

KEY DATA
ON YOUNG PEOPLE
2017

Latest information and statistics



Recommendations for action

October 2017

Key Data on Young People 2017: **Recommendations for action**

Key Data on Young People 2017 is a unique, comprehensive data review of the state of young people's health. On the basis of the evidence, the Association for Young People's Health recommends the following actions:

1 Make targeted health promotion and early intervention for young people a priority

The health of young people is not improving at the same rate as that of younger children. Emphasis on securing the 'best start in life' is often thought to mean younger children but is also critical for young people aged 10-24, as this is the age when life long behaviours are set, having a huge impact on their future health.

- ***Ensure specifically targeted health promotion and protection campaigns***, that consider young people as a distinct group and offer age appropriate messages on topics such as physical activity, healthy eating and obesity
- ***Support secondary, further and higher education settings to improve health promotion for this age group.*** As expectations rise for these institutions, we need more debate on how to resource these improvements
- ***Support high quality statutory Personal, Social, Health and Economic (PSHE) education as a priority***, with content specific to this age group, including development of health literacy



On average, teenagers consume 8 times the recommended daily sugar allowance

2 Promote more youth friendly health services

Despite young people being regular users of health services, they are not satisfied with the health services or information they are given, and their accounts are often less positive than those of other age groups.

- **Rely more on co-producing services with young people**, so that their perspectives are included at all stages of design
- **Embed expertise on youth health**, by ensuring all commissioning groups have a representative with expertise in young people's health
- **Invest in voluntary sector provision** to provide services alongside other health providers, helping to improve access to services for this age group
- **Incentivise investment in young people's health** through public health, NHS and primary care quality outcomes frameworks

Half of year 10 pupils (aged 14-15)
report that they have visited the
GP in the last three months
(48% boys, 54% girls)



3 Address health inequalities in young people

Illness associated with health inequalities costs billions in lost productivity and health service costs. Although health inequalities exist throughout the life span, age 10-24 is a critical period in the intergenerational transmission of inequality and offers a unique opportunity to correct inequalities before they are set in stone.

26%
of young people
aged 11-19 live in
households with the
lowest incomes



- ***Increase awareness*** among policy makers and health care professionals about particular groups of young people who need extra help to reach good health
- ***Monitor the effects of new policies*** to ensure there are no unintended negative impacts on young people's health inequalities
- ***Improve understanding about the role of the voluntary sector*** in prevention and community based support for young people with mental health problems
- ***Improve access to services to ensure equality of access***, emphasising this just as much as the importance of individual behaviour change

4 Introduce new measures to reduce the number of young people's deaths

Reducing premature and preventable deaths is the prime objective of any health service. Road traffic accidents are the most common cause of death and serious injury in young people aged 10-24, and suicide is a particular issue for young men.

- **Consider introducing more 20mph zones**, with priority given to deprived areas, where young people are at greatest risk
- **Assess the evidence on measures to reduce driving injuries**, potentially including graduated driving licencing and restrictions on motorbikes above 50cc for this age group
- **Evaluate what type of suicide prevention interventions may be particularly suitable for young men** and ensure suicide prevention programmes are planned specifically with them in mind

External causes of mortality
(injuries and intentional self-harm)
are the **most common cause of death** in those aged 10-24

2,477
young people
aged 10-24
died in 2015

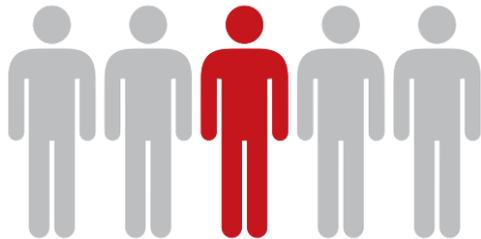


5 Collect and present data and research on young people's health specific to the 10-24 age group

Young people between the ages of 10-24 have different patterns of need from younger children or older adults. However data on young people are often bundled up with other age groups, potentially obscuring important issues unique to their stage of development. Age specific health data can support more informed commissioning.

- ***Encourage the collection of high quality, robust, national data*** that shed light on the experiences and outcomes for this age group, distinct from those under 10 or over 24
- ***Support the development of more representative survey data*** on a broad range of health issues faced by young people
- ***Promote more high quality research that reflect social change for this age group***, including the impact of social media on young peoples' mental and physical health outcomes

**One in five of
the population
is aged 10-24**



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