

Opportunities, Challenges, and Strategies for Adolescent Health from the Perspective of "Integration of Sports and Medicine"

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Abstract: This paper aims to explore the management of adolescent health from the perspective of "integration of sports and medicine", introducing the importance and current situation of adolescent health, as well as the concept and significance of "integration of sports and medicine". After analyzing the opportunities and challenges of adolescent health from the perspective of integration of sports and medicine, the youth health strategy based on the "integration of sports and medicine" perspective was proposed, including interdisciplinary cooperation mechanisms, strengthening information security protection, and promoting policy support. Summarized the opportunities and challenges brought by the integration of sports and medicine for adolescent health, and called on the whole society to work together to play the role of sports and medicine integration in adolescent health management.

Keywords: adolescent health, integration of sports and medicine, interdisciplinary cooperation, information security protection, policy support

1. Introduction

Adolescent health is the foundation of a country's future development and a guarantee of social stability and prosperity. Adolescence is a critical stage of human growth and development, which has a significant impact on both physical and mental health. However, with social changes and changes in lifestyle, teenagers are facing many health problems, such as myopia, obesity, and increased psychological pressure, which have become current challenges for adolescent health.

The integration of sports and medical education refers to the combination of traditional medicine and sports science to comprehensively promote individual physical and mental health[1]. By means of exercise, nutritional regulation, and other means, combined with individual health status, intervention and management of health issues can be achieved. The integration of sports and medical education not only emphasizes the treatment of diseases, but also emphasizes the full process management of health and personalized health services, thus providing new solutions and methods for adolescent health. The significance of the integration of sports and medical education lies in emphasizing the concept of prevention over treatment, advocating the cultivation of a healthy lifestyle, and promoting the balanced development of physical and mental health. The proposal of this concept has brought new opportunities for adolescent health management and also provided us with new perspectives and ideas to explore the opportunities and challenges faced by adolescent health.

Analyzing adolescent health from the perspective of integration of sports and medicine is of great significance. It can be seen that it plays an important role in comprehensively paying attention to the health needs of adolescents, achieving personalized health customization, and promoting technological innovation and application. By adopting the concept and method of integrating sports and medical education, the physical and mental health of adolescents can be better promoted, laying a solid foundation for their future development.

2. Current situation of adolescent health

Adolescent health is the key to the future development of the country, however, it currently faces many challenges. From the perspective of integration of sports and medicine, the current health status of adolescents is reflected in the following aspects:

2.1 Physical health issues

In recent years, issues such as myopia, obesity, and insufficient exercise among adolescents have become increasingly prominent [2]. Long term use of electronic products, lack of outdoor activities, and poor dietary habits make teenagers face physical health problems. The myopia rate is constantly increasing, obesity has become a common problem, and insufficient exercise leads to a decline in physical fitness. The integration of sports and medical perspectives emphasizes the comprehensive promotion of adolescent physical health through scientific exercise programs and nutritional regulation, and targeted solutions to these problems.

2.2 Increased mental health stress

Teenagers are facing various pressures such as academic and interpersonal pressure, and their mental health problems are becoming increasingly prominent. Psychological issues such as anxiety and depression have an undeniable impact on the health of adolescents. The integration of sports and medical perspectives emphasizes the positive impact of exercise on mental health. By releasing stress and promoting emotional regulation through exercise, it can help improve the mental health status of adolescents.

2.3 Lifestyle issues

With the development of society, the lifestyle of teenagers has undergone significant changes, with excessive reliance on electronic products and unhealthy dietary structures affecting their health. The integration of sports and medical perspectives advocates a healthy lifestyle, moderate exercise, reasonable diet, and scientific rest, which can help adjust the lifestyle of adolescents and improve their health level [3].

2.4 Individual differences issues

There are differences in the physiological characteristics, exercise abilities, and health needs of each adolescent, and traditional health management models often cannot meet their personalized needs. The integration of sports and medical perspectives focuses on comprehensive analysis of each individual adolescent, developing personalized health plans to better meet their health needs.

In summary, from the perspective of integration of sports and medical education, the current health of adolescents is facing various challenges such as physical health issues, increased psychological health pressure, lifestyle issues, and individual differences. Therefore, in response to these current situations, we need to pay comprehensive attention to the health needs of adolescents, promote the concept and methods of integrating sports and medical education, and hope to better promote the physical and mental health of adolescents.

3. Youth health opportunities from the perspective of integrating sports and medicine

3.1 Integrated health management

The integration of sports and medical perspectives has brought opportunities for integrated health management for adolescent health. The traditional health management model is often scattered and single, unable to fully meet the health needs of adolescents. The concept of integration of sports and medicine emphasizes the synergistic effect of multiple fields such as healthcare, sports, and nutrition, providing a more comprehensive and systematic health management solution by integrating resources and knowledge from different professional fields. This integrated health management can help teenagers establish health records, conduct comprehensive health assessments and monitoring, timely identify potential problems, and take corresponding intervention measures [4]. In addition, integrated health management can also promote cooperation and coordination among medical institutions, schools, families, and other parties, forming a good atmosphere for jointly paying attention to adolescent health.

3.2 Personalized health customization

One of the health opportunities for adolescents from the perspective of integration of sports and medicine is personalized health customization. There are differences in the physiological characteristics,

exercise ability, and health needs of each adolescent, and traditional health management models often cannot meet their personalized needs. The concept of integration of sports and medical education focuses on comprehensive analysis of each individual adolescent, understanding their physical condition, exercise potential, and potential risks through scientific evaluation and testing methods, and then developing personalized health plans. These personalized health plans can include targeted exercise programs, nutritional adjustment programs, psychological health interventions, etc., to maximize the satisfaction of adolescents' health needs and goals.

3.3 Technological innovation application

The opportunities for adolescent health from the perspective of integration of sports and medicine are also reflected in the application of technological innovation. With the continuous progress of technology, various advanced technological applications have provided more possibilities for adolescent health. For example, virtual reality technology can provide teenagers with immersive sports experiences, increasing the fun and attractiveness of sports; intelligent wearable devices can monitor physiological indicators such as exercise volume and heart rate of teenagers, providing real-time health data; Artificial intelligence algorithms can analyze and predict adolescent health data, providing personalized health recommendations. The emergence of these technological innovative applications has brought more convenience and benefits to the health management of adolescents, improving the accuracy and personalized level of health management.

In summary, the opportunities for adolescent health from the perspective of integration of sports and medicine include integrated health management, personalized health customization, and technological innovation applications. By integrating resources and knowledge from different fields, comprehensive health management can be achieved; We meet the personalized needs of every teenager through personalized health customization; We provide more convenient and accurate health services through technological innovation and application. These opportunities help improve the physical and mental health of adolescents, laying a solid foundation for their comprehensive development and future success.

4. Adolescent health challenges from the perspective of integrating sports and medicine

4.1 Difficulty of interdisciplinary collaboration

From the perspective of integration of sports and medicine, adolescent health faces the challenge of interdisciplinary collaboration. The concept of integration of sports and medicine requires deep integration and collaborative cooperation among multiple disciplines such as medicine, sports science, nutrition, psychology, etc., to jointly provide comprehensive care and services for the health of adolescents. However, there are differences in professional terminology, research methods, theoretical frameworks, and other aspects between different disciplines, so achieving effective interdisciplinary collaboration is not an easy task. Communication and cooperation among various disciplines require time and energy investment, as well as the establishment of a unified communication platform and consensus to promote the organic integration of knowledge and achieve the goal of interdisciplinary collaboration.

4.2 Privacy protection and information security

From the perspective of integration of sports and medicine, adolescent health faces challenges in privacy protection and information security. With the improvement of information technology in health management, a large amount of health information related to adolescent health, such as personal health records, exercise data, and nutrition records, will be digitized and stored in the cloud or other electronic devices. The leakage or abuse of these personal health information may lead to serious privacy breaches, posing potential risks to the physical and mental health of adolescents [5]. Therefore, how to ensure the safe storage, transmission, and use of adolescent health information, and how to establish a comprehensive privacy protection mechanism, have become urgent issues to be solved in the process of the integration of sports and medicine.

4.3 Difficulty in promotion and popularization

The challenge of promoting and popularizing adolescent health from the perspective of integration

of sports and medicine is still faced. Although the concept of integrating sports and medicine has been widely recognized in the academic and medical fields, there are still challenges in promoting and popularizing it in practical applications. On the one hand, the integration of sports and medicine requires interdisciplinary and cross industry collaborative cooperation, requiring relevant personnel to possess comprehensive professional knowledge and skills, which puts forward higher requirements for relevant practitioners; On the other hand, the equipment, technology, and services required for sports and medical integration also require a significant investment of funds and resources, which poses a challenge for medical institutions and related enterprises. Therefore, how to promote the widespread application of the concept of integration of sports and medicine in adolescent health management, and how to lower the threshold of related technologies and services, are important issues currently facing us.

In summary, adolescent health from the perspective of integration of sports and medicine faces challenges such as interdisciplinary collaboration, privacy protection and information security, promotion and popularization. Only by overcoming these challenges can we better achieve the comprehensive development of adolescent health management and provide higher quality health services and care for adolescents.

5. Adolescent health strategies based on the perspective of "integration of sports and medicine"

Adolescent health is an important component of national development, and adolescent health strategies based on the perspective of "integration of sports and medical education" can provide more comprehensive and systematic health management and services. From this perspective, the following will elaborate on three important strategies: interdisciplinary cooperation mechanisms, strengthening information security protection, and promoting policy support.

5.1 Cross disciplinary cooperation mechanism

In order to better achieve the integration of sports and medicine, it is necessary to establish interdisciplinary cooperation mechanisms to promote communication and cooperation among multiple disciplines such as medicine, sports science, nutrition, psychology, etc. Firstly, a unified communication platform should be established, such as online forums, academic seminars, etc., to promote communication and cooperation among experts in different fields of science. In addition, joint research projects between disciplines can be encouraged to jointly explore comprehensive solutions for adolescent health [6]. Through interdisciplinary collaboration, the advantages of various disciplines can be integrated to improve the quality and effectiveness of adolescent health management.

5.2 Strengthening information security protection

With the development of information technology in health management, the security protection of adolescent health information is particularly important. In order to protect the privacy and personal health information security of teenagers, it is necessary to strengthen information security protection measures. Firstly, relevant laws and regulations should be formulated to clarify the standards for the collection, storage, transmission, and use of personal health information, and to strengthen the crackdown and punishment of violations. Secondly, it is necessary to establish a secure and reliable information system, including reasonable data encryption and permission management mechanisms, to ensure that only authorized personnel can access and use relevant health information. At the same time, it is also necessary to strengthen information security training for medical personnel and other practitioners to enhance their information security awareness and skills.

5.3 Promoting policy support

Policy support is an important guarantee for promoting the integration of sports and medicine. The government should introduce relevant policies and measures to encourage and support the development and application of the integration model of sports and medicine. Firstly, financial support can be provided to promote the development of related scientific research projects and optimize adolescent health management services. Secondly, more medical institutions and enterprises can be attracted to participate in the practice of sports medicine integration through tax reduction, preferential policies, and other means. In addition, the government can also strengthen the formulation and improvement of relevant laws and regulations, providing better legal protection and policy environment for the

integration of sports and medicine.

In summary, adolescent health strategies based on the perspective of "integration of sports and medicine" should include interdisciplinary cooperation mechanisms, strengthening information security protection, and promoting policy support. By establishing interdisciplinary cooperation mechanisms and promoting communication and cooperation between different disciplines, the comprehensive effectiveness of adolescent health management can be improved. Strengthening information security protection measures can ensure the security and privacy protection of adolescent health information. At the same time, government policy support can provide guarantee and driving force for the development of sports medicine integration. Through the implementation of these strategies, the comprehensive development of adolescent health can be better promoted, and better quality health services and care can be provided for adolescents.

6. Conclusion

The integration of sports and medicine has brought unprecedented opportunities and challenges to adolescent health. By integrating the advantages of multiple disciplines such as medicine, sports science, nutrition, and psychology, the integration of sports and medicine provides more comprehensive and personalized health management services for adolescents, which is expected to effectively prevent and intervene in adolescent health problems. However, the integration of sports and medicine also faces challenges in information security protection, interdisciplinary cooperation, policy support, and other aspects, which require the joint efforts of the entire society to address.

6.1 Emphasize interdisciplinary cooperation, information security protection, and policy support

Cross disciplinary cooperation, information security protection, and policy support are essential factors for the integration of sports and medicine in adolescent health management. Firstly, the emphasis on interdisciplinary cooperation provides a more comprehensive and systematic approach to adolescent health management by integrating the advantages of multiple disciplines such as medicine, sports science, nutrition, and psychology. The exchange and cooperation between experts from different disciplines can help to uncover more cutting-edge knowledge and innovative concepts, thereby providing more precise guidance and services for the health management of adolescents. For example, medical experts can combine the results of sports science research to develop exercise prescriptions for different groups of teenagers, while nutrition experts can provide more scientific and reasonable dietary recommendations for teenagers based on psychological research results. Cross disciplinary cooperation can not only improve the level of adolescent health management, but also promote the integration and development of disciplines, bringing new breakthroughs and progress to the future field of health management.

Secondly, information security protection plays a crucial role in the integration of sports and medicine. With the rapid development of information technology, a large amount of personal health information is digitized and stored on the network, which requires us to pay more attention to the protection of information security. As minors, teenagers are more sensitive to their personal privacy and health information, so it is necessary to strengthen the protection of this information to prevent it from being accessed and utilized by criminals. At the same time, reasonable information management and use are also a part of information security protection. We need to establish a sound information management system, regulate the collection, storage, transmission, and use of information, and ensure that personal health information of teenagers is not abused or leaked. Only under the premise of ensuring information security, can the integration of sports and medicine better provide services for adolescent health management and gain the trust and support of all sectors of society.

Finally, policy support is the key to the development and growth of the integration of sports and medicine in adolescent health management. The government should increase its support for the integration of sports and medicine, formulate relevant policies and regulations, and provide a good development environment and policy guarantee for it. For example, relevant laws and regulations can be introduced to clarify the standards for the collection, use, and protection of personal health information, promote the construction of interdisciplinary cooperation mechanisms, support related scientific research projects and clinical practices, encourage medical institutions and research units to strengthen interdisciplinary cooperation, and jointly explore new ways of youth health management. In addition, the government can also guide and encourage social capital to invest in the field of sports and medical integration through financial support, tax policy incentives, and other means, promoting the

healthy development of the industry. The clarity and support of policies will effectively stimulate the enthusiasm of relevant institutions and individuals, and promote the in-depth development of the integration of sports and medicine in adolescent health management.

In summary, interdisciplinary cooperation, information security protection, and policy support are all indispensable and important links in the role of sports medicine integration in adolescent health management. Only by fully valuing these factors and working together with the whole society can we better leverage the advantages of integrating sports and medicine, provide more comprehensive and effective support for adolescent health management, and promote the vigorous development of adolescent health.

6.2 Joint efforts of the whole society to leverage the role of integration of sports and medicine in adolescent health management

The joint efforts of the whole society to leverage the role of integration of sports and medicine in adolescent health management is an urgent task for the development of the current health industry. Cross disciplinary cooperation, information security protection, and policy support, as important components of the integration of sports and medicine, will have a profound impact on adolescent health management.

Firstly, interdisciplinary cooperation is a key link in the integration of sports and medicine. Collaborating with experts from different disciplines can provide more comprehensive and personalized health management solutions for adolescents. The collaboration of interdisciplinary teams such as medical experts, sports scientists, nutritionists, and psychologists can effectively integrate their respective professional knowledge and provide more scientific guidance for adolescent health management. Through interdisciplinary cooperation, it is possible to better address the health problems faced by adolescents and promote the overall improvement of health levels. In addition, interdisciplinary cooperation also helps to promote communication and development between disciplines, promoting innovation and progress in related fields.

Secondly, information security protection is an indispensable part of the integration of sports and medicine. With the rapid development of information technology, the digitization of personal health information has become a trend, but it is also accompanied by challenges in information security. Especially for adolescent health information, privacy and security are crucial. Therefore, establishing a sound information security protection mechanism is crucial. This includes strengthening the management of the collection, storage, transmission, and use of health information to ensure that it is not leaked or abused. At the same time, it is also necessary to strengthen the legal protection and supervision of personal privacy rights, in order to establish a security barrier for adolescent health information, so that parents and adolescents can confidently receive integrated sports and medical services.

Finally, policy support is a key driving force for promoting the integration of sports and medicine. The government should formulate relevant policies and regulations to clarify the status and role of integration of sports and medicine in adolescent health management, and provide policy support and guidance for its development. This includes building a platform for interdisciplinary cooperation, supporting the research and application of information security technology, encouraging medical institutions and research units to strengthen cooperation, and promoting the in-depth application of sports medicine integration in adolescent health management. In addition, the government can also encourage social capital to invest in the field of sports and medical integration through financial support, tax policy incentives, and other means, promoting the healthy development of related industries.

In short, the joint efforts of the whole society to leverage the role of integration of sports and medicine in adolescent health management require close collaboration among interdisciplinary cooperation, information security protection, and policy support. Only in this way can we better utilize the advantages of the integration of sports and medicine, open up a broader path for the health management of adolescents, enable them to grow healthily, and inject a continuous stream of vitality into the sustainable development of society.

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