

# Workshop: Health

15<sup>th</sup> September 2020

# Right to Health

- ▶ Article 24 of the UNCRC says that children have the right to the highest attainable standard of health. It says that healthcare for children and young people should be as good as possible, and also goes further than this by saying children and young people have the right to be both physically and mentally fulfilled.
- ▶ Among other things, this implies that children and young people:
  - ▶ should have good enough nourishment from their food
  - ▶ should be able to live in a safe and healthy environment
  - ▶ should have access to supports to prevent illness and support good health
- ▶ Article 24 also says that children and young people have a right to information about their health. They should have a say in how they get this and be able to say what they like and dislike about the information they get.

# Key Issues

- ▶ Access to GPs, dentists and mental health support remains a key concern for many children and young people in Jersey
  - ▶ “If I was the Children’s commissioner the first thing that I would try and action is to make doctors and dentists free for those under the age of 18. I think it is important that children are well and can attend school. However I know the prices for these services are extortionate, resulting in some parents being unable to pay these fees. This will prevent the children going to the doctors/dentist and getting themselves better. As a child myself I know people who have not been to the doctors as they have been unwell, as the parents cannot afford to go, and they only got worse resulting in them having more time off school than they should have had.”
- ▶ The Committee on the Rights of the Child has been clear that “barriers to children’s access to health services including financial, institutional and cultural barriers should be identified and eliminated”

# Key Issues

- ▶ Children have also told us that they would like to be able to access opportunities to keep them healthy and well
- ▶ This includes access to leisure opportunities:
  - ▶ “More healthy fun activities for 11+ like trampolining, all year ice skating and roller skating, another activity centre similar to creepy valley nearer town”
  - ▶ “Free gym memberships to promote healthy lifestyles and body confidence in young people”
  - ▶ “Free activities for all children under 16 to encourage fitness, entertaining themselves to prevent boredom and crime in their future and to prevent obesity.”
- ▶ Access to nutritious food is also important:
  - ▶ “Make sure families have enough money to buy good food for there children. I’ve heard some children have had less food in their lunch boxes nearer the end of the month.”
  - ▶ A collection of food banks in Jersey have made more than 3,000 deliveries to 600 people between March and August this year.

# Key Issues

- ▶ There are 551 children and young people with self-reported emotional and mental health issues in Jersey
- ▶ In our 2018 survey of 11 to 18 year olds in Jersey:
  - ▶ 68% said they felt happy often or almost always, however only 37% of young people said that they often or almost always felt motivated.
  - ▶ 12% said that they had never felt motivated in the last month and 7% said that they had never felt relaxed or energetic.
  - ▶ Almost one third (30%) said they almost always or often felt sad in the last month – this equates to 263 young people.
  - ▶ 42% had often or almost always felt frustrated and 42% had often or almost always felt worried.

# Key Issues

- ▶ During a survey to look at the impact of coronavirus, around half (48%) of children and young people surveyed said they were worried.
- ▶ Mental health was specifically cited by 37 young people as a key concern in relation to social/physical distancing. One young person stated that:
- ▶ “In all honesty the Stay at Home order has had an extremely negative impact on my mental health. I suffer from [mental health condition] so not being able to see my long-term boyfriend or friends to distract me has made my symptoms worse and my mood low constantly.”
- ▶ Waiting lists to access CAMHS, stigma around accessing support and concerns around confidentiality remain issues for children in Jersey

# Discussion Questions

- ▶ Do these issues mirror what you're hearing?
- ▶ Are there other issues that you are aware of?
- ▶ Have you noticed any emerging patterns recently?
- ▶ Do you have any data or reports you could signpost us to?