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January 2007

SHEU NEWS

FREE SURVEY FOR 6TH FORM AND FE COLLEGES

HEALTHY STUDENT NEWS...

The monthly email to FE and 6th Form Colleges contains news about young people's health and behaviour chosen from SHEU's databanks and the Internet.

The format is plain and simple - no subscription, no attachments or pictures with an opt out facility and Archive link.

The email continues to be popular judging from some of the comments received:

"Please continue to send this bulletin it is very useful"
Health Development Officer

"This is excellent. Thanks for a great resource"
Director of Student Services

"Yes please - I find the information extremely useful in my work here"
Head of Student Health

"I am very impressed with the content of the newsletter. Thank you very much indeed"
Health Improvement Officer

"Many thanks, very helpful"
Director of Student Progression

"Thank you, I find this very useful"
Healthy College Co-ordinator

To join the free mailing list visit:

www.sheu.org.uk/whoweworkwith/healthycollegearchive.htm

or email:
david.mcgeorge@sheu.org.uk

In October 2006, the Students Health Education Unit (SHEU) offered to sponsor an online questionnaire for their free use in 6th Form and Further Education colleges.

The offer ran from the beginning of October until the end of November 2006. Colleges were initially contacted through the SHEU 'Healthy Student News' monthly email.

As part of the sponsorship offer, colleges were asked how they planned to use the information resulting from the survey. The following points summarise the responses from many colleges:

- Useful to examine how our self-assessment compares to an external
- Help to move our Healthy College project forward
- The data would help to formulate our action plan and help develop and implement our Every Child Matters (ECM) strategy
- Use the findings of the survey for further evidence for the ECM section of the SAR and to further support our contribution to the Joint Area Review
- Use the data to take into account the students as key stakeholders in the college's ECM framework and action plan
- Cross reference results to our plans and make refinements as required
- Beneficial to be able to benchmark with other organisations and the potential to share good practice

Colleges were initially asked to complete their online surveys by the end of December. This was later extended to the end of January 2007. When each college finished their survey they see their results on screen and can print out the tables and charts.

Following the completion date the aggregated results from all colleges is available, online, to all participating colleges in February 2007. Each college has a comparative, anonymous dataset. This is an invaluable tool and allows colleges to see the similarities and differences between their student results and those from other colleges.

The offer has been well received and some colleges finished collecting their data in December 2006.

Comments about the survey web site included:

"...very easy and straightforward to use," and the ease of the exercise: "Went very well. We originally planned to undertake 700 questionnaires online, but I had to increase the number due to the volume of willing participants".

SHEU will present some of the aggregated results at the first National Healthy Colleges conference that is taking place in February in Wigan.

For details of the sponsorship contact
Tamsin Pascoe
T: 01392 667272
E: tamsin.pascoe@sheu.org.uk



HEALTHY COLLEGES CONFERENCE

The first national conference
Tuesday 27th February 2007
Please contact: Wilf Cawthorne
ALWPCT Health Development Service
c/o Bryan House, 61 Standishgate, Wigan
Tel: 01942 481736
Email: Wilf.Cawthorne@alwpct.nhs.uk



Schools Health Education Unit

SCHOOL SURVEYS

PAPER BASED 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. Here is a selection of some of SHEU's recent paper-based surveys across the country:

North Yorkshire - 96 primary and 26 secondary schools

Derby City – 1 primary and 1 secondary school

Hertfordshire - 90 primary and 23 secondary schools

Waltham Forest - 13 primary and 5 secondary schools

Cumbria - 15 primary and 8 secondary schools

One of the coordinators of a secondary school in Cumbria carried out the same survey, in English, with a Russian school during a visit to Russia. They hope to repeat the exercise in 2007 when the Russian school visit the Cumbrian school.

The results of the school surveys are used in general by local authorities to inform Joint Area Reviews. For Healthy School Programmes the data are being used to support the ninth of the new standards, which relates to 'local data'. Data are also used to support the OFSTED Every Child Matters self-evaluation forms.

ONLINE SCHOOL SURVEYS

For most schools handing out paper questionnaires is still the easiest way to conduct the lifestyle survey. An increasing number are keen to use the SHEU online survey. It was initially developed to support work with the 'Fit to Succeed' activity programme.

We are also working on a facility where a group can answer a question and see immediate results in a 'Who wants to be a Millionaire?' – ask the audience style!

For details of paper-based and online surveys please contact
Angela Balding:
Tel. 01392 667272
Email: angela.balding@sheu.org.uk

30 years of SHEU

John Balding founded the Schools Health Education Unit in 1977 as part of the old St.Luke's College (now the School of Education of the University of Exeter).

It will be the Unit's birthday in 2007 - the big three-oh. We continue to further John's original idea - that schools and others would have a better debate if they had objective, local information.


SHEU is now an independent organisation and incorporates the Schools Health Education Unit to provide nationally recognised survey services.

As we look fondly back on our adolescence and look forward to the fruits of adulthood, we are starting to form plans to mark this milestone. Perhaps a conference, perhaps a new publication, even a Festschrift, who knows? If you would like to get involved, please let us know. Contact: SHEUat30@sheu.org.uk

PICTURES AND WORDS



finding ways of designing our questions and booklets to make them lighter and more appealing to young people.

Questions from our online surveys can also be read out using our new ReadSpeaker system 

Guestbook?

Thanks to everyone who has made a note in the guestbook on our website. We're sorry to say that it's been taken down for the moment, until we can spam-proof it. The Forum and Comment Area are still open if you would like to comment on our survey and publishing services - www.sheu.org.uk/whatsnew or e-mail: comments@sheu.org.uk

SEXUAL HEALTH REPORT

In November 2006 a new report concerning sexual health was published. It was the sixth report in the series 'Indications of Public Health in the English Regions' commissioned by the Chief Medical Officer.

References to the work of SHEU are contained in pages 81-86.

"Given the high rates of teenage conceptions and sexually transmitted infections, there is a need to target health promotion towards young people (including improving school sex and relationship education...) and monitor its effectiveness."

"This requires an understanding of young people's knowledge, attitudes and behaviour, but most national sexual health related surveys are aimed at adults. However, the Schools Health Education Unit (SHEU) has undertaken an ongoing survey in UK schools since 1976 using the Health Related Behaviour Questionnaire."

Selected regional analysis of responses from 14–15 year olds were included to the report to illustrate the variations in children's sexual health knowledge, attitudes and behaviour. In summary:

- The East of England pupils appear to particularly rely on their parents (56%) as the main source of information about sex rather than school lessons (14%), whereas the North East pupils have a higher proportion (27%) relying on school lessons. The North East pupils particularly value school lessons on sex (56%) compared with those in the East of England (33%).

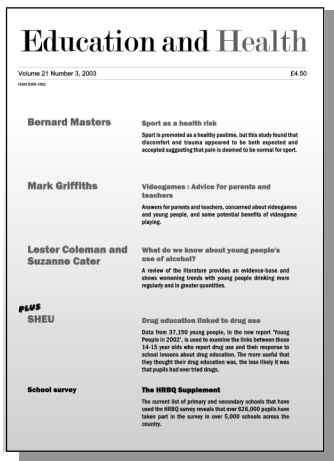
- A higher proportion of the North East pupils (11%) hold the erroneous view that AIDS can be cured compared with those in the East of England (4%). A high proportion (30%) of the East of England pupils think that the contraceptive pill or 'morning-after' emergency contraceptive pill can prevent HIV infection, and nearly half (45%) admit they know nothing about emergency contraception.

- A higher proportion (53%) of the London pupils don't know if there is a 'special contraception and advice service for young people' available locally compared with those in the East of England (36%).

'Indications of Public Health in the English Regions. 6: Sexual Health' was produced jointly by the South West Public Health Observatory and the Health Protection Agency Centre for Infections on behalf of the Association of Public Health Observatories, and in collaboration with other Public Health Observatories.

An edited report is available at: www.sheu.org.uk/leaflets/shealthedit.pdf

Education and Health



Each quarter, SHEU publishes the journal 'Education and Health'. Since 1983 it has attracted contributors from around the world and you can discover more details from the webpage... www.sheu.org.uk/publications/educationandhealth.htm

In the last issue of 2006 there are articles of interest to those concerned with the healthy development of young people ranging from primary school to further education college.

Leila Harris is a PSHE teacher and writes about a healthy lifestyles week at an infant and nursery school.

Annette Ferri is a Home Economics teacher in Scotland and writes about the barriers that prevent food education becoming part of the core curriculum.

Gabrielle White is a Research Officer at NFER and writes about an evaluation

of a school fruit and vegetable scheme.

Kate Birch is a Healthy College Co-ordinator and writes about the Kirklees Healthy College Standard. There is also a programme for the first national Healthy Colleges conference in Wigan in February 2007.

Angela Balding and Tamsin Pascoe talk about the work of SHEU and an online healthy lifestyle survey in 6th Form and FE Colleges.

David Regis is the Research Manager at SHEU and describes the differences between paper and online student surveys.

Hilary Dixon describes her work running Me-and-Us, a company offering sexual health education and training.

For an example copy please email: david.mcgeorge@sheu.org.uk

In 2007 the subscription cost has been maintained at the 2005 and 2006 level of £20 for four issues including p&p.

In order to meet the new 'pricing in proportion' postal charges and, retain the relative low cost of the subscription, we will be using the original A5 format from 2007.

We hope you will continue to enjoy, read and support this journal. We do hope you can persuade others to stop reading your copy and take out their own subscription - Telephone 01392 667272 for details.

SPORTS COLLEGES

How do Sports Colleges show that they make a positive contribution to the health and well being of their students? What evidence is there to show that the promotion of a 'healthy active lifestyle' can make a difference?

SHEU is currently developing two key initiatives centred around Sports Colleges:

- **The Sports College 20**
- **Fit to Succeed 2007**

'The Sports College 20' is a combined venture with the Youth Sports Trust (YST) which involves a project designed to collect data over a three year period from 20 schools, focussing on Key Stage 3 pupils and how they engage with the curriculum.

The YST were extremely impressed with the success of the 'Fit to Succeed' (FTS) programme embraced by the Exeter School Sport Partnership (ESSP). The success of the collaboration was highlighted in St Luke's Sports & Science College most recent Ofsted Inspection report:

"The personal development and well-being of students is good with outstanding features. The college makes excellent use of data such as that from the "Fit to Succeed" survey. The outcomes of the survey have been carefully analysed and have had a positive impact on teaching, the PSHE curriculum and ways in which the students are supported and guided". (Ofsted 2006)

The Exeter FTS project is repeating the online survey again in January 2007 with over 65 Schools from the ESSP. In addition SHEU is continuing to develop work with other School Sport Partnerships and individual Sports Colleges further a field.

The data collected from these projects can be compared against a previous survey or reviewed against a much larger data set from similar institutions. Both initiatives actively support the aims and outcomes of Every Child Matters and are being used to inform the proposed curriculum review scheduled for 2008. Schools routinely use the data to provide evidence for 'Healthy Schools' and for their School Self Evaluation Forms.

Ultimately the initial focus of the initiatives remains paramount: to provide measurable outcomes that can support the ethos of a 'healthy active lifestyle' within a School or Sports College.

For further details please contact Tamsin Pascoe
Tel: 01392 667272

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An Online Balancing Act



It's obviously easiest if someone can just press a button and start doing a SHEU online survey. But if you're half-way through a survey and you get interrupted, will you have to start again the following day? (The same problems appear in the unlikely event that your computer crashes.)

We can ask the computer to keep a track of each respondent using a cookie, but not everyone likes cookies. If someone else uses the same computer after you, perhaps they could pretend to be you, and maybe even see all your previous answers. If everyone logs onto the system using a name and number, then we have a lot more security, but obviously also a lot more

administration. So, depending on the length and nature of the survey we are offering each style of administration to get the balance of security, privacy and crash-proofing right for your survey.

Drug use and lifestyle

We've just been looking across the whole contents of a local authority survey, for links with drug use. 'Links' can be interpreted in statistical terms as a 'correlation'. The size and direction of correlation is normally calculated as a number between -1 and +1, where a positive number means 'if you have more of one, you are likely to get more of the other'. [See also <http://en.wikipedia.org/wiki/Correlation>]

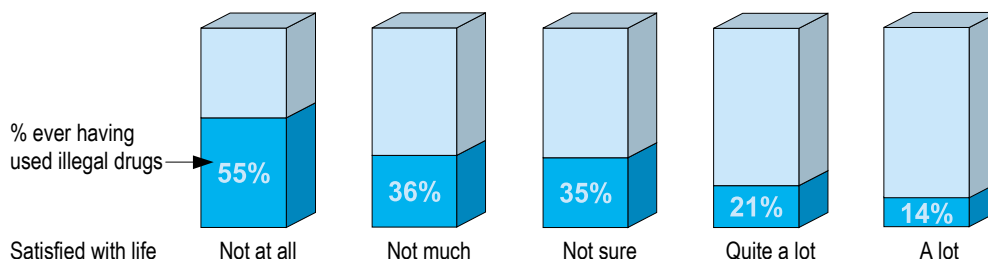
We found links between those 14-15 year old Year 10 males who responded to one of our drugs questions - "Have you ever used cannabis?". Their positive response was linked with:

- poorer satisfaction with life;
- greater levels of anxiety;
- more spending on social life;
- fewer 'healthy' food choices;
- poorer engagement with school, less likely to want to stay in education

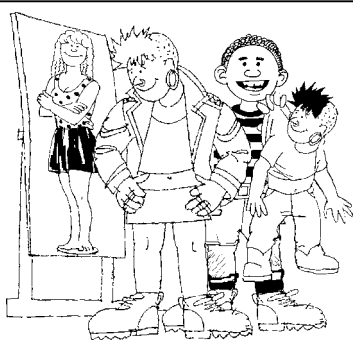
A picture emerges of cannabis use being found most commonly among males who have active social lives and who are not fully engaged with school; they are also more likely to be anxious about one of a number of issues (but not particularly concerned about healthy eating).

When we say 'linked', what does that look like? Let's take that statement that experience of cannabis in Year 10 males was linked with poorer satisfaction with life, and perhaps open it out to think about Year 10 pupils and drug experience in general.

Overall, 25% of Year 10 pupils have ever tried illegal drugs. But this figure is different, depending on how satisfied the young people are with their life: the figures in the following charts are from Year 10 (males and females).

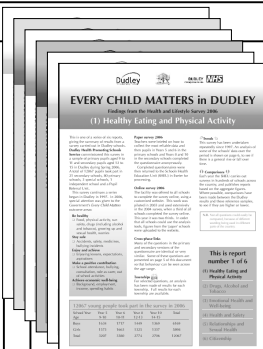


The charts show that a Year 10 pupil, who is 'not at all' satisfied with their life, is more than three times as likely to have ever used drugs (55%) than the 14% of those who are satisfied 'a lot' with their life who have ever used drugs.



YOUNG PEOPLE into 2007

SHEU's last annual report was 'Young People into 2006'. The number of young people surveyed in 2005 was nearly 38,000, aged between 10 and 15 years of age. The highest number of young people surveyed by SHEU in any one year was over 54,000 in 2000. 2006 has been a busy year and we await with eager anticipation the final total that will be published in 'Young People into 2007'.



SURVEY REPORTS

are a big success due to their clear layout, easy-to-read charts and use of colour.

Dudley have a set of 6 themed documents that show the results from their 'Every Child Matters' surveys.

Each Hertfordshire locality has its own report and its own profile (there's also going to be a report about their sex education project).

Cumbria have commissioned a special report about how drugs fit in with young people's lifestyles.

As well as providing a summary of results from a survey, a report can include logos, from partnership organisations, and a spot colour. For example reports and more details email: reports@sheu.org.uk

Trends

'Trends' is a unique series that describe data about young people's health related behaviour. To date, eight reports have been published including topics covering young people and food, activity, alcohol and emotional health.

All reports are written using data derived from the Health Related Behaviour Questionnaire surveys and most trends start from 1983. Data come from a sample of up to 448,124 young people between the ages of 12-13, 14-15 from across the UK. Some reports also contain data from 10-11 year olds.

All reports are around 40 printed pages, comb bound with easy-to-read charts and layouts. Two new titles are expected in 2007. Updates will then be published to show the continuing trends.

For details visit:

www.sheu.org.uk/publications/trends.htm