

## **TODAY'S TEENS BECOMING 'WORLD'S SICKEST ADULTS'**

Major medical study blames unhealthy eating, drinking, sexual, drug-taking habits

Today's children and teens – due to their unhealthy eating, drinking, sexual and drug-taking habits – will become the sickest, most mentally ill, obese and infertile adults in the history of mankind, warns a major medical study released yesterday. “Today's teenagers' behavior poses “an extraordinary threat to an entire generation.”

In a report by the British Medical Association, titled “Adolescent Health,” statistic after statistic shows today's youth to be a public health time-bomb.

A few statistics in the UK:

- \* 10% of teenage girls aged 16-19 has the sexually transmitted disease, chlamydia, which can make women infertile.
- \* 25% of 15- and 16-year-olds smoke.
- \* 20% of 13- to 16-year-olds is overweight or obese.
- \* 11% of 11- to 15-year-olds reported having used drugs in the previous month.
- \* Up to 20% of adolescents may experience some form of psychological problem – problems ranging from behavioral disorders to depression, eating disorders, self-harm and neurosis.

Drinking habits of the nation's adolescents also are cause for alarm, according to the report, which says, “adolescents in the UK have one of the highest European levels of alcohol use, binge-drinking (consuming more than five drinks in a row) and

getting drunk.”

The medical report calls on various agencies and departments of the British government to work together to find solutions to self-destructive teen behavior – including more sex education, drug and alcohol education, and diet and exercise programs in schools. – Source: Telegraph / 9 Dec 03