

# SHEU NEWS

## TELLUS5 - WHAT NEXT? YOUNG PEOPLE <sup>healthy lifestyle</sup> SURVEYS

In July 2010 the Government decided to stop the delivery of the Tellus5 survey.

The Schools Health Education Unit (SHEU) continues to provide authorities with unique data about their school pupils as evidence-based practice remains high on their agenda.

SHEU is probably the oldest (established in 1977) survey service dedicated to collecting data about young people's healthy lifestyles.

### BUDGET CUTS / RESTRICTED BUDGETS?

Some clients we are working with are starting to re-charge some or all of the survey costs to their schools.

Client feedback enables us to adapt the content of our questionnaires to suit local requirements and schools can choose to use our **PAPER** based questionnaire or an **ONLINE** version.

*Current online survey costs are £120 per primary school and £500 per secondary school for as many pupils/year groups as you like.*

Cost for the paper-based version are £4 per primary questionnaire and £5 per secondary questionnaire (approx. £240 per primary school and £1000 per secondary school). We can provide good comparative data against our unique wider data banks that have been developed over 30 years.

*Each school receives a set of results tables for all the questions in the questionnaire broken down by year group and gender. Schools also receive a report that compares their school to the rest of the schools involved in the authority. Schools will also get their results in the **SEF** format:*

#### A2.5 The extent to which pupils feel safe

	1	2	3	4
Grade: The extent to which pupils feel safe				

Evidence from SHEU survey;

- 17% of pupils worry about crime 'quite a lot' or 'a lot'.
- 26% of pupils had an accident that was treated at a health centre or at a hospital in the last year.
- 15% of pupils worry about bullying 'quite a lot' or 'a lot'.
- 81% of pupils never feel afraid to go to school because of bullying.
- 14% of pupils have been bullied at school at least once or more in the last 12 months.
- 59% of pupils believe that their school takes bullying seriously.
- 45% of pupils rate their safety when going out after dark in their area as 'good' or 'very good'.



“We’re very happy to commission another survey from you”



For more details please contact Angela Balding (01392 667272) [angela.balding@sheu.org.uk](mailto:angela.balding@sheu.org.uk)



# Schools Health Education Unit

ESTABLISHED 1977

## YOUNG PEOPLE SURVEYS

Although SHEU is well known for its surveys commissioned by Local Authorities, Primary

Care Trusts and other bodies with a district-wide brief, we are also pleased to work with individual schools.

We can use one of our off-the-shelf questionnaires, or design something for you from scratch, or do something for you that is made up of established and new items.

www.sheu.org.uk

Every Child Matters at  
**St. Joan of Arc Catholic School**  
A SURVEY FOR PARENTS AND CARERS

We would like you to answer some questions for us. We are doing this survey because we want to know how to plan things in the school that are right for your child and everyone else in the school.  
If there are any questions you do not want to answer you may leave them out. Please do not write your name on this questionnaire.

Are you male or female? Please tick one answer

Male  Female

How many children do you have at this school?

How many other children do you have?

Please circle any year group in which you have a child at this school? 7 8 9 10 11 12

Do any of your children have special educational needs? (Please tick all that apply)

No  Yes, physical disability and/or sensory impairment

Yes, learning difficulties  Yes, behavioural, social or emotional difficulties

ST BEDE'S COLLEGE  
Health Related Behaviour Survey Results  
St Bede's College  
2010

Schools Health Education Unit logo at the bottom.

When there are a number of schools involved we run a training session with a teacher from each of the schools to explain the survey, answer questions they may have and explain the methods for collecting good data from children and young people.

The schools then complete the questionnaires and we keep them up to date as to their progress.

For more details please email Angela Balding [angela.balding@sheu.org.uk](mailto:angela.balding@sheu.org.uk)

## AIRLINE PRICING?

We found recently some companies offering survey services where the headline price was very attractive (*less than a pound per pupil, get them while they're hot, I'm cutting my own throat doing business at this price!*) but there were all sorts of hidden fees (or conditions like online-only) built in.

It reminded us of the way you might be sold tickets for air travel: fly to Rome for £10 each! Then the booking fee, airport taxes, oh, and did you want to take some luggage too?

There are a number of reasons why SHEU has been successfully providing services since 1977. Some of the reasons include our ability to achieve repeat business from authorities, services dedicated to collecting data about young people's healthy lifestyles and a reputation for providing nationally recognised survey services.

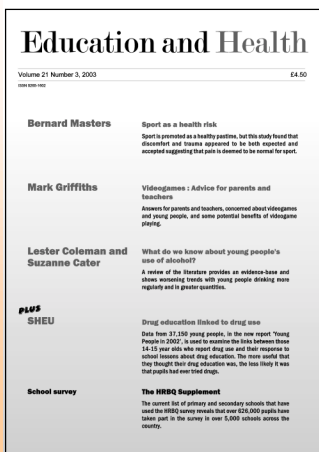
If you ask us for a quote, we will always do two things:

- ~ We will give you an inclusive price with no hidden extras
- ~ We will try and fit inside your budget

If you would like further information please visit our website [www.sheu.org.uk](http://www.sheu.org.uk) and contact David Regis

email: [david.regis@sheu.org.uk](mailto:david.regis@sheu.org.uk)

## EDUCATION AND HEALTH JOURNAL published since 1983



'Education and Health' is aimed at those involved with education and health who are concerned with the healthy development of young people. Readers come from a broad background and include: primary, secondary and further education teachers, university staff, and health-care professionals working in education and health settings.

Articles focus on recent health education initiatives, relevant research findings, materials and strategies for education and health related behaviour data.

We are looking for new contributors and articles can range from 500 – 2000 words. A comment from one new contributor... "We are really pleased with the article and look forward to seeing the published copy".

Should you or your library not subscribe then please consider supporting this independent journal, £20 for 4 issues.

Further details can be found on the website...

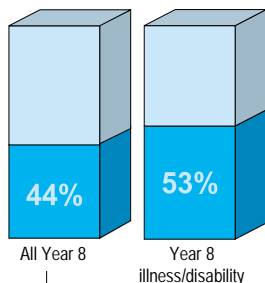
[www.sheu.org.uk/publications/educationandhealth.htm](http://www.sheu.org.uk/publications/educationandhealth.htm)

## LOOKING AFTER OURSELVES

Many years ago SHEU were invited to a conference of the Asthma Training Centre\*, who were in the middle of a big effort to raise awareness of childhood asthma and to train school nurses about the management of asthma in schools. Dr Dave was interested to discover that while medical staff think of well-managed asthma as being keeping the occurrence and severity of symptoms at a minimum, many young people with asthma seemed to have a goal of taking as little medication as possible.

I was reminded of this recently when looking at some research for a client who was interested in the lifestyles of young people with long-term illnesses or disabilities. A simple view of the matter might suggest that if you had an illness or disability, you might be motivated to look after yourself better. However, that wasn't what we saw in the results.

Between 5% and 10% of pupils reported having some sort of disability and about 10% reported some sort of long-term illness.



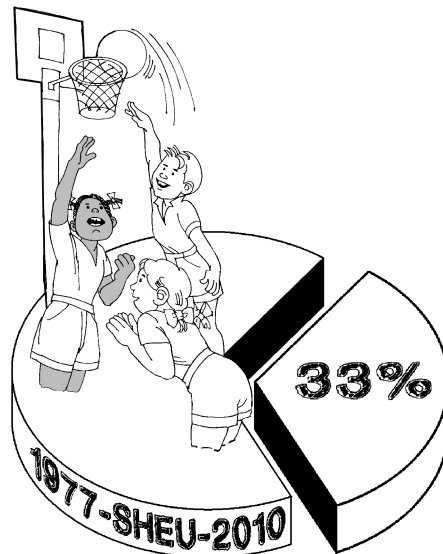
44% of young people in Year 8 reporting drinking alcohol. For those in the same age group who have a disability or long-term illness the figure was 53%; a similar association was found in other year groups.

Now, drinking alcohol in itself may not be a cause for concern. However, we also found higher levels of experimentation with illegal drugs among young people with a long-term illness or a disability than among those with no such concerns.

There are many confounding variables here of course, but at face value, it suggests that young people with existing health concerns are more and not less likely to engage in health-risky behaviour. Have they given up on their health, or have they just got a more realistic perspective on the relative risks to their health?

\* Regis, D (ed.) (1995). *Asthma in the Classroom*, Asthma Training Centre. Exeter: SHEU.

## YOUNG PEOPLE INTO 2010



The backroom beavers at SHEU have been gnawing away at the latest data compiled from our standard questionnaires during 2009. Well, fairly standard. Just to print a list of all the questions asked in different surveys during 2009 (mostly one per line) took 48 A4 pages. And Dr.Dave tells me that's for secondary schools only...

The new report 'Young People into 2010' will be published soon and is a unique contemporary archive of young people. There are over 100 health-related behaviour questions and answers from over 43,000 youngsters between the ages of 10 and 15. They tell us about what they do at home, at school, and with their friends. The data have been collected from over 780 primary and secondary schools across the United Kingdom.

A glimpse at some of the data reveals that:

Up to 62% of the sample report drinking less than 1 litre of water 'yesterday'.

A downward trend, of around 15%, over 20 years of those reporting that they live with both parents (in 2009 the figure was 63%).

28% of 14-15 year olds think they are *unfit* or *very unfit*.

15% of 14-15 year olds report eating 5 or more portions of fruit and vegetables 'yesterday'.

To look at data from previous reports in the *Young People into...* series please visit [www.sheu.org.uk/publications/youngpeople](http://www.sheu.org.uk/publications/youngpeople)

## Supporting the health of YOUNG PEOPLE IN YOUR AREA

An example of a Health Related Behaviour Survey summary report

These results were from a large sample of 15 year olds in a local authority. We were also due to the partnership of several of its former partners. Teachers were asked to take to collect the data, and to help in the survey. The survey aims to provide evidence for Healthy School interventions.

## RANGE OF SERVICES

It's sometimes a surprise to find that even old friends and colleagues are not aware of everything that we do. So, if you'll forgive the recitation, we'll take a moment to remind you of the range of services you can get from SHEU.

Our lifestyle surveys in primary and secondary schools are the best-known part of our work, and the figures collected in this way are published in our acclaimed series of publications *Young People into...* and the *Trends* reports.

But we do many other types of survey as well: perhaps you are interested in...



Pupil or parent or staff surveys

Surveys about perceptions of pupils or their lifestyle

General or single-topic surveys (e.g. drugs)

Surveys in schools or colleges

Off-the-shelf or customised surveys

Plus... free monthly resources about young people's health related behaviour

To discuss your requirements, contact Angela Balding via the phone 01392 66 72 72 or email [angela.balding@sheu.org.uk](mailto:angela.balding@sheu.org.uk)



## DOES EVERY CHILD STILL MATTER?

The new Government has offered some changes in language that it would like to see, including the phrase "Every Child Matters" no longer being used, according to an internal DfE memo:

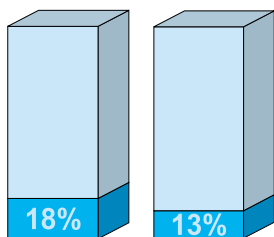
Pre-11 May 2010 "Five outcomes" and "ECM"  
 Post-11 May 2010 "Help children achieve more"

We will watch developments with interest. Michael Gove has yet to declare fully what he wants children to achieve, and how that is to be monitored. But at SHEU we are confident that the principles put in place for our services by John Balding over thirty years ago still hold good. The central idea is that better debates are had and better decisions get made when you have better information, whether you are a child, a teacher, or a parent... or even Secretary of State.

### *Andrew Lansley's self-esteem*

Meanwhile, we are intrigued by the move of the Director of Public Health to local authorities, and note with approval comments from Andrew Lansley, Secretary of State for Health, who in his address to the UK Faculty of Public Health Conference in July, was anxious not to limit his view to narrow behavioural outcomes. "It's about building self-esteem," he said, and this is a topic that we have been interested in for a long while. In the SHEU reports we have often shown links between self-esteem and both health behaviours and mental health\*. Although Lansley cautioned us all that "you can't legislate for self-esteem from Westminster", we welcomed this more inclusive view of where problem behaviours arise.

Self-esteem has been a standard component of the SHEU surveys from the beginning, and currently sits alongside several other aspects of emotional health and well-being in our off-the-shelf surveys.



Now, whether self-esteem work in quite the way the Government thinks it does, isn't obvious. For example, in one sample we looked at recently, 18% of 16-18 year-olds scored in the lowest bracket of self-esteem; if the young people drank more than twice the recommended daily guideline on at least one day last week, the proportion was 13%.

So, we see here a smaller proportion of young people with low self-esteem among the heavy drinkers.

All 16-18 yr. olds    16-18 yr. olds drinking (>2x guideline)

If you would like to find out about the self-esteem of young people in your school or district, contact Angela Balding on (01392) 66 72 72 or [email angela.balding@sheu.org.uk](mailto:angela.balding@sheu.org.uk).

\* See Young People and Illegal Drugs 1987-1998, Trends: Emotional Health and Well-being, 1983-2003, and Young People into 2010 (in preparation).

If you don't want the whole survey service from SHEU, perhaps we can advise or support you through just one part of the survey process.

- Study design
- Questionnaire design
- Distribution and collection of questionnaires
- Data entry
- Preparation of tables of results
- Reports

If you have the capacity locally to handle, say, collecting the figures, but not the time to process the data nor to produce a report, then give us a ring.

To discuss your research requirements, contact:  
 David Regis on (01392) 66 72 72 or [email david.regis@sheu.org.uk](mailto:david.regis@sheu.org.uk).

FREE each month  
 Research about Young People's  
 Health Related Behaviour

join the email list and contact  
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 for details