

York Student Health Needs Assessment (SHNA)

24th May 2017

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What is a health needs assessment?

= systematic method for reviewing the health issues facing a population

- Public health tool providing evidence about a population
 - helps planning services, addressing health inequalities
- Opportunity to engage with specific populations and enable them to contribute to service planning
- Opportunity for cross-sectoral partnership working
 - Working together to share/develop effective interventions



Why do one in York?

- Increasing national evidence on changing health profile of students
- 10-15% of York population are students
 - Students have set of health issues
 - No specific work done on student health in York
- Local high profile mental health issues among students



How did we do it?

- **Engagement**
 - Steering group
 - Students: online survey, focus groups, drop-in cafe sessions
 - Stakeholders: staff focus groups, stakeholder survey, one-to-one discussions, YSMHN
- **Data**
 - YAS (ambulance call outs, 111), counselling services, GP, A+E, police, demographic data, voluntary sector etc.
 - Literature reviews, grey literature

What did we find?

Full results not officially released yet – will circulate report when available.

- Mental health and wellbeing area of most concern to students and stakeholders
 - High levels of background stress
 - Increased prevalence of MH conditions
 - Difficulties accessing some services



What did we find?

- Wellbeing affected by wider issues including diet, physical activity and sleep
- Students over-represented in data on domestic abuse
- Other 'traditional' areas of less concern
 - Lower levels of alcohol, drug and tobacco use
 - Students able to manage sexual health issues



What did we find?

- 5 key areas of challenge:
 1. **Mental Health**
 2. **Communication**
 3. **Access to services**
 4. **Integrated approach to wellbeing**
 5. **Local leadership and partnership working**



How is the SHNA being used to make a difference?

- Building connections between organisations
 - Encourage collaborative working
- ‘Quick wins’ already in place/in development
- Raising profile of student health across City
- Identified gaps in service provision
- Identified areas for future work
- Feed into other projects, networks etc.

