

Using the new *Key Data on Young People 2019* to improve services for 10-24 year olds

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Why invest in young people's health?

- ❖ Young people aged 10-24 experience huge **physical, psychological and behavioural changes** as they mature from children to adults and therefore they have **distinct health needs** from those of younger children.
- ❖ **First signs** of many **longterm** conditions emerge at this age including $\frac{3}{4}$ of **mental health disorders**
- ❖ Adolescence is when **risk-taking behaviours begin**
- ❖ Young people's health is **not improving** enough compared to younger children
- ❖ Investing in adolescent health has **benefits that extend well beyond health.**
- ❖ It has been estimated that investment in this age-group will yield a **10-fold economic benefit** for later adulthood

Methods

- Publicly available datasets are used to produce a comprehensive review of young people's health including in areas such as physical health, mental health, sexual health, use of health services, health promotion and health inequalities

A selection of key results - Full report available at

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

- ❖ **Previous progress in all-cause mortality for young people aged 15-24 has stalled since 2013**
- ❖ **Emergency admissions for YP aged 20-24 with Type 1 diabetes are rising around the time of transition**



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



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

1 in 5

young adults aged 16-24 are current smokers



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

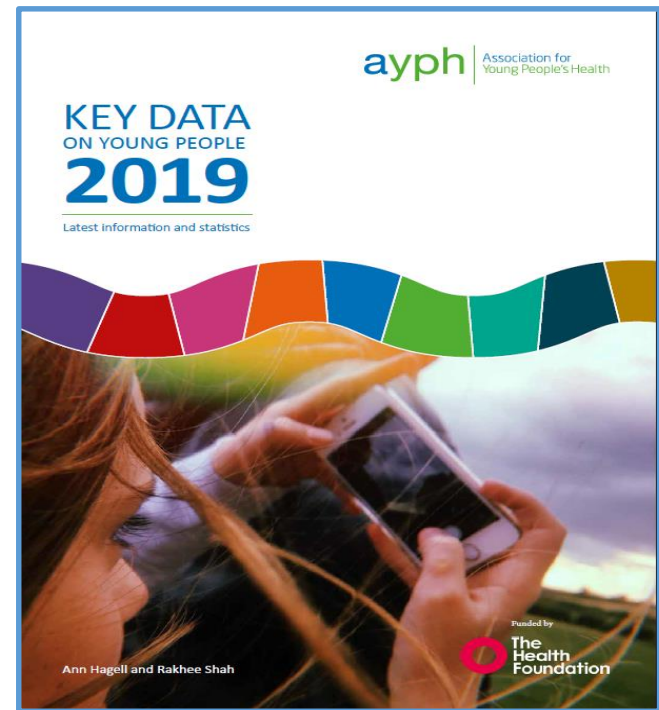
64%



15 year olds in most deprived areas are **2x** as likely to report that they smoked regularly than those in the least deprived areas

2x higher under 18 conception rate in the most deprived areas compared to least deprived

Obesity rates for 10/11 year olds are **2x** in the most deprived area compared with the least deprived



Conclusions & Recommendations

Health policy makers need to recognise that young people have distinct needs and ensure that services are tailored to meet the changing needs of young people

Key Recommendations:

- ✓ Collect health specific data for 10-24 age-group and target policy initiatives based on evidence
- ✓ Co-design youth friendly health services
- ✓ Introduce new measures to reduce number of young people's deaths
- ✓ Action to reduce health inequalities by addressing social determinants of health prior to adulthood