

Detroit Latinx Adolescents Depend on Relationships, Recreation, and Internal Homeostasis to Live their Healthiest Lives

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Abstract : Aims: This study sought to identify prevalent promotive factors supporting urban adolescent health and wellbeing, per adolescent and caregiver reports. Setting: The research team conducted online surveys with adolescent (n=520) and caregiver (n=73) respondents from a predominately Latinx urban high school. Methodology: A cross-sectional, qualitative study. Analysis: Inductive thematic analysis was used to analyze responses to open-ended questions. -Findings. Adolescent and caregiver respondents identified promotive factors (eight and six, respectively) that encourage adolescent health and wellbeing. Supportive relationships were the most frequently reported factor among adolescents (68%) and caregivers (55%). Implications: Health promotion interventions among adolescents should consider how to promote relationships to counteract negative social determinants of health (SDH) and promote optimal quality of life.

Keywords : Latinx adolescents, health and wellbeing, social determinants of health, school

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