

Example PDF with links

# Young People into 2013

The Health Related Behaviour Questionnaire results  
for 68,594 young people between the ages of 10 and 15

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From the original 145 pages, this example pdf shows only a limited number of pages

# Contents

The questionnaire and the survey .....	v
The quality of the survey data .....	xx
References .....	xxviii
1. Food choices & weight control .....	1
2. Doctor & Dentist .....	13
3. Health & Safety .....	19
4. Family & Home .....	31
5. Legal & Illegal Drugs 1 ... Legal & Illegal Drugs 2 .....	43
6. Money and Work .....	67
7. Exercise & Sport .....	73
8. Social & Personal 1 ... Social & Personal 2 .....	81
9. More Primary Questionnaire Responses .....	103

# 1 Food choices and weight control

This section of the Health Related Behaviour Questionnaire has passed through more revisions than any other. In earlier versions, attempts were made to derive quality and quantity measurements from the respondents' account of 'yesterday's intake', but the vagueness about amounts and quality made it impossible to do more than note the apparent presence or absence of certain important nutrients. The current versions of the questionnaire contain a checklist of common food items against which the pupils indicate typical levels of consumption. It is hoped that classroom discussion of these results will raise levels of awareness regarding 'healthy' and 'unhealthy' foods. The health-related aspect of diet, as well as attitude to personal weight, is also included in this section.

Question

What did you have for breakfast this morning?.....	2
What did you do for lunch yesterday?.....	3
Your weight — which statement describes you best?.....	4
Protein items in their diet .....	5
Starchy items in their diet.....	6
Fruit and vegetables in their diet.....	7
Portions of fruit and vegetables .....	8
The drinks and snacks they enjoy.....	9
Water drunk 'yesterday' .....	10
When choosing what to eat, do you consider your health? .....	11

# Schoolday breakfast

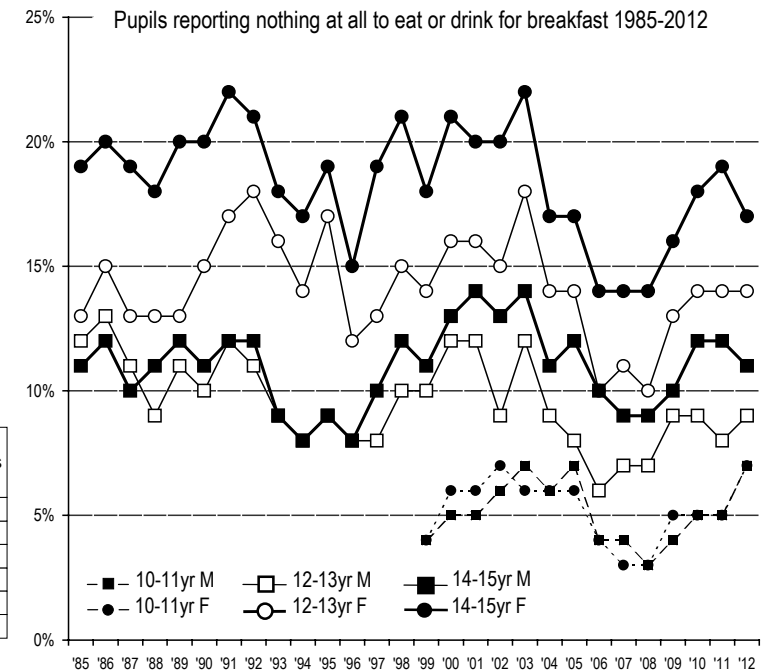
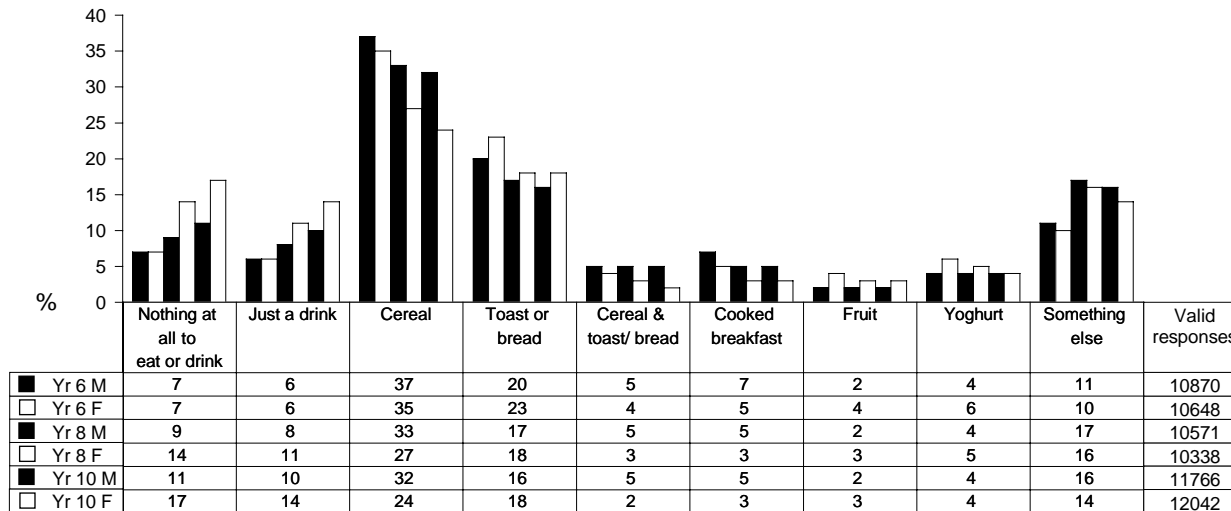
17% of the Year 10 females have *nothing at all to eat or drink* for breakfast

## What did you have for breakfast this morning?

1. Seeking the breakfast 'missers', we find more Year 10s than Year 8s, and more Year 10 females than Year 8 females.
2. *Cereal* is the most commonly reported breakfast item for up to 37% of pupils.
3. *Just a drink* is reported by 14% Year 10 females.
4. A *cooked breakfast* is taken by few and more often by the males.

## Comments

1. We show below results from those pupils responding to the 'nothing to eat or drink' option in the questionnaire. Females, more than males, consistently report having nothing for breakfast. Each group displays differences between years. Since around 2004, fewer 14-15 year old females appear to be reporting 'nothing at all to eat or drink for breakfast' when comparing pre/post 2004 data.



# Water

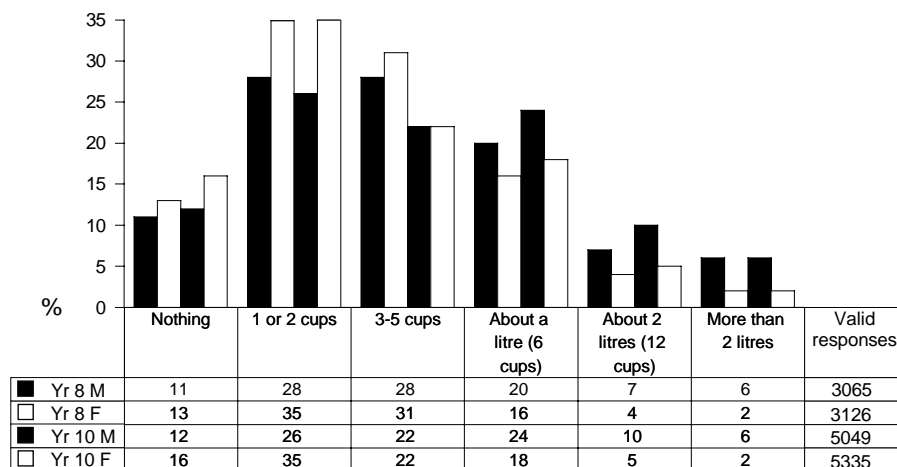
75% of 14-15 year old females report drinking less than 1 litre of water 'yesterday'

## How much water did you drink 'yesterday'?

### Comments

1. Most 12-15 year olds report drinking between 1-5 cups of water 'yesterday'.
2. 75% of 14-15 year old females report drinking less than 1 litre of water 'yesterday'
3. As they get older, more males than females continue to report drinking more than 1 litre of water in one day.

1. This was a new question in 2006. Pupils were asked, "How much water did you drink yesterday? They are asked only to count plain water, not juice, tea etc. They are given 5 options.
2. Up to 16% claim to have had no plain water to drink.
3. Guidelines suggest that water intake can come from many sources including food, tea, fruit squashes etc., but organisations we work with are particularly interested in water.
4. Assuming 'yesterday' was a normal day should we be concerned that 75% of 14-15 year old females report drinking less than one litre of water in a day? Generally it is advised that water, obtained from drinks per day, should be around 1.6 – 2.8 litres for the 9-18 year olds. (For details visit: <http://www.water.org.uk/.../wise-up-on-water.pdf>)



# 2 Doctor and Dentist

The 'doctor' questions are about the respondents' last visit to their GP. With respect to dental hygiene, the questions are about toothbrushing frequency and their last visit to the dentist.

## Question

How long ago did you last visit the doctor? .....	14
On this last visit, did you feel at ease with the doctor? .....	15
How many times did you clean your teeth yesterday? .....	16
How long ago did you last visit the dentist? .....	17

# 3 Health and Safety

Many of the questions in this group reflect a traditional view of health — physical cleanliness, use of medicines, and common ailments. We also have questions about accidents, and the vulnerability of young cyclists is also a major concern.

## Question

When you cycle, do you wear a safety helmet? .....	20
How many hours sleep did you get last night? .....	21
Is the amount of sleep you normally get...enough for your health? .....	22
Is the amount of sleep you normally get...enough for your studies? .....	23
How do you rate your safety when going out during the day, and after dark, in the area where you live? .....	24
Do you have friends who carry weapons for protection when going out? .....	25
Do you ever feel afraid of going to school because of bullying? .....	26
Do you think others may fear going to school because of you? .....	27
E-Safety? .....	28
In the past year, have you had any accidents that were treated by a doctor or at a hospital? .....	29
Do you try any of the following ways to avoid sunburn? .....	30

# 4 Family and Home

Young people spend the majority of their time in and around the home. Relevant questions are scattered through the Health Related Behaviour Questionnaire, but the ones included here relate particularly to the kind of home they live in and the things they do when at home.

Question

Which adults do you live with? .....	32
How many people live in your home (including yourself)? .....	33
How many bedrooms are there in your home? .....	34
Ethnic group — which of the following most nearly describes you? .....	35
How did you travel to school today? .....	36
How many cars does your family own?.....	37
How long did you spend watching television after school yesterday? .....	38
How long did you spend doing homework after school yesterday? .....	39
How long did you spend playing computer games after school yesterday? .....	40
Activities after school on the previous evening .....	41



# 5 Legal and Illegal Drugs 1

Information about the use of drugs, whether legal or illegal, is often sensationalised. It is an area where the teacher may feel handicapped by a lack of knowledge about people’s degree of use, and a confidential questionnaire offers the best chance of deriving reliable information. Although tobacco and alcohol are in a general sense ‘legalised’, some of the questions reveal the extent of under-age purchase of alcoholic beverages. Information about personal and use of ‘illegal’ drugs is presented, together with the perceived danger associated with their use. See also ‘Young People and Illegal Drugs:Attitudes to and experience of illegal drugs 1987-2008’, ‘Trends: Young People and Smoking 1983-2007’ and ‘Trends-Young People and Alcohol 1983-2001’.

## Question

During the last 7 days, have you had any of these alcoholic drinks? .....	45
During the last 7 days, how many pints of mixed shandy have you drunk?.....	46
During the last 7 days, how many pints of beer or lager have you drunk? .....	47
During the last 7 days, how many pints of cider have you drunk? .....	48
During the last 7 days, how many cans or bottles of ‘alcopops’ have you drunk? .....	49
During the last 7 days, how many glasses of wine have you drunk? .....	50
During the last 7 days, how many glasses of fortified wine have you drunk? .....	51
During the last 7 days, how many measures of spirits have you drunk? .....	52
The total number of units of alcohol consumed in the last 7 days .....	53
During the last 7 days, how many drinking alcohol? and days you got drunk? .....	54
Have you bought alcoholic drink at any of these places during the last 7 days? .....	55
Have you had an alcoholic drink at any of these places during the last 7 days? .....	56
If you ever drink alcohol at home, do your parents know? .....	57

# 5 Legal and Illegal Drugs 2

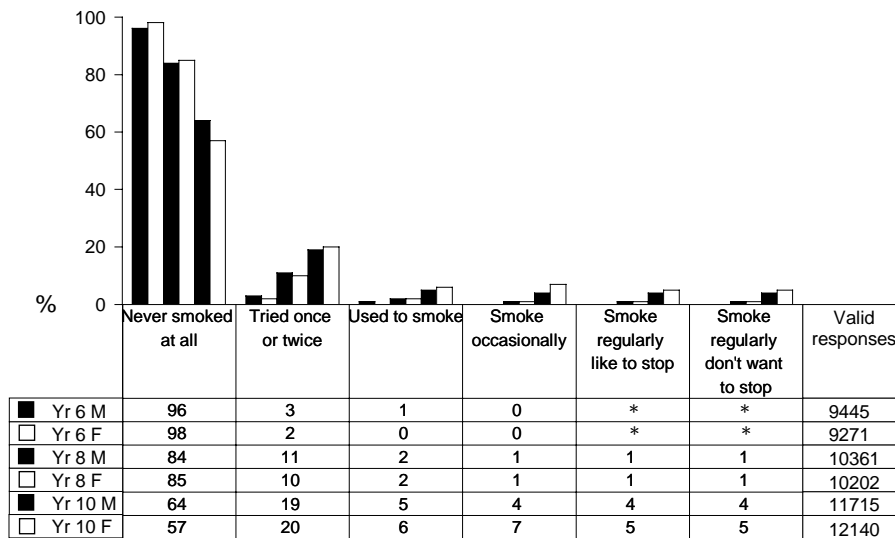
Question	
How many cigarettes have you smoked during the last 7 days? .....	58
If you have smoked recently, where did you get your last cigarettes from? .....	59
What kind of smoker are you? .....	60
How many people smoke on most days in your home? .....	61
What do you know about these drugs? .....	62
Do you know anyone personally who you think takes any of these drugs? .....	63
Have you ever taken any of these drugs? .....	64
Have you ever taken more than one type of drug on the same occasion? .....	65
Have you ever taken drugs and alcohol on the same occasion? .....	66

# Type of smoker

Up to 43% will have smoked by Year 10

## What kind of smoker are you?

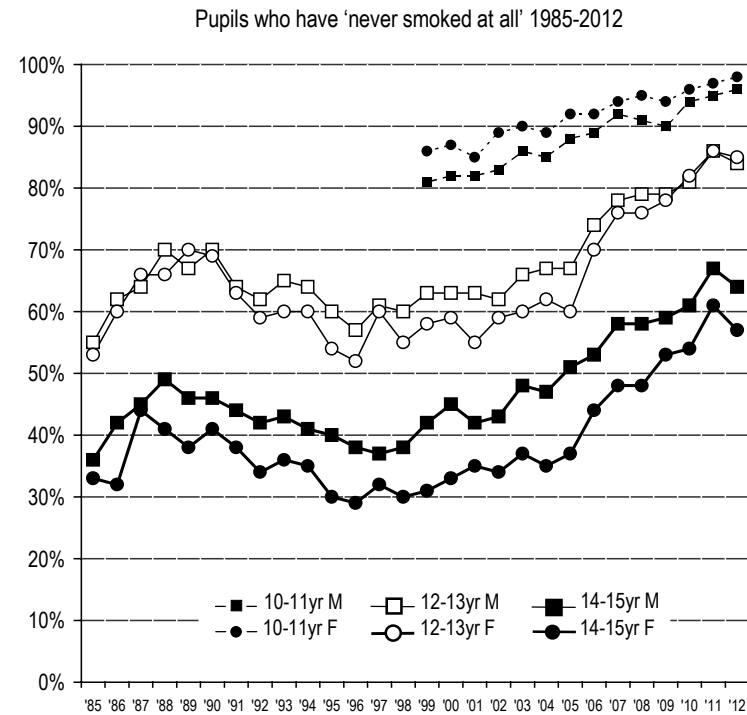
1. In Year 6 around 96% report *never smoked*. By Year 10, this number declines to 64% for males and 57% for females.
2. 43% of Year 10 females have smoked and 10% report smoking regularly.



\* Year 6 pupils were not asked about these activities

## Comments

1. Data from 1985 show a rising trend, from around the late 1990s, of those pupils who report having 'never smoking at all'.



# 6 Money and Work

The amount of money that young people have to spend is an important factor in determining their access to a host of behaviours. This section examines working for money, levels of income, and the sorts of things that they spend their money on.

## Question

Have you a regular paid job during term time? .....	68
Have you put any of your own money into a savings scheme in the last 7 days? .....	69
During the last 7 days, have you spent any of your own money on the following items? .....	70
During the last 7 days, have you spent any of your own money on the following items? .....	71

# 7 Exercise and Sport

There is widespread concern at what appear to be generally low levels of physical activity in the daily life of young people. If, as has been suggested, the four-year-olds starting in our primary schools will have a life expectancy in excess of a hundred years, then we need to ensure that they have an appreciation for the role that physical fitness plays in their quality and enjoyment of life. Trends in physical activities can be found in 'Trends: Young People and Physical Activities 1987-2003'. The questions in this section cover physical activity, perceived fitness, and which sporting activities (if any) young people took part in out of school time.

Question

How much do you enjoy physical activities? .....	74
Sports and activities participated in during the past 12 months outside school .....	75
Sports and activities participated in during the past 12 months outside school .....	76
Sports and activities participated in during the past 12 months outside school .....	77
How fit do you think you are? .....	78
How many times last week did you exercise and have to breathe harder and faster? .....	79

# 8 Social and Personal 1

The questions included in this group refer to social relationships, sources of information about sex, school lessons and problem-sharing. Questions to discover the pupils' awareness about contraceptive methods and services are also included.

## Question

How do you usually feel when meeting people of your own age for the first time? .....	83
Every Child Matters: statements gauging pupils' perceptions of school .....	84
How useful have you found school lessons about the following? .....	85
How many school lessons do you enjoy at school? .....	86
Which of these statements about qualifications best describes you? .....	87
After the end of Year 11 what would you like to do? .....	88
How much do you worry about these problems? .....	89
Where would you go first for help or information about the following? .....	90
When somebody wants me to do something I don't want to... ..	92
Self-esteem measurement (0–18) .....	93
“I am in charge of my health” & “If I keep healthy, I've just been lucky” .....	94
“If I take care of myself I'll stay healthy” & “Even if I look after myself I can still easily fall ill” .....	95
Health locus of control score (-4 to +4) .....	96
How many adults can you really trust? .....	97
In general, how satisfied do you feel with your life at the moment? .....	98

# 8 Social and Personal 2

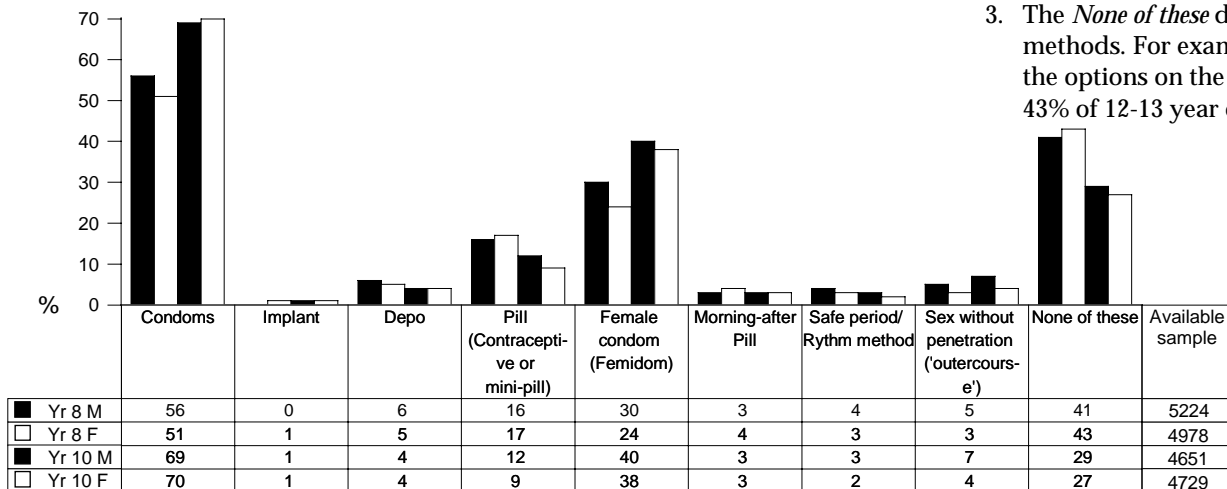
Question	
Sexually transmitted diseases and infections – what do you know about them? .....	99
What do you know about the following methods of contraception? .....	100
<a href="#">Which contraceptive methods are reliable to stop infections like HIV/AIDS?</a> .....	101
Is there a special birth control (family planning) service for young people available locally? .....	102

# Contraception and HIV/AIDS

Most select male condoms

## Which contraceptive methods are reliable to stop infections like HIV/AIDS?

1. *Male condoms* was selected by up to 70% of all pupils and up to 40% selected *Female condoms*.
2. There are differences in percentages between some choices made by Year 8 and Year 10 pupils. For example, as they get older 19% more females choose *Condoms* and 14% more choose *Female condoms*.



## Comments

1. In the questionnaire, this question follows the question on the previous page. Pupils are asked to circle each letter, corresponding with a list of contraceptive methods, that they think is reliable to stop infection like HIV/AIDS.
2. If we accept that the barrier contraceptive methods (male and female condoms) and 'sex without penetration' offer protection against infections (see [www.fpa.org.uk](http://www.fpa.org.uk) and [www.avert.org.uk](http://www.avert.org.uk)) then should the apparent level of knowledge of the 12-15 year olds in this sample cause us concern?
3. The *None of these* data refer to those pupils who did not choose any of methods. For example, 29% of 14-15 year old males did not choose any of the options on the list. We do not know the reasons for this choice but 43% of 12-13 year old females could not decide which contraceptive methods are reliable to stop infections.
4. Often in a question we can distinguish between missing data and a definite *No* response. Because of the design of this particular question no such distinctions can be made.



# 9 More Primary Questionnaire Responses

The primary Health Related Behaviour Questionnaire contains around 50 questions, compared with more than a hundred in the secondary version. Overall, therefore, many more secondary questions lack a primary equivalent than the other way round. However, some questions in the primary version do not match up with any of the 'secondary' questions. There are also questions that cover similar aspects whose data are difficult to merge, so that some information is lost. We present the major omissions here, as they cover important aspects of the lives of these very young people.

## Question

### Doctor and Dentist

What treatment did the dentist give you on your last visit? ..... 104

### Health and Safety

Do you have asthma? ..... 105

Did you take any medicine for asthma in the last 7 days? ..... 105

Bullying - Have any of the following happened to you in the last month? ..... 106

Bullying - Where did these unpleasant experiences happen? ..... 107

Bullying - Do you think you are being 'picked on' or bullied for any of the following reasons? ..... 108

Have you ever been approached by an adult who scared you or made you upset? ..... 109

### Money and Work

Do you usually get pocket money? ..... 110

How much pocket money did you get last time? ..... 111

### Legal and Illegal Drugs

Do you think you will smoke when you are older? ..... 112

Have any of the following talked with you about drugs? ..... 113

### Exercise & Sport

During school playtimes (including dinner times), do you spend time? ..... 114

### Social and Personal

Have any of the following talked with you about how your body changes as you grow up? ..... 115