



# Impact of COVID-19 on young people's health and wellbeing

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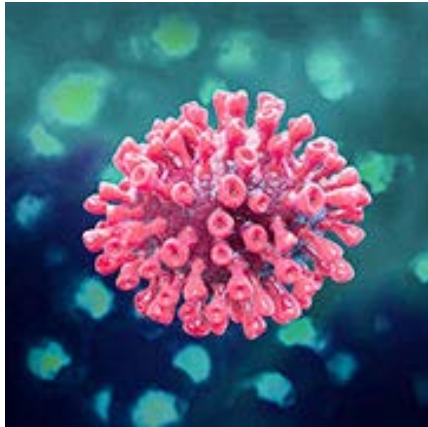


# Impact of COVID-19 on young people's health and wellbeing

- ▶ What do we know about the impact of the SARS CoV-2 virus pandemic on young people?
  - ▶ A global perspective
  - ▶ Closer to home
    - ▶ NSW COVID-19 surveillance reports on epidemiology and role of young people in NSW on spread of infection
    - ▶ Early data on impact of public health orders restricting freedoms, enforcing social isolation and closing schools and businesses on wellbeing
- ▶ Recommendations from the early studies?
- ▶ Resources for young people to help coping with the uncertainties and restrictions
- ▶ What is NSW Health doing to assist clinicians and to engage and support young people?

# After COVID-19, a future for the world's children? Lancet July 2020

- ▶ After the WHO–UNICEF– Lancet Commission on “A future for the world’s Children” *The Lancet*, Feb 2020



Children and adolescents less affected clinically by COVID-19 than adults. But impacted by the pandemic's indirect effects.

Over a million preventable child deaths predicted due to decreased access to food and disruption of essential health services.

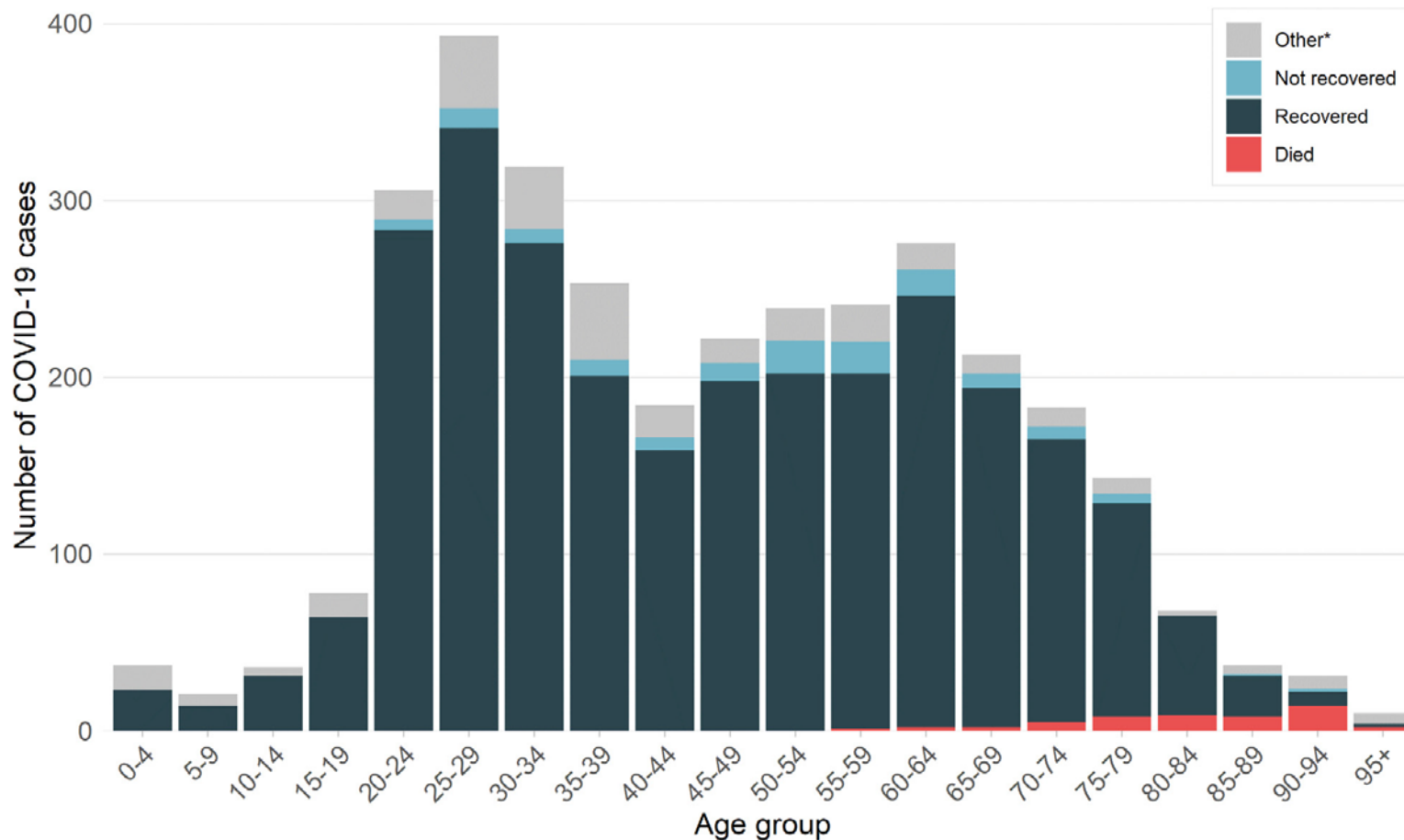
Risk missing out on growth monitoring, preventive health care, timely management of acute disease and injuries. Reduced access to social services while increased rates of domestic violence.

Their futures are at risk, especially those vulnerable in unequal societies

# COVID-19 WEEKLY SURVEILLANCE IN NSW

EPIDEMIOLOGICAL WEEK 28, ENDING 11 JULY 2020

Figure 9. COVID-19 cases by age group and health status, NSW, 2020

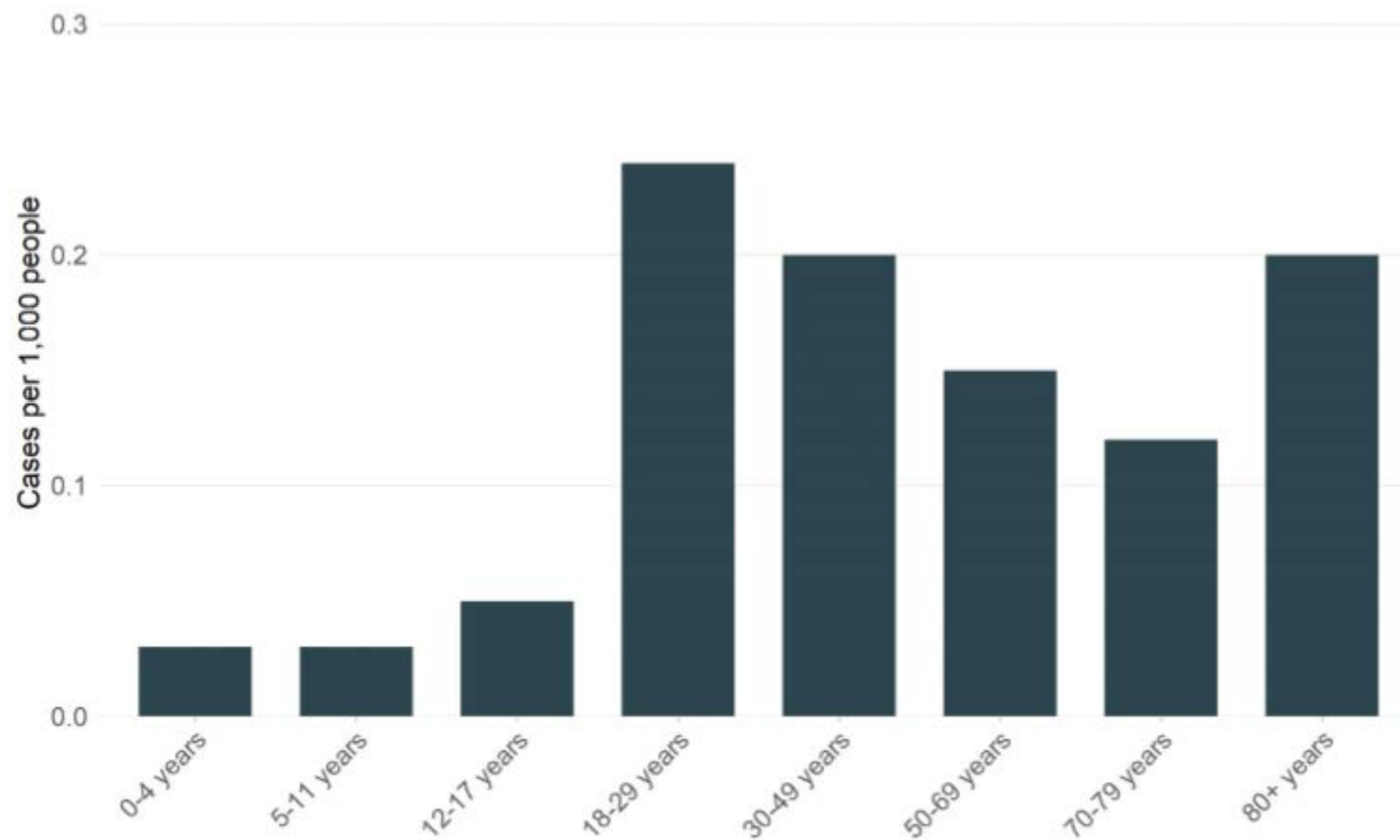


\*Cases with recovery data unavailable (including those within 3 weeks of symptom onset). Includes both local and overseas acquired cases.

# IN FOCUS COVID-19 IN YOUNG ADULTS (18 TO 29 YEARS)

Reporting period: 1 January to 27 June 2020

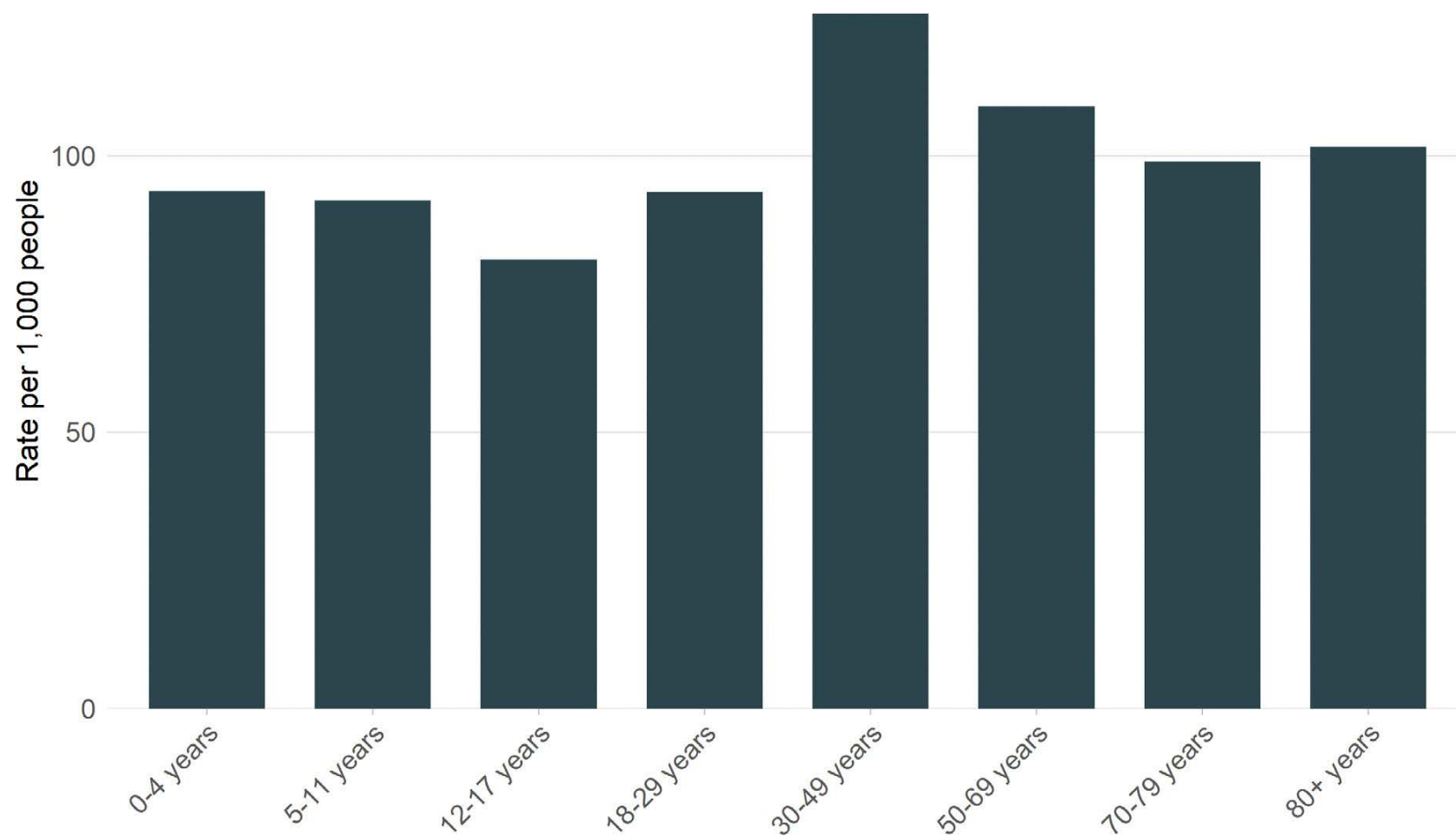
Rates of locally acquired COVID-19 cases by age group - 1 January to 27 June 2020, NSW



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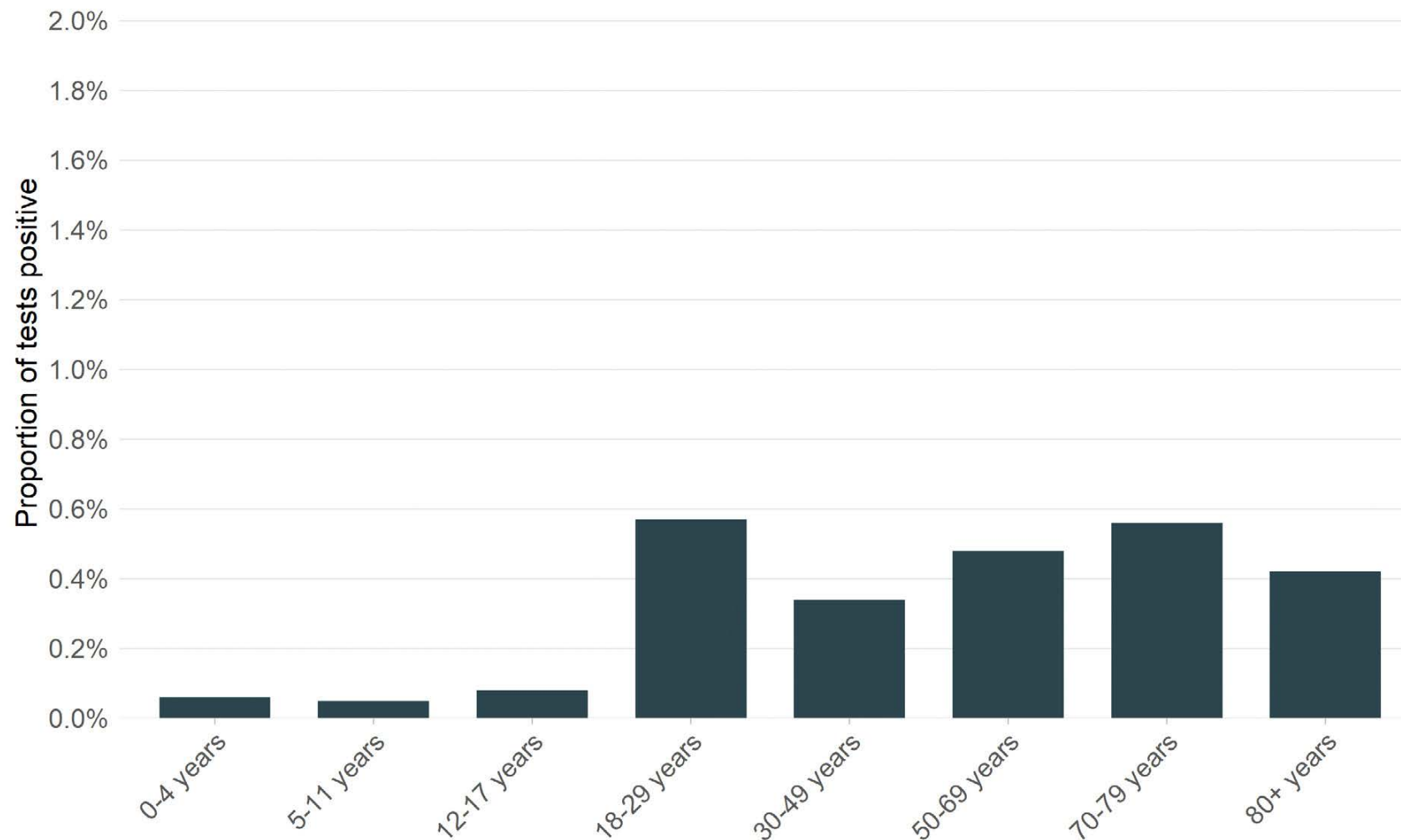
Rates of COVID-19 testing by age group - 01 January 2020 to 27 June 2020, NSW



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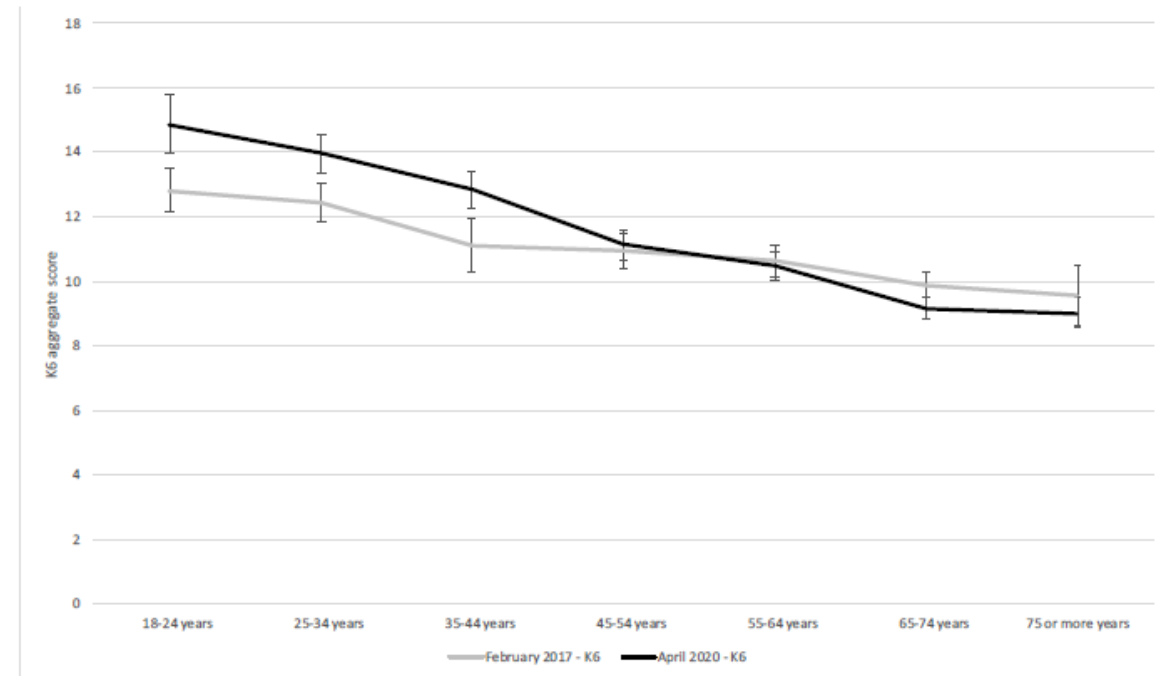
Proportion of tests positive for COVID-19 by age group - 01 January 2020 to 27 June 2020, NSW



# Initial impacts of COVID-19 on mental health in Australia- ANU May 2020

- 3,155 Australians over the period 14-27 April 2020
- Many linked to survey responses obtained in 2017

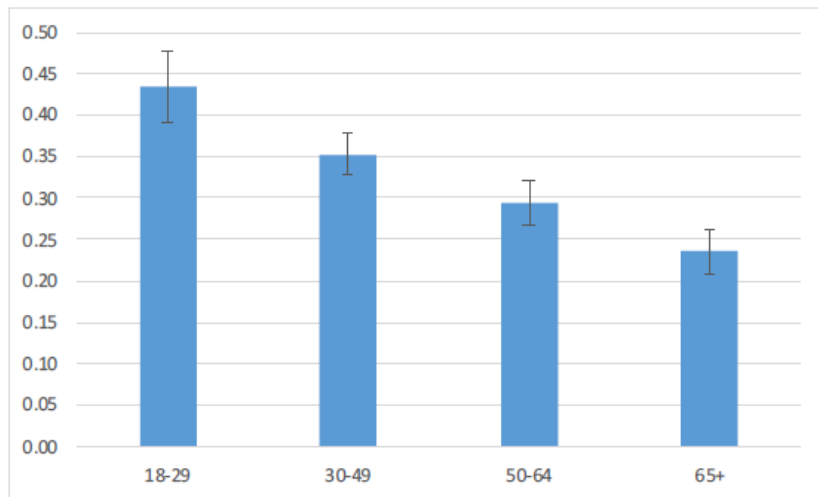
Figure 3 Psychological distress (K6) aggregate score, February 2017 and April 2020, by age group





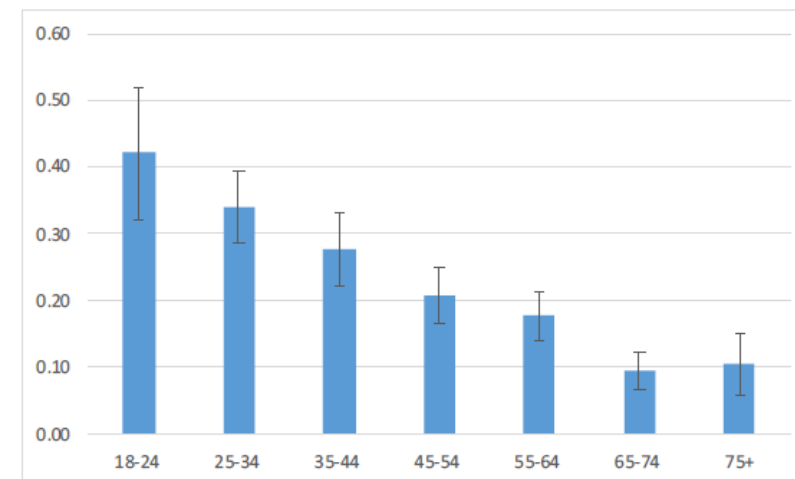
# International comparison: Australia and the United States of America

Figure 6 Probability of people in high distress by age according to the John Hopkins distress scale, US, April 2020



Notes: The “whiskers” on the bars indicate the 95 per cent confidence intervals for the estimate.  
Sources: Pew Research Centre American Trends Panel, April 2020; Estimated probabilities from a logistic regression with survey weights.

Figure 5 Probability of people in high distress by age according to the John Hopkins distress scale, ANU Poll April 2020



Notes: The “whiskers” on the bars indicate the 95 per cent confidence intervals for the estimate.

# Authors' conclusions

- ▶ The proportion of 18-24 years olds experiencing severe psychological distress increased from 14.0 per cent in 2017 to 22.3 per cent in 2020.
  - ▶ Increases in severe psychological distress concentrated in young Australian adults
  - ▶ Increase very substantial
  - ▶ Could lead to adverse clinical outcomes including hospitalisation due to self harm and higher deaths by suicide.



# Health and Wellbeing Concerns of Young People- ACYP polls

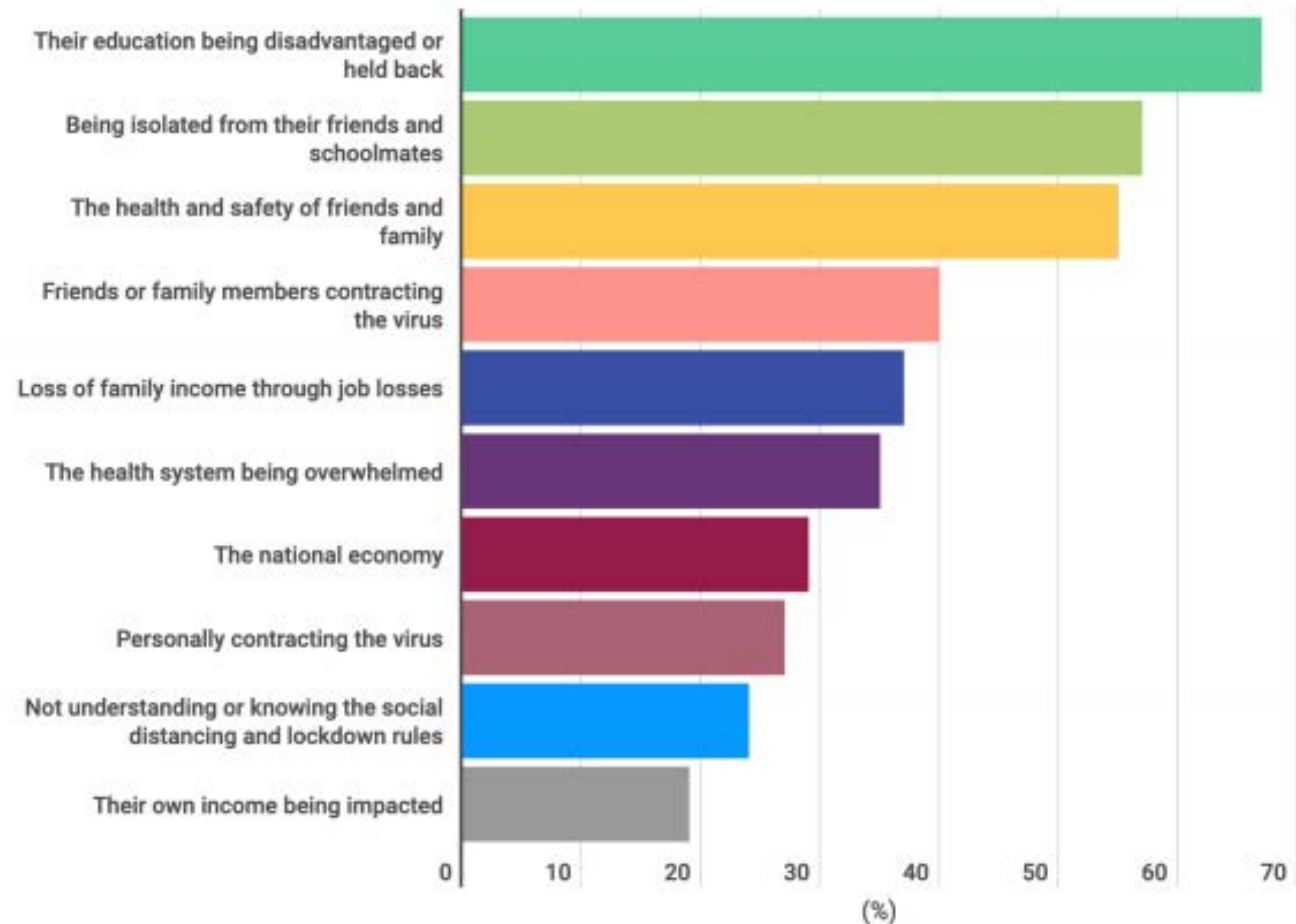
- ▶ 12-24 years: late April, early May, late May, late June, ~500
- ▶ Impact on young people varies by demographic group
- ▶ Females 18 - 24 years were most likely to experience anxiety and continue to do so;
- ▶ Younger males 12 - 17 concern at lower levels, sustained throughout the pandemic;
- ▶ 12 - 17 most concerns about school, impact on education and coping with socially isolation and missing friends; nd
- ▶ 18 - 24 concerned about the impact on employment and income and social isolation
- ▶ Young people with a CALD background more concerned throughout, higher levels of stress and anxiety
- ▶ Young people need
  - to feel listened to and involved
  - support and guidance to come through this well

# 'Living in Limbo', UNICEF Australia (>1000;13-17 years: mid-April)

Across Australia, COVID-19 and the national response to the pandemic has profoundly altered the lives of children and young people

*'This limbo that we're living in it feels like it's going to go on for the rest of the year. I don't have any aspirations at the moment. I just get up and I do what's asked of me and then email and end my day with a walk. It's really, really disheartening at the moment.'*  
- Female, regional Tasmania

FIGURE 5: What young people are worrying about because of the pandemic and response



## Key findings

1. Ability to cope 'good' dropped 80% in Jan to 30% in April
2. 47% report negative impacted on levels of stress and anxiety
3. 1/3 reported negative impact on level of hope
4. 1/3 worried about loss of family income and health system being overwhelmed
5. ½ think not enough effort put into communicating with young people
6. Not all young people are equally impacted by COVID-19
7. Young people feel underrepresented in discussions about the future



## Five things decision makers can do to support young people:

1. Ensure **access to support and services** for their mental health and wellbeing, and to promote social connectedness and resilience
2. **Communicate clearly and effectively** with young people about the pandemic, taking into account their perspective
3. Pay attention to the **participation and engagement** of young people throughout the COVID-19 response and recovery.
4. **Address inequities** that have been exacerbated by COVID-19, such as digital access
5. **Acknowledge the contribution** that children and young people have already made to reducing spread of infection



# Headspace- National Youth Mental Health Foundation

- ▶ **June 2020: national survey of 2,208 young people aged 15-25 and 2,164 parents of young people aged 12-25 conducted at the height of the COVID-19 lockdown in Australia showed 40% of young respondents felt that the pandemic had impacted their confidence to achieve future goals - young women were more likely to feel this way (43%) than young men (38%).**
- ▶ Digital awareness campaign “Together we’ve got this”, which aims to support the mental health of young people and their parents as we move through the COVID-19 pandemic.
- ▶ [tip 1 - get into life](#)
- ▶ [tip 2 - learn skills for tough times](#)
- ▶ [tip 3 - create connections](#)
- ▶ [tip 4 - eat well](#)
- ▶ [tip 5 - stay active](#)
- ▶ [tip 6 - get enough sleep](#)
- ▶ [tip 7 - cut back on alcohol and other drugs](#)



# Young people and virtual healthcare



## Did you know...

- NSW Health has been progressing a large number of tele-enabled capabilities across the state, for sometime.
- The introduction of technologies such as Skype, PEXIP videoconferencing and Microsoft Teams has supported flexible and agile ways of working.
- These technologies have been key to NSW Health's successful response to COVID-19 substantially increasing our clinical responses to people in remote areas, in isolation, or those unable to travel for a range of reasons.

### Four fab facts on our Virtual Care and Telehealth use during COVID-19 - compared to the same time last year there was:



**10-fold increase in virtual meetings** involving NSW Health clinicians and other peer-to-peer consultations



**1060% increase in peer-to-peer calls** from February to April 2020 compared to the same time a year ago



**3,100 PEXIP virtual meetings** in February grew to 10,528 virtual meetings in May



**42,301 participants in virtual meetings** in February rising to 303,824 participants in May

As a result, NSW Health is accelerating the digital transformation initiatives lead by NSW e-Health across the state's health system.

## ► [Outcomes of a Rapid Adolescent Telehealth Scale-Up During the COVID-19 Pandemic, J Adolescent Health, 2020, Jun 28](#)

- Describe first 30 days of rapid adolescent telehealth scale-up in response to the coronavirus (COVID-19) pandemic
- 16 March – 15 April 2020, single academic medical centre
- 392 telehealth visits for 331 unique patients
- 82% appointment completion rate, video visits conducted for
  - eating disorders (39%)
  - contraception/menstrual disorders (22%)
  - gender-affirming care (17%)
  - general adolescent medicine (15%)
  - HIV treatment (6%)
  - substance abuse (1%)
- Rapid scale-up of telehealth for Adolescent Medicine achieved
- Successful engagement in video visits requires stable Internet access and a mobile device or computer
- Access to private space, Internet service, and health literacy may differ among populations of youth requiring telehealth services
- Future implementation research is needed to assure telehealth reaches adolescents without widening health disparities



# #Itest4NSW

Why should you get tested?  
Get the message out to other young people on social media  
with videos like these ...



Post the video on your preferred social channel (no branding required) with the hashtag #Itest4NSW and ask others to share with their family and friends

Increasing the testing rates of young people continues to be vital in our fight against COVID-19 in NSW  
Please help where you can and share this request far and wide

<https://www.health.nsw.gov.au/Infectious/covid-19/update/Pages/message-dr-chant.aspx>

# Paediatrics and Youth COVID-19 Community of Practice

E: [MOH-AcutePaedsYouth-Covid-19@health.nsw.gov.au](mailto:MOH-AcutePaedsYouth-Covid-19@health.nsw.gov.au)

W: [Paediatric and Youth Community of Practice](#)  
[NSW Health Communities of Practice](#)

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- Weekly updates about key issues, clinical guidance, resources and communications
- Presentations from guest speakers
- Responses to issues raised by members via email issues log
- Key issues raised include:
  - Comms targeted to young people
  - Maintaining services to vulnerable and marginalised young people
  - Access to telehealth – services and young people
  - Transport and follow-up of symptomatic homeless, transient
  - Access to mental health services
  - Resuming services



# Resources



## Advocate for Children and Young People

Bringing factual information about COVID-19 to children and young people



**Your COVID-19 questions**  
Answered by Dr Kerry Chant

## Dr Kerry Chant interview

3 July, 2020

In this video NSW Chief Medical Officer Dr Kerry Chant speaks with Mi-kaisha Masella, a Darumbal Tongan woman, about the latest health and wellness information for children and young people.

**Watch now**

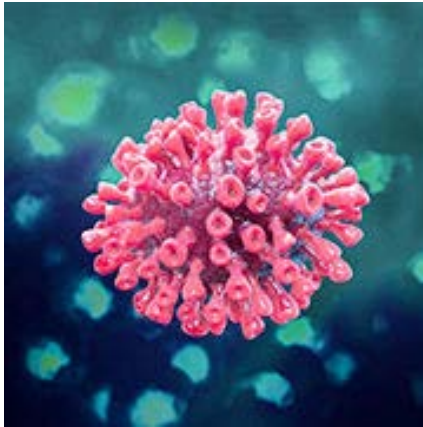


<https://www.digitallunchbreak.nsw.gov.au/updates>

<https://www.health.nsw.gov.au/Infectious/covid-19/communities-of-practice/Pages/paediatrics-and-youth.aspx>

# After COVID-19, a future for the world's children? Lancet July 2020

- ▶ [After COVID-19, a future for the world's children? The WHO–UNICEF– Lancet Commissioners](#)  
*The Lancet*, July 2020



“Putting children at the centre implies radical change: redesigning neighbourhoods to give children spaces to play, valuing care work and ensuring families have time and resources to raise children, ensuring sustainable food systems to nourish growing bodies, and passing on a healthy planet for children to inherit.”