

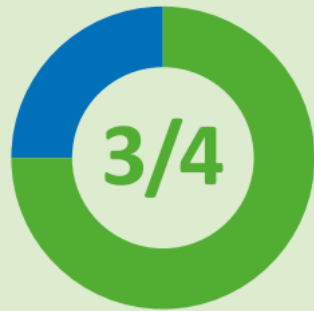
# **Young People's Health**

## **Everyone's responsibility**

**Emma Rigby**

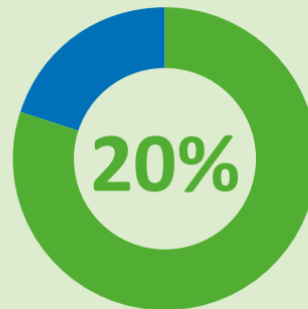
*Chief Executive, Association for Young People's Health*

- 11.7 million young people aged 10-24 in the UK – 1 in 5 of the population
- More than 20% is from an ethnic minority
- Adolescence is generally a healthy life stage but young people do die (2,349 in 2014), often from preventable causes
- Nearly 2 million young people aged 10-19 live in the most deprived areas of England



3/4 OF MENTAL  
HEALTH PROBLEMS  
START BEFORE THE  
EARLY 20's

Source: Kessler et al, 2014



20% OF GIRLS AGED 11-13  
SHOW SYMPTOMS OF  
EMOTIONAL PROBLEMS

Source: Fink et al, 2015

“...the transition to adulthood is a window of opportunity for changing the life course”

*Masten et al, 2004*

- Young people
- Parents, carers and families
- Clinicians
- Local Authorities
- Public health workforce
- Voluntary and community sector
- Commissioners
- Schools & teachers
- Social workers
- Youth workers

## How does AYPH do this?

- Strategic partners programme
- Key Data on Adolescence
- GP Champions for youth health
- Health literacy toolkit for school nurses
- Parents of young people with mental health problems
- NHS Digital Strategy
- Youth friendly care - You're Welcome

- Reminding people of the **numbers of young people** in our communities and the **health issues they face**.
- Engaging in **current priorities and developments** to ensure that young people's health is a distinct priority
- Continuing to strive to **work more effectively together** across professional and other boundaries
- Making sure **young people's views and experience** are at the heart of our work and that we support all the young people we work with to share their views and understand their rights.

“Very often there’s no help available until the problem has become totally unmanageable. There isn’t help for me to be able to manage things myself and stop health crises.”

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