

Health risk behaviours

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What are Health Risk Behaviours?

- Behaviours which ‘potentially expose people to harm, or significant risk of harm which will prevent them reaching their potential, or damage their health and wellbeing’
- Sharp increase in risk taking behaviours during adolescence and wellbeing

National trends

- Slow and steady decline in risk behaviours in the last 10 years. For example:
 - Smoking (15 year olds) 20% - 7% (2006-2016)
 - Alcohol consumption (11-15 year olds) 19%-5% (2003-2013)
 - Teenage pregnancy rates lowest since records began (1969)
- Unclear if these trends applies to vulnerable groups of young people

Hertfordshire

- Hertfordshire health behaviour trends are generally similar to or better than the national average
- Examples of where the survey is used:
 - Shared with schools to support curriculum development
 - Inform and monitor service delivery e.g. review of the Hertfordshire condom scheme and development of self harm toolkit for schools

Public health approach

- Collaborative approach
- Focus on prevention through promoting positive mental health and building coping strategies and resilience
- Promote consistent and clear messages for schools and other young people focused agencies, which apply to all risk behaviours
- Close alliances with services for young peoples to promote early detection and minimise harm

Key messages

- Need to work as a multi-partner system to reduce, prevent and respond to health risk behaviours.
- Public Health and Children's Services are undertaking a joint piece of work to map services and priorities relating to health for young people (including health risk behaviours) to support wider system wide development and collaborative working.

thank you

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