

Editorial

The 2023 International Symposium on Children and Youth Health and Well-Being is a multidisciplinary endeavor aimed at advancing evidence-based practices for promoting the health and well-being of children and youth. It serves as a vital academic forum where academics, researchers, practitioners, and decision-makers convene to address the pressing issues facing our youth. Recognizing the foundational importance of childhood and adolescence in establishing mental health and well-being, the symposium acknowledges the existing barriers that hinder optimal health outcomes for children. From traumatic childhood experiences to the prevalence of mental health disorders, these issues are complex and multifaceted. Given that 50% of mental health disorders begin by the age of 14, and 10% of children and adolescents experience mental health problems, addressing these concerns is imperative.

Aligned with the overarching goal of the Faculty of Health Sciences to build an innovative institution renowned for producing outstanding allied health professionals, our dedication extends to advancing health knowledge and care practice through practice-oriented research, establishing new benchmarks for the industry. In line with this vision, the symposium aims to set path towards a future where all children can thrive, free from the burdens of mental illness or social adversity, through interdisciplinary collaboration. It seeks to provide insights and creative strategies for addressing the multifaceted aspects of children's and youth's health and well-being. We sincerely appreciate for all contributors in enriching our understanding of this critical field.

We hope that these proceedings serve as a catalyst for action as we set out on this journey of exploration and discovery, encouraging us to step up our efforts to protect the wellbeing, future prosperity, and health of the next generation.



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