

National Institute of Health?Take Charge of Your Health: A Guide for Teenagers

CYFAR Resource

As children get older, they start making their own decisions about many things that are important to them. They select what they wear every day, listen to music that they like, and spend time with friends that they choose. This booklet provides small and doable steps that help teens get healthier.

Common Measure:

[Nutrition](#) [1]

[Physical Activity](#) [2]

Media or doc type(s) included with this resource:

[Website](#) [3]

Year published or updated:

2017

Author(s), Presenter(s):

National Institute of Health

Outcome Age Category:

[Teen](#) [4]

Core Competencies:

[Program Design](#) [5]

[Program Implementation](#) [6]

Source URL: <https://cyfar.org/resource/national-institute-health%E2%80%94take-charge-your-health-guide-teenagers>

Links

[1] <https://cyfar.org/resource-common-measures/nutrition>

[2] <https://cyfar.org/resource-common-measures/physical-activity>

[3] <https://cyfar.org/resource-medium/website>

[4] <https://cyfar.org/resource-outcome-age-categories/teen>

[5] <https://cyfar.org/resource-core-competencies/program-design>

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