International comparisons of adolescent health

Session 7: Health outcomes for young people

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International comparisons of health and wellbeing in adolescence and early adulthood

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Research report February 2019

International comparisons of health and wellbeing in adolescence and early adulthood

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In association with

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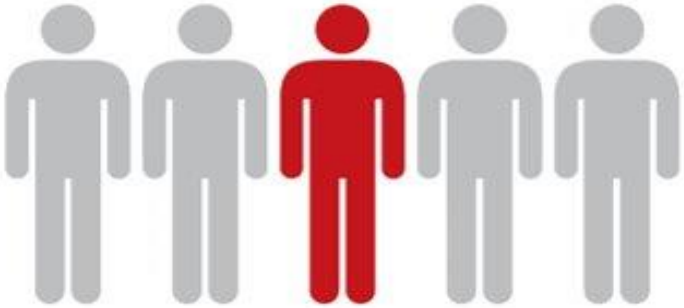
Why invest in the 10-24 age-group?

11.7m

young people in the UK aged between 10 and 24

The effects of poor health care in adolescence can last a lifetime

One in five of the population is aged 10-24



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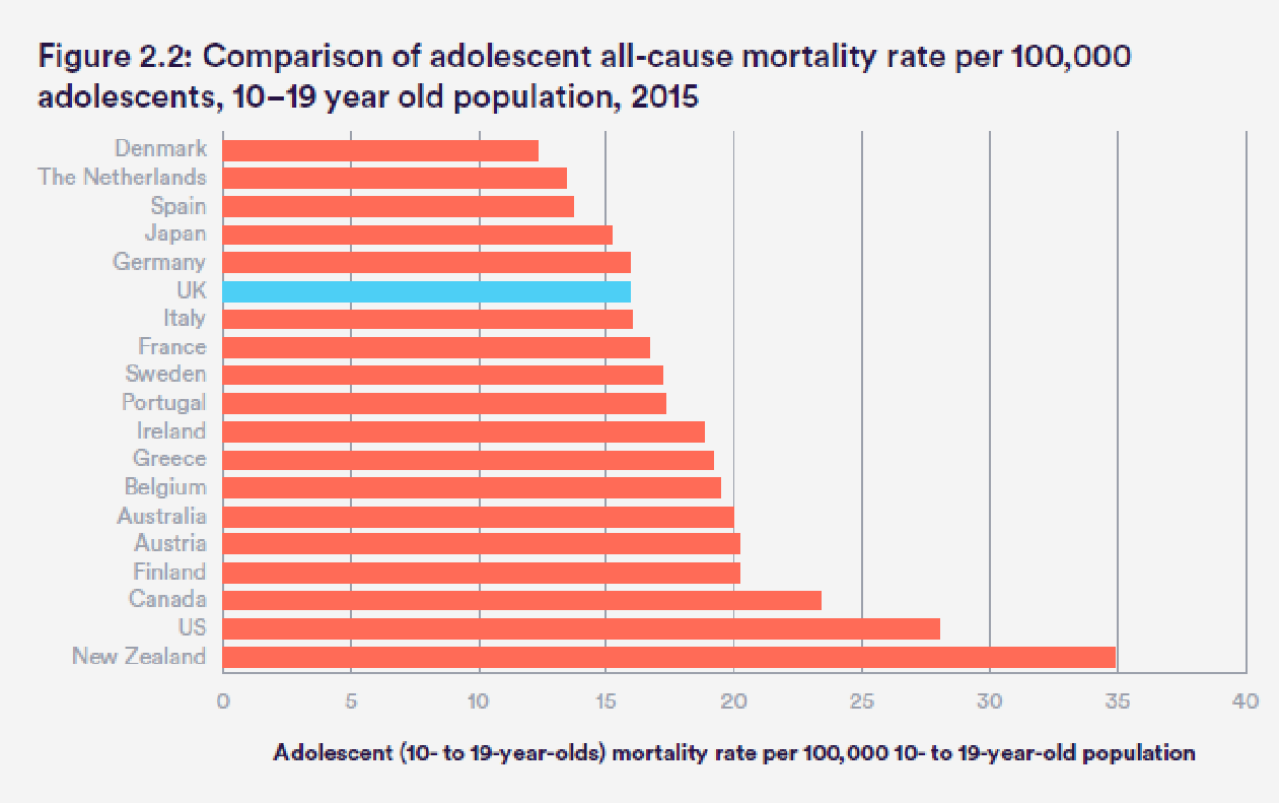
International comparisons

- Provide a snapshot on UK performance
- Comparison with 18 other high-income countries
- Inform decision-making to improve health outcomes for young people
- Useful perspective on the effectiveness of system-wide policies
- 17 key indicators
- Publicly available data

Overall health – Young People's Mortality



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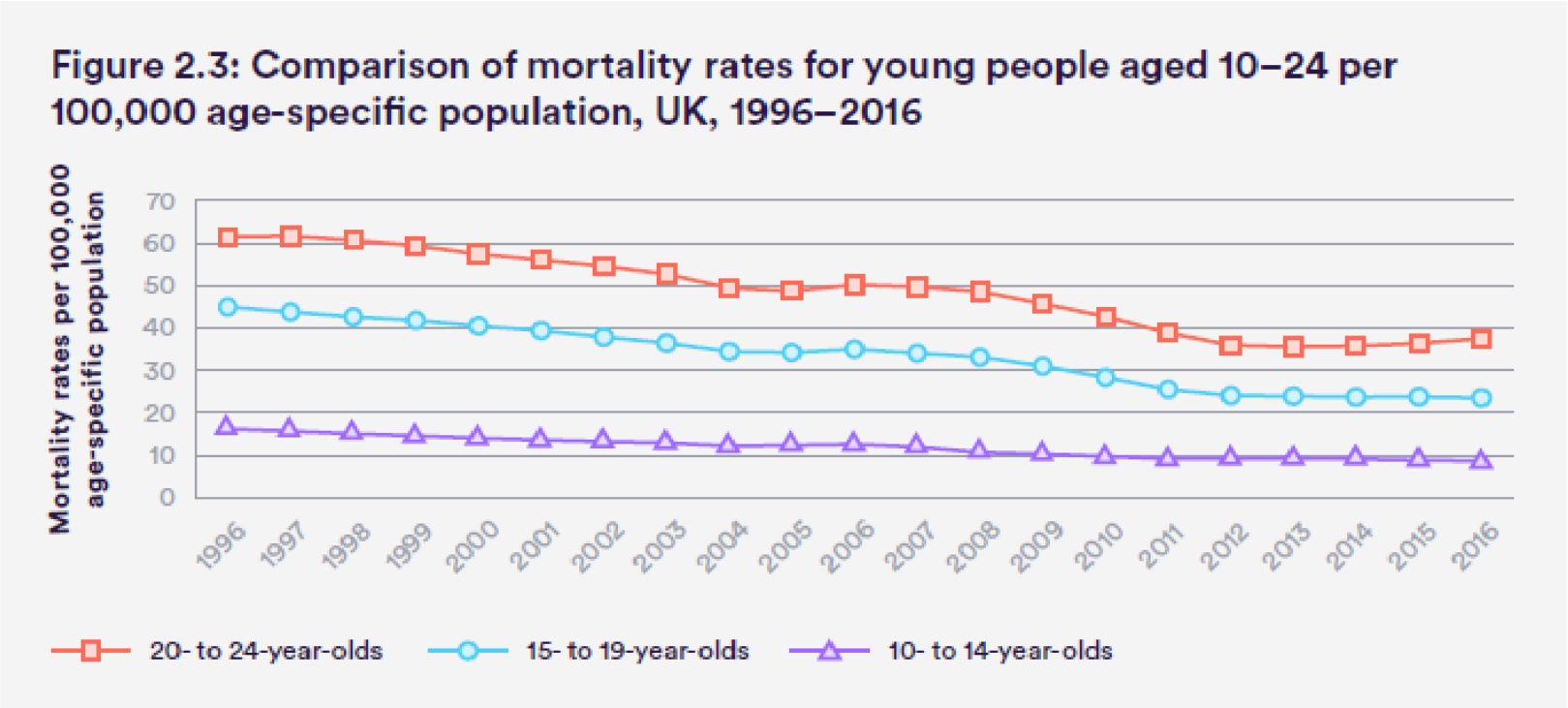
Young people mortality trends



Source: Global Burden of Disease study, 2016 (accessed January 2019).

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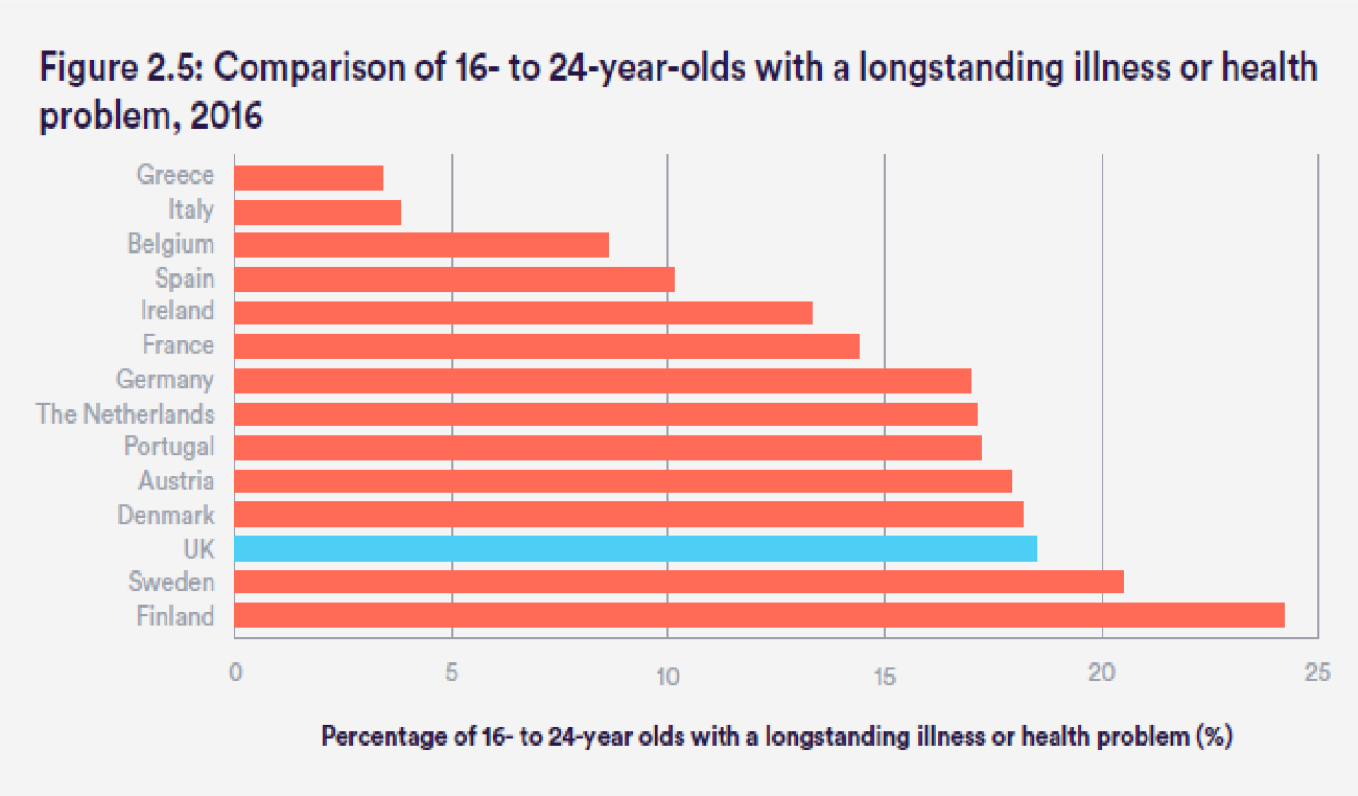
Long standing illness



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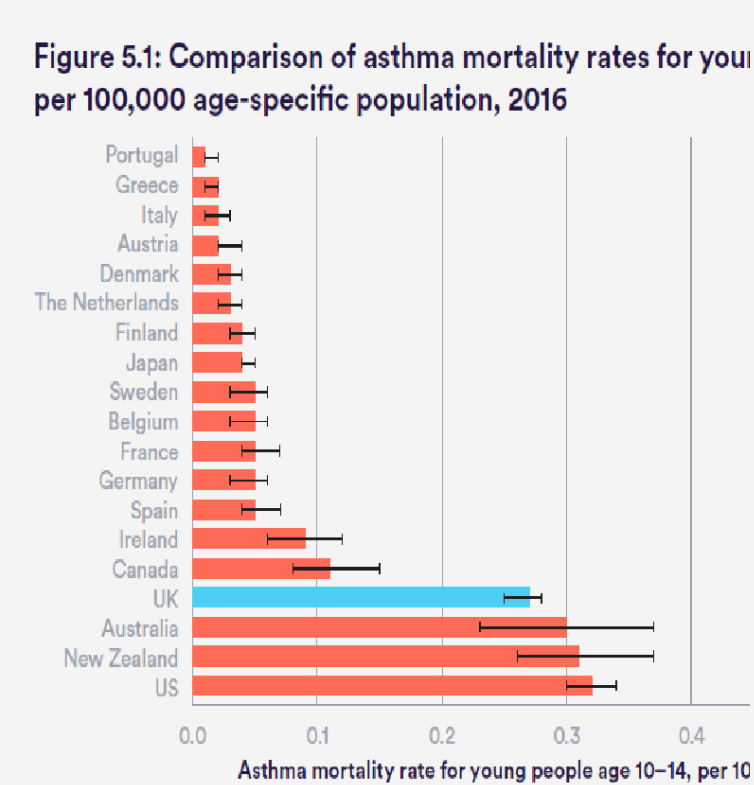
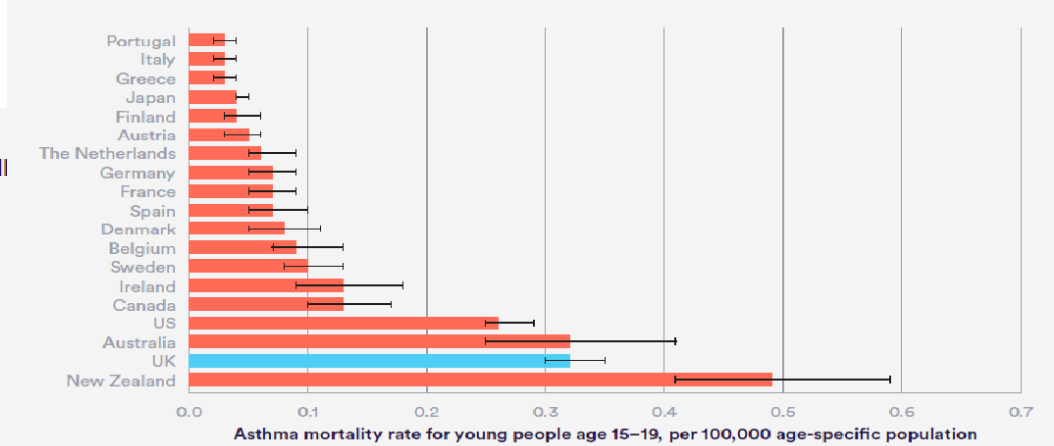
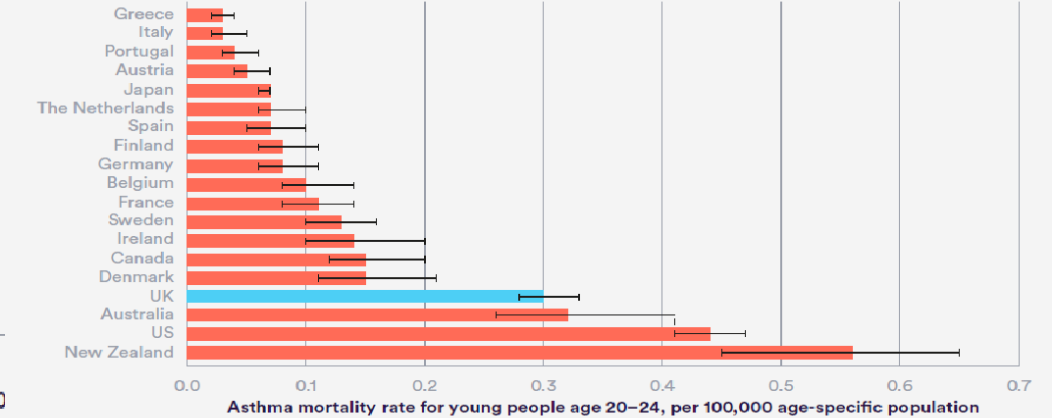
Asthma mortality







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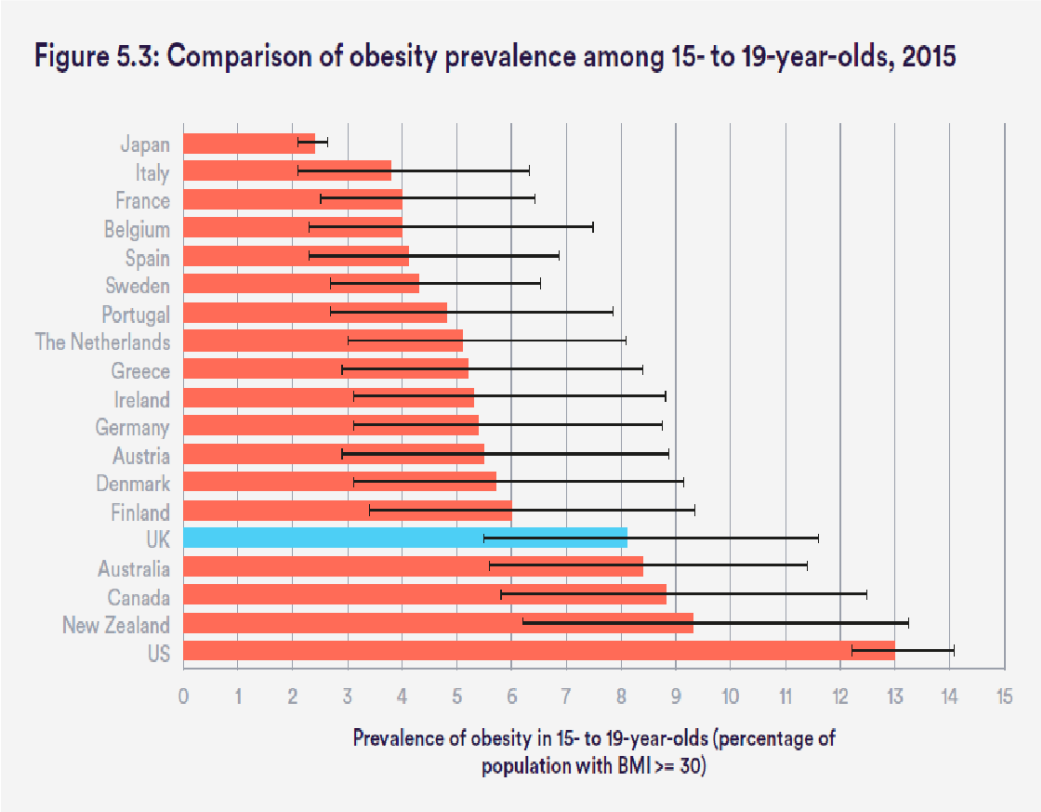
Obesity prevalence



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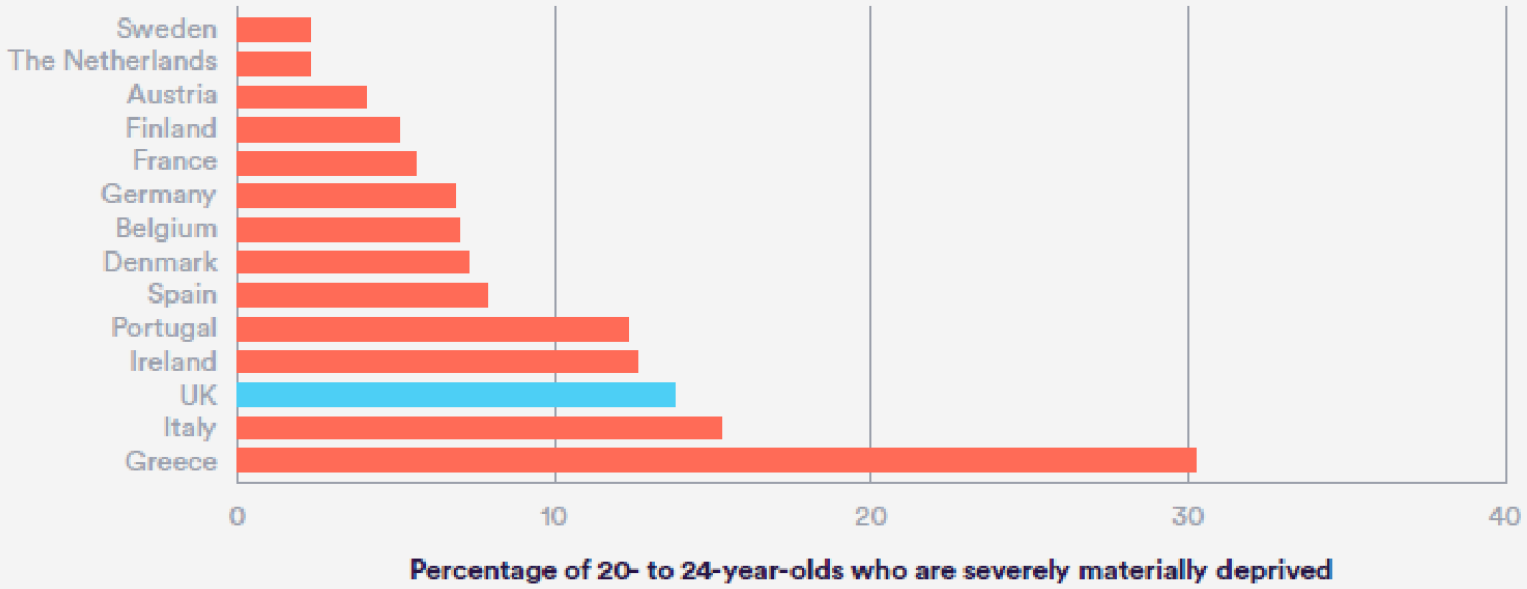
Severe material deprivation

Figure 4.1: Comparison of the percentage of 15- to 19-year-olds and 20- to 24-year-olds who are severely materially deprived, 2013



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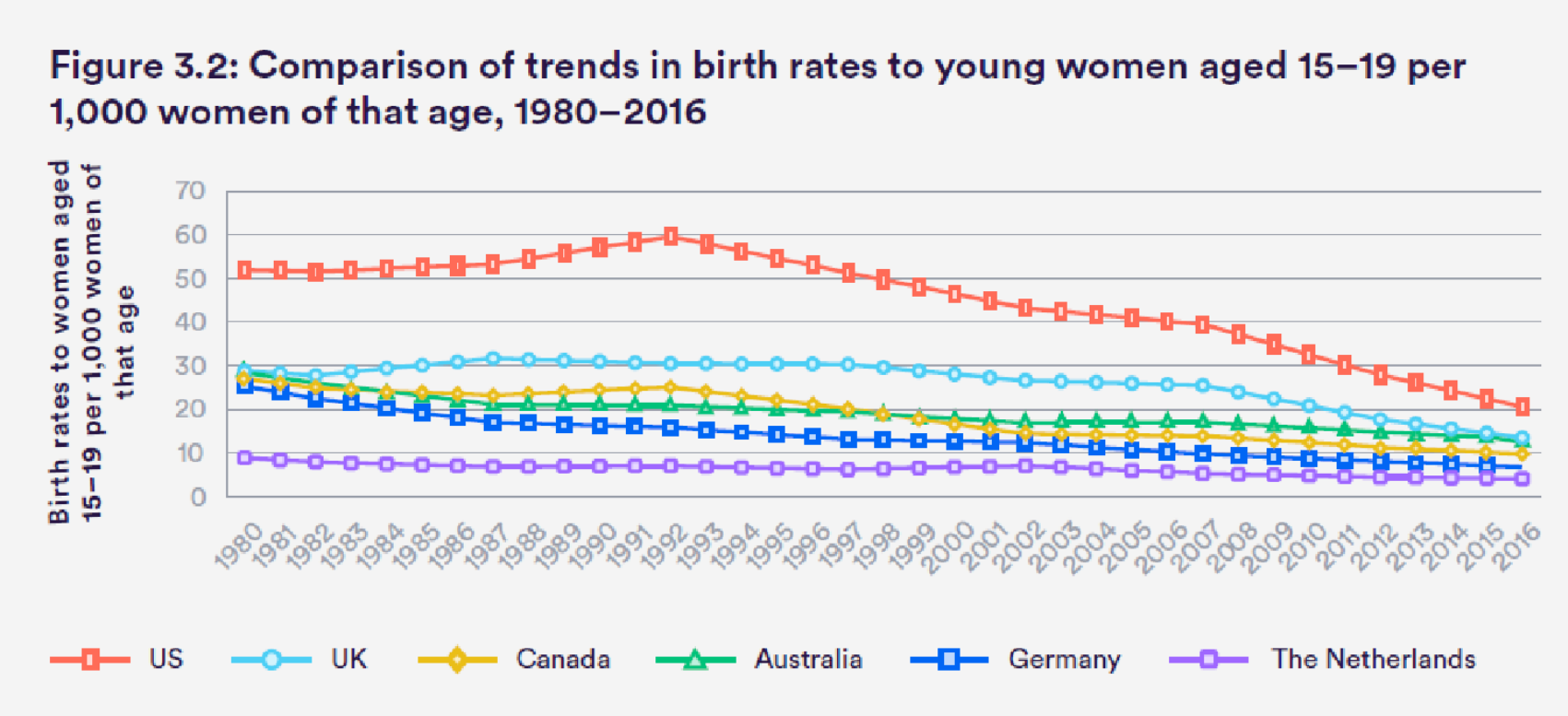
Birth-rates to young women



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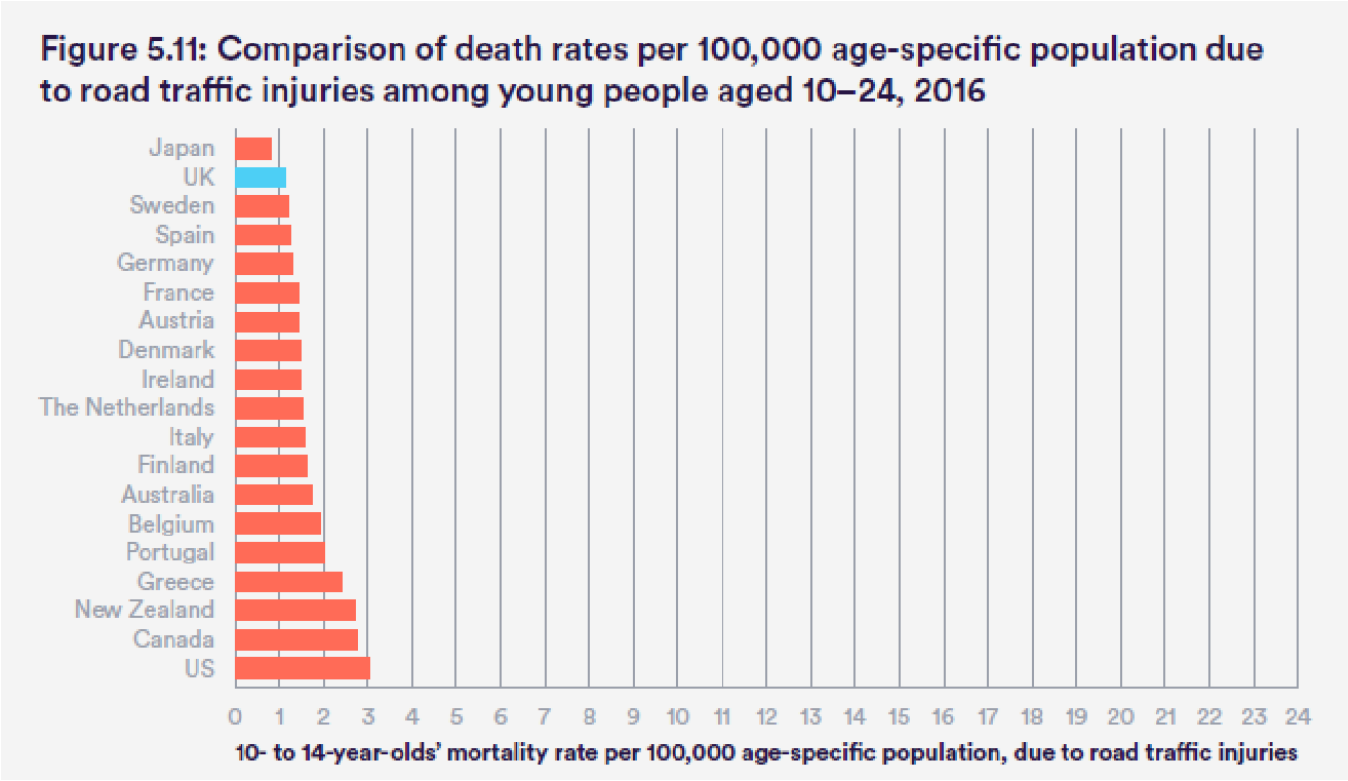
Road traffic injury deaths



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Indicator (and age range)	The UK relative to comparator countries (unless otherwise specified)	The UK trend over the past decade (unless otherwise specified)
Young people as a proportion of the total population (10–24)	Similar	Stable
Obesity prevalence (15–19)	Worse	Worsening
Longstanding illness (16–24)	Worse	Worsening
Exercise (England and Wales) (11)	Worse**	Worsening
Severe material deprivation (15–24)	Worse	Worsening
Adolescent birth rate (15–19)	Worse	Improving
Asthma death rate (10–24)	Worse	Improvement halted
Adolescent all-cause DALY rate (10–24)	Worse*	Improvement halted
Diabetes DALY rate (10–24)	Worse*	Stable
Not in education, employment or training (15–19)	Worse*	Improving
All-cause cancer mortality rate (10–24)	Similar	Improving
Daily smoking (18–24)	Similar	Improving
Alcohol consumption at least once a week (15)	Similar**	Improving
Cannabis use in the past 30 days (15)	Similar**	Improving
Suicide death rate (15–24)	Similar	Improvement halted
Adolescent mortality rate (10–19)	Better	Improvement halted
Road traffic injury death rate (10–24)	Better	Improvement halted
Road traffic injury DALY rate (10–24)	Better	Improving

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Recommendations

- Policy initiatives focusing on young people
- Working together with industry
- Improving everyday practice including making health services more youth friendly
- Specific action to reduce young people's health inequalities

Download the full report from the AYPH and Nuffield Trust websites

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