

Camden Annual Public Health Report 2023

Context, launch, and next steps

Appendix 3 - Summary Slides

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.

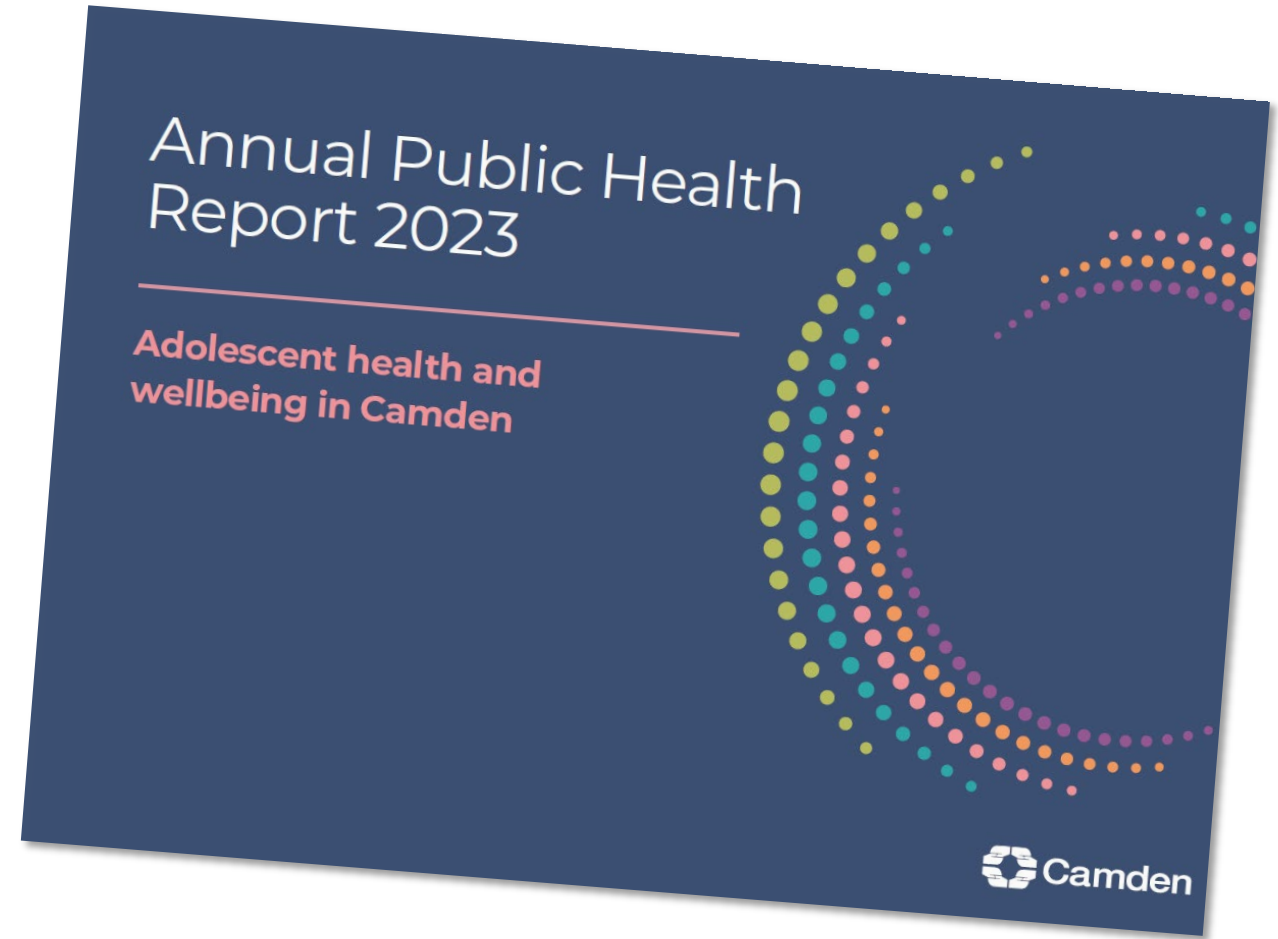
This is the first APHR being launched by the new Camden Health and Wellbeing Department following the demerger with Islington. It has been developed with young people, and we have equally ensured that it is launched with young people as well.

The recommendations are for the whole system and we request the support of the Children and Scrutiny Committee with harnessing and sharing these findings.



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.



[Annual public health report 2023 - adolescent health - Camden Council](#)

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

”

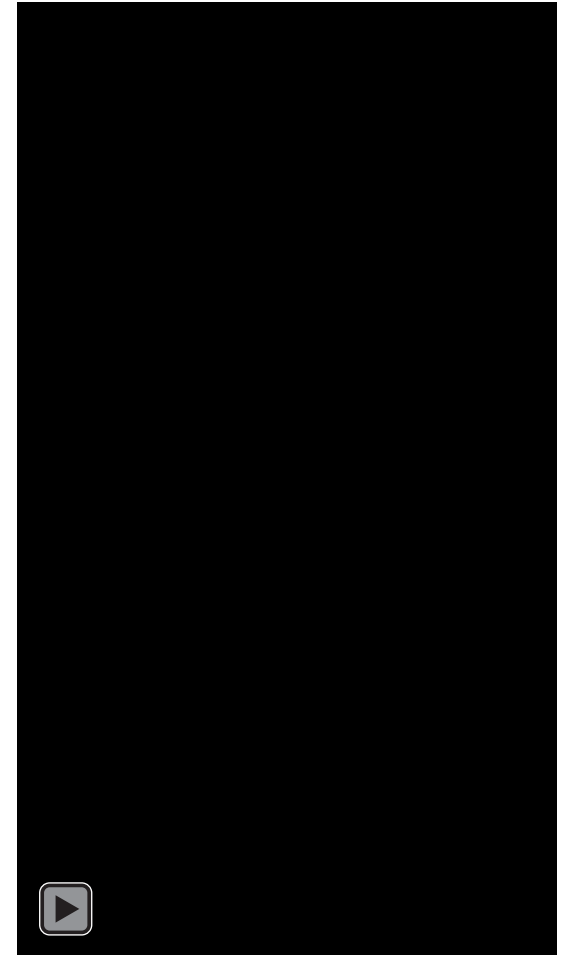
Key statistics

- 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.



Coproduction

- 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.
- The programme was developed in response to the findings of the report which highlights the importance of quality training and employment for adolescents' short and long term health.
- The training programme was funded by the Council and delivered in partnership with creative agency Break Comms.
- The 10 young people in the programme were paid the London Living Wage for their time and their travel costs were reimbursed. They named their group *Camden Youth: Tell Them*.
- 60% of the young people had never been involved in a council project or programme before.
- As well as being supported to design the event launch, Camden Youth: Tell Them developed their interpretation of the report as a graphic novel *Step into Our Shoes*.

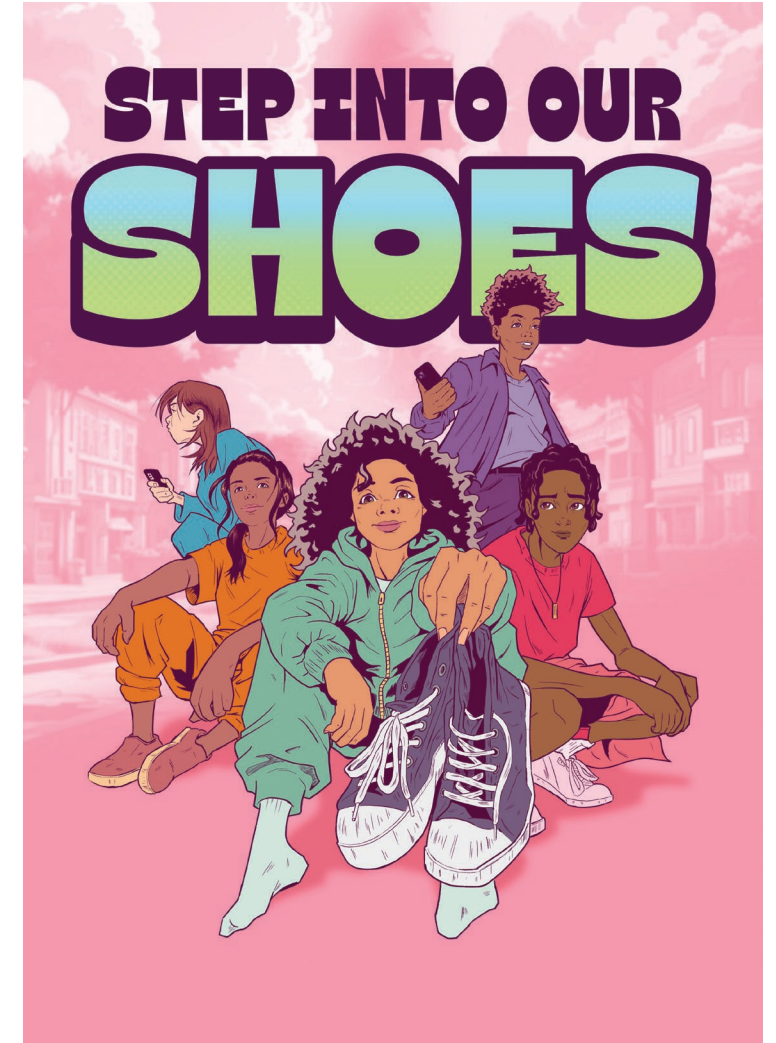


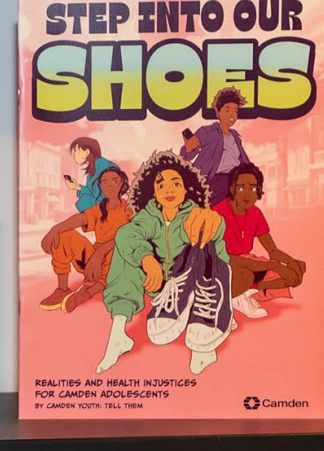
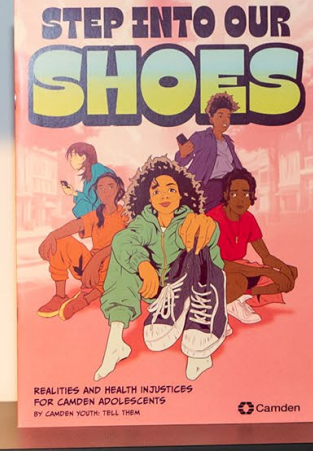
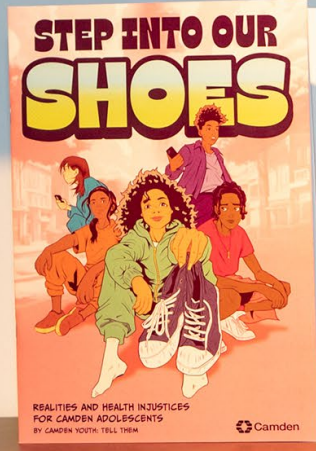
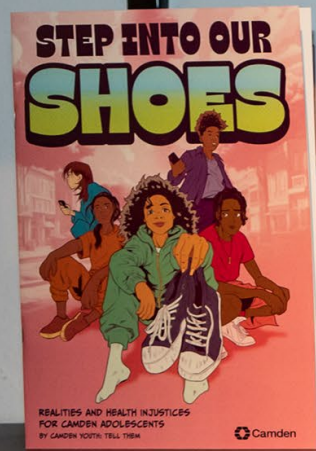
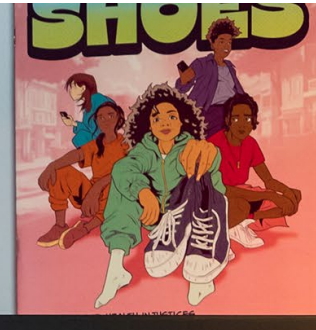
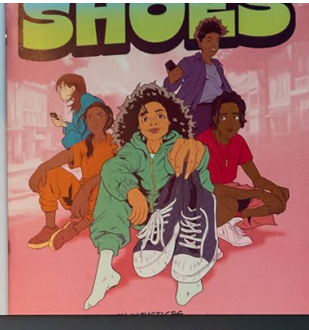
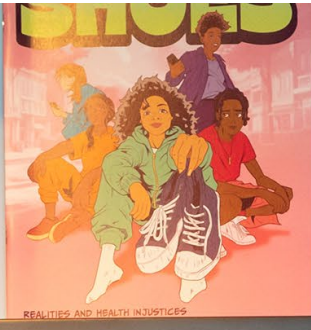
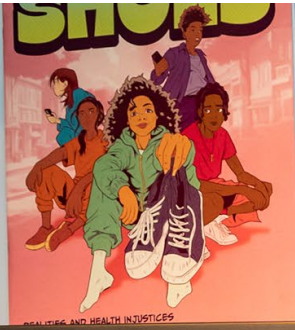
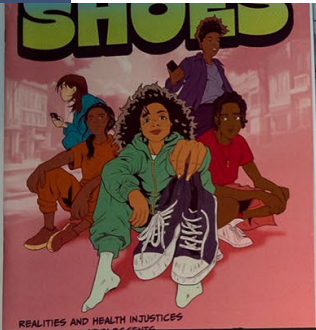
Graphic novel

- To support decision makers and partners to understand the themes of the annual public health report, *Camden Youth: Tell Them* worked with an illustrator to create a visual representation of the report as a [graphic novel](#).
- The graphic novel explores the report themes through the stories of five young characters.
- As well as the findings and statistics of the report, *Camden Youth: Tell Them* used their experiences of being young people in Camden to create each character and write their story.



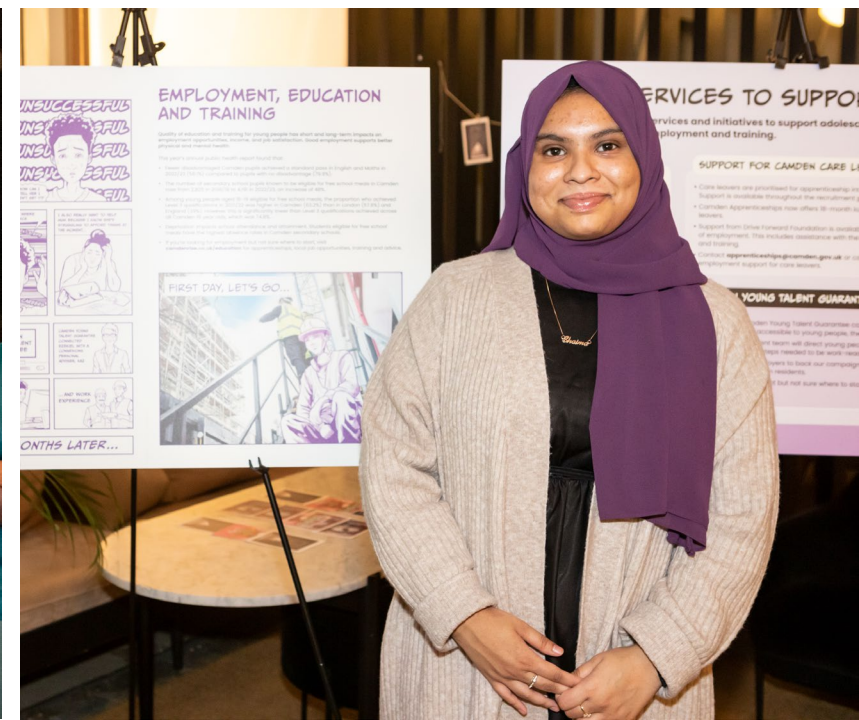
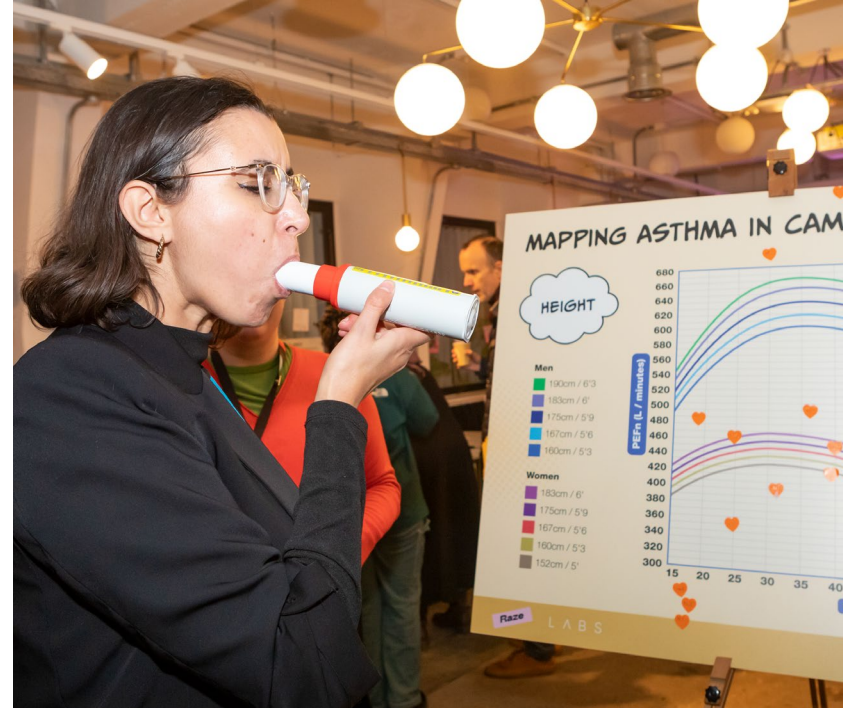
FARJANA





Step into Our Shoes event launch

- 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.
- The objective of the event 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.



Event evaluation

- Over 100 young people, decision makers and health, sports and VCS 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, including:

"Consider young people's mental health and how this may impact them coming along/ taking part in my services"

"Service improvement with school nurses through coproduction"

"More opportunities for girls to get active in safe spaces"

“ Really enjoyed the event, a refreshing change. Love the graphic novel approach and really want us to use this format for more events. ”

“ Brilliant event – such creativity! It really brought a dry and challenging subject to life. Thank you! ”

Programme evaluation by Camden Youth: Tell Them

- 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.

What Camden Youth: Tell Them learned through participating in the programme:

- *"Anything that comes to your head isn't "too much". Imagination is the best, and it can come to life"*
- *"Being innovative leads to more engagement"*
- *"I learnt about management of events and how to manage time which I know will be useful to me in the future."*

What I enjoyed the most was the vibes and the fact that our ideas were truly heard in the final event

It's nice that this gave us all an opportunity to share our opinion to those higher up in power, it's not so often that we have opportunities like this

Next steps for 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.
- Recommendations stemming from the report have been shared with working groups (youth safety, mental health, healthy weight, LTC and EET) 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 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.

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).

