

Editorial note on Pubescent ' Diet Physical Activity

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Editorial

Journal of Child and Adolescent Health is an online open access peer-reviewed journal that encourages scientific innovation and advancement in the broad area of child and adolescent health and aims at improving the dissemination of original scientific knowledge. Journal is interested in publishing all kinds of original work in this multidisciplinary field of child and adolescent health that help in improving the complete health of people in the age range of infants to young adults.

When physically active, your body will use up more energy (calories). This can help with weight control or if you are not looking to lose weight, you may find you need more food to replace the extra energy used. It is also important to keep well hydrated.

To meet these calorie needs, adolescents should choose a variety of healthful foods, such as lean protein sources, low-fat dairy products, whole grains, fruits, and vegetables. In an attempt to meet their energy needs, adolescents can fall prey to unhealthy, coercive and aggressive advertisement.

Prescription misuse has been defined differently and rather inconsistently based on status of drug prescription, the uses without a prescription, intentional use to achieve intoxicating effects, route of administration, co-ingestion with alcohol, and the presence or absence of dependence symptoms. Chronic use of certain substances leads to a change in the central nervous system known as a 'tolerance' to the medicine such that more of the substance is needed in order to produce desired effects. With some substances, stopping or reducing use can cause withdrawal symptoms to occur. but this is highly dependent on the specific substance in question.

Impulsivity is characterized by actions based on sudden desires, whims, or inclinations rather than careful thought. Individuals with substance abuse have higher levels of impulsivity, and individuals who use multiple drugs tend to be more impulsive. A number of studies using the Iowa gambling task as a measure for impulsive behavior found that drug using populations made more risky choices compared to healthy controls. There is a hypothesis that the loss of impulse control may be due to impaired inhibitory control resulting from drug induced changes that take place in the frontal cortex. The neurodevelopmental and hormonal changes that happen during adolescence may modulate impulse control that could possibly lead to the experimentation with drugs and may lead to the road of addiction. Impulsivity is

Regular physical activity can help children and adolescents improve cardiorespiratory fitness, build strong bones and muscles, control weight, reduce symptoms of anxiety and depression, and reduce the risk of developing health conditions such as: Heart disease thought to be a facet trait in the neuroticism personality domain (overindulgence/negative urgency) which is prospectively associated with the development of substance abuse. Regular physical activity or cardiorespiratory fitness decreases the risk of cardiovascular disease mortality in general and of coronary heart disease mortality in particular. As a result of these efforts, the committee formulated many findings that are highlighted throughout this report. In this final chapter, these findings are summarized and consolidated into seven overall conclusions

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