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# SHEU NEWS

## NATIONAL INDICATORS

### and more from a SHEU school survey

May 2009

Free  
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HEALTH NEWS  
EMAILS  
every month

Join the lists to receive free health news emails every month

See page 3 for more details



HEALTHY COLLEGES  
Online survey

Support for a new National Healthy College Standard  
See page 3 for more details

Health and Education professionals, who are involved in our young people lifestyle surveys, are meeting their need to inform National Indicators.

The table below shows some examples.

SHEU Topic	Every Child Matters+ OFSTED Self-evaluation	National Indicators	Public Service Agreement	Personal Social Health Economic Education
% recording hours of effortful exercise during the week	Be Healthy	NI 57 (PSA 22 / DSO 1) Percentage of 5-16 year olds participating in at least 2 hours/week of high-quality PE and sport at school and % participating in at least 3 further hours/week of sport	PSA 12 Improve the health and well-being of children and young people (with Department of Health)	Recognising that healthy lifestyles, and the wellbeing of self and others, depend on information and making responsible choices.
% with high self-esteem	Mentally and Emotionally Healthy	NI 58 (DSO 1) Emotional and behavioural health of looked after children	PSA 12 / DSO 1 Emotional health and well-being - children and young people user perception	Social and Emotional Aspects of Learning
% rating safety of area in which they live as "poor" or "very poor" during day	Safe from crime and antisocial behaviour in and out of school	NI 17 Perceptions of anti-social behaviour	(PSA 23) a Community Cohesion target	

Local, detailed, school data not only meet your need for National Indicators, they also produce a database that has depth allowing links to be matched across behaviours. This is a vital ingredient for health promotion planning and healthy school activity.

For over 30 years, survey commissioners have been helping us improve our specialist survey services to make them reliable for LAs and PCTs and their health planning and promotion activity with young people. Colleagues appreciate that working with an independent Unit means they have choices. For example, paper and online surveys, PSHE curriculum materials related to local survey data, liaising with experienced teachers when managing the school survey process and asking relevant questions of your local, young people.

Please contact Angela Balding for more details.

email: [angela.balding@sheu.org.uk](mailto:angela.balding@sheu.org.uk) – [www.sheu.org.uk](http://www.sheu.org.uk) – Tel. 01392 667272



# Schools Health Education Unit

ESTABLISHED 1977

## SCHOOL SURVEYS

What does my school get and how much commitment does my school need to give?

### Schools' commitment:

- ✓ Support from head and senior management
- ✓ Identify co-ordinator for the survey
- ✓ Attend briefing session 'Collecting Good Data'
- ✓ Notify parents (example letters provided)
- ✓ Give up an hour of curriculum time
- ✓ Share the results with colleagues

### Schools receive:

- ✓ Support from local co-ordinators and SHEU
- ✓ Book of tables for questions in the questionnaire
- ✓ Comparative report to identify priorities
- ✓ Individual feedback to pupils (optional)
- ✓ Book of suggestions on how to use the data

### Optional:

- ✓ Data on disc for ICT work
- ✓ Primary Classroom materials

### Comparative reports

When we have processed the results for the schools in your area, we will send a confidential comparative report that will show your data alongside the total results for all schools; for example:

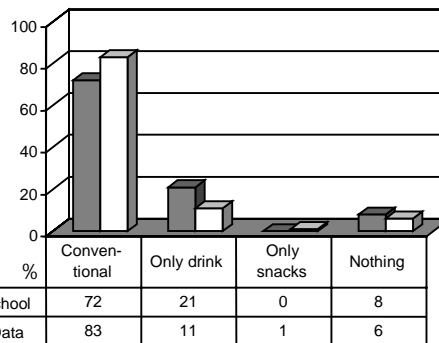
#### Breakfast

8% in your survey had nothing for breakfast; while 21% had at most a drink for breakfast. 7% had a cooked breakfast on the day of the survey.

SHEU's large annual samples typically show an increasing value for 'nothing at all' with increasing age, a trend which endures throughout the teenage years.

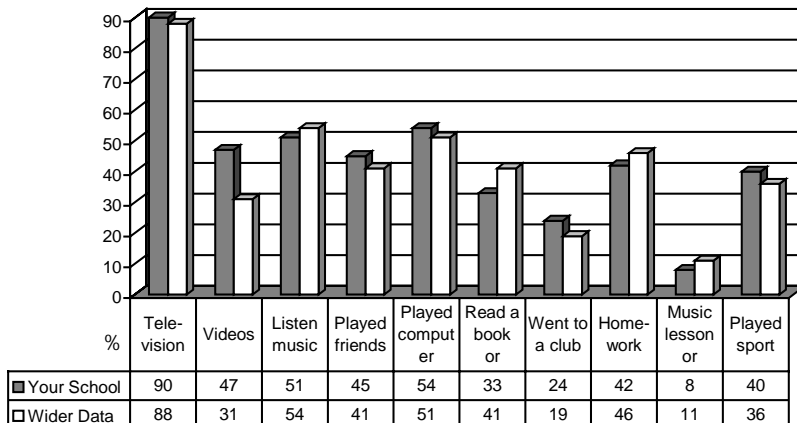
The chart on the right shows the percentages having different types of breakfast. The category 'Conventional' means at least one of cereal; toast or bread; cooked breakfast; fruit or a breakfast bar.

Only snacks means: chocolate bar; sweets or crisp-type snack but not conventional breakfast.



#### After school yesterday

Watching TV is almost always the most frequently reported leisure activity. In this survey 90% watched some TV the previous night



For further details of SHEU school surveys (paper and web-based) please contact:  
Angela Balding – Tel. 01392 667272 – [email:angela.balding@sheu.org.uk](mailto:email:angela.balding@sheu.org.uk)

# Trends

## 2 NEW REPORTS

- Food Choices -
- Smoking -

Using new data from over 516,000 young people we have updated two Trends reports that have data from 1983.

For example, around 25% of regular smokers, across all groups, don't want to give up smoking. The apparent lack of an overall trend suggests that the proportion who don't want to give up is fairly consistent irrespective of any influences that may alter a young smoker's attitude, and despite all health education efforts since the early 1980s.

Recent results confirm the trend we have observed each year in our annual publications. The peak of *wanting to lose weight* may have been reached for the 14-15 year old females and may continue to hover around the 58% average. We have shown each year that far more older females *want to lose weight* (57% in 2007) compared with the number that are overweight (12% in 2007).

Interestingly the data show that more 14-15 year old females, in recent years, are *happy with their weight* as it is compared with earlier years.

A report is comb bound and is £10.

2 reports for £15 incl. p&p.

For further information  
please email:  
[david.mcgeorge@sheu.org.uk](mailto:david.mcgeorge@sheu.org.uk)

## ONLINE SURVEYS

SHEU has websites that run 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:  
[www.sheu.org.uk/surveys/onlineurvey.htm](http://www.sheu.org.uk/surveys/onlineurvey.htm)

# Education and Health

Volume 27 Number 1. 2009



The first issue in 2009 continued the twenty seven years of successful publications by including an eclectic mix of articles from those working with young people.

Professor Mark Griffiths is based at the International Gaming Research Unit, Psychology Division, Nottingham Trent University. His article provides advice for parents and teachers regarding online computer gaming.

Mark Limmer is the North West Deputy Regional Teenage Pregnancy Co-ordinator. He writes about young men and pornography and meeting the challenge through Sex and Relationships Education.

Dr. Paul Aleixo is a Senior Lecturer in the Division of Psychology at De Montfort University. His article explored moral reasoning development and classroom discipline.

Christine Oker was the Hertfordshire Teenage Pregnancy Strategy Manager. She wrote about the 'Talk2YourTeen magazine' that was part of a campaign in response to findings of a sex and relationships survey.

Helen Castledine is the Public Health Lead (Young People) at Surrey PCT. She wrote about 'Get it on', the C Card free condom distribution scheme for young people under 21 in Surrey.

Marie Dunne is the specialist in emotional health and wellbeing for Health Promotion, Western Health and Social Care Trust. Marie and others described a programme that is helping young people to become peer educators to improve Emotional Health and Wellbeing through peer support.

Journal articles can be from 500 words and longer, research based papers up to 2000 words. We hope you will continue to enjoy Education and Health. We also hope you can persuade others to stop reading your copy and take out their own subscription for £20.



## HEALTHY COLLEGES

"...the starting point for every aspect (National Healthy College Standard) will be to have a baseline by which to measure outcomes...I can't think of a better way of getting a baseline than through your survey."

*Specialist Health Promotion Advisor.*

A new National Healthy College Standard is being developed. To discover how your college can be supported to collect baseline data please visit our webpage:

[www.sheu.org.uk/surveys/fe16plusurvey.htm](http://www.sheu.org.uk/surveys/fe16plusurvey.htm)

## LIGHT-TOUCH SURVEYS

Schools work hard on responding to the results from a SHEU survey and sometimes a school will want to find out as soon as they can if there has been any progress in any one topic.

It probably wouldn't be worth doing the whole Health Related Behaviour Questionnaire again, but finding out about a topic in the following year would be very useful.

We've just been designing special surveys to cover just smoking, bullying, alcohol/drugs.

To discuss your requirements please contact Dr David Regis, SHEU Research Manager, via email: [david.regis@sheu.org.uk](mailto:david.regis@sheu.org.uk) and/or via telephone 01329 667272

Free  
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## HEALTH NEWS 5-11

A monthly email with Internet links to information about 5-11 year olds health related behaviour chosen from our databanks and the Internet.

Recent links have included: "Pushing your child to 'clean his plate' can backfire, study warns" and "Children are making hard-headed financial decisions from the age of seven - three years sooner than their parents did".

## HEALTH NEWS 11-16

A monthly email with Internet links to information about 11-16 year olds health related behaviour chosen from our databanks and the Internet.

Recent links have included: "School-based physical activity has positive health effects on children but it does not improve body mass index and is unlikely to have a significant effect on the increasing prevalence of childhood obesity" and "Children who skip breakfast are more likely to be overweight".

## HEALTH NEWS 16+

A monthly email with Internet links to information about 16+ year olds health related behaviour chosen from our databanks and the Internet.

Recent links have included: "Ratio of males to females in China - the influence of sex selective abortion and the one child policy," and "A study showed that, although vegans had lower dietary calcium and protein intakes than omnivores, veganism did not have adverse effect on bone mineral density and did not alter body composition".

Each monthly news is archived

Would you and your colleagues like to receive these free emails?

Please return the postcard or email... [david.mcgeorge@sheu.org.uk](mailto:david.mcgeorge@sheu.org.uk)

Read the latest news via... [www.sheu.org.uk](http://www.sheu.org.uk)

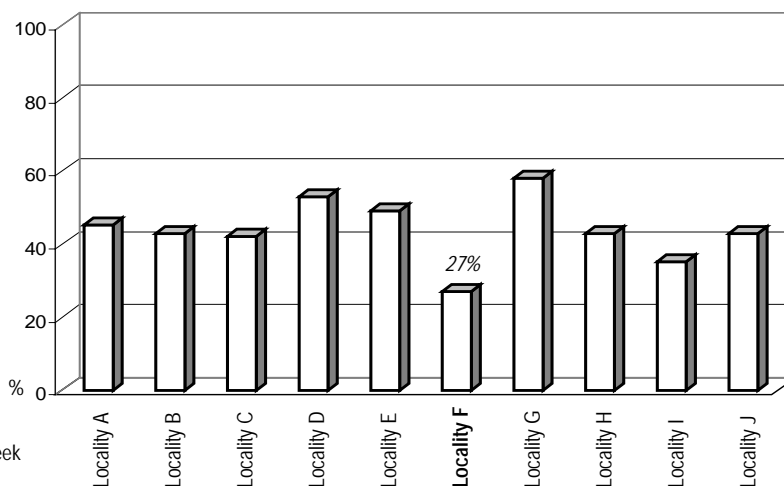
# WHERE DO YOU START?

## Pick on Locality F

If you have different localities in your area survey, you might want to see at a glance where they are different. Dr David Regis, SHEU Research Manager, has been doodling with formulae and muttering about standard deviations and conditional formatting and standardised scores - no idea what he's on about, to be honest - but he's come up with something that looks simple enough to use. All the locality results, which are significantly higher than the area average, are given in bold, and all those that are lower are given in *italic*.

	Locality A	Locality B	Locality C	Locality D	Locality E	<b>Locality F</b>	Locality G	Locality H	Locality I	Locality J	ALL
Sample sizes	500	250	350	150	175	476	135	243	341	253	1400
% stating they enjoy exercise a lot or quite a lot	31	39	<i>23</i>	<b>44</b>	30	<b>49</b>	31	34	40	30	35
% judging they are "fit" or "very fit"	<i>54</i>	<b>76</b>	<b>71</b>	44	57	<b>71</b>	<b>78</b>	49	<b>75</b>	<b>73</b>	65
% who had exercised 3 times in previous week	45	43	42	<b>53</b>	49	<i>27%</i>	<b>58</b>	43	<i>35</i>	43	44
% sport/activity at least weekly in last 12 months	24	17	<b>32</b>	<i>14</i>	28	<i>21</i>	26	25	<b>33</b>	26	25

For example, of the sample in Locality F, only 27% stated that they "had exercised 3 times in previous week". However, 71% of the Locality F sample (one of the highest percentages) judged they are "fit" or "very fit". In this way, local planners are directed to 'hot spots' of concern.



% who had exercised 3 times in previous week



**HELP!**  
I'VE LOST  
MY REPORT!

From time to time schools contact us because, through staff changes, room changes and just the busy conditions of school life, it can be that a school's SHEU survey reports can go astray.

We don't usually keep tables of results on file but we can reproduce any reports quickly.

Please contact us at SHEU on 01392 667272 or email [sheu@sheu.org.uk](mailto:sheu@sheu.org.uk)

## SPREADSHEETS GALORE

Dr David has delivered a set of results to plug into some exciting spreadsheets in Cambridgeshire. (If you're not used to seeing the word 'exciting' so close to the word 'spreadsheet', then read on...)

PSHE Adviser Jon Pratt has drawn up a number of measures under ECM headings so that school staff can look at their school's own results from SHEU surveys over the last decade. The staff can also look at trends in Cambridgeshire and the UK, and produce charts at the touch of a button.

Any quickening of the heartbeat? It's the summary of 10 years' very comprehensive work in Cambridgeshire schools and a very punchy start to any review of a school's activities. For example, a school can see at a glance their pupils' attitude to healthy eating, substance misuse and physical activity, and if any changes they see are in keeping with local and national trends.

We have made available a screenshot from one of the spreadsheets at [www.sheu.org.uk/publications/cambspread.pdf](http://www.sheu.org.uk/publications/cambspread.pdf)

If you would like a similar service for your area, get in touch with David Regis on 01392 66 72 72. or [email:david.regis@sheu.org.uk](mailto:david.regis@sheu.org.uk)