



Young people's health and wellbeing

Emma Rigby, Chief Executive,
Association for Young People's Health

About AYPH

- Bridges the world of **policy, practice and evidence** to promote better understanding of young people's health needs.
- Supports **young people's participation** in health and wellbeing
- Supports the development of youth friendly health services and **improved practice**
- Collate and disseminate **useful information** in reader-friendly formats for practitioner and policy audiences (Key Data on Adolescence)
- Work with our members to **share innovative examples** of work in the field (events, twitter, publications)

We are a membership organisation for individuals and organisations working in the young people's health field.

www.ayph.org.uk

Ten reasons to invest in young people's health

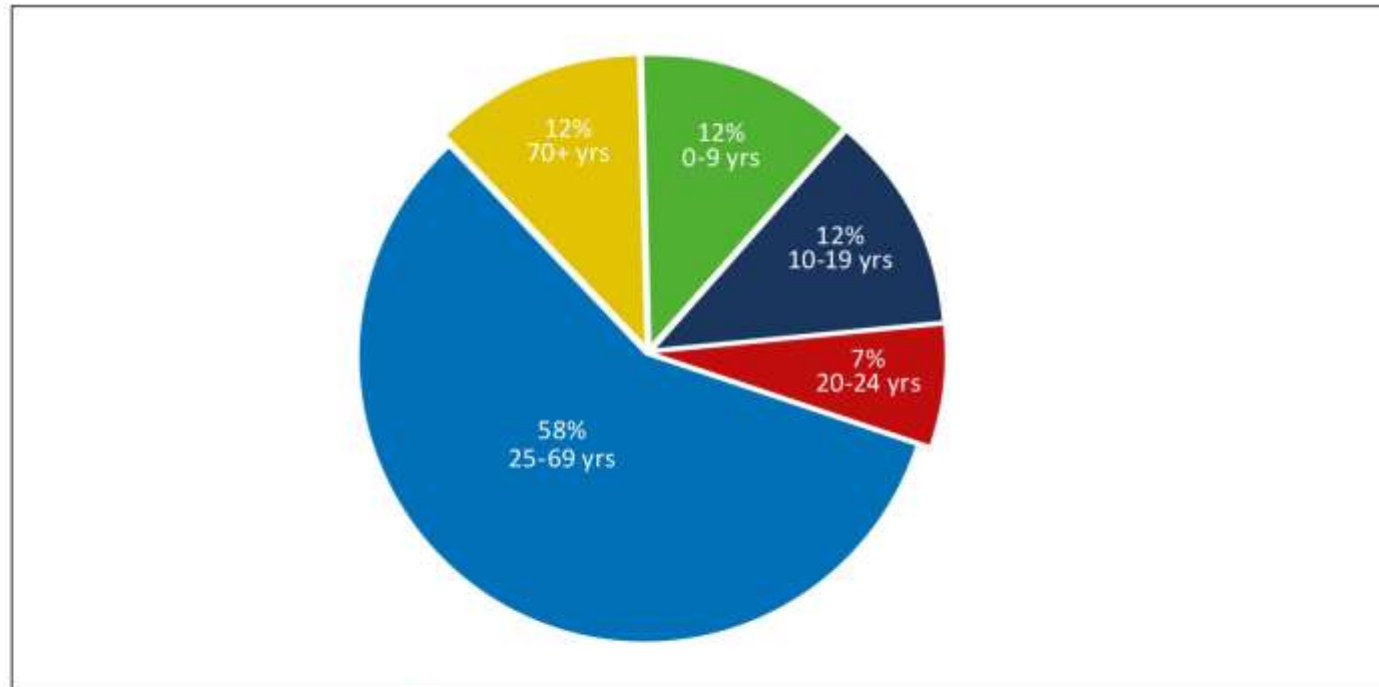
The UK has 11.7 million young people aged 10-24, making up 19% of the population. AYPH believes it is important to invest in their health, because:

- 1 **Adolescence is a critical time for health.**
The first signs of many serious longterm conditions emerge at this age. It is a time when risk-taking behaviours begin, including sexual activity, and when life-long health behaviours are set in place.
- 2 **Adolescent health is not improving enough.**
There have been fewer health improvements or reductions in mortality amongst adolescents compared to other age groups. Accidents and suicide are the leading cause of death in this age group and are both preventable.
- 3 **Young people are not getting the health services or information they require.** They are regular users of primary care, but the age group least satisfied with their consultations. They also get the shortest time with a GP. Services need to be designed and commissioned with young people involved from the outset.
- 4 **Good sexual health services and testing are critical.** In 2015, 1.5 million chlamydia tests were carried out in England among 15 to 24 year olds, with over 129,000 diagnoses. This is a reduction in overall testing and diagnoses from 2014. Heterosexual under-25s are still the age group most affected by sexually transmitted infections.
- 5 **Teenage pregnancy reduction must continue.** Under-18 conception rates for 2015 were the lowest ever recorded in England, at 20.8 per 1,000 females aged 15-17. This is a fall of 55% since 1998. Work must continue in all local areas to keep these rates down, or they will start to rise again.
- 6 **Ignoring chronic adolescent disease costs money.** Longterm conditions in the 10-24 age can lead to emergency hospital admissions. Young people with Type 1 diabetes are up to five times more likely to be admitted to hospital as their peers.
- 7 **Effects of poor healthcare in adolescence can last a lifetime.** One fifth of 11-15 year olds in the UK are obese. One third of 16-24 year olds smoke cigarettes regularly. These behaviours have longterm health impacts and costs to the NHS unless they are addressed.
- 8 **Investing in adolescent wellbeing has benefits beyond health.** 24% of 15 year olds in England have experimented with illegal drugs and 69% have consumed alcohol. These actions impact on antisocial behaviour and crime levels and can also result in accidents and A&E attendance.
- 9 **Mental health issues are diagnosed at this age.** Half of all psychiatric disorders start by age 14 and three quarters by age 24. Investment is needed in young people's mental health services which are over-stretched and have long waiting lists and high thresholds.
- 10 **Research has brought new insights.** We know more about the development of the teenage brain and the importance of sleep. New insights bring new challenges and new reasons to invest in different aspects of young people's health.

Why focus on young people's health?

<http://www.youngpeopleshealth.org.uk/wp-content/uploads/2017/04/Ten-reasons-to-invest-April-2017.pdf>

Chart 2.2
Proportion of
population by
age group
in the
UK, 2013



Source: Office for National Statistics/National Records of Scotland, 2011 census data
Annual Mid-Year Population Estimates for the UK, Office for National Statistics, 2014

Key Data on Adolescence - 2015 edition on our
website, 2017 edition due this autumn.

<http://www.youngpeopleshealth.org.uk/key-data-on-adolescence>

“...the transition to adulthood is a window of opportunity for changing the life course”
Masten et al, 2004

“...disadvantaged teenagers are three times more likely to endure mental ill health”
Reiss, 2013

“It becomes a cycle, where the patient doesn't have their needs met, chooses not to seek help again, but the situation becomes worse and therefore the general outcomes aren't that great.”
Young Person 2017

“The professionals went in with an open mind, with the willingness to learn and understand and that's why it worked, that's why it was meaningful”
Young Person 2016

Young people's health
where are we up to?

ayph | Association for
Young People's Health



Update 2017

Current areas of focus for AYPH

Young People's Health 2017 – where are we up to?

Launched 28th March 2017 at APPG young people's health

- Many trends in health behaviours and health outcomes for young people are going in a positive direction, but there are also some worrying indicators
- We are particularly concerned about the implications of new substance use behaviours, relatively high rates of sexually transmitted infections, the lack of a reduction in obesity and warning signs that mental health problems may be increasing.

Young People's Health 2017 – where are we up to?

Launched 28th March 2017

- Although it is important to raise the profile of particular health conditions we need more effort on some cross cutting themes
- Overlap between physical and mental health, promoting young people's health in outcomes frameworks, ensuring the most vulnerable young people have equal access to services

WHICH YOUNG PEOPLE NEED EXTRA HELP TO REACH

It's surprisingly more than you think

GOOD
HEALTH

"Very often there's no help available until the problem has become totally unmanageable."

"Just because I don't understand the long words doesn't mean I don't have a view."

"A young person doesn't want to feel like a victim - reassure them that they're not the only one."

"I quite often go in with my mother when she goes to the doctor, but they still don't recognise the fact that I'm a young carer."

"In care I had 17 different GPs in a year!"

"Young obese people need support - don't tell us just to lose weight."

"Sometimes doctors are dismissive and we don't feel listened to."

41%
OF YOUNG OFFENDERS
HAVE EXPERIENCED
CHILDHOOD BEHAVIOUR
PROBLEMS

700,000
YOUNG CARERS
IN THE UK

93,000
LOOKED AFTER CHILDREN
& YOUNG PEOPLE IN THE UK

83,000
HOMELESS YOUNG
PEOPLE IN THE UK

1 IN 20
YOUNG PEOPLE
HAVE BEEN
SEXUALLY ABUSED

80,000
YOUNG PEOPLE SUFFER
FROM SEVERE DEPRESSION

1 IN 7
11-15s HAVE SPECIAL
EDUCATION NEEDS

20%
10-24s ARE FROM
AN ETHNIC MINORITY

1/2 OF TRANSGENDER
YOUNG PEOPLE HAVE
ATTEMPTED SUICIDE

13%
UNDER 19s LIVE
IN DEPRIVATION

Which young people need extra help to reach good health?

www.ayph.org.uk/reaching-marginalised-young-people

Also see www.rcpch.ac.uk/state-of-child-health for more information on health inequalities

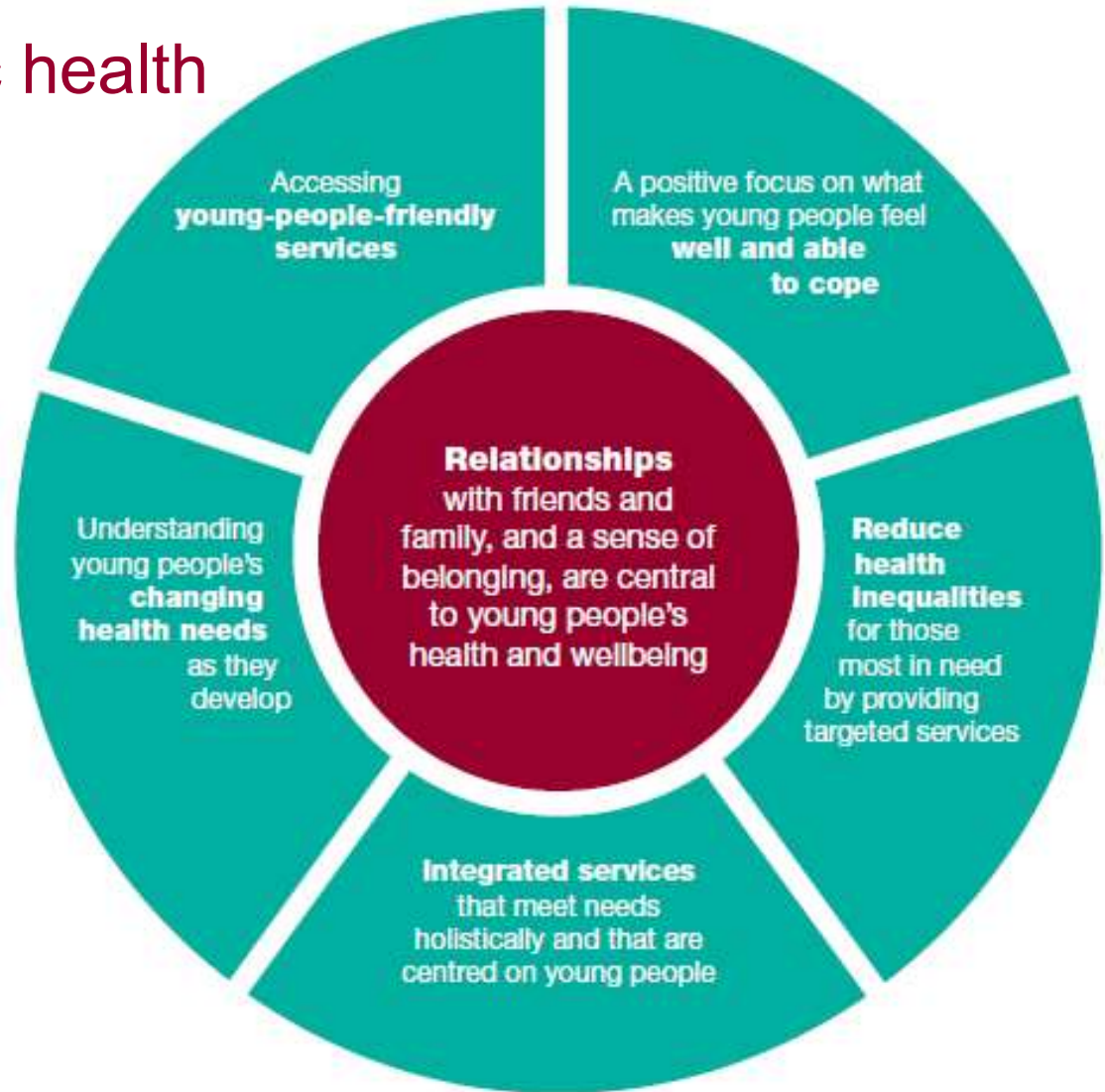


Supporting
improved
practice with
young people at
the heart of
what we do

Improving young people's health and wellbeing

A framework for public health

Importance of an holistic approach



YOU'RE WELCOME PILOT 2017

All young people are entitled to receive appropriate health care wherever they access it. The You're Welcome quality criteria for making health services young people friendly lay out principles that will help health services – community and primary care, secondary care and wider health services – to 'get it right' for young people.

BACKGROUND

www.ayph.org.uk/yourewelcome





Questions about your health? Download NHS Go

Young people have been saying they need quicker, easier access to reliable information.

NHS Go is the new way to get 24/7 instant access to information that can help you take control of your health.

It's easy to use, fast, reliable, and has accurate and up to date information about health issues.

The app is anonymous, confidential and can be downloaded for iOS and Android. It's also available online.



NHS Go is brought to you by Healthy London Partnership.
It is free to download on iOS and Android.

www.NHSGo.uk #NHSGo @HealthyLDN

<http://www.nhsgo.uk/>

Toolkits

- [A public health approach to promoting resilience](#)
- [GP Champions for youth health – toolkit for primary care](#)
- Developmentally appropriate healthcare toolkit (Oct 2017)

Some examples
of recent work

Briefings

- [An overview of research in student health](#)
- [The role of parents in supporting young people with mental health problems](#)

Ongoing work

- Group diabetes clinics for young adults – TOGETHER
- [Young people's mental health and wellbeing following abuse in adolescence – Learning from the experts](#)
- [Testing the teen health check in primary care](#)



Young People's Health Partnership

YPHP Focus Week

This week the YPHP will be highlighting the importance of young people's health and wellbeing. Sharing young people and professional views and highlighting good practice.

[Learn More](#)



Young People's Participation

AYPH is committed to increasing young people's voice and involvement in decisions that affect their health. We give young people a platform to have their views and opinions heard and acted on.

[Learn More](#)



Improving Practice

AYPH works with professionals, young people and their families to improve practice in young people's health. We provide information, support innovation, pilot new ways of working and bring people together to share expertise.

[Learn More](#)

<http://www.youngpeopleshealth.org.uk/membership>

<http://www.youngpeopleshealth.org.uk/resources>



We continue to need a strong voice for young people's health to ensure that adequate resources go to this critical life stage.

emma@youngpeopleshealth.org.uk

www.ayph.org.uk/yphp

follow us on Twitter

@AYPHcharity