

"Everything to gain  
and nothing to lose"

Mental wellbeing and resilience in young people:  
a Southwark priority



2018 Annual Public Health Report:  
Statistical Appendix

February 2019

# 1. OVERVIEW

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The statistical appendix to this year's Annual Public Health Report focuses on the demography and mental wellbeing of young people in the London Borough of Southwark. It seeks to provide an analysis of our population, along with the risk factors for, and inequalities in mental wellbeing in the borough. These quantitative data are intended to complement the narrative of the APHR, as well as qualitative findings from engagement with young people, completed as part of the APHR development.

The statistical appendix includes the following sections:

- The demography of children and young people in Southwark aged 10 to 17
- Mental wellbeing
- Factors influencing mental wellbeing

## 2. DEMOGRAPHICS

Southwark is a densely populated and diverse inner London borough situated on the south bank of the River Thames, with Lambeth to the west and Lewisham to the east. Home to some 314,200 residents, Southwark is a patchwork of communities: from leafy Dulwich in the south, to bustling Peckham and Camberwell, and the rapidly changing Rotherhithe peninsula. Towards the north, Borough and Bankside are thriving with high levels of private investment and development. Yet there remain areas affected by high levels of deprivation, where health outcomes fall short of what any resident should expect.

### 2.1 Current adolescent population

Approximately **24,200** young people aged between 10 and 17 are estimated to live in Southwark, representing almost 8% of our population.

Age	Males	Females	Total
10 years	1,770	1,750	3,520
11 years	1,610	1,560	3,170
12 years	1,650	1,570	3,220
13 years	1,480	1,430	2,910
14 years	1,440	1,420	2,860
15 years	1,480	1,310	2,790
16 years	1,430	1,370	2,800
17 years	1,490	1,430	2,920
<b>All adolescents</b>	<b>12,350</b>	<b>11,840</b>	<b>24,190</b>

Table 1: Mid-year resident population estimates by single year of age, 2017

### 2.2 Trends and projections of adolescents

While the number of people living in Southwark has increased significantly in recent years, there has been a much smaller increase in the number of adolescents. Since 2001 the number of people aged 10 to 17 living in the borough has increased by 6.7%, compared to an overall increase of 22% in the population as a whole.

Although the number of adolescents living in Southwark is projected to continue to increase in the medium-term, the pace of growth will remain lower than other age groups. By 2030, projections suggest the number of people aged 10 to 17 will increase by almost 17%, compared to an increase of 21% in the overall population.

### 2.3 Diversity of adolescents

Southwark is a diverse borough with residents from a wide range of ethnicities and backgrounds. Over 120 languages are spoken here, with just over 1 in 10 households having no members who speak English as a first language.

We know that the diversity of the borough varies markedly across age groups, and that our young people are much more diverse than our older population.

The number of adolescents in Southwark from a Black ethnic background is estimated to be almost double that of the general population, standing at over 40%. This is driven by a large Black African population, with almost a quarter of adolescents coming from this background.



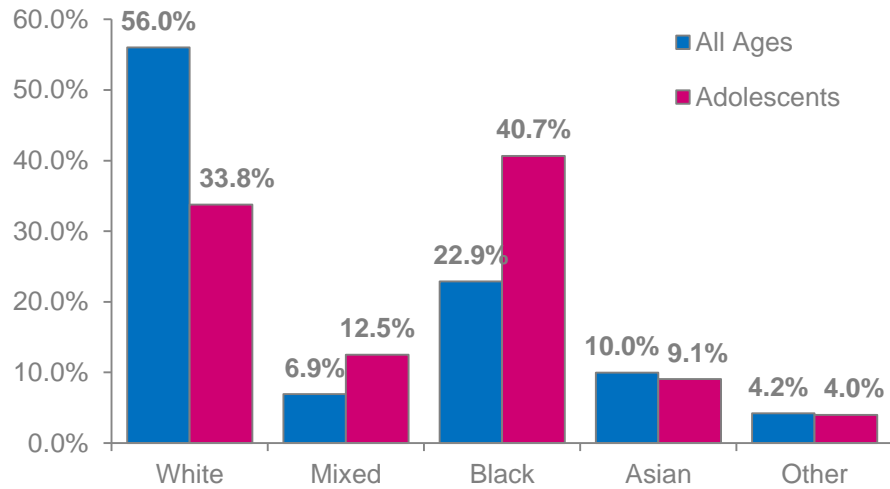


Figure 1: Ethnic diversity among adolescents in Southwark, 2017

## 2.4 Deprivation affecting children and young people

Deprivation has a significant impact not only on the health of our young people, but also their future life chances. Our most deprived communities are found in central and northern parts of the borough, including Elephant and Castle and Bermondsey in the north, through to Nunhead and Peckham in the east, and Camberwell in the west. Over 45% of our adolescents live in areas that fall within the most deprived quintile nationally, compared to 38% of our general population.

The latest child poverty statistics show that Southwark has the 5<sup>th</sup> highest proportion of children in low income families (25%) compared to other London boroughs. This accounts for over 13,000 children aged under 16 across the borough.

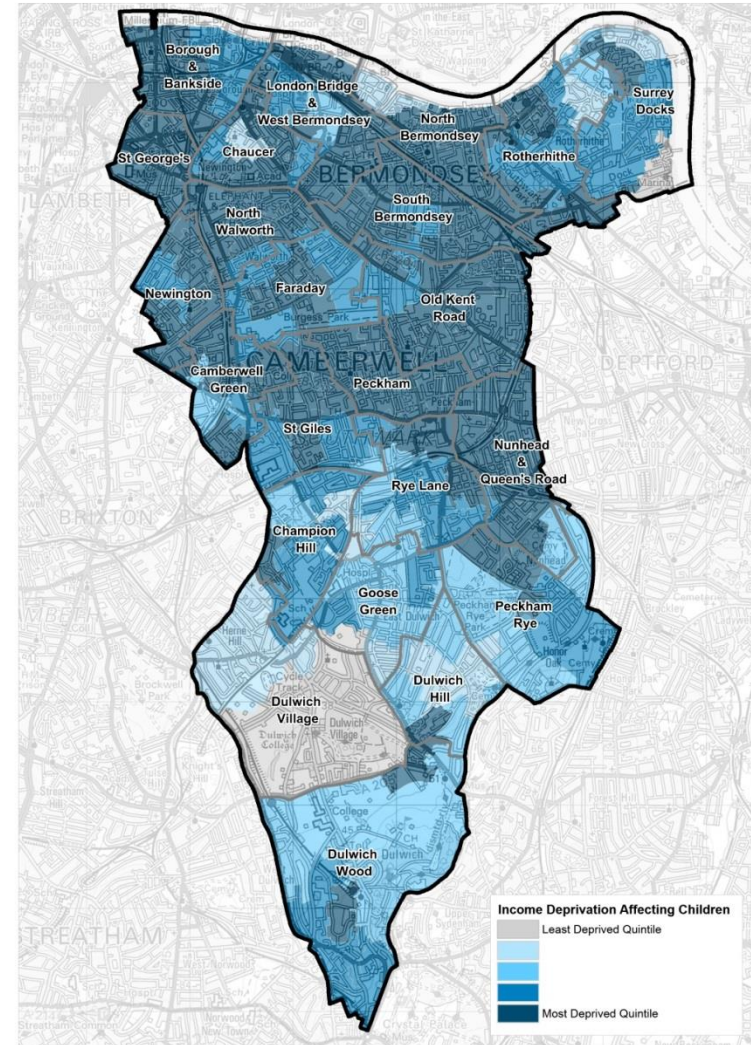


Figure 2: Income deprivation affecting children in Southwark, 2015. © OS Crown copyright and database rights 2018. Ordnance Survey (0)100019252.

### 3. MENTAL WELLBEING

#### 3.1 Mental Wellbeing

Findings from the 2016 Schools Health Education Unit (SHEU) survey in Southwark reveal that levels of positive wellbeing locally are lower compared to other areas, with **37%** of pupils in Year 8 and Year 10 reporting high self-esteem compared to **42%** in the wider sample across England.

Results from the survey also highlight substantial inequalities in positive wellbeing between the sexes, with boys far more likely to have high levels of self-esteem when compared to girls (41% v 30%).

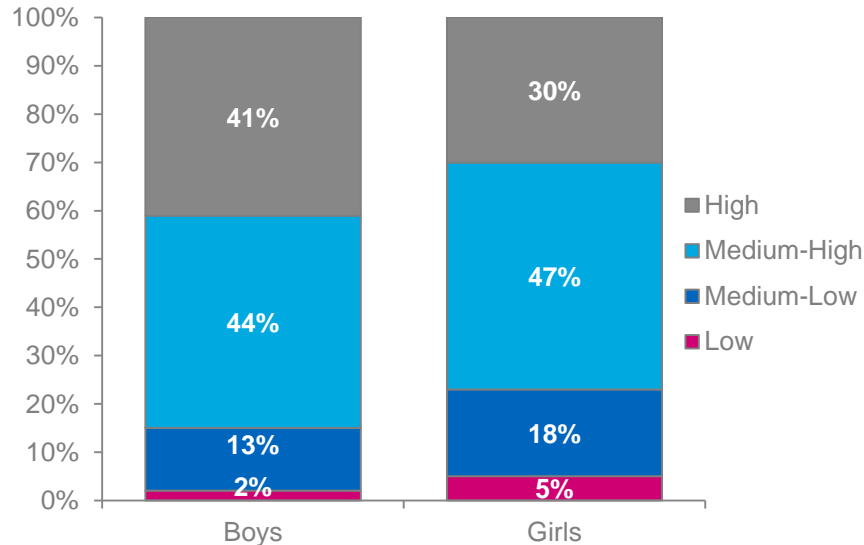


Figure 3: Levels of self-esteem in Southwark among pupils in Years 8 and 10

As part of the survey, pupils were asked how much they worry about a list of issues, ranging from exams, through to health, family, and financial problems. Out of the list of issues 84% of adolescents responded that they worry about at least one of the issues either “quite a lot” or “a lot”, increasing to 90% of girls in Year 10.

The top three worries among those who said they worry about problems “quite a lot” or “a lot” are shown in the table below.

Concern	Boys	Girls	All
Exams and tests	47%	67%	57%
Family	38%	43%	41%
School-work	27%	46%	37%
The future	32%	41%	36%
Friends	25%	34%	30%

Table 2: Top five concerns among adolescents in Southwark in 2016.

Almost 1 in10 adolescents in Southwark (9%) stated that they did not have an adult they could trust to talk to if they had something that worried them.

## 4. FACTORS INFLUENCING MENTAL WELLBEING

### 4.1 Physical Health

While adolescence is generally a period of good overall health, young people can experience a range of physical health problems which can have a negative impact on their wellbeing.

It is estimated that just over **1 in 10** young people in Southwark have a long-term illness, disability or medical condition that has been diagnosed by a doctor, slightly below the London and national average.

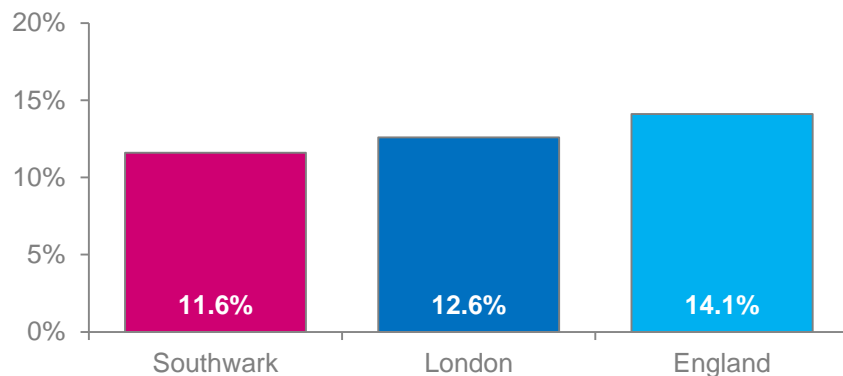


Figure 4: Percentage of 15 year olds with a long-term illness, disability or medical condition in 2014-15.

Asthma is the most common long-term condition among young people, and one of the most common reasons for emergency admission locally. In Southwark there are over **1,700** (5.5%) young people aged 10 to 19 with a diagnosis of asthma, though more may be living with the condition.

The number of attendances at emergency departments by adolescents in Southwark has increased by almost a quarter since 2013-14, with just over **9,200** attendances in the last financial year. Rates of ED attendance in Southwark among adolescents are significantly above national levels.

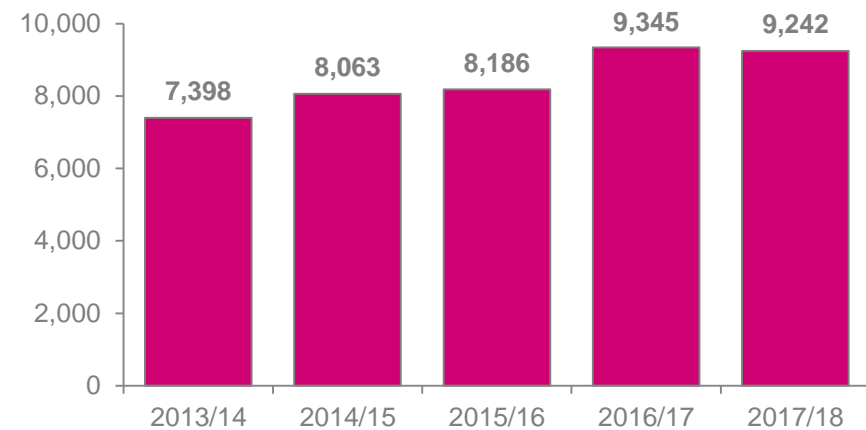


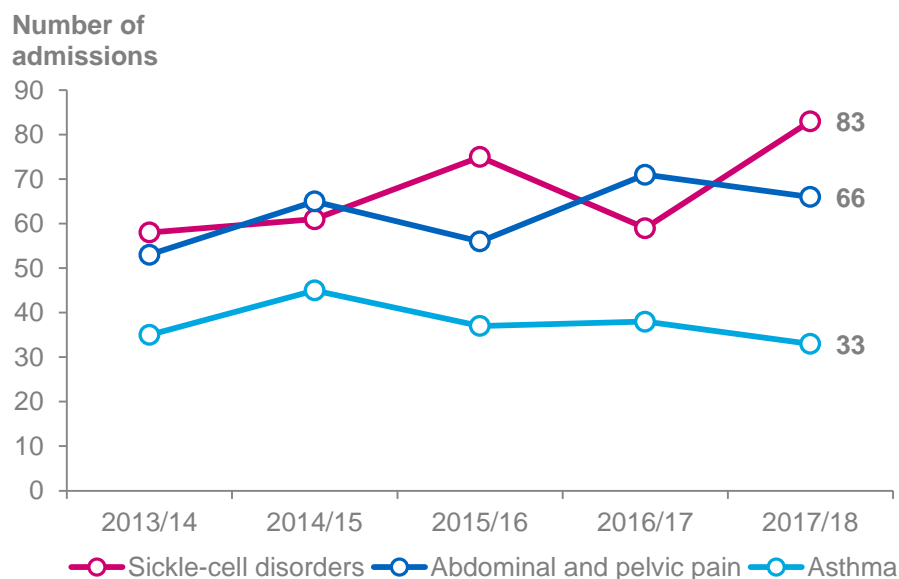
Figure 5: Number of emergency department attendances among those aged 10 to 17 in Southwark.

The reason for attendance was recorded in just over half of cases, with the top five diagnoses (in order) being:

- Sprain / ligament injury
- Dislocation / fracture / joint injury
- Gastro-intestinal conditions
- Contusion / abrasion
- Respiratory conditions

While there has been a substantial increase in emergency department attendances among adolescents over the last five years, the number of emergency admissions to hospital has remained broadly stable. In 2017-18 there were **879** emergency admissions among those aged 10-17 in Southwark.

Over the past five years, sickle cell disorders, abdominal and pelvic pain and asthma have been the main primary diagnosis on emergency admission in this age group.



**Figure 6: Top three causes of emergency admission among those aged 10 to 17 in Southwark.**

Of those adolescents in Southwark who had an emergency hospital admission in 2017-18, the majority were only admitted once. However a small number (33 people) had more than three emergency admissions within the year.

Number of emergency admissions	Number of patients	Percentage of patients
1 admission	576	84.6%
2 admissions	72	10.6%
3 or more admissions	33	4.8%

**Table 3: Number of repeat emergency admissions among those aged 10 to 17 in Southwark in 2017-18.**

Sickle cell disorders accounted for the largest number of cases (30%) among those having an emergency admission more than three times within the year, followed by abdominal pain (7%).

## 4.2 Mental Health

As with physical health, poor mental health can negatively impact on an individual's wellbeing, particularly during periods of acute illness.

Results from the 2017 survey of the mental health of children and young people show that **14.4%** of children and young people in England aged 11 to 16 had a mental health disorder, with emotional disorders being the most prevalent. Table 4 illustrates the prevalence of the various categories of disorders along with estimates of how many children this would equate to in Southwark.

Mental Disorder	National Prevalence	Southwark Estimate
Any disorder	14.4%	2,550
Emotional disorders	9.0%	1,590
Behavioural disorders	6.2%	1,110
Hyperactivity disorders	2.0%	350
Other less common disorders	2.2%	390

Table 4: Prevalence of mental health disorders among those aged 11 to 16 in 2017 Note: An individual may have more than one disorder.

Assuming a similar prevalence of mental health disorders in Southwark, findings from the national survey would indicate that approximately **2,550** adolescents in the borough have a mental health disorder.

While boys are equally as likely to have any mental disorder as girls the pattern varies between conditions. Girls are more likely to experience emotional disorders (10.9% compared to 7.1%), with

boys more likely to experience behavioural (7.4% compared to 5.0%) or hyperactivity disorders (3.2% compared to 0.7%).

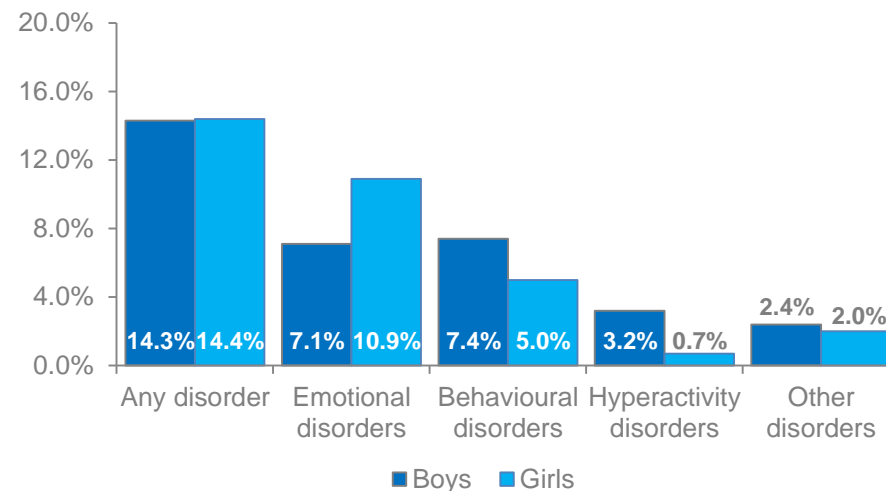
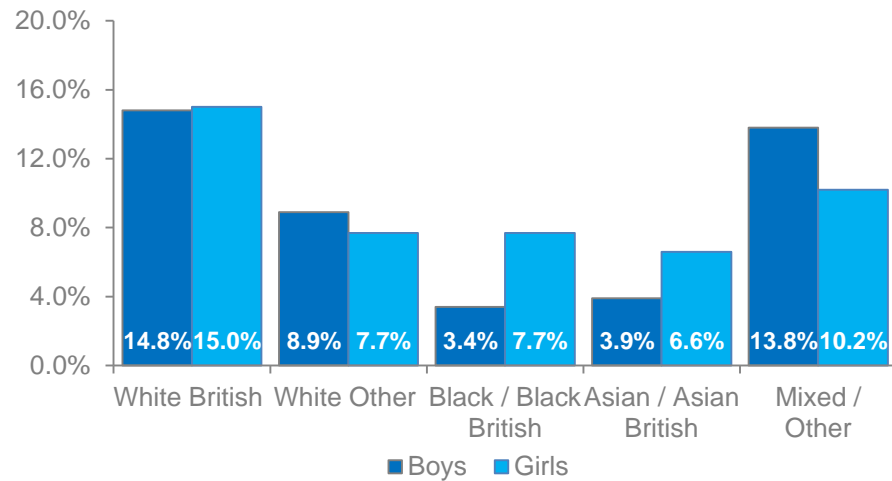


Figure 7: Prevalence of mental disorders by sex for those 11 to 16, 2017

Data regarding the ethnic and social background of young people with a mental disorder is only available for those aged 5 to 19, rather than for the specific adolescent cohort. The results from the survey indicate that the prevalence of disorders is higher among those from a White British background, and lower among those from Black / Black British or Asian / Asian British backgrounds. This pattern is evident for “any disorder”, as well as for different types of disorder.





**Figure 8: Prevalence of any mental disorder by ethnicity and sex, 2017**

When comparing across income groups it is apparent that the proportion of children with a mental disorder in low income households is more than double the level of their counterparts in high income households (9% compared to 4.1%). However, the survey found no association with neighbourhood deprivation and the prevalence of mental disorders.

### 4.3 Lifestyles and Behaviours

The national survey of mental health of children and young people in England shows that alcohol and illegal drug use are much more common among adolescents with a mental disorder.

Findings from our local school survey in 2016 show that **8%** of secondary school pupils in Southwark had at least one alcoholic drink in the week prior to the survey; broadly comparable with national drinking patterns among young people.

The local survey also showed that **4%** of secondary school pupils got drunk on at least one occasion in the week prior to the survey, with levels slightly higher among girls than boys.

Hospital admissions among adolescents in Southwark for alcohol-specific conditions are amongst the lowest in London, and less than half the rate in England as a whole. As with drinking patterns, rates of admissions are slightly higher among girls than boys, though not significantly so.

The use of illicit drugs among adolescents in Southwark is much lower than the use of alcohol. In 2016, 3% of secondary pupils surveyed reported that they had taken an illegal drug in the last month, with cannabis being the drug most frequently used. However, there is a significant increase in use between year groups, with 12% of girls in Year 10 used illegal drugs in the last month, compared to 1% of girls in Year 8. The reported use of cannabis among boys is comparatively lower, increasing from 1% in Year 8 to 4% in Year 10.

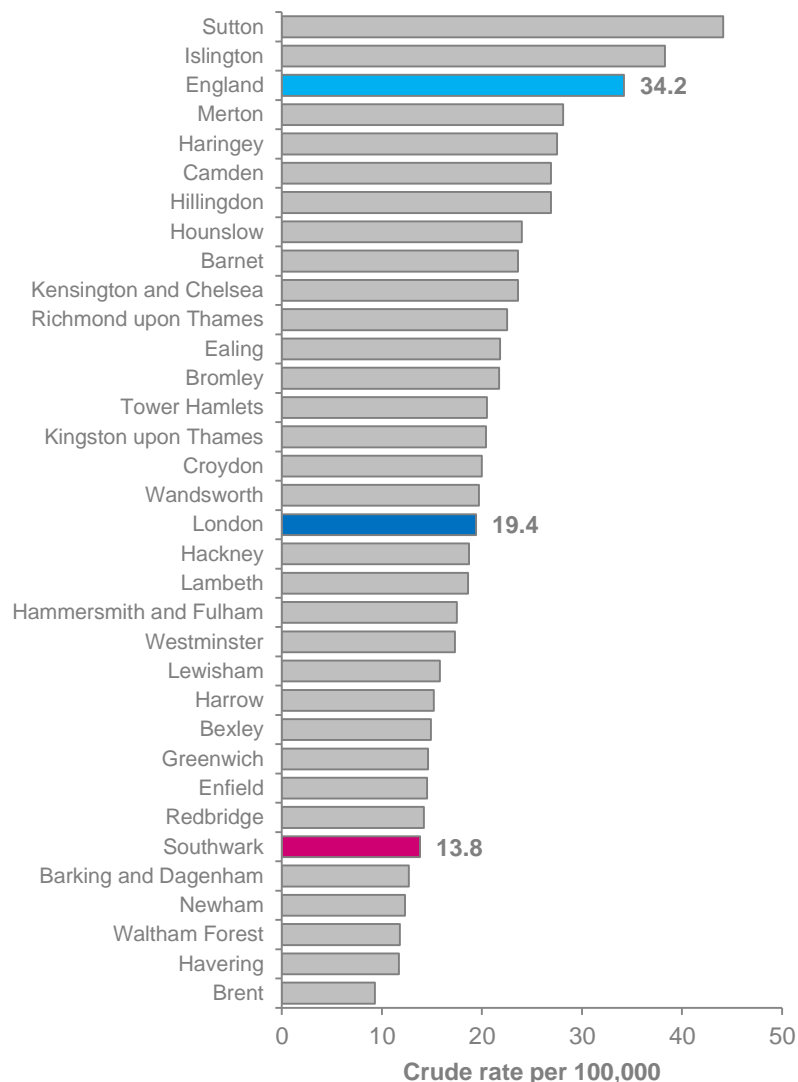


Figure 9: Admission episodes for alcohol specific conditions (u18's) in 2014-15 to 2016-17.

Maintaining a healthy weight is important for overall health and for wellbeing. Not only is being overweight or obese a risk factor for the development of long-term conditions such as diabetes and heart disease, but it can also contribute towards low self-esteem and mental ill-health.

Levels of obesity among children entering adolescence in Southwark are significantly above the national average, with no significant change since measuring began in 2007-08. Latest figures show that approximately **1 in 4** children in Southwark in Year 6 are obese.

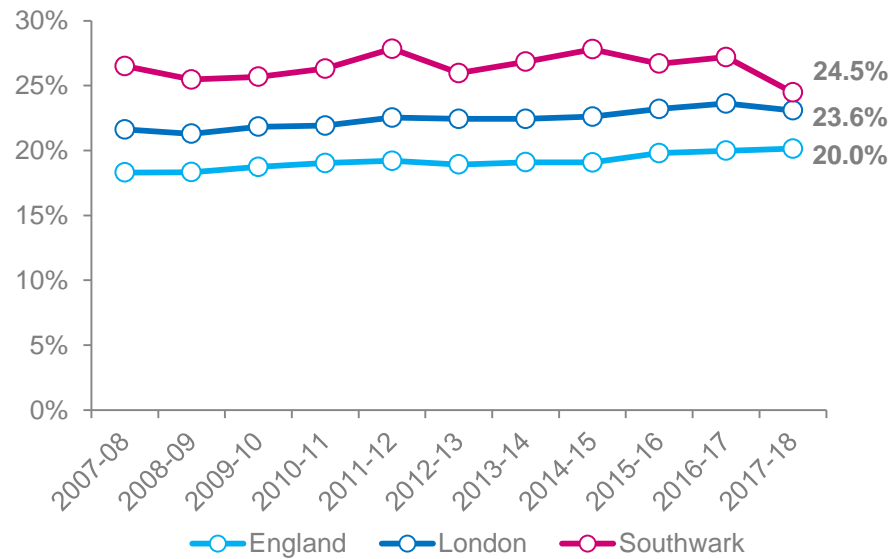


Figure 10: Percentage of children in Year 6 (aged 10-11) who are obese

Levels of obesity in the borough are particularly high in the north, from Elephant & Castle, through to Camberwell in the west and Peckham in the east.

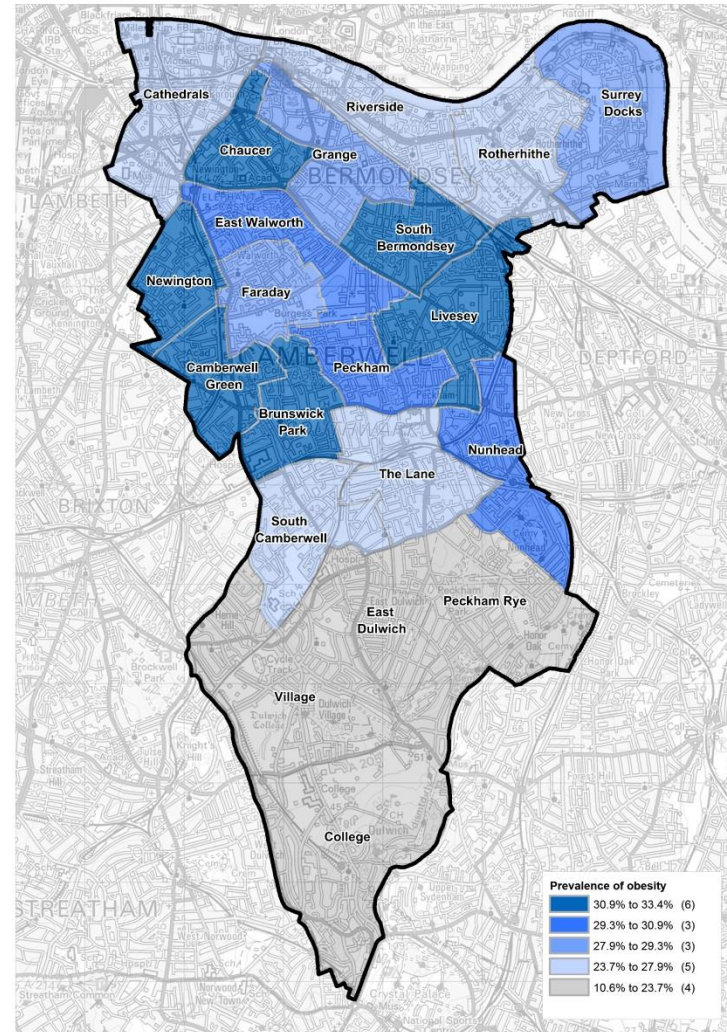


Figure 11: Percentage of children in Year 6 (aged 10-11) who are obese 2014-15 to 2016-17. © OS Crown copyright and database rights 2018. Ordnance Survey (0)100019252.

Physical activity is positively associated with wellbeing, and our local data shows that the overwhelming majority of adolescents in Southwark enjoy being physically active. However, we also know that too few of our young people meet the recommended amount of physical activity for healthy development and to maintain a healthy weight.

The Active Lives Survey in 2017-18 shows that **15.8%** of children and young people in Southwark are active for 60minutes or more every day, slightly below the national average of 17.5%, with almost **a third** being active for less than 30mins a day.

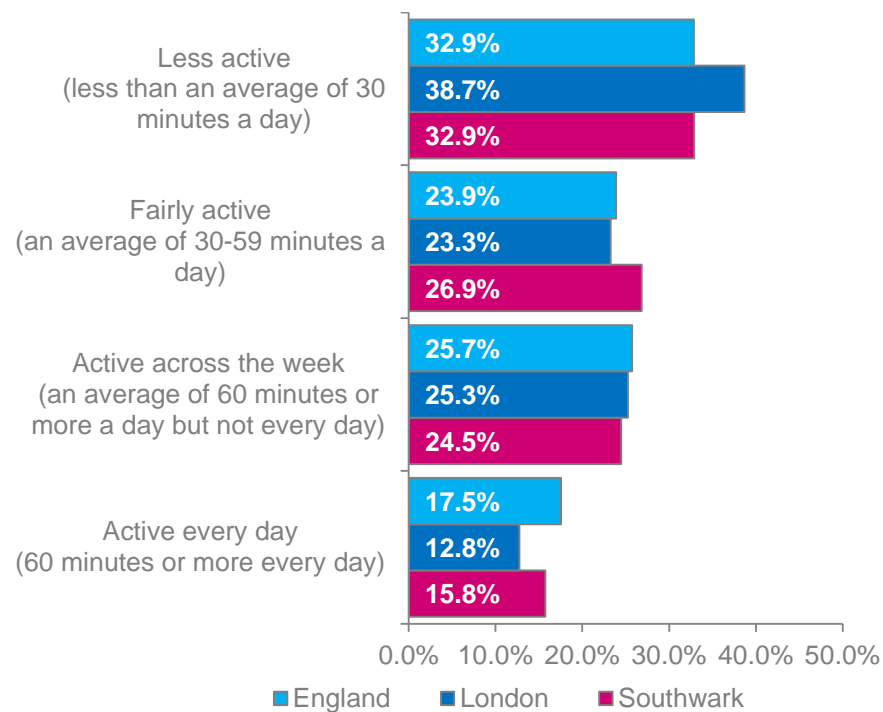


Figure 12: Activity levels among children and young people aged 5 to 16

National results from the Active Lives Survey also show that levels of physical activity decline significantly as children move into adolescence. By Years 9-11, 13.6% of young people in England meet the recommended guidelines, compared to 17.4% in Years 1-2.

The survey also highlights the significant inequalities that exist in adolescents in Years 9-11 meeting the recommended physical activity guidelines, particularly among girls from ethnic minority groups.

Ethnic Group	Boys	Girls
White British	16.2%	10.7%
White Other	20.3%	13.1%
Black	17.7%	8.8%
Asian	16.3%	6.4%
Mixed	14.0%	7.3%
Other	18.8%	10.8%

Table 5: Percentage of pupils in Years 9-11 in England who are active for 60minutes or more per day.

#### 4.4 Relationships

Positive relationships are a key component of mental wellbeing in all age groups. The 2016 school survey asked pupils about negative behaviours they may have experienced in their relationships. The list of behaviours covered within the survey are shown in Table 6.

Negative Behaviours
Used hurtful or threatening language to me
Was angry or jealous when I wanted to spend time with friends
Kept checking my phone
Asked me to send them photos or videos of a sexual nature
Put pressure on me to have sex or do sexual things
Threatened to tell people things about me
Threatened to hit me
Hit me

**Table 6: Negative behaviours experienced in relationships with boyfriend / girlfriends**

Findings showed that almost a quarter (23%) of secondary pupils surveyed had experienced at-least one of the negative behaviours listed, with either a current or previous partner.

Pupils were most likely to have experienced their partner becoming angry or jealous when they wanted to spend time with friends

(15%), followed by their partner checking their phone (11%). Approximately 1 in 20 pupils had experienced pressure to have sex, or to do sexual things, with similar numbers being threatened, or experiencing physical violence.



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