

Lecture February 13, 1989
18/20

Address

By

C. Everett Koop, MD, ScD
Surgeon General
Of the
U.S. Public Health Service
U.S. Department of Health and Human Services

Presented to the Industrial College of the Armed Forces
Washington, DC
February 18, 1989

This lecture is included in the archive largely to make the user aware of the fact that there is such a thing as the Industrial College of the Armed Forces formerly called the War College, and that an address given to that College will have repercussions throughout the all of the Armed Forces and especially at the interface of the Armed Forces with the civilian population in the jobs that the military does so well relying on both uniformed and non-uniformed personnel to get the job done.

Such a lecture is also an opportunity that in an archive like this, referring to something like the Public Health Service, has to be repeated at least every year so that the user has an update on the situation in reference to health promotion, disease prevention, the surveillance of disease, the statistics of infectious disease, and the predictions for what might be due in the coming several years.

A tremendous amount of material is covered in this lecture and I will not attempt to summarize it here. This lecture is directed to the concerns we all have about the health of young people in our society.

Abusive drugs
AIDS
Advice to the military services
Assessing the health of young people
Basic guidelines to avoid HIV
Discouraging examples of the 1985 survey
Education in the promotion of health and prevention
of disease
Endurance
Fitness ethic in American society
General health of America's young people
Heart activity
High-risk behavior of young people

High-risk sexual behavior of young people
Lack of change in fitness surveys
Lack of coordination
Lung capacity
Muscle strength
Overweight
Physical, emotional and intellectual growth
processes
Physical fitness as an index of good health
President's Council of Fitness and Sports
Rejections rates of draftees and enlistees in World
War II
Role of the military in civilian fitness
Sexually transmitted disease
Specific diseases of young people
Survey of Physical Fitness—1985 (6-17)
Vaccine development and the health of young
people

President Eisenhower