WHY INVEST IN SCHOOL AGE CHILDREN AND ADOLESCENT?

School age children are those who are required to enroll in the 12 year compulsory education, this includes any person between the ages of 6-18 years. Adolescent is any person between the ages of 10 – 19 years old.

23% of Indonesian population are school age children and adolescent between 7-18 years old.

In this age range, children start to experience puberty, learn new things, cultivate attitude, develop their own decision making, including decision regarding health and nutrition.

Peer pressure has a meaningful impact on eating habit including consumption of food which is high in fat, salt and sugar.

FACTS ABOUT SCHOOL AGE CHILDREN AND ADOLESCENT

More than 50% adolescent aged 10-19 year do not wash their hands with soap.

More than 90% adolescent aged 10-19 year do not consume enough fruits & vegetables (<5 portion/day).

As many as 64.4% adolescent aged 10-14 and 49.6% of those aged 15-19 years lack in physical activity.

Nutrition for school-aged children and the adolescent should be seen as part of the nutrition in the life cycle, where nutritional problem within this age will result in impaired growth and development which will impact the next stage of life.