

# **Inequalities in young people's health**

LGA/ADPH Annual public health conference and exhibition  
London 2018

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*Association for Young People's Health*

@AYPHCharity

## Workshop plan

- Reasons for investing in young people's health
- Patterns of health inequalities for young people
- Ways to intervene at the local level
- Illustrative case studies
- Group discussions

## Reasons for investing in young people's health

One in five of the population  
is aged 10-24

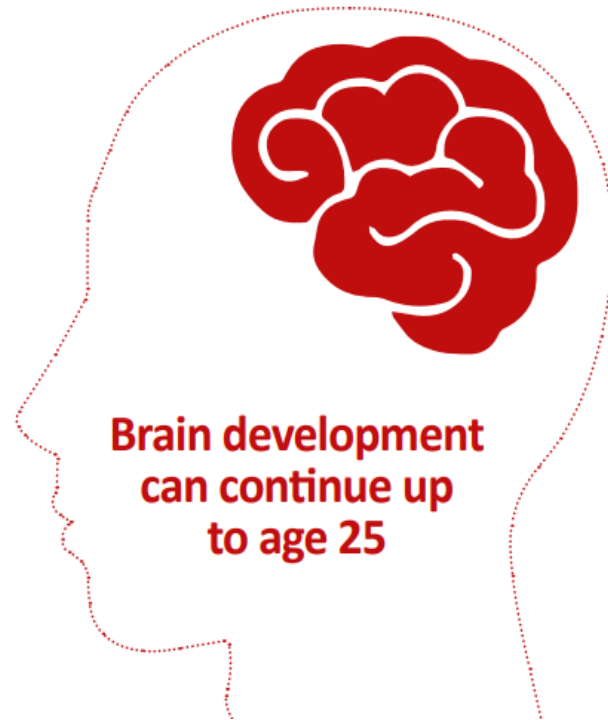


**11.7m**  
young people in the UK  
aged between 10 and 24

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



## Reasons for investing in young people's health



The effects of poor  
health care in  
adolescence can  
last a lifetime

## Low income is the most salient social disadvantage...

10-14 year old pedestrians living in deprived areas are **3.7x** more likely to be killed or seriously injured on the roads

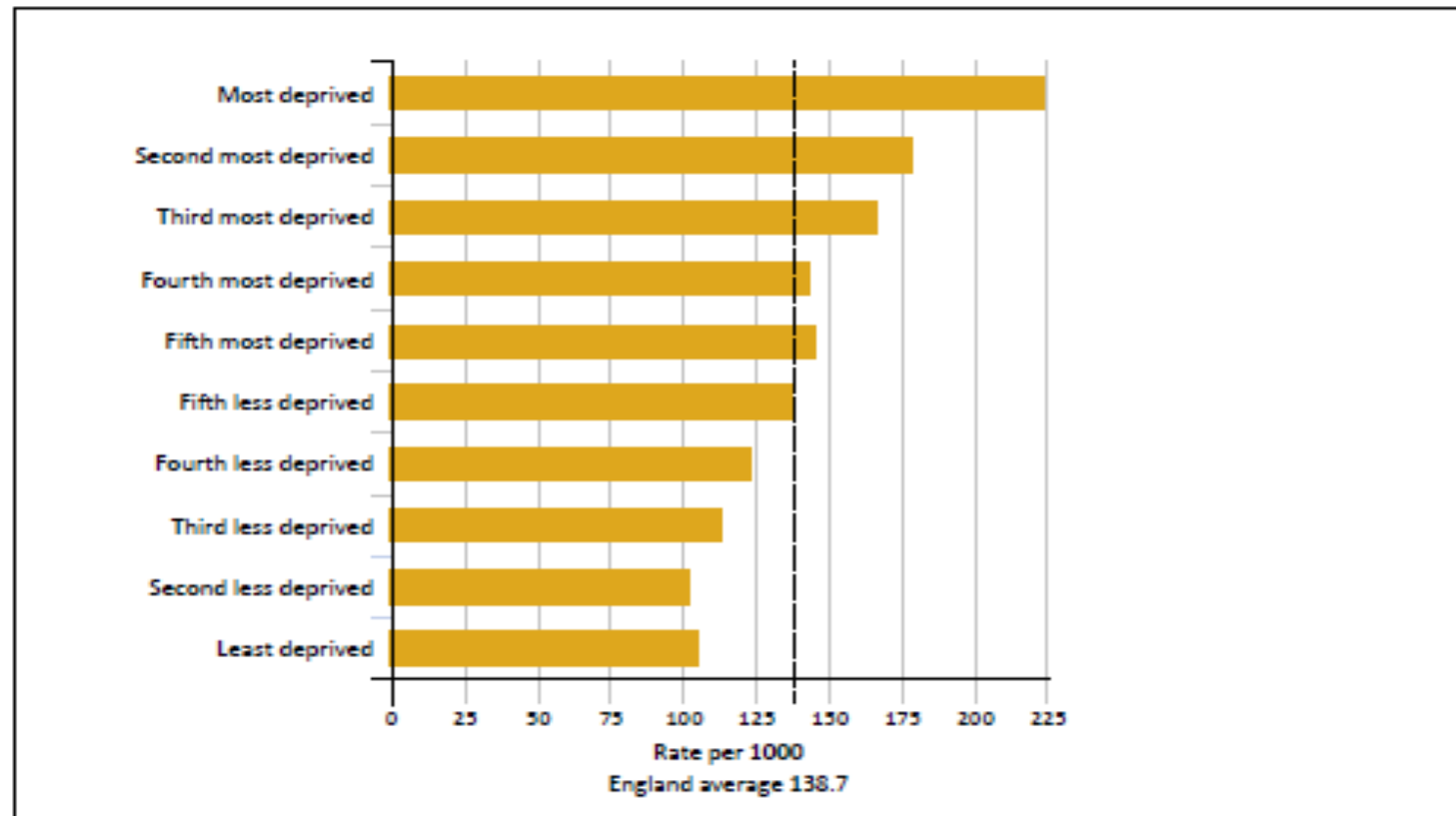


## Low income is the most salient social disadvantage...



# Low income is the most salient social disadvantage...

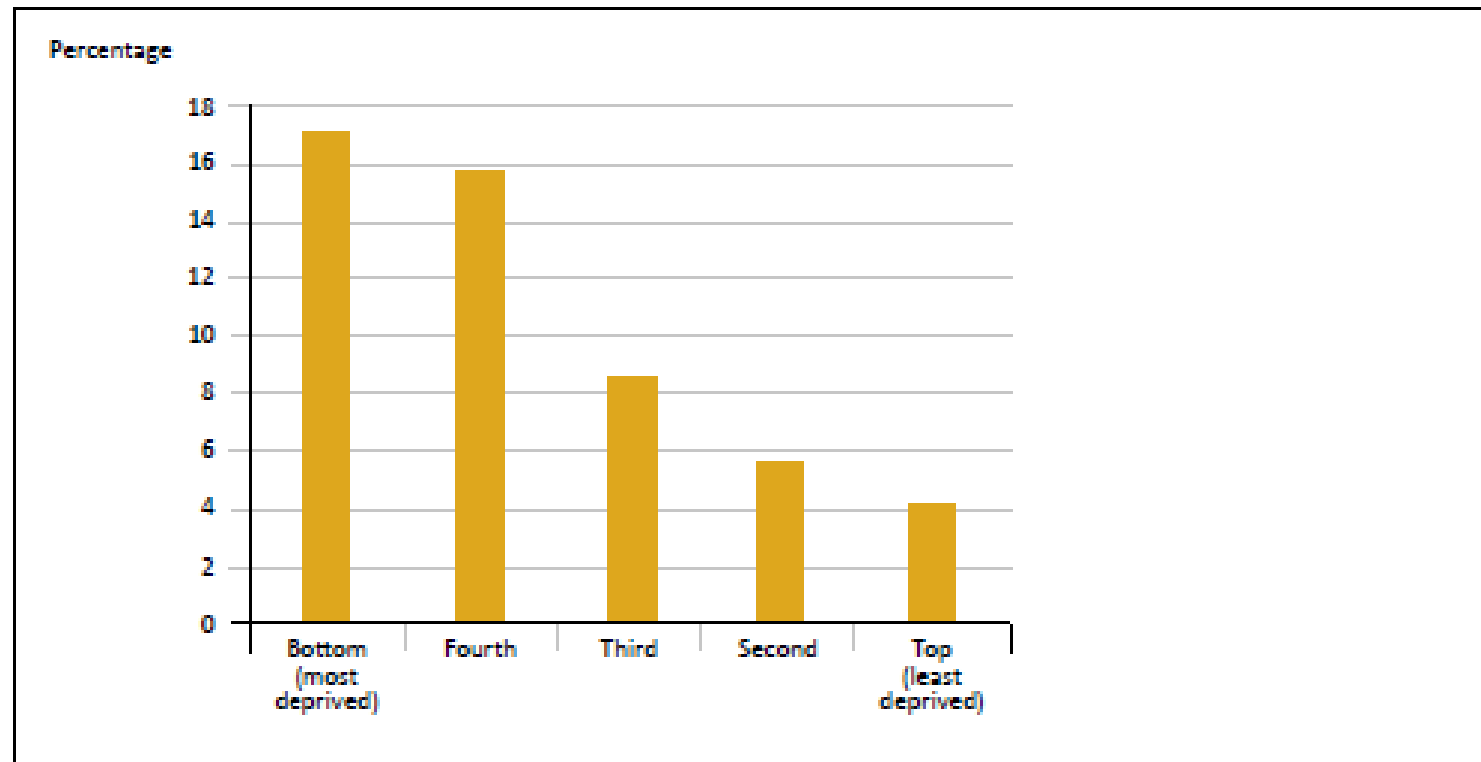
Chart 8.11: Hospital admissions for asthma for those aged 10-18 by Index of Multiple Deprivation, England, 2014/15



Source: Public Health England. Hospital Episode Statistics 2014/15 [DOWNLOAD DATA](#)

# Low income is the most salient social disadvantage...




Chart 8.13: Percentages of 11 year olds with severe mental health problems (total difficulties, parent rating) by quintile of family income, UK, 2011



Source: Gutman et al (2015) Children of the new century: Mental health findings from the Millennium Cohort Study. London: Centre for Mental Health [DOWNLOAD DATA](#)

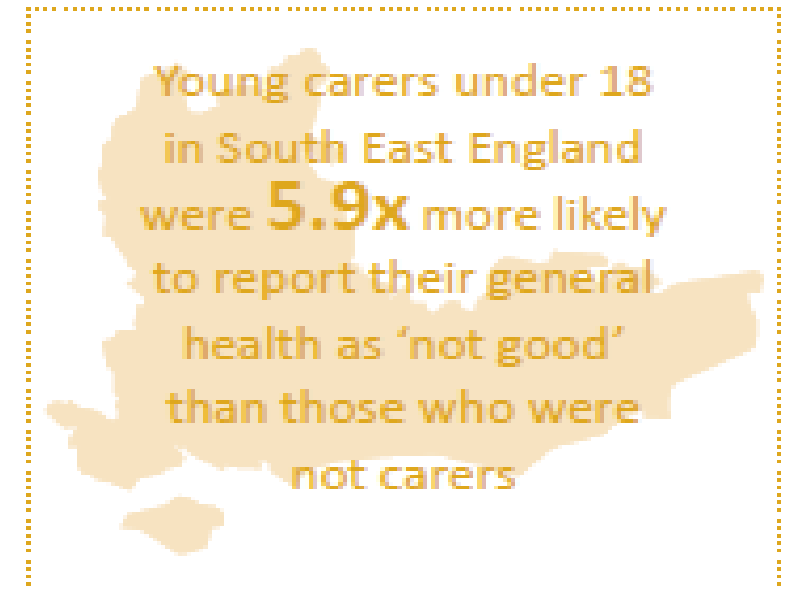


## Other vulnerable groups

- Looked after children
- Young Carers 
- Ethnicity 
- Young people with learning disabilities
- LGBT + 

# Young Carers

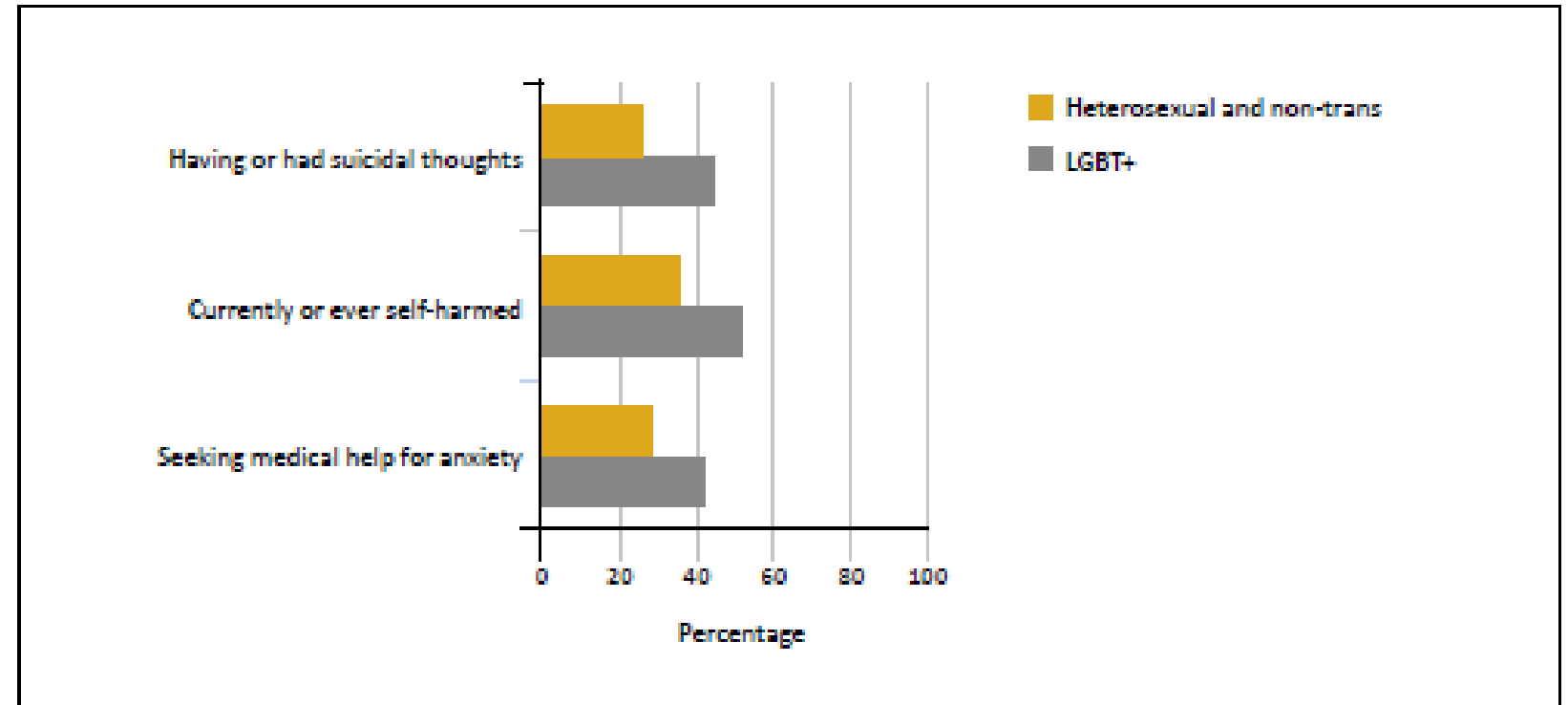
- Often hidden and do not receive support
- Risk of missing out on education, social opportunities and carry emotional burden
- **68%** report being bullied at school
- **1.5X** more likely to have a special educational need or disability
- **38%** reported having a mental health problem



Source: Office for National Statistics (2013)

- **2x** more likely to have history of cigarette smoking
- More likely to report recreational drug use
- Sexual health inequalities – teenage pregnancy, sex education and cervical cancer screening

Chart 8.21: Anxiety and depression symptoms in lesbian, gay, bisexual and questioning young people aged 16-26, England, 2016

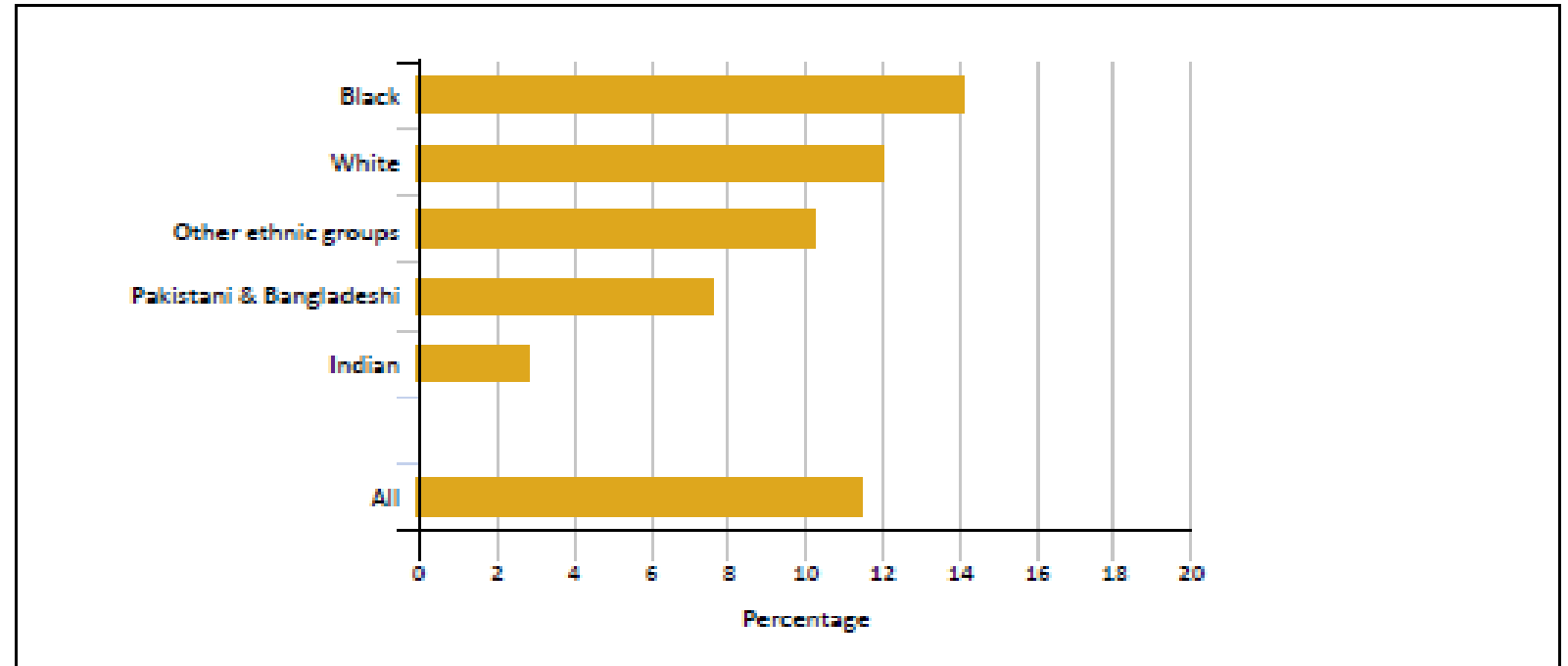


Source: Metro Charity: Youth Chances: Integrated report 2016 [DOWNLOAD DATA](#)

# Black and Minority Ethnic Groups

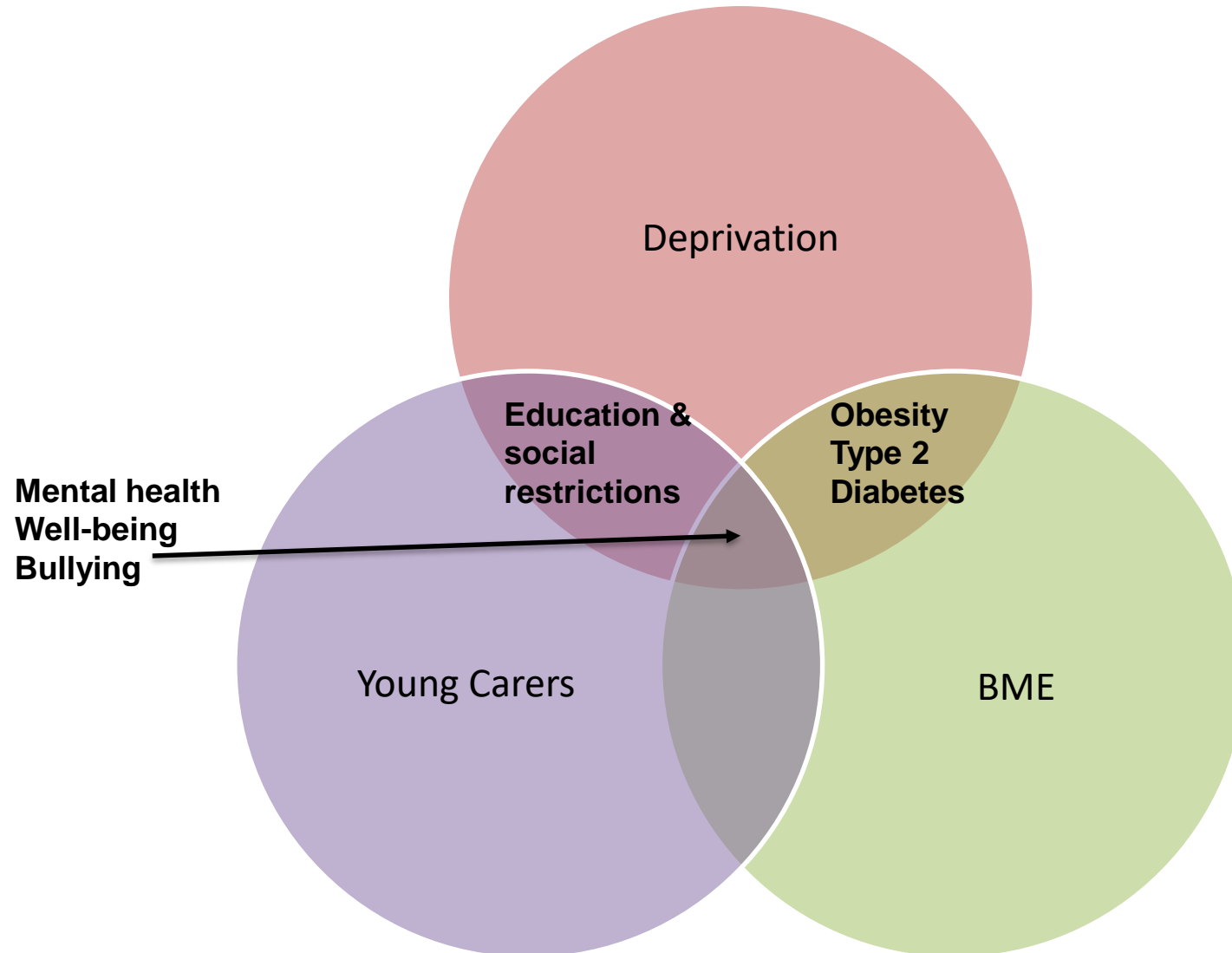
- Higher proportion live in low-income families
- Young people from BAME more likely to be overweight
- Black and Asian children have higher incidence of Type 2 diabetes

Chart 8.19: Prevalence of mental disorders among 11-16 year olds in Great Britain, by ethnicity, 2004



Source: Green et al (2005) Mental health of children and young people in Great Britain, 2004 [DOWNLOAD DATA](#)

# Health inequalities compound



## Patterns of health inequalities for young people - summary

- Multiple health inequalities exist in young people
- Health inequalities in young people have a complex relationship
- Health inequalities **do not** occur in silos and therefore should not be tackled in isolation
- Important to take a holistic approach towards young people's health

# KEY DATA ON YOUNG PEOPLE 2017

*Latest information and statistics*



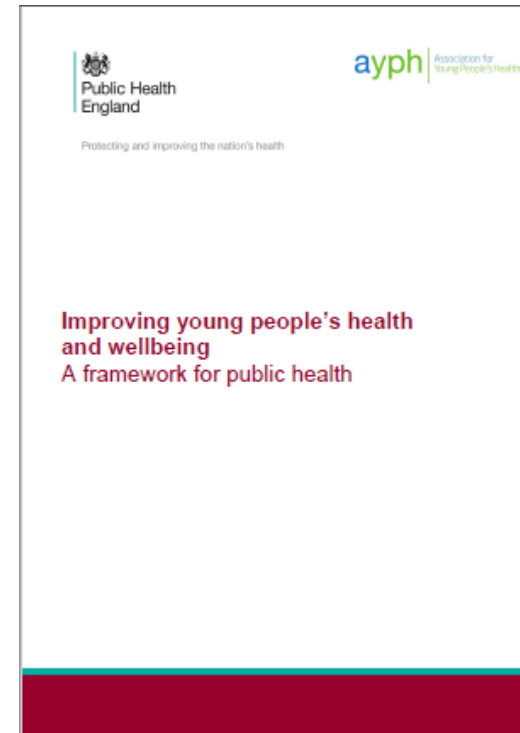
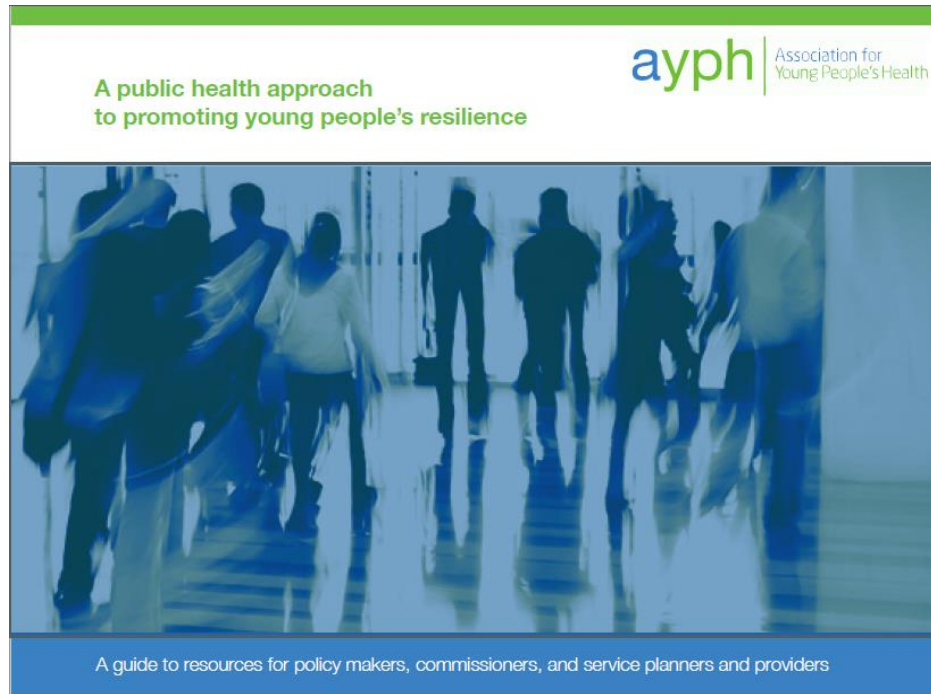
Ann Hagell, Rakhee Shah, John Coleman

## Ways to intervene at the local level

- Public health needs assessments focusing on this age group
- Proactive case-finding
- Young people's participation, engagement and co-production
- Parenting support for parents of young people
- Schools and colleges
- Reducing levels of young people not in education, employment or training
- Non-education based health promotion
- Skilling up workforce



# Further information



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