

CHILDREN & YOUNG PEOPLE HEALTH & WELLBEING

SURVEYS

"A JSNA data set provides powerful indicators to establish current and future health needs of your local population. This in turn, supports better targeting of interventions to reduce health inequalities." **NHS Digital**

SHEU surveys have formed an important part of JSNA data sets in local authorities across the country. They also give a powerful prompt to action in schools.

*"(The SHEU survey) was very, very useful. It gave us reassurance we weren't missing a trick. For example, not many pupils in the sample year groups were taking illegal drugs, which re-enforced our opinions. But the survey also raised issues and flagged some things up. We discovered that some of our girls weren't **eating** enough – the percentage of girls in our school not eating lunch the day before the survey was higher than the county average. There were other concerns too, specifically around **cigarettes, alcohol** and **attendance**.*

*"The school used these data and took a number of actions to address it. More female peer **mentors** were put in place and the school asked NEXUS (the Extended Schools service) for help, so they developed a programme for girls which addressed their **eating** patterns, healthy eating, **sex education** and **self-esteem** issues.*

*"We ran an **anti-bullying** group for Year 9 as a preventative measure, based upon data provided by our current Year 10 students.*

*"The **travel** data revealed that a high number of pupils took the car to school, so we involved the BIKE-IT scheme who ran assemblies, brought in their **bikes** (including one with a pedal-powered smoothie maker!), and raised awareness of health and green issues.*

*"The information about how **happy** the students were with their lives raised some concerns as far fewer girls were as happy as the boys, so work was done around developing **aspirations, role-models** and **self-esteem**."*

-- Deputy Head, Secondary School



Not just for young people!

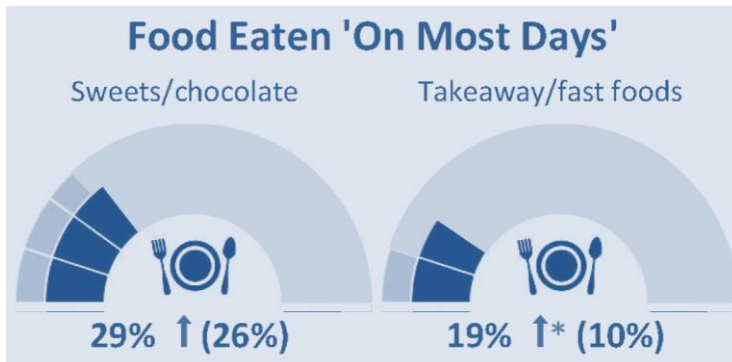
We have been running more surveys for adults in recent years, including school staff.

In one survey we found 58% of junior staff members responded that they judge the quality of their health and wellbeing as 'good' or 'excellent', but if they had any management responsibilities, the figure was 49%.

What's it like in your school?

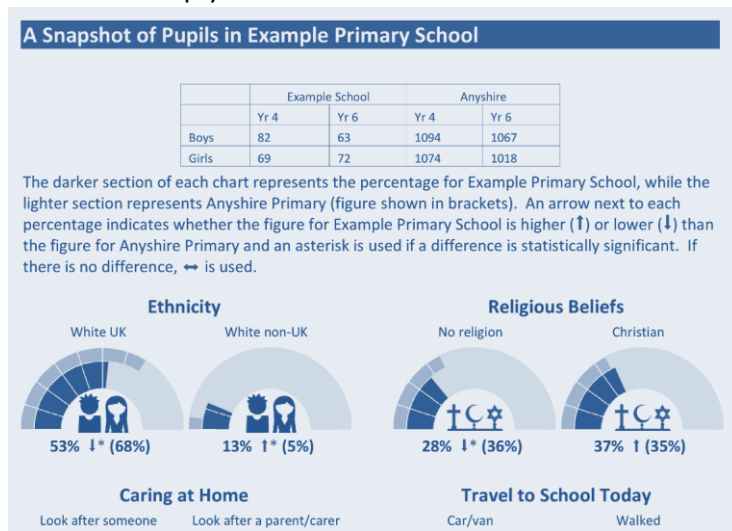
School Dashboard

We have been designing a school dashboard to show at a glance the contrasts between a school's results and the area findings. Significant differences are flagged with an asterisk.



The inner reading (dark) shows the school figures and the outer, lighter reading shows the area reading. The asterisk on the right-hand dial indicates that the difference is statistically significant.

Would this help your school?



Research News Service

For several years, we have been collecting and distributing (by email) a list of web addresses linking to recent research into young people's health and education.

[Sleep duration and sleeping difficulties among adolescents: exploring associations with school stress, self-perception and technology use](#)

[The Good Childhood report: One in four girls have self-harmed in the past year](#)

[Double hazard of smoking and alcohol on vascular function in adolescents](#)

[Cardiorespiratory Fitness in Childhood and Adolescence Affects Future Cardiovascular Risk Factors](#)

[Children's propensity to consume sugar and fat predicts regular alcohol consumption in adolescence](#)

[Voices of children living in households with domestic abuse, parental substance misuse and mental health issues](#)

(links from September 2018)

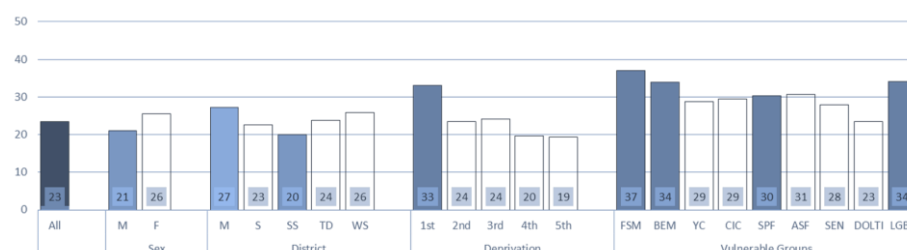
The links are shown in 3 sections by age group (primary/secondary/16+) and by topic.

See: <http://sheu.org.uk/research-news-latest>

This is a free service; to sign up for the emails, just contact us at SHEU through <http://sheu.org.uk/contact>

Authority dashboard

We have also been designing a 'bird's eye view' dashboard for local authority commissioners. The idea is to give at-a-glance information about highs and lows in an area. The chart below shows the overall figure for Year 10 pupils in the area (first column) then the equivalent figures broken down by sex (next 2 columns), district (next 5), deprivation from most to least (5), then a collection of 9 groups who might be vulnerable (**Free school meals (ever-6), Ethnic Minority, Young Carer, Children In Care, Single-Parent Family, Armed Services Family (ASF), Special Educational Needs, Disability Or Long-Term Illness**, and the last column is pupils who are **Lesbian, Gay, Bisexual or Transgender**). The shaded columns are significantly different from the overall area figure: so, males (lower), two of the districts (one higher, one lower), the most deprived group (higher), and pupils from groups Free School



Meals, Ethnic Minority, Single-Parent Family (SPF), and LGBT (all higher). The ASF group has higher figure than the SPF, but is not shaded because the smaller sample size means the difference is not significant.



Exclusions in schools and lifestyles outside

For one local authority, we were asked to look at exclusion figures as a context for interpreting the lifestyle survey results.

A list of 50 criteria was drawn up from the questionnaire:

	Positive or negative?
% who are at least 'quite' satisfied with their life at the moment. (Q2)	POS
% who agreed that there are lots of things about themselves that they would like to change. (Q5)	NEG
% who agreed that they often fall out with other pupils at school. (Q5)	NEG
% who agreed that they often feel lonely at school. (Q5)	NEG
% who agreed that they think other pupils usually say nasty things about them. (Q5)	NEG
% who have a long-standing illness, disability or special needs. (Q6a)	NEG
% of SEND pupils whose school at least 'mostly' supports them. (Q6c)	POS
% who had an alcoholic drink in the last 7 days. (Q24)	NEG

A score out of 50 was then derived for each school, depending on how many significant differences they showed for those criteria, and whether they were welcome or less desirable.

Desirable	Undesirable
High on positive criterion	Low on positive criterion
Low on negative criterion	High on negative criterion

We found no very clear association between schools' scores and their exclusion figures. Which is to say, we found schools of all types:

High wellbeing score, low exclusion rate	Low wellbeing score, low exclusion rate
High wellbeing score, high exclusion rate	Low wellbeing score, high exclusion rate

The story for each school is different and we hope each institution finds the analysis helpful to reflect upon.

LOCAL SURVEYS

Authorities, who have been commissioning SHEU surveys since 1977, are faced with difficult decisions to achieve effective public health spending for their young people. Obesity levels; physical in-activity; reducing alcohol consumption; promoting wellbeing ... are just a few of the competing concerns. SHEU are nationally-recognised as the specialist provider of reliable local survey data about young people's health and wellbeing. We support education and health professionals in their work to meet the needs of children and families. Our surveys provide a wealth of invaluable information to improve services for young people, particularly vulnerable groups.

PAPER/ONLINE SURVEYS

The local nature of SHEU's lifestyle survey services can often mean that we work with small numbers of schools involving 300 young people or larger surveys involving 10,000 young people. For some schools, handing out paper questionnaires may be the easiest way to conduct the lifestyle survey.

An increasing number are keen to survey online. SHEU's website runs online surveys for schools and colleges. We have found that our surveys give robust data via online or paper-based questionnaires. Often the final decision about which survey method to use can depend on the availability and ease of access of computers in schools and colleges.

For more information please visit:

<http://sheu.org.uk/content/page/online-surveys>

LOCAL REQUIREMENTS

We can adapt the content of the questionnaire to suit any local requirements you may have. We usually suggest that authorities aim to survey Years 4 and 6 in the primary schools and Years 8 and 10 in the secondary schools so that we can give you good comparative data against our wider databanks but you may have something else in mind.

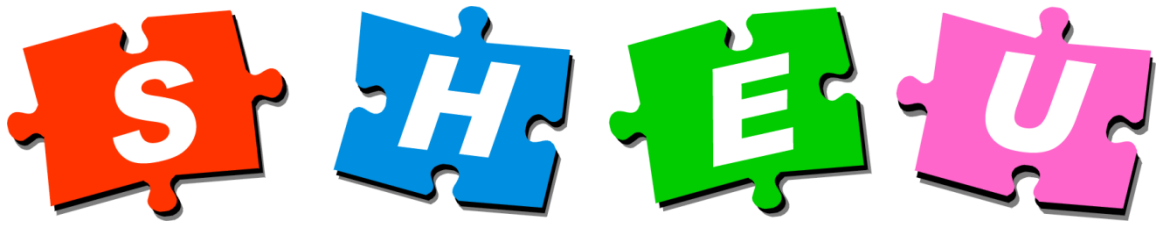
COSTS

Online survey costs are £150 per primary school and £500 per secondary school for as many pupils/year groups as you like. If schools opt for the paper-based version, costs are £4 per primary questionnaire and £5 per secondary questionnaire (approx. £240 per primary school and £1000 per secondary).

I would like to take this opportunity to thank you for your work regarding writing and compiling the sex education survey. The survey was well-executed and the schools have found their individual reports very helpful. The results of the survey have enabled the Local Campaign Group to justify the need for young men's campaigns and given us invaluable insight as to the thoughts and experiences of this target group. ”

-- Local Strategy Manager

For more details please contact Angela Balding email: angela.balding@sheu.org.uk Tel: 01392 667272



SHEU surveys support schools and colleges promoting health and wellbeing through behaviour change
For more information about our work go to <http://sheu.org.uk/>

Young People into 2018: trendy!

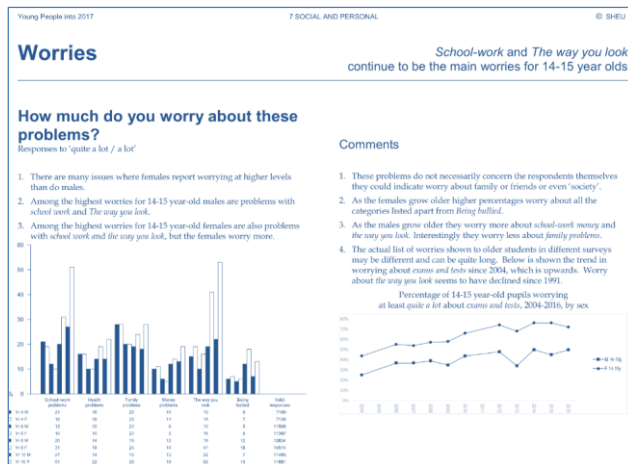
We have just published *Young People into 2018*, which presents figures from over one hundred thousand young people (100,976) completing surveys in 2017. This report is the 32nd in a series begun in 1987.

Every year, SHEU carry out healthy lifestyle surveys with young people for local authorities and each year these surveys involve tens of thousands of young people. At the end of each calendar year, we put all the results from all the surveys together, and publish a report.

The report has 7 chapters:

4 - Family & Home
1 - Food choices & weight
2 - Doctor & Dentist
3 - Health & Safety
5 - Legal & Illegal Drugs
6 - Exercise & Sport
7 - Social & Personal

The pages in each chapter show results from one question (sometimes two) and may also show links between questions and trends in responses going back over decades.



What's new and different in these reports?

We have reported here about vapour products (e-cigarettes) for the first time, and have some extra detail about: young people who might need support if they are bullied or abused by their partner; young people's religious beliefs; sending sexual pictures (sometimes referred to as 'sexting' in news media) and several links between dissatisfaction and risky health behaviours.

A summary of findings from each chapter and a link to request the full report can be found at

<http://sheu.org.uk/content/page/young-people>

Dr David Regis, Research Manager of the Schools Health Education Unit, says,

"This report provides a snapshot of our young people as they were approaching 2018 and offers some trends where we are able to look back over the last 30 years and more of our research. I guess the good news is: things can change; the bad news is, usually quite slowly! Some of the trends are unwelcome but we can point to several positive trends."

Continuing to increase:

- Use of computer games by 12-13yo males
- Fresh fruit on most days
- Females drinking at least a litre of water yesterday

Continuing to decrease:

- Enjoyment by 14-15yo females of physical activity
- Proportion of 14-15yo females scoring in the highest bracket of self-esteem
- Experimentation with tobacco cigarettes
- Drinking alcohol in the week before the survey
- Intending to stay in full-time education
- Use of computer games by females

Newly reported in this volume:

- Increase in reports of bullying (since 2011)
- Increase in the fear of bullying (since 2011)

Previously increasing but now steady:

- Skipping lunch
- Eating 5-a-day (portions of fruit/veg)
- Experimentation with cannabis
- 14-15yo females wanting to lose weight

Previously decreasing but now steady:

- Use of computer games by males
- Enjoyment of school lessons
- Worrying about exams/tests

Previously decreasing but now steady:

- Eating crisps on most days

David adds: "The individual questions and their trends are fascinating, but just as interesting are the connections we can show between questions from different chapters. Lesbian, gay and bisexual young people report being bullied more often than do others – and there is also more smoking in this group. The connections are even changing! Alcohol use always used to be associated with higher self-esteem among older pupils, but this pattern has reversed in more recent years."

Angela Balding, Survey Manager at the Schools Health Education Unit, says,

"We've broken the six-figure barrier! This is not the first year where we have surveyed more than 100,000 young people – that was 2008 – but it is the first where we have more than 100,000 in our target year groups."

"Although we've seen a big increase in our awareness of young people's emotional health needs, the signals we see in the figures about poorer and even declining self-confidence among young women are still there."

"Looking for links between the figures, we see again that, among 14-15yo females, those who have the heaviest screen use have poorer emotional wellbeing and possibly a less healthy lifestyle in general. But we don't know if they would be even worse off emotionally without their devices."

David has been sent back to his room to work on *Young People into 2019*.