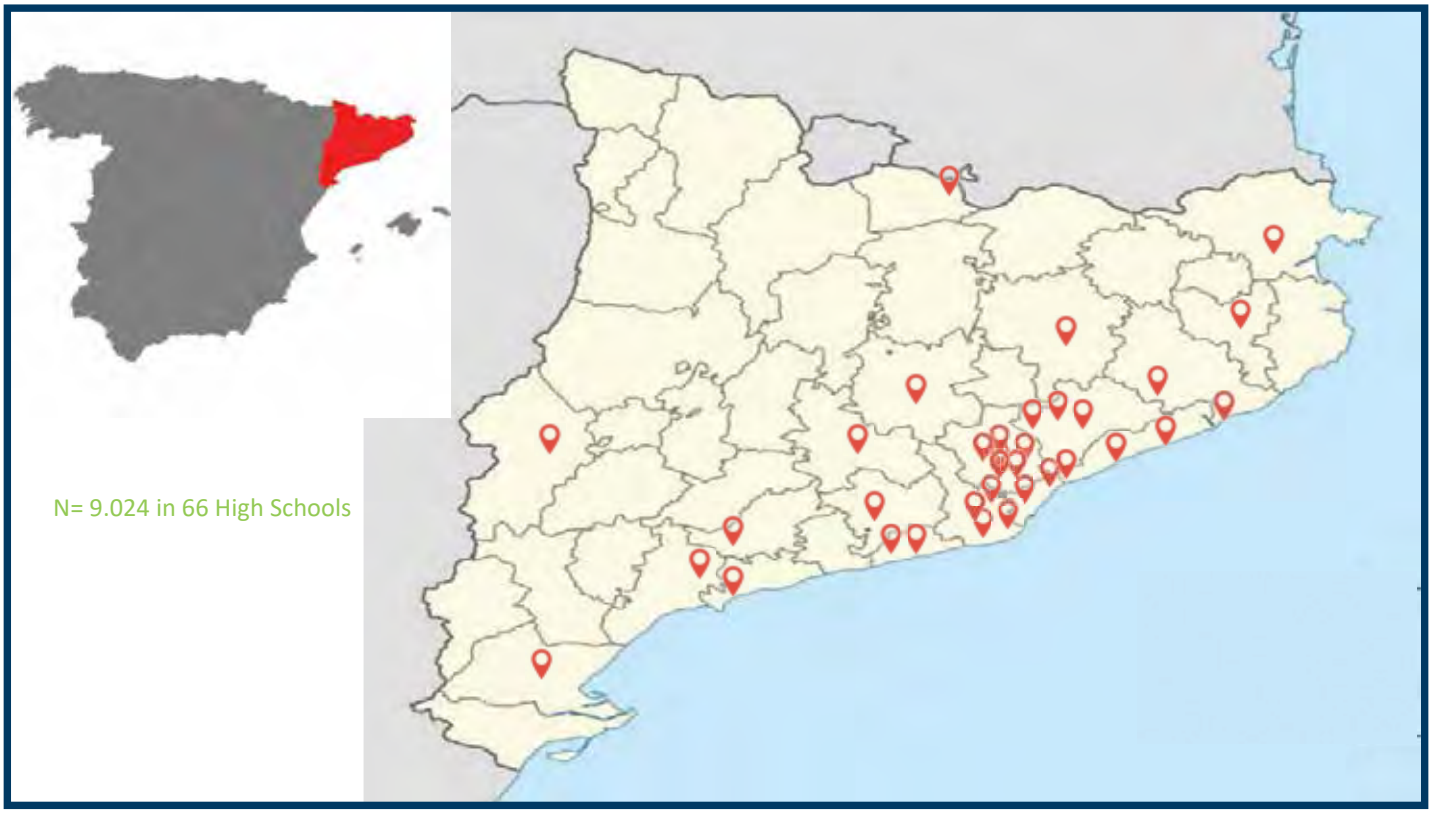
The relationship between apathy and impulsivity in large population samples



Petitet, P., Scholl, J., Attaallah, B., Drew, D.S., Manohar, S.G., & Husain, M. (2021). The relationship between apathy and impulsivity in large population samples. *Scientific Reports, 11*.

Our own way

- Do impulsive behaviors predict rigid functioning
- Is the activation of impulsive behaviors based on lack of alternatives in a rigid environment?
- Does impulsive behavior comes from extreme rigid functioning?
- Are impulsive behaviors at the end rigid?
- Cognitive rigidity/stiffnes (lack of flexibility in decision making) predisposes you to have more possible impulsive behaviors.



N= 9.024 in 66 High Schools

ita.

ADOLESCENTS – ASD ADHD ED

Normative Data UPPS-P in Spanish Adolescents

UPPS-P Scale (Spanish adaptation by Verdejo et al. 2010)
Barrat scale (Spanish adaptation by Loredo et al 2015).
Data:

- **N= 9.024** (11-20 years)
- Variables
  - Grade (repetition or not)
  - Age/sex
  - Family Income
  - Densioty population
  - High school type
  - Family type
  - Country born
  - Hooby
  - If there any diagnosis by a mental haleth profesional and type

UAB Universitat Autònoma de Barcelona

Dr. Joan Deus Yela

Analisis in Clinical Samples Clínica (ITA Salud Mental) (2023-2024)

X-ray of post-pandemic adolescent profiles

Analysis of the Impulsive and neuropsychological profile of admitted patients and Day Hospital
Data:

- **N= 905**
- **Anorexia** (I) n= 130
- **Anorexia** (II) n=49
- **Bulimia** n=41
- **Binge Disorder** n=32
- **ASD** (Autism Spectrum disorder) n= 88
- **FASD** (Fetal Alcholic spectrum disorder) n= 43
- **BDP** n= 83
- **ADHD** n=85
- **PTSD** n=58
- **Major depresion** (con autolesiones y/o Ideación autolítica) n=81
- **OCD** n=43
- **Substance use disorder** (Cannabis) n= 61

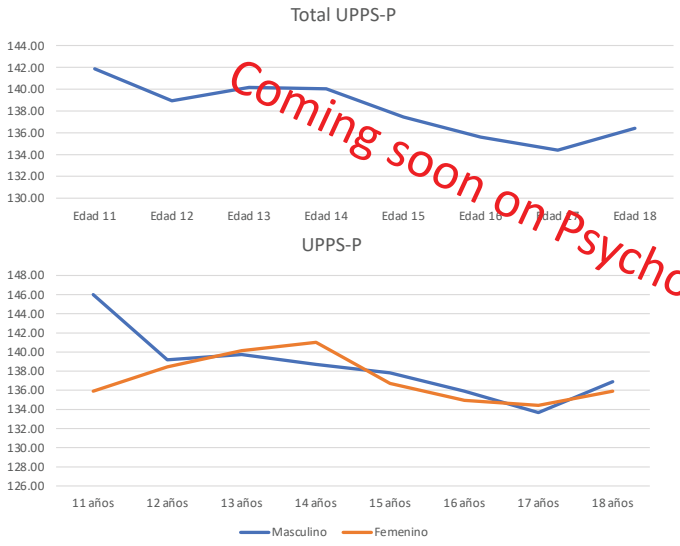
UNIL | Université de Lausanne

Dr. Joel Billieux

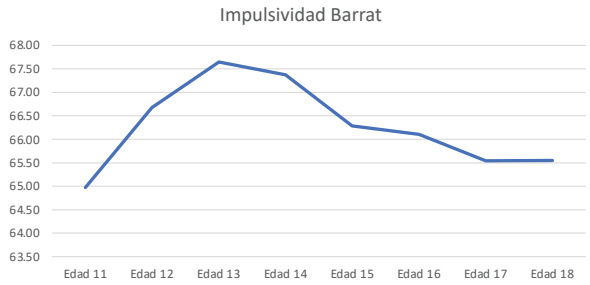
Yale University

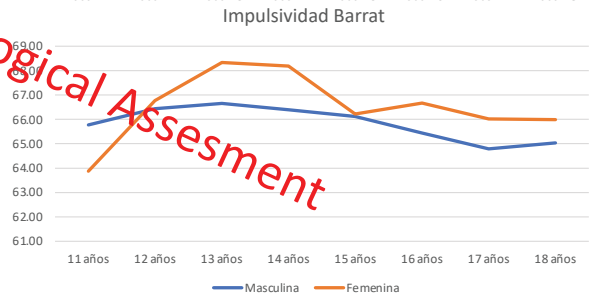
Dr. Marc Potenza

IMPULSIVITY (n= 8.706)



Impulsive personality traits





Impulsive Behaviours

Coming soon on Psychological Assesment

Le présent et l'avenir de la clinique

Our Model - **Open Innovation Model**

(This one has financial support)

International Chamber of Commerce (ICC) Belgium. (2014). The Open Innovation Model. Retrieved from https://www.iccwbo.be/wp-content/uploads/2012/03/20140325-The-Open-Innovation-Model.pdf

Contigo CARE: Prevention and management of relapse in mental and behavioral disorders.

Aleix Cortés.
Promotor
Psychotherapist

What is the need?

Methods to treat **behavioral** and **substance use** show a **high relapse rate**.

There is **no solution** to predict these relapses.

Its early detection depends on the **team's experience** and on **unstructured analysis methodologies**.

MatchMind: Algorithm for personalization of patient assignment to mental health professionals.

What is the need?

Correctly matching patients with therapists **improves mental health care**.

In clinical practice, the selection of the most appropriate treatment for each case depends on the **clinical judgment**.

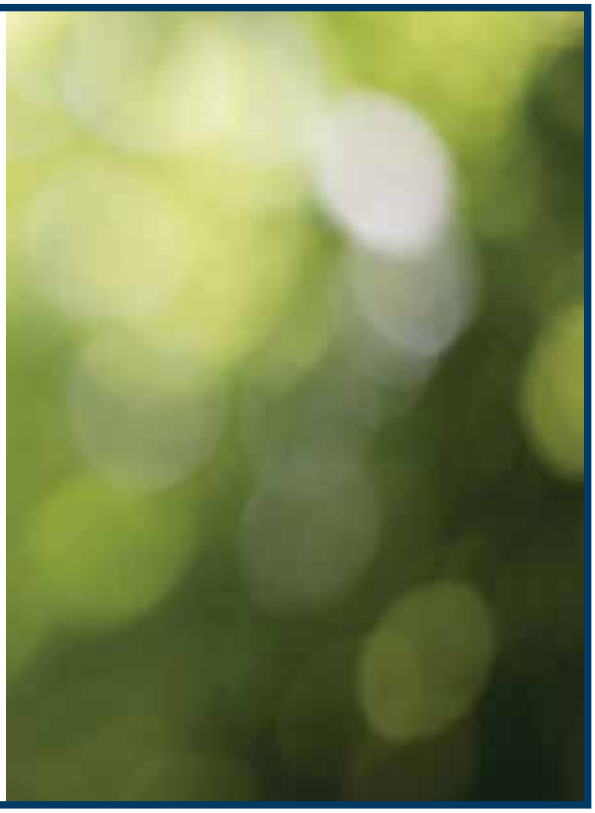
Statistical algorithms can be employed to improve and support clinical judgment.

Conclusions

What resources are we offering, as a society, in the development of adolescents and children that allow them to relate internally, to create internal dialogues to reflect and try to solve existential and transcendental questions?

Do we give value to all that is subtle and are those aspects considered as important contents in growth?

They are basic needs that cannot be built in solitude, we need the other and the community to be able to do it.



Last, but not least,

THANK YOU all primary care doctors and family doctors for doing something which mental health profesionals may understand.

This shared social awareness of seeing people's suffering and discomfort so close at hand has made us realise that our role in society is more crucial than we think.

Be close to the patients, to get to know them and to dedicate time to their little day to day things that give meaning to our health profession to finding meaning in our vocation: understanding and helping others.

So, at the end of the day, psychotherapy belongs to everyone.

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Other interesting media

https://www.youtube.com/watch?v=kvk4sqNPa4M

https://www.youtube.com/watch?v=0O1u5OEc5eY

OBESITY EPIDEMIC AND HOW TO MANAGE IT IN YOUR PRACTICE

HENRY CHEN, MD

PRESIDENT

SOMOS COMMUNITY CARE

10-5-2023

PURPOSE AND OBJECTIVES

PURPOSE	*To understand the serious health impact by imminent Obesity Epidemic in US*

OBJECTIVES

- Objective 1 Help the audients aware of the serious impact on our personal health by Obesity
- Objective 2 Help the audients understand the practical approach to Obesity patients in their practice
- Objective 3 Share my experience of managing Obesity patients in my practice

FINANCIAL DISCLOSURE	*None*

AGENDA

- OVERVIEW OF OBESITY AND OVERWEIGHT IN US
- THE CAUSE OF THE OBESITY AND OVERWEIGHT
- THE IMPACT ON OUR PERSONAL HEALTH BY OBESITY AND OVERWEIGHT
- HOW TO MANAGE OBESITY AND OVERWEIGHT CLINICALLY WITHOUT MEDICINE

WHO YOU ARE

- HENRY CHEN, MD
  - A PRIMARY CARE PHYSICIAN IN THE CHINESE COMMUNITY FOR MORE THAN A QUARTER CENTURY
  - FOUNDING PRESIDENT OF SOMOS COMMUNITY CARE
  - FOUNDER AND CEO OF CCACO AND ECAP
  - CEO OF EXCELSIOR INTEGRATED MEDICAL GROUP PLLC
  - CO-PRESIDENT OF RENDR 百康仁德

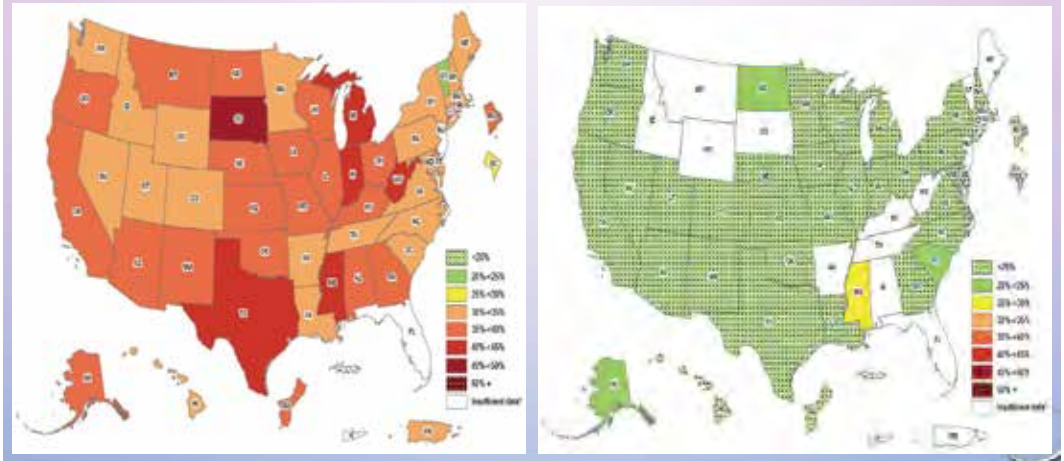
WHAT IS OBESITY AND OVERWEIGHT

- OBESITY IS A DISEASE STATE-AMA
- BMI 18.5-25 – HEALTHY WEIGHT RANGE, <23 FOR ASIAN
- BMI 25.0 TO <30 - OVERWEIGHT
- BMI > 30.0 OR HIGHER - OBESITY
- OBESITY IS FREQUENTLY SUBDIVIDED INTO CATEGORIES:
  - CLASS 1: BMI OF 30 TO < 35
  - CLASS 2: BMI OF 35 TO < 40
  - CLASS 3: BMI OF 40 OR HIGHER - "SEVERE" /"MORBID" OBESITY

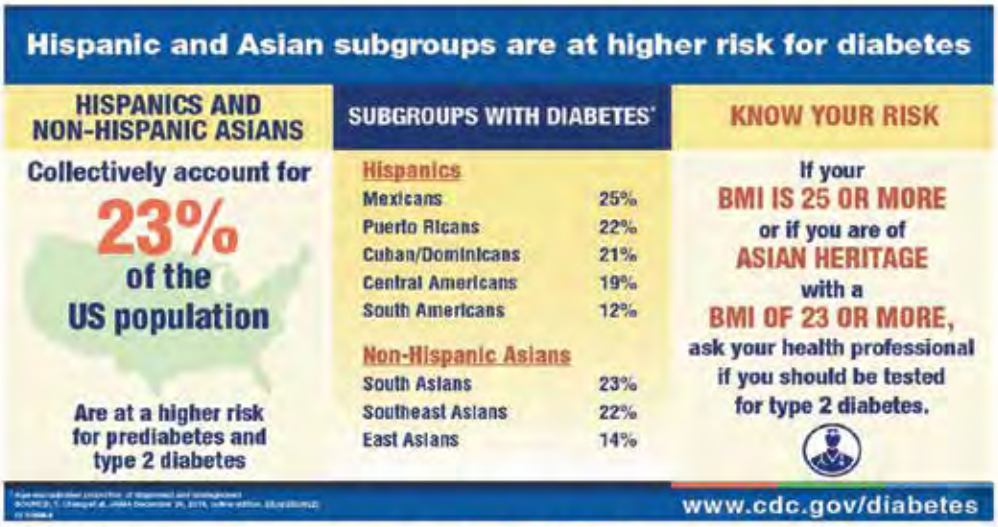
OBESITY EPIDEMIC IN US

- 41.9% AND 70% OF AMERICAN POPULATION ARE OBESE AND OVERWEIGHT
- 13% AND 34.5% OF AMERICAN ADULTS ARE DIAGNOSED EITHER DIABETES OR PREDIABETES
- 86% OF AMERICAN POPULATION IS METABOLIC UNHEALTHY (OVER FAT)
- 19.7% OF CHILDREN AND ADOLESCENTS, AFFECTING 14.7 MILLION KIDS
- 12.7% AMONG 2- TO 5-YEAR-OLDS
- 20.7% AMONG 6- TO 11-YEAR-OLDS
- 22.2% AMONG 12- TO 19-YEAR-OLDS
- OBESITY PREVALENCE WAS 26.2% AMONG HISPANIC CHILDREN, 24.8% AMONG NON-HISPANIC BLACK CHILDREN, 16.6% AMONG NON-HISPANIC WHITE CHILDREN, AND 9.0% AMONG NON-HISPANIC ASIAN CHILDREN.
- THE FINDINGS IS SLIGHT DIFFERENCE IN THE AMERICAN ADULTS: 49.9%-NON-HISPANIC BLACK (49.9%) , FOLLOWED BY HISPANIC ADULTS (45.6%), NON-HISPANIC WHITE ADULTS (41.4%) AND NON-HISPANIC ASIAN ADULTS (16.1%).

PREVALENCE OF SELF-REPORTED OBESITY AMONG HISPANIC AND NON-HISPANIC ASIAN ADULTS, BY STATE AND TERRITORY, BRFSS, 2019–2021



PREVALENCE OF DIABETES AMONG HISPANIC AND NON-HISPANIC ASIAN ADULTS



SOURCE: YJ Cheng et al, JAMA December 24, 2019, online edition

SKINNY FAT AND OTHER FATS

- METABOLICALLY OBESE NORMAL WEIGHT (MONW)-NORMAL BODY WEIGHT (BMI) BUT WITH HIGH BODY FAT PERCENTAGE-METABOLIC UNHEALTHY (OVER FAT)-SAME HEALTH RISK AS OBESITY
- 20% OF US POPULATION IN 2008
- HEALTHY BODY FAT COMPOSITION: 8-24% FOR MEN, 20-35% FOR WOMEN, THE OLDER YOU ARE, THE HIGHER FAT PERCENTAGE YOU HAVE
- GOOD FAT: BROWN FAT, ESSENTIAL-3% OF BODY MASS FOR MEN AND 12% OF BODY MASS FOR WOMEN
- BAD FATS: WHITE FAT, BEIGE FAT, BELLY FAT (VISCERAL FAT)-SKINNY FAT, OBESITY OR MONW, DIABETES, HTN, HEART DISEASE, STROKE, ETC.

OBESITY IS COMMON, SERIOUS, AND COSTLY BUT DO WE THINK SO?

- OBESITY IMPACTS OUR NATION'S HEALTH, ECONOMIC, AND MILITARY READINESS
  - 1 IN 5 CHILDREN AND MORE THAN 1 IN 3 ADULTS STRUGGLES WITH OBESITY
  - ONLY 2 IN 5 YOUNG ADULTS ARE WEIGHT ELIGIBLE AND PHYSICALLY PREPARED FOR BASIC TRAINING
  - CHILDREN WITH OBESITY ARE MORE LIKELY TO HAVE OBESITY AS ADULTS
  - ADULTS WITH OBESITY HAVE HIGHER RISK FOR DEVELOPING HEART DISEASE, TYPE II DIABETES, AND CERTAIN CANCERS
- AMERICANS DON'T EAT HEATHY ENOUGH OR GET THE RIGHT AMOUNT OF PHYSICAL ACTIVITY
- MANY AMERICANS LACK HEALTHY, AFFORDABLE FOODS AND PLACES TO BE ACTIVE

OBESITY IMPACTS ON OUR HEALTH!

- INSULIN RESISTANCE: DIABETES, METABOLIC SYNDROME
- CARDIOVASCULAR DISEASES: HTN, HEART ATTACK, STROKE, PVD
- CANCERS: BREAST, COLON, PROSTATE, ETC
- GI: GERD, FATTY LIVER DISEASE (NAFLD)
- CKD, OSTEOARTHRITIS, SLEEP APNEA, ASTHMA
- SEX ISSUES: WOMEN-PCOS, INFERTILITY; MEN-LOW SEX DRIVE, ED
- MENTAL HEALTH-DEPRESSION, LOW SELF ESTEEM
- INFECTION: OBESITY IS THE INDEPENDENT RISK FACTOR OF COVID MORTALITY

WHAT IS THE CAUSE OF OBESITY EPIDEMIC IN US

- FOOD-OVER CONSUMPTION
  - ULTRA PROCESSED FOODS
  - ADDED SUGAR, FRUCTOSE, HIGH FRUCTOSE CON SYRUP
  - LOW FAT HIGH CARB DIET-RECOMMENDED BY GOVERNMENT AGENCIES SINCE LATE 50'S TO 60' AND ON
  - LARGE SERVING SIZE-DOUBLE OR TRIPLE FROM 1980'S TO 2020'S
- PHYSICAL ACTIVITIES-15-20%
- SLEEPING
- SOCIAL DETERMINANTS OF HEALTH (SDOH)
- GENETICS/FAMILY/PEER GROUP-OBESITY IS CONTAGIOUS
- EXOGENIC-DRUGS

TRENDING OVER 50 YEARS

	1970s	1990s	2000-2011	2020s	American heart association recommendation
Overweight	?		60%	73%	
Obesity	13%	27%	35%	42%	
Average American body weight gained			15-20lbs over 20 yrs from the 80's	No change	
Prediabetes	?	15%	34.5%	49%	
Diabetes	2%	4%	13%	19%	
Added Sugar consumption/ day	8.5 TSP 35.44 gm	10.5 TSP 43.79 gm	17 TSP 71 gm	17 TSP 71 gm	Added sugar: 6 STP-Women 25 gm-Women 9 TSP-Men 38 gm-Men Total daily sugar consumption: <10% of total calories intake, <12 TSP (50gm)/day

AMONG AMERICAN ADULTS (>21Y) 20% DIABETIC!!! 50% PREDIABETES!!!

SUGAR IN POPULAR/HEALTHY FOODS

SUGAR IN POPULAR DRINKS & COST OF IT

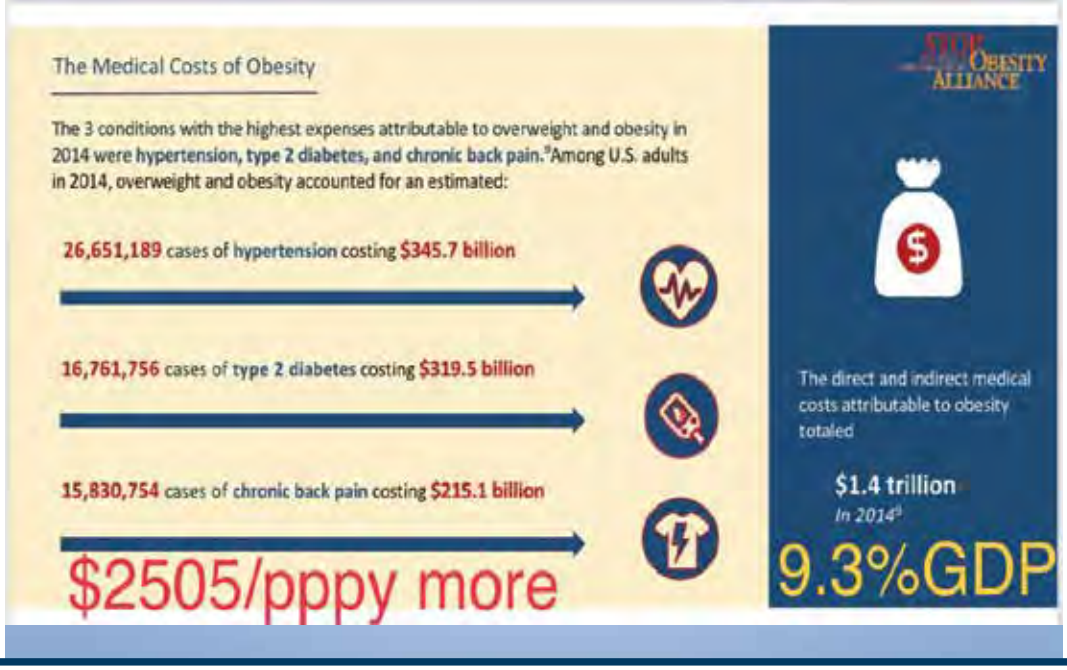
SUGAR IN THE DRINKS

12 oz	Gm	TSP	Calories
AHA recomm	25w38m	6w9m	100w150m
Coca-Cola	35	10	140
Energy drink	38	10	160
Orange Juice	49	12	199
Apple Juice	38	10	159
Ice Tea	31	8	119
Coconut water	21	5	99
Vitamin infused water	20	5	79
Sports drink	20	5	97

COST OF OBESITY PROCEDURES

	Case Month	Per Year	Side effects
Bariatric surgery	$25,000	May need repeat	High risk
Liposuction	$3,000	May need repeat	Moderate
Ozempic GLP1Agonist	$1,000	$12,000	GI
Farxiga SGLT2 inhibitor	$350	$4,200	GI
Metformin	$20	$240	Vit B12 deficiency
Food as Medicine	Free		

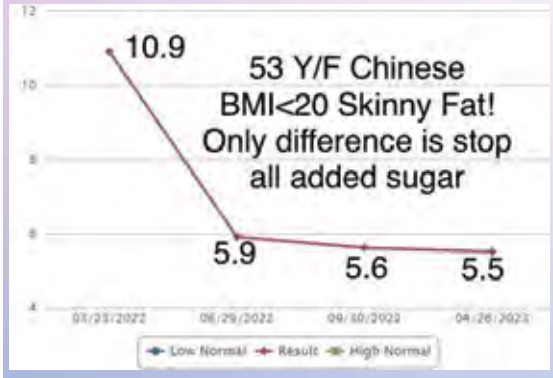
MEDICAL COST OF OBESITY IN US

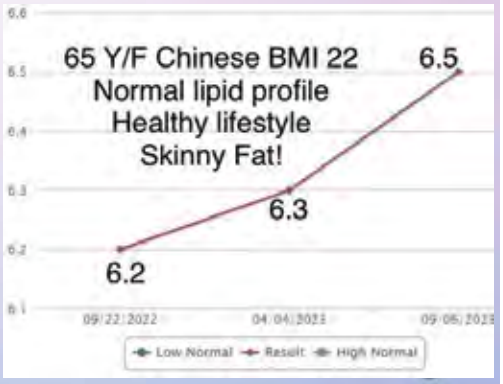


CASE STUDY IN MY PRACTICE - I

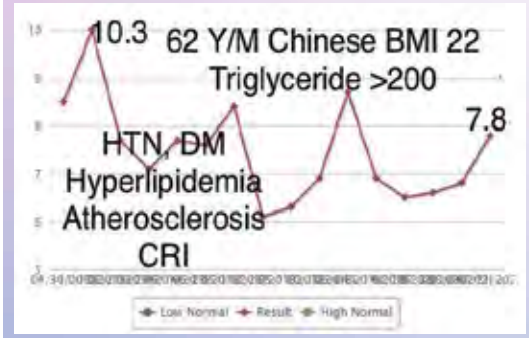
- 32 Y/F-BMI 31, HBA1C 12.1, EGFR <10% 6 YEARS AGO, END UP HEMODIALYSIS
- 28 Y/M-BMI 25, HBA1C 5.9, TRIGLYCERIDE 298 MG/DL
- MID 50 Y/F, BMI 23, HBA1C 10.9 LAST YEAR, NOW 5.5, BMI <20, NORMAL LIPIDS
- 65 Y/F, BMI 22, HBA1C 6.5M, NORMAL LIPIDS, HEALTHY LIFESTYLE
- 62 Y/M, BMI 22, HBA1C 10.3-7.8, TRIGLYCERIDES >200 MG/DL, COMORBIDITY: HTN, CRI, ATHEROSCLEROSIS
- 64 Y/M, BMI 23, HBA1C 5.9, TRIGLYCERIDE 121

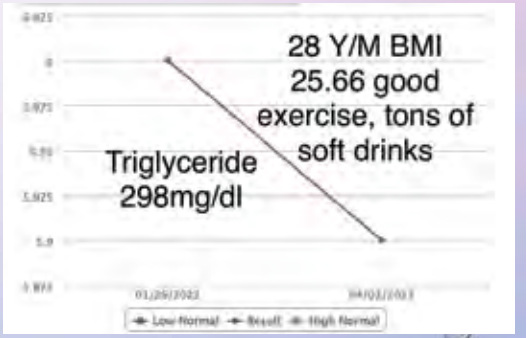
CASE STUDY IN MY PRACTICE - II





CASE STUDY IN MY PRACTICE - III





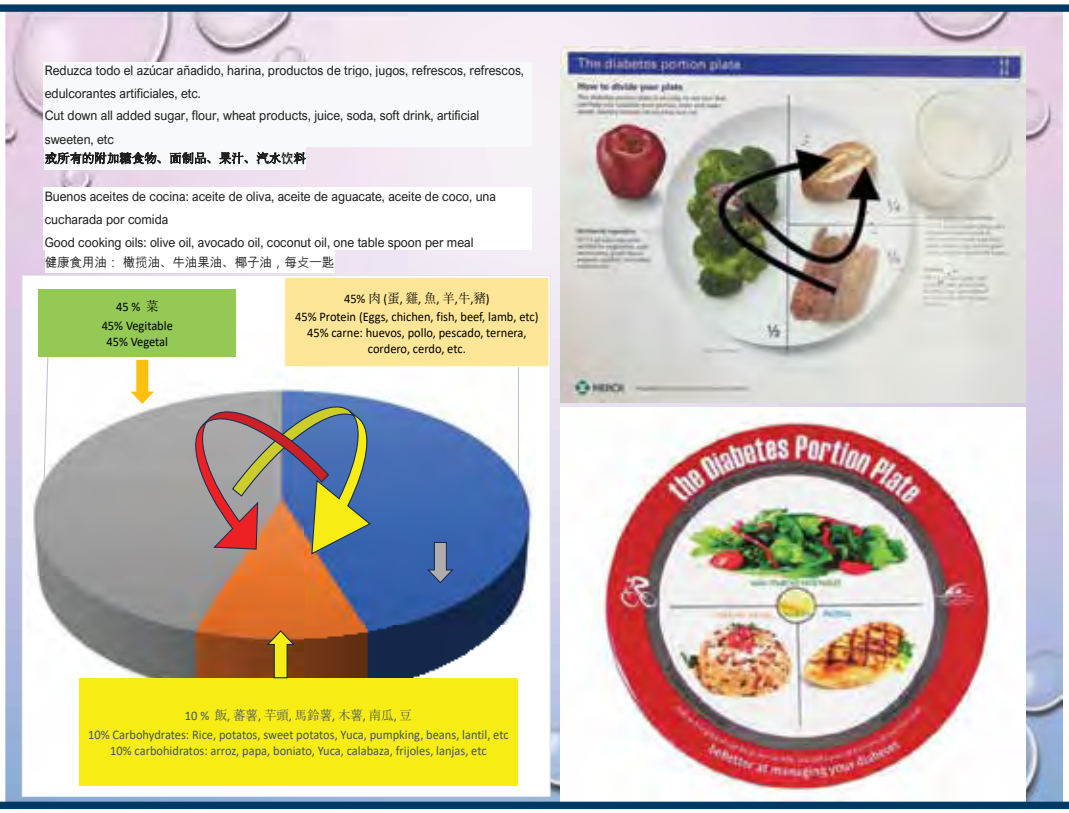
CASE STUDY IN MY PRACTICE - IV

WHAT IS THE RIGHT APPROACH?

- PERSONALIZED INTEGRATED FUNCTIONAL MEDICINE
- GOOD PRIMARY CARE PHYSICIANS-FAMILY DOCTORS
  - AMA SLOGAN: INTERNISTS ARE THE BEST DOCTORS FOR ADULT
  - PRIMARY CARE PHYSICIANS (FAMILY DOCTORS) ARE THE BEST DOCTORS FOR A HUMAN
- VALUE BASED PAYMENT SYSTEM
  - PROMOTE HEALTHY LIFESTYLE, HEALTHY POPULATION
  - INCENTIVIZE BETTER HEALTH MANAGEMENT: MEASUREMENT FOR LOWERING OBESITY, OVERWEIGHT, DIABETES, PREDIABETES, METABOLIC SYNDROME, LESS CHF, HEART ATTACKS, STOKE, CRI, DIALYSIS, ETC
  - PAY FOR CONTINUE GLUCOSE MONITOR (CGM) FOR OVERWEIGHT AND PREDIABETES
  - GIVE THEM A TAPE FOR THE WAISTLINE MEASUREMENT, WAIST:HIP RATIO
- GOVERNMENT AGENCIES FROM FEDERAL, STATE AND LOCAL LEVEL-POLICY TO LIMIT THE ULTRA PROCESSED FOOD, ADDED SUGAR, TRANS FAT
  - TRENDING IN SCHOOL LUNCH MENU
  - SPORT DRINKS
- SOCIAL MEDIA-PUBLIC AWARENESS FOR THE PROBLEMS ASSOCIATED WITH OBESITY, ISSUES WITH ADDED SUGAR, PROCESSED FOOD, TRANS FAT

HOW CAN THE PRIMARY CARE PHYSICIAN HELP OUT

- PREVENTION! PREVENTION! PREVENTION! SPEND THE TIME WITH THE PATIENTS, SIMPLE, LOW COST APPROACH
- ANNUAL PHYSICAL EXAM FOR EVERYONE >21 YEARS OLD
- MAINTAIN IDEAL BODY WEIGHT-BMI 21-24, <23 FOR ASIAN
- KEEP WAIST CIRCUMFERENCE <35 FOR WOMEN, <40 FOR MEN
  - WAIST TO HIP RATIO (WHO): <0.8 FOR WOMEN, <0.9 FOR MEN
  - TEACH PATIENT MEASURE THEIR W:H RATIO EVERY MONTH!
  - ENGAGE THE PATIENTS!
- BLOOD TEST: LIPID PROFILE, LFT, FASTING GLUCOSE, HBA1C, INSULIN LEVEL
- FOOD IS MEDICINE- MEDITERRANEAN, PALEO, VEGAN, PLANT BASED, CARNIVAL, KETOGENIC, SOUTH BEACH, ATKINS, ETC
  - FOODS TO EAT: BALANCE DIET, VEGETABLE, HIGH FIBER CARB, WHOLE FOOD (LENTILS, BEANS, SWEAT POTATO, POTATO), GOOD OILS, GRASS FEED AND GRASS FINISHED MEATS, ETC. INTERMITTENT FASTING
  - BLUE ZONES (SARDINIA, ITALY; OKINOWA, JAPAN; NICOYA, COSTA RICA; IKARIA, GREECE; LOMA LINDA, CALIFORNIA); THEIR DIET AND OTHERS
  - FOODS TO AVOID: LIQUID SUGAR, ADDED SUGAR, REFINED CARBS (FLOUR), TRANS FAT, PROCESSED MEATS, ETC
- PHYSICAL ACTIVITIES-WEIGHT BEARING TRAINING, CARDIO



IN SUMMARY

- OBESITY AND OVERWEIGHT IS A VERY COMMON AND SERIOUS ISSUES IN OUR CURRENT SOCIETY, AFFECTING GENERATIONS TO COME
- WE NEED 360 DEGREES APPROACH FROM THE PERSONAL LEVEL TO THE FEDERAL LEVEL
- PUBLIC EDUCATION, REGULATORY LEVEL OF PREVENTION ARE MUCH NEEDED
- VALUE BASE PAYMENT SYSTEM REFORM-INCENTIVIZE THE HEALTHY POPULATION

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REFERENCES

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