

Annual Public Health Report 2022: Young People's Health and Wellbeing

Presentation for the Islington Health and Wellbeing Board

14 March 2023

Introduction

- Directors of Public Health in England have a statutory duty to write an Annual Public Health Report (APHR) to consider the state of health within their communities and provide evidence-based recommendations for improving health and wellbeing.
- Islington's 2023 APHR focuses on young people's (adolescent) health and wellbeing. Adolescence is a critical developmental period marked by significant biological, social, psychological and behavioural changes with long-term implications for health and wellbeing. This cohort has also been affected by the impact of the Covid-19 pandemic, highlighting and deepening inequalities.
- The report is not intended to be a comprehensive review of all health and wellbeing issues affecting young people, but explores how young people are affected by five important areas, alongside some key recommendations for the future. This presentation summarises the findings. The topics are:
 - Healthy behaviours
 - Mental health
 - Violence and safety
 - Education, training and first steps into employment
 - Long term health conditions

Report Structure

- **Local data and insight:** Focusing on inequalities and vulnerable groups, this section aims to build an understanding of young people's views, lived experience and priorities on the topic while presenting a picture of the local situation using local and national data.
- **What works:** A high-level summary of the evidence on what works, using examples of local best practice and identification of local strengths/ assets and case studies. It also captures local strategies/programmes already in place.
- **Recommendations:** each themed chapter sets out key recommendations for local action, drawing on the above assessment
- The chapters have drawn on information and input from key stakeholders that include colleagues from other Council teams and the NHS, including healthcare consultants, and the community and voluntary sector and on local engagement and experiences of young people.

Islington: Healthy behaviours

Takeaway food^[1]



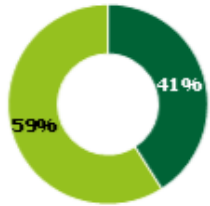
1 in 10 (10%) students in Year 8 and Year 10 said that they **had eaten take-away food** on most days, or every day, in the last week.

Eating habits^[1]



Around **3 in 10** (29%) students in Year 8 and Year 10 said that they had **nothing to eat or drink** before lessons on the morning of the survey.

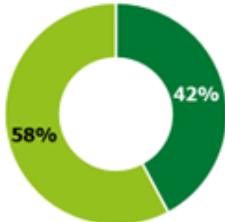
Child obesity^[2]



Around **2 in 5** (41%) children leaving primary school in Islington are **overweight/very overweight**.

■ Overweight ■ Not overweight

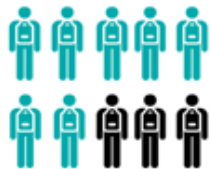
Free school meals^[3]



Around **2 in 5** (42%) secondary school students living in Islington are **eligible for Free School Meals**.

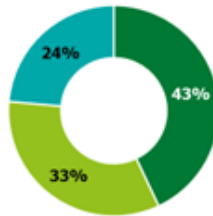
■ Eligible for FSM ■ Not eligible

Active travel^[1]



7 in 10 (70%) students in Year 8 and Year 10 **usually walk to school**, and 4% usually cycle or scoot.

Physical activity^[4]



Around **2 in 5** (43%) students in Year 7 and Year 11 across London are considered to be **sufficiently active**, and 33% are estimated to be inactive.

■ Active ■ Less active ■ Fairly active

Chapter 1: Healthy behaviours

- Behaviours established during adolescence and young adulthood influence a person's health throughout their life. However, healthy eating and physical activity become less common as young people move through adolescence.
- Top 3 recommendations:
 - Support **girls, boys from Black ethnic groups** and young people living in areas of **deprivation** to return to sport and physical activity.
 - Work in partnership with the school catering provider and schools to provide a **quality food offer** and support families to take up their eligibility for **Free School Meals**.
 - Explore local levers for promoting the availability of **healthy and affordable food on high streets**.

Source: [1] 773 students in Year 8 and 579 students in Year 10 completed the HRBQ in 2021; [2] NCMP (2021/22); [3] School Census data (2021); [4] Sport England (2020).

Islington: Mental health

Mental health disorders¹



In Islington it is estimated that **nearly 1 in 5 (19%)** of 11-16 year olds have a mental health disorder. This figure **increases to 22% for 17-19 year olds**.

Predicted mental health service use²



5,570 additional people aged under 25 in Islington are predicted to seek help from mental health services over the next 2-3 years, as a result of the pandemic.

Eating disorders³



45% increase in referrals for specialist eating disorder services for young people since 2018 in Islington.

Mental health contacts²



15,060 contacts with Islington Child and Adolescent Mental Health Services in 2020/21.

Proportion of children and young people living in social housing²



Children and young people living in social housing are **significantly more likely** to have a mental health disorder than the national average.

They are also **twice as likely** as those living in a house owned by parents or caregiver.

Chapter 2: Mental health

Adolescence is a formative period for immediate and long-term mental health and wellbeing. It marks a period of major educational, social and psychological transition, all severely disrupted during the pandemic.

Top 3 recommendations:

- **Ensure that service provision is in line with the Thrive framework**, addressing all levels of need, including prevention and mental health promotion, and helping to **reduce the gap** between need and access to services
- **Reduce waiting times for specialist eating disorder services** and increase awareness and understanding of eating disorders and body image issues through wider prevention work
- **Improve ethnicity data** on access and outcomes in all mental health and wellbeing services in order to address inequalities in mental health

Sources: [1] Mental Health of Young People in England 2017, [2] Forecasting future demand for mental health services in light of Covid-19: Camden and Islington (2021), [3] NCL Eating disorder services 2021.

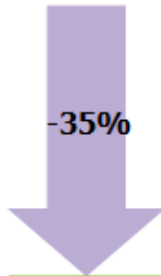
Islington: Violence and safety

Violence victims ²



2,827 victims of violence by young people aged 10-24 per year (between 2019 and 2021)

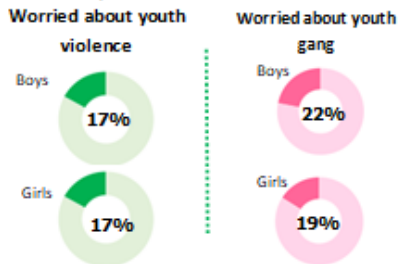
Offences ¹



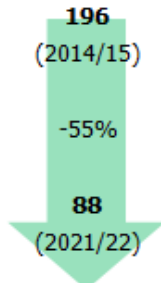
35% reduction in violent crime perpetrated by young people between 2019/20 and 2020/21.

Safety worry ³

Of secondary school children:



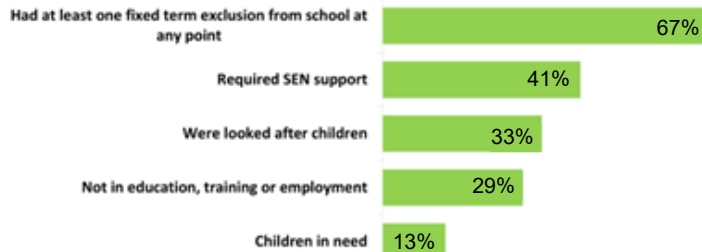
YOS intervention ⁴



The number of young people (aged 10-17) starting an intervention with the youth offending service (YOS) fell from 196 in 2014/5 to 88 in 2018/19.

Offenders ⁴

As of February 2022, 51 young people known to the Youth Offending Service:



Chapter 3: Violence and safety

Violence is driven by, and contributes to inequality, and perpetuates cycles of trauma for individuals and communities. In Islington we believe that by continuing to take a public health approach focusing on root causes and prevention, we can break this cycle and empower young people to thrive.

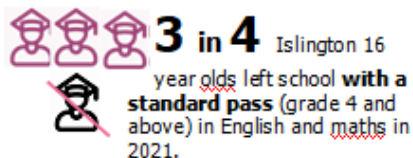
Top 3 recommendations:

- Ensure that we continue to have a strong focus on **early intervention and prevention**.
- Continue to deliver and promote **accessible and engaging youth services**, to provide a positive alternative to entry into gangs, crime or violence.
- Improve the relationship between **communities and the police**, particularly black and other minoritised groups.

Ofsted rating¹



Achievement²



Attendance³



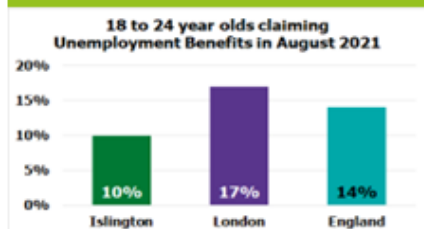
Exclusions⁴



There were **10 permanent exclusions** (rate of 0.11) in Islington secondary schools (2019/20), comparatively fewer than the national average (rate of 0.12).

In the same period there were **1,150 suspensions** (rate of 13.2), comparatively more than the national average (rate of 7.4).

Unemployment benefits⁵



Note: Attendance = 100 – absence, where absence = (total overall absence sessions)/total sessions possible x 100; exclusion rate = number of permanent exclusions per 100 pupils in the 2019/20 academic year; suspension rate = number of suspensions per 100 pupils in the 2019/20 academic year.

Source: [1]Ofsted, 2021; [2]National Statistics (key stage 4 performance revised/2020-21); [3]Department for Education, 2021; [4]National Statistics (Permanent exclusions and suspensions in England: 2019 to 2020); [5]ONS Claimant count by age, 2021

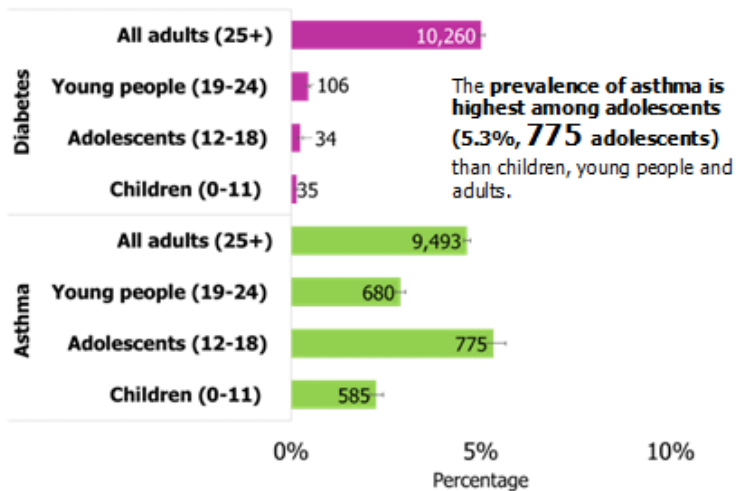
Chapter 4: Education, employment and training

Education is a vital stage in young people's lives, which prepares them for life and equips them with the knowledge and skills to thrive in the next stage of their development, whether they opt for further education, employment or training. Good secondary education sets the scene for further education and better jobs and training opportunities.

Top 3 Recommendations:

- Continue to **support disadvantaged pupils** with access to technology and study space so that inequalities in access to out-of-class study are reduced.
- Improve **early identification** of pupils with Special Educational Needs.
- Ensure that the young people furthest from the labour market receive **intensive tailored support**

Islington: Key long term conditions ¹

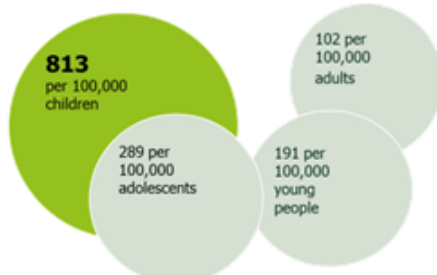


Secondary care ²

A&E attendance of diabetes



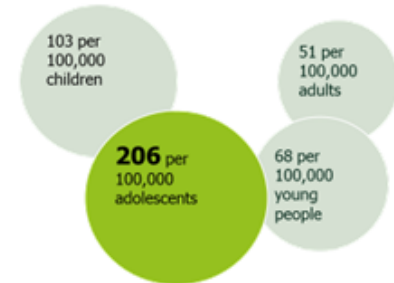
A&E attendance of asthma



Emergency hospital admissions of diabetes



Emergency hospital admissions of asthma



Chapter 5: Long term conditions

There are multiple risk factors for the development of long-term conditions in adolescence, including genetics, prenatal exposures and environmental determinants and some of these factors are preventable. Accurate diagnoses, early treatment and effective management of long-term conditions are critical to minimise their impact on young people's lives

Top 3 recommendations:

- Take a **whole systems approach** and commission seamless integrated services across the entire pathway from prevention to self-management, to in-hospital and out of hospital care
- Address inequalities by taking a **proportionate universal** approach to target support for those at increased risk
- Improve **transition into adult services** by following NICE guidance

Source: [1] CSU GP primary care dataset, Dec 2021 [2] CSU SJS dataset, Dec 2020 - Dec 2021

Next steps

- Based on the report's major themes and recommendations, significant work remains to effectively support the health and wellbeing needs of Islington's adolescent population, particularly in light of the COVID-19 pandemic.
- The recommendations in the report have been developed through extensive engagement with partners and we will continue to work collaboratively to deliver on these.
- The final report is due to be published in Spring 2023, and will be disseminated widely with stakeholders across Islington and Camden to galvanize action from partners across the system
- An update report can be brought to the Health and Wellbeing Board at an appropriate time to consider progress to date and further actions required.