

Healthwatch Southampton Youth Health Report

November 2016

Over the summer of 2016 Healthwatch Southampton worked with a team of young people taking part in the National Citizenship Scheme to co-produce a health questionnaire. We felt that the voice of young people was not being heard enough within health and social care and the questionnaire offered an opportunity to address this.

Having discussed, agreed and drafted the questions Healthwatch Southampton made an online version of the questionnaire. The team of young people then reached out to their peers through social media as well as through some face-to-face surveying.

Alongside this Healthwatch Southampton went to a sixth-form college and a young person's charity to further contact young people in the city. We spoke to over 150 young people in total who were mainly aged between 16 and 17.

We would like to thank everyone that helped write and ask the questionnaire and those who took time to answer.

Summary

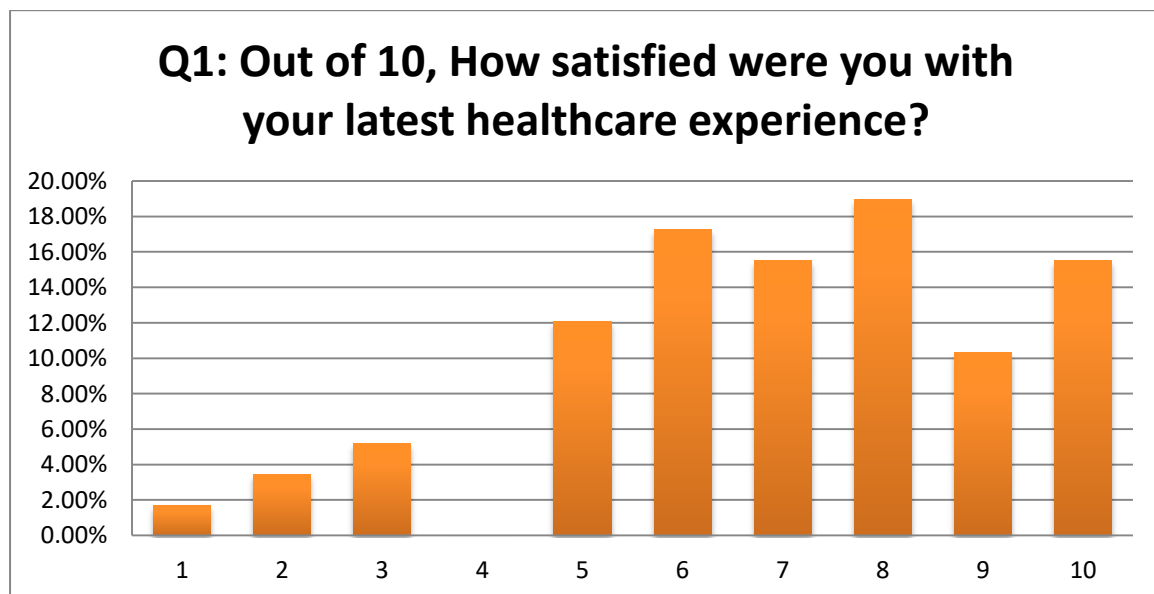
- Young people surveyed were generally satisfied with their latest healthcare experience, felt involved in decisions about their healthcare and felt listened to by healthcare professionals
- A majority of young people surveyed said they had enough access to healthcare services but better access to GPs and mental health services in particular were needed
- Over a third of young people surveyed said stress was preventing them from being healthy
- Most young people surveyed said their place of education or employment was providing them with adequate access to healthcare
- When asked what service do you need more access to or feel could be improved over half of young people surveyed answered: mental health services
- Better diet and more exercise were the top two changes for improving their health

Recommendations

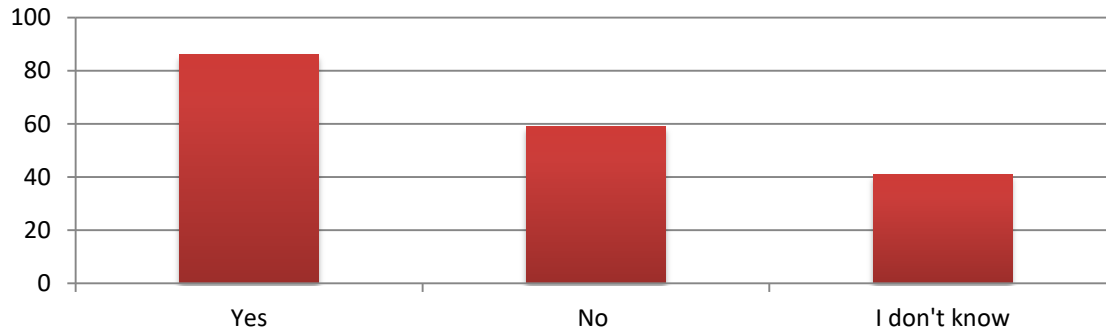
The results show that the young people surveyed identify stress is as the main thing preventing them from being healthy. Combined with this young people highlight the need for better access and improvements to mental health services.

The replies relating to mental health stand out from this questionnaire and Healthwatch Southampton would therefore recommend that mental health services locally look at their provision for young people in Southampton, in particular to 16-17 year olds.

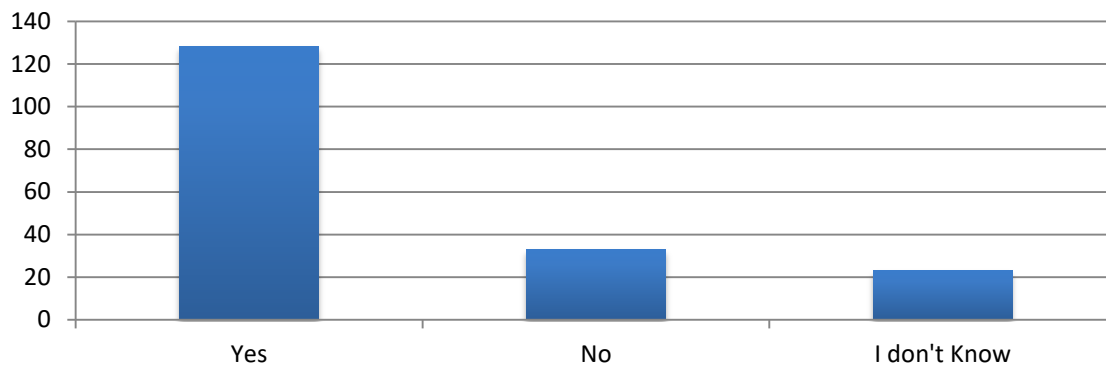
With high levels of stress being reported by young people this clearly is a significant health problem which is perhaps under-recognised. As such, we would also recommend that further research is carried out which focusses on stress in young people and looks at the causes and ways in which it can be reduced.



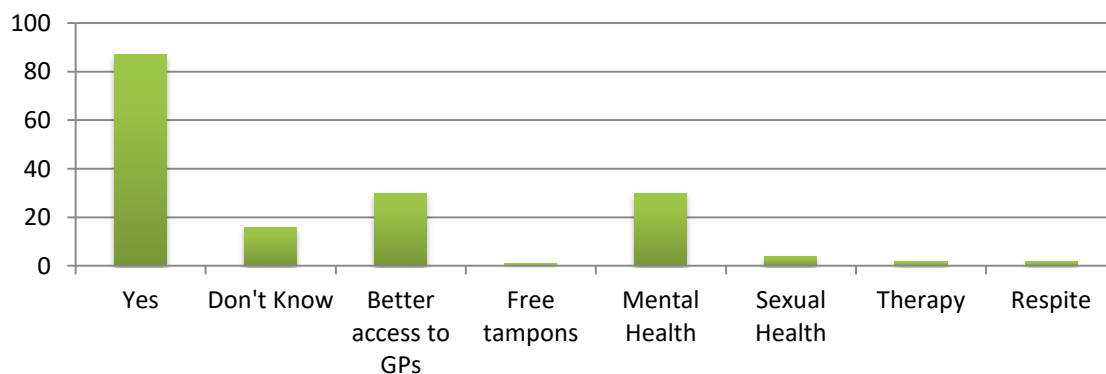
Q2: Do you feel involved about decisions in your healthcare, either nationally or personally?

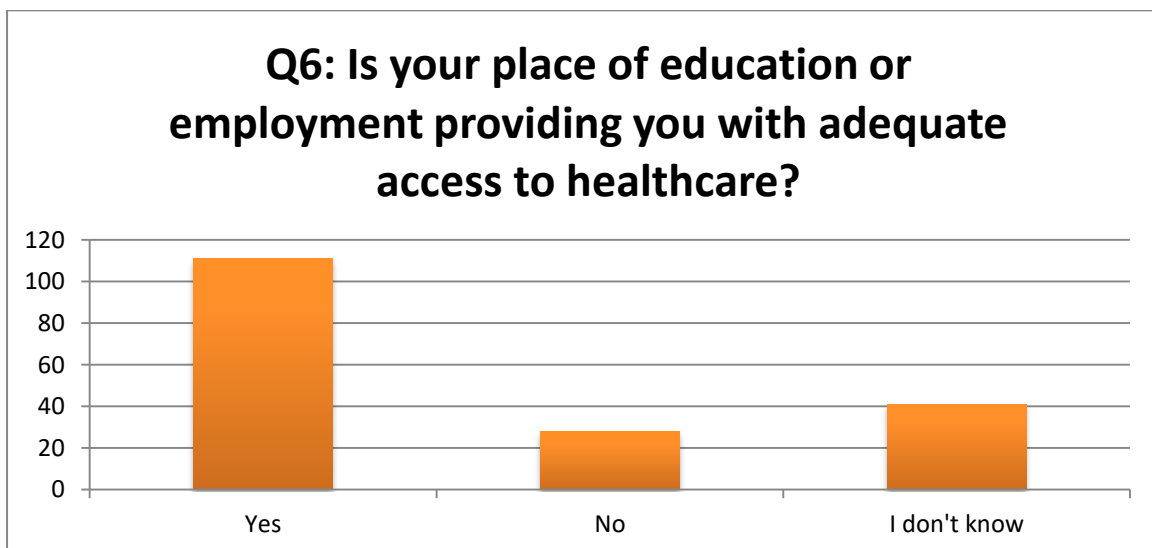
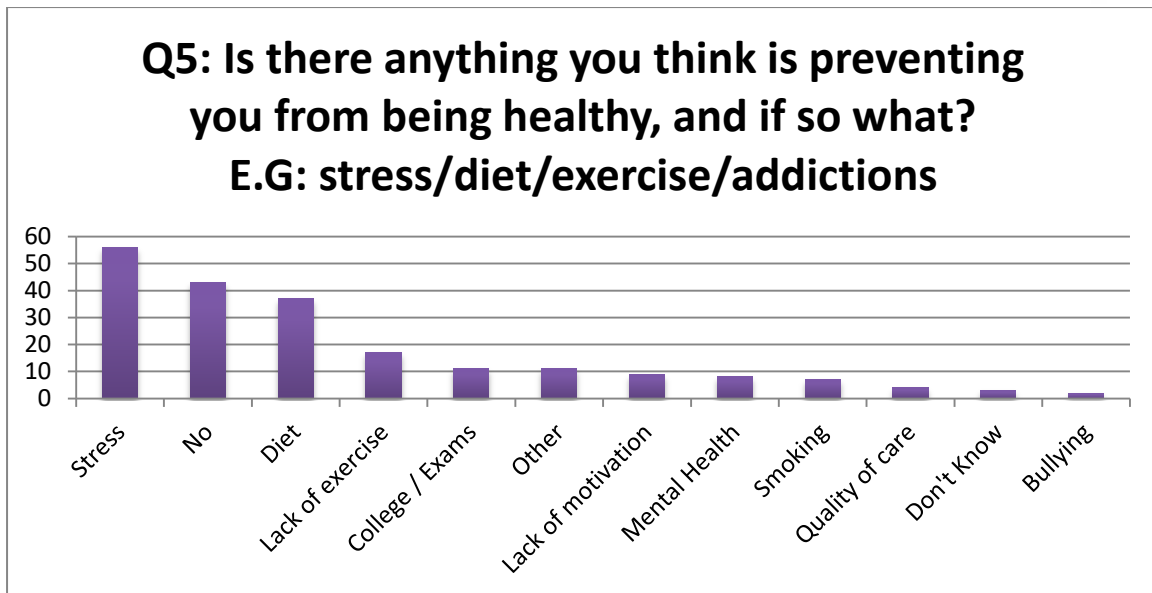


Q3: Do you feel listened to by healthcare professionals/doctors?

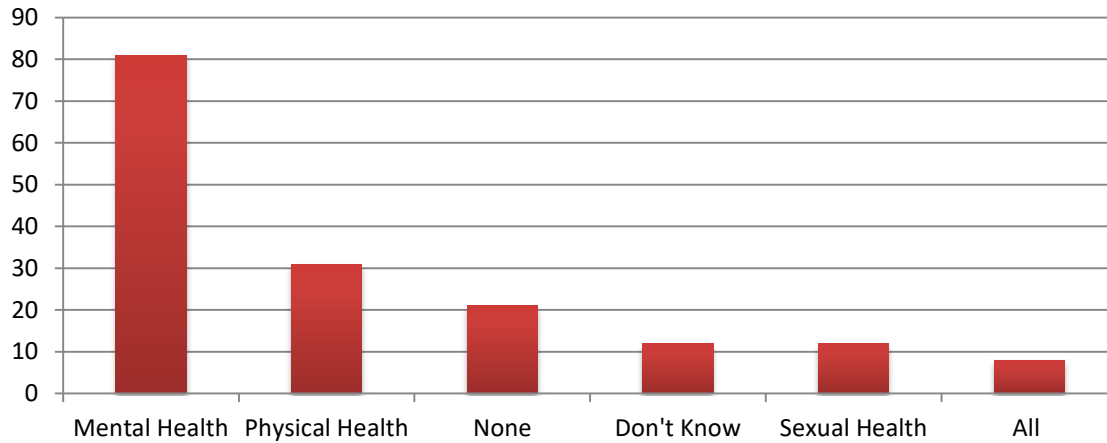


Q4: Do you have enough access to health care services and what do you think you need more access to?

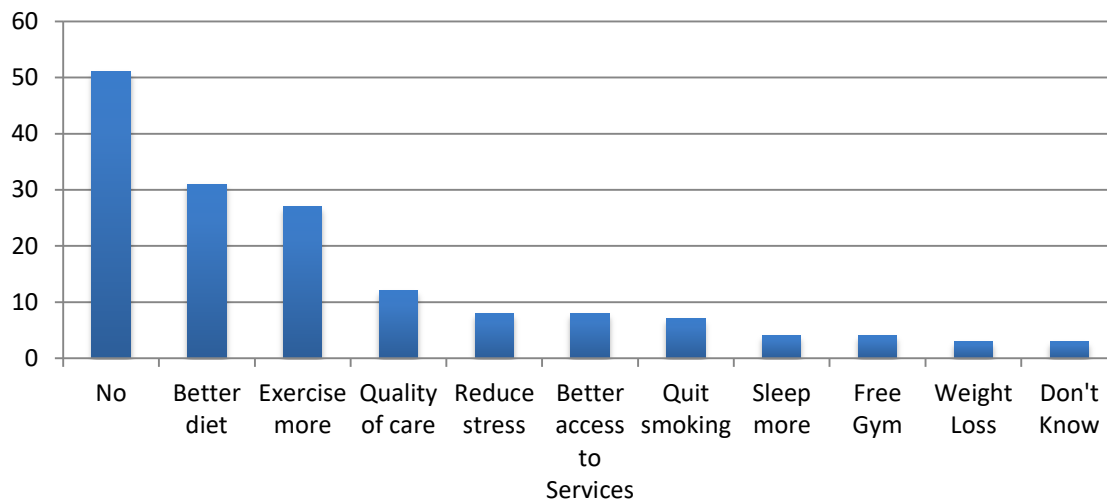




Q7: What service do you need more access to or feel could be improved? E.G: Mental health, sexual health or physical health



Q8: Do you think there is one change that could improve your health?



Q9: Is there any other feedback or comments you'd like to leave?

- More services for "lower risk" people, for example I wasn't given counselling at college because I wasn't ill enough. People with "lower risk" mental health
- More appointments needed and treatment is very long. Need more staff!
- Had a negative experience with my local GP a few months ago, was misdiagnosed and felt brushed aside. Although that incident has been sorted I feel a little apprehensive about going to the doctors
- I'm lucky to be in good health
- There should be more surgeries opening not closing especially as health centres are closed now.
- Health professionals confuse you, they don't tell you what it is - communication poor. CAMHS talk down to you, shouldn't automatically involve the parents. Poor sexual health education. Nobody wants to talk to me about mental health.
- More mental health help for less 'risk' people
- I have concerns around sexual health services restricting under 18's to services ie: having to attend a sexual health clinic can be daunting.
- Consider people's opinions with more depth. Tell you what you want to hear less. Not sugar coat it.

Demographics

