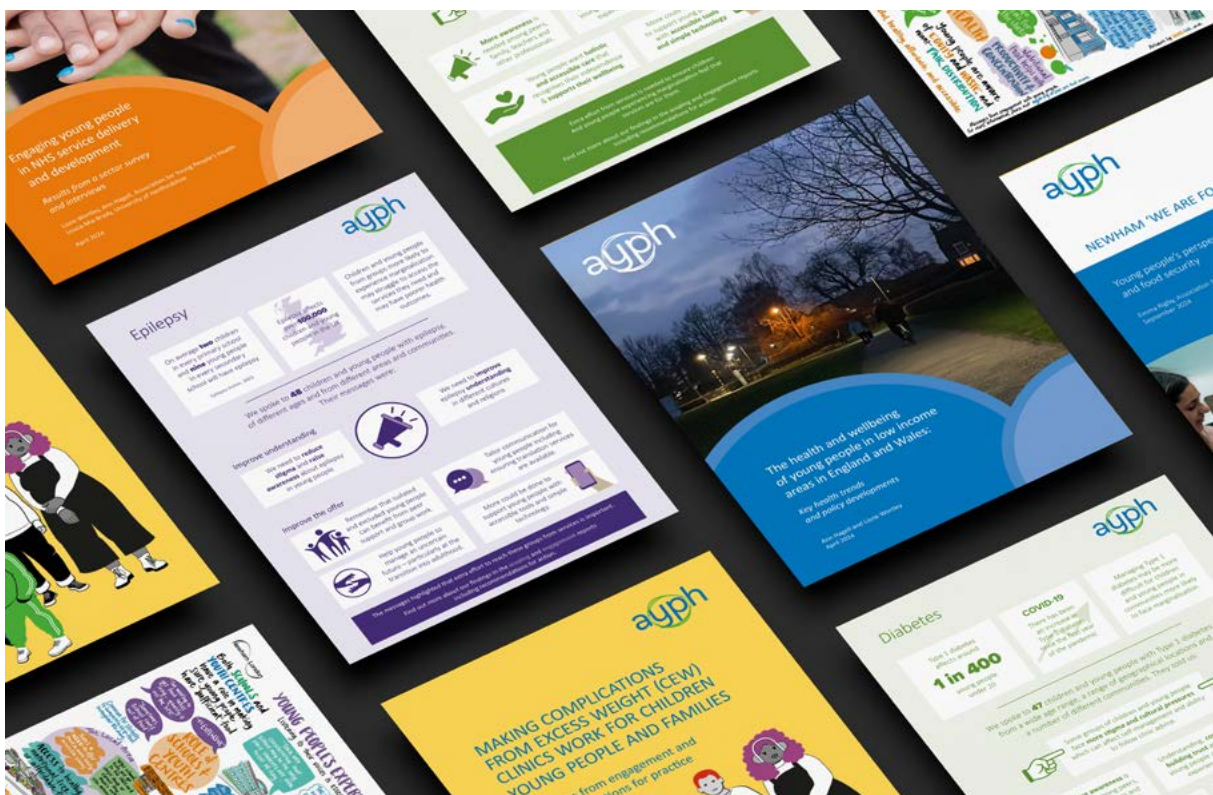


Success Report 2023–2025

Since 2023, the Association for Young People's Health (AYPH) has continued to strengthen its position as a trusted, evidence-informed and youth-centred organisation.



Our work has focused on extending our reach, deepening our impact, and maximising our ability to improve young people's health across the UK. We have delivered an ambitious and diverse portfolio of activity with consistently positive feedback from funders, partners, and young people.

Over this period, we developed new areas of focus, including work on excess weight, epilepsy, Type 1 diabetes, and care-experienced young people. We maintained our long-standing commitment to supporting underrepresented communities, such as LGBTQ+ young people. We grew our young trainer team to co-deliver youth voice training and expanded our young ambassador programme. Our influence in policy, practice, and participation is growing at both national and regional levels.

Acknowledgements

We are grateful to all our funders including charitable foundations, NHS partners, government departments, and academic collaborators whose support has made this work possible. Their investment continues to drive meaningful, measurable change in the lives of young people.

1. Young people's voice and lived experience is heard and acted upon in health policy, research, and practice

Between 2023 and 2025, we completed 13 distinct youth participation projects. These included a focus on supporting LGBTQ+ young people, care experienced young people and young people from ethnic minority backgrounds as well as projects on cancer, diabetes, asthma and mental health. Our approach ensures that participation is not tokenistic but embedded in the governance and design of research, services and policy.

We provided support for youth board members of the Children and Young People's NHS Transformation Board, directly influencing national priorities. We also completed a review of NHS youth engagement to help shape future models of participation across health systems.

AYPH's youth voice training model was developed further, with 14 trained young facilitators co-designing and delivering training courses and workshops to over 350 young people and professionals and reaching a further 1,600 professionals. The training was recognised by The King's Fund and State of the Nation report as an example of good practice, and feedback emphasised the power of hearing directly from young people.

2. Health services have the capacity, resources, and skills to be effectively youth friendly

Since its relaunch in April 2022, our website has received over 295,127 visits, reflecting demand for practical resources, data, and guidance. We hosted regular webinars and joint conferences, addressing themes including youth mental health, brain development, food security, inclusive language, and digital health. Attendance at our online events expanded significantly from 128 in 2019–2020 to over 1,700 from 2023–2025.

We tested new models of care and contributed to national conversations on excess weight and digital health. Our evidence has informed how services adapt to meet the needs of diverse young populations.

We worked closely with two innovative providers of youth friendly health services to evaluate impact and support future commissioning. We also worked with young people with Type 1 diabetes and epilepsy to support more tailored service pathways.

3. Young people's health inequalities are reduced

Projects during this period have expanded our understanding of the complex and intersecting barriers young people face.

We deepened our evidence base on how food insecurity and poor mental health are linked in low-income areas, with findings now being used to inform local practice and national strategies. Our responses to policy consultations and calls for evidence have included a focus on health education, adolescent obesity, transitions in care, inclusive mental health provision, and community-based support.

In Scotland, we contributed to cross-government policy work on youth health and inequalities, and across the UK, we articulated key policy asks for the new Government in advance of the general election.

4. Young people live in environments and communities that support and nurture good health

Through place-based work, we focused on food security and its implications for young people's nutrition, mental health, and educational engagement.

Our work explored how communities, schools, neighbourhoods, and youth centres can be strengthened to provide protective and supportive environments. We contributed to testing new models of local intervention, including whole-school and community initiatives.

We led collaborative work on the link between young people's experiences of their environments and broader issues like sustainability, transport, housing, and access to services. This aligns with our vision of integrated, youth friendly health promotion across services and communities.

Organisational development

AYPH has gained momentum during this period. We moved to a new office, expanded our staff team, and diversified our income streams. We launched a new free membership model to connect and support professionals and organisations across the youth health sector.

Our trustees, advisory council and young ambassadors and trainers—have shaped our new strategy. This participatory approach reflects our organisational commitment to collaborative leadership and equity.

Looking ahead

The foundation laid between 2023 and 2025 has positioned AYPH for its next phase of impact. We will continue to embed youth voice, build system-wide capacity for youth friendly care, address structural inequalities, and shape healthier environments for young people. Through collaboration, evidence, and action, AYPH remains committed to ensuring all young people in the UK have access to high-quality, youth friendly services and the opportunity to thrive.