

Young people in Counties Manukau DHB

Dr Simon Denny

Kidz First Community Health - Centre for Youth
Health



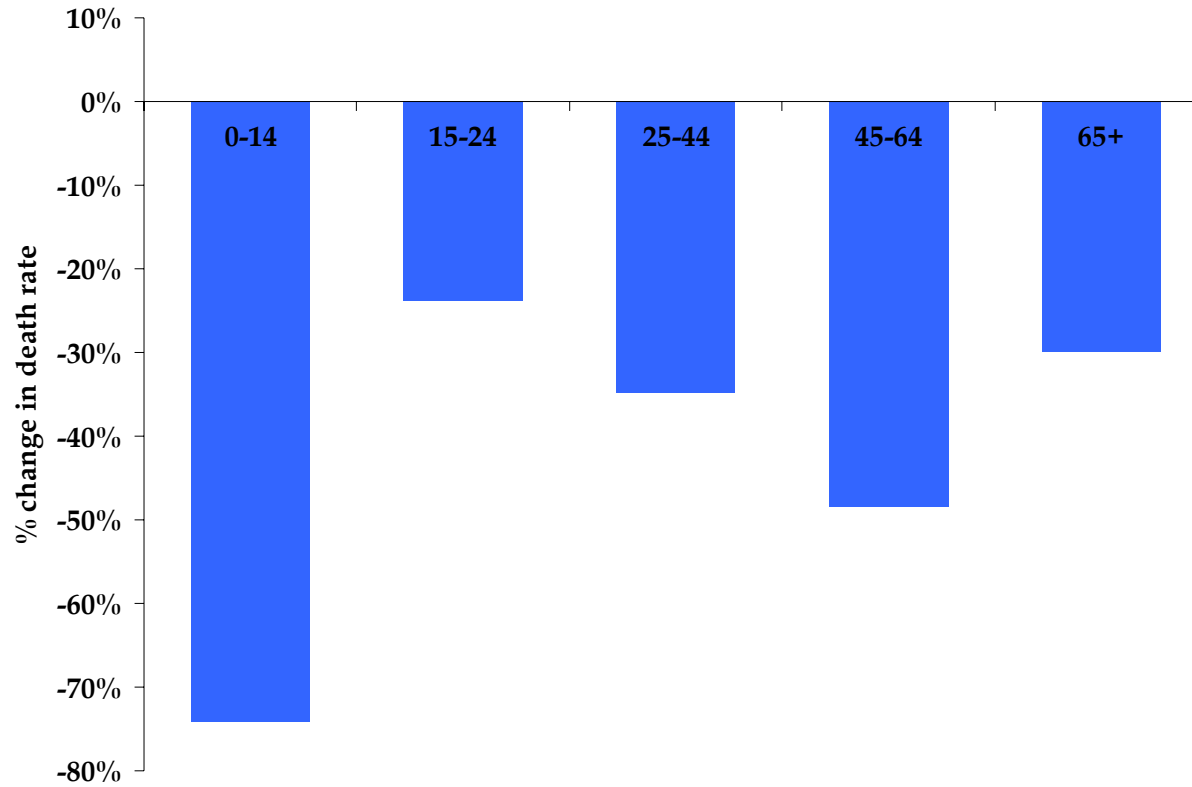
What is the current status of health services for young people in Counties Manukau DHB?

- The health of young people has improved the least compared to all other age groups
- Access to primary health services is poor
- Community health services for young people are fragmented among numerous providers
- Hospital-based services are not meeting the needs of the adolescent population.
- Most health providers lack the appropriate training and skills necessary to effectively care for young people



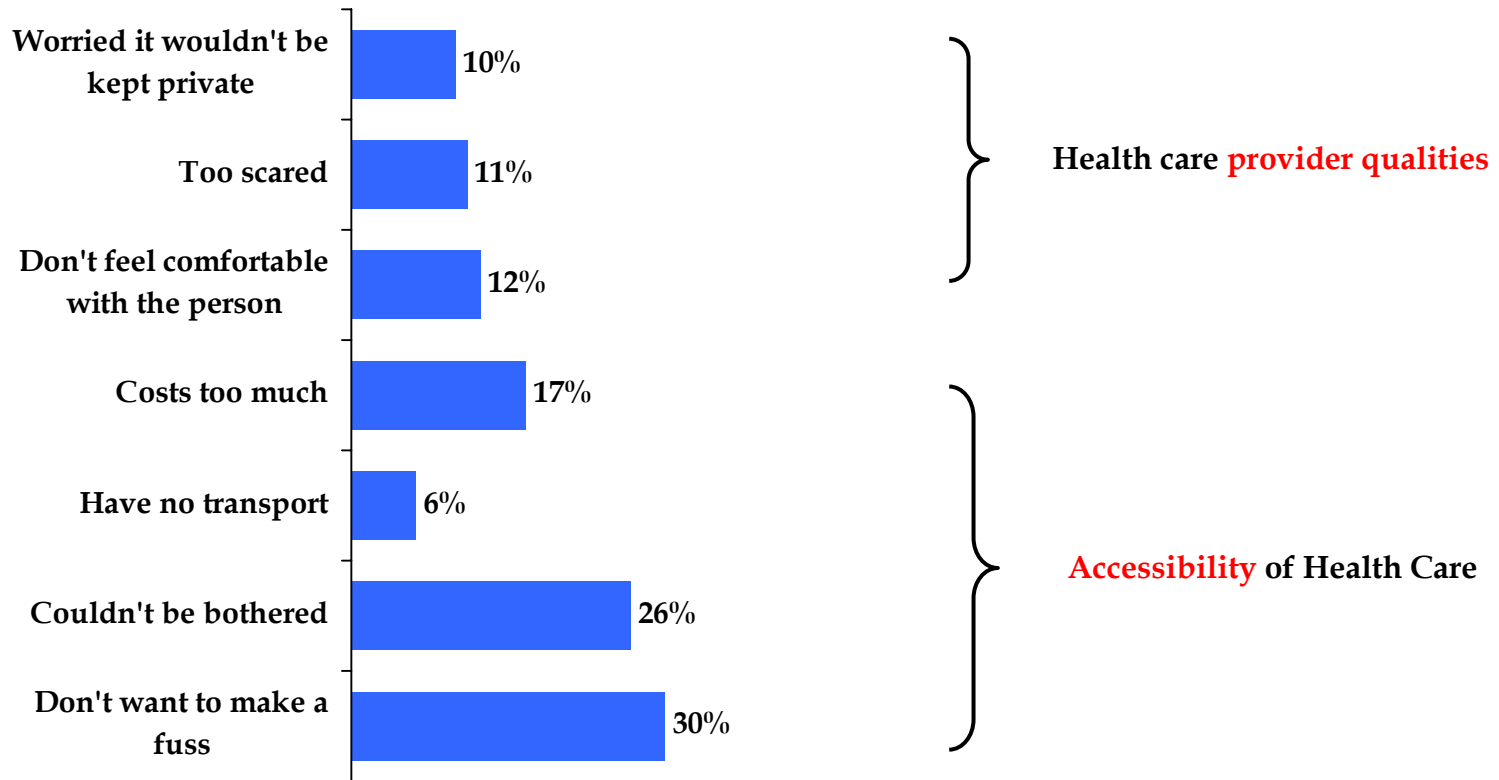
In the last 40 years, the health of young people has improved the least of all age groups

Change in mortality rates by age group 1960-2000
Statistics New Zealand, 2001



Young people report significant barriers accessing primary health care

Reasons for not accessing health care when student knew they should
Youth2000



Community health services for young people are fragmented across a wide range of providers

MAINSTREAM

Primary health care (including general practice)
Child and adult emergency care
Womens health
Child and youth and adult mental health services
Adult mental health services
South Counselling Services (sexual abuse counselling)
School health services
Public health nursing
Disability support services
Multi-service child abuse centre
Public health services - regional
Sexual and abuse services
Family Planning
Alcohol and drug services
Mental Health Foundation

YOUTH-SPECIFIC

Centre for Youth Health – specialist adolescent health services
Raukura provides nursing services to secondary school clinics
School Based Health Centre - South Seas & Otahuhu, AIMHI
Manukau Youth Resource Service (MYC) Youthline provides counselling and youth development
Mangere College & James Cook High School provide first point of contact services with Maori and Pacific community workers liaising between the schools and families.
Awhitia provides services to teenage mothers and peer education services
Adolescent oral health services (funding responsibility to transfer from Waitemata DHB)
Sexual assault services for adolescents
Peer education services from ADHB sexual health.



Hospital-based services are not meeting the needs of the adolescent population

- **In New Zealand there are no adolescent wards and no specialist in-patient adolescent services.**
- **50% of nurses working in children's and adolescent wards in the UK report say that they have difficult meeting the needs of adolescent patients (Norwich Union, 2001).**
- **Many young people with chronic illness experience high levels of social exclusion, educational and vocational failure and psychological morbidity.**
- **American data suggests that only one third of physicians enjoy looking after young people.**
- **Traditionally, hospital services have been divided into paediatric and adult services**



Most health providers lack the appropriate training and skills necessary to effectively care for young people

- **80% of Australian GP's reported inadequate training around consultation skills and psychosocial diseases among adolescents.**
- **Many doctors don't like working with adolescents.**
- **Among nurses working in child and adolescents wards in the UK, only 20% had received any specific training on adolescent health care**

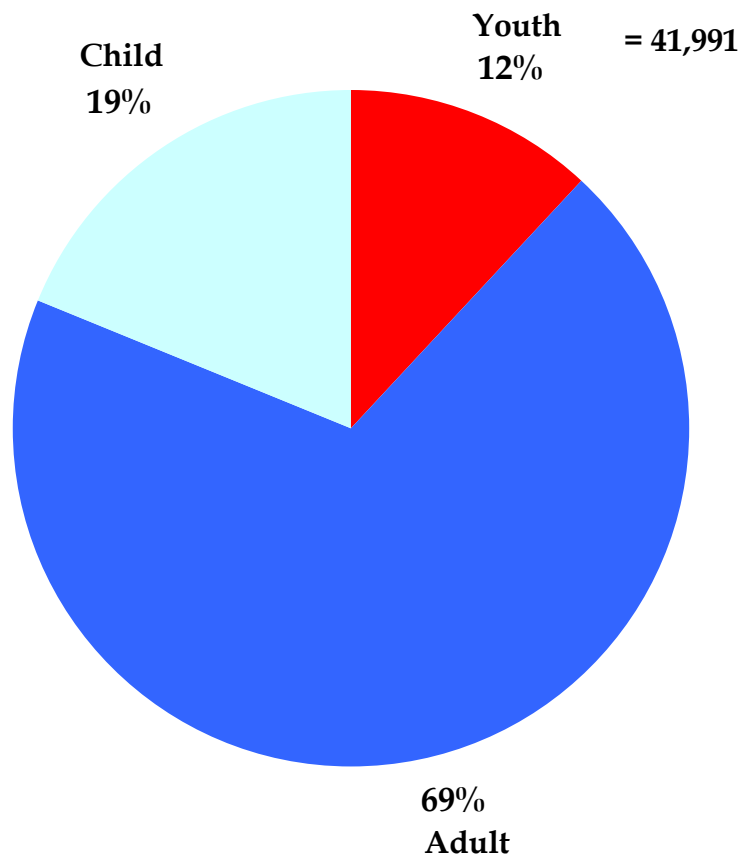




Young people aged 13 to 19 years make up 12% of the total population living in the Counties Manukau region

Demographic age groups of people living in the Counties Manukau region*

Percentage, n = 375,534

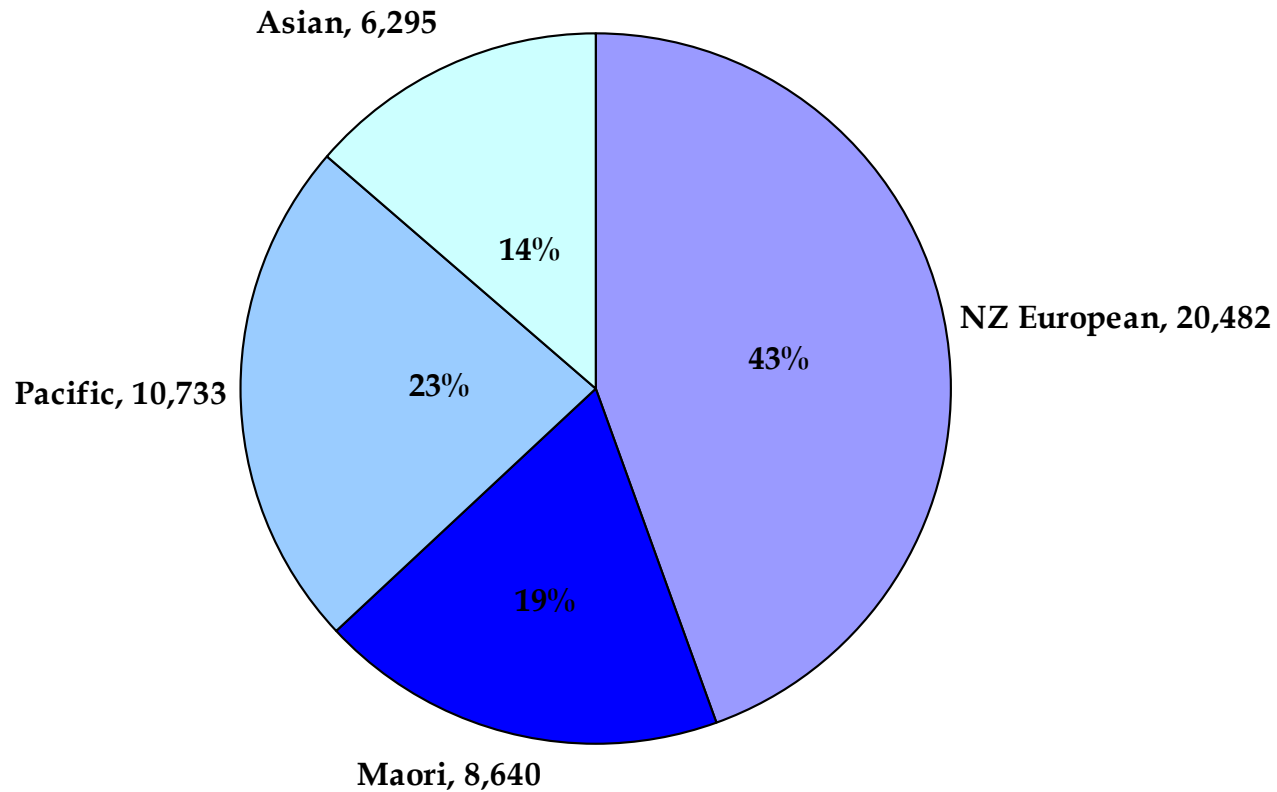


Statistics New Zealand. 2001 Census of Population and Dwellings. Wellington: Statistics New Zealand, 2002.



The youth population living in Counties Manukau is ethnically diverse

Ethnicity of young people ages 13 to 19 years living in the Counties Manukau region*
Percent, n=41,991

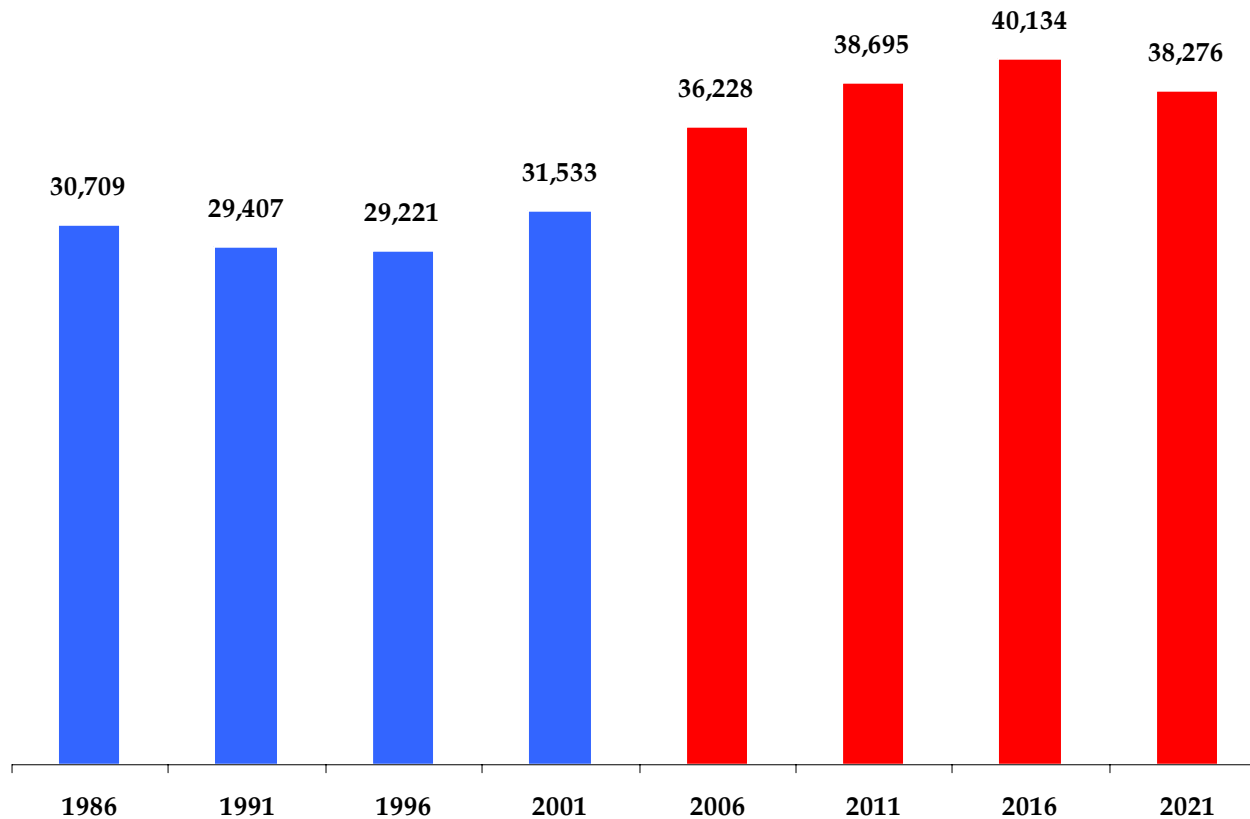


*Statistics New Zealand. 2001 Census of Population and Dwellings. Wellington: Statistics New Zealand, 2002.



Number of young people living in Manukau City is expected to increase over the next 15 years

Projected numbers of young people ages 13 to 19 years - Manukau city region only



Source: Manukau City Council





Young people have a distinct and unique role in today's society

Characteristics

	Child	Youth	Adult
Culture	Determined by family and traditions	Increasingly influenced by peers, education and media	Create and maintain culture and traditions
Education	Stable, compulsory Essential foundation for participation in society	Marked by transitions Non-compulsory Significant impact on life trajectories	Periodic, optional Self-motivated Self-improvement
Rights	Minimal, unable to consent or vote Protected from harm by state	Few, despite increasing cognitive capacity Gap between ability and autonomy	High, protected by laws and ability to initiate legal processes
Family	Nurtures and protects Family makes decisions for child	Increasing autonomy Relationships outside of family become increasingly important	Responsibilities for family Decides and provides for family and children
Legal/ Judicial	Protection Family law	Seen as Oppositional Involved in law with juvenile offending	Low interaction Civil law Victims of juvenile offending



The health needs of young people are different from child and adult health needs

Service

	Child	Youth	Adult
Acute medical/surgical	Younger more at risk Sporadic Associated with poverty	Low rates Sporadic	High rates Older age at greatest risk Resulting from chronic illness
Chronic illness	Congenital Managed by parents	Transitioning to self-care	High morbidity and Individually managed
Accidents and injuries	Non-accidental injury and abuse Highest in younger age groups	Highest cause of mortality Intentional self-harm Risk-taking	Sporadic Work and leisure related
Mental Health	Minimal Behavioural and development concerns	Emerging mental health concerns: Internalising and externalising	Chronic long-term
Substance use	Minimal Effects on foetal development	Experimental High morbidity	Addiction Cumulative effects
Sexual Health	Minimal Abuse	Developmentally normal High burden of STI's	Obstetric



Health services are not meeting the needs of the youth population

Setting

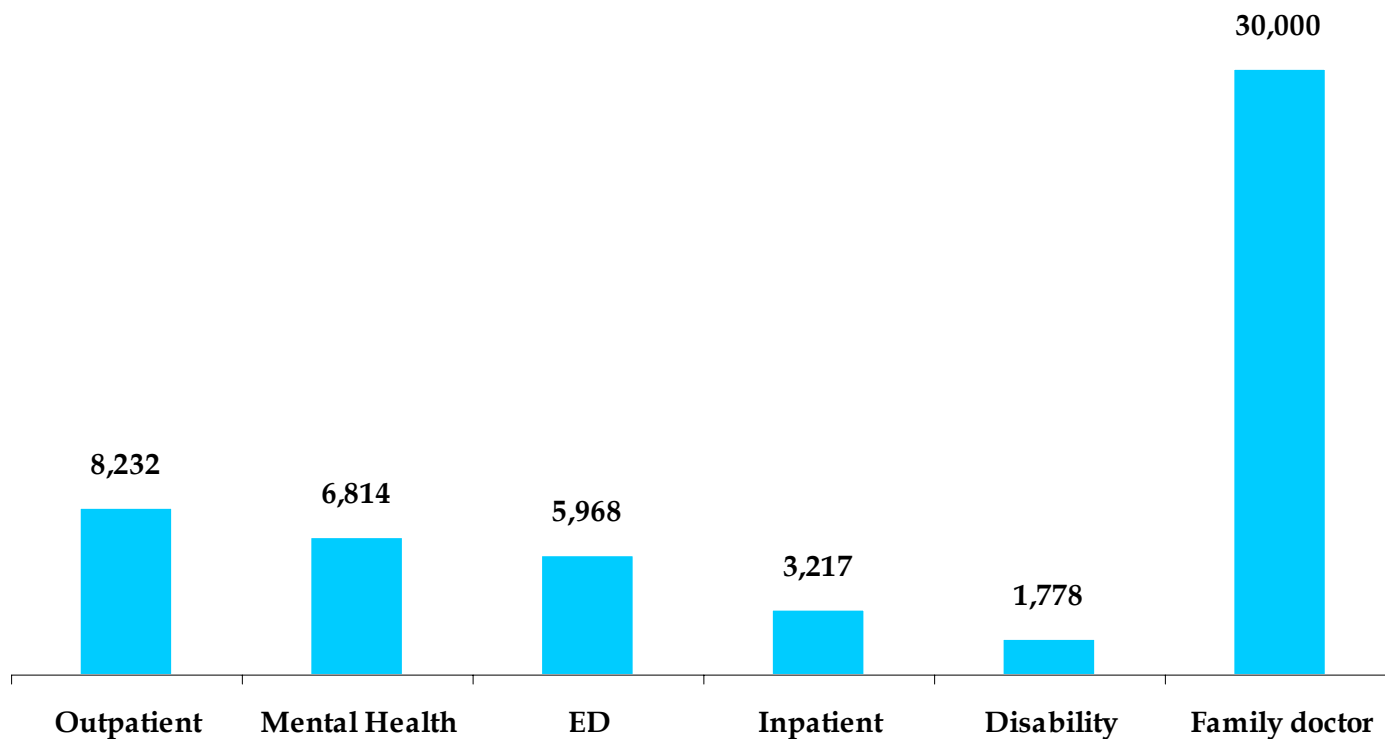
	Child	Youth	Adult
Primary Health Care (e.g. family doctor)	Routine and scheduled Bought in by parents	Brief and sporadic	Self-initiated Expectation of annual checkup and chronic disease management
Hospital Emergency and community A & E's	Acute and serious After hours	Low numbers Accidents and injuries	Serious significant events
Community services/ Disability	Multidisciplinary Community and family focus Protection of child	Few, fragmented Some youth orientated Single focus	Long standing relationships Institutionalised
Outpatient Clinics	Specific services Scheduled, brief and defined	Disease focused Few youth orientated clinics	Varied, disease focused Infrequent Scheduled
Inpatient	Short duration Child-orientated Family friendly	Few admissions No youth areas or services	Individual focused Impersonal High morbidity

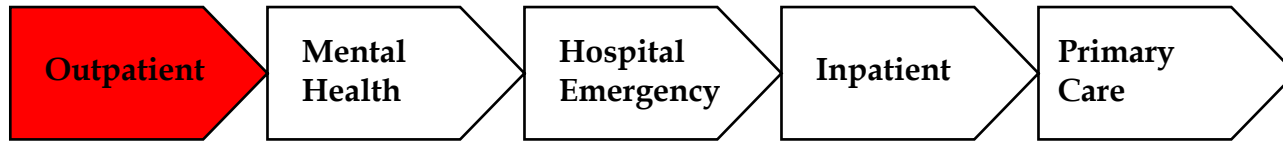




How many young people are seen by health services each year in CMDHB?

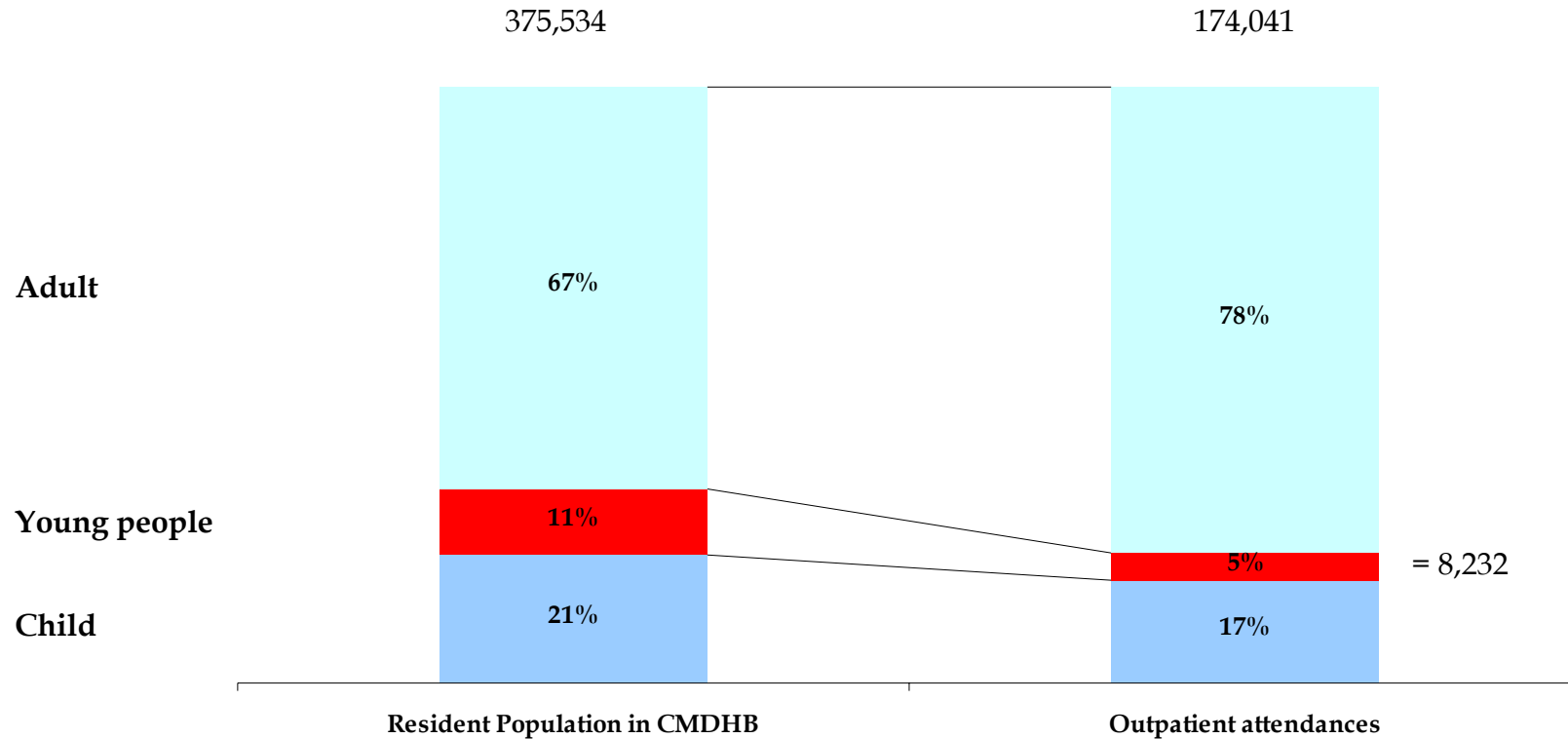
Numbers of young people ages 13 to 19 years who are seen annually by health services in the Counties Manukau region
Total, n=41,991





Young people aged 13 to 19 have fewer outpatient attendances compared to the whole population

Outpatient attendances as a percentage of the population by age group
 Percent, n=41,991



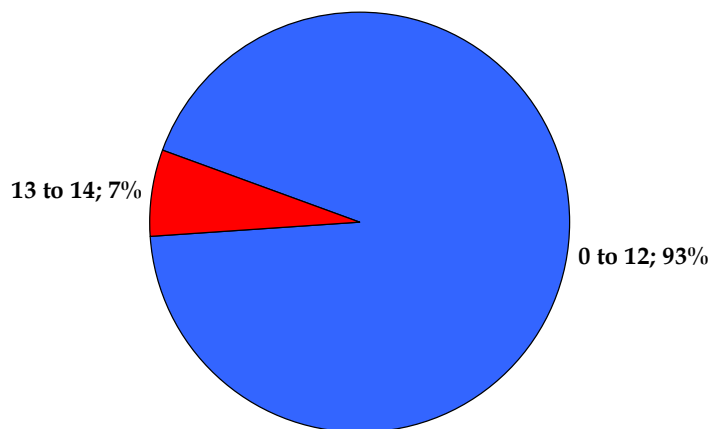
Statistics New Zealand. 2001 Census of Population and Dwellings. Wellington: Statistics New Zealand, 2002.
 CMDHB Patient Information Systems



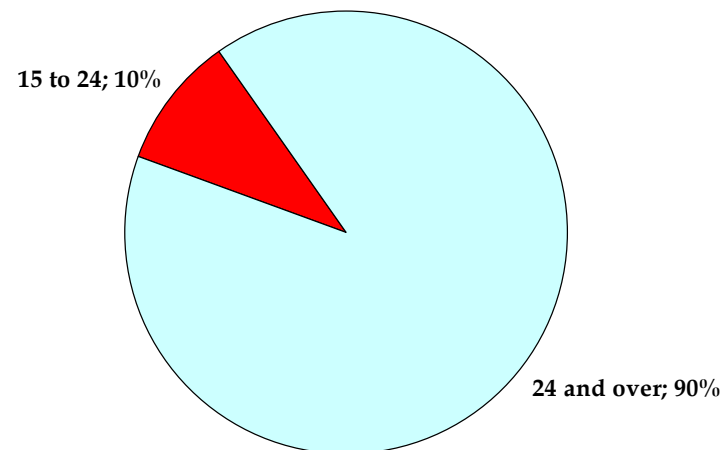
Young people outpatient attendances as a percentage of the total are similar between kidzfirst and adult services

Total outpatient attendances - average 1999 to 2004
174,014 average attendances over the 5 years

Kidzfirst Outpatients - total

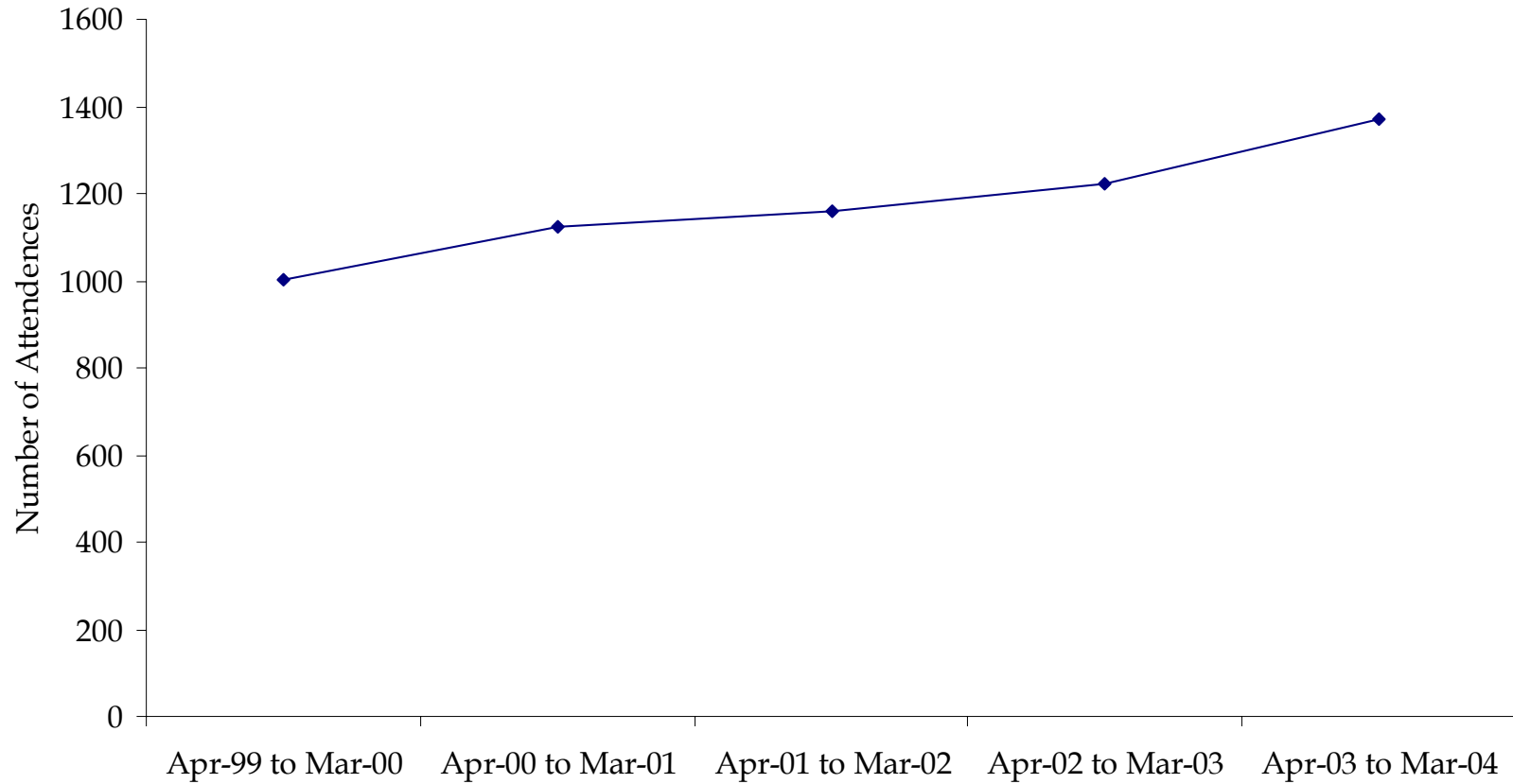


Adult Outpatients - total



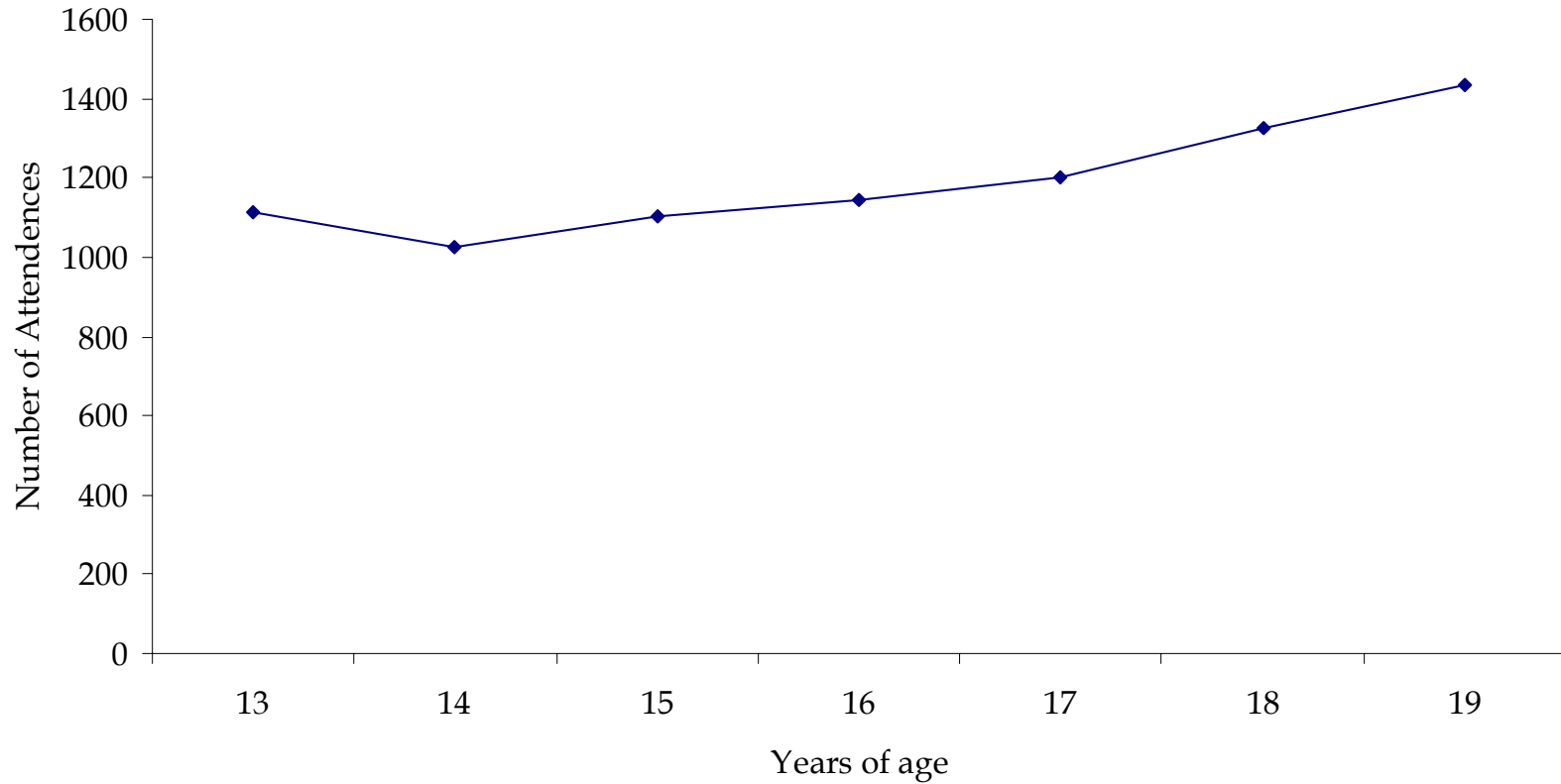
Overall attendances by young people at Outpatient clinics have increased over the past 5 years

Annual outpatient episodes of young people 13 to 19 years of age
Average from 1999 to 2004. n = 8232



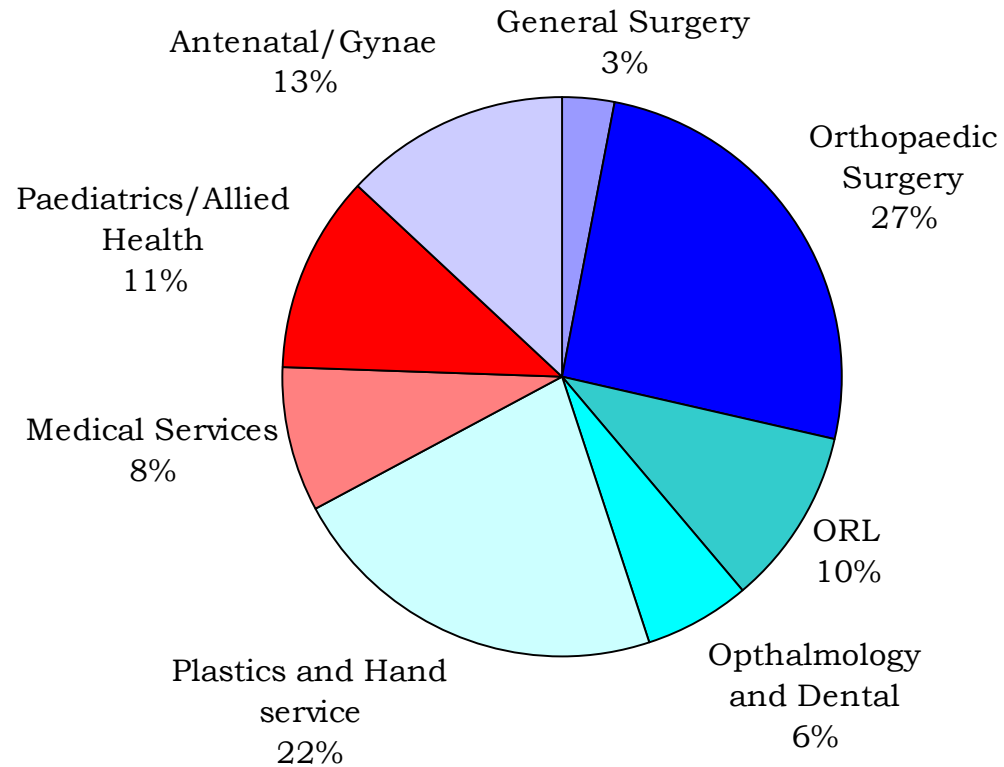
Overall attendances at Outpatient clinics increase with age

Annual outpatient episodes of young people 13 to 19 years of age
Average from 1999 to 2004. n = 8232



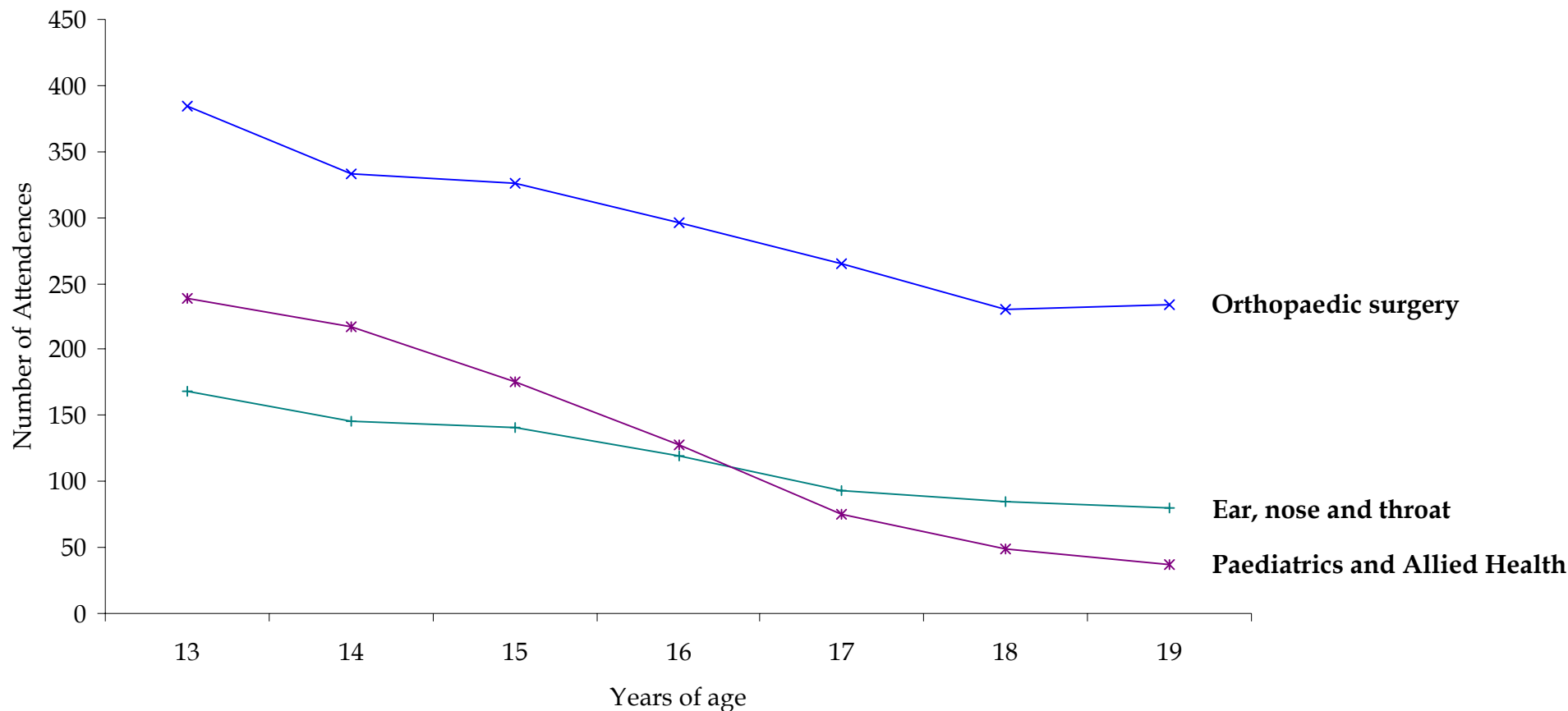
Young people are seen by a variety of services in outpatient clinics

Outpatient clinics who see young people 13 to 19 years of age
By specialty - average from 1999 to 2004, n = 8232



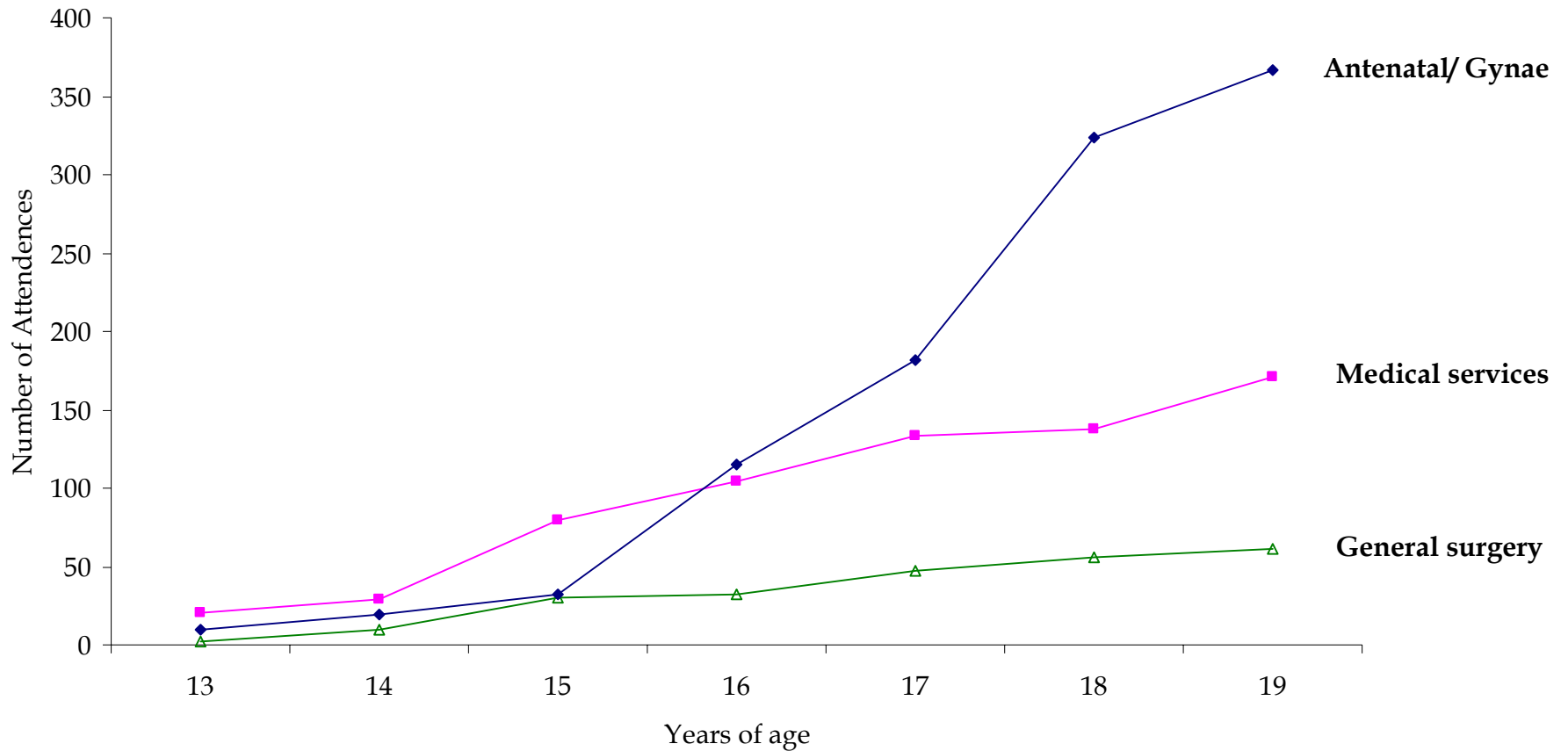
The number of young people attending Orthopaedic, ENT and paediatric clinic decline as they get older

Annual outpatient episodes of young people 13 to 19 years of age
Average from 1999 to 2004, n = 8232



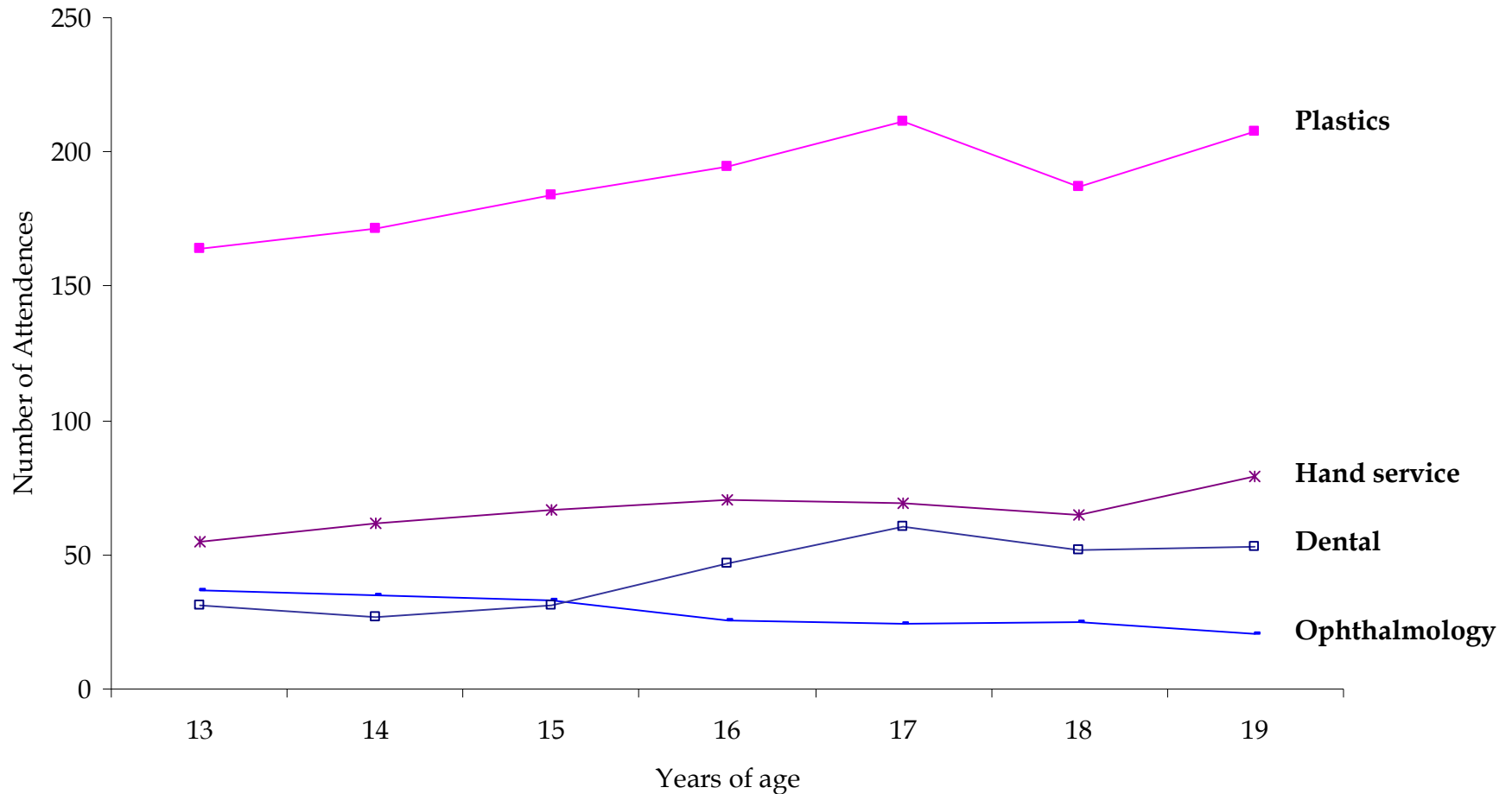
The growth in numbers of young people attending outpatient clinics are in antenatal/gynae, adult medical services and general surgery clinic visits

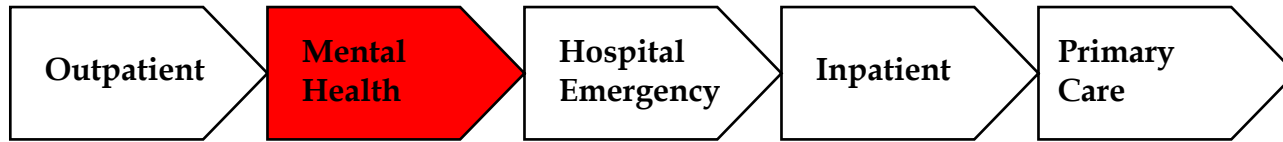
Annual outpatient episodes of young people 13 to 19 years of age
Average from 1999 to 2004, n = 8232



Among speciality surgical and medical clinics the numbers of teenagers attending these clinics are relatively constant during the teenage years

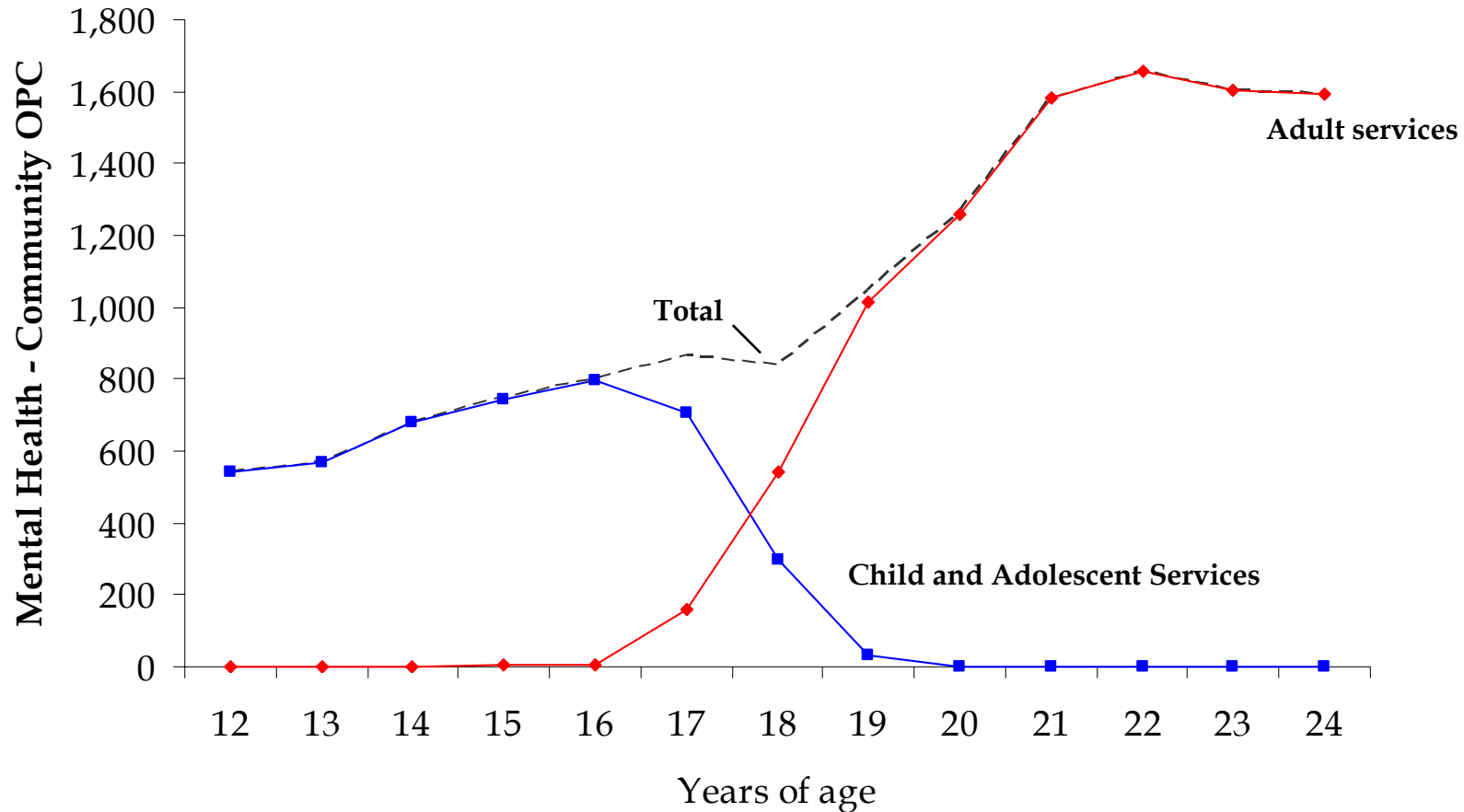
Annual outpatient episodes of young people 13 to 19 years of age
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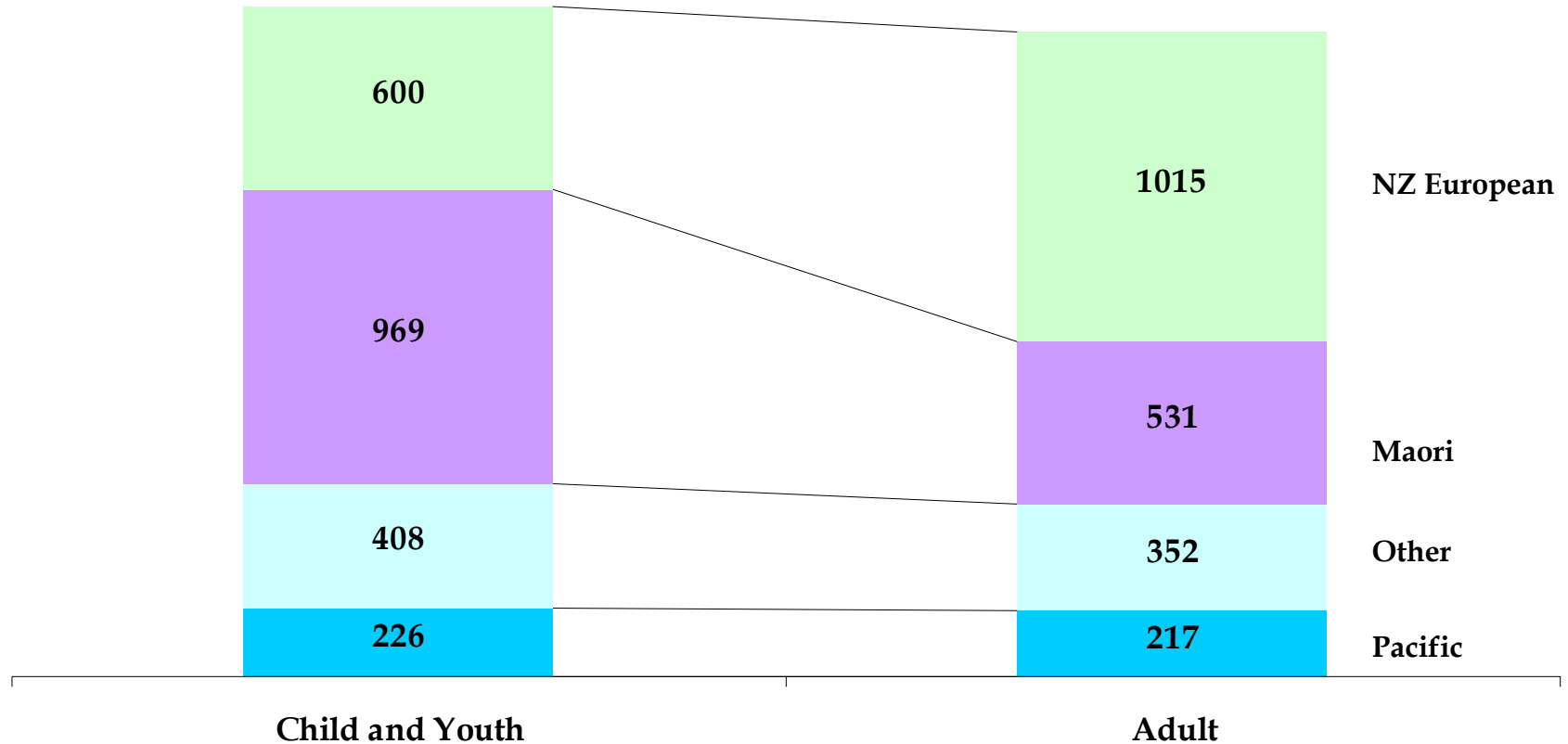
Young people attending Child and Adolescent Mental Health services transition to Adult Mental Health services during this period

Average community mental health outpatient visits
2001 to 2003 by age



Child and Youth Mental Health services see disproportionately more Maori and fewer NZ European patients than adult services

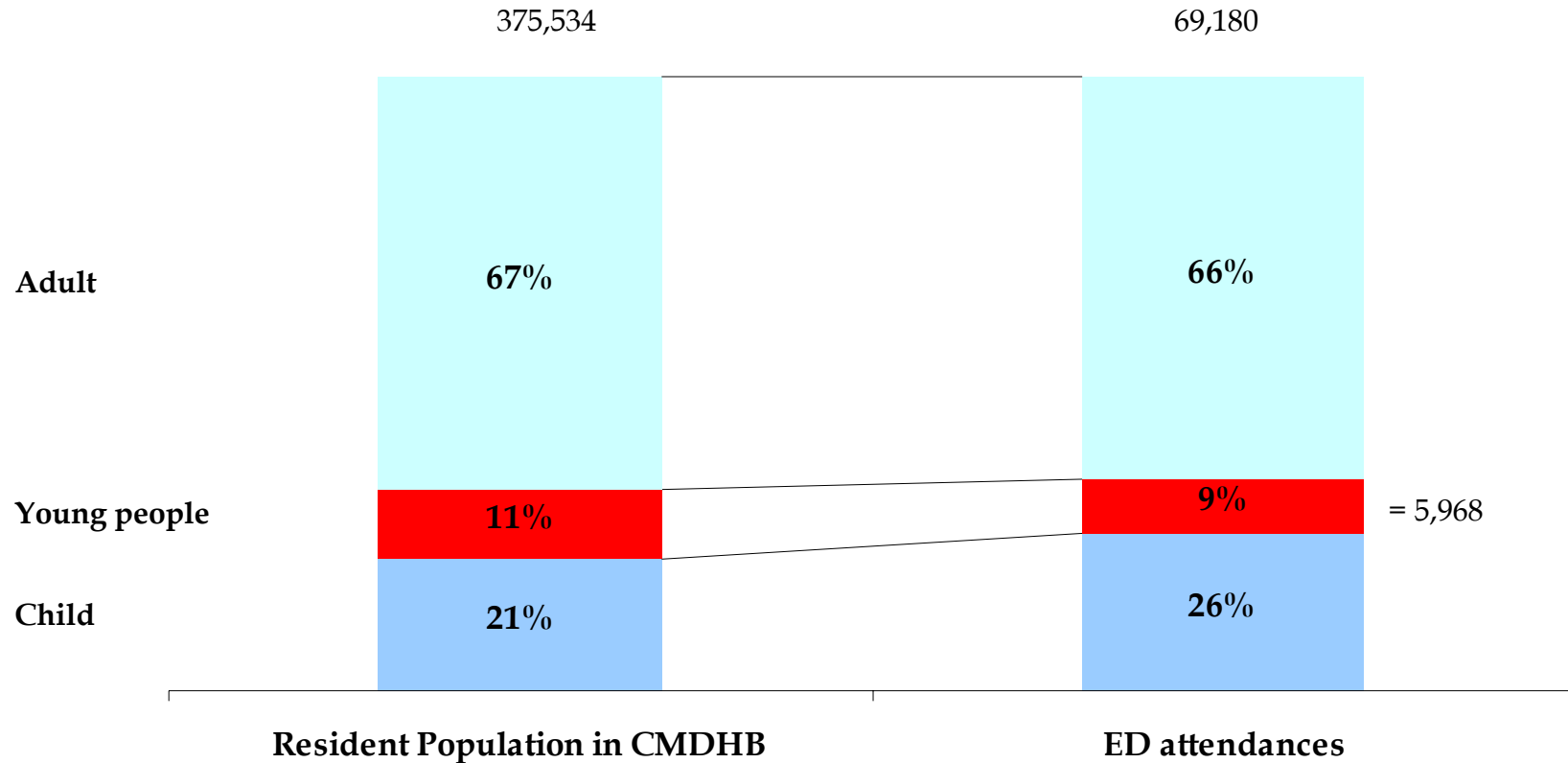
Average community mental health outpatient visits by Ethnicity
2001 to 2003, 12 to 24 yrs





Young people aged 13 to 19 have fewer emergency department attendances compared to the whole population

Outpatient attendances as a percentage of the population by age group
 Percent, n=41,991



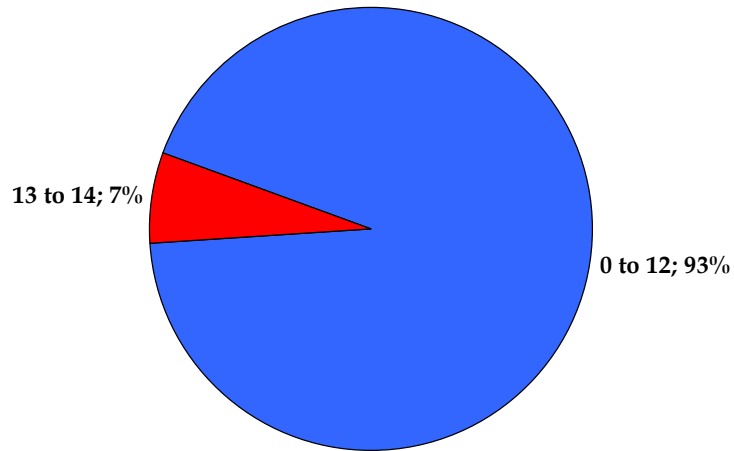
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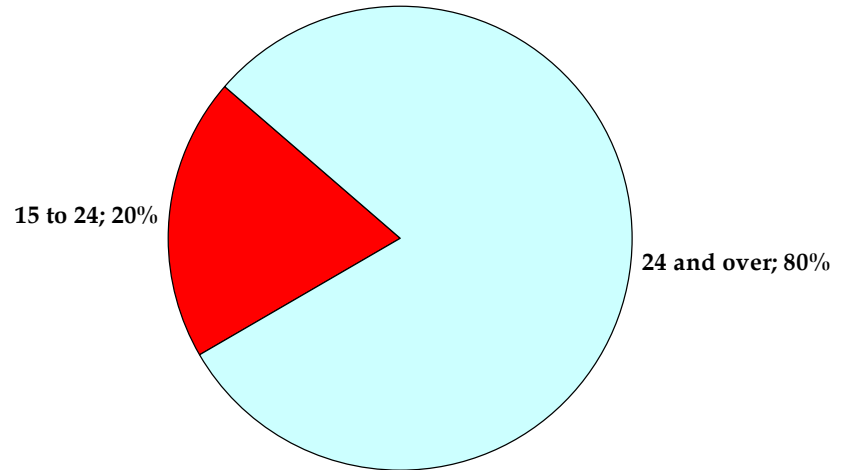
Young people as a percentage of total ED visits are much fewer in Kidzfirst compared to adult services

Total ED attendances - average 1999 to 2004
69,180 average total episodes over the 5 years

Kidzfirst ED - total visits

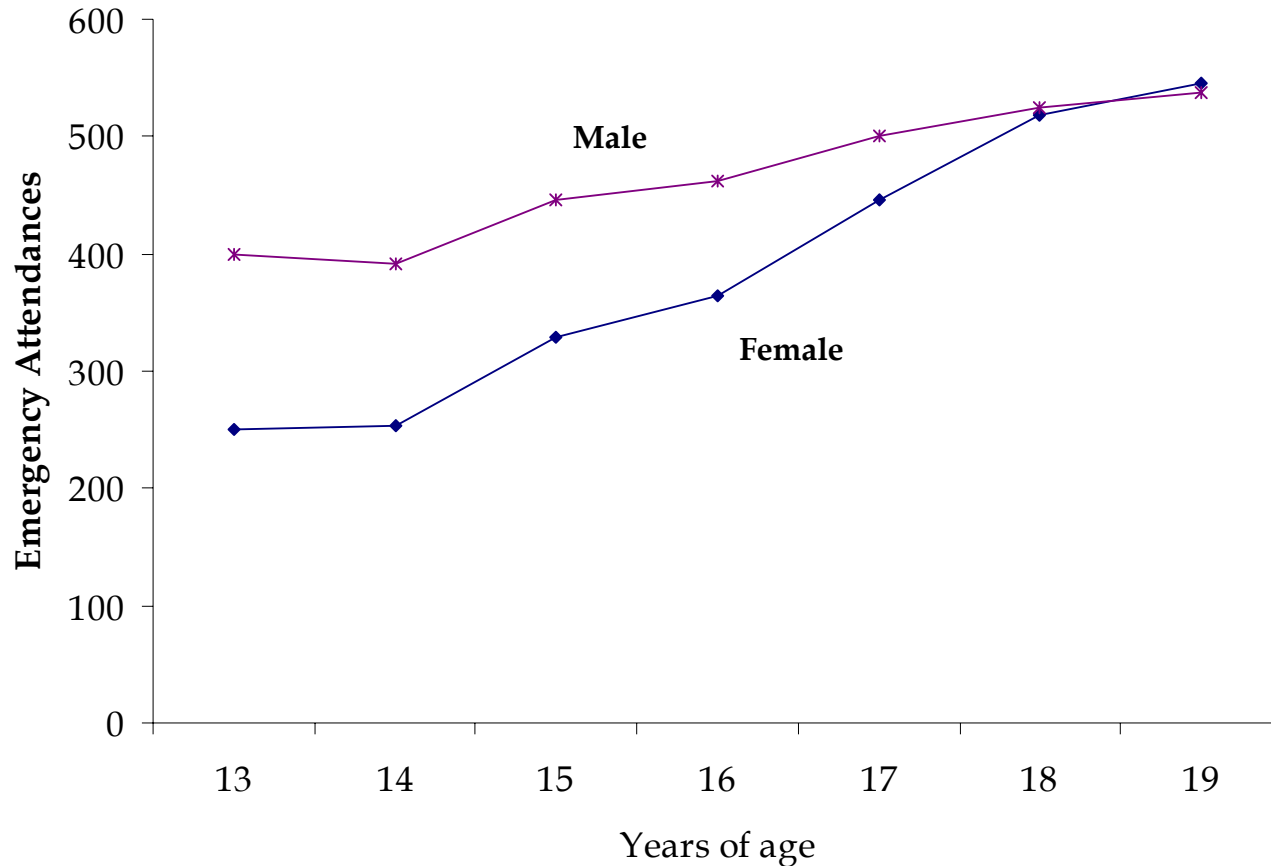


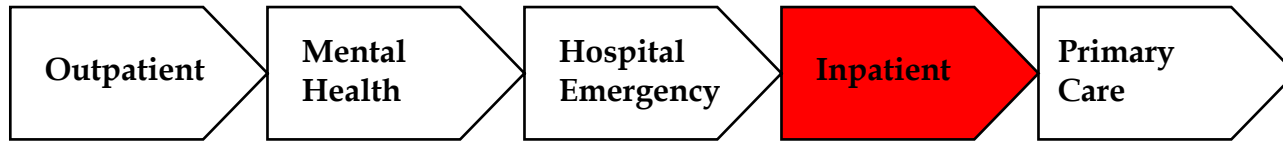
Adult ED - total visits



Female attendances in the hospital emergency department increase during the teenage years

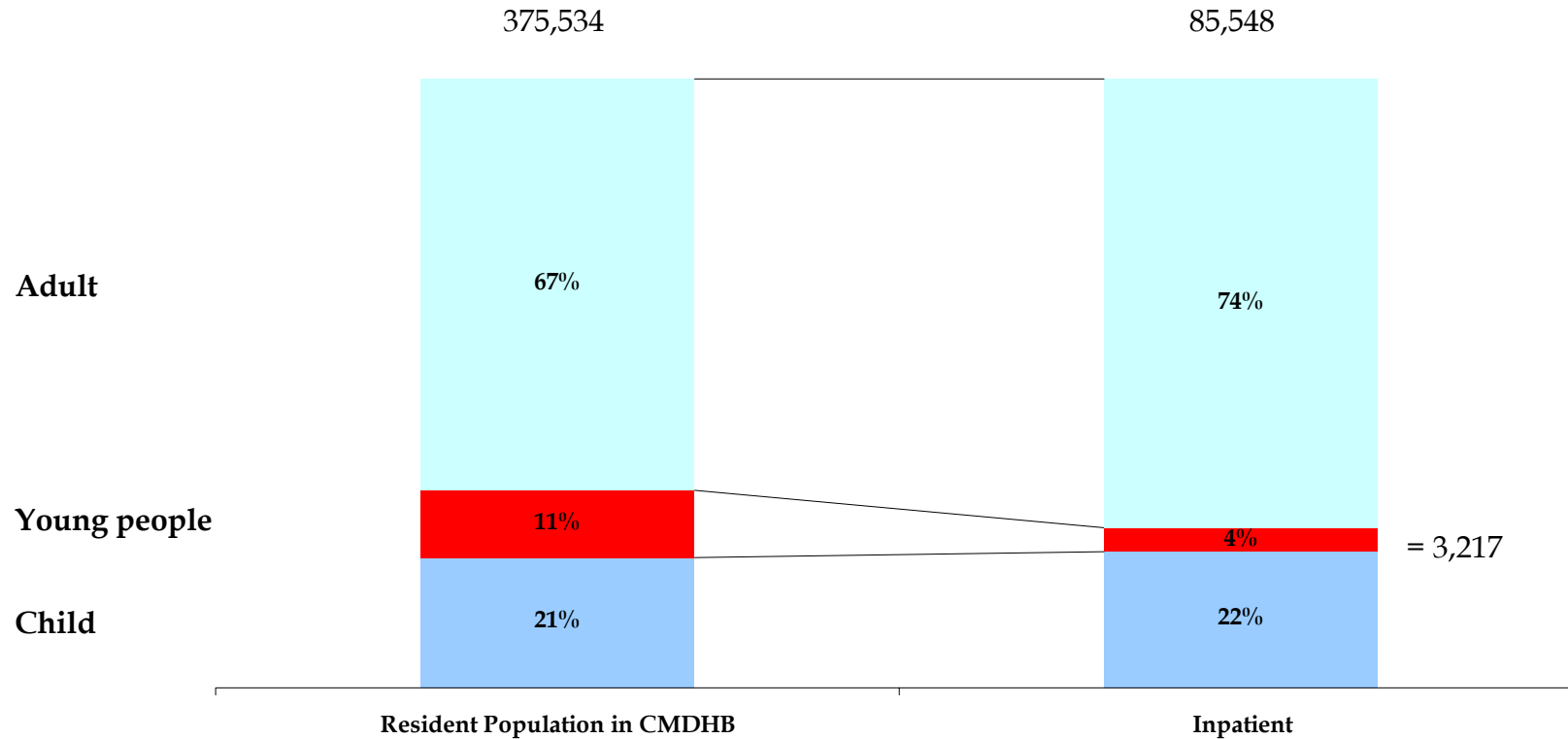
Emergency department attendances by gender, ages 13 to 19 yrs





Young people aged 13 to 19 have less admissions compared to the whole population

Inpatient admissions as a percentage of the population by age group
 Percent, n=41,991



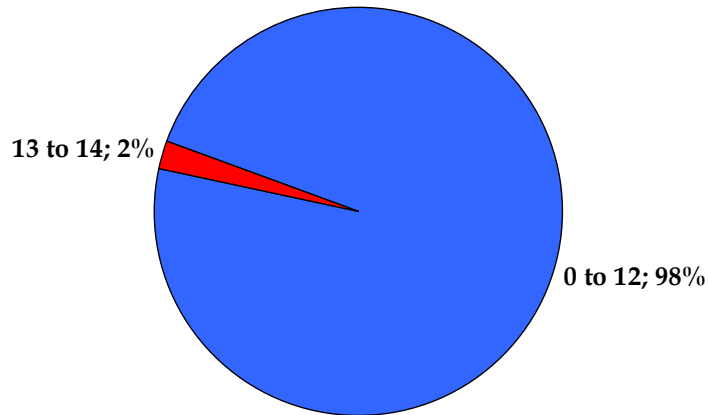
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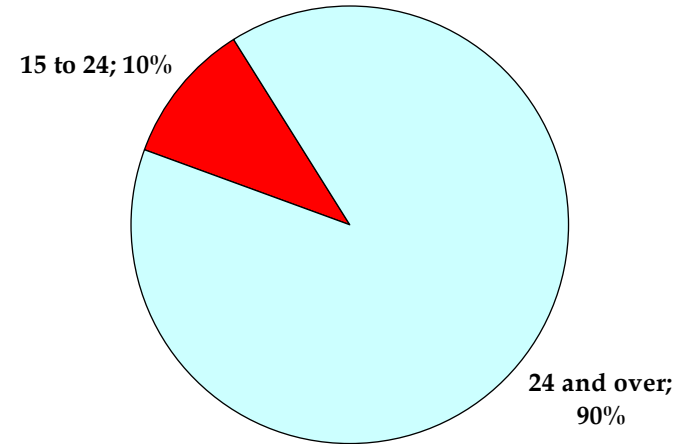
Young people as a percentage of total admissions are much fewer in Kidzfirst compared to adult inpatient services

Total inpatient episodes - average 1999 to 2004
85,548 average inpatient episodes over the 5 years

Kidzfirst Inpatient - total admissions

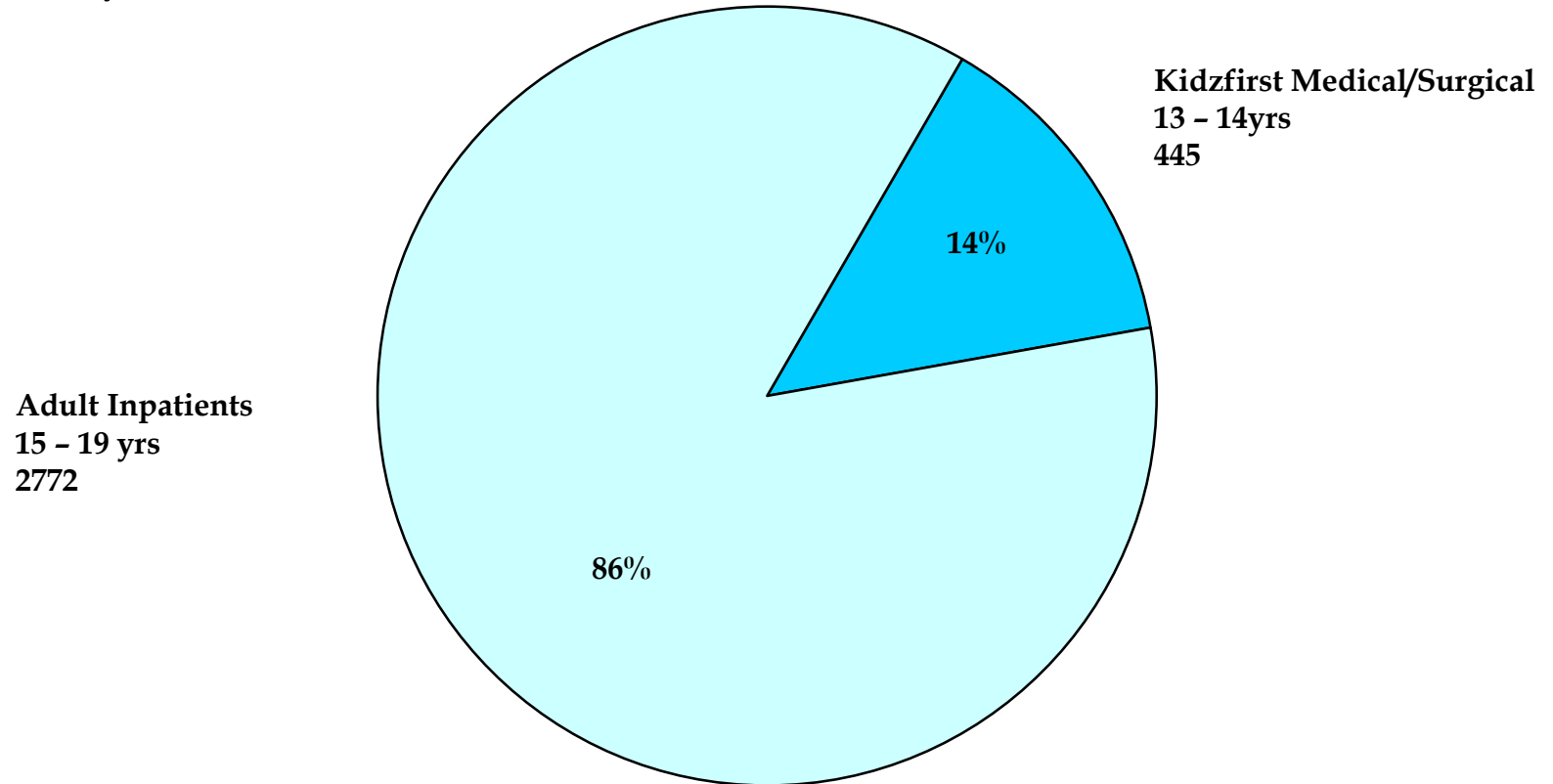


Adult Inpatient - total admissions



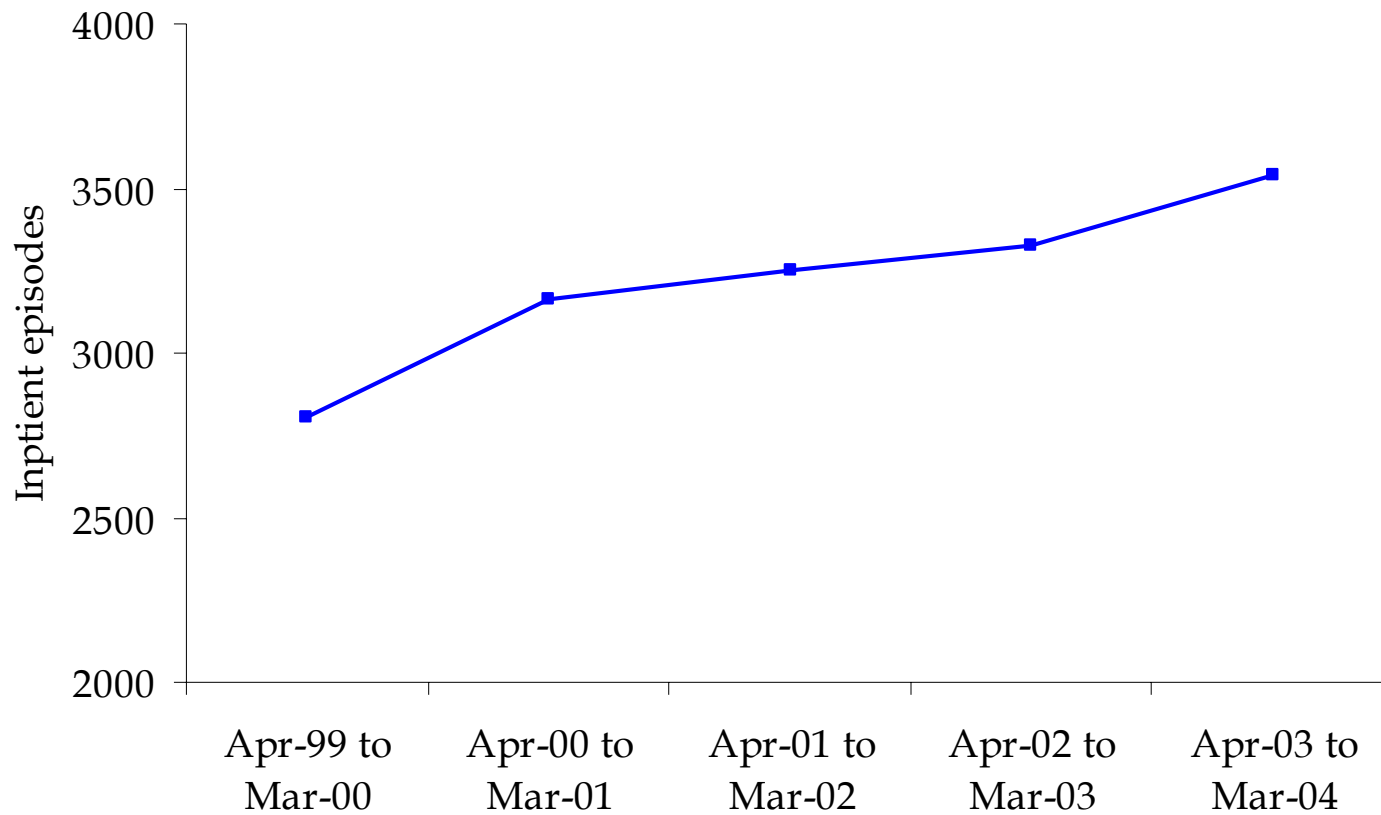
Young people are admitted to both adult and child wards

Average inpatient episodes of young people 13 to 19 years of age from 1999 to 2004, by service



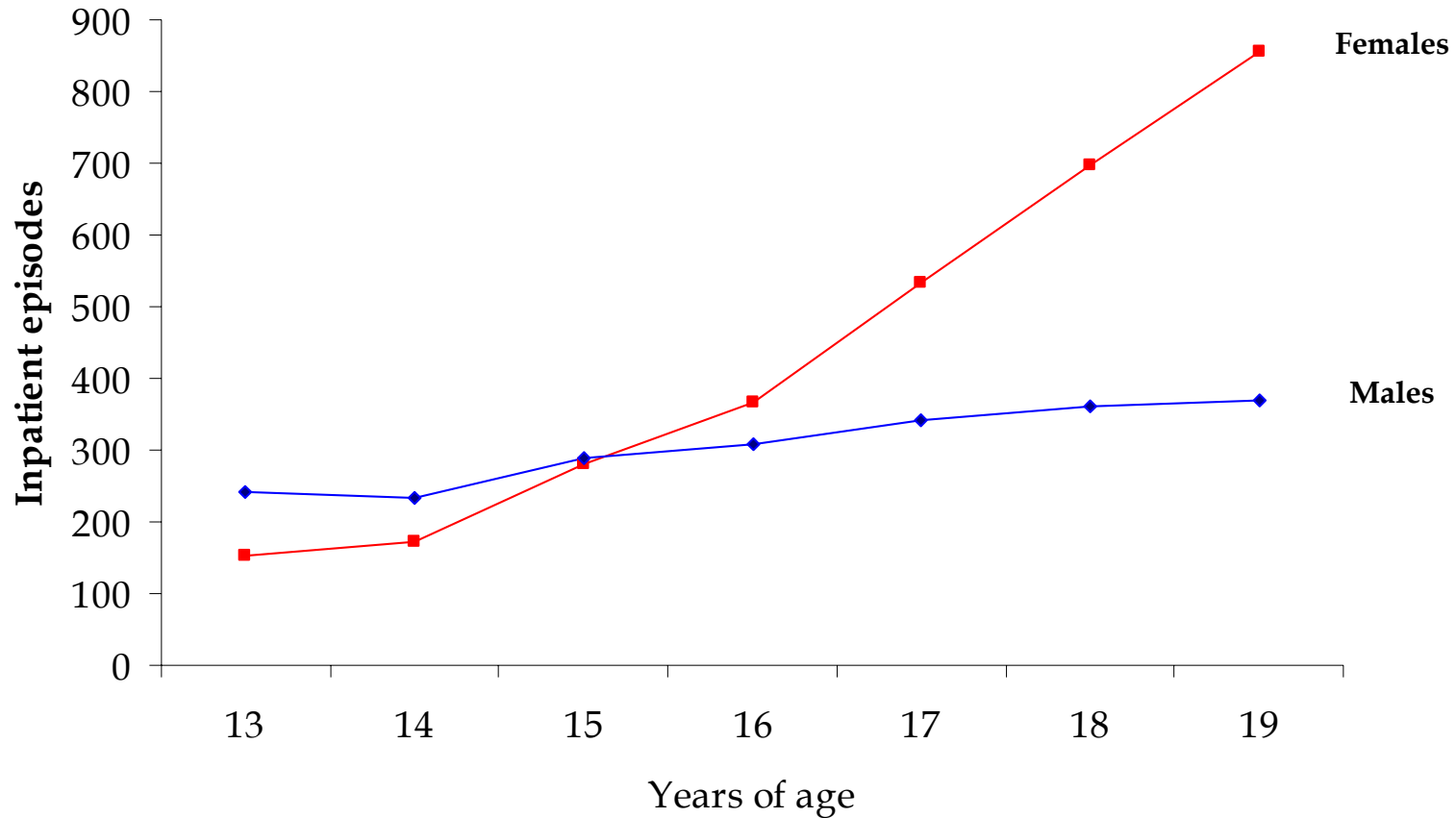
Young peoples inpatient admissions have increased over the last 5 years

Total inpatient episodes - 1999 to 2004
Inpatient episodes, young people 13 to 19 years of age



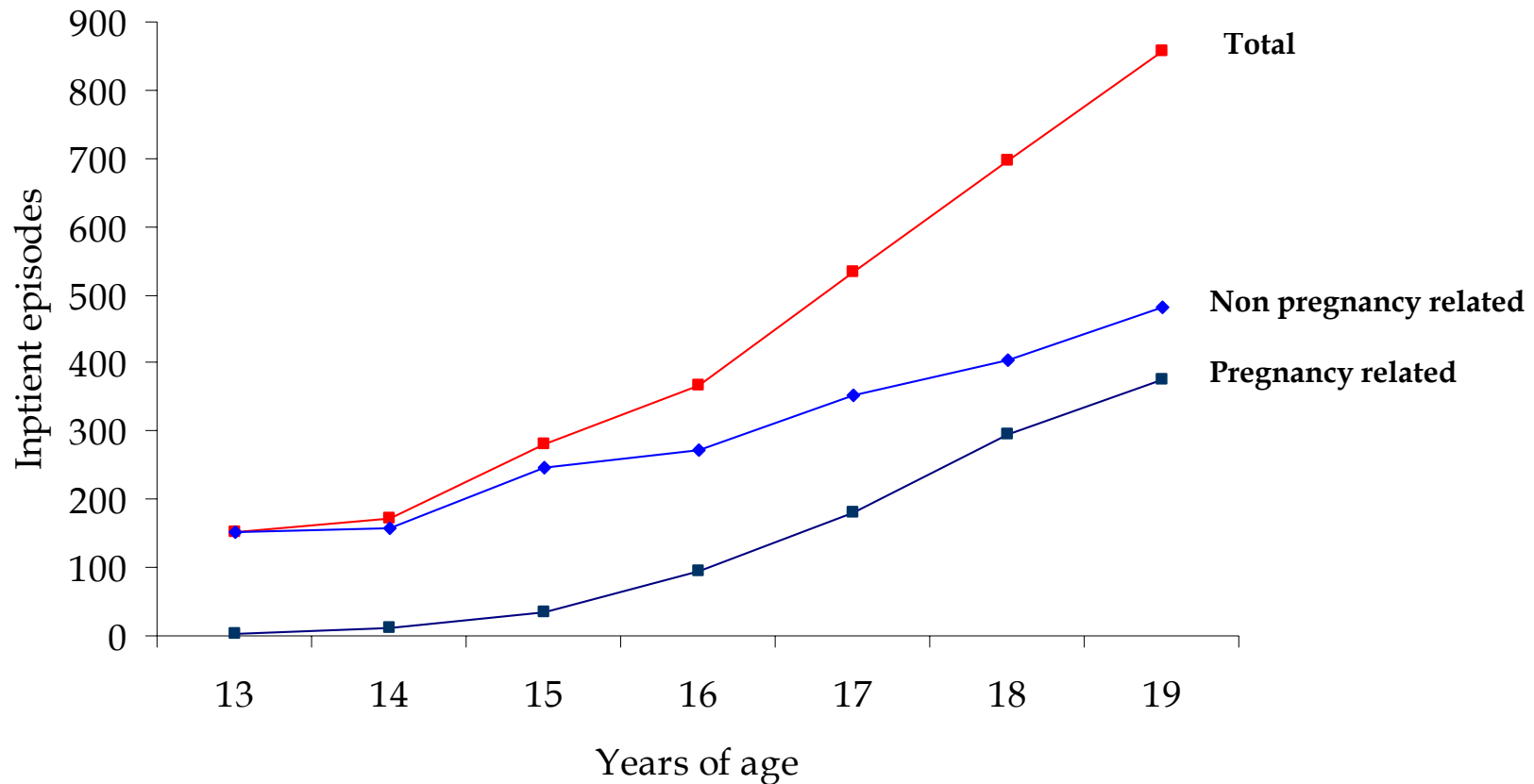
While the number of male inpatient admissions is similar for younger and older youth, the number of female admissions greatly increases with age

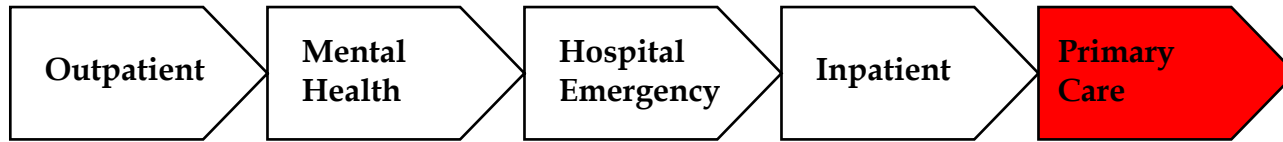
Average total inpatient episodes by gender - 1999 to 2004



Some, but not all, of the increases among female admissions are due to pregnancy related admissions

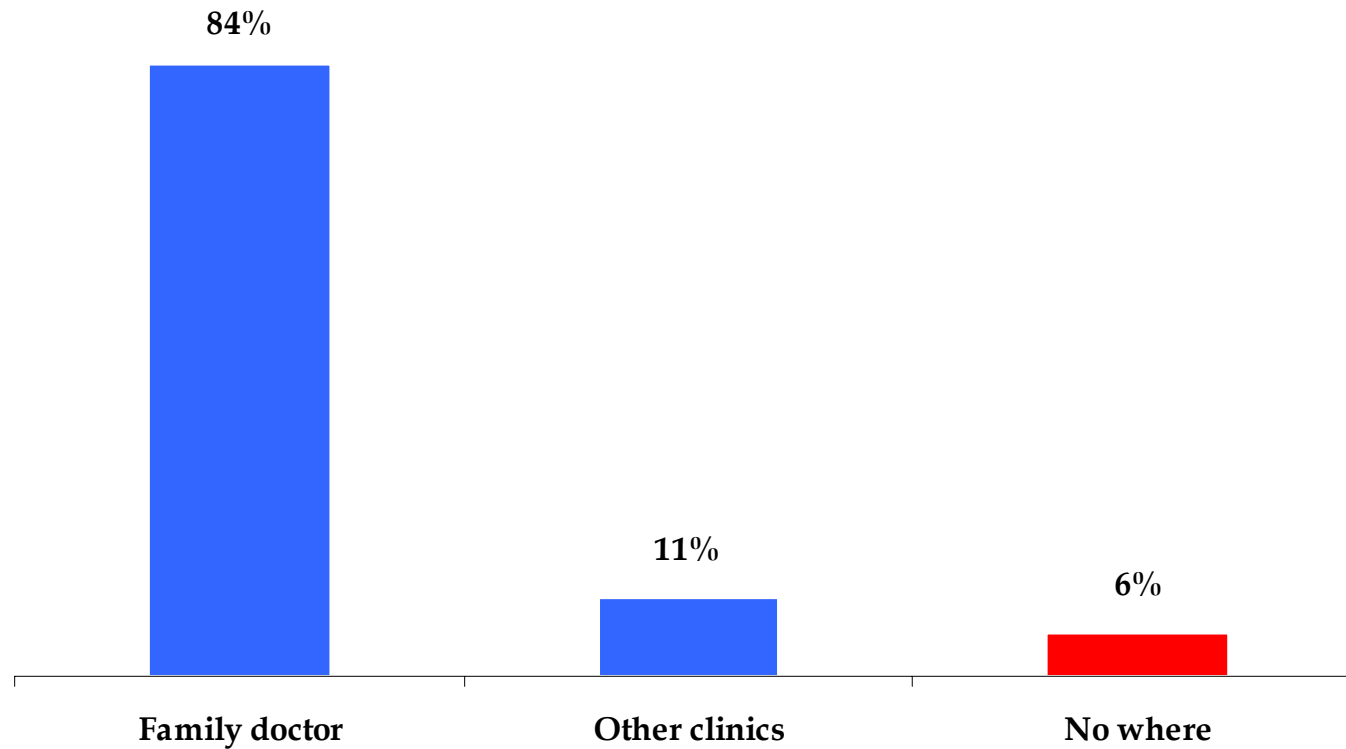
Average inpatient episodes ages 13 to 19 years - 1999 to 2004
Female, pregnancy and non-pregnancy related





Most young people go to their family doctor for health care

Where do young people say they usually go to for health care
Percent, n=9,361

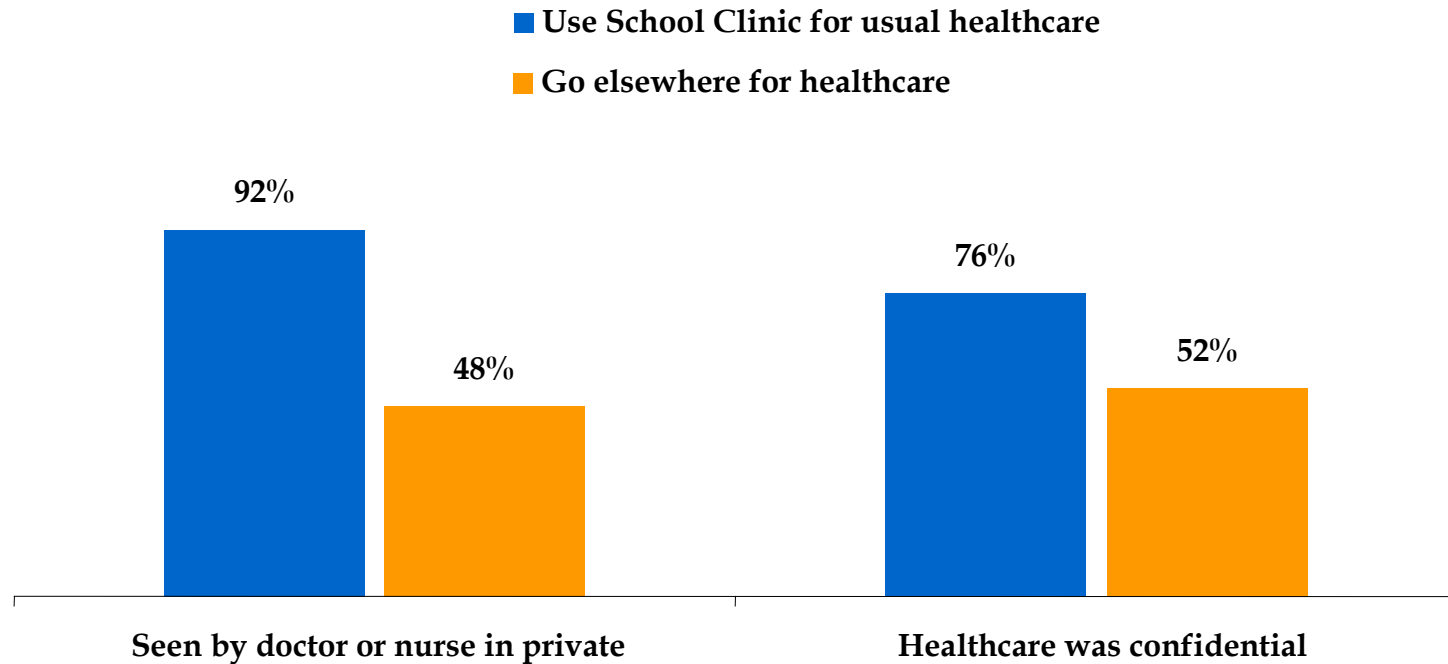


Youth2000, National Secondary School Youth Health Survey, 2001.



Young people often do not routinely receive private or confidential health care

Percentage of students who received private and confidential healthcare in the last 12 months, comparing students who usually attend the school clinic for healthcare to students who usually go elsewhere for healthcare
Percent, n=268

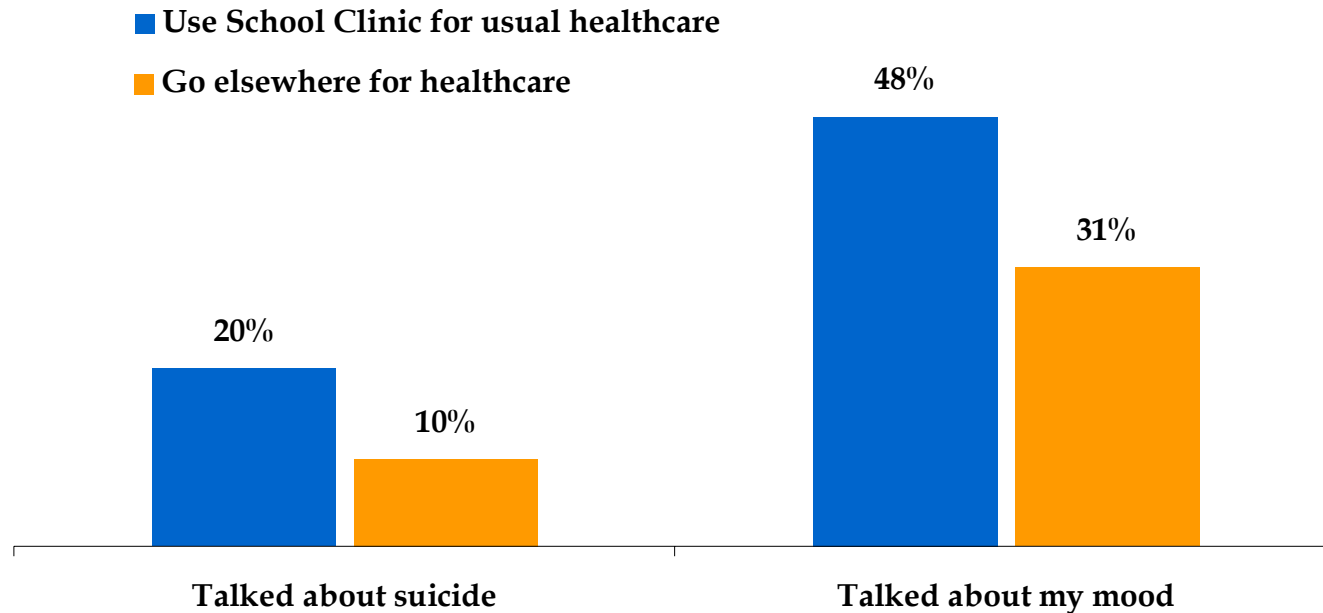


Otahuhu College Health Care Survey, 2003.



Few young people talk to their family doctor about their emotional well-being

Percentage of students who talked to their doctor or nurse about suicide and/or their mood in the last 12 months, comparing students who usually attend the school clinic for healthcare to students who usually go elsewhere for healthcare
Percent, n=268



Otahuhu College Health Care Survey, 2003.



Summary

- **The numbers of young people being seen by health services in CMDHB has increased over the past 5 years and look to keep increasing over the next 10 years**
- **Utilisation of health services increases through the teen years**
- **Young people are being seen by a range of health services and providers who often have little training in adolescent health care and often provide poor quality care**

