

WEBINAR **SERIES**



**Promoting
health throughout
the life-course
during the
COVID-19
pandemic**

**WEBINAR-3:
IMPACT OF PANDEMIC AND
LOCKDOWN ON ADOLESCENT
HEALTH AND WELLBEING**

**Impact on adolescents'
physical and mental health**



**Dr Valentina Baltag
Head of Adolescent and Young Adult Unit
Maternal, Newborn, Child, Adolescent Health
and Ageing
WHO, Geneva**



Adolescents face many challenges as a result of this pandemic

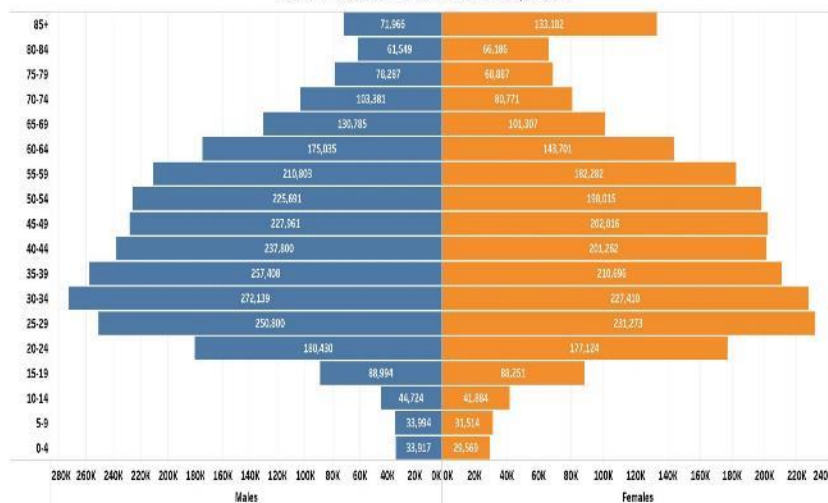
- Physical health
 - COVID-19 infection
 - Disruption of nutrition and physical activity
 - Violence
 - Disrupted immunizations
 - FGM
- Social consequences
 - School closures
 - Social isolation
 - Child abuse
 - Online harassment
 - Adolescent pregnancies and child marriage
- Mental health problems

COVID-19 in children

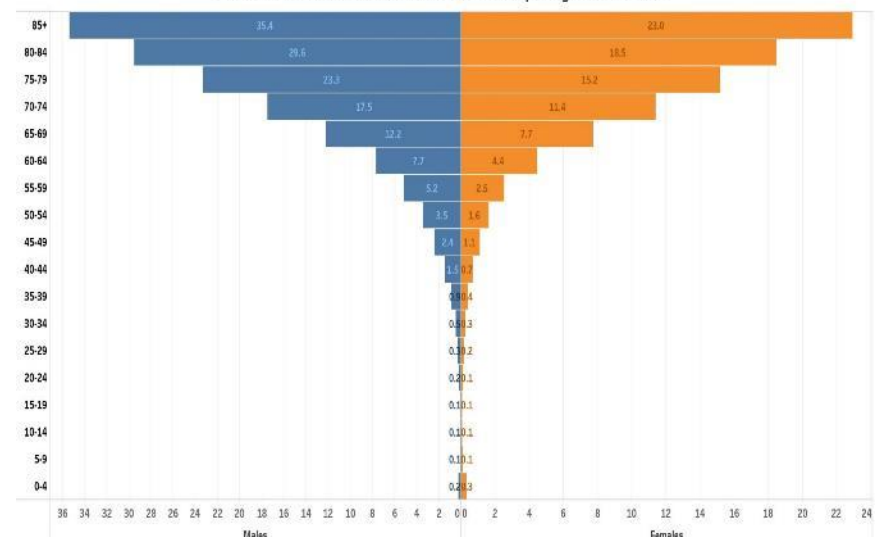
Notifications of disease in children <18 years account for only 1 – 8 % of all cases globally - even though this age group makes up 29% of the world's population

Among children and adolescents, case-fatality ratios (CFRs) are highest for children under age 5 years at 0.26%

COVID-19 cases reported to WHO as of 18 August 2020
Total confirmed cases from 135 countries: 5,100,994



COVID-19 case fatality ratios (CFR) reported to WHO as of 18 August 2020
Total confirmed cases and deaths for 71 countries reporting at least 1 death



Available evidence suggest suggest that children (0 to 9 years) and adolescents (10 to 19 years) are less likely to suffer severe clinical symptoms resulting in hospitalization and death

Top 10 most frequently reported disrupted services

- **Most frequently reported service disruptions (n=89):**

1. Dental services (74%)
2. Rehabilitation services (73%)
3. Routine immunization (outreach – 71%, facility-based – 60%)
4. NCD diagnosis and treatment (66%)
5. Family planning and contraception (64%)
6. Treatment for mental health disorders (57%)
7. Malaria prevention campaigns (ITN – 56%, SMC – 55%, IRS – 53%)
7. Antenatal care (55%)
9. Cancer diagnosis and treatment (50%)
10. Sick child services (50%)

Top 10 most frequently reported disrupted services

- **Most frequently reported service disruptions (n=89):**

Disruption of (school-based) essential services (school meals, mental health services, speech therapy sessions, peer support groups, immunizations, SRH)

1. Dental services (74%)
2. Rehabilitation services (73%)
3. Routine immunization (outreach – 71%, facility-based – 60%)
4. NCD diagnosis and treatment (66%)
5. Family planning and contraception (64%)
6. Treatment for mental health disorders (57%)
7. Malaria prevention campaigns (ITN – 56%, SMC – 55%, IRS – 53%)
7. Antenatal care (55%)
9. Cancer diagnosis and treatment (50%)
10. Sick child services (50%)

The risks of violence that women and children their face during the current COVID-19 crisis cannot be ignored



COVID-19 and violence against women What the health sector/system can do

26 March 2020

Violence against women remains a major global public health and women's health threat during emergencies

- Violence against women is highly prevalent. Intimate partner violence is the most common form of violence.
 - Globally, 1 in 3 women worldwide have experienced physical and/or sexual violence by an intimate partner or sexual violence by any perpetrator in their lifetime. Most of this is intimate partner violence. Women who are displaced, refugees, and living in conflict-affected areas are particularly vulnerable.
- Violence against women tends to increase during every type of emergency, including epidemics. Women who are displaced, refugees, and living in conflict-affected areas are particularly vulnerable.
- While data are scarce, reports from China, the United Kingdom, the United States, and other countries suggest an increase in domestic violence cases since the COVID-19 outbreak.^{1,2}
 - According to one report, the number of domestic violence cases reported to a police station in Jingzhou, a city in Hubei Province, tripled in February 2020, compared to the same period the previous year.³
- The health impacts of violence, particularly intimate partner/domestic violence, on women and their children, are significant. Violence against women can result in injuries and serious physical, mental, sexual and reproductive health problems, including sexually transmitted infections, HIV, and unplanned pregnancies.

How COVID-19 can exacerbate risks of violence for women

- Stress, the disruption of social and protective networks, and decreased access to services all can exacerbate the risk of violence for women.
- As distancing measures are put in place and people are encouraged to stay at home, the risk of intimate partner violence is likely to increase. For example:
 - The likelihood that women in an abusive relationship and their children will be exposed to violence is dramatically increased, as family members spend more time in close contact and families cope with additional stress and potential economic or job losses.
 - Women may have less contact with family and friends who may provide support and protection from violence.
 - Women bear the brunt of increased care work during this pandemic. School closures further exacerbate this burden and place more stress on them.
 - The disruption of livelihoods and ability to earn a living, including for women (many of whom are informal wage workers), will decrease access to basic needs and services, increasing stress on families, with the potential to exacerbate conflicts and violence. As resources become more scarce, women may be at greater risk for experiencing economic abuse.⁴
 - Perpetrators of abuse may use restrictions due to COVID-19 to exercise power and control over their partners to further reduce access to services, help and psychosocial support from both formal and informal networks.
 - Perpetrators may also restrict access to necessary items such as soap and hand sanitizer.⁵
 - Perpetrators may exert control by spreading misinformation about the disease and stigmatize partners.⁵
- Access to vital sexual and reproductive health services, including for women subjected to violence, will likely become more limited.
- Other services, such as hotlines, crisis centers, shelters, legal aid, and protection services may also be scaled back, further reducing access to the few sources of help that women in abusive relationships might have.

The risks of violence that women and their children their face during the current COVID-19 crisis cannot be ignored.

How does COVID-19 increase risks of violence for women?

- Stress, the disruption of social and protective networks, loss of income and decreased access to services all can exacerbate the risk of violence for women and children.
- In many countries, where people are encouraged or required to stay at home, the risk of intimate partner violence is likely to increase.
- Reports from across the world suggest a significant increase in domestic violence cases related to the COVID-19 pandemic.
- Reports also suggest a reduction in survivors seeking services due to a combination of lockdown measures and not wanting to attend health services for fear of infection.
- In addition, access to sexual and reproductive health services will likely become more limited. Other services, such as hotlines, crisis centers, shelters, legal aid, and protection services, may also be reduced, making it difficult for women to access the few sources of help that would usually be available.

<https://www.who.int/reproductivehealth/publications/emergencies/COVID-19-VAW-full-text.pdf>

Modelling Indirect impact of COVID-19 Pandemic Suggests that there may be Other Long Term Consequences on Children of School Age in LMICs*



The impact of COVID-19 on ending unmet need for family planning

- For every 3 months the lockdown continues, assuming high levels of disruption, up to 2 million additional women may be unable to use modern contraceptives
- If the lockdown continues for 6 months and there are major service disruptions due to COVID-19, an additional 7 million unintended pregnancies are expected to occur

The impact of COVID-19 on ending child marriage

- COVID-19 will disrupt planned efforts to end child marriage and cause wide-reaching economic consequences
- An additional total 13 million child marriages taking place that otherwise would not have occurred between 2020 and 2030

The impact of COVID-19 on ending female genital mutilation

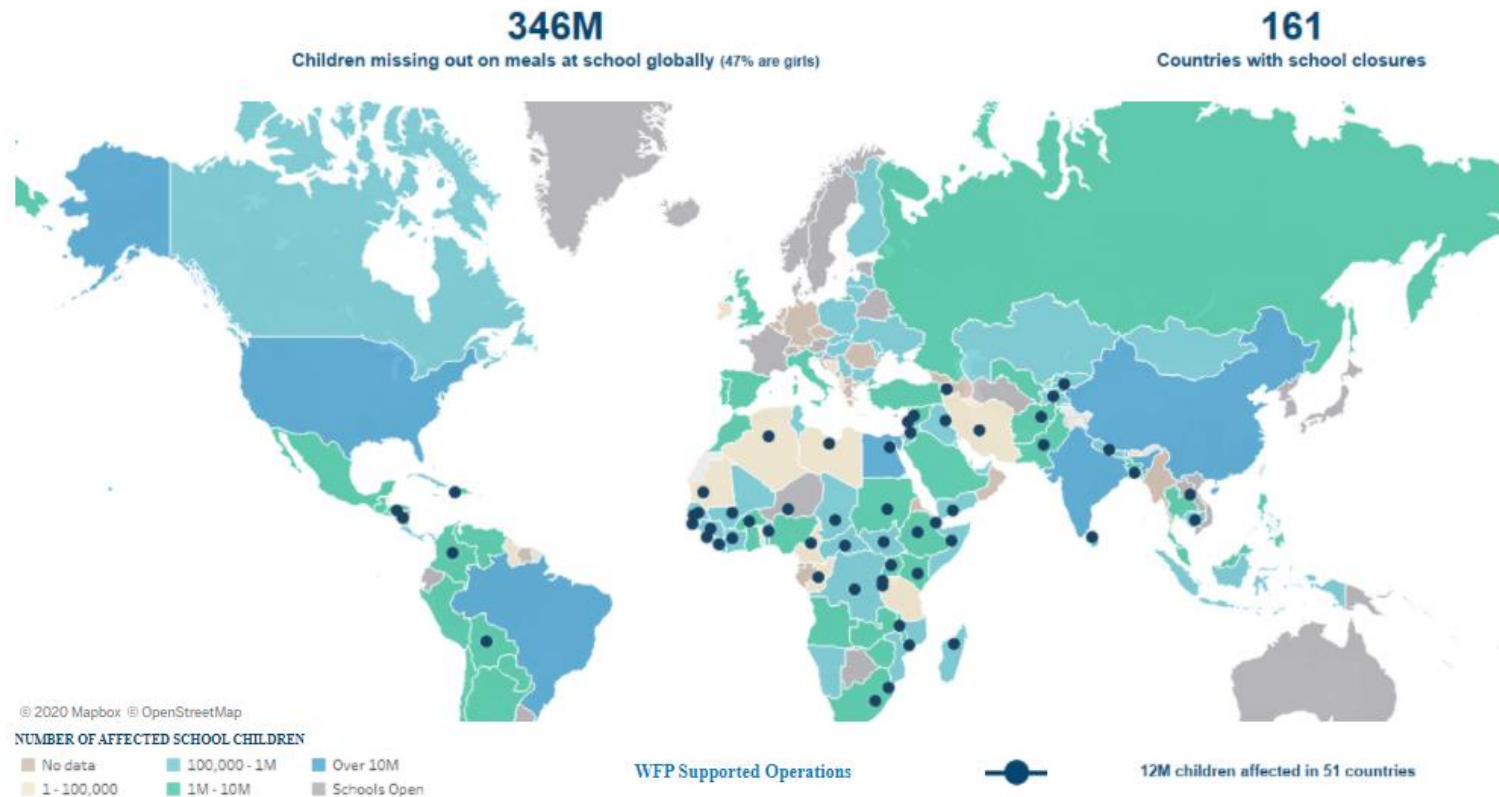
- COVID-19 could have far-reaching impacts on the effort to end female genital mutilation
- A 1/3 reduction in the progress towards ending FGM by 2030
- 2 million FGM cases could occur over the next decade that would otherwise have been averted

* *Impact of the COVID-19 Pandemic on Family Planning and Ending Gender-based Violence, Female Genital Mutilation and Child Marriage*
Pandemic threatens achievement of the Transformative Results committed to by UNFPA
114 priority low- and middle-income countries

School meals

Global Monitoring of School Meals During COVID-19 School Closures


[Click here to see Governments and WFP alternative solutions](#)



<https://cdn.wfp.org/2020/school-feeding-map/>

Article

The Impact of Isolation Measures Due to COVID-19 on Energy Intake and Physical Activity Levels in Australian University Students

Linda A. Gallo ^{1,4} , Tania E. Gallo ², Sophia L. Young ^{1,2}, Karen M. Moritz ^{1,2} and Lisa K. Ackman ^{1,2}




¹ School of Biomedical Sciences, The University of Queensland, St. Lucia 4072, QLD, Australia; sophia.young@uq.edu.au (S.L.Y.); karen.moritz@uq.edu.au (K.M.M.); lisa.ackman@uq.edu.au (L.K.A.); ² North Melbourne Football Club, Arden Street, North Melbourne 3081, Victoria, Australia; tania.gallo@nuffield.com.au (T.E.G.); ³ Child Health Research Centre, The University of Queensland, South Brisbane 4101, QLD, Australia; ⁴ Correspondence: l.y.gallo@uq.edu.au

Received: 5 June 2020; Accepted: 23 June 2020; Published: 23 June 2020





Article

Changes of Physical Activity and Ultra-Processed Food Consumption in Adolescents from Different Countries during Covid-19 Pandemic: An Observational Study

María Belén Ruiz-Roso ^{1,2,4} , Patricia de Carvalho Padilha ^{1,2,3,4,5}, Diana C. Matilla-Escalante ¹, Paula Brun ⁴ , Natalia Ulloa ^{1,4}, Diógenes Acevedo-Correa ², Wilza Arantes Ferreira Perez ² 

Article

Effects of COVID-19 Home Confinement on Eating Behaviour and Physical Activity: Results of the ECLB-COVID19 International Online Survey

Achraf Annam ^{1,2,4} , Michael Brach ^{3,4}, Khaled Trabelsi ^{1,3,4}, Hamdi Chetoui ^{1,4}, Omar Boukhris ^{4,5}, Liwa Masoudi ⁴, Bassem Bouaziz ², Ellen Bentsage ², Daniella How ³ 

More detail at International Journal of Behavioral Nutrition and Physical Activity
12256-1155
https://doi.org/10.1186/s12942-020-00374-6

International Journal of Behavioral
Nutrition and Physical Activity

RESEARCH

Open Access

Impact of the COVID-19 virus outbreak on movement and play behaviours of Canadian children and youth: a national survey

Sarah A. Buman ^{1,2}, Gail Anderson ¹, Ivan L. Shoenberger ^{1,2}, Allison Leveson ^{1,2}, Jia Chulu-Bauer ¹, Lynn L. Ferguson ¹, Robert White ¹, Brian O'Leary ¹, John C. Spence ¹, Leigh W. Vanderloo ^{1,2} and Mark S. Tenenbaum ^{1,2}





Physical activity and sedentary behaviours



Article

COVID-19 Pandemic Brings a Sedentary Lifestyle Young Adults: A Cross-Sectional and Longitudinal Study

Chen Zheng ¹, Wendy Yajun Huang ² , Sinead Sheridan ¹, Cindy Hui-Ping Sit ¹ , Xiang-Ke Chen ¹ and Stephen Heung-Sang Wong ^{1,4} 

¹ Department of Sports Science and Physical Education, The Chinese University of Hong Kong, Hong Kong 00852, China; zhengchen@link.cuhk.edu.hk (C.Z.); sineadsheridan@cuhk.edu.hk (S.S.); shhp@cuhk.edu.hk (C.H.P.); ²

Socialization is part of adolescent developmental process

COVID-19 Pandemic

WHO: Young People Should Ask Themselves: 'Do I Really Need to Go to that Party?'

By VOA News
August 05, 2020 03:20 PM



Young people wait to enter a night club in Helsinki, Finland, July 15, 2020.

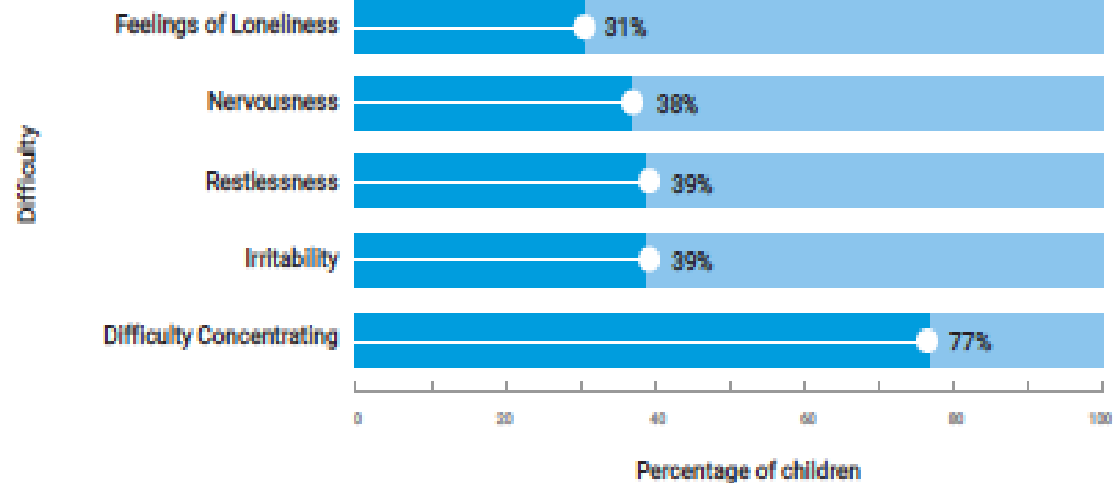
After the relaxation of confinement measures, the proportion of those infected aged 15-24 has risen three-fold in about five months

**What do we
know about
mental health
and psychosocial
support
for adolescents
in the times
of COVID-19**

1.58 billion learners (over 90% of the world's student population) affected by national closures (*UNESCO*)

40.4% of the youth tendency to have psychological problems during COVID-19

Liang et al. *Psychiatric Quarterly* (2020)



*Children and adolescents (3-18 years) emotional state and behavior affected during confinement - reports by Italian and Spanish parents. Orgilés et al, 2020

Mental Health
and
Psychosocial
Support is
integral and
cross cutting to
public health
COVID
response

Policy Brief:
**COVID-19 and the
Need for Action
on Mental Health**

13 MAY 2020

- *“Apply a whole-of-society approach to promote, protect and care for mental health*
- *Ensure widespread availability of emergency mental health and psychosocial support*
- *Support recovery from COVID-19 by building mental health services for the future.”*

COVID-19 and Adolescent Mental Health



Focus on infection prevention
and treatment



Focus on older people and
other at-risk people



What are we doing for
adolescents needing support?



Changing challenge into
opportunity

Mental Health in New Normal

Resources for Adolescents

If you are experiencing violence during COVID-19:



Reach out to supportive family, friends or neighbours



Call a hotline or access information online if possible



Seek out local services for survivors



World Health Organization

Coping with stress during the 2019-nCoV outbreak



It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family.

If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.



Don't use smoking, alcohol or other drugs to deal with your emotions.

If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.



Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.



My Hero is You

how kids can fight COVID-19!



IASC
Inter-Agency Standing Committee

Doing What Matters in Times of Stress: An Illustrated Guide



GROUNDING
ACTING ON YOUR VALUES
ENGAGING

UNHOOKING
MAKING ROOM
BEING KIND



World Health Organization

QUESTIONS & ANSWERS

Adolescents, youth and COVID-19



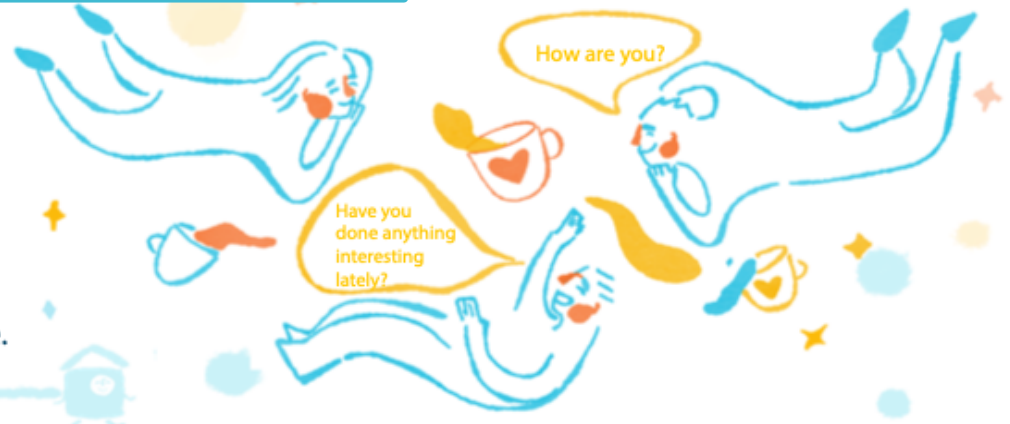
Infographics

- TIP 1: Do things that are good for your body and mind
- TIP 2: Stay connected to loved ones
- TIP 3: Recognize how you are feeling
- TIP 4: Be kind to yourself
- TIP 5: Listen to your body
- TIP 6: Try breathing to calm yourself down
- TIP 7: Avoid unhealthy ways of coping with stress
- TIP 8: Talk to someone you trust
- TIP 9: Look for the good



TIP 1: 5-MINUTE CHATS

Keeping communication open with the people you live with can help to prevent or minimize conflict. Try to have a 5-minute chat each day with the people you live with to build your relationship. Mealtimes are a great time to connect! It helps to start a conversation with a kind tone and a smile.



Resources for Parents and Teachers/ Schools

COVID-19 and its implications for protecting children online April 2020

CHILDHOOD
Humanitarian Response

End Violence
Against Children

ITU

UNICEF
for every child

UNICEF
for every child

UNODC
United Nations Office on Drugs and Crime

We PROTECT
GLOBAL ALLIANCE

World Health
Organization

World Health
Organization

Helping children cope with stress during the 2019-nCoV outbreak

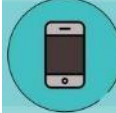


Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention. Remember to listen to your children, speak kindly and reassure them.

If possible, make opportunities for the child to play and relax.



Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.



Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in ways that they can understand depending on their age.

This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).



Framework for reopening schools

June, 2020

3 COVID-19 PARENTING Structure Up

COVID-19 has interrupted our daily work, home and school routines. This is hard for children, teenagers and for you. Making new routines can help.

Create a flexible but consistent daily routine.

- Make a schedule for you and your children that has time for structured activities as well as free time. This can help children feel more secure and better behaved.
- Children or teenagers can help plan the routine for the day - like making a school timetable. Children will follow this better if they help to make it.
- Include exercise in each day - this helps with stress and helps with lots of energy at home.

Teach your child about keeping safe distances

- If it is OK in your country, get children outside.
- You can also write letters and draw pictures to share with people. Put them up outside your home for others to see!
- You can reassure your child by talking about how you are keeping safe. Listen to their suggestions and take them seriously.

Make handwashing and hygiene fun

- Make a 20-second song for washing hands. Add actions like children points and praise for regular handwashing.
- Make a game to see how few times we can touch our faces with a reward for the least number of touches (you can count for each other).



You are a model for your child's behavior.

If you practice keeping safe distances and hygiene yourself, and treat others with compassion, especially those who are sick or vulnerable - your children and teenagers will learn from you.

At the end of each day, take a minute to think about the day. Tell your child about one positive or fun thing they did. Praise yourself for what you did well today. You are a star!



For more information click below links:

Parenting tips from WHO | Parenting tips from UNICEF | In worldwide languages | EVIDENCE-BASED



Resources for Health Sector/ Clinicians

Maintaining essential health services: operational guidance for the COVID-19 context

Interim guidance
1 June 2020



Health workers can help women survivors of violence during COVID-19



World Health
Organization

human
reproduction
programme
hrp
research for impact

Basic Psychosocial Skills A Guide for COVID-19 Responders



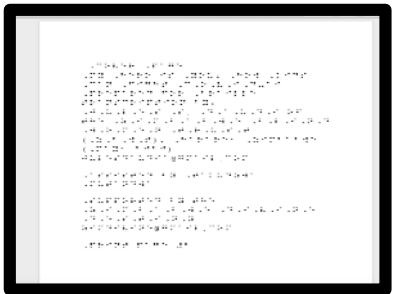
IASC Inter-Agency
Standing Committee



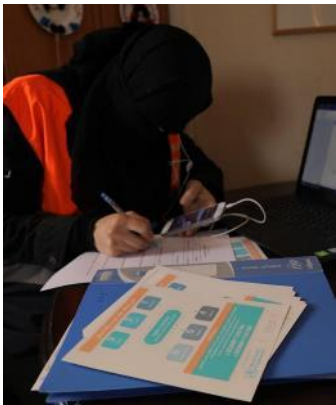
translation in various languages



Carol Castro, a famous Brazilian actress, to tell "My Hero is You story" in Portuguese



Adaptation in Braille version



Help lines establishing in numerous countries



Lebanon: Online peer support groups for young people organized twice weekly

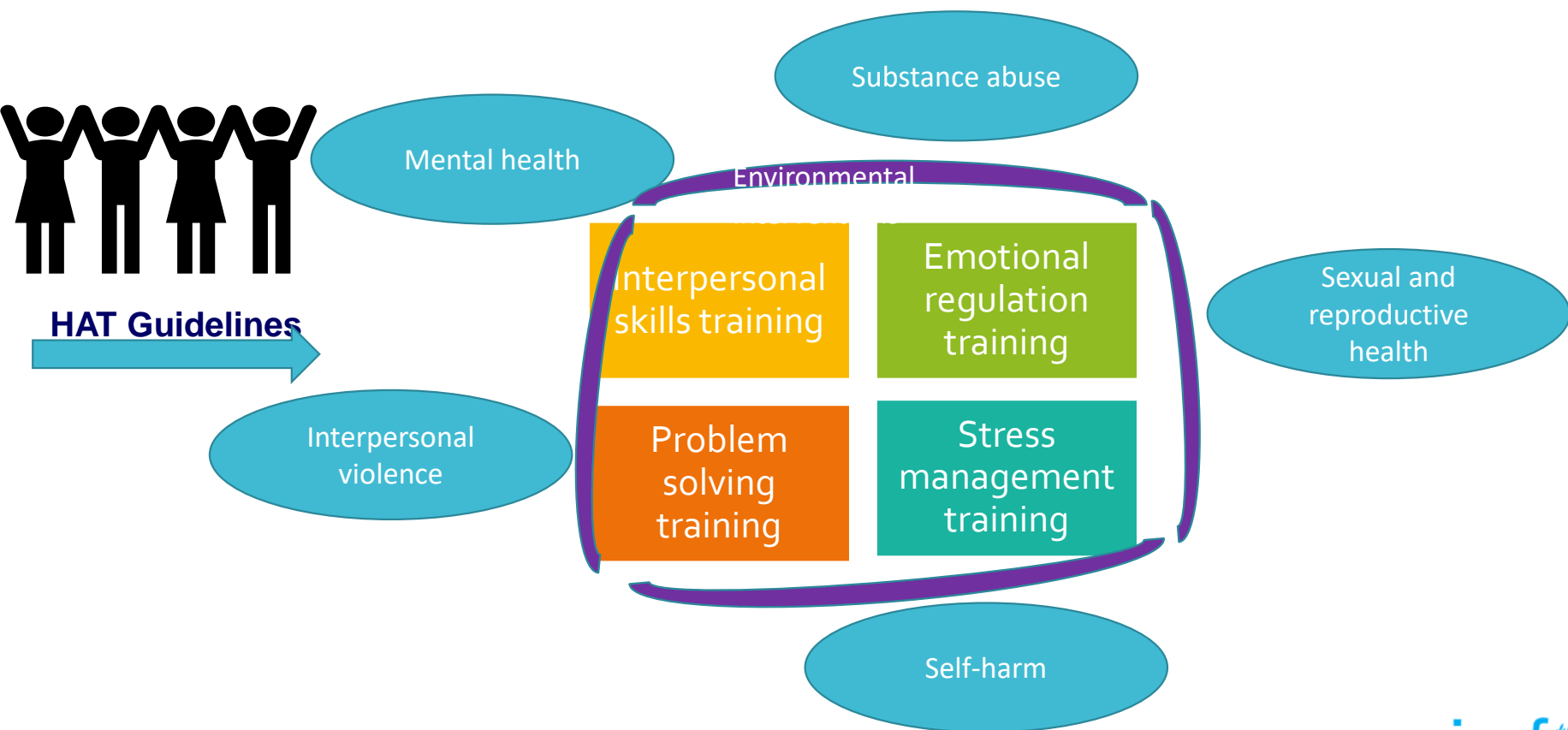
Country activities



Helping Adolescents Thrive Guidelines and Toolkit

towards an integrated approach

Promoting mental health, preventing mental health conditions, and reducing risk behaviors and self-harm



WHO: https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a_8

UNICEF.org: <https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19>

Mental Health resources from MHIN: <https://www.mhinnovation.net/resources/mental-health-resources-coping-during-covid-19-outbreak>

Mental Health and Psychosocial Support Resources During the COVID-19 Pandemic

- <https://globalhealth.harvard.edu/mentalhealth-resources-covid19?>

Domestic Violence during the COVID-19 pandemic

- <https://sanctuaryforfamilies.org/safety-planning-covid19/>
- <https://gbvguidelines.org/en/knowledgehub/covid-19/>
- <https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>
- **WHO Health Alert –**
- **Whatsapp +41 79 893 1892**

Sites for regular updated resources

And many others...

Thank you!

