

HIGHLIGHTS: KEY DATA ON YOUNG PEOPLE 2019

Latest information and statistics



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Funded by



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Health
Foundation

For more information, graphs and data...

This booklet represents highlights from *Key Data on Young People 2019*, a compilation of data about young people's health.

To access the full, free online interactive PDF go to www.ayph.org.uk/key-data-on-young-people

The online version contains a much wider range of data, full references, and hyperlinks to allow you to access original sources and extra information including the data behind each chart.

The full version of *Key Data on Young People 2019* was produced with the support of the Health Foundation www.health.org.uk

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Reasons to invest in the health of 10-24 year olds

Good health for young people is central to their wellbeing, and forms the bedrock for good health in later life. There are a number of critical reasons for investing in young people's health including:

- The first signs of many serious longterm conditions emerge at this age, including three quarters of lifetime mental health disorders
- Adolescence is a time when risk taking behaviours begin and life-long health behaviours are set in place
- Young people's health is not improving enough compared to other age groups
- Young people are not getting the health services or information they require, and their accounts are often less positive than those of other age groups
- Health inequalities are widespread by the time of transition to adulthood, and some are widening
- Positive trends in young people's health behaviour, such as falls in teenage pregnancy, must be supported in order to continue
- Ignoring chronic adolescent disease costs money, and investing in adolescent wellbeing has benefits beyond just health outcomes
- Effects of poor healthcare in adolescence can last a lifetime
- Investment in adolescence maintains and reinforces successful health interventions delivered in early childhood

Visit <http://www.youngpeopleshealth.org.uk/our-work/research-evidence/why-invest-in-young-peoples-health> for a fuller version and supporting references

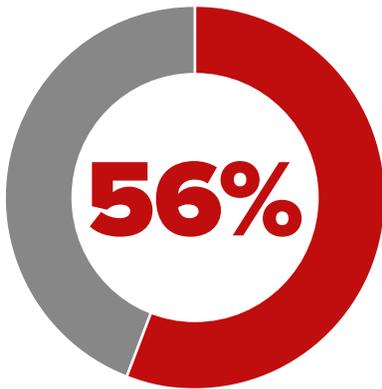
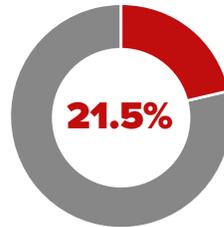
Population and overall health

Young people form a significant proportion of the UK's population. Their health is generally good and relatively few people die between the ages of 10-24, but deaths can be due to potentially preventable causes.

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



11.6m young people in the UK between 10 and 24



of deaths to 10-24 year olds are due to external (potentially preventable) causes



Young people in the UK lose more years to death and ill health than in some other high income countries



The most common causes of death for young people 10-24 are...

ACCIDENTS

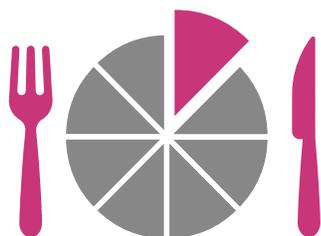
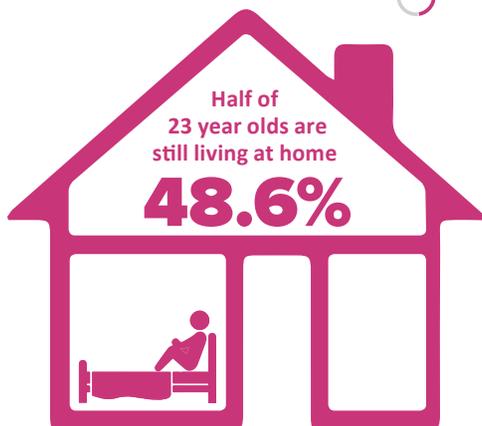
SELF-HARM

CANCER

Living circumstances, education and employment

The UK's young people between the ages of 10 and 24 experience a range of different living circumstances and economic challenges.

71%
of 10-19 year olds live with
married or cohabiting parents



One in 8
secondary school children
have free school meals

44.6

The average GCSE
'Attainment 8' Score
for pupils in England
in 2017



In England two thirds of pupils
achieved grade 4(C) or above in
GCSE English and Maths 2016/17

Between
2013/14 and
2016/17,
secondary
school
exclusions in
England
increased by

64%



The official
unemployment rate
for young people
aged 18-24 in the UK
has been decreasing
since 2012



The majority
of 16-24 year olds
are working



After age 18,
approximately one
third of the age
group now progress
to higher education



36% of people
on zero hours
contracts are
aged 16-24

Health behaviours

Promoting healthy behaviours is very important in adolescence and early adulthood. This is a time when life-long health behaviours are set in place.



By age 14-16, **ONLY 16% OF BOYS AND 10% OF GIRLS** meet the daily recommendations for physical exercise

In 2017 a quarter of 11-15 year olds in England were obese (23% male, 24% female)



Nearly all 16-24 year olds in the UK own a smartphone



1 in 5

young adults aged 16-24 are current smokers



Surveys consistently show physical activity declining across adolescence and lower levels of activity particularly for young women



14% of young people age 11-16 say they have spent their own money on gambling in the last week



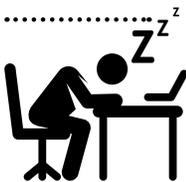
Among 16-24 year olds, **one in five** say they have used an illegal drug in the past year



In England in 2016 **66%** of young people aged 11-15 said they had never drunk alcohol



A QUARTER (23%) of 15 year olds who admitted drinking reported being drunk in the last four weeks



31%

of 14-15 year old females say they don't get enough sleep to stay alert and concentrate.

The proportion of 14 year olds sleeping for less than 8 hours a night doubled between 2005 and 2015



Sexual health and identity

Developing a sense of sexual identity is a key task for the transition to adulthood. Staying safe, healthy and happy through the process is important.

Average age of first heterosexual intercourse is **16 years**



502

young people aged 15-24 in the UK were diagnosed with HIV in 2017, down by **40%** since 2007

6.9%

of young people aged 16-24 say they have been pressurised into sex

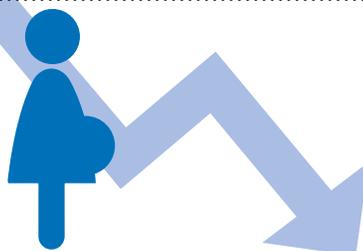
Average age for child sexual exploitation concerns to be identified is **15-17**

4.2% of young people aged 16-24 identify as gay, lesbian or bisexual

In England, Wales and Scotland the under 18 conception rate has continued to fall since the 1990s



In 2017, the rate of under 18 pregnancies in England and Wales was the lowest since 1969, at 17.9 per 1,000 young women



The number of live births to teenagers in Northern Ireland has fallen from **2,107 in 1984 to 692 in 2017**



In 2015 the UK birth rate among women aged 15-19 was the third highest among economically similar countries



More than 1 in 5 pregnant young women under the age of 25 reported being a smoker at their booking appointment



11%

of young pregnant women under 18 are **underweight** at their booking appointment



25%

of young women aged 18-24 are **overweight or obese** in early pregnancy

Physical health, longterm conditions and disability

Although the years 10-24 tend to be a time of good physical health, many young people will experience short term health issues or have longterm chronic conditions or some kind of disability.



1 IN 4 (23%)
of 11-15 year olds
report that they have
a longterm illness
or disability

The leading causes of
disability in young people
in the UK are...

**SOCIAL/
BEHAVIOURAL**

**LEARNING
DIFFICULTIES**

**STAMINA/
BREATHING/
FATIGUE**

**MENTAL
HEALTH**



On average, **10%** of
young people age **10-24**
have a disability that
affects their ability to do
normal daily activities

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Those aged 16-20
are the group most
likely to be diagnosed
with asthma

**APPROXIMATELY 36,000
CHILDREN AND YOUNG
PEOPLE UNDER 19 HAVE
DIABETES IN THE UK**

**PEAK AGE FOR DIAGNOSIS
OF TYPE 1 DIABETES
IS BETWEEN 9 AND 14**

36,000

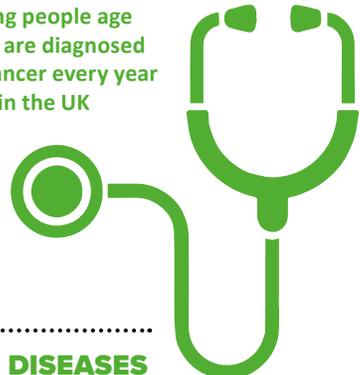


Approximately
34,000
young people under
18 have a diagnosis of
epilepsy and are taking
antiepileptic drugs in
England



**OVER A
QUARTER**
of children and young
people with Type 1
diabetes need additional
psychological support

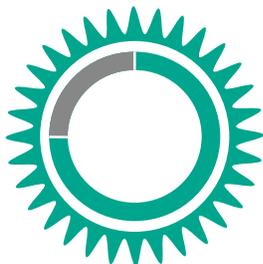
Approximately **2,400**
young people age
15-24 are diagnosed
with cancer every year
in the UK



**THREE QUARTERS OF RARE DISEASES
HAVE THEIR ONSET IN CHILDHOOD**

Wellbeing and mental health

Significant proportions of young people experience mental health problems at some time between 10 and 24. Most psychiatric disorders start before age 24.



On average, three quarters of young people age 13-15 rate their life satisfaction as **'HIGH' OR 'VERY HIGH'**

One third of young people aged 16-25 report their wellbeing as **'VERY HIGH'**



Nearly 1 in 4 young women aged 17-19 meet the criteria for having a mental disorder, and in the majority of cases this includes an emotional disorder

Among 16-24 year olds, common mental disorders are three times more frequent in young women than men



Since 2007 both self-reported and hospital recorded self harm show increases



Overall approximately 1 in 10 young people age 10-24 are often lonely, but this decreases with age

THREE QUARTERS OF MENTAL HEALTH PROBLEMS START BEFORE THE EARLY 20S



Overall 14.4% of 11-16 year olds and 16.9% of 17-19 year olds in England met the criteria for having a mental disorder at the time of the 2017 Mental Health of Children and Young People survey



Among boys the likelihood of a disorder is highest at age 11-16. Among girls, it is 17-19

SUICIDE RATES ARE HIGHER FOR YOUNG MEN THAN WOMEN



APPROXIMATELY 1 IN 100 YOUNG PEOPLE AGED 10-24 HAVE AUTISM SPECTRUM DISORDER

MENTAL HEALTH PROBLEMS in young people in England from 1999 to 2017 rose proportionally by 13% for 5-10 year olds and 19% for 11-15 year olds



5% of all 17-19 year olds in England were on psychotropic medicine in 2017, most commonly selective serotonin reuptake inhibitor antidepressants.

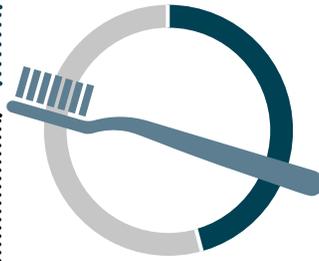
1 IN 7 16-24 YEAR OLDS SCREEN POSITIVE FOR ADHD

Health promotion and use of health services

Good outcomes for young people rely on good services. These range from health promotion through primary care to NHS inpatient care and other specialised services.



OVER 80%
of secondary school pupils in the UK receive teenage vaccinations including MMR, MenACWY and HPV



46%
of 15 year olds have decay in their permanent teeth



The number of referrals to specialist children's mental health services has increased by **26%** over the last five years

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SCHOOLS, PARENTS, PEERS AND THE VOLUNTARY SECTOR ALL PLAY A MAJOR PART IN HEALTH PROMOTION FOR YOUNG PEOPLE

For every 1000 people under 18, although approximately 140 will have mental health problems, only 18 will be on the formal child and adolescent mental health services caseload



A third (32%) of those age 16-25 who could not get to see the GP when they wanted then went to Accident and Emergency

52% OF BOYS AND 57% OF GIRLS
in Year 10 (aged 14-15) have visited their GP in the past 3 months



A&E attendances for 15-19 year olds have risen by 10% since 2010/11



Inequalities in health outcomes

Many young people age 10-24 are experiencing various kinds of disadvantage and experience poorer health outcomes than their peers. Narrowing these gaps is critical.



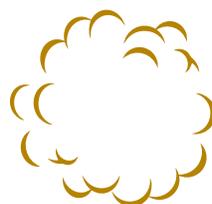
One in 7 secondary school children claim free school meals



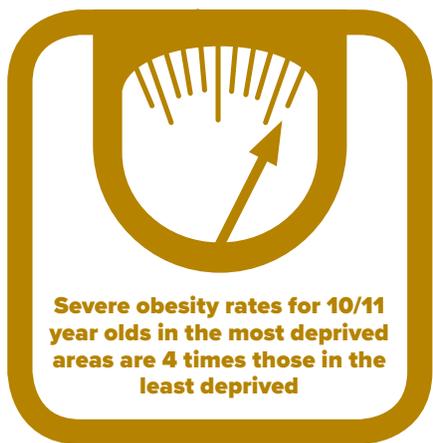
10-14 year old pedestrians living in deprived areas are **2.6 times** more likely to be killed or seriously injured on the roads



The under-18 conception rate in the most deprived areas is double that in the least deprived



Young people living in socially deprived areas were more likely than other young people to be admitted to hospital with asthma



Severe obesity rates for 10/11 year olds in the most deprived areas are **4 times** those in the least deprived

The gap between obesity levels of 10/11 year olds in the most and least deprived areas widened between 2006/07 and 2017/18



44% of LGBT+ young people aged 16-24 say they have had suicidal thoughts

11 year olds from the lowest income families are **4.5 times** more likely to experience severe mental health problems than those from the highest income families

THE PROPORTION OF CHILDREN LIVING IN LOW AND MATERIAL DEPRIVATION ROSE FROM 11% TO 12% IN THE YEAR TO 2017/18



15 year olds in the most deprived areas are twice as likely to report that they smoked regularly than those in the least deprived areas



YOUNG ADULTS WITH FOUR+ ADVERSE CHILDHOOD EXPERIENCES ARE MORE FREQUENT USERS OF HEALTH SERVICES THAN THEIR PEERS

Conclusions and recommendations

It is vital that health policy and practice recognise the distinct needs of young people age 10-24, and ensure that services are tailored to meet their needs. Investing in young people's health has benefits that extend well beyond health.

Recommendations for action include:

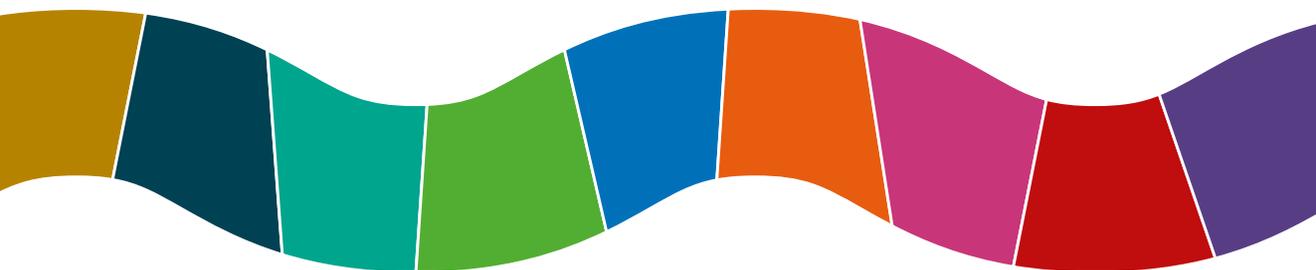
- Developing policy initiatives that focus more specifically on 10-24 year olds
- Targeting health promotion and early intervention at 10-24 year olds
- Commissioning youth friendly services that meet the unique needs of young people
- Introducing new measures to reduce the number of young people's deaths
- Collecting and sharing data and research on young people's health specific to the age group 10-24
- Taking specific actions to reduce health inequalities before early adulthood.

Key Data On Young People 1997-2019

The *Key Data on Young People* series brings together robust and representative information to give a full picture of the health and wellbeing of young people in the UK. This is the 12th edition. More than two decades have passed since the first edition was published and there is still a need for up to date, youth-specific data to inform the development of appropriate services for this age group.



The Association for Young People's Health is the leading independent voice for young people's health in the UK. We bridge the worlds of policy, practice and evidence to promote better understanding of young people's health needs, and to advocate for youth friendly health services.



To find out more and download the full version of *Key Data on Young People 2019* and other resources visit our website: www.ayph.org.uk

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