

Camden Annual Public Health Report 2023

Context, summary and launch plan

(APPENDIX B)

Context

Camden's annual public health report 2023

It is a statutory requirement that councils, including Camden, publish an independent annual public health report (APHR) every year. This report should be an objective assessment of the health of the resident population (by group or topic).

This year Camden's public health report focuses on adolescent health. Each chapter is a detailed assessment of the health needs of adolescents and covers the following themes with recommendations for the system:

- Physical activity, food and healthy eating
- Mental health
- Safety and violence
- Education, employment and training
- Long term conditions.



Background

This is the first APHR being launched by the new Camden Health and Wellbeing Department following the demerger with Islington.

It has been developed with young people, and we have equally ensured that it is launched with young people as well.

The recommendations are for the whole system and we request the support of the Health and Wellbeing Board with harnessing and sharing these findings.

We also want to ensure that a set of recommendations from the APHR for the system are taken forward for development with young people.



Purpose of the report

- To provide an assessment of the health and wellbeing needs of young people in Camden.
- To provide a detailed compendium of health and wellbeing data for internal departments, external stakeholders and VCS organisations.
- To provide a baseline of population health data to track progress.
- To provide health system priorities across NCL.
- 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.
- 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.
- For young people's voices to be heard in decisions made about their health and wellbeing.

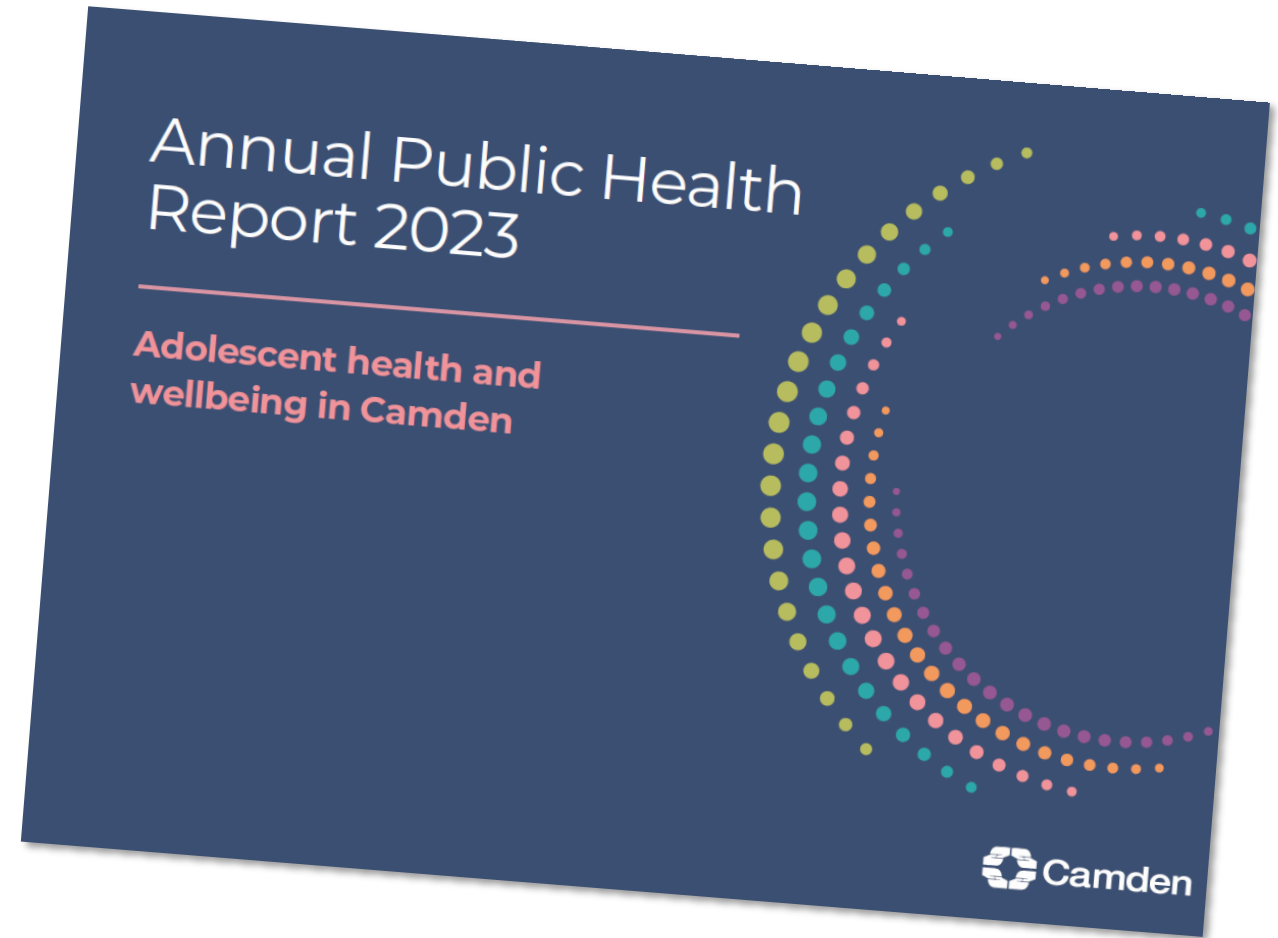


Report summary

- Chapter 1: **Physical activity, food and healthy eating**
- Chapter 2: **Mental health**
- Chapter 3: **Safety and violence**
- Chapter 4: **Education, employment and training**
- Chapter 5: **Long-term conditions**

Key findings

1. Health provision for 11 to 19 year olds is inconsistent and adolescents' age impacts the way that they access health care systems.
2. Young people in Camden and across the country have been disproportionately affected by the impact of the pandemic and the of the cost of living crisis.
3. A tailored approach is needed for their very specific needs and to reduce the health inequalities young people in Camden face.



Young people's voices heard

“

It would also help if doctors could tell us about our medications and our conditions more directly rather than telling our parents

”

“

There are lots of takeaways. It is easier to buy burgers and chips

”

“

Fatty food and junk food [is] everywhere so you get more attached to them.

”

“

In my brain I think I have an eating disorder, in my eyes I see my body as not good enough

”

“

When my asthma is in check, I feel free

”

Key statistics

- Asthma is the most common long-term condition for adolescents in Camden. In 2021 4.5% of 12-18 year olds registered with a GP had asthma.
- 54% of adolescents from Black ethnic groups are eligible for Free School Meals in Camden, compared to 33% of adolescents from White ethnic groups.
- More than 1 in 3 children leaving primary school in Camden are overweight or very overweight.
- 38% of girls in Year 10 in Camden have been bullied for their weight.
- Pupils achieving a standard pass in English and Maths has increased from 67.7% in 2018/19 to 75.1% in 2021/22.
- As a result of the pandemic 19,650 new cases of mental health conditions are predicted in Camden amongst under 25s.
- Custodial sentences for children have reduced by 77% between 2016/17 to 2020/21 – in 2020/21 two children received custodial sentences in Camden.
- 59% of young people think that Camden is a safe place to live.

Physical activity, food and healthy weight

Takeaway food ^[1]



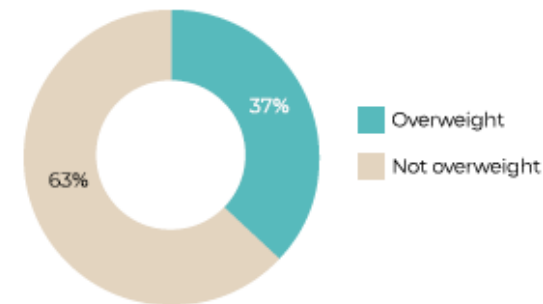
More than **1 in 10** (11%) students in Year 8 and Year 10 said that they **had eaten take-away food** on most days, or every day, in the last week.

Eating habits ^[1]



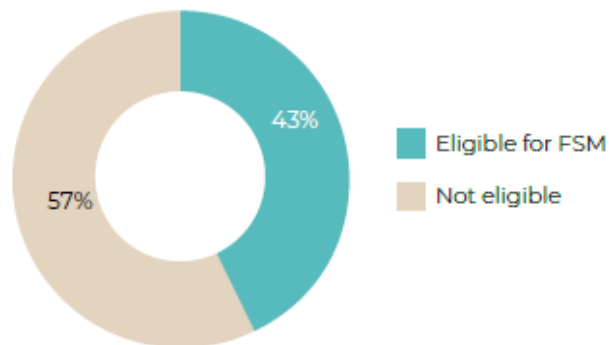
Nearly **3 in 10** (29%) students in Year 8 and Year 10 said that they **had nothing to eat or drink** before lessons on the morning of the survey.

Child obesity ^[2]



More than **1 in 3** (37%) children leaving primary school in Camden are **overweight/very overweight**

Free school meals ^[3]



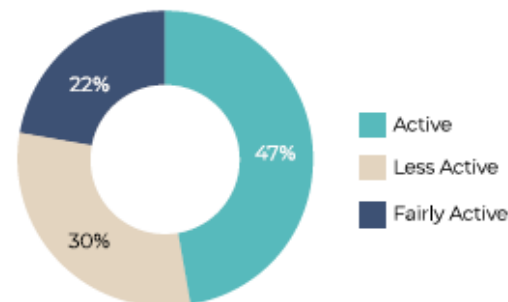
Around **2 in 5** (43%) secondary school students living in Camden are **eligible for Free School Meals**.

Active travel ^[1]



Nearly **3 in 4** (71%) students in Year 8 and Year 10 **usually walk to school**, and 2% usually cycle or scoot.

Physical activity ^[4]



Around **1 in 2** (47%) students in Year 7 and Year 11 across London are considered to be **sufficiently active**, and 30% are estimated to be inactive.

Physical activity, food and healthy weight

Key message: 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.

Three recommendations:

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**.

Mental health

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]



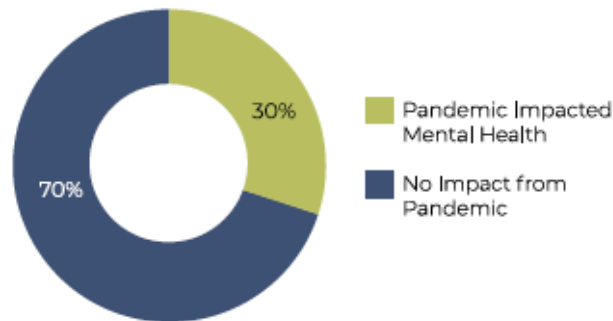
6,810 additional people aged under 25 in Camden are predicted to seek help from mental health services over the next 2-3 years as a result of the pandemic.

Urgent eating disorder referrals ^[3]



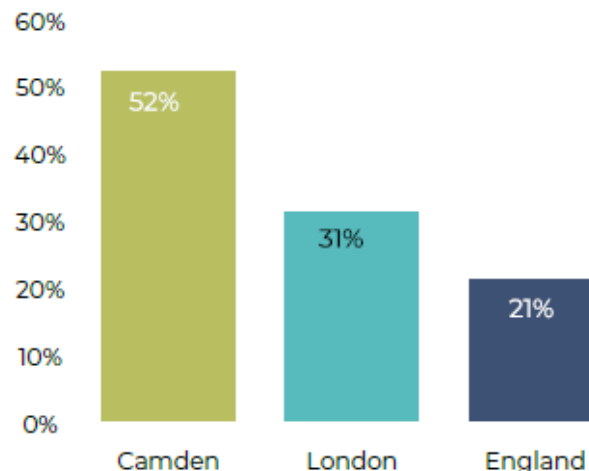
Proportion of referrals categorised as **urgent/emergency** in Camden has increased from 2018/19 to 2020/21.

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.

Mental health

Key message: 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.

Three recommendations:

- 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.



Safety and violence

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.

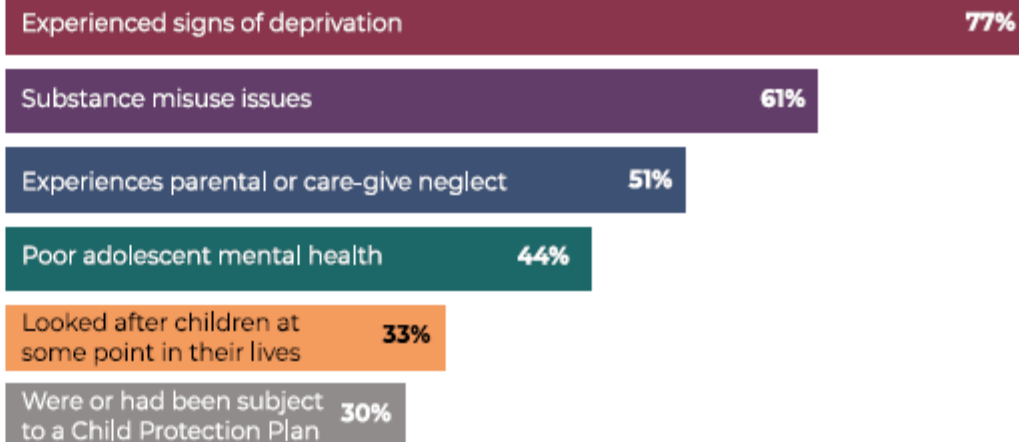
Safety concerns ^[2]

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:



Safety and violence

Key message: 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.

Three recommendations:

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.

Education, employment and training

Ofsted rating ^[1]



Achievement ^[2]

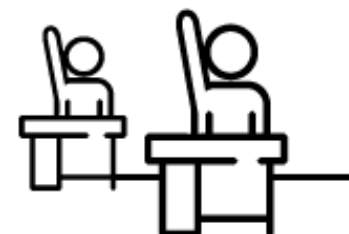


3 in 4 Camden 16 year old's left school with a **standard pass** (grade 4 and above) in English and Math's in 2021.



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.

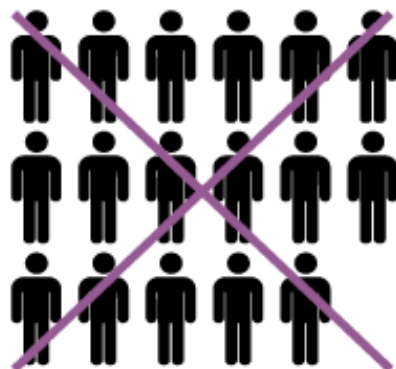
Attendance ^[3]



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



Education, employment and training

Key message: 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.

Three recommendations:

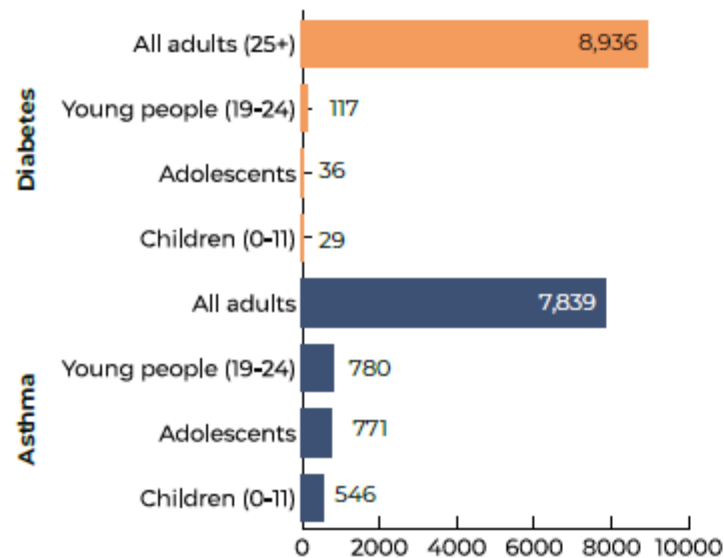
1. Continue to **support disadvantaged pupils** with access to technology and study space so that inequalities in access to out-of-class study are reduced.
2. Encourage **more Camden businesses to provide young people with work experience** across all employment sectors.
3. Ensure that the **young people furthest from the labour market**, at risk of unemployment or unemployed, inactive or NEET, are offered **intensive support**.



Long term conditions

Camden: key long-term conditions [1]

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



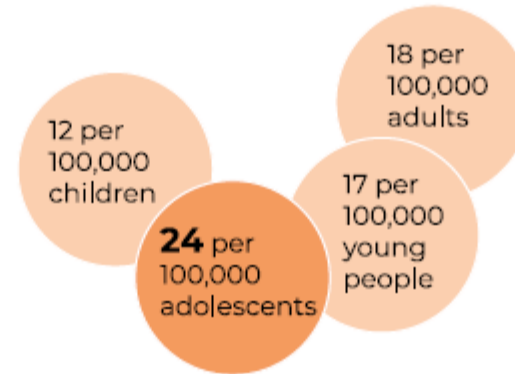
Source:

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

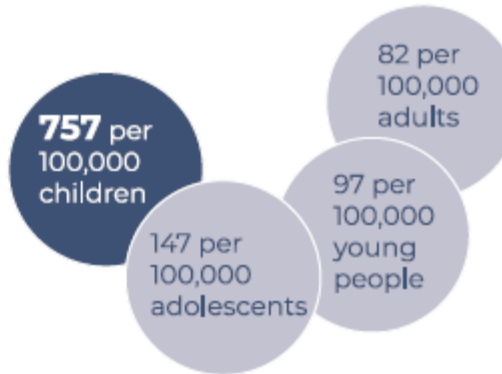
[2] Commissioning Support Unit Secondary Uses Service dataset, Dec 2020 - Dec 2021

Secondary care [2]

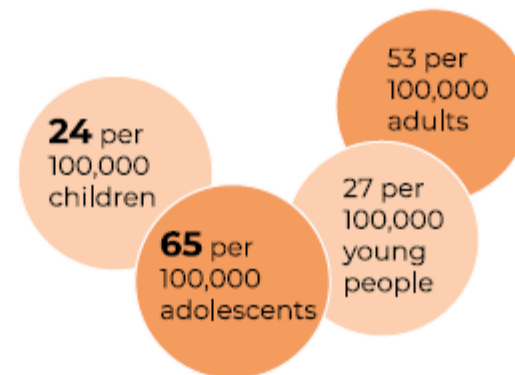
A&E attendance of diabetes



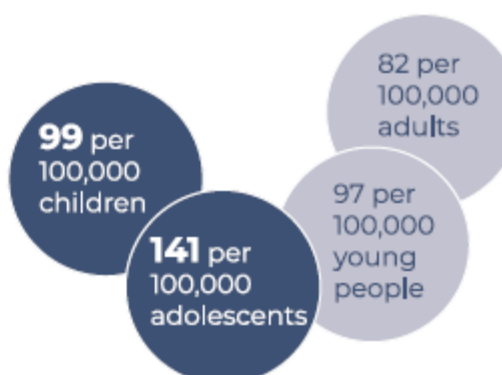
A&E attendance of asthma



Emergency hospital admissions of diabetes



Emergency hospital admissions of asthma



Long term conditions

Key message: 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.

Three recommendations:

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.

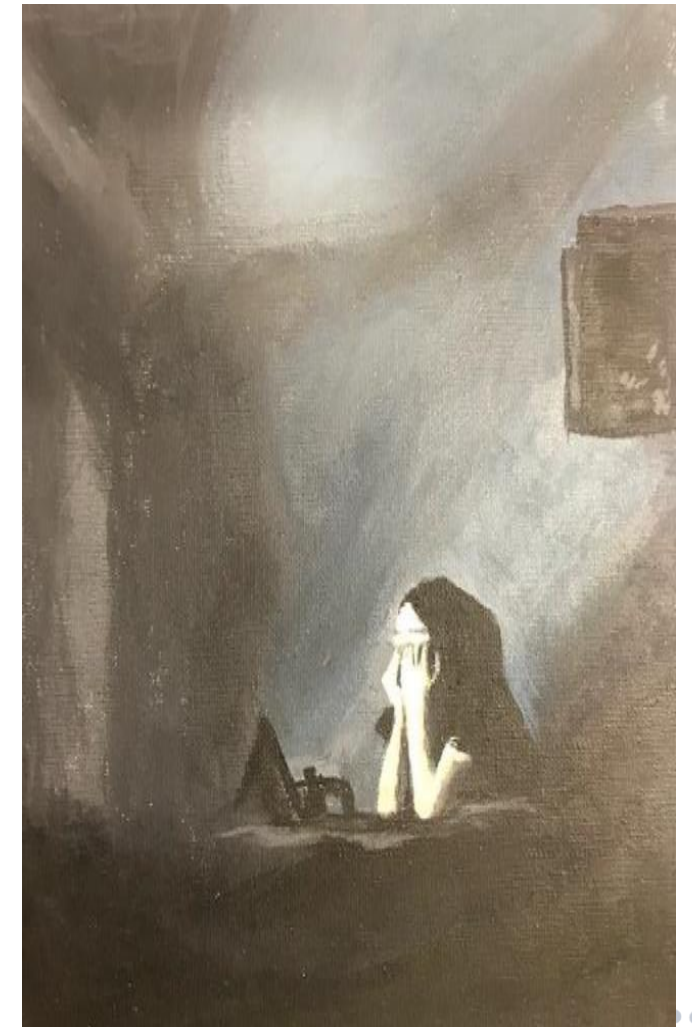
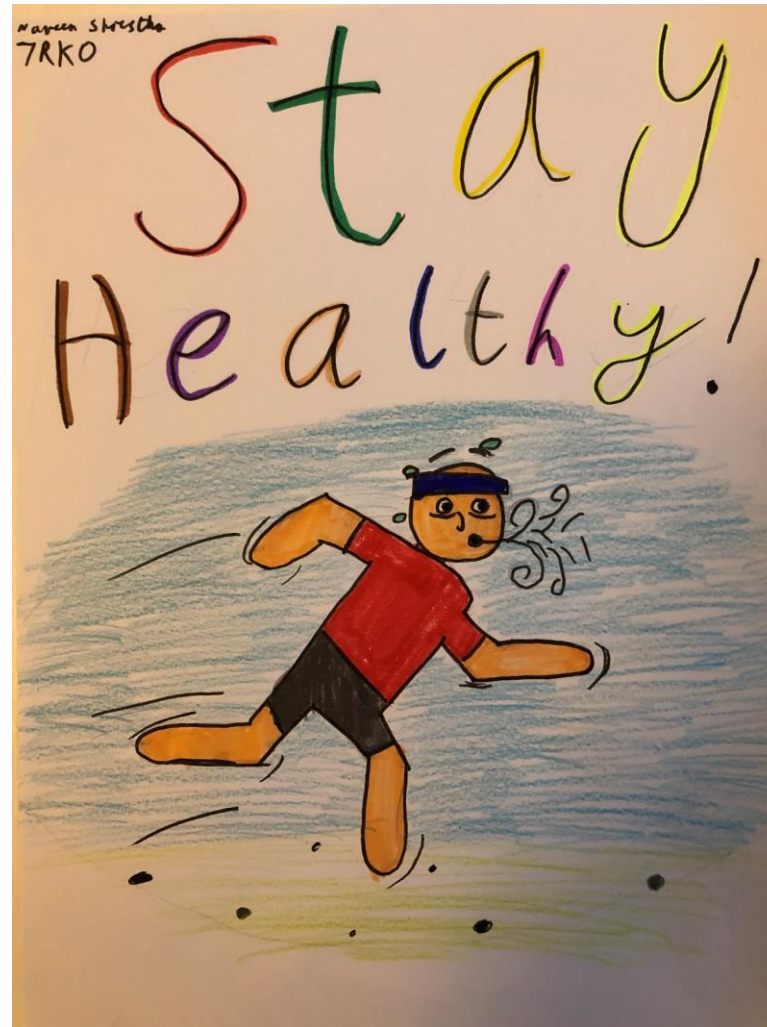
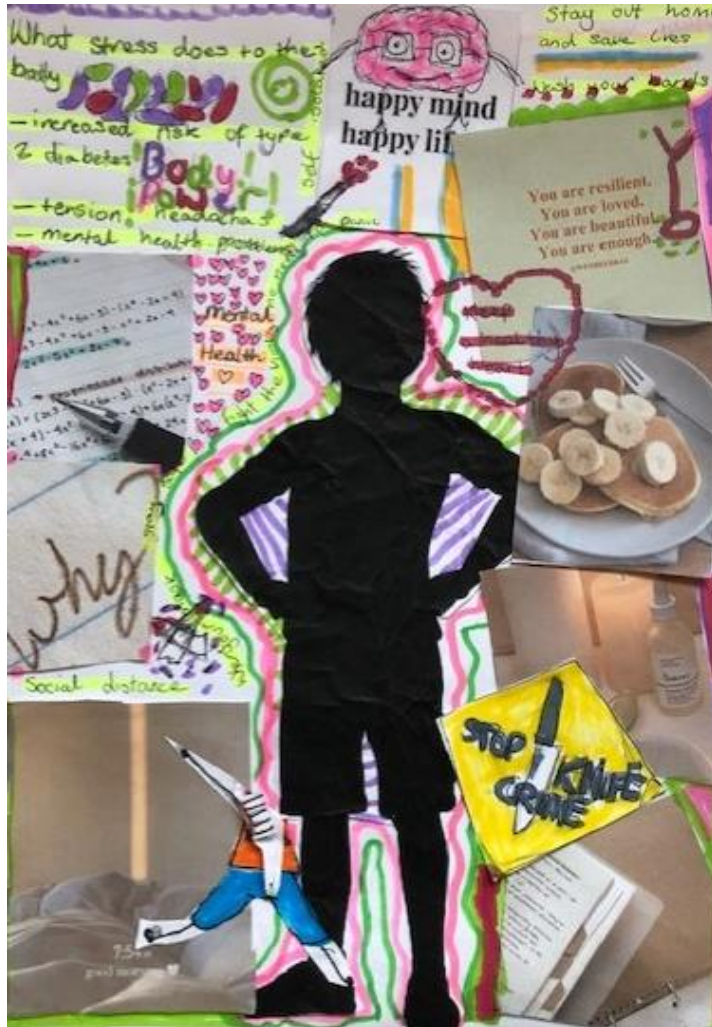


Evaluation

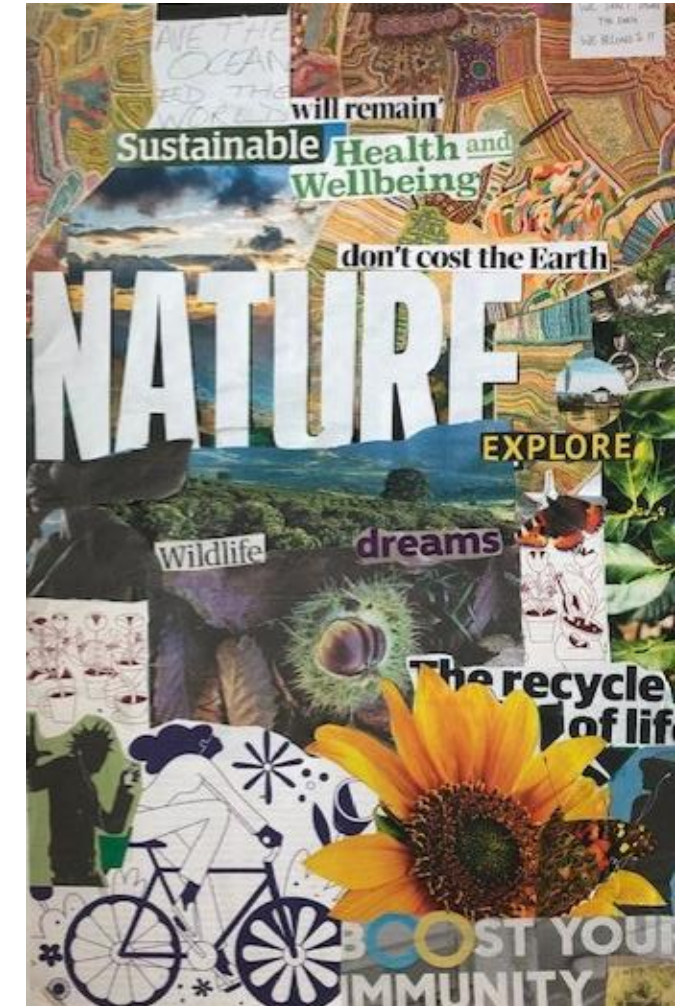
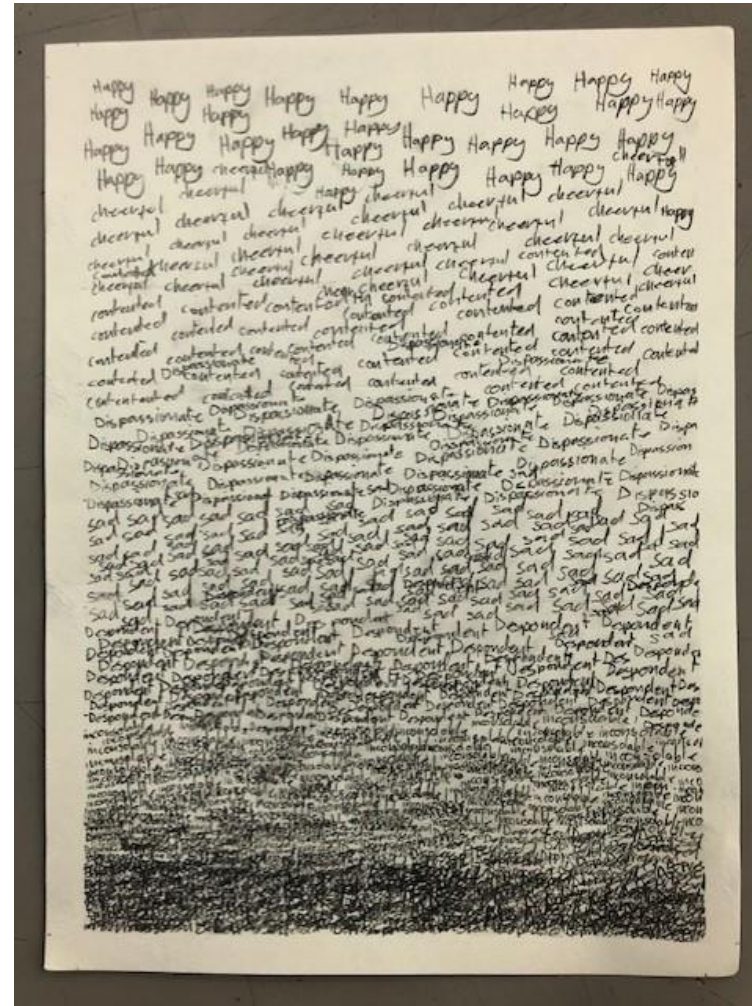
- The total recommendations in the report are for the system and have been shared with them.
- Three recommendations will be taken forward for development with young people.
- A follow up report – one year on from the launch of the APHR will gather an update from system partners on how recommendations have been taken forward.



Young people's artwork



Young people's artwork



Launch plan

Objectives

- To launch Camden's annual public health report w/c 23 October 2023.
- 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.
- 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.
- 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.
- For young people's voices to be heard in decisions made about their health and wellbeing.

Audiences

External

- Camden primary and secondary care colleagues/clinicians
- Headteachers and governors
- VCS
- Camden providers of young people's services
- NCL ICB colleagues
- Camden residents
- Wider sector – London Councils, LGA, ADPH.

Internal

- Health and wellbeing colleagues
- Wider council colleagues – schools, child social care/early intervention and prevention, youth services, housing, sports and leisure, community safety
- Senior officers including the Chief Executive
- Members including Leader of the Council
- Camden Youth Council and Youth MPs.

Strategy

- To launch the annual public health report using young people's voices.
- Key launch activity will include an event and communications materials cocreated and codelivered by young people in Camden aged 11 to 19.
- This is to give young people a voice in health and wellbeing decisions in Camden, as well as to provide a training opportunity to some young people.
- Communications will also include three measurable commitments, developed with young people, as to how the Council and partners will address health inequalities for adolescents in Camden.
- To use the report and commitments to direct further communications and engagement on health inequalities for young people and other key audiences.



Coproduction

1. We will work with Break Comms, a communications agency specialising in communications to and with young people – to recruit young people into a working group and support them to cocreate and deliver a launch event for the APHR.
2. We will work with young people and Camden’s creative services team to cocreate the APHR executive summary document and supporting communications as part of an 8 week training programme.
3. We will pay every member of the working group the London Living Wage for their time.
4. Every member of the working group will receive an advanced project management qualification equal to a GCSE 9-6.

AGED 16 - 19 & LIVE IN CAMDEN?

WANT TO CO-CREATE & DELIVER A HIGH PROFILE EVENT?

8 WEEK TRAINING PROGRAMME
1 NIGHT A WEEK

ON THE JOB EXPERIENCE WITH PROFESSIONALS

GET PAID THE LONDON LIVING WAGE

DM US FOR MORE INFO

BREAK COMMS

Camden

Deliverables

Deliverables coproduced with young people:

- Design of executive summary of the report.
- Take forward co-development of 3 specific recommendation from the report
- Social media for publication throughout launch week: 5x short film clips, 1x longer film, 5x graphic statics, 5x quote cards.
- Event to launch the report with key local stakeholders in attendance including Leader of the Council.

Deliverables produced by Council communications team:

- Full annual public health report
- Annual public health report press release.

Channels

- **Event** to launch report and key findings, sharing with key stakeholders.
- **Social media** – static and film social assets on Facebook, Instagram, Twitter and NextDoor to promote full report, event and findings.
- **Council website** and Camden Rise – hosting the full report.
- Promoting report to key stakeholders via **email and council newsletters**.
- Distributing **printed executive summary document** to relevant stakeholders at event
- **Engagement** with youth MPs, Youth Parliament and youth VCS groups.
- **Proactive press** including statistics, young people’s voices and recommendations.
- **Internal communications** to share report with council colleagues.



Evaluation

- For 100% of the working group to complete programme.
- For 100% of the working group to report that the programme has developed their skills and employability.
- For 80% of event attendees to report that they feel that Camden is addressing health inequalities for adolescents.
- For 80% of event attendees to have key message recall.
- Campaign awareness in 2023 channel survey of at least 30% for the annual public health report and associated communications.