Editorial

Generation X, Y, Z... And what comes after Z? The Alpha. As described by the Australian sociologist Mark McCrindle, the Alpha Generation includes those who have been born since 2010. Who will be the youths of tomorrow and what will they face? Compared to previous generations, the Alpha Generation is born in a digital world in which technologies are directly integrated into their lives.

If questionings, ideas and recommendations are emerging today on certain topics and future issues, this generation will have to decide and implement concrete measures and this will be the case in particular for pollution, global warming and biodiversity, inequalities or even robotization. Indeed, this generation will directly compete with artificial intelligence and will have to reconsider the human role in such a context.

According to McCrindle, the Alpha Generation will be the most transformative one ever. However, does such a categorization of generations actually bring something in terms of science, care and advocacy? Could they not simply be considered as youths who face and will face issues in different contexts and environments but with similar needs such as support, understanding, affection, trust, safety and hope? Indeed, before giving them a letter, let's not forget that, as Mandela said, The Youths of Today are the Leaders of Tomorrow and they therefore will need lots of encouragement for the challenges ahead.

News

3rd International summer course on children and adolescents with chronic illness – 12-13 September 2018 & 1st European Transition Symposium, 14 September 2018

Our third international course gathered 14 participants from Canada, Denmark, France, Poland, Switzerland and the UK.

The two-day course ended with the Speed Networking Dinner that was the link with the first European Transition Symposium. Participants at the supper enjoyed being able to discuss projects, programs, problems and solutions with colleagues also involved in transition structures and to be inspired by them. Additionally, the young people at Arsenic prepared us a wonderful meal.
We had fifty participants to the Symposium who debated the 30 oral presentations reporting on programs, research, evaluation and clinical situations. Dr. Nizar Mahlaoui from Necker Hospital in Paris and Dr. Janet McDonagh from the University of Manchester gave the keynote presentations.

With over one thousand participants from 80 countries, the meeting was rich in exchanges over a great program where the main problem was which session to choose from the different ones scheduled in parallel. It was great to see both medical residents and medical students attending the meeting and doing some great oral and poster presentations.

Save the date! Mark in red in your agendas that the Second European Transition Symposium will be held in Lausanne on September 12&13 2019! More information will soon be available on www.lesadoscourses.ch

10th Excellence in Pediatrics (EiP) meeting. Prague, 6-8 December 2018.

We attended the EiP meeting in Prague (where we met former members of the research group such as Dr. Richard Bélanger)

Save the date! Mark in your agendas that the 11th Excellence in Pediatrics (EiP) meeting will be held in Copenhagen on December 5-7 2019!

GenerationFRee study
The fifth and final wave of the GenerationFRee study (a longitudinal research on gambling and lifestyles of young people in the canton of Fribourg) has just been launched.

Energy drinks and youths: an update on their consumption
Our research group received a grant from the Service of Public Health of the Canton de Vaud to conduct a qualitative study on energy drinks (ED) consumption among youths. Using focus groups, we will explore the opinions of youths (14-20 years old) and parents on different topics linked to ED consumption such as knowledge of ED and their composition, reasons for
consumption, perceived benefits and risks, etc. This study will begin in January 2019 for one year.

UPCOMING EVENTS


2nd European Transition Symposium – Lausanne, 12-13 September 2019

11th Excellence in Pediatrics (EiP) meeting – Copenhagen, 5-7 December 2019

PUBLISHED ARTICLES


Physical activity


Parental modelling seems relevant for children’s physical activity (PA), but not to the same degree in all children. Interventions focusing on strengthening parental PA behaviour for the promotion of PA in the young must consider additional contextual factors related to the socio-cultural and structural environment.

Spirituality and addictive behaviors


The study provides evidence that spiritual belief could protect youth from the risk of alcohol misuse but could also increase the risk of excessive Internet use and gambling. The role of spiritual beliefs in preventing or motivating these problematic behaviors is of great interest for adolescent health care providers and should be considered in the light of the separation-individuation process and transition from adolescence to adulthood.

Chronic conditions and risky behaviors

The results show that the link between suffering from a chronic condition and adopting risk behaviors is indirect through internalizing behaviors. Health professionals should address emotional wellbeing and perception of the future rather than focus exclusively on the effects of risk behaviors on specific diseases.

Antisocial and prosocial behaviors

While in the context of antisocial behavior the peer group is often assumed a risk, the study results indicate that school peers can also exert positive influence. Hereby the finding of an effect of prosocial peer norms over and above antisocial peer norms suggests that building up prosocial behaviors in the classroom may be a promising approach for the prevention of antisocial behavior.

Smoking in adolescent cancer survivors

In Switzerland, survivors smoke as often as their siblings but less than the general population. Peer smoking was a more important reason for smoking in survivors than in the general population, suggesting that reducing smoking in peers could result in a reduction of smoking in survivors. Overall, reasons for smoking were very similar, thus interventions to reduce smoking in survivors could be the same as those used in the general population.

An App for adolescents with T1 Diabetes

The intervention resulted in a significant decrease in HbA1c, without increasing the prevalence of hypoglycemia in patients with initial HbA1c >8.0% (63.9 mmol/mol).


Medico D , Zufferey A. [Giving a future to transgender youth... What do we currently know of their needs, what are the best practices?] Rev Med Suisse. 2018 Oct 3;14(621):1765-1769.

Problematic Internet use

College students have varied capacity to assess and implement effective behavior change regarding problematic Internet use (PIU). The role of providers in identification and intervention for PIU remains critical.


Vaccination of recently arrived migrants

There is striking variation in policies across Europe regarding vaccinations offered and approaches to vaccination in adult and child migrants. There is a lack of clarity on optimum approaches to vaccination in migrants, and a need for robust research in this area. More emphasis must be placed on ensuring that migrant-specific guidance is disseminated to front-line healthcare professionals to improve vaccine delivery and uptake in diverse migration populations across the region.

Salt intake in children

Cross-sectional study using a convenient sample of children 6-16 years of age in Valais, Switzerland, between 2016 and 2018. Salt intake in children in this region of Switzerland was high. The study findings suggest that salt intake in children could be reduced by lowering salt content in commonly eaten foods.

Sleep problems and suicidality

Sleep problems and suicidality are longitudinally inter-related, which has important implications for clinical practice. Most importantly, the causal pathways appear to be bi-directional and independent of socio-demographics and concomitant mental disorders. More research is
needed to examine the possible biopsychosocial etiological mechanisms linking suicidality to sleep problems.

**Cardiometabolic risk scores**


This study suggests a common standard to define cardiometabolic risk in children. Adapting this approach makes single risk factors and clustered cardiometabolic disease risk scores comparable to the reference material itself and comparable to cardiometabolic risk values in studies using the same strategy. This unified approach therefore increases the prospect to estimate and compare prevalence and trends of cardiometabolic risk in children when using continuous cardiometabolic risk scores.


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*Happy Holidays to all!*  
*Our [website](http://www.lesados.ch)*