



# What Matters To Me



Children and young peoples' health and social  
care priorities 2018.



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The views, opinions and statements made in this report are those of the children and young people who participated in our research. This report is about putting forward public priorities.

This perception may not fully reflect the work being carried out in the local area. Never the less it is the perception of the participants whose information Healthwatch East Riding of Yorkshire have collected.

# Executive Summary

## Background

From July 2017 until October 2017, Healthwatch East Riding of Yorkshire (HWERY) engaged with children and young people to find out what health and social care priorities are important in their lives. The priorities chosen covered a range of areas between physical and mental health. They were from national and local trends and areas highlighted from HWERY's previous engagement and outreach with young people. The results will enable HWERY to have a clear understanding of what is important to children and young people across the East Riding to stay healthy.

The 10 areas chosen were:

- Mental Health
- Diet/Nutrition
- Able to see a GP
- Exercise
- Drinking Water
- Being Happy
- Time with family and friends
- Sleep
- Healthy Teeth
- Leisure Time

Engagement happened across the East Riding to ensure we captured the views and opinions of residents across the region.

The results from the report will help influence the work plan for HWERY for the next year. HWERY is the voice of the public and as such need to consider public opinions when deciding on future areas of work and/or investigation.

## Methodology

HWERY attended public events and market stall events across the East Riding to ensure that we engaged with a wide range of people from different locations across the region. HWERY used a very simple method of engagement by using tokens and jars. All ten of our pre-selected priorities were matched to a jar and the public were asked to put a specific token into one jar which reflected the individuals most important priority. The public could only do this once to identify individual priorities.

HWERY wanted to not only identify priorities for children and young people of the East Riding but we also wanted to find out how they differed in each age group.

The three age groups were identified for different reasons:

- **12 and under**  
This age group reflects young people who are mostly still in primary school. They will have less knowledge regarding the consequences of their decisions and have parents make important choices for them. The priorities of this demographic could potentially differ from the other two as their lifestyle, structure and environment are unique. Active living, Diet & Nutrition and making friends are all examples of some of the main concerns young people under 12 face.
- **13 - 19 year olds**  
It is often in this age group where teenagers find their own identities and explore and experiment in their lifestyles and in turn influence the choice made in our engagement. Secondary school and college age is a unique age group where common issues present themselves as peer pressure, adolescence, starting to become sexually active and taking personal image more seriously, as well as pressure from GCSE and A level results affecting their futures.
- **20 - 25 year olds**  
As 'grown ups' and decision makers there is imaginably more emphasis on the mental health and wellbeing of this age group at the forefront of their thinking. Stereotypically the young people within this demographic could have one or more concerns which may have determined how they voted. University results, starting in a first job, buying a first home or starting a family may be some of the more obvious reasons. There are also areas such as financial concerns and health issues.

## Highlights of findings

The following were some of the main findings from the consultation.

- Mental health was identified as the highest priority overall
- Emotional health and wellbeing areas had over half of all votes
- Healthy teeth were seen as the least important area over all 3 age groups

# Results



465 Responses

# Overview

Mental  
Health  
24.3%

**healthwatch**  
East Riding of Yorkshire

Being  
Happy  
15.9%

Sleep  
14.2%

Exercise  
11.2%

Diet  
nutrition  
10.5%

Time with  
Family &  
Friends  
7.5%

Drinking  
Water  
6.9%

Able to  
see GP  
5.2%

Leisure  
Time  
2.8%

Healthy  
Teeth  
1.5%

# 12 and under



**healthwatch**  
East Riding of Yorkshire

**Exercise**

**28.6%**

**Diet  
Nutrition  
13.3%**

**Sleep  
12.4%**

**Able to See  
GP  
10.5%**

**Time with  
Family &  
Friends  
8.6%**

**Being  
Happy  
7.6%**

**Mental  
Health  
6.7%**

**Leisure  
Time  
5.7%**

**Drinking  
Water  
3.8%**

**Healthy  
Teeth  
2.8%**

299 Responses

13-19



**healthwatch**  
East Riding of Yorkshire

Mental  
Health

28.4%

Being  
Happy  
17.1%

Sleep  
16.1%

Diet  
Nutrition  
10.4%

Drinking  
Water  
7.7%

Time with  
Family &  
Friends  
6.7%

Exercise  
6.4%

Able to  
see GP  
4%

Leisure  
Time  
2%

Healthy  
Teeth  
1.3%

61 Responses

20-25



**healthwatch**  
East Riding of Yorkshire

Mental  
Health

34.4%

Being  
Happy  
24.6%

Time with  
Family &  
Friends  
9.8%

Sleep  
8.2%

Drinking  
Water  
8.2%

Diet  
Nutrition  
6.6%

Exercise  
4.9%

Able to  
see GP  
1.6%

Leisure  
Time  
1.6%

Healthy  
Teeth  
0%

# Mental Health

113 responses (24.3% of total)

75.2%



13-19

18.6%



20-25

6.2%



12 & Under

Percentage is from overall demographic percentage.

# Being Happy

74 responses (15.9% of total)

68.9%



13-19

20.3%



20-25

10.8%



12 & Under

Percentage is from overall demographic percentage.

# Sleep

66 responses (14.2% of total)

72.7%



13-19

19.7%



12 & Under

7.6%



20-25

Percentage is from overall demographic percentage.

# Exercise

52 responses (11.2% of total)

57.7%



12 & Under

36.5%



13-19

5.8%



20-25

Percentage is from overall demographic percentage.

# Diet/Nutrition

49 responses (10.5% of total)

63.3%



13-19

28.6%



12 & Under

8.2%



20-25

Percentage is from overall demographic percentage.

# Time with family & friends

35 responses (7.5% of total)

57.1%



13-19

25.7%



12 & Under

17.2%



20-25

Percentage is from overall demographic percentage.

# Drinking Water

32 responses (6.9% of total)

71.9%



13-19

15.6%



20-25

12.5%



12 & Under

Percentage is from overall demographic percentage.

# Able to see GP

24 responses (5.2% of total)

50%



13-19

45.8%



12 & Under

4.2%



20-25

Percentage is from overall demographic percentage.

# Leisure Time

13 responses (2.8% of total)

46.2%



12 & Under

46.2%



13-19

7.6%



20-25

Percentage is from overall demographic percentage.

# Healthy Teeth

7 responses (1.5% of total)

57.2%



13-19

42.8%



12 & Under

0%



20-25

Percentage is from overall demographic percentage.

# Analysis



# Analysis

The engagement that HWERY conducted gave a wide range of insights into the priorities, not only of children and young people in our communities but also at differing age groups across the region. The following is the analysis of each age demographic and priority.

## Overall Results

Healthwatch spoke with 465 children and young adults on this engagement. The main priority identified across all three age ranges was Mental Health with 24.3% of the votes from the 465 responses we had. The mental health category led all votes by 8.4% although Being Happy in 2nd place also accredits for having a healthy mind-set and this had 15.9% of all votes, a combined 40.2% of all votes. The other two options which were not physical health related were time with family and friends, 7.5%, and leisure time at 2.8%

The leading priority which lends itself to both physical and mental health was sleep at 14.2%. The next two physical health priorities were exercise with 11.2% and Diet/nutrition with 10.5%. The priority with the lowest votes was healthy teeth with only 1.5% of all votes. This area was also the least voted area in all three age sections.

## Demographics

### Under 12's

105 under 12s took part in the research making up 22.5% of the overall sample. The priorities in this age group were noticeably different from the overall picture and both the other age brackets. Exercise is highlighted as the most important factor to being healthy with 28.6% of the votes, followed by diet & nutrition with 13.3%, sleep 12.4% and able to see GP with 10.5%. Interestingly there is less than 3% difference between 2nd and 4th ranked areas with exercise being more than 15% in front. Healthy teeth was bottom with 1.5%.

### 13 - 19

We had 299 responses in this age bracket which was 64% of the overall sample. Leading the way was mental health with 28% of the votes. The areas highlighted in 2nd and 3rd place followed the pattern of the overall picture with being happy 2nd with 17.1% and sleep 3rd with 16.1%. Again healthy teeth was least voted on with only 1.3% of the votes. There is only a 9.1% spread between 4th ranked and bottom placed priorities showing that there is a clear theme with the higher placed options.

### 20 - 25

Our research had 61 responses from 20-25 year olds which was 13.5% of participants. The theme of mental health continued in this demographic with a figure of 34.4% with being happy following with 24.6% of the votes; a combined 59%. There was a big drop to 9.8% for the priority in 3rd place which was time with family and friends. All three of these interestingly are covered under the emotional side of health. Healthy teeth had 0 votes in this age range and the priorities from 4th to 9th place are only 6.6% apart. Again, this shows mental health and wellbeing as a clear priority for this age bracket.

# Priorities

## Mental Health

As the most popular priority overall and in both 13-19 and 20-25 age groups, mental health is clearly seen as an important part of everyday life for young adults. It's known that mental health problems can affect children and young people. They include depression, anxiety and conduct disorder, and are often a direct response to what is happening in their lives. Typical areas which cause mental health problems in children and young people include bullying, family matters, work or education, adolescence, and drug and alcohol use. Mental health is in the media almost daily and as such could be another factor in the voting influence in our research.

## Diet/Nutrition

13-19 year olds were well represented with 63.3% of the responses on this particular subject. One constant that HWERY heard throughout our engagement specifically with this age group was issues or concerns with body image. This could be for many reasons such as the media portrayal of good body image, lack of information about a balanced diet, or no knowledge of what is in the food and drink that young people consume. There is also potentially an underlying issue of peer pressure and bullying around an individual's weight, eating habits or presentation. These factors could all contribute to why young people in the 13-19 age band selected this.

## Able to see a GP

Developing a relationship with your GP, who you trust and are comfortable with is an effective way of managing your health and wellbeing. However with only 5.2% of the total votes this choice was not seen as a high priority. It is possible to say that young people don't fully understand the importance of being able to see their GP or they are confident in this service available to them and see other areas as more important when it comes to staying healthy. Another factor could be that under 16s attend the GP with a parent or guardian could mean that it is the adult who has the main conversation with the GP rather than the young person, and the GP could be using jargon which isn't understood.

## Exercise

Children exercise when they have PE at school, during playtime, and during outdoor activities. Therefore having 57.7% of our under 12s select this area should come as no surprise as they see exercise as fun and do not realise that they are exercising or see it as a chore. However, all age groups should exercise on a regular basis to maintain their physical and mental health.

## Drinking Water

Drinking water received 6.9% of the total vote with 32 responses. Drinking water helps maintain the balance of body fluids. It is recommended by the NHS to drink 2 litres of water a day, as staying hydrated is important. Through our education we learn about the recommended daily intake of water which may be reflected in the 71.9% of 13-19 year olds voting in this option. It is not to say it is not important to everyone, however the older age group are possibly happy that they drink the correct amount of fluids a day and the under 12s would probably receive their fluids as cordial drinks supplied by parents.

## Being Happy

Feelings of wellbeing are fundamental to the overall health of an individual. Happiness is a broad term that describes the experience of positive emotions, such as joy, contentment and satisfaction. Potential health benefits are; promotes a healthy lifestyle, appears to boost the immune system, and helps combat stress and anxiety.

The overwhelming response from the 13 - 19 year olds here reflect the overall vote as well as mirroring the mental health category which is a big part of staying happy and healthy. As expected the under 12's only contributed 10.8% of the vote as this age range will be less aware of the impact of mental health issues to our overall health.

## Time with family and friends

This priority was not one of the more popular choices for young people, that isn't to say it was still not important to young people. There are numerous factors to consider though for a young person as to why this would have a direct impact on a healthy lifestyle. Isolation, social skills, peer support, family support are all things that if neglected could have an impact on your mental and physical wellbeing.

## Sleep

Sleep has a vital role towards good health and well-being throughout your entire life. Getting enough quality sleep at the right times can help your mental health, physical health, and quality of life.

In children and teens, sleep also helps support growth and development.

For the three age ranges we used, the NHS recommends between 9 and 11 hours for under 12's, and between 8 and 9 hours for both of the other age brackets.

14.2% of those who participated in our consultation opted for this priority. The largest demographic was 13 - 19s with 72.7% of the vote. It is during our education years where recommended sleep times are generally put across to us, which could be reflected in the voting here.

## Healthy Teeth

Good oral and dental hygiene can help prevent bad breath, tooth decay and gum disease and can help you keep your teeth as you get older.

Having healthy teeth had the least responses from all priorities with only 7 votes. There were no votes from the 20 - 25 year olds. It is surprising how little votes healthy teeth received with more young people taking greater pride in their appearance than having a healthy smile. However, statistics show that more and more young people have healthy teeth and visit the dentist frequently, possibly suggesting that young people already look after their teeth and therefore can prioritise another area as more important.

## Leisure Time

The parity between physical and mental health is now at an all-time high and it has been well documented that they have a relationship with one another. Levels of inactivity however seem to be on the rise and young people could be suffering due to this. Less than 3% of young people identified that leisure time was a crucial priority to them, and of those nearly half of them were under 12. However, lack of regular activity and exercise could lead to health problems both mentally and physically.

## Conclusion

During our research we offered ten differing options across a wide range of possible health concerns for young people spread across the county. Clearly mental health has become a high priority for young people and conversations held during the research period show they are a lot more conscious of the importance of it to their overall wellbeing.

HWERY will continue to collect the feedback from young people who use services in our region and act as a voice for their concerns around health and social care.

