A warm welcome from the IAAH council. It seems hard to believe that it was just over 12 months ago that the IAAH 11th World Congress on Adolescent Health was held in India. With over 1100 delegates from 65 countries, the entire adolescent health community of clinicians, researchers, public health and policy practitioners, educators, governments and members of the UN community, NGOs, advocates and young people was represented.

Since then the new council and I have been primarily focused on aspects of internal governance which we hope will quietly become apparent. For example, as you will see in this newsletter, we have recently formed a Young Professionals Network and a new committee structure, and a call for organisations and countries to host the next IAAH World Congress in 2020 is imminent. Next year, we will launch a refreshed IAAH website and new logo – together with a new format for our newsletter.

Two regional conferences have just been held which attracted many new players to our adolescent health community (a European meeting in Chisinau, Moldova, and a Middle East/North Africa meeting in Muscat, Oman), and a number of countries have recently formed new associations for adolescent health (eg Indonesia, Kyrgyzstan). Interest is certainly growing in the field of adolescent health - and in the role of IAAH within it.

Please consider actively participating in IAAH by joining one of our committees. And don’t hesitate to let us know what you and your association are doing!

Susan Sawyer
President, IAAH

Connect with us!

Instagram: IAAHglobal      Twitter: IAAHglobal
Facebook: International Association for Adolescent Health
Email: secretariat@iaah.org
Young Professionals Improving Adolescent Health

One of the most exciting developments for IAAH in 2018 is the creation of the Young Professionals Network and we are delighted to open applications to join our inaugural core leadership team. The mission of the Network is to create a community of students, trainees, healthcare providers, researchers, public health practitioners, advocates, and scientists who are interested in improving the health of adolescents locally, nationally, and globally. The group will provide a forum for members to share training opportunities in adolescent health, and will support networking, mentorship, and leadership development, for trainees and early career professionals.

As chairs of the IAAH Young Professionals Network, we are thrilled to engage with young professionals from around the world to promote adolescent health globally and in our respective regions. Young Professionals Network Officers and members will benefit from a strong professional network and mentorship from the IAAH Council as well as have the opportunity to create academic content and educational opportunities for our global network. We aim to ensure that young people have a strong voice within the IAAH Council and that the aspirations of young professionals are central to its work. This is consistent with IAAH’s founding mission from 1987. Please consider joining us as one of our IAAH Young Professionals Network Officers!

The IAAH Young Professionals Network is now seeking Officers with opportunities to join the executive team as a Leadership & Mentorship Officer, Community Engagement Officer, Communications Officer, or Education & Training Officer. Once the executive team is in place, there will be further opportunities to join committees. The application is now available via the link below and the deadline for submission is 23 November, 2018.

Please do not hesitate to contact us if you have any further questions about the role via our email address IAAHyoungprofessionals@gmail.com

Co-Chairs, IAAH Young Professionals Network
Jason Nagata, MD
Sophie Remoué Gonzales, MD
Natalie Yap, MD

Contact info:
Email: IAAHyoungprofessionals@gmail.com
LinkedIn: IAAH Young Professionals Network

Application materials: click here.

This was adapted with permission from a newsletter article by Nicola Gray for the Society for Adolescent Health and Medicine Newsletter.

Young Professionals Network Executive Committee

Jason Nagata, MD - Sophie Remoué Gonzales, MD - Natalie Yap, MD
Traveling In-Trans-It

It all started during the application process when I hoped to get accepted to a university in Canada. Never before in life, had I been asked on an official form whether my preferred name was separate to my legal name, nor had anyone asked me anything more complex than “are you male or female”, with no acknowledgment of anything beyond the binary. Boy, was I in for an eye opening experience.

“Wow, it is amazing that things like this exist here!”

“Wow, it’s amazing that things like this exist here!” has become one of my most common phrases after recently moving to Canada after living 22 years in the Caribbean. It’s not even the typical stuff moving to a more developed region would bring; like diverse job opportunities or how there’s a store chain for literally every type of thing you could think of! It’s the fact that, as a Trans-woman, dressing how I want and embarking on any commute no longer feels like I’m a new exhibit at a museum. There are no glares, no slurs. No one urging to me to “find the Lord” or calling me “the devil at work.” Interacting with sales people is no longer an awkward game of watching them either laugh internally or cringe away from me in discomfort as we conduct business. As I get ready in the mornings, I no longer go through the internal turmoil of “do I want to dress to please myself, or to please the public?” My university not only uses my preferred name and pronouns during official correspondence, but they even provide resources right on campus, both medical and social, for transitioning people like me.

Back in the Caribbean, I used to suppress myself as much as I could, without driving myself too crazy, for my own safety and comfort. I remember the panic attacks, the thoughts of suicide, the experiences of verbal and near physical assault. I vividly remember trying to buy my first pair of women’s clothing in Trinidad, back when I was at University there, and being told I wasn’t allowed to try anything on or even purchase because this is a women’s store for actual women. I remember trying to grow my hair longer in Barbados and being openly laughed at in public and feeling like I would actually be attacked. Fast forward to a few days ago, I was shopping across multiple stores for some winter clothing as it’s getting cold here soon; and not only did no one get upset about me browsing in the women’s section, but I received pleasant help and guidance from the attendants on staff.

Moving here has been overwhelming in more ways than one. Not only is there a great culture shock of living in a completely different society, but now that there’s so many social weights off my shoulders. I feel relief.

So many things I was either barred or shunned from, or were otherwise uncomfortable for me to experience are now much more accessible.

I feel like I can actually progress in my transition.

I feel almost encouraged to progress.

It’s a whole new world of acceptance, understanding, and opportunity, and it’s so sad that I had to travel almost four thousand kilometres to finally be allowed to feel comfort within my own body.

ZB Toronto Canada; Age 22
IAAH Regional Update

East Asia Regional Highlights - A Focus on Japan

The Japan Society of Adolescentology was established in 1982, emerging from the annual ‘Adolescent Medicine Symposium’ in the country which was launched in 1963. The Society aims to promote research, knowledge dissemination, and projects about adolescents, and to contribute to the well-being of humans. The total number of members exceeds 1,800; teachers, obstetricians and midwives are the top three membership specialty groups. The academic meetings of the Society are held annually, and the academic journal is issued quarterly.

IAAH Regional Vice-President for East Asia, Shuntaro Ando, is an active member of the Japan Society for Adolescentology and is also involved in the Tokyo Teen Cohort study as a researcher. This large-scale, prospective, community-based study recruited an original cohort of 3,171 youths aged 10-years - and their parents - to provide information on the physical and psychological development of adolescents.

Collecting data every two years, and having achieved a 95% follow up rate in the second wave, the third wave of data collection among the now 14 year-old cohort is underway. Ando notes that this multidisciplinary, longitudinal study will help researchers better serve the health needs of adolescents in Japan in the coming years.

For more information on the Japan Society for Adolescentology, please visit: http://www.adolescence.gr.jp/

For more information on the Tokyo Teen Cohort Study, please visit: http://ttcp.umin.jp/

Mental Health for Young People

Global Adolescent Mental Health

On October 10th we recognized World Mental Health Day, with this year’s theme placing a focus on adolescents and young people: Young People and Mental Health in a Changing World.

On a global scale a staggering proportion of adolescents and young adults are affected by mental illness. Many of these young people unfortunately remain undetected, undiagnosed, and untreated. This is largely due to the failure of recognition of the signs and symptoms of mental illness; refusal of parents and carers to accept mental health diagnoses because of social and cultural stigma around the world, and huge disparities in health care systems which remain ill-equipped to provide adolescent mental health services in many low and middle income countries (LMIC). Ongoing political, legislative, financial and policy conundrums complicate the definition of adolescence, and young people’s access to healthcare, so we recognize that multiple synchronous approaches will be required to sustainably improve adolescent mental health services.

Perhaps one of the multiple layers of recognition, diagnosis, and treatment needed should involve renewed vigour in parent empowerment and education regarding normal adolescent development, and identification and recognition of mental illness in teens, particularly in LMIC settings. While some higher income settings engage children and adolescents from birth
Shaping Global Adolescent Health

Join an IAAH Committee!

Are you passionate about shaping global adolescent health? Are you interested in contributing to and being a more active part of the International Association for Adolescent Health? If so, this is your invitation to join an IAAH working committee! Join any of our four committees (Communication • Scientific Events • Governance and Policy • Nominations and Awards) where you will work with a purpose-driven, supportive community of exceptional health professionals all driven to support and empower young people and those that work with and on behalf of them.

For more information about the IAAH Working Committees or to join, please go to: http://www.iaah.org/index.php/membersonly/committeerequestform

Global Adolescent Mental Health

Continued from Page 4

through adulthood with schedules of anticipatory guidance, parent education, surveillance, and screening, these are less available or non-existent in most parts of the world. To mirror parent education regarding care of the newborn, breastfeeding, and recognition of signs of infant illness including fever and irritability, perhaps equal gusto should be employed to teach parents about normal adolescent development, the expected emotional roller coasters of the teenage years, and the indicators of potential mental illness. We at IAAH support novel, effective, and sustainable efforts to improve the holistic health of the world’s young people through culturally appropriate and acceptable interventions. The changing emotional world of adolescents and their parents and carers requires a shift in paradigm and approach.

Asha Pemberton Gaskin - IAAH Vice President - Caribbean

Upcoming Conferences

Society for Adolescent Health and Medicine

“Psychological Well-Being: International Transcultural Perspectives”

6-9 March 2019 | Washington, DC, United States

CODAJIC II Integrated Congress

“Intersectorial ALLIANCE of Adolescence and Youth of Latin American, Italy, and the Caribbean - Barranquilla - Colombia”

“ALIANZA Intersectorial de Adolescencia y Juventud de Iberoamérica, Italia y Caribe - Barranquilla - Colombia”

24-26 October 2019 | Columbia, South America
http://www.codajic.org/node/3223

Mental Health for Young People
At the beginning of October, approximately 500 delegates from 36 countries across Europe and Central Asia were welcomed to the capital city of Chisinau in the Republic of Moldova to discuss 'Equal Opportunities for Healthy Development for All Adolescents'. As well as being the 21st European Region IAAH meeting, it was the 3rd national conference for 'Health for Youth', the Moldovan professional association for adolescent health.

The first day presented a wide range of pre-conference skill-building workshops, including parenting adolescents, chronic illness, social media, and male health. The opening ceremony showcased the research of young leaders in Moldova conducted specifically to explore the national impact of issues as diverse as bullying and healthy lifestyles.

The two main conference days were a mixture of plenary, symposium, and debate. Topics reflected the range of concerns of our international audiences, notably examining equity for adolescents in terms of health and development, mental health, and sexual health. We were very pleased that IAAH President Susan Sawyer could join us and participate in a lively round table discussion of her Lancet paper, The Age of Adolescence.

The presence of agencies who share IAAH goals was a very positive feature of the conference. Dr Martin Weber (WHO European Regional Office, Denmark) and the Scottish WHO Collaborating Centre previewed a new document with us entitled 'Adolescent Health in the European Region: Can We do Better?' This workshop offered participants a very practical way to work with data and use the Global AA-HA!
Continued from Page 6

Guidance document in the European context. The new UNESCO Chair in Global Health Education, Professor Didier Jourdan (France), led a workshop and participated in the sexual health plenary. He emphasised the need for closer partnership working between health and education professionals, and the need for teachers to see coherence in their health promotion role with the rest of their educational remit.

IAAH was founded on the principle of strong youth participation; Dr Galina Lesco and her host team achieved a respectful and warm partnership with young people that truly moved those of us who had the privilege to hear them speak about their research and hopes. I also became very aware of their pride in their country and region. One of the adult participants from Moldova said during the meeting, ‘We have no gold. We have no oil. But we have young people.’ We agree wholeheartedly that our young people globally should be considered a priceless national asset. Our learning from meetings such as this will help them to reach their highest potential. We feel that this meeting has been a milestone for IAAH and the European region in many ways, exemplifying what we hope to achieve in all our meetings - a meaningful 2-way exchange of ideas that celebrates diversity and makes our members feel truly connected and empowered.

A meeting resolution that picks up strong consensus themes from the participants is available on the conference website, with many excellent photos, at https://iaahconference-2018moldova.yk.md/

Nicola Gray - IAAH Vice President - Europe
The IAAH Scientific Events Committee announces that the request for proposals for the 2020 IAAH 12th World Congress on Adolescent Health is now available.

IAAH seeks collaboration with member societies, regional associations, adolescent or pediatric health organizations to co-host the 12th IAAH World Congress on Adolescent Health. If your organization is interested in exploring the potential to partner with IAAH for this upcoming meeting, click here for an application form, or contact the Scientific Events Committee at iaah2020worldcongress@gmail.com. Bids must be received by 5 pm CST on **8 February 2019.**

Potential bidders should be experienced in convening scientific meetings and/or be working in partnership with a convention organizing company with that expertise.

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**2017 New Delhi, India**

**2020 Your Location?**

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**Photo Credit**

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https://www.flickr.com/photos/dfid/14521144199/in/photolist-o8bEga-8vCdMW-XSfdL9-piVKWr-iwTRc-e5qb5o-cWhbvL-5Y3ws2-8p7Kex-EYik73-8vPlyE-XRIQAL-cWhce9-cA3W67-GSEk2v-68NAa6-29xZ3h-f3kbL7-21CwlLw-5Jz7N2-8mMa8r-ZsRkZ4-2afw8dm-8rY6Ro-YhhUBS-fzjxFL-4LMiL2-6iXAsF-Jd3or-8TvAfl-5ZW2eo-8mM7Cr-eRV4WJ-r28Ec-7qzCS3-e52x94-mif2wP-ei2mRN-9dprJu-3C188-8Bk3pb-s6H6TU-2J2h1N-qvR8Sv-bZQKCy-8mQicm-7Uadne/

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https://unsplash.com/photos/VVgVlH1D10U

Page 6 & 7: 21st European Regional IAAH Conference 2018 and III National Conference in Adolescent Health
https://iaahconference2018moldova.yk.md/