

# Youth Health Action Plan: 2007-2010

We would like to thank Julia Carr and the Youth Health Advisory Group for their input into this action plan.

This document is available on the Capital & Coast District Health Board website  
[www.ccdhb.org.nz](http://www.ccdhb.org.nz)

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## Introduction

In 2006, the Youth Health Advisory Group (YHAG) discussed and raised issues around youth health and strategies or initiatives to improve youth health and development: in our region.

- Ads to promote positive self image, self acceptance
  - Provide more affordable sporting activities and facilities
  - Provide services for homeless youth
  - Bullying, self-harm, mental health issues eg: depression, low self esteem, bullying within Somali/Assyrian communities
  - Child obesity
  - Children's extra-curricular activities
  - Youth advice bureau (by youth for youth with C&C DHB support)
  - Sex education
  - Cost of GP and prescriptions
  - Increase MeNZB uptake
  - Whole health curriculum needs a revamp
  - Access to services eg: tertiary education
  - Information to young people about their rights
  - School should be the main focus for looking at issues and solving problems
  - Pictorial of key youth issues in the region
  - Expand Evolve's role, more funding especially for homeless youth including outreach
  - Dentistry, having wisdom teeth removed under a general can cost \$1500. Maori and Pacific youth are at particular risk
  - Young mothers not being able to access government help until they are 16yrs
  - Housing conditions – poor, cold, mouldy, unhealthy
  - Discreet information booth where you can access information on sexual health etc
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## YHAG Identified Action Points

During 2005-07 YHAG identified and C&C DHB actioned some aspects of youth health

- Providing more youth services: Increased support for youth health services – funding growth for KYS, school health clinics (Porirua) and Evolve.
  - Sexual health: increased funding for free sexual health services for under 25 and the production of resources to promote the free service – about to be distributed. Expanded sexual health education (with humour) through schools and in other youth settings with Nga Whakatauki.
  - Funding especially for homelessness youth, funding for outreach services: We have increased funding for the outreach nurse for homeless people in Wellington – more days and through SECPHO, a clinic at the Soup Kitchen.
  - Young people living with chronic illness: We have increased the days/week we fund the rheumatic fever nurse for youth and expanded diabetes outpatient clinics in youth-friendly settings (School-based consultations and clinics at Evolve).
  - The DHB has provided some 'one-off' funding for initiatives for rangatahi Maori through Evolve and through CART (in Wellington South), and for Pacific youth through Pacific providers in Porirua etc.
  - Increase MeNZB uptake: Funding and support for MeNZB – C&C DHB has one of the highest levels of MeNZB coverage for 18-19 year olds.
  - Workforce development: cadetships – employment initiative with MSD to create opportunities in health sector for youth currently not employed.
  - Child obesity –C&C DHB funded a 'pilot' of Active families, a programme with the whole family where there is an obese child –now expanded with additional funding, involving PHOs and Sport Wellington Region. C&C DHB has contributed to the Push Play trailers in Wellington and Porirua.
  - C&C DHB is working with Hutt Valley DHB and others to improve access to dentistry. A plan is developed and new services will be funded over the next 2-3 years.
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In March 2007, YHAG held a workshop with C&C DHB senior management and Board members and the following issues/concerns/needs were raised about youth health:

- More awareness of services for youth at university and polytechnics ie: counsellors, alcohol & drugs, early intervention services
  - Link physical and mental health
  - More hours in school to deal with sexual health
  - Lower the barrier of cost! \$25 GP visits for some young people is too much and some can't afford to eat and visit GP as required.
  - Directory of youth services
  - Hospital wards for young people (transitional) (13-18yrs)
  - Raise HEHA awareness among youth
  - Discount card for healthier options
  - Innovative and fun ways to get messages to young people eg: acting and drama
  - Chat room for youth on health issues
  - Making healthy food affordable through supermarkets discounting fruit or produce
  - Improvement on health system for disabled youth
  - Promoting more youth services in Porirua
  - School health teaching
    - More relevant, new resources, not 10 yrs old!
    - Every 2 years do health/sex/drug/alcohol health training for everyone
    - Need experienced people in this field
    - More performances/range of learning modules
    - Have providers of health education come into schools (not to be delivered by teachers). People who know what they're talking about, older but not "past it", funny (ok to be old if funny).
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From the March workshop, the DHB has identified three initiatives that are achievable from 2007 through to 2008 and others that will be achievable within the three year action plan timeframe

**Immediate Actions (2007-08):**

- Coordinate a Youth Health Directory
- Support Youth Activities
- Provide an opportunity for YHAG to have input into New Regional Hospital

DHB and YHAG identified these aspects of youth health that may require three years to achieve.

**Long Term Actions (2007-10):**

- Improved access to dentistry, oral health for young people
- Continuing to support youth friendly service options
- Youth-friendly accessible advice
- Improvement on health system response to disabled youth
- Support for providers of health education to come into schools
- Peer support – promoting and training young people to do this work
- Increase the participation of youth in the health sector – training and employment in health in C&C DHB.

**The final and simple plan outlined below has been agreed at Youth Health Advisory Group level as a good way forward. It includes actions identified in the March 2007 workshop and others identified through other meetings. Funding for some of the actions is available in the current year. Otherwise, all actions are funding dependent. Many do not require substantial new investment and others, such as oral health and youth mental health are already part of medium term plans within the DHB and region.**

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## Youth Health Plan 2007- 2010

ISSUE	ACTION WORK PROGRAMME	07/08	08/09	09/10
Promoting more youth services	Increased support for youth health services – small funding growth for KYS, school health clinics (Porirua) and Evolve	✓	✓	✓
Sexual health	Increased funding for free sexual health services for under 25's	✓		
	Production of resources to promote the free service Resources for queer youth re services Resources and information for youth with disability	✓	✓ ✓	
Outreach services	Increase outreach services and youth friendly clinics for youth with diabetes, rheumatic fever	✓		
	'one-off' funding for initiatives for rangatahi and Pacific youth in Wellington and Porirua	✓		
Workforce development	Cadetships – employment initiatives with MSD to create opportunities in health sector for youth currently not employed	✓		
	Peer support – promoting and training young people to do this work		✓ ✓	
	Increasing promotion of health as a training or work option			
Coordinate a Youth Health Directory	Set up a YHAG youth section on the C&C DHB website including a user friendly youth health directory for worldwide use	✓		
More Youth Activities	Funding support for youth activities in Kapiti, Porirua and Wellington	✓	✓	
YHAG Input into NRH	Workshop with YHAG and NRH Management to discuss youth section/ward	✓		
Dentistry, oral health for young people		✓	✓	
Youth Information and advice	Widen the scope of YHAG website to provide youth advice bureau or alternative accessible formats or service			✓
Improvement on health system for disabled youth		✓	✓	✓
Healthy Eating, Healthy Action (HEHA)	Youth specific initiatives	✓		
	Youth friendly information on nutrition Disability friendly physical activity options	✓	✓	
Youth mental health and addiction	Increase youth services Support innovative approaches		✓ ✓	
Oral health	Increase information about and access to dental services	✓	✓	✓
Youth participation	Maintain Youth Health Advisory Group and other mechanisms for youth voice to the DHB	✓	✓	✓

## Monitoring the Youth Health Action Plan

OUTCOMES	BASELINES	INDICATORS	TARGETS
PHO enrolment in 18-24 year olds	72%		80% by 2009
Ambulatory sensitive hospitalisations for 15-24 year olds			Reduce Maori and Pacific rates to that of "Other" ethnicity
Injury preventable hospitalisations for 15-24 year olds			Reduce Maori and Pacific rates to that of "Other" ethnicity
Teenage pregnancy			Reduce teenage pregnancy
Oral health Uptake of adolescent dental services			Increase uptake of adolescent dental services
Youth suicide			Reduce number of suicides
Youth specific services in primary care	2 youth health services 4 school clinics		Increased investment on baseline. Increase school-based clinics
Youth information and participation	Functioning youth health advisory group		Web-based information Participation mechanisms

### Risks

Risks associated with a youth health action plan mainly relate to raising expectations in a constrained funding environment.

This risk can be mitigated by building on current services and service plans. There is also a good understanding by the Youth Health Advisory Group of the funding environment and expectations are realistic.

C&C DHB, on the other hand, has been active in supporting youth participation and youth health service development. There are positive opportunities to be built on this platform, politically and in terms of service utilisation, effective resource use and reducing avoidable admissions.