

GAMBLING

SMOKING

DRUGS

ACES

YOUNG PERSON'S

Annual quality statement 2018 - 2019

OBESITY

ALCOHOL

MENTAL
HEALTH



GIG
CYMRU
NHS
WALES

Iechyd Cyhoeddus
Cymru
Public Health
Wales

WELCOME

We're very proud to introduce and be involved with the 2018-2019 Young Person's Annual Quality Statement.

This is the third year we've been working with Public Health Wales to produce and publish the booklet. **We developed the first version with 14 young people and the second with 22 young people. This year, at our latest young person's residential development days there were 48 young people from all over Wales working together with Public Health Wales; which was brilliant!**

There have been many amazing and fun hours spent creating this statement for Young People and we all did our absolute best to ensure that it is easy to read, appealing to young people, as this statement is for them!

Over the 2 days we really were able to develop the publication with Public Health Wales supporting all our ideas. As part of the development we wanted to include work we are doing locally, so this year for the first time we have 3 stories about local work,

- **Mental health and young carers**
- **Wrexham Wrap**
- **Involvement in Pembrokeshire**





During the 2 days we told Public Health Wales how important it was that younger children should also be involved and suggested a children's version of the booklet. We can't believe they actually listened to us and then worked with children aged 7-10 years old to produce the first ever Children's Annual Quality Statement.

We also worked on '**Be the Change**' guides, nurse staffing on paediatric wards and some of us got to present our good and bad experiences of working with Public Health Wales to the Board.

We have already started to plan our next Public Health Wales Residential development days. We will focus on:

- **Working with Diabetic Eye Screening Wales to look at their information for young people**
- **Starting to plan the 2019 Public Health Youth Summit**
- **Supporting the Public Health Wales Strategic Equality Plan 2020-24 development**

To finish, we would like to thank everyone involved in the making of this statement, and those of you who've picked it up to read thank you from us all.

Seren W., Deputy Chair for Neath Port Talbot Youth Council



THE FIGHT AGAINST OBESITY BEGINS

Shocking Statistics'

Obesity is the greatest public health challenge facing Wales. **Shocking statistics record 27% of four to five year olds and 60% of adults are overweight.** Nationally the UK has one of the highest levels of obesity in Western Europe.

Major health conditions such as coronary heart disease, type 2 diabetes and some cancers are some of the known risks of being overweight – what some people don't seem to know is being overweight is also a risk to mental health and wellbeing such as low self-esteem, depression and anxiety.

Health Minister Vaughan Gethin Welsh Government said:

“Too many people in Wales are overweight or obese, our high rates of overweight 4 – 5 year olds is a matter of national concern.”

The Minister is now leading on the Welsh Government's new plan called **'Healthy Weight: Healthy Wales'** to combat the greatest public health challenge facing Wales today – obesity.

The plan is based on research and international evidence from Public Health Wales. The plan's key theme is to help people maintain a healthy weight and get active.

Dr Nike Arowobusoye, Locum Consultant in Public Health Medicine for Public Health Wales said:

“The increasing levels of childhood and adult obesity in Wales are of significant public health concern. Public Health Wales welcomes the publication of this consultation as the start of a longer term commitment to address the issue.”

For more information go to:
<https://bit.ly/2RuAUK3>



CHALLENGES WE'RE GOING TO FACE:

The Future

As a nation we need to be more prepared for challenges such as climate change, machinery replacing humans in factories, changes in energy supplies and the population getting older.

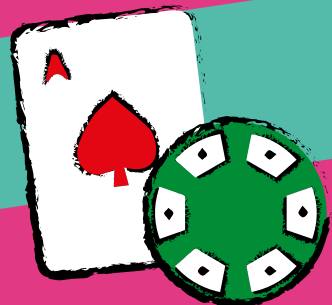
The new Futures for Wales report encourages people to think about long term planning to address issues like the potential of automation of a whole 35% of all existing UK jobs over the next 10 – 20 years. The report provides strategies for organisations in all of Wales to think more long term about these issues.

This report states that Wales needs to break the 3-5 year planning cycle and to look forward to prepare for changes such as the predicted doubling in the number of people over 85 by the year 2039. There are also many other issues the future may face.

The report makes 14 key recommendations for how the public services are to move forward and think about the future.

By using this report and the will of the people in organisations across Wales we hope to be fully prepared for these major issues.

For more information go to:
<https://bit.ly/2N0GGo1>



GAMBLING

A Public Health Challenge

A new report called **'Gambling as a public health issue in Wales'** highlights the hidden costs of problem gambling on families, friends, communities and the economy. The report also shows problem gambling figures are highest in the most deprived areas in Wales.

For example, in Wales around 55% of adults spend money on some form of gambling with 3.3% of people at risk of becoming problem gamblers. The estimated costs caused by problem gambling was between £40 – £70 million pounds.

The report looks at how problem gambling harms affect children and young people, those with money worries, mental health problems and shows people living in areas of deprivation are more vulnerable to gambling harms than other areas.

Professor Robert Rogers lead author of the report said;

“A recent shift to see gambling as a public health challenge requires policies to address gambling as a health inequality. This will require a comprehensive set of measures to protect the most vulnerable groups in society from the broader harms to health and wellbeing.”

This is supported by the Chief Medical Officer for Wales, who in 2018 called for policy change for this health challenge which has previously been below the radar.

For more information go to:
<https://bit.ly/2G2QJEH>



MENTAL HEALTH & YOUNG CARERS

Mental Health is such a complex and diverse topic that it is sometimes ignored and seen as something you can't talk about. As a Young Carer myself I would like to raise awareness of some of the difficulties faced by many Young Carers when it comes to mental health and wellbeing using myself as a case study.

Being a Young Carer is hard work, most people don't understand what a Young Carer is or what we do. The responsibility is a lot on a developing mind which may have a dramatic impact on the mind set for example, time is limited especially with friends and there is also the responsibility of taking on the adults primary role especially if younger siblings are in the family. From my own experience this can lead to grades dropping and low school attendance.

According to the Carers Trust young carers have more mental health issues than their peers and are more likely to be tired and stressed. The 2011 Census also showed that young carers providing 50+ hours of care a week were up to five times more likely to report their general health as 'Not good'.

One massive way I've been helped is through the Young Carers group I attend on Monday nights. This gives me the opportunity to be a young person, engage in positive interests and activities, have a warm meal and meet others with shared identities in a safe place.

I am so passionate about raising our issue that our group attended Public Health Wales' Youth Health Summit in 2018 where they had the opportunity to have a voice and more recently I attended the Young Peoples Annual Quality Statement planning residential which gave me the opportunity to write this piece for you to read - It was a great experience.

Thank you for reading Charlie.

If you would like any further information Neath and Port Talbot Youth Council or their young carers group please feel free to contact:

**Carolyn Wellington on c.wellington@npt.gov.uk
or Emma Culleton on e.culleton@npt.gov.uk**





ALCOHOL - IT'S NOT THAT ACE!

Adverse Childhood Experiences (ACEs are a hot topic right now.)
A lot of work is being done to build **RESILIENCE** of an individual from a young age to result in positive effects on their Mental Health.
However, do you know the consequences alcohol can have on your friends and family?

A recent study of 12,669 adults in England and Wales shows **62% of 18 – 20 year old males who are 'heavy drinkers'** with high levels of ACEs have **HURT** someone within the last year. This compares with 13.5% in heavier drinkers with no ACEs.

Further studies show women with no history of ACEs who either abstained from (don't drink) or were moderate drinkers saw **0.8% had been hit in the last 12 months, there was a significant increase rising to 13% in being hit if they have experienced multiple ACEs and are heavier drinkers.** There is a greater increase in men (with no ACEs and low or no alcohol) from 1.9% to 32% with high level of ACEs and heavier drinkers.

Why is This?

Professor Mark Bellis says that this is because those who have experienced traumatic events in their childhood find it harder to control their emotions, and so are more likely to react violently. On top of this, a lot of alcohol can make it more difficult to control how you feel, so the combination of alcohol and ACEs makes it much more likely that a person will react violently.



We are also told that **people who were abused or exposed to traumas such as parents fighting in their home as children are also more likely to become heavier drinkers.**

In many circumstances drinking more heavily may be something they began to help cope with their childhood traumas. On top of this, it is suggested to us by Professor Karen Hughes some people who witnessed domestic abuse as a child or experienced violence themselves may believe suffering domestic violence is expected and, perhaps even normal so stay in abusive relationships and use alcohol as a coping mechanism.

Some Definitions for You!

Adverse Childhood Experiences (ACEs): Are traumatic experiences that occur before the age of 18 and are remembered throughout adulthood.

Domestic Abuse: Is any type of controlling, bullying, threatening or violent behaviour between people in a relationship.

For more information go to:
<https://bit.ly/31R7muM>



THE WREXHAM WRAP

Over the course of the last 12 months the Senedd Yr Ifanc (Wrexham's Youth Parliament) has carried out 2 major consultations surrounding Bullying and Young Peoples Wellbeing.

The 'Our WellBeing' consultation was done on behalf of Wrexham's Public Service Board and looked to gain information on sleeping habits, food and weight management and how young people would like to be taught necessary life skills. There were **1,350 young people** who took part in this consultation.

Our key findings showed that 71% of young people said they use their technology within 1 hour of going to sleep and that 82% of these said that they also feel tired during the day.

We found that over a **quarter of the young people ate 'junk or fast' food** on a daily basis and given a task of choosing a meal for friends or family, **37% would opt for 'fast food' or 'take outs'.**

Finally, with an overwhelming result, young people said that they would prefer being taught necessary life skills such as finance, practical skills and wellbeing during school time.

The results of the whole consultation were presented to Wrexham's Public Service Board and the Children's Commissioner – Sally Holland. The results will also be used to inform Wrexham's Well-Being plan 2018 – 2023.

E-DRUGS

ALCOHOL

ACES

SMOKING

As a result of the Senedd Yr Ifanc's biennial consultation, the most singular issue that young people would like improving was reducing bullying in schools. There were 1,150 young people who participated in this consultation.

We were shocked by the fact that **80% of young people had experienced verbal bullying. This was double that of physical bullying at 40%.**

We feel that cyber bullying is more recognised in schools over the other forms of bullying and verbal is not seen as much of an issue.

The results also showed that over **340 young people felt either sad or upset about their experiences and 28 said they felt suicidal.**

However, **80% of young people** who told someone about their experiences, either a friend, family member or someone in school said that it helped them through their experiences.

We strongly recommend that young people talk to someone about their bullying experiences.

National Bullying Helpline:

0845 22 55 787

admin@nationalbullyinghelpline.co.uk

Our work on Bullying is ongoing and the Senedd Yr Ifanc are raising awareness in schools and with professionals over the next year.

If you would like any further information on any of our work please feel free to contact us on:

youngvoices@wrexham.gov.uk or call on 01978317961

GAMBLING

ESITY



COCAINE DRUGS

My friend started taking drugs not long ago after mixing with a new group of friends, who are regular drug users. Cocaine was one of the multiple drugs they took. They'd taken them before so they thought they would be fine but that wasn't the case from this one day. I was walking through my local park when I saw my friend, looking distant and fidgeting. As I walked towards my friend, I noticed that they looked panicky and tense but when I spoke to them, they spoke back in an anxious manner, struggling to form words. I then realised that these were some of the symptoms of a negative reaction to the drugs.

I called 999. As a result of calling 999, my friend was then in safe hands. When the paramedics arrived, they assured me that I had done the right thing and that my friend and I wouldn't get into trouble.

Substance misuse – related hospital admissions on the rise in Wales
Public Health Wales has released data saying that the number of cocaine – related hospital admissions has increased by 114% in the last five years to 2017-2018. Part of the increase has been observed in young people.

“ This is a substantial rise – but not one that is isolated to Wales, similar patterns related to cocaine use are emerging UK and Europe-wide. ”

Josie Smith, Head of Public Health Wales' Substance Misuse Programme.

Alcohol is a legal and a very addictive drug. Alcohol-related deaths have increased by 7% in 2017 with 540 deaths.

“ Alcohol and other drugs alongside cocaine, are contributing to increase in hospital admissions and treatment assessments. ”

Josie Smith, Head of Public Health Wales' Substance Misuse Programme.

If you need friendly, confidential advice visit:

<https://www.talktofrank.com/contact-frank>

or call FRANK on 0300 123 6600 or Text 82111

For more information go to:

<https://bit.ly/2RstIOq>





SMOKING

"Help me Quit" I ask you. It claims too many lives. In reality when buying cigarettes, you are just buying a pack of lies. Yes, I am a smoker, yes, I am a statistic there are 470,000 others nation-wide.

"Help me Quit" I beg you. This is no longer affecting just me. **"Help me Quit"** is the logo used by **"Public Health Wales"**. We all know smoking kills!! We all know it claims too many lives, but I ask you? When teenagers buy cigarettes, they are buying a pack of lies.

We are smokers and it's damaging our health. Public Health Wales says that there are **470,000** others like us causing damage to their bodies. People may say smoking will make you feel relaxed and look cool but without the icing on the cupcake, it's damaging you from the inside out, plus emptying your wallets. However, it's never too late to quit.

Public Health Wales say:

“ We can't let up in our battle against tobacco, it claims too many lives, and creates too much inequity. ”



When you're ready to quit connect:

www.helpmequit.wales

0800 0852219 or text **HMQ to 80818**

Email: helpmequit@wales.nhs.uk

We are smokers and we need help.

We are one of 470,000 smokers around the worldwide.

Yeah I am a smoker, yes, I am a statistic but, I know that I'm not alone. Organisations like Public Health Wales offer myself and others like me a platform to fully understand the effects of smoking on my physical and mental health. For example, the Public Health Wales Observatory has recently published the latest series of evidence summaries and actions recommended to help improve health and wellbeing.



PEMBROKESHIRE

The Children's and Young people's Rights Office sits within the youth services in Pembrokeshire. **CYPRO (Children and Young People's Rights office)** aims to promote youth participation and Children's Rights within Pembrokeshire.

There are many examples in Pembrokeshire on how there has been successful work on the following:

- Wellbeing
- Intergenerational work
- Finding out the views of young people
- Training

Recently, two of the youth councils that are facilitated by CYPRO hosted a wellbeing day for representatives from each secondary school in Pembrokeshire. **They consisted of an introduction to wellbeing, identifying ways young people can improve their wellbeing and resilience by using Public Health Wales 5 ways to wellbeing.** Young people also had the opportunity to participate in various physical games which ensure inclusion and being active. Young people had an overview on what Pembrokeshire Count Council is doing to support young people's wellbeing from decision makers.

In Pembrokeshire, there is various intergenerational projects taking place that are facilitated by young people. Some examples of the work are:

- Annual Christmas Dinner and Bingo for OAP's
- Afternoon Tea for OAP's
- Meeting with the 50+ forum

There are many reasons why we do this work. One reason is that it brings the community together and gives us an opportunity to connect with others. We also facilitate these events as we believe that these events not only benefit the wellbeing of pensioners within our community but, also the wellbeing of the young people who facilitate these events.

Through all the work that is supported by CYPRO the ethos is to find out the views of young people and provide them with a voice. **In 2018, Pembrokeshire Youth Assembly produced a county wide consultation and was able to identify the key areas that are important to young people. Mental Health, saving our local hospital and equality were identified in the 5 results.** These results were shared with local and national decision makers to make sure young people's views are taking into account.

For more information go to on the Children and Young People's Rights Office follow them on twitter **@PembsCYPRO**



If you would like to share your views and help support our work, please contact us

Email

general.enquiries@wales.nhs.uk

You can also contact us through social media

Facebook

www.facebook.com/PublicHealthWales

Twitter

www.twitter.com/PublicHealthWales

Check out our Vimeo channel

<https://vimeo.com/publichealthwales>