Health and Wellbeing Needs of Young People in Wales

January 24th 2018

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Why are we here?

Setting the Scene
Young People – stock images
Health of Children & Young People in Wales

• In 2016, there were just over 900,000 children and young people (aged 0-24 years) living in Wales
  – 360,000 are aged 16-24
• Over 1 in 5 (142,600) children and young people aged under 20 live in poverty
• Approximately 21,000 or 6% of Welsh domiciled students go onto UK Higher Education Institutions annually
Health of Children & Young People in Wales

- Teenage conception rates in Wales are higher in those aged under 18 compared to England, but are similar amongst under 16 year olds.
- Around 1 in 10 people aged 0-24 were admitted to hospital as an emergence in 2011.
- Most common cause of admission for 5-24 year olds was injuries and poisoning.
- Transport crashes are the biggest cause of death in the injuries category.
School leavers with skills and qualifications

School leavers with skills and qualifications (level 2), 2016
Percentage, persons in year 11, Wales by area characteristics

Deprivation fifths

<table>
<thead>
<tr>
<th>Measure</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Least deprived fifth</td>
<td>72</td>
</tr>
<tr>
<td>Next least deprived fifth</td>
<td>67</td>
</tr>
<tr>
<td>Middle</td>
<td>59</td>
</tr>
<tr>
<td>Next most deprived fifth</td>
<td>49</td>
</tr>
<tr>
<td>Most deprived fifth</td>
<td>38</td>
</tr>
</tbody>
</table>

95% confidence interval
Young people not in education, employment or training
National Survey for Wales 2016/17

- 17% of 16-24 year olds are higher risk drinkers, drinking above guidelines (>14 units/week)
- 36% of 16-24 year olds are overweight or obese
- 14% of 16-24 year olds ate no fruit or veg on the previous day
- 28% did less than 30 minutes physical activity a week
- 23% had tried e-cigarettes and 6% are regular e-cigarette users
- 20% are current smokers
- 7% had fewer than 2 healthy behaviours
Causes of DALYs change with age. Mental health and musculoskeletal disorders contribute most in working age, with neoplasms, neurological disorders and cardiovascular disease dominating later in life.
Thanks for listening