

YOUNG PERSON'S ANNUAL QUALITY STATEMENT 2017-18



GIG
CYMRU
NHS
WALES

Iechyd Cyhoeddus
Cymru
Public Health
Wales

Following the success of the 2016-17 Young Person's Annual Quality Statement, we again worked with 'Children in Wales' and other organisations from across Wales to support young people to attend a two day residential in Cardiff.

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As part of the two days the group of young people worked with staff from across Public Health Wales to highlight work undertaken during 2017/18 which was of importance to young people.

They then used training, delivered by the communications team, to write the articles contained in this document.

Following the writing workshop the young people took part in a photography session to support their stories and these photos are used throughout the document. This was followed by a graphic design workshop at which the young people designed the document.

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WELCOME

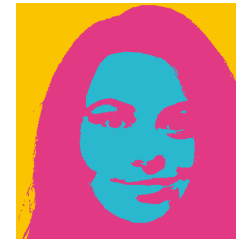
I'm proud to introduce the 2017-18 Young Person's Annual Quality Statement. This is the second year I've been involved with Public Health Wales and its fab to see even more young people from across Wales being supported to develop this next version of the document.

The time spent developing the document was so much fun. We were supported to write our own stories, take our own photographs and work with designers to decide how the 2017-18 Young Persons

Annual Quality Statement should look. We even spent time with the executive team and Tracey Cooper (Chief Exec) answered our questions.

To finish our time off at Public Health Wales, we were asked to text our feedback as if we're telling a friend about our experience, which I thought was different and much better than just boring paper surveys. The feedback messages below are from other young people on the working group.

Cameron.



Becca-Rose



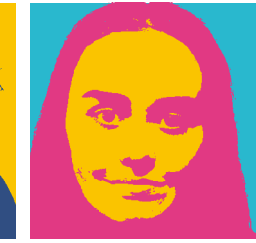
Cameron



Corey



Fatima



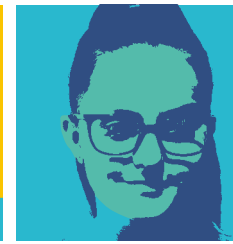
Jodie



Kyle



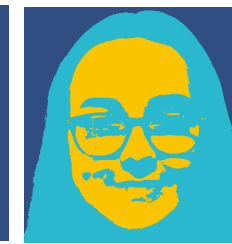
Cody



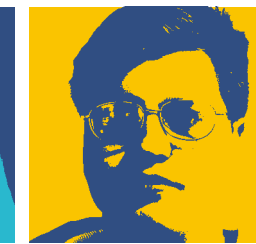
Emelia



Hannah



Seren



Dylan



Urmi



Jacob



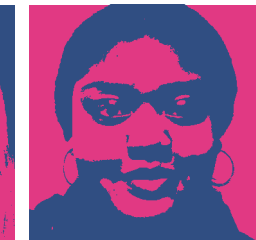
Pratheesha



Jenson



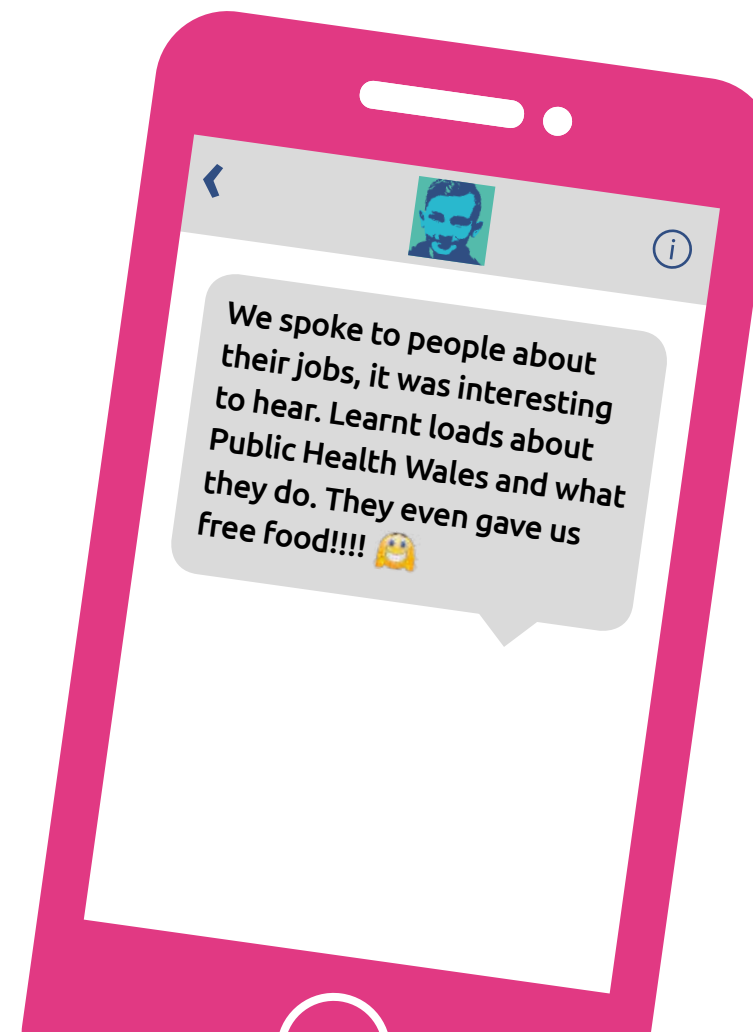
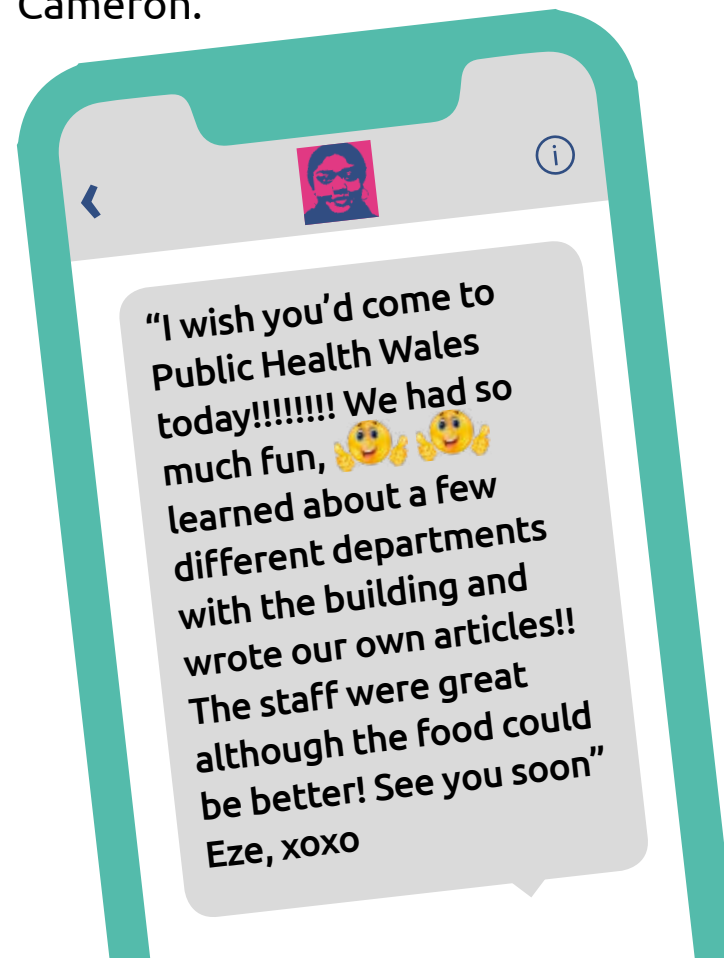
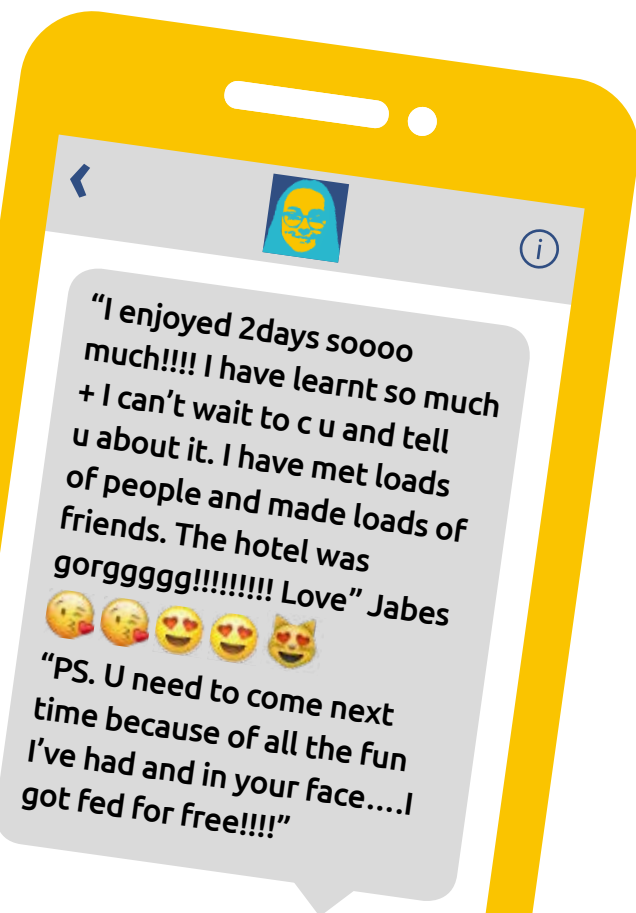
Erin



Sherry



Jessie

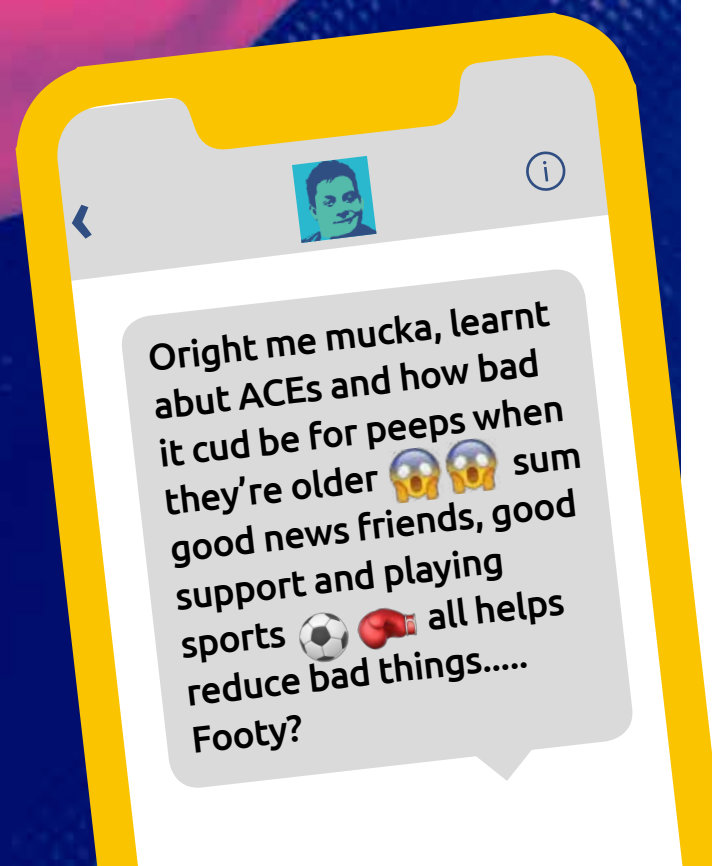


ADVERSE CHILDHOOD EXPERIENCES

INCREASE RISK OF
MENTAL ILLNESS

FOR MORE INFO, GO TO:

[HTTP://WWW.WALES.NHS.UK/SITESPLUS/888/NEWS/47341](http://www.wales.nhs.uk/sitesplus/888/news/47341)



WRITTEN BY Fatima, Urmi, Dylan, Becca-Rose.



The term Adverse Childhood Experiences (ACEs) is used to describe a wide range of stressful or traumatic experiences we may be exposed to whilst growing up. ACEs range from experiences that directly harm a child (such as suffering physical, verbal or sexual abuse, and physical or emotional neglect) to those that affect the environment in which we grow up (including parental separation, domestic violence, mental illness, alcohol abuse, drug use or incarceration).

Those who suffer the above are at a much greater risk of developing a mental and physical illness later on in life.

A study by Public Health Wales and Bangor University shows that those who have experienced ACEs are more likely to have suicidal thoughts, feelings or self-harm has risen from 6% to 39%.

HOW TO LOWER THE EFFECT OF ACES ON AN INDIVIDUAL

The study also suggested that participation in sports and the community can help reduce the adverse effects of ACEs. Professor Mark Bellis, Director of Policy, Research and International Development for Public Health Wales said **“Our work also suggests that communities providing opportunities to engage and develop skills, treating children fairly and offering good role models may help protect individuals from some of the harmful long-term impacts of abusive homes”**.

Community work and participation in sports increases resilience, where resilience is described as the ability to overcome serious hardships such as those presented by ACEs.



ANTIB ABUSE AWARENESS

Public Health Wales has produced three new reports on antibiotics to raise awareness for World Antibiotic Awareness Week 2017.

The reports focus on resistance and prescribing rates in Wales between 2007/16 in an effort to highlight the growing misuse of antibiotics.

The over prescribing of common antibiotics and the traces found in the food chain multiplies the risk of immunity to the common treatment of life threatening infections.

Though the resistance trends in Wales are in line with the rest of the UK, there is a questionable variability in resistance rates to key antibiotics between different areas and hospitals which suggests no strict protocol is followed throughout all of Wales when prescribing antibiotics.

The number of patients who receive antibiotic treatment across Wales has remained steady over the past 10 years at 30%; however, there have been major changes in the types of antibiotics used to treat infection.

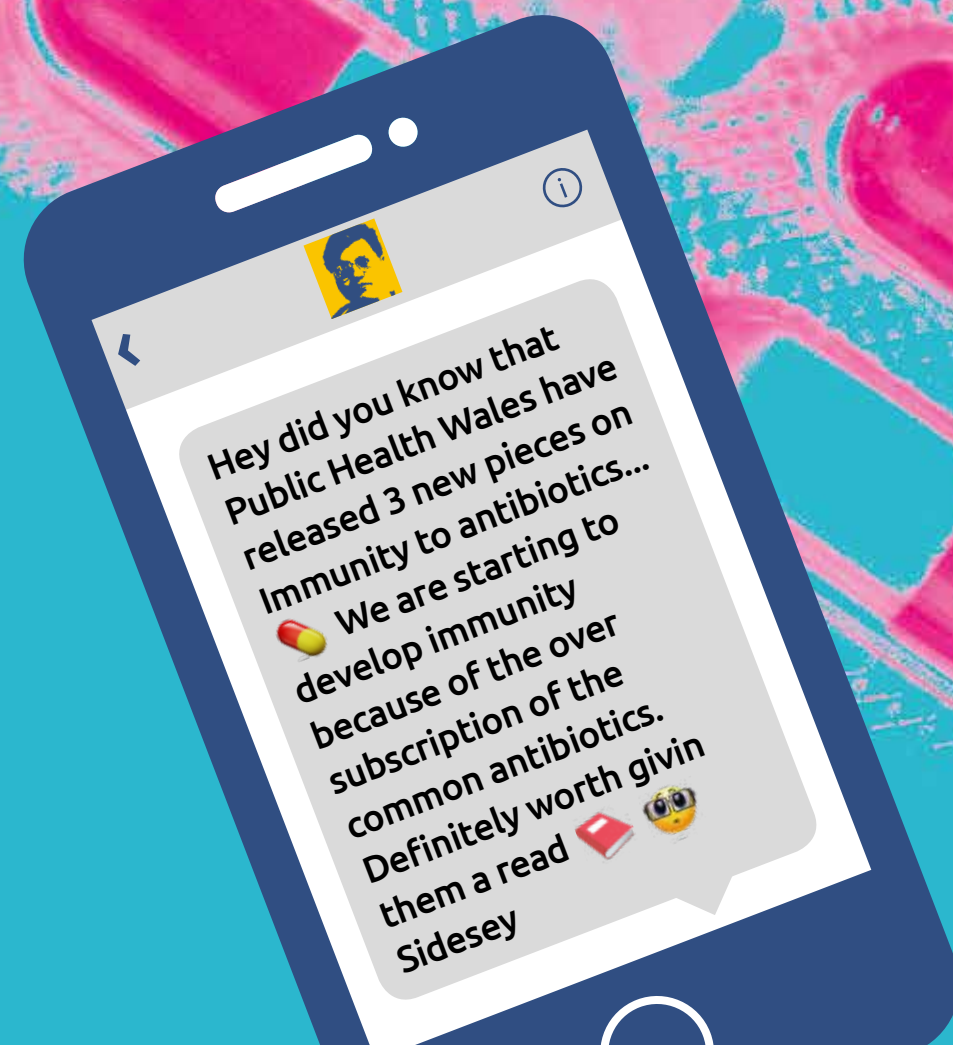
WHAT WE LEARNT

If we don't slow down the spread of antibiotic resistance, **by 2050 there will be 10 million deaths a year from resistant infections, that's 1 person every 3 seconds.**

In the future, the risk of infection might be so high that chemotherapy or surgery might be too risky to undertake.

OTIC

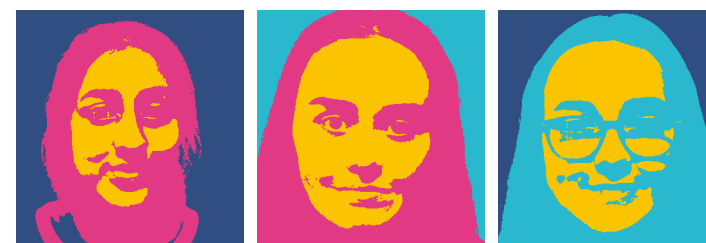
FOR MORE INFO, GO TO:
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[HTTP://WWW.WALES.NHS.UK/SITESPLUS/888/PAGE/94026](http://www.wales.nhs.uk/sitesplus/888/page/94026)



EVERY YEAR, 5,000
PEOPLE IN WALES DIE
FROM THE EFFECT OF

SMOKING

WRITTEN BY Hannah, Jodie, Seren.



Rising figures show over 26,000 people are being admitted to hospital annually as a result of smoking. This astonishing figure is not only shocking but also enough to fill nearly one third of the Principality Stadium in Cardiff.

Studies from Public Health Wales show that 1 in 6 of the Welsh population's deaths are attributable to smoking.

Despite the decrease in smoking in recent years, it's still common to see people with a cigarette in their mouth as you pass through crowds.

It's still a major issues across Wales and remember it doesn't only effect the smoker, it also impacts on family and friends. Smoking remains a major strain on our health services and something we need to change.

Dr Julie Bishop, Director of Health Improvement at Public Health Wales said, **"Despite reducing smoking rates over the past few years, the scale of harm smoking causes is still evident in Wales."**

The Welsh Government have introduced a new policy called Tobacco Control Delivery Plan. This is designed to prevent young people from smoking and to help adults quit."

The majority of smoking related deaths are associated with cancer, circulatory disease and respiratory disease and in men over the age of 35, around one third of deaths from cancer are attributable to smoking. Furthermore, the poorer areas of Wales have the highest smoking rates compared to the well-off areas. We're left asking the important question

WHY & WHAT NEEDS TO CHANGE?

FOR MORE INFO, GO TO:
[HTTP://WWW.WALES.NHS.UK/SITESPLUS/888/NEWS/46444](http://www.wales.nhs.uk/sitesplus/888/news/46444)

Hi, OMG just found out that over 26K were admitted this year to hospital becoz of smoking. That's like half the principality stadium! Better tell my mum to stop smoking don't want her to get lung cancer or something ????

anyway gtg my mums calling me maybe I will talk to her now! Byee han?? 🙏❤️



PUBLIC HEALTH WALES TALKS TO NEW STUDENTS ABOUT

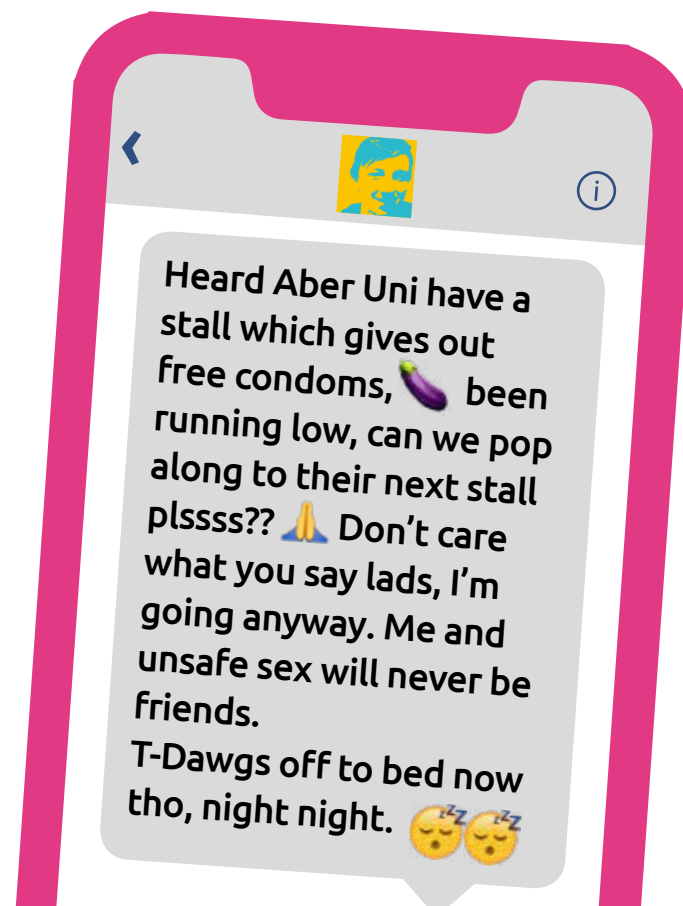
SEXUAL

Staff from the Public Health Wales Aberystwyth Microbiology Labs and Hywel Dda Health Board Sexual Health team took part in Aberystwyth University freshers fair to speak to pupils and help them understand the dangers of unsafe sex.

The stall provided a lot of practical information about a range of STI's and explained how microbiology, along with local clinics, could support students in diagnosing them. The team also ran a number of activities including a condom demonstrator and an STI 'lucky dip'. The aim was to help students understand the consequences of unprotected sex.

Jennifer Dengate stated **"The stall was a success, with hundreds of clinic cards and free condoms handed out"**

This small statement signifies the desire to improve sexual health, and our advice to all young people would be **'don't be silly and cover your Willy!'**



HEALTH

HOME

SAFETY EDUCATION PREVENTING CHILD DEATHS

WRITTEN BY Erin



Home safety education is key to preventing child deaths in fires, a report published by the Child Death Review Programme states.

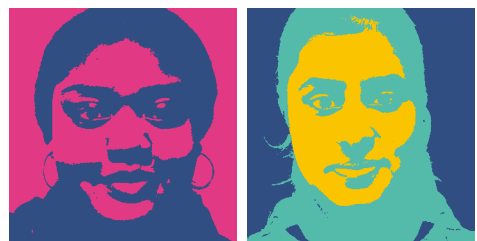
Research shows increasing the number of families with functioning smoke alarms, fire guards and a planned fire exit will be extremely effective in saving lives in the future.

Jo McCarthy, leading author of the report, stated, **"We are working with stakeholders to take forward the opportunities for prevention identified in this report with the aim of reducing the risk of deaths of children through fires."**

During the period of January 2010 to December 2014, the review examined five fire incidents that resulted in the death of nine children. The review found that a lack of working smoke alarms was a contributing factor to the deaths of these children.

The Child Death Review Programme aims to identify and describe patterns and causes of child deaths in Wales with the hope of preventing child deaths in future years.

OMG hun! Children are dying in house fires cus they don't have working fire alarms 😱😱 simples to chk it works and I've asked dad 2 regularly check our fire alarm aftr readin Public Health Wales stori 😱🐎 I am gob smacked 😱👉



LACK OF COSTS THE NHS £35M A YEAR IN WALES

Can you believe that £35 million was being spent on treating preventable diseases caused by an inactive lifestyle in 2015?

According to information produced by Public Health Wales more than 30% of adults in Wales spend less than half-an-hour a week being active.

Adults who are 18 or over need two and a half hours moderate activity during each week, according to current guidelines.

Just 30 minutes a day of exercise can prevent illnesses and improve life expectancy, illness such as Type 2 Diabetes, Coronary Heart Disease, and Cerebrovascular Disease like Stroke – that could be prevented by being more active.

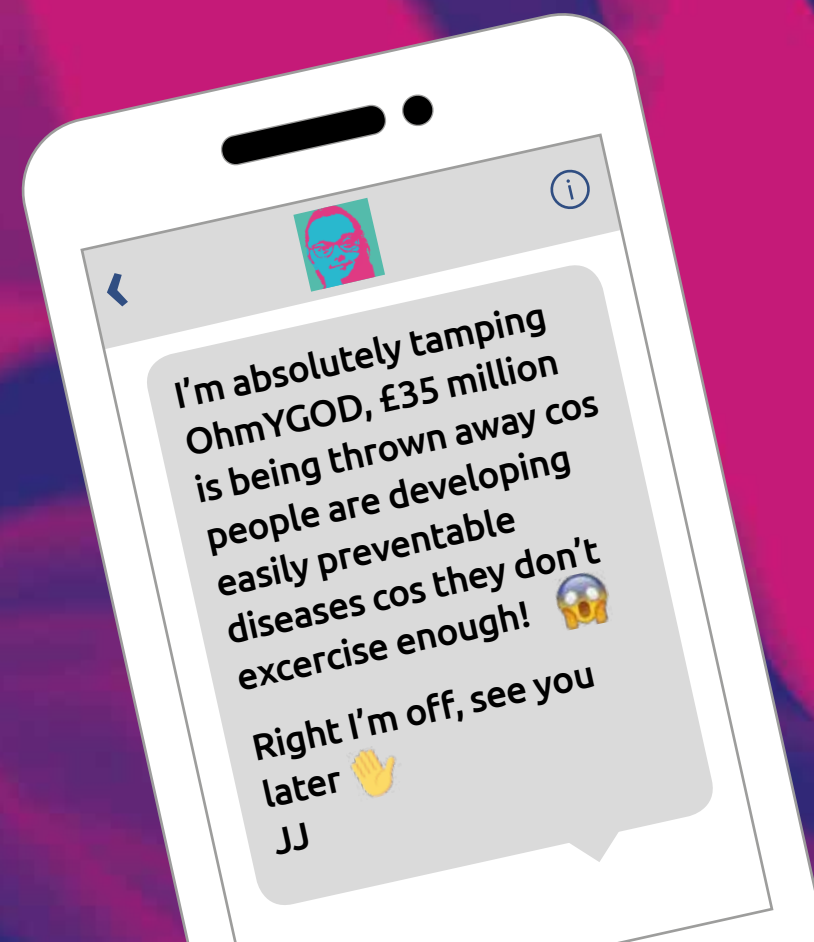
Even moderate walking is considered as exercise and by simply walking or

cycling instead of driving or taking the bus, we can also contribute to reducing pollution, which can also increase risk for diseases such as heart disease and respiratory disease.

About 7% of people in Wales are living with diabetes, the majority of this is Type 2 diabetes. Obesity and physical inactivity can increase the risk of developing Type 2 diabetes. If not managed properly, this disease can lead to life changing complications such as amputation, stroke, blindness and heart attacks.

Dai Williams, the National Director at Diabetes UK Cymru states that **“we support the call for NHS organisations to encourage and support people to move more and make a tangible difference to their long-term health”**

EXERCISE



LIGHT AT THE END OF THE TUNNEL FOR

WRITTEN BY Corey



DIABETICS

A diabetic eye screening programme has almost halved the number of people diagnosed as blind, or living with sight loss, as a result of diabetes.

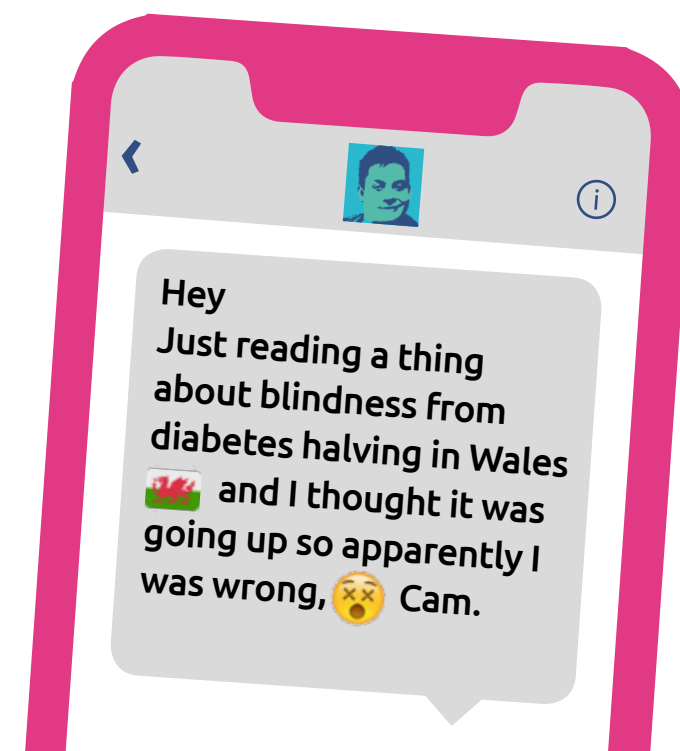
Research, conducted by the diabetic research unit at Swansea University, analysed new certifications for sight loss, and blindness in Wales due to diabetic eye disease between 2007 and 2015.

The research shows that there were fewer new certifications for all levels of sight loss from any cause combined in 2014-15, compared with 2007-08. This is amazing news considering that during this observation period, there were 40% more people in Wales diagnosed with diabetes.

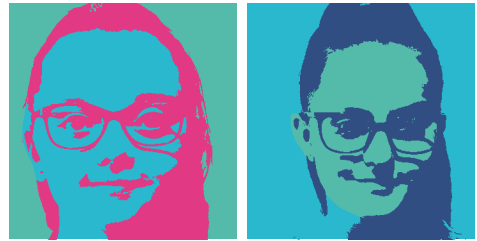
Dr Quentin Sandifer, Executive Director of Public Health Services and Medical Director at Public Health

Wales, said, “We are delighted that this study shows there is such clear benefit for our population in Wales living with diabetes to take up their offer of eye screening”

“Diabetic Eye Screening Wales invites patients registered with diabetes who are aged 12 and older for annual eye screening. We would encourage people living with diabetes to take up the offer when they receive their invitation.”



FOR MORE INFO, GO TO:
[HTTP://WWW.WALES.NHS.UK/SITESPLUS/888/NEWS/45763](http://www.wales.nhs.uk/sitesplus/888/news/45763)



SMOKING

"HELP ME QUIT"

Many young people in the 21st century are being affected by smoking. Help Me Quit is a programme which encourages smokers to shape their personal quit journey. Many young people are unaware of the short and long term effects of smoking, such as lung damage or even as far as death.

A problem we have reoccurring in our society today is passive smoking. Many young people don't know that passive smoking affects us all. A simple example of passive smoking is smoking outside of family friendly areas, such as cafes,

entrances, restaurants and supermarkets.

We have had a recent report of an incident where a group of people were standing outside of the only disabled ramp available to vacate the entrance of the local library.

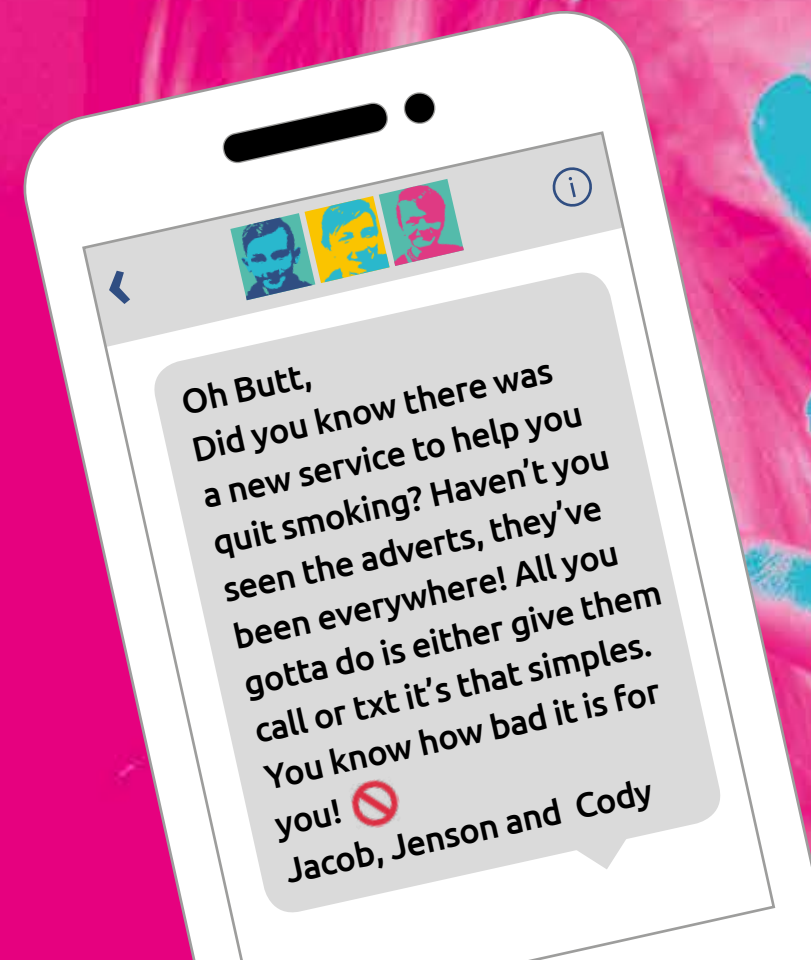
Ash Wales states that a whopping 19% of adults in Wales still smoke and that a "classroom full of young people" start smoking every day, which is shocking.

We can lower the amount of smokers in Wales by helping us and yourself by getting involved with Help Me Quit.

REALLY?

YES, REALLY, YOU CAN STOP WITH SUPPORT!

Contact us – twitter - @HMQWales
Email – helpmequit@wales.nhs.uk



FOR MORE INFO, GO TO: TWITTER - @HMQWALES
EMAIL – HELPMEQUIT@WALES.NHS.UK

AN INCREASED BUDGET FOR ADVERSE

CHILDHOOD PROJECT

WRITTEN BY Kyle, Cameron



An all-Wales programme to transform the way in which police and partners organisations deal and support the most vulnerable in society has received funding of £6.87 million from the Home Office.

The ACEs research shows that 14 per cent of adults living in Wales (aged 18-69 years) had experienced four or more ACEs before reaching the age of 18.

This may affect the way that people will act in the future such as of taking substances, community crimes or repeating the circle of ACEs with their family.

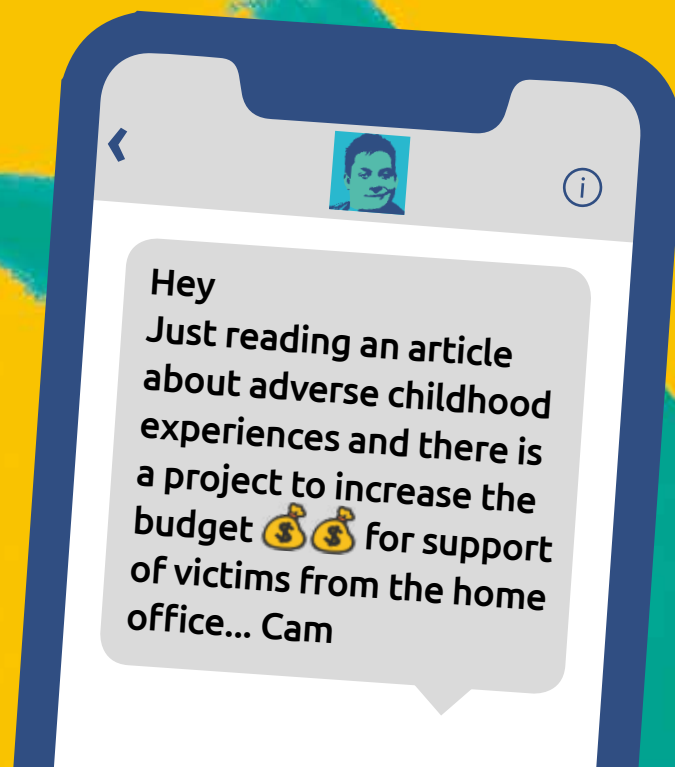
A variety of influential people have spoken out in defence of this project, like Tracey Cooper, Chief Executive of Public Health Wales, who stated

"The Public Health Wales Adverse Childhood Experiences studies have clearly shown the link between early childhood harms and the risk of developing anti-social health harming behaviours on adult life."

Prof Mark Bellis also mentioned **"We are delighted to be working closely with police across Wales to prevent traumatic and abusive childhoods and address the long-term impacts they can have on people's lives."**

These opinions, along with others, signify the importance of this subject and the over-riding need to address it as soon as possible. Through this awareness and renewed sense of commitment to improve the lives of individuals who have been victims of ACEs, but also to make a difference across Wales.

FOR MORE INFO, GO TO:
[HTTP://WWW.WALES.NHS.UK/SITESPLUS/888/NEWS/46584](http://WWW.WALES.NHS.UK/SITESPLUS/888/NEWS/46584)



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