

**DESCRIPTION OF COURSE UNIT FOR DOCTORAL STUDIES
AT VILNIUS UNIVERSITY**

Scientific Area/eas, Field/ds of Science	Medical and Health Sciences (M 000): Public Health (M 004)			
Faculty, Institute, Department/Clinic	Faculty of Medicine Institute of Health Sciences Department of Public Health			
Course unit title (ECTS credits, hours)	Children and Youth Health 5 credits (135 hours)			
Study method	Lectures	Seminars	Consultations	Self-study
Number of ECTS credits	-	-	1	4
Method of the assessment (in 10 point system)	<p><u>Presentation and its evaluation</u>: the presentation must be related to the topic of the dissertation. The presentation must be approved by the coordinating lecturers of the subject. Time of presentation 7-10 minutes. In the presentation, the doctoral student must review and, if possible, critically evaluate the latest publications (not older than the last 10 years), related to the subject of the presentation.</p> <p><u>Presentation evaluation criteria</u> (minimum acceptable points - 5):</p> <ul style="list-style-type: none"> a) relevance, novelty and relevance of the submitted material to the chosen topic (2 points); b) general structure and scope of the presentation, clear presentation of information, reasoning (2 points); c) summary, presentation and justification of conclusions (1 point); d) raising issues of concern, presentment of the application of the reviewed knowledge in dissertation (3 points); e) organization of visual media, ability to participate in discussion, question management (2 points). 			
PURPOSE OF THE COURSE UNIT				
<p>To provide theoretical and practical, research-based knowledge about the health and health care of children, youth and mothers, their main health problems, health risk factors, health preservation and health promotion. To introduce and deepen the knowledge about the regularities of growth and development of children of different ages, the policy making for the preservation of health and health promotion, and the importance of multisectoral collaboration in solving children's health problems.</p>				
THE MAIN TOPICS OF COURSE UNIT				
<p><u>Relevant maternal health problems</u>: fertility, pregnancy and childbirth as prerequisites for the good health of children.</p> <p><u>Regularities of children's growth and development, theories of adolescence</u>. Peculiarities of early childhood development. Peculiarities of development of individual during adolescence.</p> <p><u>Health of children of different ages and its monitoring</u>: demographic health indicators (life expectancy, birth rate, mortality, structure of its causes, morbidity) health characteristics of school-age children, chronic non-communicable diseases (diabetes, allergic diseases, trauma, tooth caries, oncological diseases, childhood obesity)) Prevention of infectious diseases and prevention of their spread in educational institutions for children of different ages.</p> <p><u>Mental health of children and youth</u>: preservation of emotional health, its promotion, bullying, abuse and child suicide as a public health problem.</p>				

Children's health inequalities, their determinants: health issues of children from risk groups (asocial families, social minorities, children with disabilities). Poverty, social unrest and child health. Child abuse and child trafficking as a public health issue. Adolescent pregnancy as a public health issue.

Children's health care (systems, specialists, financing): preventive interventions: vaccination (European Agenda for Immunoprophylaxis 2030), health promotion programs. Preventive health checks for children and adolescents. Peculiarities of adolescent health care. Youth - friendly health services.

Health promotion and education of children of all ages: aim, objectives, methods. Health behavior theories and modules (faith health module for children and adolescents, motivated behavior theory, planned behavior theory, behavior change model, Pender's health promotion model, etc.). Children's health literacy.

The lifestyle of children and young people in the European region: (use of psychoactive substances, adolescent sexual behavior and other harmful lifestyle habits). Research in this field by world scientists and Lithuanian scientists. Eating peculiarities, eating disorders of children of all ages attending educational institutions, breastfeeding situation and problems. WHO and Lithuanian policy on breastfeeding. Breast milk substitutes. Research on the rate of breastfeeding. Legal regulation of nutrition for children of different ages. Functional food and food additives in children and youth nutrition. Child nutrition assessment methodologies.

The impact of the environment on the growth, development and health status of children of all ages: environmental and health indicators, the impact of harmful environmental factors on embryonic and fetal development. Educational environment (microclimate, noise, vibration, lighting, etc., their regulation). Ergonomic requirements for the pupil's workplace (school furniture, smart technologies in the process of children's education).

Protection of children of all ages against health emergencies.

Pupils' education: work and rest regime, teaching / learning loads as a public health problem, research in this field. Child tiredness, exhaustion.

Occupational health of children of various ages: positive and negative aspects of child labor, prevalence in the world and in Lithuania, problems of child labor and ways to solve them, laws of other countries and Lithuania regulating child labor.

Forming the policies for maintaining and promoting the health of children of all ages: WHO health policy recommendations (Health for All in the 21st Century – aims, objectives) and Lithuanian legislation in the field of health safety for children of all ages. The importance of cross-sectoral cooperation in addressing children's health issues. WHO global initiatives: Safe Pregnancy, Child-Friendly Hospital, etc. Implementation of the Health Promoting School project in Lithuania coordinated by the European Commission, the Council of Europe and the European Regional Office of the WHO. United Nations Sustainable development goals and their links to children's health. European strategy for the health and development of children and youth (aims, objectives) and its implementation in Lithuania. Interagency cooperation, investment, joint efforts to strengthen children's health.

RECOMMENDED LITERATURE SOURCES

1. Paauglių sveikatos priežiūra šeimos gydytojo praktikoje. Sudarytojai : Leonas Valius, Lina Jaruševičienė. Kaunas, 2008, 348 p
2. Jonathan B. Kotch. Maternal and Child Health. Programs, Problems, and Policy in Public Health. Jones & Bartlett Learning, 2013, 527p.
3. Epidemiology of Women's Health. Edited by Ruby T. Senie. Jones & Bartlett Learning, 2014, 581p.
4. Theodore H. Tulchinsky, Elena Varavikova. The New Public Health. Second Edition. Elsevier Inc., 2009, 217 – 256.
5. The European health report 2005. Public Health Action for Healthier Children and

- populations. WHO, 2005, 129 p.
6. Wigle D. T. Child health and the environment. Oxford University Press. 2003, 416 p.
 7. Sveikata 21. Pagrindiniai PSO visuomenės sveikatos priežiūros principai Europos regione. LR SAM, 223p.
 8. Blair Witch, Waterston Tony. Child public Health. Oxford University Press, 2003.9. European strategy for child and adolescent health and development. WHO. EUChildren's health and environment. Developing action plans. WHO, EUROPE, 2005.
 10. Transforming our world: the 2030 Agenda for Sustainable Development, Resolution adopted by the United Nations General Assembly on 25 September 2015
 9. Framework on Early Childhood Development in the WHO European Region. WHO, 2020
 11. 2020-2025 m. Europos darbo programa. Jungtiniai veiksmai siekiant geresnės sveikatos. WHO, Europe, 2021.

CONSULTING LECTURERS

1. Coordinating lecturer: Rūta Maceinaitė-Žandarė (Assist. Prof. Dr.).

2. Rimantas Stukas (Prof. Dr. HP).

3. Rita Sketerskienė (Assoc. Prof. Dr.).

APPROVED:

By Council of Doctoral School of Medicine and Health Sciences at Vilnius University:
29th of September 2022

Chairperson of the Board: Prof. Janina Tutkuvienė