

LONDON BOROUGH OF CAMDEN	WARDS: All
REPORT TITLE: Camden Annual Public Health Report 2023 – Adolescent Health and Wellbeing	
REPORT OF: Director of Health and Wellbeing, Adults and Health Directorate	
FOR SUBMISSION TO: Children Schools and Families Scrutiny Committee	DATE: 26 February 2024
<p>SUMMARY OF REPORT</p> <p>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. Camden’s 2023 APHR focuses on adolescent health and wellbeing.</p> <p>Appendix A contains the full Annual Public Health Report (APHR) 2023.</p> <p>Appendix B contains Step into our Shoes – the report Coproduced by young people’s group Camden Youth Tell Them in response to the APHR 2023 findings.</p> <p>Appendix C contains a summary slide set prepared presentation to the Committee.</p> <p>Local Government Act 1972 – Access to Information No documents that require listing have been used in the preparation of this report.</p> <p>Contact Officer: Kirsten Watters, Director for Health and Wellbeing Camden Council, 5 Pancras Square, N1C 4AG Kirsten.watters@camden.gov.uk</p>	
<p>RECOMMENDATIONS</p> <p>The Committee is asked to:</p> <ol style="list-style-type: none"> 1. Consider and note the content of the APHR report and proposed dissemination plan 2. Consider and support the wider recommendations of the APHR report 2023 	



Signed: Kirsten Watters
 Director for Health and Wellbeing, Camden Council
 Date: 5 February 2024

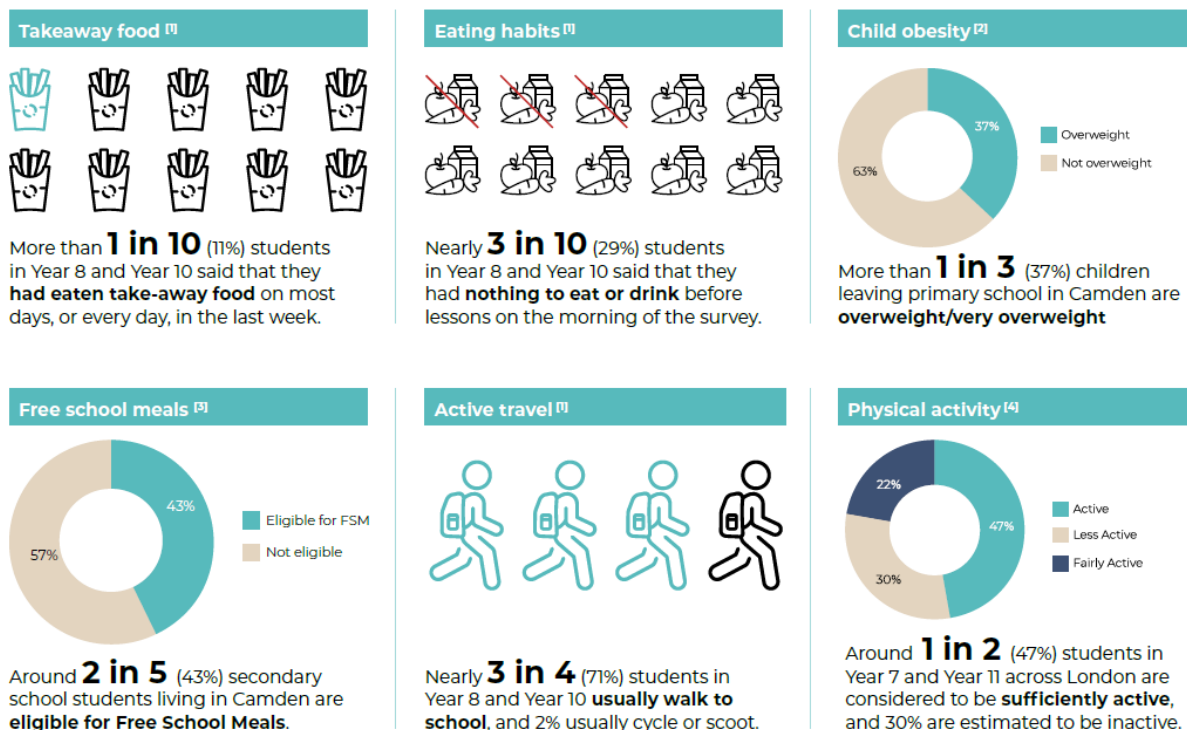
1. Background, Context and Purpose for Annual Public Health Report

- 1.1. 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.
- 1.2. The Camden 2023 APHR report is the first APHR being launched by the new Camden Health and Wellbeing Department following the demerger with Islington.
- 1.3. Camden's 2023 APHR focuses on 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.
- 1.4. It focuses in particular on the needs of adolescents and uses intelligence from young people aged 11-19 and up to 25 in certain instances. The use of this wider age range at points, is to reflect the fact that the needs of adolescents continue into adulthood, while ensuring the needs of our more vulnerable population groups including our Looked After children (LAC) and Special Education Needs and Disabilities (SEND) are better considered.
- 1.5. The purpose of the report is to:
 1. Provide an assessment of the health and wellbeing needs of young people in Camden.
 2. Provide a detailed compendium of health and wellbeing data for internal departments, external stakeholders and VCS organizations.
 3. Provide a baseline of population health data to track progress.
 4. To provide health system priorities across NCL.
 5. To demonstrate to residents and other key stakeholders the Council's commitment to reducing health inequalities in the borough and ensuring that every child has the best start in life.
 6. To start a conversation with key stakeholders including young people about improving adolescent health in Camden, including setting out a road map for achieving it.
 7. For young people's voices to be heard in decisions made about their health and wellbeing.
- 1.6. 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.
 1. Physical activity, food and healthy weight
 2. Mental Health
 3. Safety and violence
 4. Education, employment and training
 5. Long term conditions.

2. Summary of Content

2.1. **Chapter 1 on Physical activity, food and healthy weight** describes how 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.

2.2. One of the biggest preventable causes of early ill health and death in Camden is obesity. Obesity has important roots in youth and early experience of inequality and disadvantage. Obesity is a cause of many early and preventable conditions that impact on physical and psychological health and increase the risk of disability, and is one of the most important, preventable causes of premature deaths. Adolescence therefore represents a crucial period for prevention and early intervention to support good health for young people, promote the chances of a long and healthy life, and reduce the risks of ill health and premature mortality.



Three recommendations from the Physical activity, food and healthy weight chapter are to:

1. Support **girls, boys from black ethnic groups** and young people living in areas of **deprivation** to return to sport and physical activity.
2. 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**.
3. Explore local levers for promoting the availability of **healthy and affordable food on high streets**.

2.3. **Chapter 2 on Mental Health** describes how 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.

2.4. Mental health conditions are common in almost all groups of young people, but rise strongly in groups experiencing deprivation, disadvantage and discrimination, and are markedly higher in young people living in the most deprived areas of the borough, in Black communities, LGBTQ+ groups and other vulnerable groups.

Mental health disorders ^[1]



In Camden it is estimated that **nearly 1 in 5 (19%) of 11-16 year olds** have a mental health disorder. This figure **increases up to 23% for 17-19 year olds**.

Predicted mental health service use ^[2]



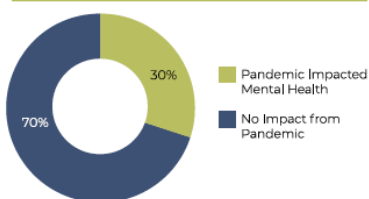
6,810 additional people aged under 25 in Camden are predicted to seek help from mental health services over the next 2-3 years as a result of the pandemic.

Urgent eating disorder referrals ^[3]



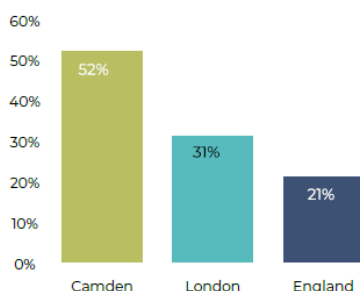
Proportion of referrals categorised as **urgent/emergency** in Camden has increased from 2018/19 to 2020/21.

Covid-19 and mental health ^[4]



7 in 10 (70%) young people in Camden said that the Covid-19 pandemic impacted their mental health and emotional wellbeing.

Proportion of children and young people living in social housing ^[5]



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** to have a mental disorder as those living in a house owned by parents or caregivers.

Three recommendations from the Mental Health Chapter are to:

1. **Align current service provision with the THRIVE framework**, helping to **reduce the gap between need and access to services**.
2. **Maintain the reduced waiting times for specialist eating disorder services**. Develop wider prevention and promotion work including increasing the awareness and understanding of eating disorders and body image issues.
3. **Improve ethnicity data** on access and outcomes in all mental health and wellbeing services in order to address inequalities in mental health.

2.5. **Chapter 3 on Safety and Violence** describes how violence is driven by, and contributes to inequality, and perpetuates cycles of trauma for individuals and communities. In Camden, 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.

2.6. Serious youth violence causes significant and often lasting physical and psychological injury and trauma. About 1% of serious youth violence results in homicide. It exerts much wider concerns and fears affecting young people and their families and the community. Deep inequalities are experienced by victims and also by offenders, closely correlated with high levels of deprivation, other social and economic stressors such as long-term worklessness, and levels of mental health need, among other factors.

Victims of violence ^[1]



1,237 victims of violence by young people aged 10-24 per year (between 2017 and 2019).

Offences ^[1]



36% reduction in the number of offences committed.

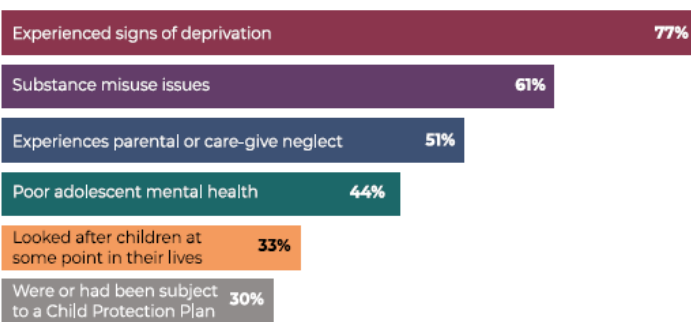
Safety concerns ^[2]

Proportion of respondents who felt Camden is a safe place to live in 2021



Reoffenders ^[3]

Of 43 young people in Camden who were cautioned or convicted (October 2015 to September 2016), then reoffended within 12 months:



Three recommendations from the Safety and Violence chapter are to:

1. Ensure that there is a **strong focus on early intervention and prevention** and a persistent focus on addressing the experience of trauma in children and their family's lives to reduce offending and re-offending.
 2. Continue to deliver and **promote accessible and engaging youth services**, to provide a positive alternative to entry into gangs, crime or violence.
 3. Improve **the relationship between communities and the police**, including addressing the lack of trust that many young people have, especially those from Black communities.
- 2.7. **Chapter 4 on Education, Employment and Training** describes how education is vital to preparing young people for life and equipping 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.
- 2.8. Inequalities in educational outcomes are an important contributory factor to health inequalities experienced by different groups. Young people and young adults in employment are much more likely to be in insecure or 'gig'-style jobs compared with older and more established workers. They will also be far more likely to change careers during their working lives. This highlights the importance of equipping young people with the right skills and abilities for the future, and the importance of acting to create good, sustainable employment for local young people.

Ofsted rating ^[1]

83%
of schools
are good or
better



Achievement ^[2]

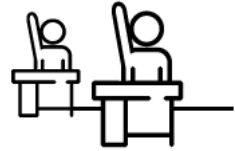


3 in 4 Camden 16 year old's left school with a **standard pass** (grade 4 and above) in English and Math's in 2021.



2 in 3 disadvantaged Camden 16 year old's left school with a **standard pass** (grade 4 and above) in English and Math's in 2021.

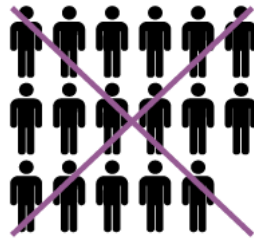
Attendance ^[3]



95% attendance levels for Camden secondary schools in autumn and spring 2020/21, **similar to England and Inner London averages.**

Exclusions ^[4]

There were **17 permanent exclusions** (rate of 0.16) in Camden secondary schools, proportionately higher than the national average (rate of 0.1).



In the same period there were **627 suspensions** (rate of 6.0), proportionately fewer than the national average (rate of 8.4).

Unemployment benefits ^[5]

18 to 24 year olds claiming Unemployment Benefits in August 2022



Three recommendations from the Education, Employment and Training Chapter are to:

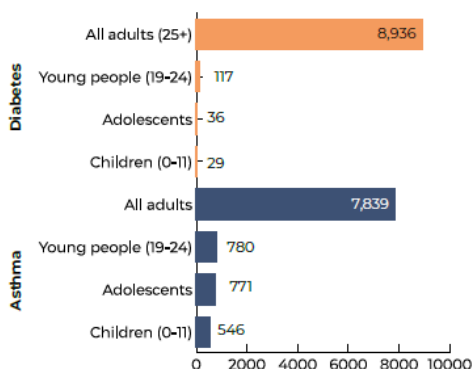
1. Continue to **support disadvantaged pupils** with access to technology and study space so that inequalities in access to out-of-class study are reduced.
2. Encourage **more Camden businesses to provide young people with work experience** across all employment sectors.
3. Ensure that the young people furthest from the labour market, at risk of unemployment or unemployed, inactive or NEET(not in employment, education or training), are offered **intensive support**.

2.9. **Chapter 5 on Long term Conditions** describes how 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.

2.10. Adolescence is generally a period when most young people enjoy good physical health, but this is not universal. The most common chronic physical health need in adolescence is asthma. Major physical long-term conditions in adults such as cardiovascular disease, diabetes and cancer are relatively uncommon in young people, although the long-term risks for developing these conditions in adults may become well-established in youth and already be affecting their general health and quality of life.

Camden: key long-term conditions [1]

The prevalence of asthma is highest among adolescents (4.5%, **771** adolescents) than children, young people and adults.



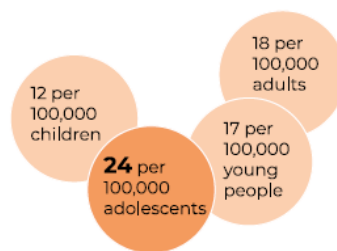
Source:

[1] Commissioning Support Unit GP primary care dataset, Dec 2021

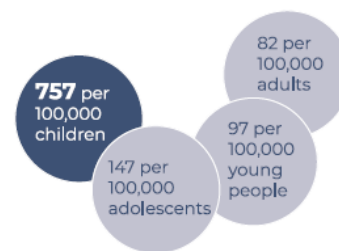
[2] Commissioning Support Unit Secondary Uses Service dataset, Dec 2020 - Dec 2021

Secondary care [2]

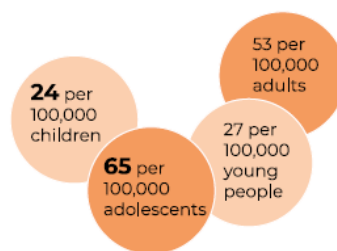
A&E attendance of diabetes



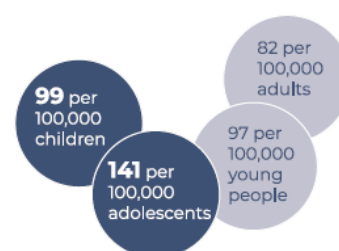
A&E attendance of asthma



Emergency hospital admissions of diabetes



Emergency hospital admissions of asthma



Three recommendations from the Long-Term Conditions Chapter are to:

1. Ensure a **whole systems response**: Services need to be commissioned in a seamless integrated fashion across the entire pathway from prevention and self-management to in hospital and out of hospital care.
2. Ensure **increased support for young people from black, asian and other minority ethnic groups, and those living in areas of greater deprivation**, who are generally **at greater risk of developing long-term conditions** and more likely to need urgent or emergency care than other groups.
3. Improve **transition into adult services** by following NICE guidance.

3. APHR Launch

3.1 Coproduction

In response to the findings of the APHR which highlight in particular the importance of quality training and employment for adolescents' short and long term health, the Council's health and wellbeing and communication teams developed an events and communications programme for Camden young people aged 16 to 21 to coproduce an event to launch the report and associated communications.

The training programme was funded by the Council and delivered in partnership with creative agency Break Comms. Break Comms are an agency specialising in communications to and with young people and were appointed to recruit young people into a working group and support them to cocreate and deliver a launch event for the APHR. 10 young people aged 16-21 living, going to school or working in Camden were recruited to the programme. They named the group Camden Youth: Tell Them (CYTT). They were paid the London Living Wage for their time and their travel costs were reimbursed. 60% of the young people had never been involved in a council project or programme before.

3.2 Launch objectives

1. To share Camden's annual public health report with key stakeholders, including primary care, VCS partners, key council teams, NCL, London Councils, ADPH, LGA and other relevant regional and national partners to inform their own work with young people.
2. To demonstrate to residents and other key stakeholders the Council's commitment to reducing health inequalities in the borough and ensuring that every child has the best start in life.
3. To start a conversation with key stakeholders including young people about improving adolescent health in Camden, including setting out a road map for achieving it.
4. For young people's voices to be heard in decisions made about their health and wellbeing.
5. To launch the annual public health report using young people's voices.

3.3 Launch event

- Camden Youth: Tell Them developed plans for the report launch event – *Step into Our Shoes: realities and health injustices for Camden adolescents*, at LABS House in Bloomsbury.
- In addition to the launch objectives, the objectives developed with Camden Youth: Tell Them was for everyone who attends to read the report, feel empowered to improve adolescent health and address inequalities for young people. The aim was for attendees to return to their professional roles reflecting on:
 - *If they have considered adolescent and young people's health as part of their work?*
 - *How they are engaging with young people to improve their service and ensure it's meeting their needs?*
 - *What more they can do for adolescent health on the back of these findings?*
- Camden Youth: Tell Them did this by creating an event for local decision makers and health partners to take a walk in young people's shoes through fun interactive activities including sports, affirmation writing, experiments, an audio exhibition of young Camden residents as well as performances.
- The young people held experts to account in a panel discussion with decision makers, and presented their graphic novel to attendees.
- The event was opening by Councillor Boyland, and closed by Councillor Wright, while Councillor Francis was on the expert panel answering questions put to her by the young people.

3.4 Evaluation of the launch

- Over 100 young people, decision makers and health partners attended the event.
- 100% of attendees surveyed said that they had learned something new about adolescent health and that they wanted to read more of the annual public health report. 100% of guests said that they want to make changes in their job to support young people's health
- Young people's feedback:
 - All of the young people in Camden Youth: Tell Them want to continue taking part in the programme
 - 100% think that their employability has increased as a result of the programme.

- 100% think that they've learned new skills as a result of the programme.
- Skills learned include public speaking, collaboration, communications, event planning, team work, organisation and networking.

4. Next steps

4.1 Next Steps for the APHR 2023

- The report has been disseminated through council channels including social media, the Council's website, direct distribution to key stakeholders, engagement with youth MPs, youth parliament and youth VCS groups, press and internal communications.
- The recommendations stemming from the report have been shared with working groups (youth safety, mental health, healthy weight, long-term conditions and education, employment and training) across the council, ICB and community and have been acknowledged as recommendations for whole system partnership change.
- Activity is ongoing against recommendations with a mapping exercise to capture progress planned for the Summer 2024 – to be used as an opportunity to galvanise and target any areas where activity has not progressed as extensively
- To support this, we are starting a new workstream around adolescent health and wellbeing with a specific focus on work in schools – this workstream lead will link into to our Early years, Schools and Families Team, wider CYP (children and young people) health and wellbeing agenda and Camden Learning.
- To raise the profile of the issues raised in the report at a regional and national level we will submit the report to the annual ADPH National Annual Public Health Report Competition.

4.2 Next steps for Camden Youth: Tell Them

- We are planning a coproduced campaign with Camden Youth: Tell Them to promote primary care access to young people.
- Another project to be worked up later in 2024 is to promote physical activity to young people in Camden especially girls, boys from Black ethnic groups and young people living in areas of deprivation.
- Continuing to work with Camden Youth: Tell Them and Break Comms on coproduced communications will enable the young people to continue their work towards a full qualification for their participation in the programme – Principles of Project Management, level 2 (equal to a GCSE 9-6).

5. Finance Comments of the Executive Director Corporate Service

The Director of Finance has been consulted on the contents of this report and has no further comment to make.

6. Legal Comments of the Borough Solicitor

The Borough Solicitor has been consulted and has no comments to make on this report.

7. Environmental Implications

There are no environmental implications proposed in this report.

8. Appendices

Appendix 1 - Annual Public Health Report

Appendix 2 - Step in to our shoes (The graphic novel coproduced with Camden Youth tell Them as their response to the APHR 2023)

Appendix 3 - Summary Slide set to present at Childrens Scrutiny

REPORT ENDS