

# Bright Futures Health Promotion Themes



# An Introduction to the Bright Futures Health Promotion Themes

Understanding certain key topics of importance to families and health care professionals is essential to promoting the health and well-being of children, from birth through adolescence and young adulthood. The *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents* provide an in-depth, state-of-the-art discussion of these Bright Futures Health Promotion Themes, with evidence regarding effectiveness of health promotion interventions at specific developmental stages, from birth to early adulthood. These discussions are designed for the health care professional or student who desires detailed discussion of these child health topics. In addition, health care professionals can use these comprehensive discussions to help families understand the context of their child's health and support their child's and family's development.

Most of the health promotion themes contained in the third edition have been updated and carried over to the fourth edition, though several changes of note were made.

- Information on caring for *children and youth with special health care needs* was extracted from a number of themes and consolidated into one theme devoted to this issue.
  - In light of the growing appreciation of the critical role that *social determinants of health* and *social media* play in the health and well-being of children, youth, and families, this edition of *Bright Futures Guidelines* has 2 new themes devoted to these topics.
  - Information in the third edition's *Promoting Community Relationships and Resources* theme was incorporated into the other themes.
- The 12 health promotion themes in this edition are
- Promoting Lifelong Health for Families and Communities
  - Promoting Family Support
  - Promoting Health for Children and Youth With Special Health Care Needs
  - Promoting Healthy Development
  - Promoting Mental Health
  - Promoting Healthy Weight
  - Promoting Healthy Nutrition
  - Promoting Physical Activity
  - Promoting Oral Health
  - Promoting Healthy Sexual Development and Sexuality
  - Promoting the Healthy and Safe Use of Social Media
  - Promoting Safety and Injury Prevention