

Child and Adolescent Health - an example of how we can improve health outcomes

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Meet Becky, aged 14...

Lives in Ravensdale,
Mansfield

Has recently got a
boyfriend

Has occasionally
missed school

Low aspirations

Difficult relationship with
parents

Not physically active



Has tried
cannabis

Low self
esteem

– Lacks accurate
health information

Has poor
literacy

She hasn't
seen her father
for 6 months

Drinks alcohol at
weekends

A Social Model of Health

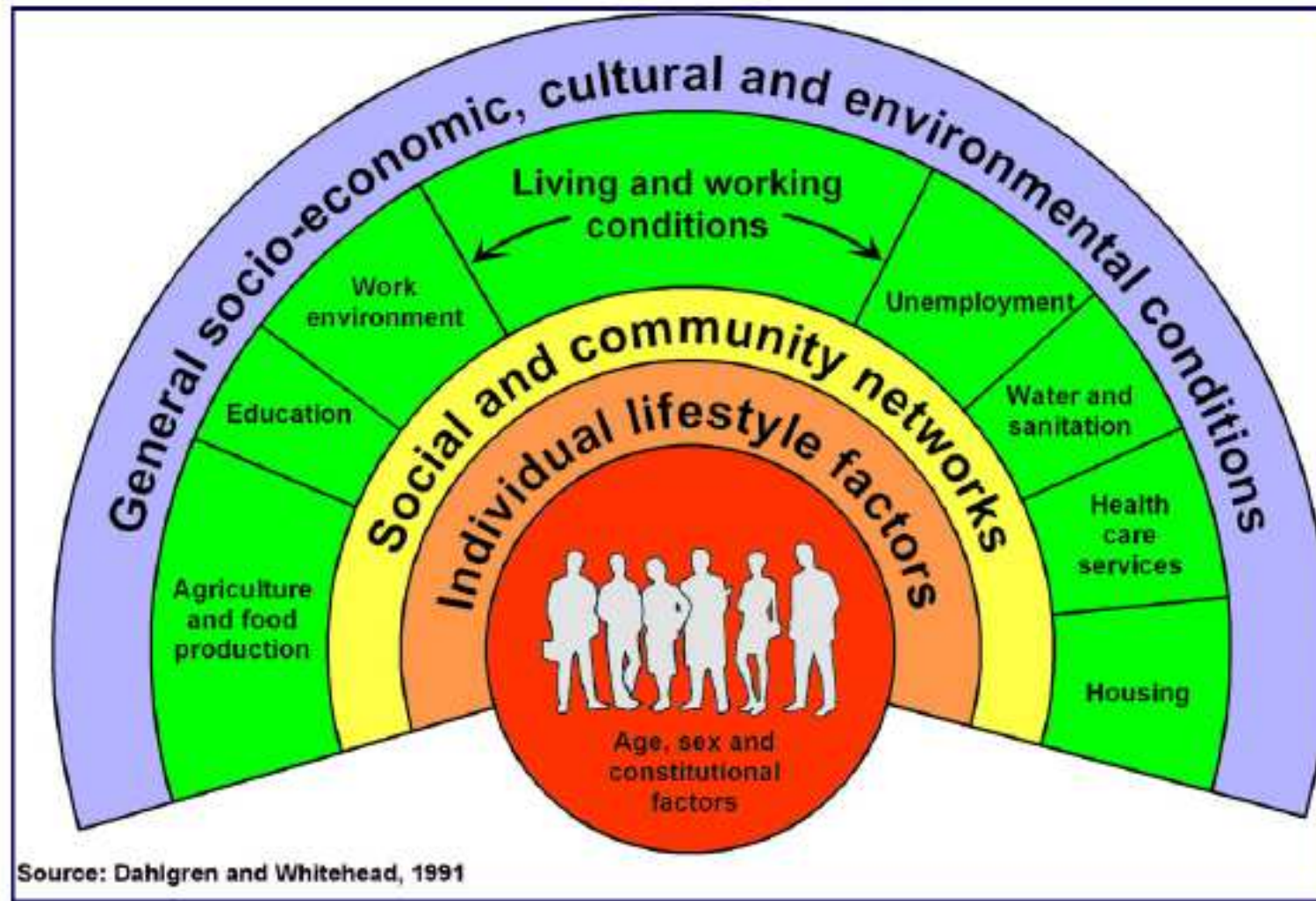
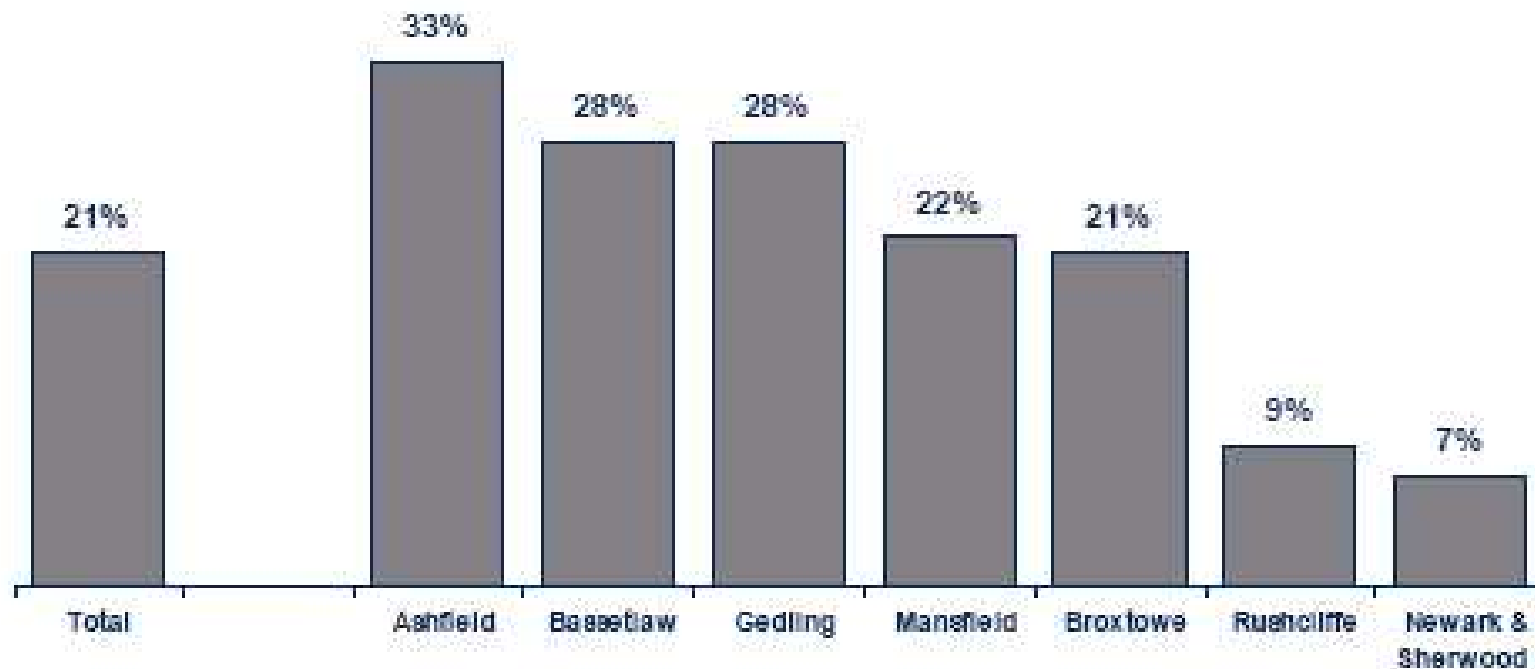


Figure 1: Dahlgren and Whitehead's model of the social determinants of health

Participation in sport and physical activity by district

Never take part in sport/physical activity

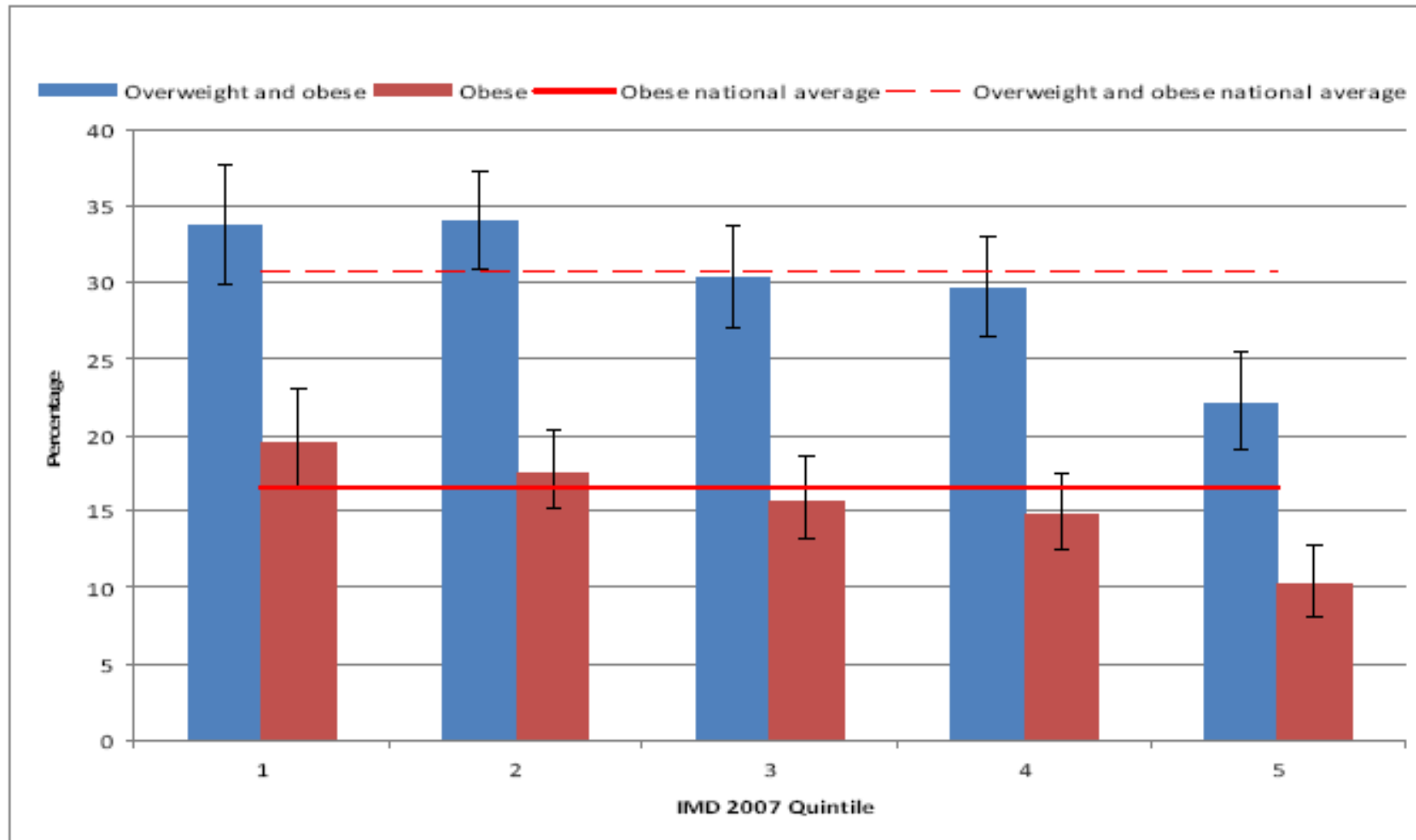


Q5. How often do you do each of the following types of activity in your free time? Play sport or other physical activity Base: All respondents (811)

ICM

Source: ICM Government & Social Research Unit, 2010

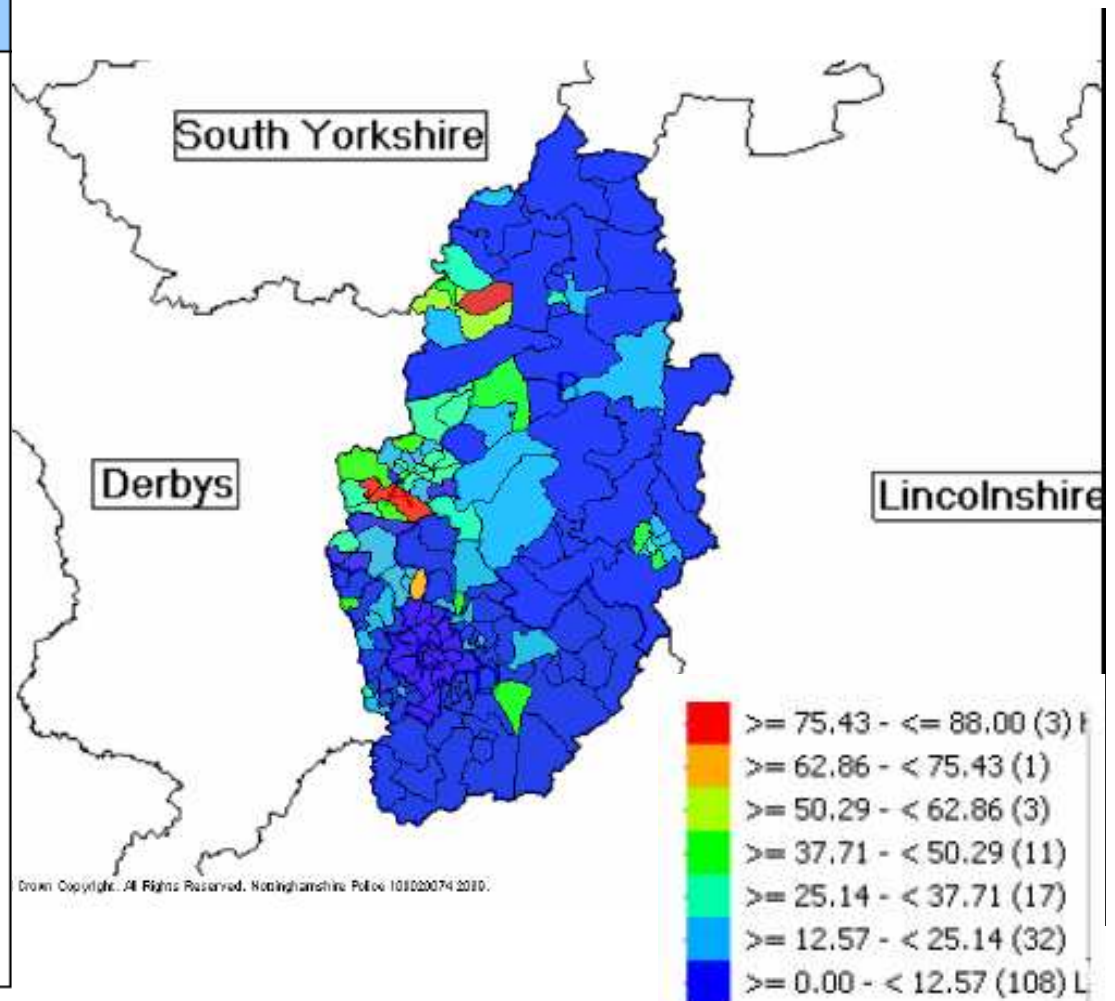
Prevalence of obesity and overweight children by deprivation quintile: Year 6 girls in Nottinghamshire, 2008/09



Source: EMPHO, 2010 [most deprived quintile=1, least deprived quintile=5]

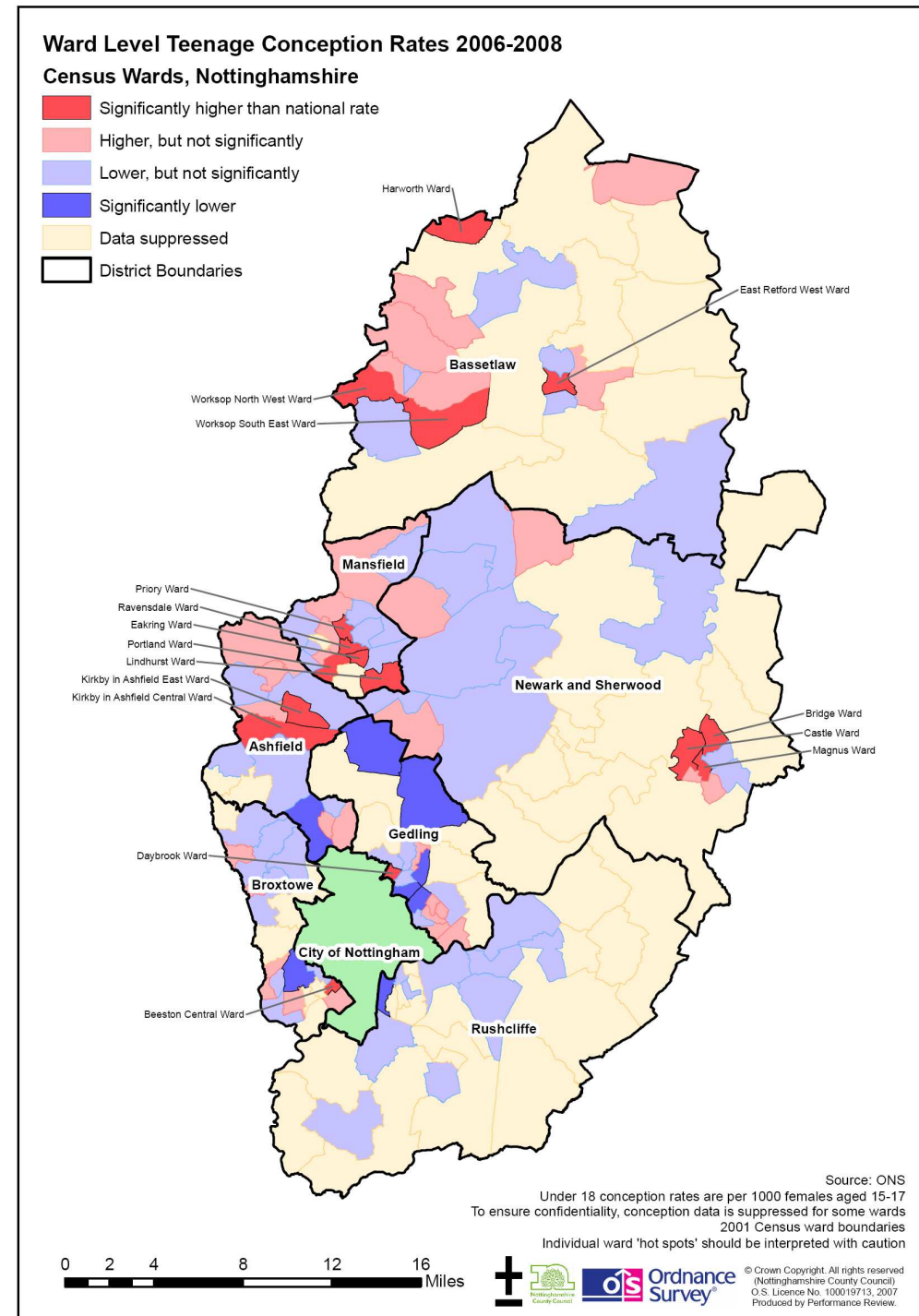
Distribution of alcohol related youth anti-social behaviour incidents in Nottinghamshire (2008/09)

Ward Name	Total
Sutton In Ashfield East	88
Sutton In Ashfield Central	87
Worksop East	84
Hucknall East	66
Worksop North West	59
Worksop North East	54
Worksop South East	51
Ollerton Ward	50
Cotgrave	47
Sutton In Ashfield North	47
Worksop North	47
Balderton West Ward	44
Carlton	43
Eastwood South	42
Kirkby In Ashfield East	41



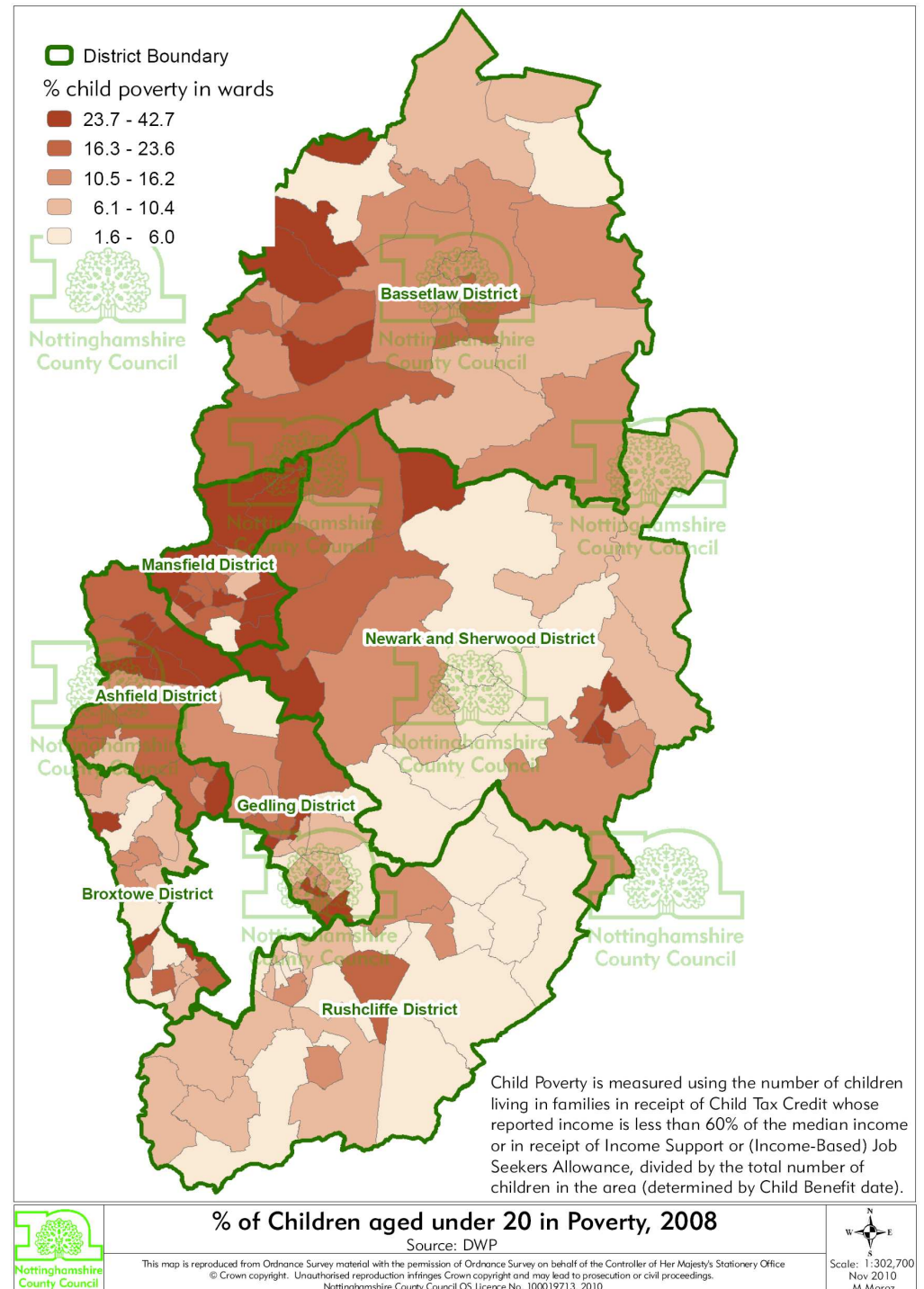
Ward level teenage conception data 2006-2008

- All districts with the exception of Rushcliffe have a teenage conception hot spot ward.
- Ravensdale ward has a teen conception rate of **160.4** conceptions per 1000 females aged 15-17 yrs



Child Poverty (2008) by ward

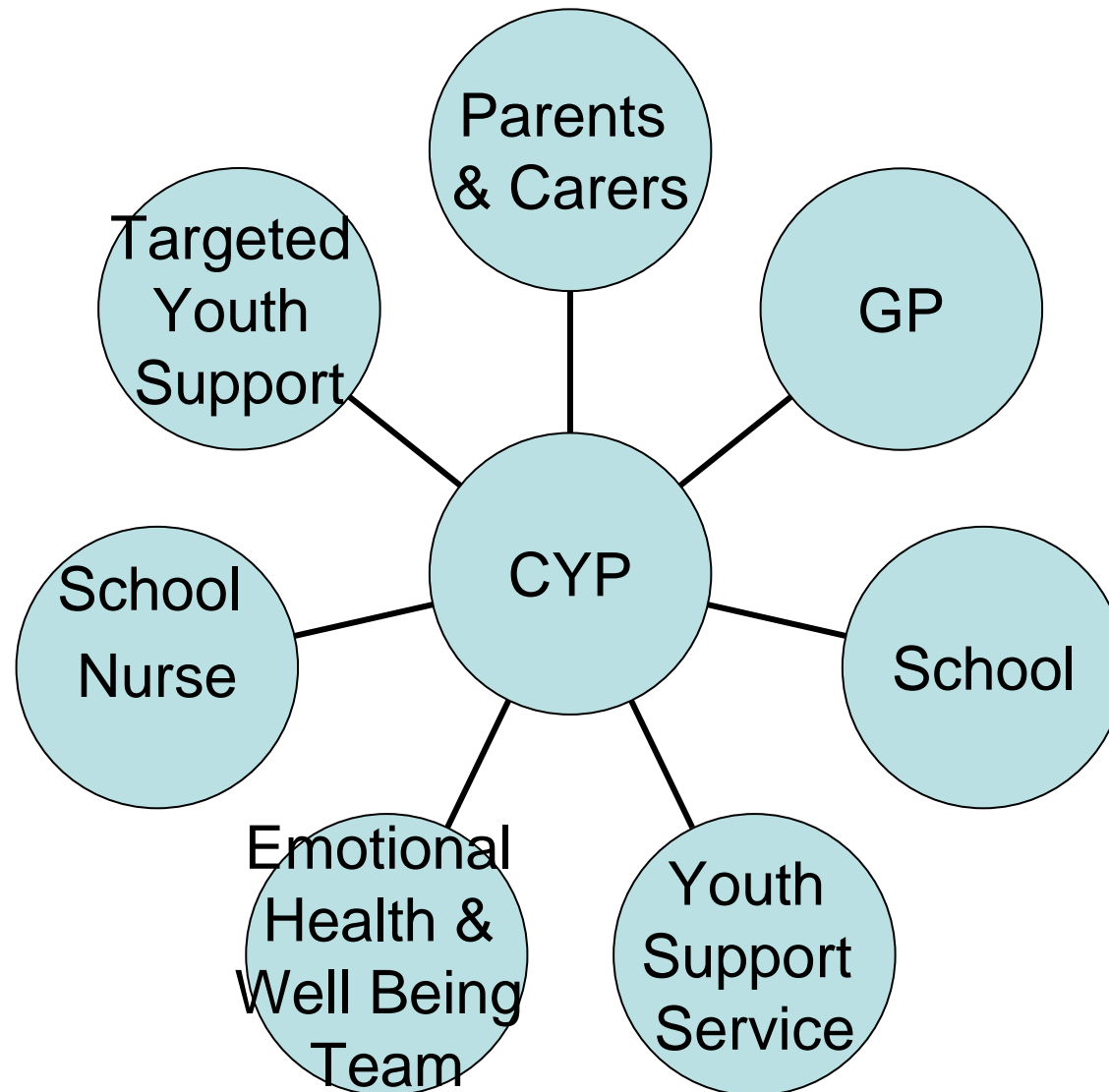
- Child poverty is significantly associated with poor health outcomes for children and young people.



What is needed to improve outcomes for Becky?

- Early identification of risky behaviours
- Feeling able to discuss issues of concerns with parents/carers or someone she trusts.
- Confidential and non-judgemental education, advice and support through school and young people friendly health services
- Support to increase self esteem, self worth and resilience
- Positive activities

Who needs to be involved?



Taking a closer look at some health
issues facing Becky...

Emotional Health & Well Being



- **What interventions are needed?**

- Children & Young People should be able to communicate easily with parents/carers and professionals.
- Organisations have access to the specialist skills, advice and support they require to offer comprehensive support.
- Support at key transition points or challenging times.
- Provide a safe environment which nurtures and encourages a sense of self-worth and resilience.

- **Examples of what we offer:**

- District Emotional Health and Well Being teams offer support to children and young people to prevent the need for specialist services.
- Targeted Mental Health in Schools (TaMHS) offered specific group work interventions in target schools.

Alcohol and Substance Use

- **What interventions are needed?**
 - Reducing access to cigarettes, drugs and alcohol.
 - Drugs education
 - Young people friendly, non-judgemental, confidential services.
 - Parental guidance
 - Good relationships with trusted adults with appropriate levels of support
- **Examples of what we offer:**
 - Specialist services led by NHS but now included under the umbrella of Targeted Youth Support.
 - Healthy Schools accredit schools for drugs education and policies
 - Service for children affected by parental substance use



Teenage Pregnancy



- **What interventions are needed?**
 - Good quality Sex and Relationships Education (SRE)
 - Young People Friendly Contraception and Sexual Health Services (CaSH)
 - Long Acting Reversible methods of Contraception (LARC) e.g. implants
 - Improved communication with parents and carers
- **Examples of what we offer:**
 - CaSH services
 - Healthy Schools accredit schools for sex and relationships education and policies
 - Emergency Contraception through Primary Care including pharmacists
 - C-Card Condom Scheme

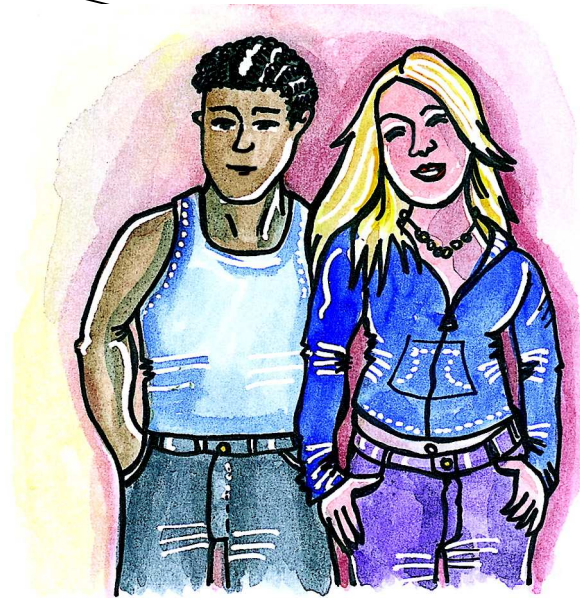
Positive Outcomes for Becky

Has the means and motivation to sustain & improve health

Access to 'Young People friendly' services

Has up to date information and knows where to get help

Receives accurate advice from parents/carers and communicates well



Has high self esteem & confidence

Has somewhere to go and something to do

Has access to non-judgmental advice

Has high aspirations

Feels safe and happy

Positive relationships

Has resilience skills