

Approaches to Addressing Adolescent Health Needs in Dumfries & Galloway

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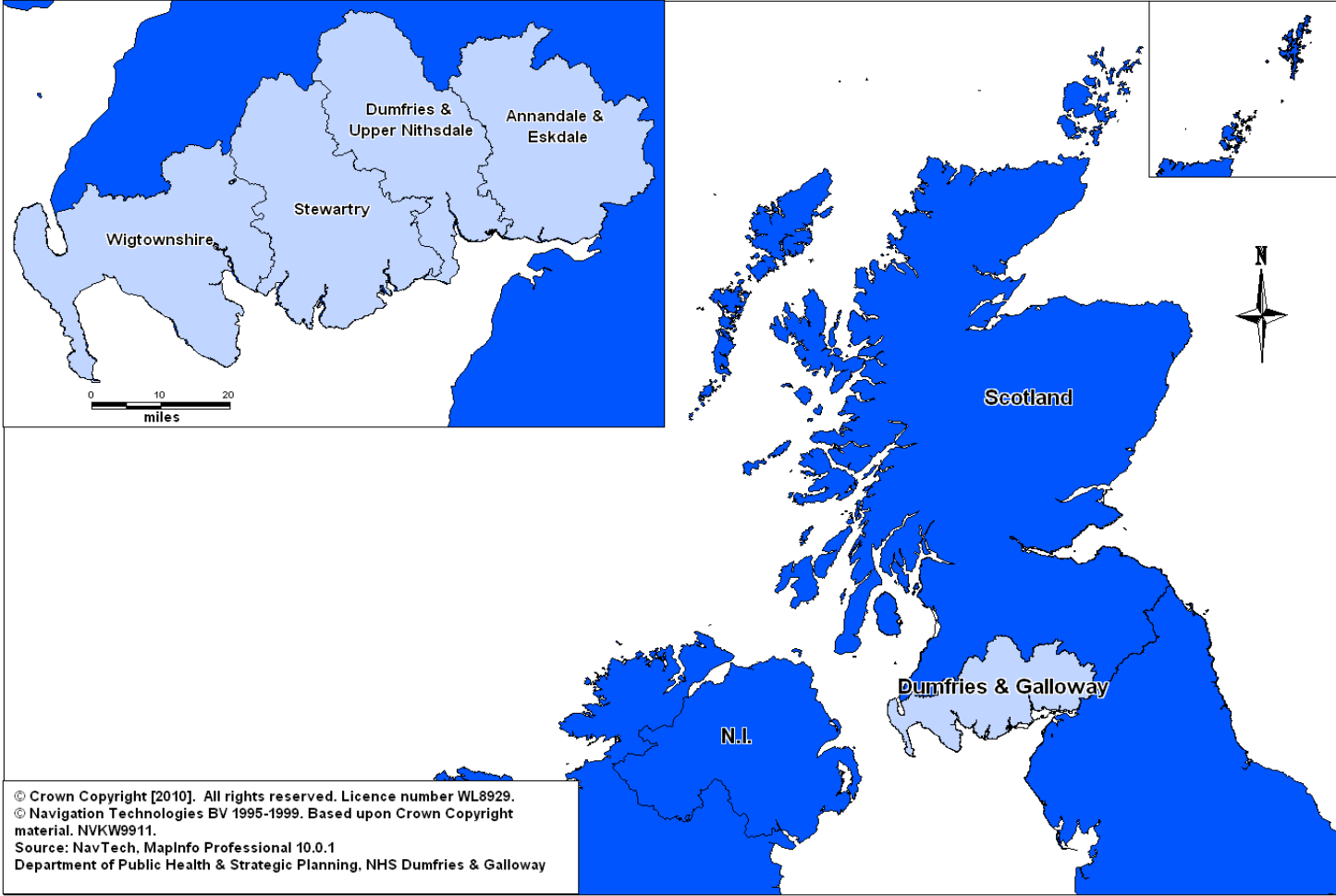
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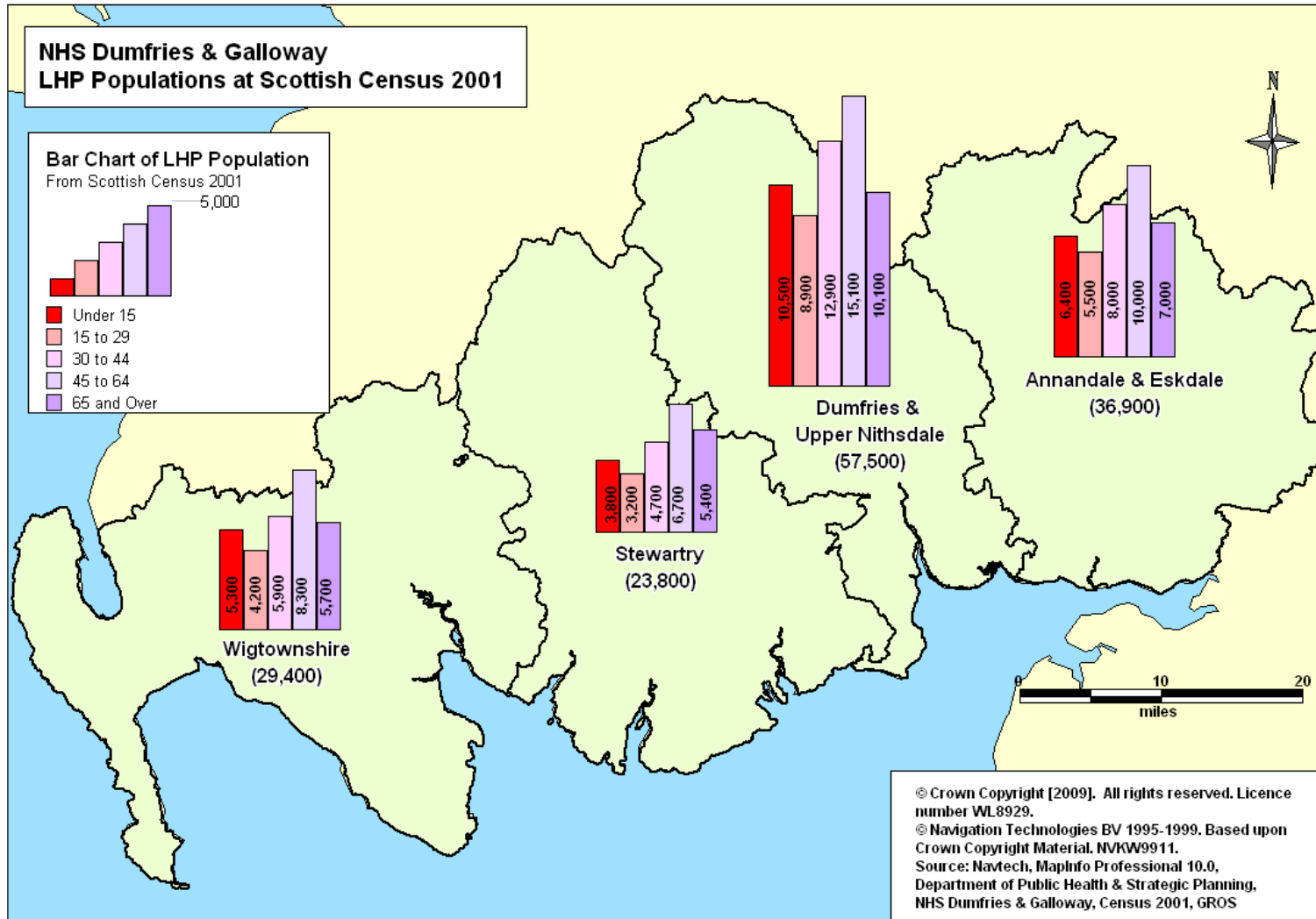
‘Adolescence is a formative stage which presents a unique opportunity to shape young people’s health behaviours and social attitudes’.

Source: WHO “Broadening the Horizon, Balancing Protection and Risk for Adolescents”, 2001

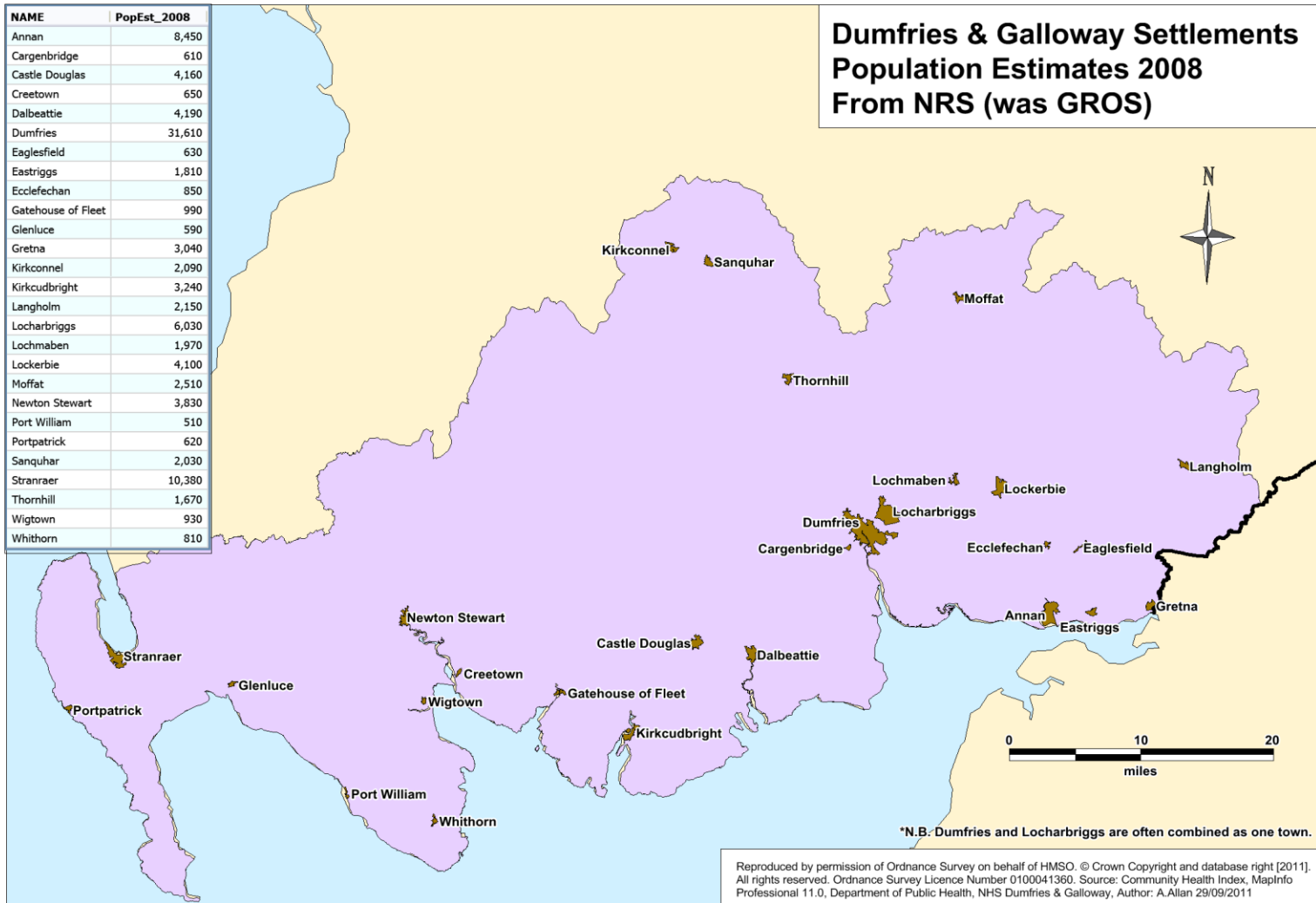
Context: Dumfries & Galloway



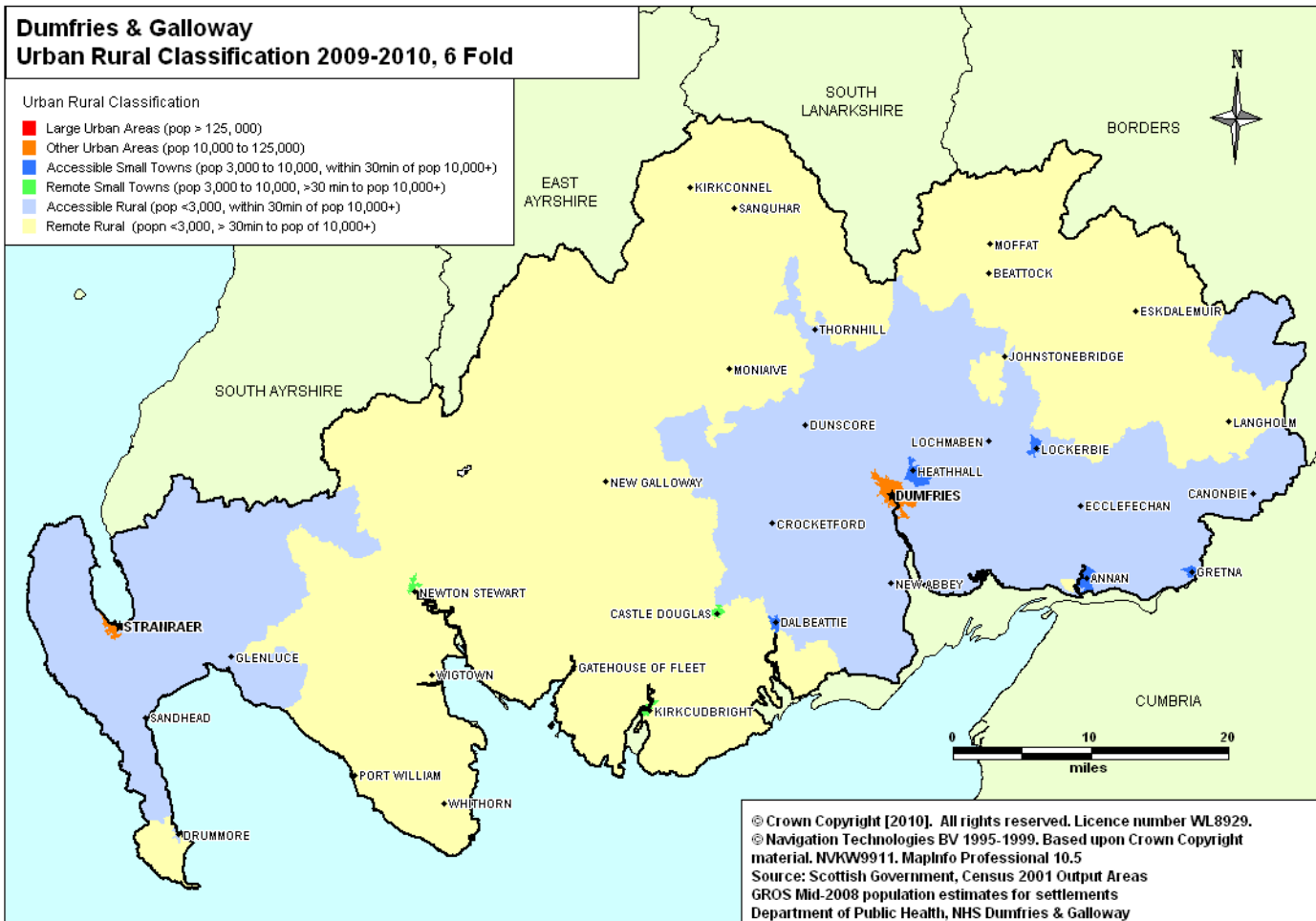
LHP Populations Census 2001



Settlements – Largest Towns and Villages in D&G

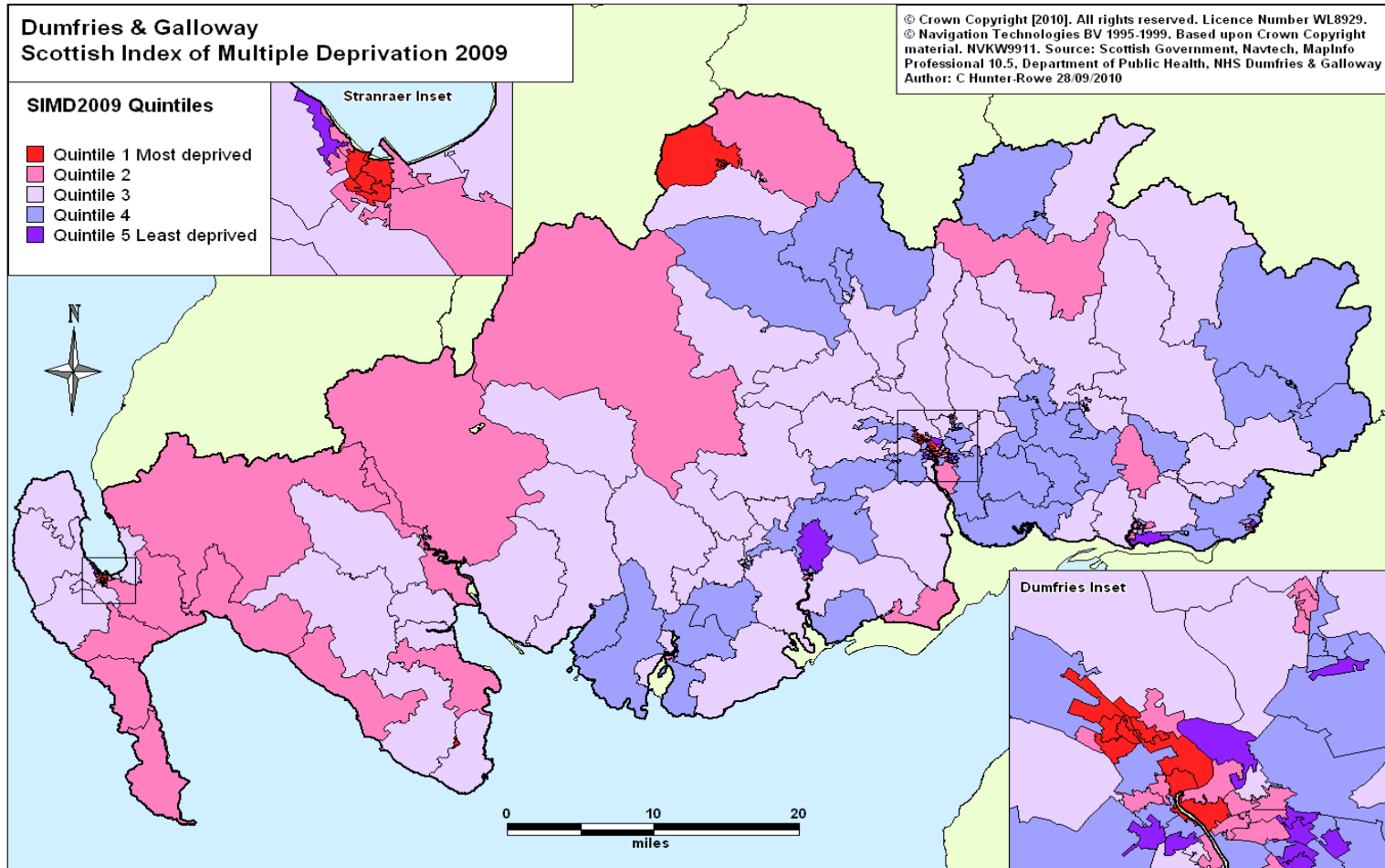


D&G Rurality Classification



46.9% of population classified as rural:
remote rural (21.9%) or accessible rural (25.0%)

Scottish Index of Multiple Deprivation 2009



9.6% of 2007 population (14,200 people) live in areas classed as the 20% most deprived in Scotland

Facts:

- ▶ Total population = 148,190 (Source GROS)
- ▶ 47% live in rural areas
 - ↓
 - ▶ 22% in remote rural and
 - ▶ 25% in accessible rural
- ▶ 9.6% of 2007 population live in areas classed as the 20% most deprived in Scotland (SIMD)
BUT
- ▶ 78.7% of Income Deprived live outside Quintile 1 (because 47% of the total population live in rural areas)

Some Challenges for Adolescent Health and Wellbeing in Dumfries & Galloway

- ▶ Annually 109 teen pregnancies <18 (avg 2006–08)
- ▶ 640 aged 16–19 not in education, employment or training (2008)
- ▶ 14,868 aged 0–24 live in access deprived areas
- ▶ 446 child protection referrals 0–15 (2009)
- ▶ 31.3% aged 15 drink alcohol at least once/week (2006)
- ▶ 121 referrals aged 8–15 to SCRA for violence related offences (2009/10)

Source: ScotPHO CYP Profiles 2010

Dumfries & Galloway Joint Health & Wellbeing Unit

- ▶ NHS and Local Authority joint unit responsible for identifying, establishing and delivering health and wellbeing interventions/ programmes across the region
- ▶ Located within Public Health
- ▶ Two teams established around a life-course approach:
 - Children and young people
 - Adults and older people
- ▶ Working in partnership is a basic premise

Dumfries & Galloway Joint Health & Wellbeing Unit

Underpinning Themes:

- ▶ Improving health and wellbeing of the population
- ▶ Tackling health inequalities
- ▶ Taking a person-centred approach
- ▶ Promoting an asset based approach to health improvement
- ▶ WHO definition of health
- ▶ All people have the right to high quality information and services
- ▶ Partnership working

Example 1

Child healthy weight

Go 4 It! 

Unhealthy weight is not a single issue

.... for example

- ▶ low confidence/self esteem
- ▶ low expectations
- ▶ normalisation
- ▶ parenting
- ▶ substance misuse
- ▶ bullying
- ▶ peer acceptance
- ▶ Isolation
- ▶ practical skills
- ▶ societal values and attitudes
- ▶ stigmatization
- ▶ living conditions
- ▶ family culture/relationship with food
- ▶ health issues
- ▶ grandparents

.... important

- ▶ Keep it real
- ▶ Building relationships is key
- ▶ Recognise limitations
- ▶ Don't create dependency

Example 2: Gambling related harm

Sometimes described as a ‘hidden addiction’, there is mounting evidence that gambling problems among young people are emerging as a serious public health issue that is likely to generate important public health and social policy concerns in the 21st century ... however this currently remains largely unrecognised and overlooked

Gambling related harm

Scottish study (11–16 year olds):

Gambling prevalence among adolescents may be as high as 9% and that a further 15% may be at risk of developing problems

(Moodie & Finnigan, 2006)

...actions

- ▶ Multi-agency event
- ▶ Screening
- ▶ Working group – action plan
- ▶ Research/consultation
- ▶ **Integrate into existing thinking/services/practice**

Example 3: Measuring wellbeing

Improving mental health and wellbeing literacy among partners and communities

Increase focus on children and young people's wellbeing

Building understanding of well being in our diverse, rural communities

Identifying inequalities

...actions

- ▶ Partnership with Psychology
- ▶ Identification and evaluation of tools being used
- ▶ Pilots: Child Healthy Weight, Medical Paediatrics, School Clusters
- ▶ Improving consistency and communication in use of wellbeing measures
- ▶ Mental Health Indicators for Children & Young People

Health and wellbeing skills – for learning, life and work

- ▶ Confidence and resilience
- ▶ Self respect and respect of others
- ▶ Effective communication
- ▶ Emotional literacy
- ▶ Making informed choices
- ▶ Problem solving
- ▶ Assessing and managing risk/risky situations
- ▶ Responsibility/self reliance/assertiveness
- ▶ Planning, organising and managing time
- ▶ Knowledge of the world and work
- ▶ Financial management

... actions

- ▶ Schools / clusters
- ▶ Transitions
- ▶ Consultation workshops – young people
- ▶ Pilot with Alcohol & Drug Partnership
- ▶ Employability Partnership
- ▶ Joint Work Placement Initiative

Conclusion:

- ▶ Examples of the holistic approach taken to key health related issues for young people
- ▶ Key principle = strength based approach which is core to the development of staff core skills and competencies
- ▶ Just at the start of the journey of moving what we know from theory and evidence to implementing it in practice

Thank you.

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