

# Addressing Health Equity through building Children & Young People's (CYP) Literacy

- UNCRC Article 13 highlights the CYP have a right to developmental appropriate information.
- CQC Inpatient Survey (2020) highlights that 47% of CYP stated they weren't as involved in decisions about their care as much as they wanted to be.
- RCPCH define Health Inequalities: the avoidable, unfair & systematic differences in health outcomes between different groups of CYP. The drivers are social, economic & environmental, they have an impact on health outcomes. Ethnicity, income, housing, climate changes & being 'looked after' by the Local authority are areas of focus, poverty is one of the most significant factors.
- The Core 20 plus 5 model developed by NHS England offers a framework for building health equity – a spotlight is on ethnic minority communities, inclusion groups, LD/Autism, medical complexities, young carers, those in care/care experienced & those in contact with the justice system
- Asthma (1 in 11 CYP), Diabetes (approx. 36,000 with type 1 & increasing type 2), Epilepsy (112,000), Mental Health (5 CYP in a classroom of 30, likely to have MH problem) are significant areas of concern.
- The Equality Act (2010) reminds us it's unlawful to discriminate against disabled people – so we need to pay attention to those with hearing loss, visually impaired, speech & language needs, have LD/Autism, 1:5 CYP in England have English as their 2<sup>nd</sup> language
- Visuals need to pay attention to diversity of skin colour too – Don't forget the Bubbles 'Skin deep' is a great example of addressing this.
- We don't always get things right a recent NHS Youth Forum report stated that 1 in 10 young people felt discriminated against by Healthcare staff.
- The Association of Young People's Health share that Young People tell us they experience racism, lack of representation, microaggressions.
- We can't purely rely on digital solutions – data poverty prevents young people accessing online tools.

# How can health literacy help?

- When we are proactive in addressing health inequalities
  - We can build health education resources that are relevant
  - We can grow agency & empowerment in our most vulnerable CYP
  - Address knowledge gaps in ways that are relevant
  - Increase essential skills for life, increasing understanding, ability to evaluate information
  - Increase early intervention
- Provision of high quality, culturally sensitive health information that's representative of the CYP we serve has a life long impact and will empower a future generation of health education in our future parents/citizens.