

Tune Into Life Course Health

THE ROLE OF THE COMMUNITY BASED SERVICE PROVIDER

We are providing this toolkit and talking to you as someone who works in either a one-on-one or a group setting with youth because we need your help initiating Life Course Health conversations with young women and men.

It is important to encourage young people to make positive choices earlier in their lives. Based upon science and emerging practice, the Life Course Health model is a way to understand how physical health, emotional health, relationships, stress, education, and goal setting all play an important role in current and future health and success in all aspects of life. It is a means for helping young people to view health as a resource for living the life they want.

Research conducted with young men and women ages 16 to 25 across Nebraska told us that teens and young adults generally know what good health is and what they should be doing. However, many don't practice healthy behaviors because of barriers that include lack of time, money or support. Young people often feel invincible, that they have time to make changes later in life. Because many young adults are not in the best possible health before becoming parents, the risk to the future generation is also a concern.

TUNE is a new project that uses music to connect with young women and men. It is about giving young people the inspiration and information they need to live full, healthy lives. Music plays an important role in the lives of young people and is a common denominator. It is a new way to talk with young people and start conversations about life course health topics. Tunemylife.org is a new website offering interactive elements including TUNE music, downloadable songs, artist interviews, health information that ties into song messages and links to additional health and wellness resources.

The TUNE resources and new Life Course Health tools, including a Life Course Health Plan, were developed to help you integrate topics focusing on emotional and physical well-being into your contact with young adults. These new tools can be used in both one-on-one and group settings. As a trusted resource to youth, you play an important role in influencing the behaviors and decisions of young people. As you work with youth, we hope these new resources can be incorporated in your outreach and used to start conversations. The TUNE music videos offer a variety of discussion topics. The Life Course Health Plan and other resources provide a new way to address health topics. They should help young adults understand the need to set goals and think about their futures, to make health a resource for the lives they want to live.