



COMMONWEALTH OF PENNSYLVANIA  
OFFICE OF THE GOVERNOR

**PROCLAMATION**

**TEEN HEALTH WEEK  
January 25-29, 2016**

*WHEREAS, more than 7 percent – 1.7 million -- of people in Pennsylvania are adolescents between the ages of 10 and 19; and*

*WHEREAS, adolescent health encompasses a broad spectrum, including, but not limited to, diet, exercise, sleep, interpersonal relationships, mental health, sexual health, and substance abuse; and*

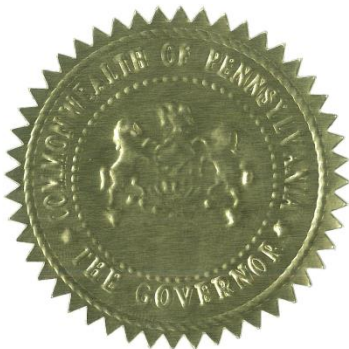
*WHEREAS, in recent years, less than half of Pennsylvania high school students report getting the recommended amount of daily physical activity, 20% had at least one chronic health condition, and 13% report seriously considering a suicide attempt; and*

*WHEREAS, health behavior patterns established during adolescence affect an individual's current and future physical and mental health; and*

*WHEREAS, emphasizing strong health literacy skills in adolescence can produce social, financial and economic benefits, resulting in individuals who are better equipped to manage their own health, as well as that of their families, reduced health care costs, and a healthier, more productive workforce; and*

*WHEREAS, the Pennsylvania Department of Health, in cooperation with medical professionals, educators, parents and advocates, is committed to promoting healthy lifestyles, preventing injury and disease and assuring the safe delivery of quality health care.*

*THEREFORE, I, TOM WOLF, Governor of the Commonwealth of Pennsylvania, do hereby proclaim January 25-29, 2016, as TEEN HEALTH WEEK. I encourage all Pennsylvanians to recognize the value and importance of adolescent health.*



*GIVEN under my hand and the Seal of the Governor, at the City of Harrisburg, on this seventh day of December in the Year of our Lord two thousand and fifteen, and of the Commonwealth the two hundred and fortieth.*

*Tom Wolf*  
**TOM WOLF**  
Governor