

Young People's Survey: September 2016

Healthwatch Haringey ran a stall at College of Haringey, Enfield and North East London (CONEL) in September 2016 and spoke to 48 young people. 24 young people completed a survey about their opinion on health issues concerning young people.

“What do you think are the main health issues for young people?”

Young people were asked what they believed were the main health issues for young people. Mental health and physical health related issues both featured in the responses.

Mental health related issues that that were highlighted included:

- “Stress”
- “Depression”
- “Anxiety”
- “Substance misuse” including “alcohol” and “drugs”
- “learning disabilities”

Physical health related issues included:

- Physical activity related issues such as “Too much buses running in small distance, people refuse to walk” and “keeping active”
- “Dietary” issues such as not eating enough “healthy food”
- “Smoking”
- Impairment of senses such as auditory impairments or visual impairments

However, perhaps the most frequently highlighted issues were related to sexual health, indicated by seven participants.

“What more do you think can be done in Haringey to help young people become more healthy?”

Young people were asked what could be done in Haringey to help young people become more healthy. Responses generally fit into three themes:

- Lifestyle based: “Cheaper fresh food”, “encouraging healthy eating”, “To serve healthy food” and “Serve healthy food more often”.
- Facility based: “More active school clubs/after school clubs, in school premises, “Free gyms”, “Local clinic promotion”, “Sexual health care should be easily accessible” and “Reduced rates at gyms/leisure centres”.
- Support based: “Counselling, advice, workshops”, “Educate them more about the long term effects of drug abuse”, “Help them with depression and stress”, “Educate the older people to lead the younger ones ahead”, “More info and drop in centres” and “They (the Council) should give more advice for health”.

“What methods do you think Healthwatch Haringey could use to talk to young people in Haringey and get more young people involved?”

Young people were asked what methods they thought Healthwatch Haringey could use to get more young people in Haringey involved. Various social media avenues featured heavily in responses to this question, with Facebook (x8) and Instagram (x3) as well as generic references to social media, blogging and websites. Another avenue that was highlighted regularly was education based settings, such as colleges or schools (x6), with college road shows, information providing and talks being among the specific methods highlighted. Other examples of methods of engagement included internet cafés (x2), spray painting and a ‘wall of fame’.