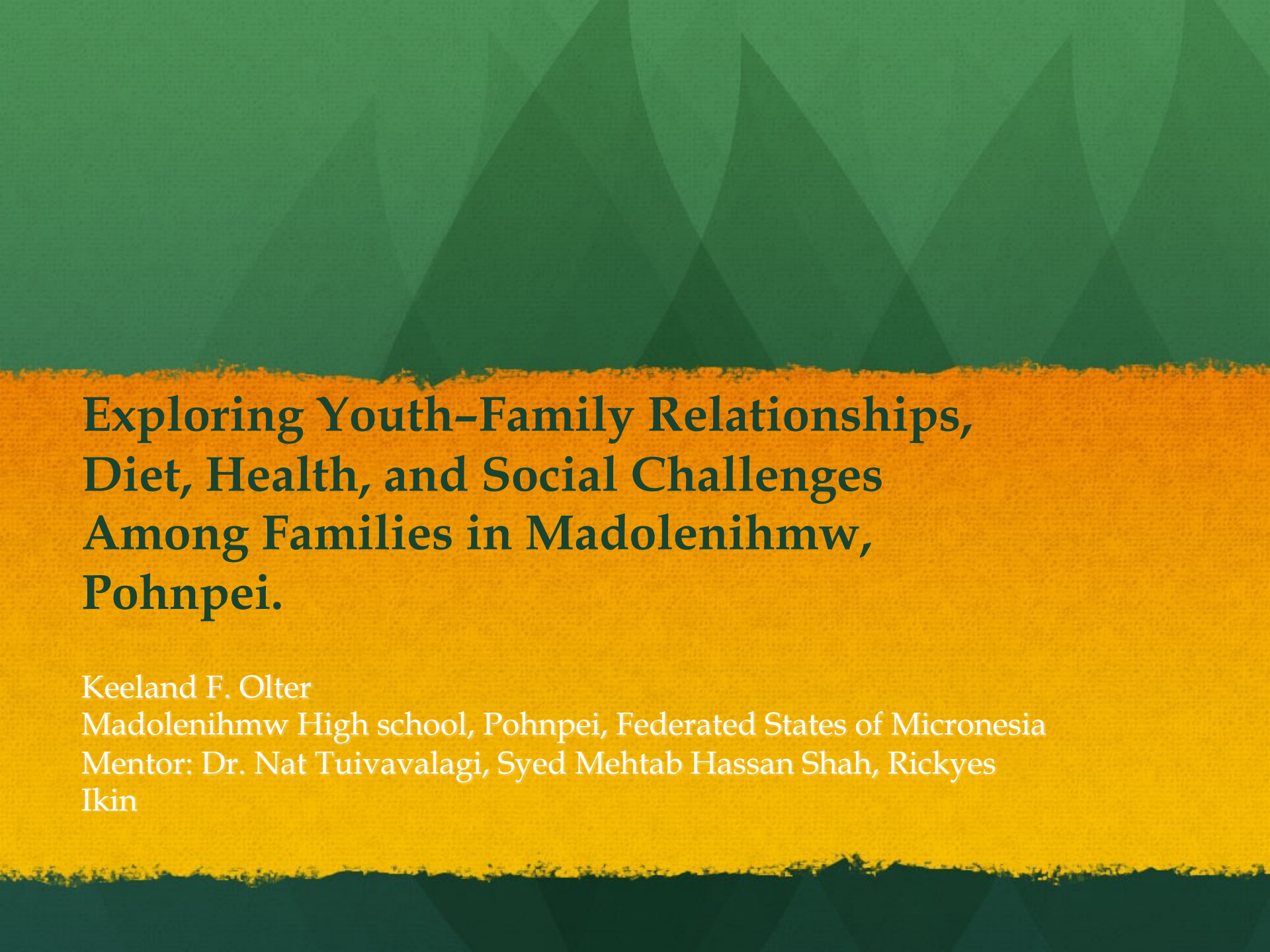




Exploring Youth–Family Relationships, Diet, Health, and Social Challenges Among Families in Madolenihmw, Pohnpei.

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Introduction

Youth-family relationships are associated with helping youth stay healthy and avoid many things such as;

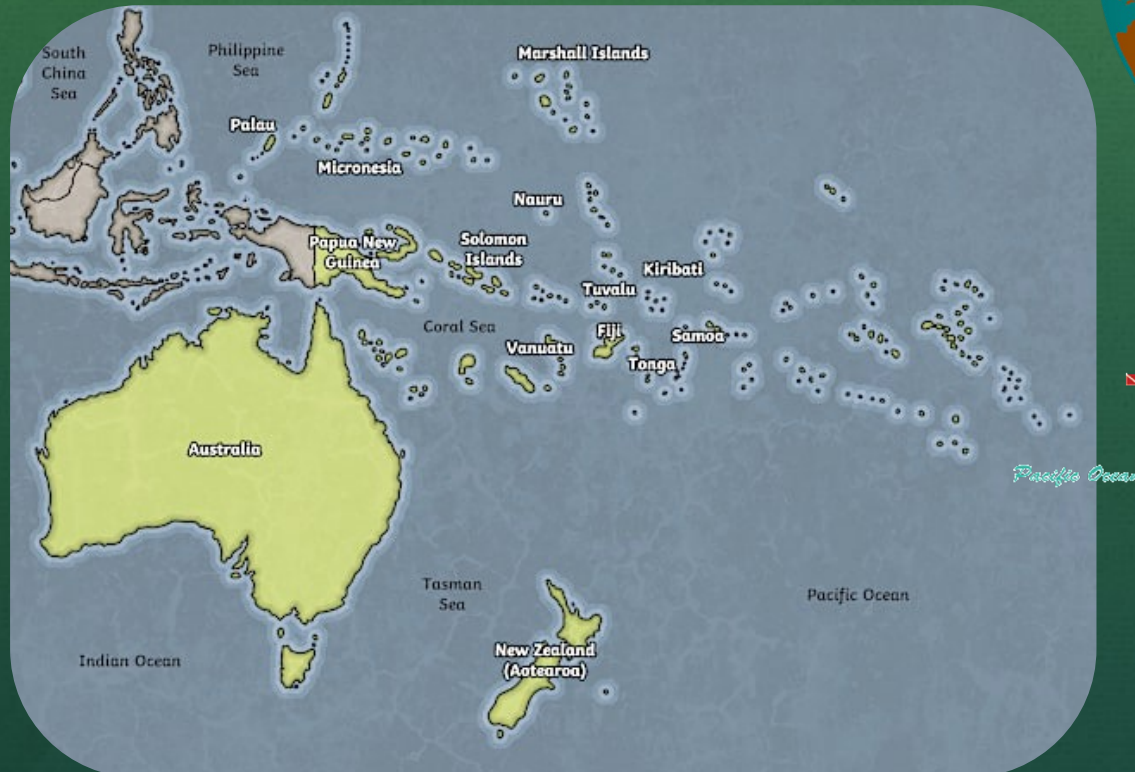
1. Substance use
2. Poor psychological and physical health
3. Risky sexual behaviors
4. Violent relationships
5. Unhealthy diet

Location of Pohnpei, FSM

- 4 Island States

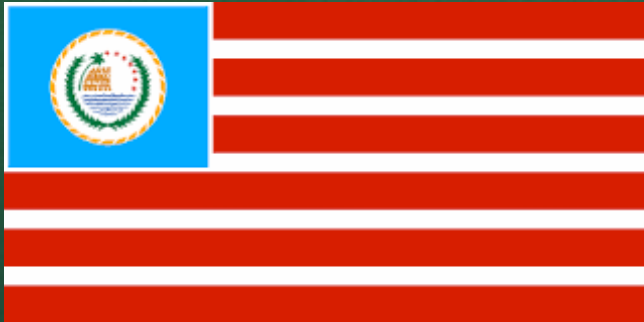
Yap, Kosrae, Chuuk, Pohnpei

- Capital: Pohnpei



SPECIFIC STUDY SITES

- Madolenihmw Municipality
- Village of Sapwalap



OBJECTIVES/HYPOTHESIS

Objectives:

Taking families responses across three communities into consideration, the main objective of this study is to determine:

- If stronger familial support correlates with improved health outcomes.
- If stronger familial support correlates with reduced social challenges of youth in Madolenihmw and other potential areas of interest.

Hypothesis:

I hypothesize that youth with stronger family relationships are more likely to maintain healthier diets, experience better emotional health, and encounter fewer social difficulties than those with weaker family bonds.

METHODS

- The data was gathered through detailed questionnaires that were employed in the field in the form of interviews with a total of 27 members in the local community of Madolenihmw, Sapwalap.

Respondents were asked a number of questions which were regarding local methods for sickness, food and overall health of interviewees and their family in the form of:

1. Multiple choice questions
2. Short answer questions
3. Agree or disagree questions



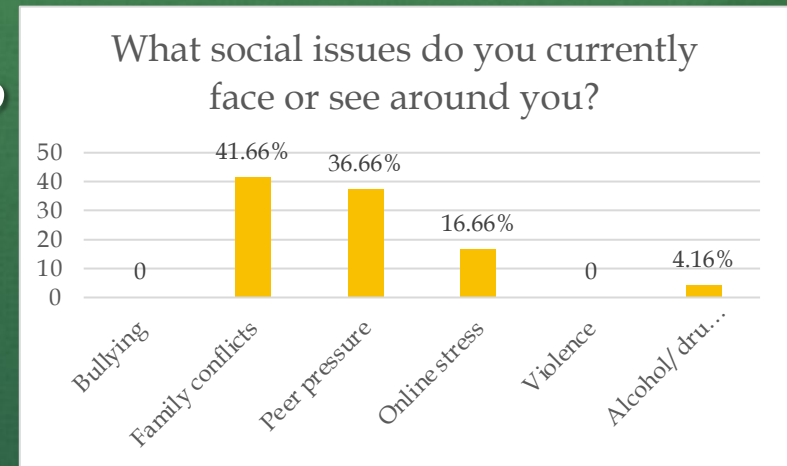
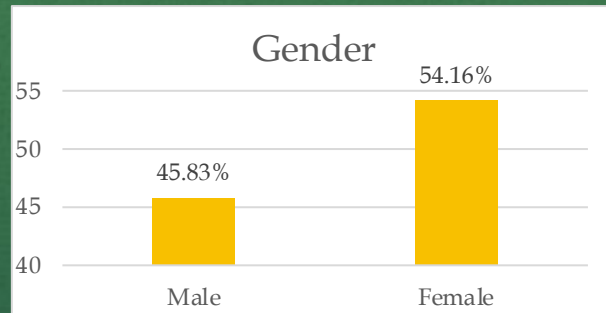
RESULTS

- Interviewees agreed that families in Madolenihmw were generally supportive and helpful and sought to assist the youth towards their overall health and well-being.
- Interviewees stated that their diet consisted of more junk food than local food and fruits/vegetables on a daily basis.
- Interviewees say there are a variety of methods to treat youth when they are sick or injured in any way.

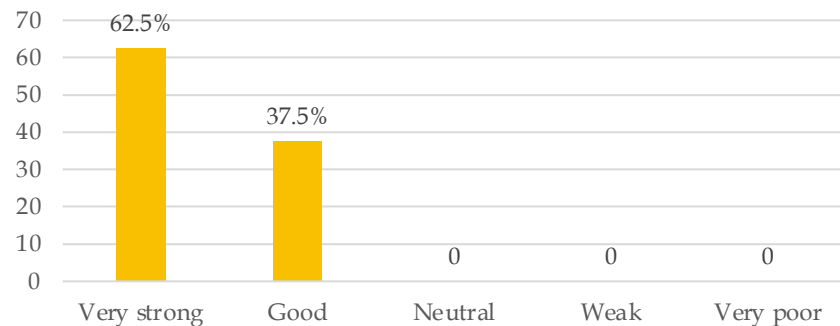
Results

(Graphs)

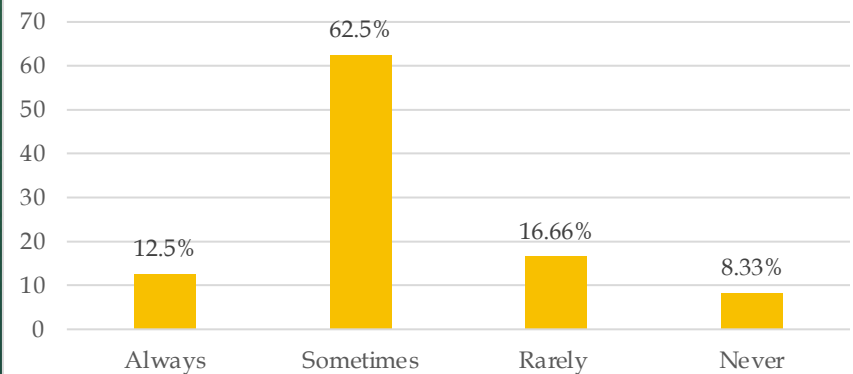
- Questions pertaining the interviewees and their relationship with family.



How would you describe your relationship with your parents/guardians?



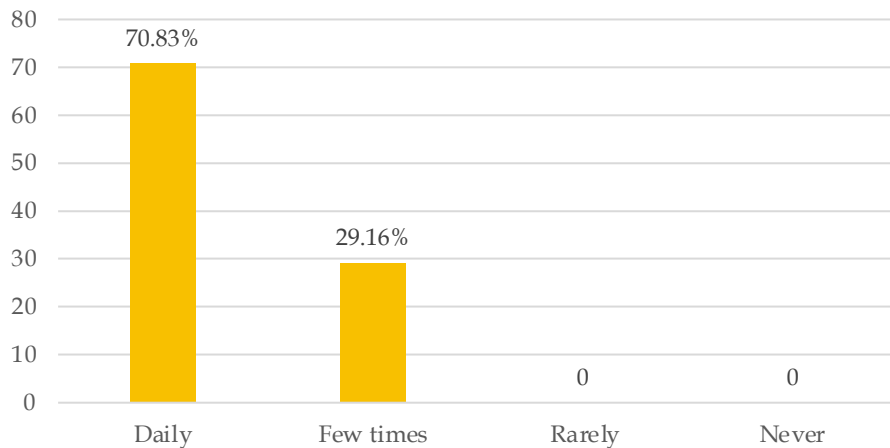
How often do you talk with your family about personal issues?



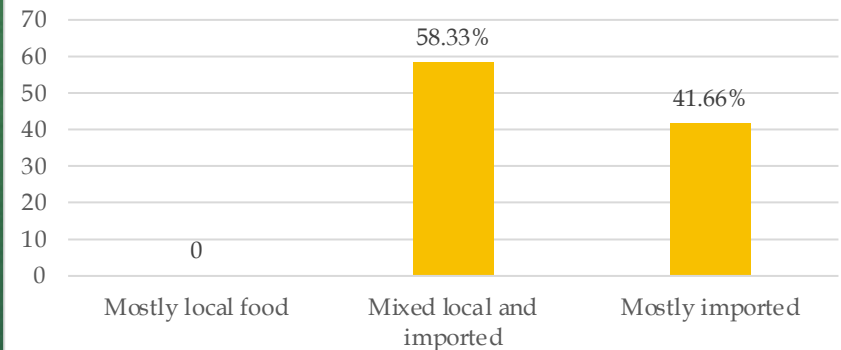
Results(cont.)

- Questions regarding Diet of Interviewee.
- Large percentage of interviewees have more junk food in their daily diet than healthy fruits and vegetables.

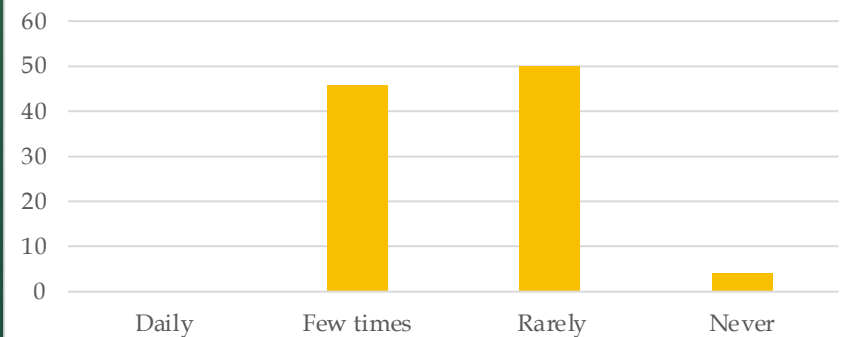
How often do you eat Junk food (Soda, chips, canned meats) in a week?



How would you describe your daily diet?



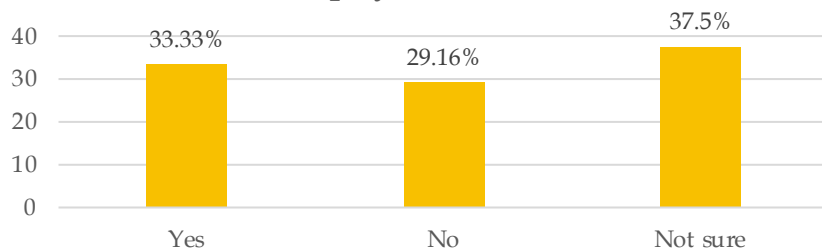
How often do you eat Fruits/ Vegetables in a week?



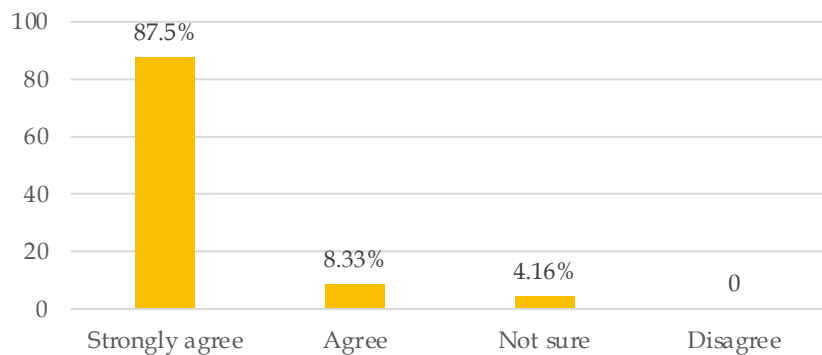
Results(cont.)

- Awareness questions

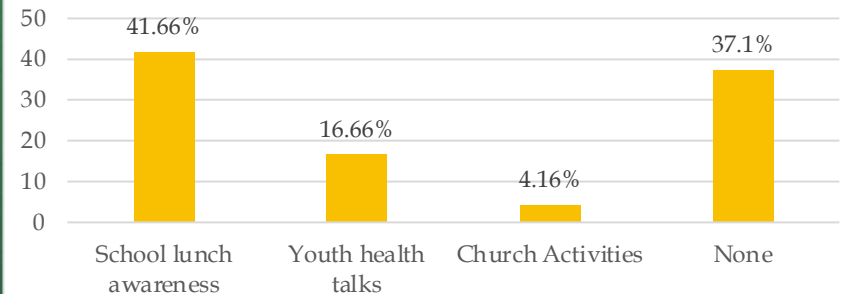
Do you think schools and churches are doing enough to support youth mental and physical health?



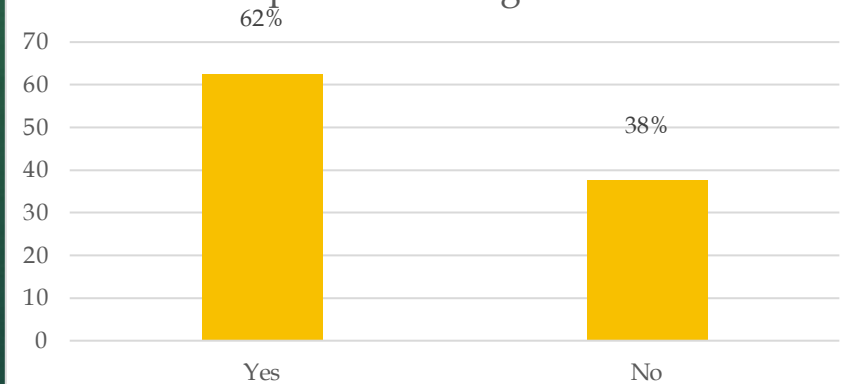
Do you think promoting local food can help youth stay healthy?



What types of health education or nutrition programs have you seen promoted in your school or community?



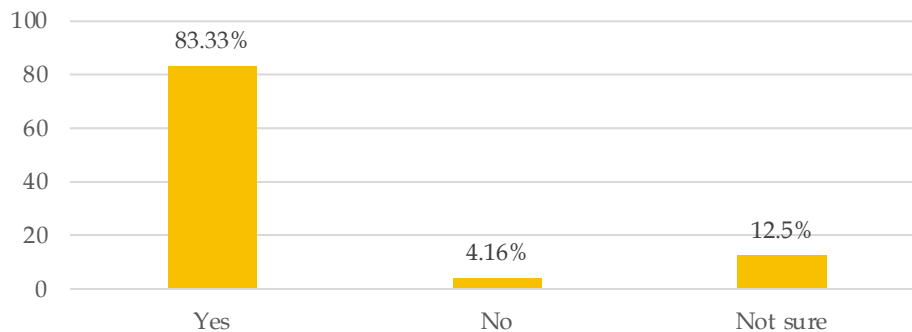
Have you seen or joined any programs that promote eating local food?



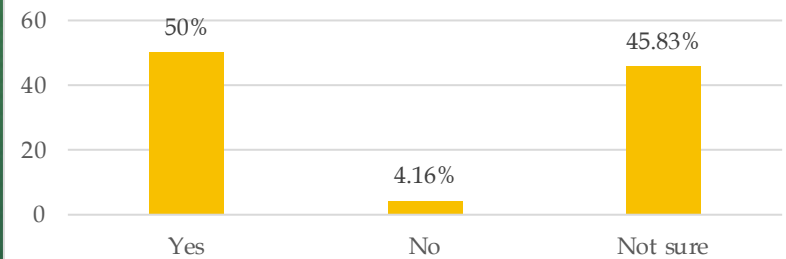
Results(cont.)

- Ways to help youth during sickness and overall health

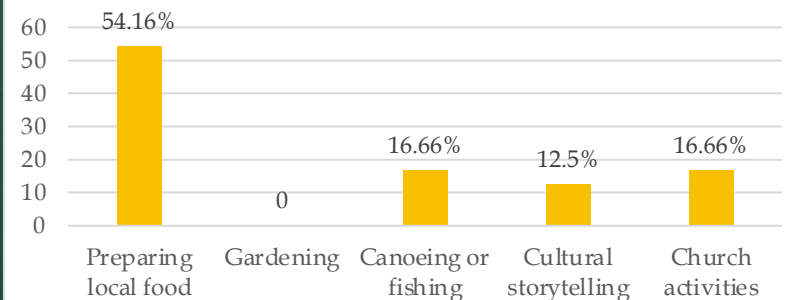
Are there any traditional ways (herbs, remedies, spiritual practices) used in your family or community to treat youth when they are sick or stressed?



Are there traditional values or customs in your family that help keep strong relationships between parents and children?



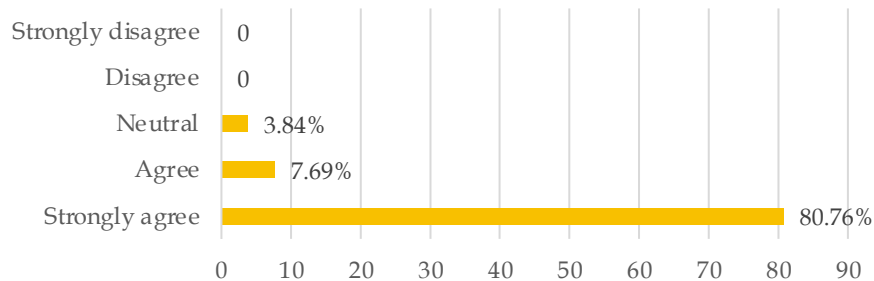
What traditional activities (e.g., cooking, farming, fishing, ceremonies) are used to keep youth connected to family and culture?



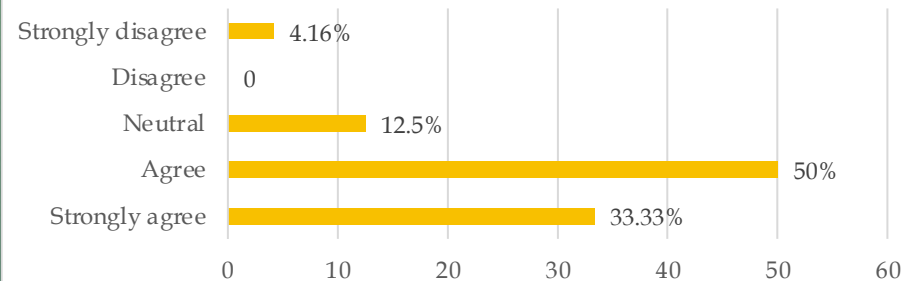
Results(cont.)

- AGREE/DISAGREE QUESTIONS

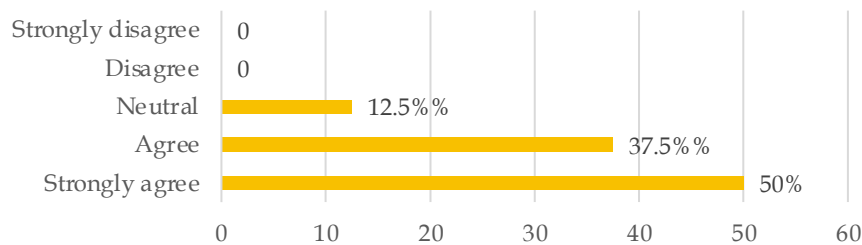
Families should do more to support youth development and health



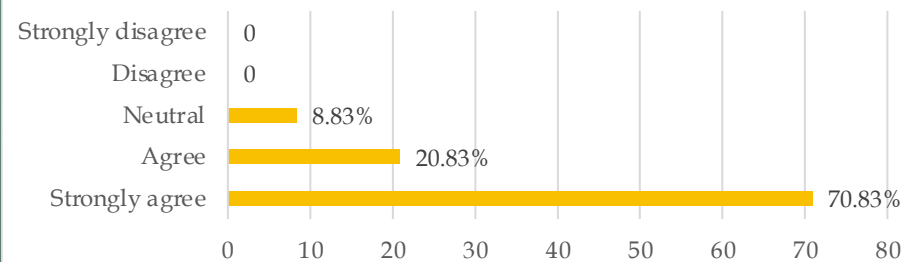
Consumption of imported, ultra-processed foods should be discouraged among youth.



Schools, churches, and communities should promote eating local foods among youth



I believe local remedies and spiritual practices are effective for healing and well-being



CONCLUSION

- The hypothesis is rejected.
- Although 90% of the interviewees answered “Good” or “Very strong” on how their relationship is with their parents/guardians, the graphs indicate that they still faced many social challenges and ate more junk food than fruits and vegetables on a daily basis.

FUTURE DIRECTIONS

We should:

- Have better enforcement of underage drinking, smoking, and drug use
- Advise or help parents/guardians to better teach and prepare their youth in general.
- Increase awareness on youth mental and physical health
- I intend to test my hypothesis in other municipalities as well as other potential areas of interest

References

- PIHOA: | *Pacific Island Health Officers' Association*. (2024). Pihoa.org. <https://www.pihoa.org/>
- *Youth Statistics: Family Structure and Relationships - ACT for Youth*. (2019). Actforyouth.org. <https://actforyouth.org/adolescence/demographics/family.cfm#14>



PIHOA

Acknowledgements

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