

## Ten reasons for investing in young people's health

### References

#### 1 Adolescence is a critical time for health.

- An overview of the patterns of risk-taking, sexual behaviour and adolescent health behaviours is provided in Coleman J (2011) *The Nature of Adolescence* (Routledge), particularly in chapters 6, 7, and 10.
- Data on these topics are provided in Hagell, Coleman and Brooks (2015) *Key Data on Adolescence* (AYPH), particularly in [chapter 4](#) (health behaviour and lifestyle) and [chapter 5](#) (sexual health)
- Diabetes UK (2016) Facts and Stats  
[https://www.diabetes.org.uk/Documents/Position%20statements/DiabetesUK\\_Facts\\_Stats\\_Oct16.pdf](https://www.diabetes.org.uk/Documents/Position%20statements/DiabetesUK_Facts_Stats_Oct16.pdf). Peak period for diagnosis 9 to 14 years.
- Kessler et al (2005) Lifetime prevalence and age of onset of DSM-IV disorders in the National Comorbidity Survey Replication. *Arch Gen Psychiatry*, 62, 593-602  
<https://www.ncbi.nlm.nih.gov/pubmed/15939837> Peak age for onset of mental disorders at 14 years.

#### 2 Adolescent health is not improving enough.

- Viner R and Barker M (2005) [Young people's health: the need for action](#), *British Medical Journal*, 330, p901-903, which includes data on age specific mortality in England and Wales, 1960-2000.
- The [Lancet Commission](#) on adolescent health and wellbeing
- Viner RM, Coffey C, Mathers C et al (2011) [50 year mortality trends in children and young people](#): a study of 50 low-income, middle-income and high-income countries. *Lancet*, 377, 1162-74
- Office for National Statistics (2015) Death registrations summary tables – England and Wales  
<https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/deaths/datasets/deathregistrationssummarytablesenglandandwalesreferencetables>

#### 3 Young people are not getting the health services or information they require.

- La Valle I and Payne L (2012) [Listening to children's views on health provision](#). London: National Children's Bureau
- Hargreaves D and Viner R (2011) [Children's and young people's experience of the National Health Service in England](#): a review of national surveys 2001-2011. *Archives of Disease in Childhood*. (Online first: doi:10.1136/archdischild-2011-300603)
- Hargreaves D Greaves F, Levay C, Mitchell I, Koch U, Esch T et al (2015) [Comparison of health care experience and access between young and older adults in 11 high-income countries](#). *J Adolesc Health*, 57(4) 413-20

#### 4 Good sexual health services and testing are critical.

- Public Health England (2016) *Sexually transmitted infections and chlamydia screening in England 2015*. Health Protection Report Vol 10, 8 July 2016. Downloadable from  
[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/559993/hpr2216\\_stis\\_CRRCTD4.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/559993/hpr2216_stis_CRRCTD4.pdf)

- The Public Health Outcomes Framework (*Healthy lives, healthy people: Improving outcomes and supporting transparency*) is published by the Department of Health and is downloadable from [http://www.dh.gov.uk/prod\\_consum\\_dh/groups/dh\\_digitalassets/@dh/@en/documents/digitalasset/dh\\_132559.pdf](http://www.dh.gov.uk/prod_consum_dh/groups/dh_digitalassets/@dh/@en/documents/digitalasset/dh_132559.pdf). Appendix A summarises the outcomes, including Chlamydia diagnoses in 15-24 year olds.

## 5 Teenage pregnancy reduction must continue.

- Teenage Pregnancy Knowledge Exchange, [data pages](#)
- Office for National Statistics, [Statistical Bulletin: Conceptions in England and Wales: 2014](#).

## 6 Ignoring chronic adolescent disease costs money.

- See AYPH's *Key Data on Adolescence 2015*, [Chapter 7](#) (physical health, longterm conditions and disability), particularly Charts 7.2, 7.3 and 7.4 on hospital admissions for asthma, diabetes and epilepsy
- Sayers A, Thayer D, Harvey J, Iuzio S, Atkinson M, French R, Warner J, Dayan C, Wong S and Gregory J (2015) [Evidence for a persistent, major excess in all cause admissions to hospital in children with type-1 diabetes: results from a large Welsh national matched community cohort study](#). *BMJ Open* ;5:e005644. doi: 10.1136/bmjopen-2014-005644

## 7 Effects of poor health care in adolescence can last a lifetime.

- Health and Social Care Information Centre (2016) [Statistics on obesity, physical activity and diet: England, 2016](#)
- Hargreaves D, Elliot M, Viner R, Richmond T, Schuster M (2015) [Unmet health care needs in US adolescents and adult health outcomes](#). *Pediatrics* 136(3) 513-20

## 8 Investing in adolescent health has benefits beyond health

- Fuller E (2015) [Smoking, drinking and drug use among young people in England in 2015](#). London: NHS Information Centre, provides the data on use of drugs and alcohol.
- Alcohol Education Trust 2016, [Facts and figures - overview](#)

## 9 Mental health issues are diagnosed at this age

- Kessler R, Berglund P, Demler O, Jin R, Merikangas K, Walters E (2005) [Lifetime prevalence and age-of-onset distributions of DSM-IV disorders in the National Comorbidity Survey Replication](#). *Arch Gen Psychiatry*, 62, 593-602
- Kim-Cohen J, Caspi A, Moffitt T, Harrington H, Milne B, Poulton R (2003) [Prior juvenile diagnoses in adults with mental disorder: developmental follow-back of a prospective-longitudinal cohort](#). *Arch Gen Psychiatry* 60, 709-17
- Firth E (2016) [CentreForum Commission on Children and Young People's Mental Health: State of the Nation](#). London: CentreForum. Information on the CAMHS treatment gap

## 10 Important new research has brought new insights.

- Blakemore S-J and Choudhury S (2006) [Development of the adolescent brain: implications for executive function and social cognition](#). *Journal of Child Psychology and Psychiatry*, 47, 296-312
- Brand S and Kirov R (2011) [Sleep and its importance in adolescence and in common adolescent somatic and psychiatric conditions](#). *Int J Gen Med*, 4, 425-442