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## Preface

Health issue is a practical problem for the youth around the world. The youth with good health status are not only the foundation but also the goal of economic social development. Nevertheless, there is a concept we must figure out that what health is. Health is the level of functional or metabolic efficiency of a living organism. In humans it is the ability of individuals or communities to adapt and self-manage when facing physical, mental or social challenges. The World Health Organization (WHO) defined health in its broader sense in its 1948 constitution as “a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.” This definition has been subject to controversy, in particular as lacking operational value and because of the problem created by use of the word “complete”. However it isn’t hard to found from the definition that the health condition of youth doesn’t only mean physical health, but also mental health, and the social adaptation ability is very important.

2015 Chinese Youth’s Health Forum--Physiology, Psychology and Education (CYHF 2015) will be held in Singapore in August 6-7, 2015 which aims at gathering experts, professors, and scholars from different universities, research institutes and enterprise and public institutions at home and abroad, to discuss how to enhance the physical and mental health of our successors, and cultivate based on the topic-body and health of youth. As expected, the CYHF 2015 committee received many contributes, and those with high quality were accepted finally and were published in the Proceedings of 2015 Chinese Youth’s Health Forum---Physiology, Psychology and Education. Through the academic papers in proceedings and the face-to-face communicate in meeting, sum up a variety of problems the youth will be faced with in the future, conclude the practically unhealthy status and phenomena, and explore the countermeasures of the sound health education to ensure the all-around development of the youth.

Although some achievements are obtained in this conference, it cannot be ignored that there still exists many deficiencies. For example, the thinking on Chinese youth’s health isn’t deep enough and some fields are not involved. For the further studies, more endeavors must be made in the coming period.