

# Health and Wellness: 19 to 20 Years

## Development

- You are moving into the next phase in your life, whether it's four-year college, technical college or work. You may be living away from home for the first time. You may be in a committed relationship. It is important to share your feelings and communicate with people whom you trust.
- Don't get too stressed. Stress can increase your breathing, heart rate and blood pressure. Feelings of anger may turn into chronic (long-lasting) irritation and feelings of fear may become anxiety. You cannot make stress go away, but you can manage it:
  - Maintain good health habits. Eat well-balanced meals and avoid caffeine, alcohol and nicotine.
  - Get regular exercise. Physical activities often relieve the body of unnecessary tensions.
  - Get plenty of rest.
  - Structure daily activities. Plan out your activities to make the best use of your time.
  - Set realistic goals.
  - Don't worry about things you can't change.

## Food and Beverages

- You need between 1,600 to 2,500 calories each day. A total of 20 to 35 percent of total calories should come from fats.
- You need 1,000 milligrams (mg) of calcium each day. You can get this requirement by drinking 3 cups of low-fat or fat-free milk. Other sources of calcium include yogurt, cheese, orange juice or soy milk with added calcium, broccoli and almonds. You may also take a calcium supplement.
- You need to get enough iron every day:
  - men ages 19 to 30: 8 mg
  - woman ages 19 to 30: 18 mg.
- Lean beef, iron-fortified cereal, oatmeal, soybeans, spinach and tofu are good sources of iron.
- You need at least 1,000 IU of vitamin D every day.
- Breakfast is important. Make sure you eat a healthful breakfast every morning.
- Eat fiber-rich fruits, vegetables and whole grains. Choose and prepare foods and beverages with little added sugars or sweeteners.
- Eat healthful snacks such as vegetables, fruits, healthful cereals, yogurt, pudding, turkey, peanut butter sandwich, fruit smoothie, or cheese. Avoid foods high in sugar or fat.

**(over)**

- Limit soft drinks and sweetened beverages to no more than one a day. Limit sweets, treats, snack foods (such as chips), fast foods and fried foods.

## Physical Activity

- The American Heart Association recommends healthy adults 18 years old and older get at least 30 minutes of moderate intensity activity 5 days a week.
- Regular physical activity can reduce risks of certain diseases, reduce stress levels, increase self-esteem, help maintain a healthy weight, improve concentration, and help maintain good cholesterol levels.
- You should wear the right safety gear for your sporting activities, such as a helmet, mouth guard, eye protection or life vest.

## Sleep

- You need about 9 ½ hours of sleep each night on a regular basis.
- Continue a sleep routine (such as washing your face and brushing your teeth).
- Keep a regular sleep and waking schedule.
- Avoid regular exercise, heavy meals and caffeine right before bed.

## Safety

- Always wear a seat belt when driving or riding in a car.
- Avoid multitasking while driving (such as talking on a cell phone, texting, reading, using an MP3 player).
- Avoid alcohol, drug and tobacco use. (Be honest with your health care provider. If you abuse prescription medicine, illegal drugs, alcohol or tobacco, there is help.)
- Protect your identity on social networking Internet sites.
- Understand personal safety and how to avoid being a target for crime. Consider taking a self-defense class if you think it would be helpful.

- If you are sexually active, use birth control. If you have multiple partners, it is important to use condoms to help avoid getting or giving a sexually transmitted disease.
- Protect yourself from dating violence. Almost 70 percent of young women who have been raped knew their rapist (boyfriend, friend or casual acquaintance), according to the Department of Justice.

## Self-esteem

- Do not compromise your values and morals. Trust in and believe in yourself.
- Eating disorders are medical illnesses that involve abnormal eating behaviors serious enough to cause heart conditions, kidney failure and death.

The three most common eating disorders are anorexia nervosa, bulimia nervosa and binge eating disorder. They often develop during adolescent years or early adulthood.

The vast majority of people with eating disorders are teenage girls and young women.

— Talk with your health care provider if you are struggling with an eating disorder.

- Depression is a health problem that goes beyond just “feeling blue.” It can affect every part of your life. You may feel tired all of the time and have problems just getting out of bed. You may even have thoughts of death.

Depression can change your thinking patterns. Your thoughts may keep you in a rut. That makes it hard to cope well with problems. This affects your mood. Depression is an illness that can affect anyone at any age.

— Talk with your health care provider if you think you have depression.

- For information on how to stress less and help teens live a more balanced life, check out [changetochill.org](http://changetochill.org).

## Dental Care

- Brush your teeth twice a day and floss once a day.
- Make regular dental appointments for cleanings and checkups.

## Eye Care

- Make eye checkups at least every 2 years.

## Immunizations (Shots)

You may receive these shots at this time:

- influenza.

You may be eligible for:

- MCV4 (meningococcal conjugate vaccine, quadrivalent): up to age 21
- HPV (human papilloma virus vaccine): up to age 26.

## Your Next Well Checkup

- You should have a yearly well checkup through age 20.