

Trends

Young People's Food Choices

**Attitudes to healthy eating and weight control
1983-2001**

Data from the
Health Related Behaviour Questionnaire
from a sample of 299,543 young people
between the ages of 12-13 and 14-15

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Each year the Schools Health Education Unit supports surveys in hundreds of communities nation wide and each year we compile the results from these surveys in our series 'Young People in...'. Our survey services began in the late 1970s and have been very widely used, and from the data bases from 1983 onwards we are publishing data to allow examination of trends.

Our annual survey sample is accidental and not deliberate and is therefore not a representative 'national sample' in a research sense. It is however very large, and within any one community is never less than 40% of the community and often greater than 70%. Our aim is to provide robust data for the community in which the data are collected and used.

With the large sample it comes as no surprise to discover that the Unit's annual data compilations usually match the outcomes of orthodox procedures for the collection of 'national data'.

Please contact us if you would like to know more about our work, or carry out a survey of the young people in your locality.

Summary

FOOD CHOICES AND WEIGHT CONTROL

- ↑ NOTHING AT ALL TO EAT FOR BREAKFAST 1983-2001**
TREND There is an upward trend for all groups who have 'nothing to eat for breakfast' which becomes well defined from 1996 onward. (They may have had a drink.) Figures from the older (14-15 yr) females range from 24% (1984) to 41% (2001). Figures from the younger (12-13 yr) females range from 17% (1983) to 33% (2001). In 2001 we found that, among older females, those missing breakfast are nearly twice as likely to have missed lunch the previous day.
- ↓ COOKED BREAKFAST 1984-2001**
TREND There is a slight downward trend for all groups having cooked breakfast except in older females who have remained around 2% since 1994. Figures from the older females range from 4% (1985) to 1% (1999). Figures from the older males range from 9% (1985) to 4% (2000). The decreasing trend suggests that a schoolday cooked breakfast may have been in decline prior to the 1980s. In 2001 we found that fruit, yoghurt and 'something else' were favoured by 7% of older males, and 10% of older females.
- ↓ CEREAL FOR BREAKFAST 1987-2001**
TREND There is a general downward trend for all groups and males remain consistently higher than females. The results suggest a possible decline of around 10% in popularity of 'cereal'. Figures from the younger males range from 62% (1994) to 52% (2001). Figures from the older females range from 41% (1988) to 29% (2001).
- ↑ JUST A DRINK FOR BREAKFAST 1984-2001**
TREND There is a general upward trend, from around 1993, for all groups for this option. Figures from the older females range from 13% (1984) to 21% (2001). Figures from the older males range from 7% (1990) to 14% (2001). Although 'just a drink' could imply an inadequate breakfast, the type of drink would provide different nutritional values, e.g. a glass of fruit juice or milk. An analysis carried out in 'Young People in 1998' showed that the percentages that 'drank ordinary milk on most days' had fallen steadily between 1987-1998.
- ↑ HAD NO SCHOOLDAY LUNCH 1983-2001**
TREND There is a clear upward trend of those not having lunch particularly for older females. Figures from the older females range from 2% (1984) to 18% (2001). Figures from the older males range from 2% (1984) to 10% (2001). Reference is made to potential links between missing lunch, breakfast and a desire to lose weight. Are there other reasons related to this rising trend? Are there increases in the trends for those citing the other options provided in the question. For example, is there an increase in 'packed lunch' or 'school lunch' or 'going home for lunch'?
- ↔ ATE SCHOOL LUNCH 1983-2001**
TREND There is no overall trend but differences between certain groups and periods. Figures from the older females range from 23% (1989) to 37% (1985). Figures from the younger males range from 36% (1987) to 49% (1983). We first made the distinction between 'school set lunch' and a school 'cafeteria lunch' in 1990 and now find an increase in those choosing the 'cafeteria lunch' option.
- ↑ ATE A PACKED LUNCH 1985-2001**
TREND There is an upward trend for this option with fluctuations and a general increase from around 1995. Figures from the younger females range from 30% (1985) to 53% (1991). Over the past 10 years the figures, from the older females have fluctuated widely but generally increased. Figures from the older females range from 21% (1985) to 47% (1991). Figures from the younger

males range from 20% (1985) to 45% (1997). Basic analysis of early data suggested that 'packed lunchers' were likely to enjoy a more balanced overall diet than those choosing other lunch options – not necessarily because of what was in it but because those supplying it tended to give more thought to what pupils eat.

↓ **WENT HOME FOR LUNCH 1985-2001**

TREND There is a downward trend reflected by those pupils going home for lunch. Figures from the older females range from 26% (1986) to 6% (2001). Figures from the older males range from 27% (1986) to 7% (2001). Although not an unsurprising trend it is helpful to reflect on the percentages of older females who have used this option in relation to the increasing trend of this group having 'nothing to eat' at lunch time.

↓ **ATE FRESH FRUIT ON MOST DAYS 1990-2001**

TREND There is a clear downward trend which in both genders is clearly defined; the chart also shows that fresh fruit is more popular with females. However, we see many clear associations between food options in the list, so that when we looked among older males and females in our 2001 databank, we found that young people who eat fresh fruit on most days were also more likely to eat healthy items like fish, wholemeal bread, high fibre-cereals salads and vegetables on most days as well. Older females who ate fresh fruit on most days were also less likely to eat crisps sweets on most days or to drink sugary fizzy drinks.

↑ **ATE CHIPS OR ROAST POTATOES ON MOST DAYS 1990-2001**

TREND A general increase of around 10% can be seen. It is of particular notice in the older females as the trend has been upward since 1990. Figures from the older females range from 14% (1990) to 25% (2000). In 1996 and 2001 we found that those eating a packed lunch were less likely to eat chips

↓ **ATE CRISPS ON MOST DAYS 1987-2001**

TREND A general, slight, downward trend is noted between 1987-1998. Both genders and age groups fluctuate around the percentage points. Figures from the younger females range from 53% (1990) to 39% (1995). Figures from the younger males range from 52% (1990) to 35% (1998). In general it is suggested that younger females have shown slightly more interest in crisps than the other groups, although older males show strongly in the more recent data.

↓ **CONSIDER HEALTH WHEN CHOOSING FOOD 1991-2001**

TREND There is a declining trend, seen since 1991, of those young people who 'quite often', 'very often' or 'always' consider their health when choosing what to eat. However, we find that the older males and females who say they often think about their health when choosing food are more likely to: eat salads, fruit, vegetables, fish and drink low-calorie drinks on most days than their peers, and they are less likely to eat chips, sweets, sugary cereals or drink sugary fizzy drinks on most days. This tells us that these global attitudes to food may be important, not being vague opinions but having a real effect on behaviour.

↑ **LOSE WEIGHT 1983-2001**

TREND The charts show responses to the question about weight loss. An increasing trend of desire for weight loss is apparent, particularly over the last 10 years. From 1991 onwards, the figures from the older females range from 53% (1991) to 63% (1998). Figures from the younger males range from 26% (1991/93) to 32% (1999). Recent results suggest either a levelling out or slight decline in the trend. Whatever the case it continues to be a worrying set of data.

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Introduction

The Schools Health Education Unit has been involved in the collection of robust baseline data about young people's health-related behaviour since 1977. It does this through surveys in schools using the Health Related Behaviour Questionnaire (HRBQ).

The resulting baseline data identify and confirm priorities for health needs assessment, intervention programmes, and health education planning. Behaviour changes can also be monitored over time and compared with local and national trends. Breaking the data down by locality prompts curriculum review by the schools, promotes stronger links between schools and health authorities, and stimulates health promotion in the community. Repeated use of the HRBQ allows intervention programmes to be monitored and evaluated.

To date nearly 610,000 pupils, from 8 – 16 years of age, have taken part in the survey in over 4,800 schools across the UK.

The data presented in this report were derived from HRBQ surveys carried out between 1983 and 2001, and includes data about 'Food Choices and Weight Control' from a sample of 299,543 young people between the ages of 12-13 and 14-15. This report has been prepared in response to the requests from people who are interested in identifying trends in our data. The intention is to present further reports that will identify trends found in other areas of the HRBQ including 'Doctor & Dentist', 'Health & Safety' 'Family & Home', 'Legal and Illegal Drugs', 'Money', 'Exercise and Sport', and 'Social and Personal'.

The 'Young People in...' reports describe the HRBQ results for each year and have been published annually since 1986. The reports also contain details about the development of the HRBQ and the quality of the survey data. Many volumes are still available to purchase and extracts from 'Young People in 2000' can be viewed on the Internet (www.sheu.org.uk).

The Serial Data 1983 - 2001

An opportunity to explore our archive occurred in 1998 and the resulting publication 'Young People in 1998 – and looking back as far as 1983' was well received. The Unit continues to receive requests for data that explore trends in young people's lifestyles that might act as pointers for the next few years. However, it is important for readers to know something about the background to this review of our serial data.

The early years: 1980-85

Schools started using the questionnaire in 1980, and by 1982 there was a team of coders processing scripts. The data were 'punched' by the data-preparation team and stored on magnetic tape or hard discs, an arrangement that continued until we developed our own independent network.

Our earliest surviving compilations are for 1983, preserved in two scrapbooks of printout representing the combined 1983 and 1984 data, obtained using version 8 of the HRBQ. Data for the years 1984 and 1985 are still accessible in our databanks, although they were never published. From 1986 onwards, however, we have a complete record, as this was the year in which the annual 'Young People in...' reports started.

Versions and variations

The HRBQ is an evolving enquiry instrument. Revisions are needed for at least two reasons: as young people's behaviour patterns change, some questions need to be updated or replaced; and, despite careful trialling, these new questions may have to be modified in some way in the light of their use.

HRBQ version 8 featured in 1983 and version 21 was used in 2001. (Versions 8 & 9, 12 & 14, and 17 & 18, were almost identical, and their numbers were changed for administrative reasons. Version 13, produced for the Health Education Authority, was as far as we know never used.)

It follows that questions introduced in Versions 10 and later do not have a history of use back to 1983, while questions abandoned before Version 21 do not appear in this report. However, even though a question has a long history of use, it may not be useful for serial data during its whole lifetime.

Changes great and small

Some reasons involve a change of wording to clarify the meaning, for example, 'saving money' became 'put money into a savings scheme', or different constraints, for example, 'spending last month' became 'spending last week'.

However, the effects of some other, much slighter changes, were not predicted, and were discovered only because the year-by-year survey results usually show such smooth continuity that any displacement of the pattern is immediately obvious. Some seem to correlate with minute changes in wording or layout, but others have been diagnosed more helpfully.

Answer order effect

The 'answer order effect' is observed in questions with a checklist of responses. The respondent tends to tick the first likely-looking answer encountered. When we

changed the order in one question from 'Mother, Father, Mother & Father' to 'Mother & Father, Mother, Father'. The 'Mother & Father' response increased at the expense of the other two.

Answer option effect

The 'answer option effect', where the responses to a category within a question appear to have changed. This occurred in the breakfast question when respondents were offered a different response option. Instead of 'circling the nearest option' and making only one response, they were offered a 'yes' or 'no' option for multiple items. The result did not appear to alter the response for the 'cereal' option but may have produced a possibly lower percentage response for the 'nothing to eat' option.

Answer option list effect

The 'answer option list effect' has been attributed when, over time, a change in the number of options in the same question appears to alter the number of responses to certain options. This may be the cause behind a higher number of respondents choosing the 'fresh fruit' option after the number of options in the question had been reduced. The 'fresh fruit' option had remained unchanged from 1990 -2001 and the results showed a downward trend in popularity until 1999. In 1999 the 'fresh fruit' option remained in the question but the available options list reduced from 50 to 15. Results from 1999-2001 suggest a reversal of the apparent downward trend and, while it is tempting to suggest a range of factors that may have brought about this trend reversal we will await future results before exploring this possibility.

Question order effect

The 'question order effect' is where answers to an unchanged question may be affected by its altered position with respect to other related questions. We noticed that more respondents claimed to make healthy eating choices when the question followed, rather than preceded, a separate question containing a checklist of dietary items.

Setting the context

These discoveries have implications for the data we present, and our survey work has undoubtedly gained in stature as a result. We know what we are trying to discover when we ask a question - but if apparently innocent changes in its wording, or even in its position on the page, can change the way it is answered, then it is only by studying its use over a long period of time and through different questionnaire versions that we can really feel we understand it as the young people do.

These findings also have implications for questionnaire work generally. Few questions, certainly in the area of human behaviour and beliefs, are context-free. The best we can do is to recognise this and to make the context (both within the enquiry instrument and in the atmosphere when it is completed) as similar as possible each time the question is answered. Then, even though we may not have a 'definitive' answer, which is probably impossible anyway, we shall at least have the best possible comparative data.

Year groups

The data in this report refer only to Year 8 (12-13 year olds) and Year 10 (14-15 year olds) as they are the best represented age-groups in our data since 1983.

The 'Young People in...' reports have discussed results from all year groups represented by more than a thousand pupils. The coverage depends upon the selection of year groups to be surveyed. For example in 1994, five year groups - from 7 to 11 (11-16 year olds), were represented and in 2001 three year groups - 6, 8 and 10 (10-15 year olds), were represented. Over the years, the concentration on Year 8 (12-13 year olds) and Year 10 (14-15 year olds) reflects the importance attached to these year groups by the health and education authorities responsible for commissioning the surveys.

The Sample

Data from 299,543 young people between the ages of 12-13 and 14-15 is presented in this report. This is the total number, from 1983-2001, as described in the table below.

The totals for each group (male and female:12-13yrs and 14-15 yrs.) are provided as well as the sample total for each year. Please note that numbers of pupils answering individual questions may be different to the sample size.

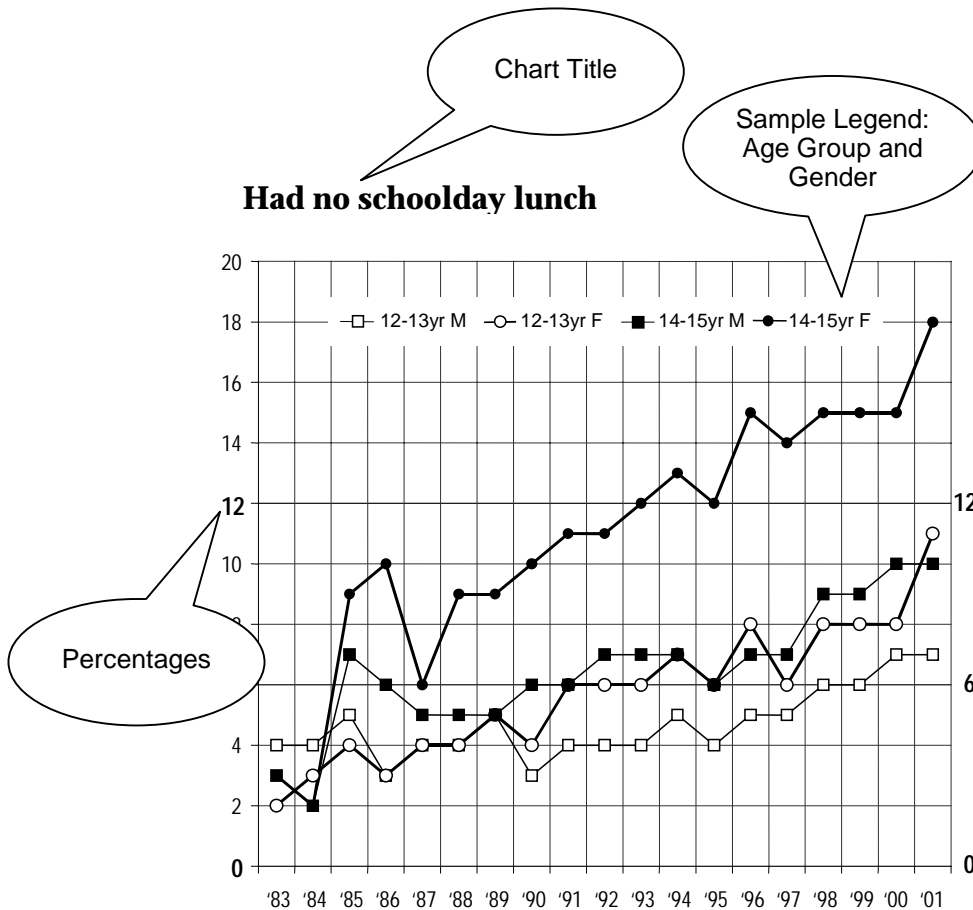
The table also shows the number of all pupils and age ranges that completed the HRBQ. This figure totals 496,387 pupils from 8-16 years of age.

Sample/Yr.	1983	1984	1985	1986	1987	1988	1989	1990	1991	1992	1993	1994	1995	1996	1997	1998	1999	2000	2001
M 12-13y	599	780	715	1585	1516	4285	2588	3152	3837	4222	4464	9377	4804	5288	5203	4282	6807	7180	2553
F 12-13y	567	623	825	1614	1479	4231	2487	3231	3241	3947	4280	8957	4727	5240	4708	4240	7225	7548	2249
M 14-15y	2731	1836	2493	2119	3322	5945	2113	3948	3562	4328	5070	7993	3683	4446	4933	4899	7971	7034	2219
F 14-15y	2222	1388	2476	1907	3046	5789	2227	3822	3437	4274	4606	7582	3497	4374	4394	4800	8518	7409	2088
Total	6119	4627	6509	7225	9363	20,250	9415	14,153	14,077	13,171	18,420	33,909	16,711	19,348	19,238	18,221	30,521	29,177	9089
All pupils	10,674	15,205	13,529	19,759	27,628	33,459	15,672	18,941	23,928	28,070	29,074	48,297	39,511	22,067	37,538	18,221	36,856	42,073	15,881
Age ranges	11-16	11-16	11-16	11-16	11-16	11-16	11-16	11-16	12-16	8-15	11-16	11-16	9-11 12-13 14-15	12-15	9-16	12-13 14-15	10-11 12-13 14-15	10-11 12-13 14-15	10-11 12-13 14-15

Data presentation

Each chart presents male and female data from two age groups (12-13 years and 14-15 years). The chart title often refers to options within each question. For example, the chart below, 'Had no schoolday lunch', refers to those pupils who responded to that option in a question about what they did for their lunch.

The percentages for each sample (male/female:12-13yrs and 14-15 yrs.) are provided.



Gender and Age Group

Year

Percentage Data

Had no schoolday lunch

	1983	1984	1985	1986	1987	1988	1989	1990	1991	1992	1993	1994	1995	1996	1997	1998	1999	2000	2001
M12-13y	4	4	5	3	4	4	5	3	4	4	4	5	4	5	5	6	6	7	7
F 12-13y	2	3	4	3	4	4	5	4	6	6	6	7	6	8	6	8	8	8	11
M14-15y	3	2	7	6	5	5	5	6	6	7	7	7	6	7	7	9	9	10	10
F 14-15y	3	2	9	10	6	9	9	10	11	11	12	13	12	15	14	15	15	15	18

Young People's Food Choices

Attitudes to healthy eating and weight control

1983-2001

How some of the questions appear in HRBQ version 21 (1999-2001)

N2 What did you have for breakfast this morning?

Please circle the nearest answer

0 = Nothing at all to eat or drink

1 = Just something to drink

2 = Cereal

3 = Toast or bread

4 = Cereal and toast or bread

5 = Cooked breakfast (please describe)

6 = Fruit

7 = Yoghurt

8 = Something else (please describe)

N1 What did you do for lunch yesterday?

Please choose the nearest answer

0 = Had cafeteria lunch in school

1 = Had a set lunch in school

2 = Ate a packed lunch

3 = Bought lunch from a takeaway or shop

4 = Went home for lunch

5 = Did not have any lunch

N4 Which statement describes you best?

0 = I would like to put on weight

1 = I would like to lose weight

2 = I am happy with my weight as it is

N3 When choosing what to eat, do you consider your health?

0 = Never 1 = Sometimes 2 = Quite often

3 = Very often 4 = Always

Nothing at all to eat for breakfast 1983-2001

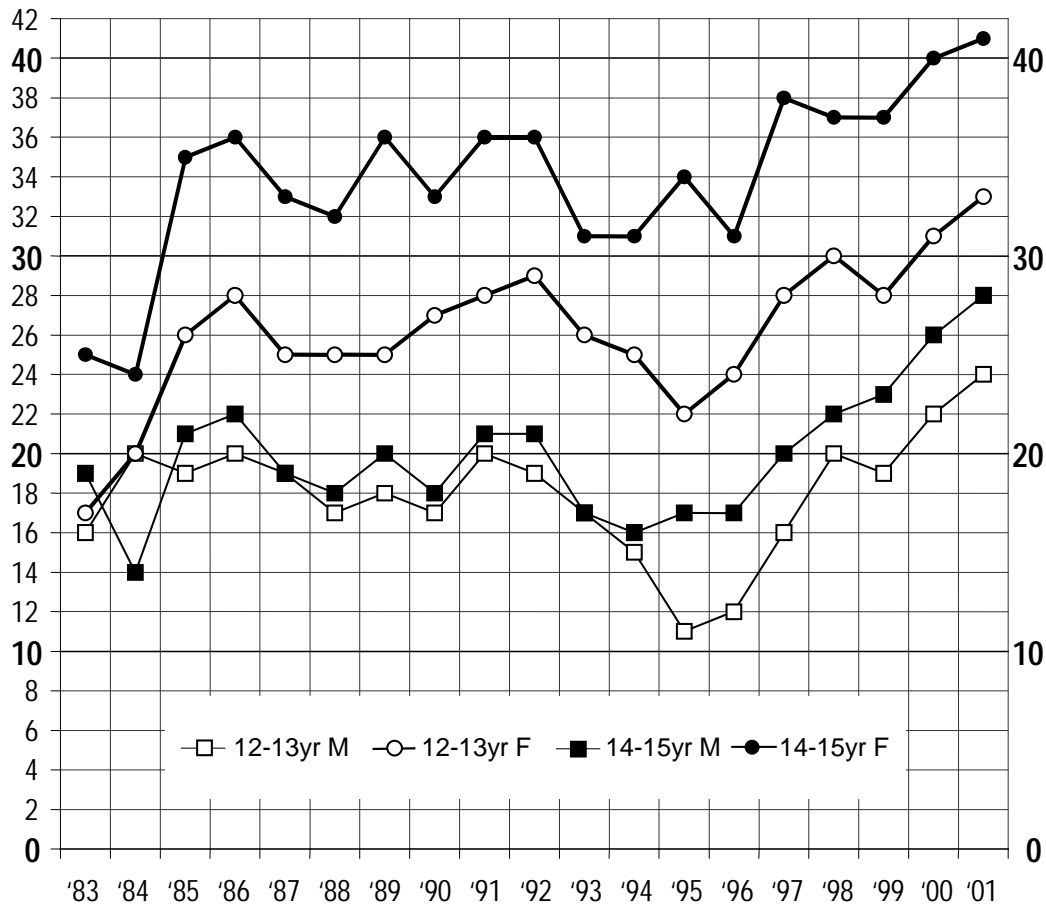


How the question appears in HRBQ version 21 (1999-2001)

N2 What did you have for breakfast this morning?

Please circle the nearest answer

0 = Nothing at all to eat or drink
 1 = Just something to drink
 2 = Cereal
 3 = Toast or bread
 4 = Cereal and toast or bread
 5 = Cooked breakfast (please describe)
 6 = Fruit
 7 = Yoghurt
 8 = Something else (please describe)



Nothing at all to eat for breakfast

	1983	1984	1985	1986	1987	1988	1989	1990	1991	1992	1993	1994	1995	1996	1997	1998	1999	2000	2001
M12-13y	16	20	19	20	19	17	18	17	20	19	17	15	11	12	16	20	19	22	24
F 12-13y	17	20	26	28	25	25	25	27	28	29	26	25	22	24	28	30	28	31	33
M14-15y	19	14	21	22	19	18	20	18	21	21	17	16	17	17	20	22	23	26	28
F 14-15y	25	24	35	36	33	32	36	33	36	36	31	31	34	31	38	37	37	40	41

Nothing at all to eat for breakfast 1983-2001



Observations

- There is an upward trend for all groups becoming well defined from 1996 onward
- There are clear distinctions across genders and age groups
- Older females remain consistently higher than the younger females
- Figures from the older females range from 24% (1984) to 41% (2001)
- Figures from the younger females range from 17% (1983) to 33% (2001)
- Older males remain consistently higher than the younger males
- Figures from the older males range from 14% (1984) to 28% (2001)
- Figures from the younger males range from 11% (1995) to 24% (2001)

Commentary

- We do not know if missing breakfast 'this morning' is an undesired omission (e.g. through lack of organisation, time or effort) or a deliberate decision to reduce food intake. In 'Young People in 1997' we found that a substantial number of 9-11 year olds were eating snack-type food before school although it was not related to lack of breakfast
- What relationships exist between breakfast and lunch eating behaviours? Over a number of years we have linked missing breakfast to missing lunch and also the desire to lose weight. These links suggest that having nothing to eat for breakfast is at least partly motivated by a desire to lose weight. For example, in 2001 we found that, among older females, those missing breakfast are nearly twice as likely to have missed lunch the previous day

Quality of the data

- The percentages of those not eating breakfast do show undulations particularly for all groups between 1983-1985 and for older males and females between 1994 and 1996
- Reference is made to a possible 'answer option effect' which may have affected the data from 1993-1996, and in particular those from the younger males and females. This is described more fully on page 9.
- However, the questions have remained consistent for this category and thus any other changes in percentages could be a result of regional variation in yearly surveys

Cooked breakfast 1984-2001



How the question appears in HRBQ version 21 (1999-2001)

N2 What did you have for breakfast this morning?

Please circle the nearest answer

0 = Nothing at all to eat or drink

1 = Just something to drink

2 = Cereal

3 = Toast or bread

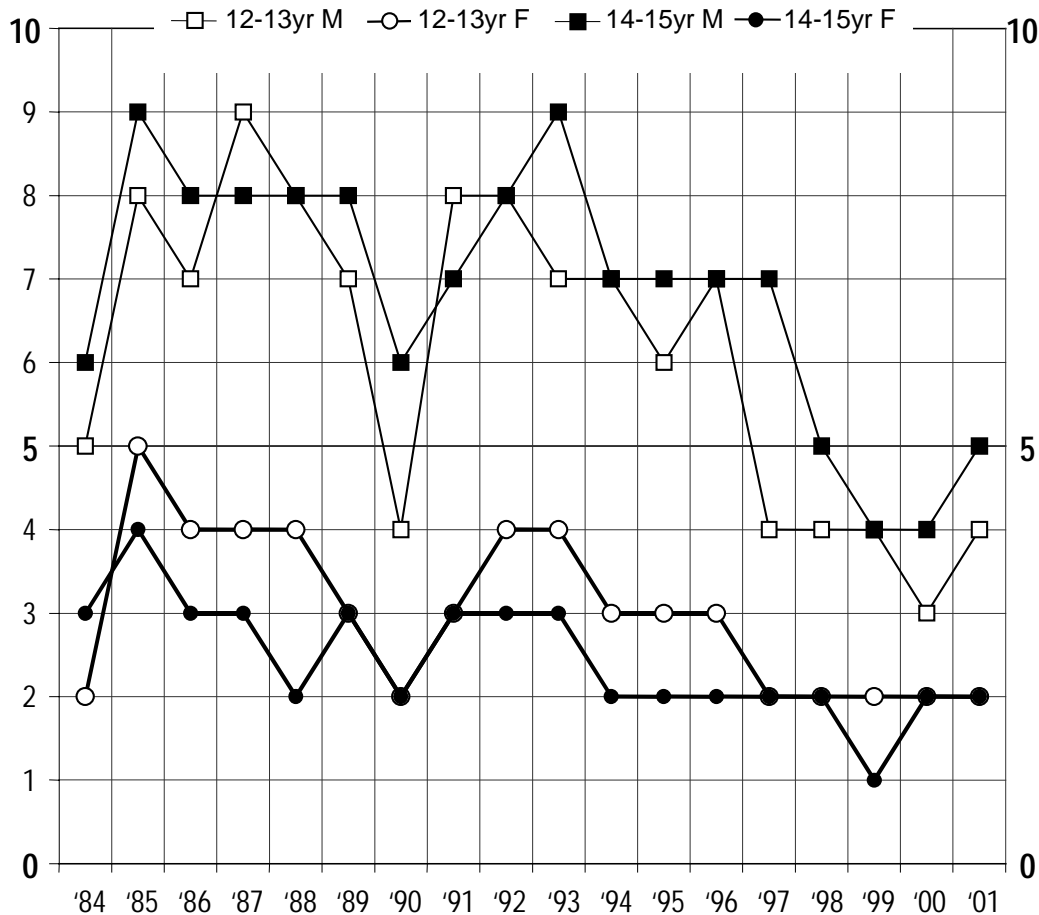
4 = Cereal and toast or bread

5 = Cooked breakfast (please describe)

6 = Fruit

7 = Yoghurt

8 = Something else (please describe)



Cooked breakfast

	1984	1985	1986	1987	1988	1989	1990	1991	1992	1993	1994	1995	1996	1997	1998	1999	2000	2001
M12-13y	5	8	7	9	8	7	4	8	8	7	7	6	7	4	4	4	3	4
F 12-13y	2	5	4	4	4	3	2	3	4	4	3	3	3	2	2	2	2	2
M14-15y	6	9	8	8	8	8	6	7	8	9	7	7	7	7	5	4	4	5
F 14-15y	3	4	3	3	2	3	2	3	3	3	2	2	2	2	2	1	2	2

Cooked breakfast 1984-2001



Observations

- There is a slight downward trend for all groups except older females
- There are clear distinctions across genders and some overlap with age groups
- Older females remain consistently lower than the younger females
- Figures from the older females range from 4% (1985) to 1% (1999)
- Figures from the younger females range from 5% (1985) to 2% (across a number of years)
- The numbers of older males and younger males fluctuate as the trend declines
- Figures from the older males range from 9% (1985 & 1993) to 4% (2000)
- Figures from the younger males range from 9% (1987) to 3% (2000)

Commentary

- Are cooked breakfasts a weekend and holiday occurrence?
- The decreasing trend suggests that a schoolday cooked breakfast was possibly declining prior to the 1980s. Was it replaced by an increase in cereal and toast consumption or 'just something to drink'?
- The increasing trend for 'nothing to eat for breakfast' would suggest that most breakfast options remained constant or decreased in popularity
- What relationships exist between the declining numbers having a cooked breakfast and the increase in those pupils having nothing to eat?
- The steady rise, (approximately 10%), of older females not eating breakfast is not matched by the consistently low numbers of this group having a cooked breakfast.
- Of course, many breakfast options are not determined by pupils and pressures on time and availability of convenience foods will influence choice. For example, in 2001 we found that fruit, yoghurt and 'something else' (see question on previous page) were favoured by 8% of 12-13 yr. males, 7% of 14-15 yr. males, 10% of 12-13 yr. females, and 10% of 14-15 yr. old females

Quality of the data

- The range of percentages for those having a cooked breakfast does not show any major undulations. The overall movement between the low percentage points is consistent and reflects an acceptable pattern from samples carried out in different regions of the country. The questions have remained consistent for this category

Cereal for breakfast 1987-2001

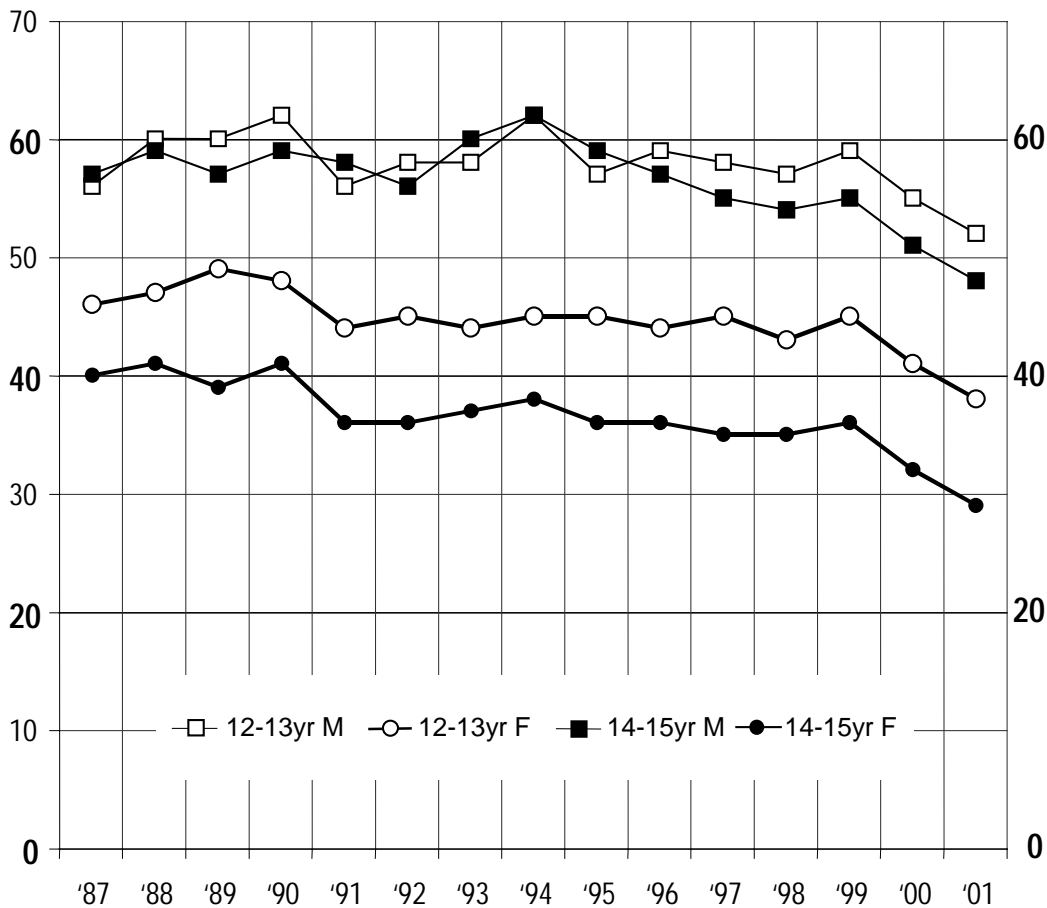


How the question appears in HRBQ version 21 (1999-2001)

N2 What did you have for breakfast this morning?

Please circle the nearest answer

0 = Nothing at all to eat or drink
 1 = Just something to drink
 2 = Cereal
 3 = Toast or bread
 4 = Cereal and toast or bread
 5 = Cooked breakfast (please describe)
 6 = Fruit
 7 = Yoghurt
 8 = Something else (please describe)



Cereal for breakfast

	1987	1988	1989	1990	1991	1992	1993	1994	1995	1996	1997	1998	1999	2000	2001
M12-13y	56	60	60	62	56	58	58	62	57	59	58	57	59	55	52
F 12-13y	46	47	49	48	44	45	44	45	45	44	45	43	45	41	38
M14-15y	57	59	57	59	58	56	60	62	59	57	55	54	55	51	48
F 14-15y	40	41	39	41	36	36	37	38	36	36	35	35	36	32	29

Cereal for breakfast 1987-2001



Observations

- There is a general downward trend for all groups
- There are distinctions across genders and age groups
- Males remain consistently higher than females
- Since 1996 the younger males have remained higher than the older males
- Figures from the younger males range from 62% (1990/94) to 52% (2001)
- Figures from the older males range from 62% (1994) to 48% (2001)
- Younger females remain consistently higher than the older females
- Figures from the younger females range from 49% (1989) to 38% (2001)
- Figures from the older females range from 41% (1988/90) to 29% (2001)

Commentary

- Cereal has always remained one of the most popular choices and it may not be surprising that as it declines in popularity there is seen to be an increase in the numbers, for all groups, of those choosing the 'nothing to eat' option (p.15)
- The percentages suggest around a 10% decline in popularity which may be matched by an increase in other breakfast options including fruit and yoghurt

Quality of the data

- All 'breakfast' questions between 1987-1992 and 1997-2001 used a style, shown on the facing page, which asks for one selection from a number of options. During these periods the overall movement between the percentage points is consistent and reflect an acceptable pattern from samples carried out in different regions of the country. The HRBQ versions 16 and 17 breakfast question used between 1993 and 1996 provided a list including cereal and pupils could respond 'yes' or 'no' to each option and potentially select more than one option. This 'answer option effect' has not altered the results for those years although reference is made in the 'nothing to eat for breakfast' section
- The range of percentages do not show any major undulations and the movement between the percentage points is consistent and reflect an acceptable pattern from samples carried out in different regions of the country

Just a drink for breakfast 1984-2001



How the question appears in HRBQ version 21 (1999-2001)

N2 What did you have for breakfast this morning?

Please circle the nearest answer

0 = Nothing at all to eat or drink

1 = Just something to drink

2 = Cereal

3 = Toast or bread

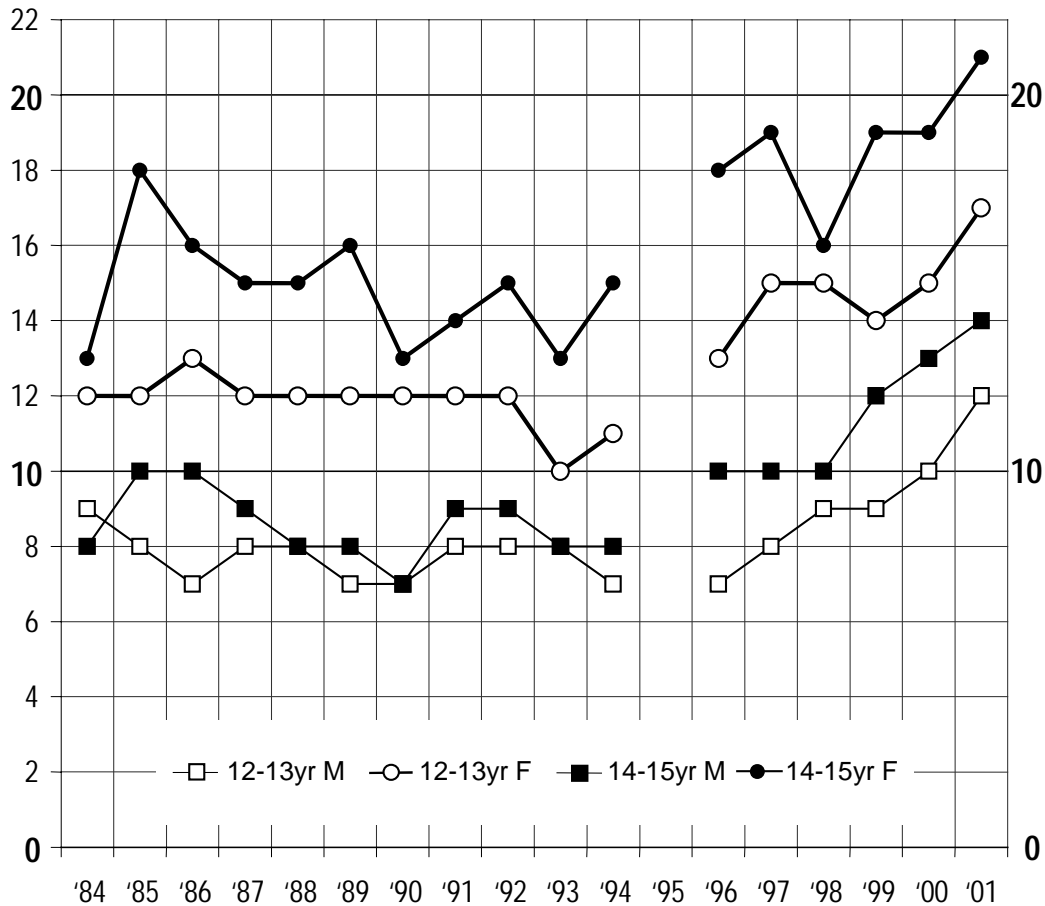
4 = Cereal and toast or bread

5 = Cooked breakfast (please describe)

6 = Fruit

7 = Yoghurt

8 = Something else (please describe)



Just a drink for breakfast:

	1984	1985	1986	1987	1988	1989	1990	1991	1992	1993	1994	1995	1996	1997	1998	1999	2000	2001
M12-13y	9	8	7	8	8	7	7	8	8	8	7		7	8	9	9	10	12
F 12-13y	12	12	13	12	12	12	12	12	12	10	11		13	15	15	14	15	17
M14-15y	8	10	10	9	8	8	7	9	9	8	8		10	10	10	12	13	14
F 14-15y	13	18	16	15	15	16	13	14	15	13	15		18	19	16	19	19	21

Just a drink for breakfast 1984-2001



Observations

- There is a general upward trend for all groups from around 1993
- Females remain consistently higher than males
- Older females remain consistently higher than the younger females
- Figures from the older females range from 13% (1984/90/93) to 21% (2001)
- Figures from the younger females range from 10% (1993) to 17% (2001)
- Older males remain higher than the younger males from 1994 onwards
- Figures from the older males range from 7% (1990) to 14% (2001)
- Figures from the younger males range from 7% (over a number of years) to 12% (2001)

Commentary

- Are the consistently higher percentages for the females a cause for concern?
- Although 'just a drink' could imply an inadequate breakfast, the type of drink would provide different nutritional values, for example, a fizzy drink, a large/small glass of fruit juice or full-fat/skimmed milk
- We used to list a wide range of drinks in this section of the HRBQ including 'ordinary (full-fat) milk', semi-skimmed/ skimmed milk, fizzy drink and fruit juice. An analysis carried out in 'Young People in 1998' (p.8) showed that the percentages that 'drank ordinary milk on most days' had fallen steadily between 1987 – 1998. This applied to both males and females and both age groups. If the percentages for 1987 and 1998 are compared, we can see a dramatic decline of around 41%:

		1987	1998
Males	12-13 yr.	74%	34%
Females	12-13 yr.	72%	30%
Males	14-15 yr.	78%	38%
Females	14-15 yr.	70%	28%

Quality of the data

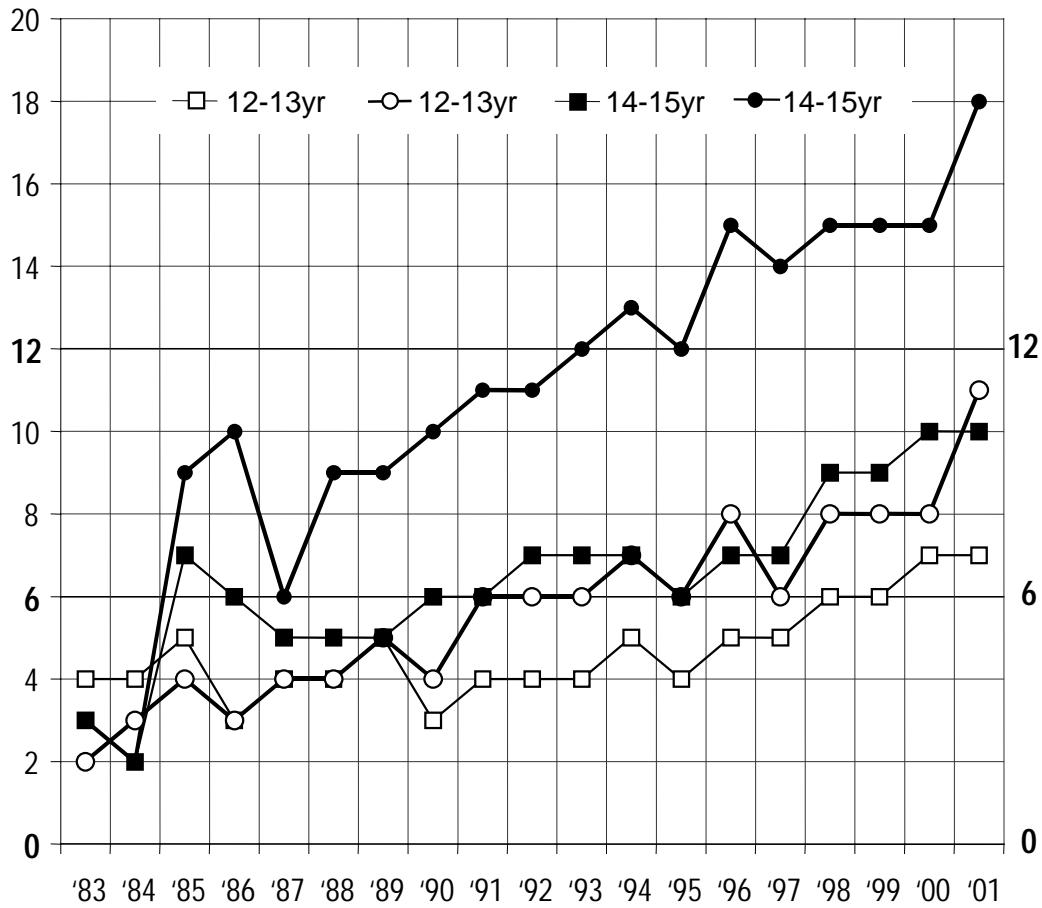
- The data appear consistent and, apart from 1995, it is suggested that any other changes could be a result of regional variation in yearly surveys

Had no schoolday lunch 1983-2001



How the question appears in HRBQ version 21 (1999-2001)

N1 What did you do for lunch yesterday?
 Please choose the nearest answer
 0 = Had cafeteria lunch in school
 1 = Had a set lunch in school
 2 = Ate a packed lunch
 3 = Bought lunch from a takeaway or shop
 4 = Went home for lunch
 5 = Did not have any lunch



Had no lunch

	1983	1984	1985	1986	1987	1988	1989	1990	1991	1992	1993	1994	1995	1996	1997	1998	1999	2000	2001
M12-13y	4	4	5	3	4	4	5	3	4	4	4	5	4	5	5	6	6	7	7
F 12-13y	2	3	4	3	4	4	5	4	6	6	6	7	6	8	6	8	8	8	11
M14-15y	3	2	7	6	5	5	5	6	6	7	7	7	6	7	7	9	9	10	10
F 14-15y	3	2	9	10	6	9	9	10	11	11	12	13	12	15	14	15	15	15	18

Had no schoolday lunch 1983-2001



Observations

- There is a clear upward trend particularly for older females
- Both older groups remain higher than the younger age group
- Figures from the older females range from 2% (1984) to 18% (2001)
- Figures from the younger females range from 2% (1983) to 11% (2001)
- Older males remain higher than the younger males from 1990 onwards
- Figures from the older males range from 2% (1984) to 10% (2000/01)
- Figures from the younger males range from 3% (1986/90) to 7% (2000/01)

Commentary

- As the question refers to 'yesterday', schools do not complete the survey on a Monday so results will relate to a typical schoolday
- Are the consistently higher percentages for the females a cause for concern?
- Reference has already been made to potential links between missing lunch, breakfast and a desire to lose weight. Are there other reasons related to this rising trend? Are there increases in the trends for those citing the other options provided in the question (shown on the facing page)? For example, is there an increase in 'packed lunch' or 'school lunch' or 'going home for lunch'?
- If the percentages (see below) are compared at two intervals, 1991 and 2001, it is revealing to see the changes over this period:

		1991	2001
Males	12-13 yr.	4%	7%
Females	12-13 yr.	6%	11%
Males	14-15 yr.	6%	10%
Females	14-15 yr.	11%	18%

Quality of the data

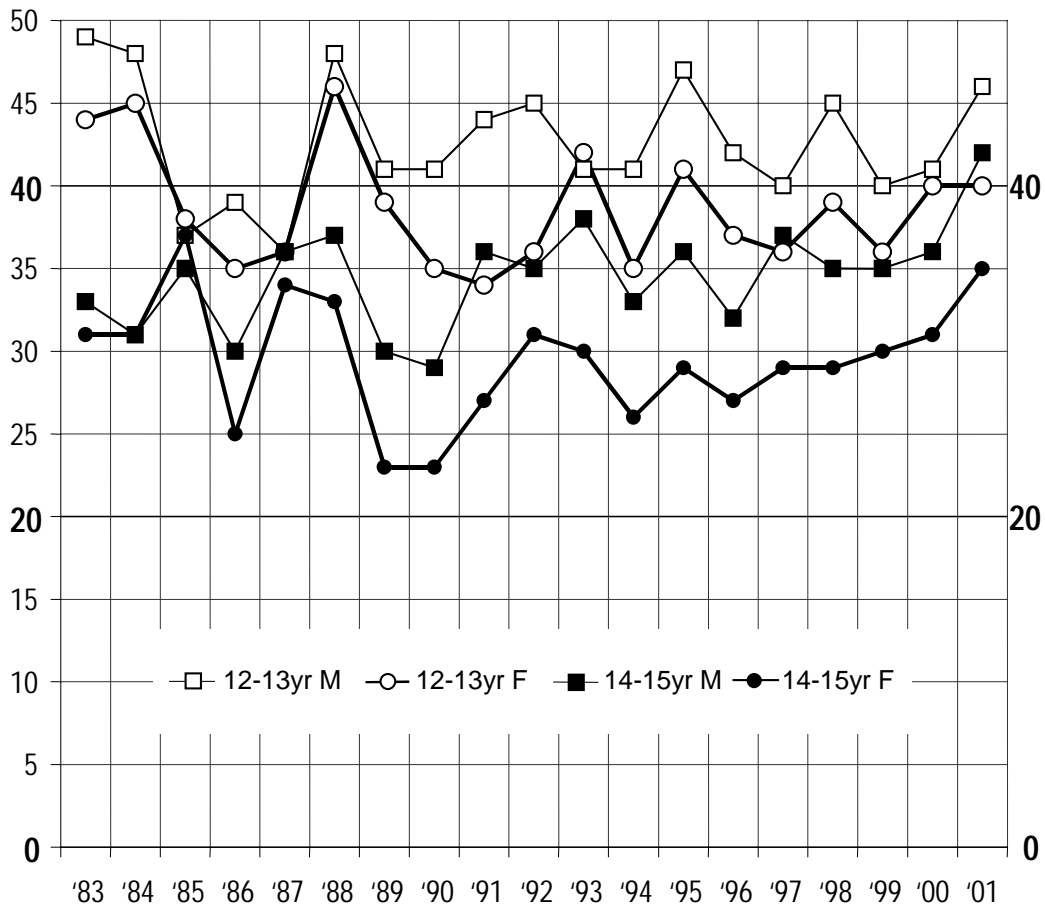
- This option in the 'lunch' question has remained constant since the early days of data collection. The above percentages appear consistent and, apart from 1984-86, a clear trend emerges

Ate school lunch 1983-2001



How the question appears in HRBQ version 21 (1999-2001)

N1 What did you do for lunch yesterday?
 Please choose the nearest answer
 0 = Had cafeteria lunch in school
 1 = Had a set lunch in school
 2 = Ate a packed lunch
 3 = Bought lunch from a takeaway or shop
 4 = Went home for lunch
 5 = Did not have any lunch



Ate school lunch

	1983	1984	1985	1986	1987	1988	1989	1990	1991	1992	1993	1994	1995	1996	1997	1998	1999	2000	2001
M12-13y	49	48	37	39	36	48	41	41	44	45	41	41	47	42	40	45	40	41	46
F 12-13y	44	45	38	35	36	46	39	35	34	36	42	35	41	37	36	39	36	40	40
M14-15y	33	31	35	30	36	37	30	29	36	35	38	33	36	32	37	35	35	36	42
F 14-15y	31	31	37	25	34	33	23	23	27	31	30	26	29	27	29	29	30	31	35

Ate school lunch 1983-2001



Observations

- There is no overall trend but there are differences between certain groups and periods. For example there appears to be a decline in popularity between 1984/86 and 1988/90 and an increase between 1986/88 and 1990/92
- Within the genders and age groups there appears to be some inconsistent results particularly for the older females in the earlier years
- Older females remain consistently lower than the younger females
- Figures from the older females range from 23% (1989/90) to 37% (1985)
- Figures from the younger females range from 34% (1991) to 46% (1988)
- The younger males appear consistently higher than the older males
- Figures from the younger males range from 36% (1987) to 49% (1983)
- Figures from the older males range from 29% (1990) to 42% (2001)

Commentary

- For males, it appears that school lunch is favoured by the younger group and, in general, has remained popular for around 42%. For older males the figure is around 35%
- For females, one would not expect the older females to favour school lunches and the figure fluctuates around the 29% level. Younger females prefer school lunches and the figures level out, after 1993, to around 38%
- We first made the distinction between 'school set lunch' and a school 'cafeteria lunch' in 1990 and now find an increase in those choosing the 'cafeteria lunch' option:

CAFETERIA LUNCH			SET LUNCH		
	1990	2001		1990	2001
Males 12-13 yr.	35%	41%	Males 12-13 yr.	6%	5%
Females 12-13 yr.	31%	35%	Females 12-13 yr.	4%	5%
Males 14-15 yr.	25%	38%	Males 14-15 yr.	3%	4%
Females 14-15 yr.	21%	32%	Females 14-15 yr.	2%	3%

Quality of the data

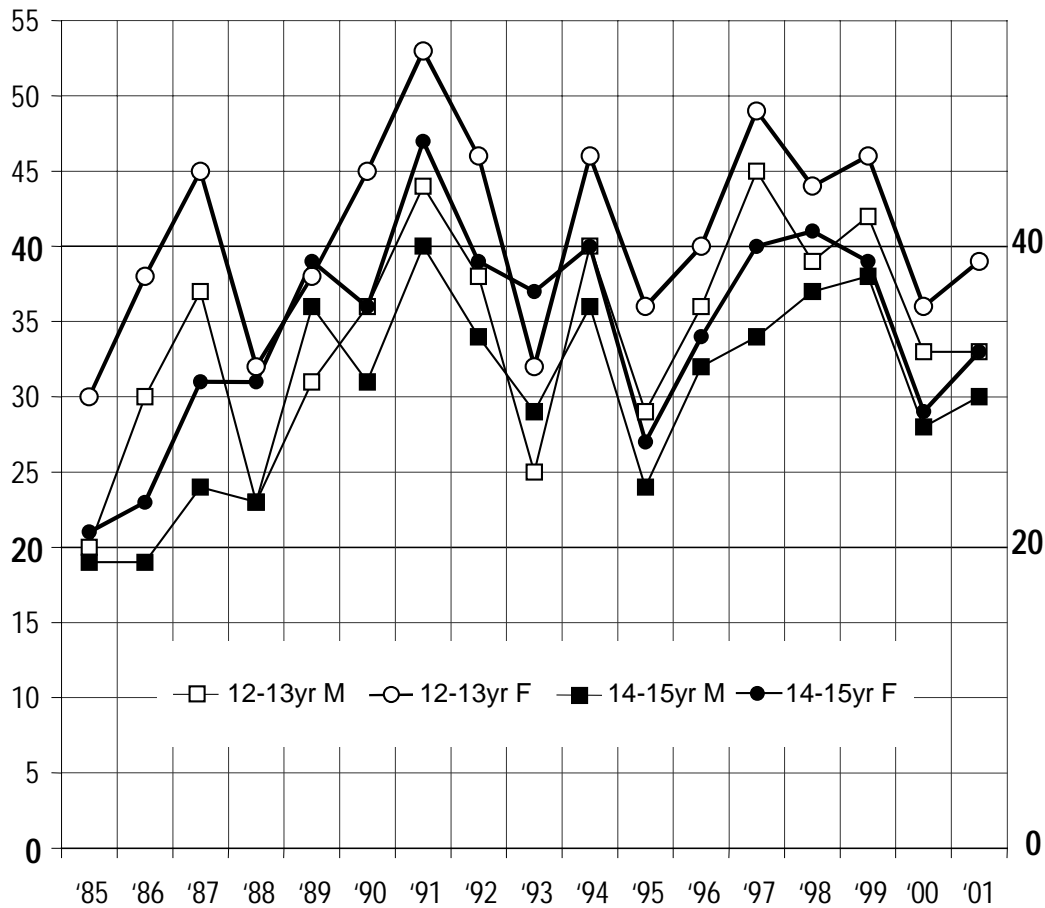
- The option in this question, 1983-89, asked about 'school lunch' which changed after 1990 as referred to above. The overall movement between the percentage points is consistent and reflects an acceptable pattern from samples carried out in different regions of the country

Ate a packed lunch 1985-2001



How the question appears in HRBQ version 21 (1999-2001)

N1 What did you do for lunch yesterday?
 Please choose the nearest answer
 0 = Had cafeteria lunch in school
 1 = Had a set lunch in school
 2 = Ate a packed lunch
 3 = Bought lunch from a takeaway or shop
 4 = Went home for lunch
 5 = Did not have any lunch



Ate a packed lunch

	1985	1986	1987	1988	1989	1990	1991	1992	1993	1994	1995	1996	1997	1998	1999	2000	2001
M12-13y	20	30	37	23	31	36	44	38	25	40	29	36	45	39	42	33	33
F 12-13y	30	38	45	32	38	45	53	46	32	46	36	40	49	44	46	36	39
M14-15y	19	19	24	23	36	31	40	34	29	36	24	32	34	37	38	28	30
F 14-15y	21	23	31	31	39	36	47	39	37	40	27	34	40	41	39	29	33

Ate a packed lunch 1985-2001



Observations

- There is an upward trend in those eating a packed lunch with fluctuations over the period and a general increase from around 1995
- This lunch option is more popular with the younger female
- Across the genders and age groups there appears to be some consistent results particularly for the younger females and older males
- Younger females remain consistently higher than the older females
- Figures from the younger females range from 30% (1985) to 53% (1991)
- Figures from the older females range from 21% (1985) to 47% (1991)
- The data for the males fluctuates with younger males higher than the older males
- Figures from the younger males range from 20% (1985) to 45% (1997)
- Figures from the older males range from 19% (1985/86) to 40% (1991)

Commentary

- Although there are fluctuations across gender and age groups an overall upward trend is discernable. Basic analysis of early data suggested that 'packed lunchers' were likely to enjoy a more balanced overall diet than those choosing other lunch options – not necessarily because of what was in the lunch box as parents are less likely to put items in the lunch box that their child will not eat. However, those supplying a packed lunch tended to give more thought to what pupils eat at lunchtime and throughout the day.
- For females, one would not expect the older females to favour the packed lunch option especially in relation to this group's increasing trend to have 'nothing to eat for lunch'. However there appears to be a general upward trend to around the early 1990s and up to 47% chose this option. Over the past 10 years the figures, for the older females, have fluctuated widely but generally increased

Quality of the data

- This option in the 'lunch' question has remained constant since the early days of data collection. The above percentages appear consistent and the overall movement between the percentage points reflect an acceptable pattern from samples carried out in different regions of the country

Went home for lunch 1985-2001



How the question appears in HRBQ version 21 (1999-2001)

N1 What did you do for lunch yesterday?

Please choose the nearest answer

0 = Had cafeteria lunch in school

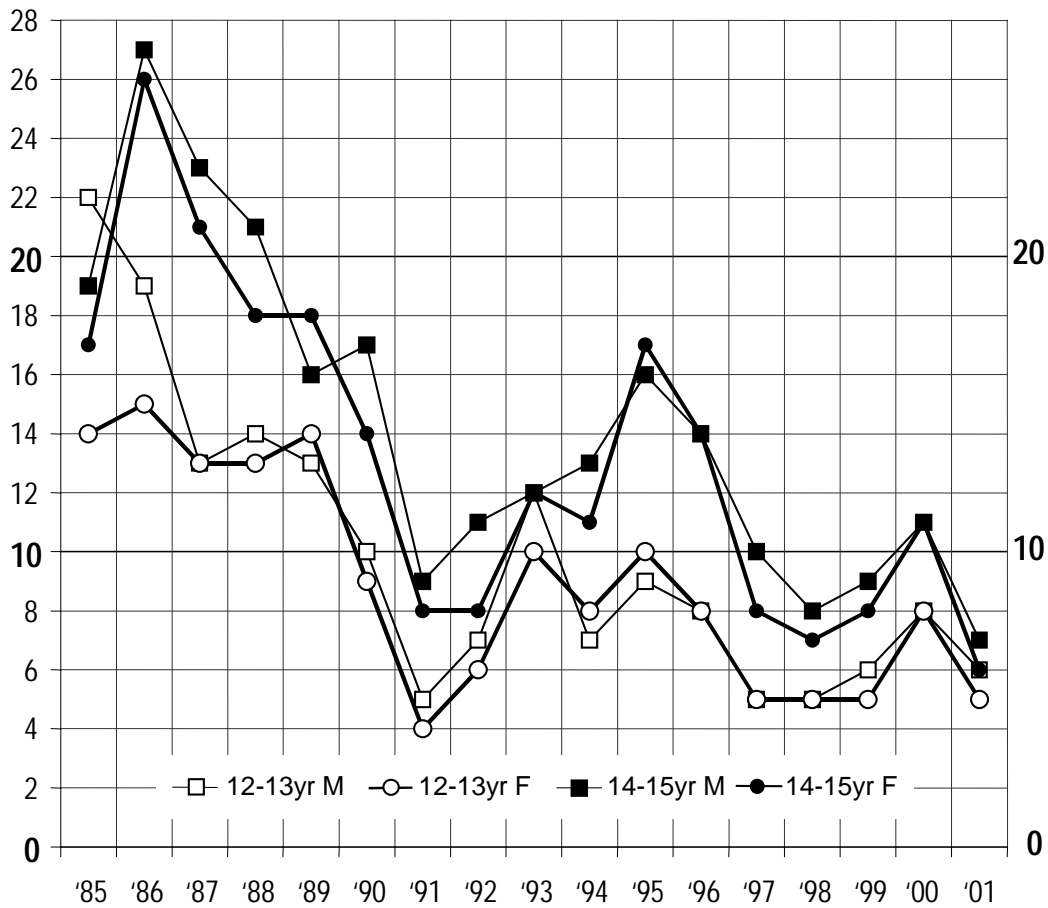
1 = Had a set lunch in school

2 = Ate a packed lunch

3 = Bought lunch from a takeaway or shop

4 = Went home for lunch

5 = Did not have any lunch



Went home for lunch

	1985	1986	1987	1988	1989	1990	1991	1992	1993	1994	1995	1996	1997	1998	1999	2000	2001
M12-13y	22	19	13	14	13	10	5	7	12	7	9	8	5	5	6	8	6
F 12-13y	14	15	13	13	14	9	4	6	10	8	10	8	5	5	5	8	5
M14-15y	19	27	23	21	16	17	9	11	12	13	16	14	10	8	9	11	7
F 14-15y	17	26	21	18	18	14	8	8	12	11	17	14	8	7	8	11	6

Went home for lunch 1985-2001



Observations

- There is a downward trend reflected by those pupils going home for lunch
- This lunch option is more popular with the older groups and older males and females fluctuate around the top of the declining trend
- Older females remain consistently higher than the younger females
- Figures from the older females range from 26% (1986) to 6% (2001)
- Figures from the younger females range from 15% (1986) to 4% (1991)
- Older males remain consistently higher than the younger males
- Figures from the older males range from 27% (1986) to 7% (2001)
- Figures from the younger males range from 22% (1985) to 5% (1991/97/98)

Commentary

- Although not an unsurprising trend it is helpful to reflect on the percentages of older females who have used this option in relation to the increasing trend of this group having 'nothing to eat' at lunch time
- The trend also appears to have one trough, around 1991, and one peak, for the older age group, around 1995
- Interestingly, the figures for the younger age group remain at or below 10% from 1990 onwards
- The older groups reveal a more inconsistent picture over the same period and show a higher rise in percentage during the 1990s
- The differences in the percentages for the younger males in the early years of data collection may be ignored as they then adopt an almost identical path as the younger females

Quality of the data

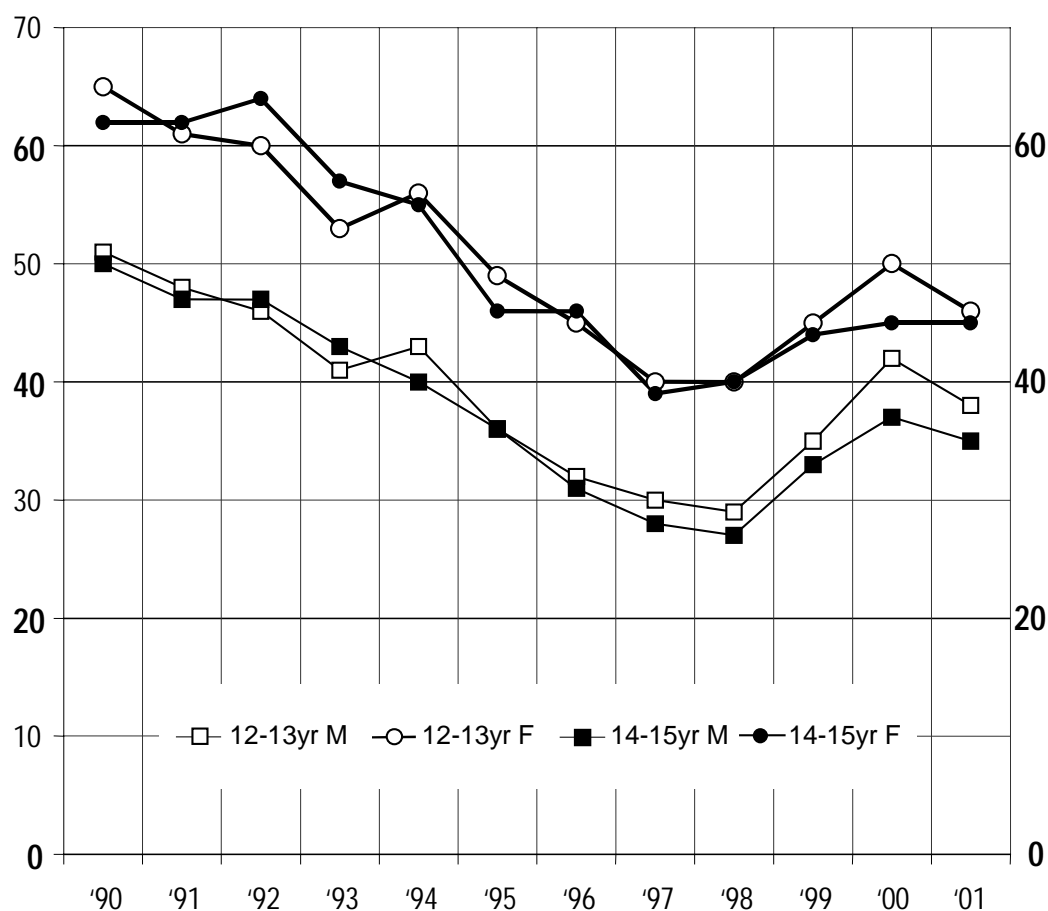
- This option in the 'lunch' question has remained constant since the early days of data collection. Apart from some of the early data the above percentages appear consistent and the overall movement between the percentage points reflect an acceptable pattern from samples carried out in different regions of the country
- The apparent trend is acceptable and tallies with expectations around this lunch option

Ate fresh fruit on most days 1990-2001



How the question appears in HRBQ version 21 (1999-2001)

N5 How often do you eat the following?		Sugar-coated cereals	0	1	2	3
<i>0 = Rarely or never</i>		High-fibre cereals or muesli	0	1	2	3
<i>1 = Once a week or less</i>		Fresh fruit	0	1	2	3
<i>2 = 2-3 days a week</i>		Salads	0	1	2	3
<i>3 = On most days</i>		Vegetables	0	1	2	3
Any meat	0 1 2 3	Low-calorie drinks (e.g. diet coke)	0	1	2	3
Any fish	0 1 2 3	Fizzy drinks (not low-calorie)	0	1	2	3
Any dairy produce (e.g. cheese, milk)	0 1 2 3	Crisps	0	1	2	3
Meat replacement (e.g. soya, tofu, pulses)	0 1 2 3	Sweets, chocolate, choc bars	0	1	2	3
Wholemeal bread	0 1 2 3					
Chips or roast potatoes	0 1 2 3					



Ate fresh fruit on most days

	1990	1991	1992	1993	1994	1995	1996	1997	1998	1999	2000	2001
M12-13y	51	48	46	41	43	36	32	30	29	35	42	38
F 12-13y	65	61	60	53	56	49	45	40	40	45	50	46
M14-15y	50	47	47	43	40	36	31	28	27	33	37	35
F 14-15y	62	62	64	57	55	46	46	39	40	44	45	45

Ate fresh fruit on most days 1990-2001



Observations

- There is a clear downward trend
- Both genders are clearly defined in the overall trend and reveals that fresh fruit is more popular with females
- Figures from the older females range from 64% (1992) to 39% (1997)
- Figures from the younger females range from 65% (1990) to 40% (1997/98)
- The younger males have remained consistently higher than the older males since 1996
- Figures from the younger males range from 51% (1990) to 29% (1998)
- Figures from the older males range from 50% (1990) to 27% (1998)

Commentary

- We see many clear associations between food options in the list, so that when we looked among older males and females in our 2001 databank, we found that young people who eat fresh fruit on most days were also more likely to eat healthy items like fish, wholemeal bread, high fibre-cereals salads and vegetables on most days as well. Older females who ate fresh fruit on most days were also less likely to eat crisps sweets on most days or to drink sugary fizzy drinks.
- Before 1990 there were 40 options which included 'oranges and apples'. After 1990 the options were reduced to 38 items and 'oranges and apples' became 'fresh fruit'. In 2001 there are 15 options. The list has undergone several changes over the years as various options have appeared and disappeared determined by changing behaviour patterns of young people, user responses and survey feedback

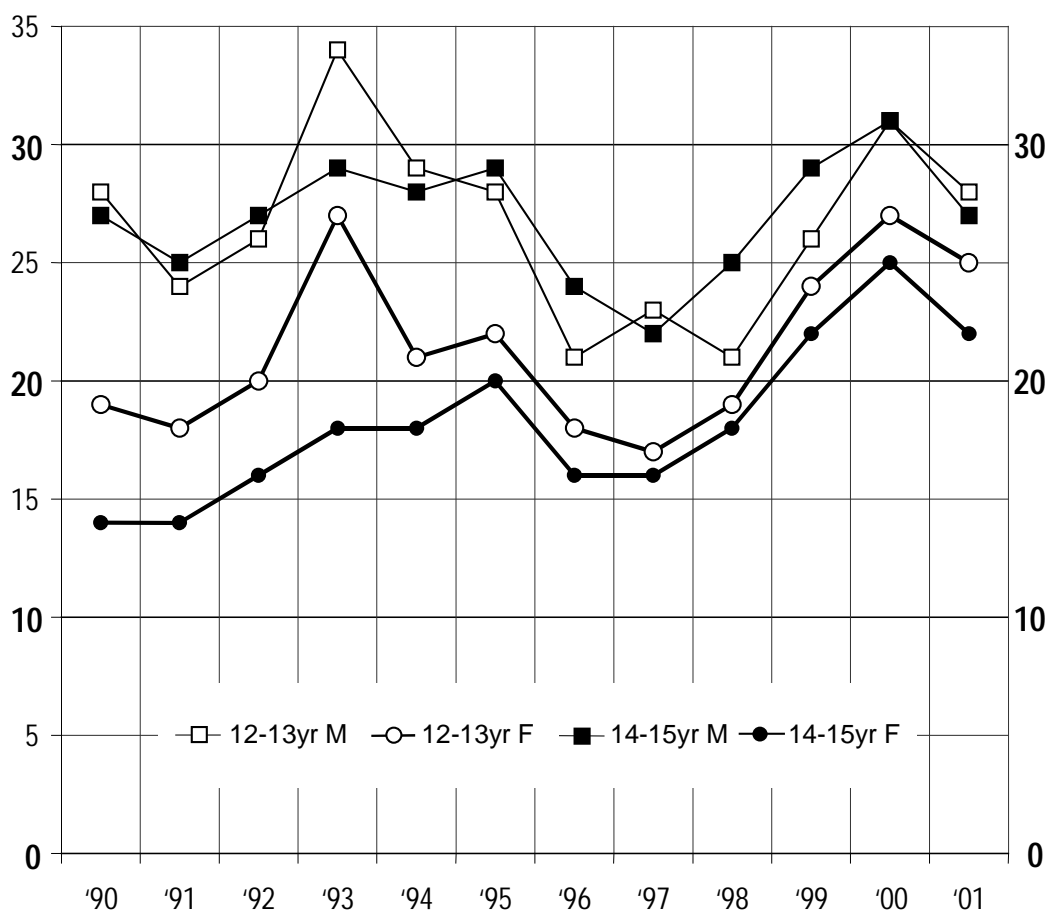
Quality of the data

- From 1990 – 1998 the HRBQ versions contained as many as 50 options. The 1999 results were from version 21 which contained 15 options as seen on the facing page. If any changes occur in the results in relation to changes in the number of options, the 'answer option list effect' would be considered (p.9). Therefore the possible reversal of decline in the trend observed from 1998 onwards may be due to this effect and is not due to potential factors that could explain an increase in those choosing the 'fresh fruit' option. Results from future years may help to clarify this point

Ate chips or roast potatoes on most days 1990-2001 ↑ TREND

How the question appears in HRBQ version 21 (1999-2001)

N5 How often do you eat the following?			
<i>0 = Rarely or never</i>			
<i>1 = Once a week or less</i>			
<i>2 = 2-3 days a week</i>			
<i>3 = On most days</i>			
Any meat	0	1	2 3
Any fish	0	1	2 3
Any dairy produce (e.g. cheese, milk)	0	1	2 3
Meat replacement (e.g. soya, tofu, pulses)	0	1	2 3
Wholemeal bread	0	1	2 3
Chips or roast potatoes	0	1	2 3
Sugar-coated cereals	0	1	2 3
High-fibre cereals or muesli	0	1	2 3
Fresh fruit	0	1	2 3
Salads	0	1	2 3
Vegetables	0	1	2 3
Low-calorie drinks (e.g. diet coke)	0	1	2 3
Fizzy drinks (not low-calorie)	0	1	2 3
Crisps	0	1	2 3
Sweets, chocolate, choc bars	0	1	2 3



Eat chips or roast potatoes on most days

	1990	1991	1992	1993	1994	1995	1996	1997	1998	1999	2000	2001
M12-13y	28	24	26	34	29	28	21	23	21	26	31	28
F 12-13y	19	18	20	27	21	22	18	17	19	24	27	25
M14-15y	27	25	27	29	28	29	24	22	25	29	31	27
F 14-15y	14	14	16	18	18	20	16	16	18	22	25	22

Ate chips or roast potatoes on most days 1990-2001 TREND

Observations

- There is an overall upward trend with a dip between 1995-1997
- The males are consistently higher than the females and the older males are slightly higher than the younger males
- Figures from the older males range from 22% (1997) to 31% (2000)
- Figures from the younger males range from 23% (1997) to 34% (1993)
- The younger females have remained consistently higher than the older females
- Figures from the younger females range from 17% (1997) to 27% (1993/00)
- Figures from the older females range from 14% (1990/91) to 25% (2000)

Commentary

- The opportunities to eat chips or roast potatoes on 'most days' would not appear to be diminishing, and a general increase of 10% can be seen. It is of particular notice in the older females as the trend has been upward since 1990
- The question (see facing page) is not specifically about school lunch but asks 'how often' certain foods are eaten. Also this particular option, 'chips or roast potatoes', is not specifically about chips. Results from 1987-1989 do provide an insight into those who ate chips 'on most days' and shows a similar grouping of gender and age:

Eat chips on most days

	1987	1988	1989
M 12-13y	35	44	40
F 12-13y	25	31	30
M 14-15y	38	36	34
F 14-15y	25	21	24

- In 'Young People in 1996' and in the 2001 results we found that those eating a packed lunch were less likely to eat chips.

Quality of the data

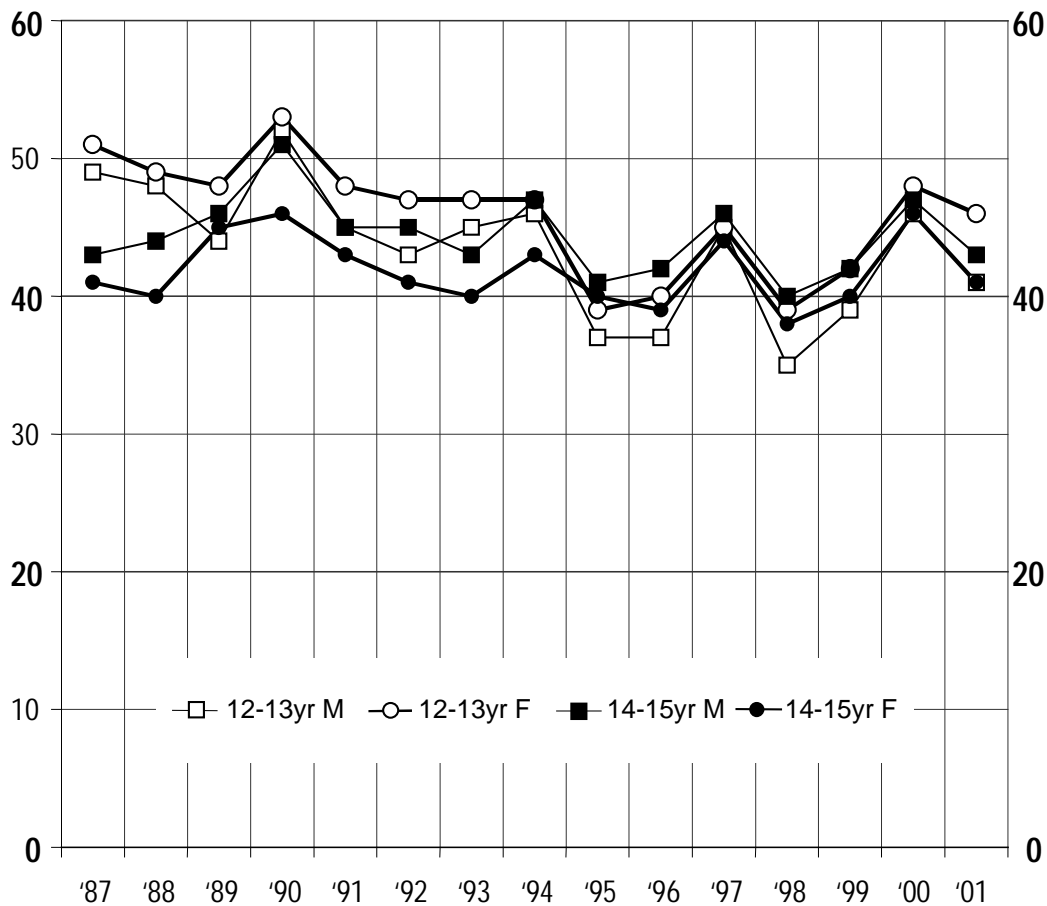
- From 1990 – 1998 the HRBQ versions contained as many as 50 options for this question. The 1999 results were from HRBQ version 20 which contained 15 options as seen on the facing page. The 'answer option list effect' does not appear to have altered the results above although results from future years may help to clarify this point.
- The overall movement between the percentage points reflect an acceptable pattern from samples carried out in different regions of the country

Ate crisps on most days 1987-2001



How the question appears in HRBQ version 21 (1999-2001)

N5 How often do you eat the following?		Sugar-coated cereals	0	1	2	3
<i>0 = Rarely or never</i>		High-fibre cereals or muesli	0	1	2	3
<i>1 = Once a week or less</i>		Fresh fruit	0	1	2	3
<i>2 = 2-3 days a week</i>		Salads	0	1	2	3
<i>3 = On most days</i>		Vegetables	0	1	2	3
Any meat	0 1 2 3	Low-calorie drinks (e.g. diet coke)	0	1	2	3
Any fish	0 1 2 3	Fizzy drinks (not low-calorie)	0	1	2	3
Any dairy produce (e.g. cheese, milk)	0 1 2 3	Crisps	0	1	2	3
Meat replacement (e.g. soya, tofu, pulses)	0 1 2 3	Sweets, chocolate, choc bars	0	1	2	3
Wholemeal bread	0 1 2 3					
Chips or roast potatoes	0 1 2 3					



Ate crisps on most days

	1987	1988	1989	1990	1991	1992	1993	1994	1995	1996	1997	1998	1999	2000	2001
M12-13y	49	48	44	52	45	43	45	46	37	37	45	35	39	46	41
F 12-13y	51	49	48	53	48	47	47	47	39	40	45	39	42	48	46
M14-15y	43	44	46	51	45	45	43	47	41	42	46	40	42	47	43
F 14-15y	41	40	45	46	43	41	40	43	40	39	44	38	40	46	41

Ate crisps on most days 1987-2001



Observations

- A general, slight, downward trend is noted between 1987-1998
- There is no clear difference between genders and age groups
- From 1987-1994 the females respond most and least to this option with the younger age group consistently responding more frequently
- From 1994 onwards the genders and age groups merge more often with the younger males appearing to respond less to this option
- Figures from the younger females range from 53% (1990) to 39% (1995)
- Figures from the older females range from 46% (1990/2000) to 38% (1998)
- The older males have fluctuated around and sometimes higher than the younger males
- Figures from the older males range from 51% (1990) to 40% (1998)
- Figures from the younger males range from 52% (1990) to 35% (1998)

Commentary

- This chart suggest a possible downward trend although crisps remain a popular choice for around 45% of the sample
- In general it is suggested that younger females have shown slightly more interest in crisps than the other groups although older males show strongly in the more recent data
- Younger males appear to have started strongly and dropped below the other groups. This groups also show the largest difference between the highest point of interest (52%- 1990) and to the lowest point (35% - 1998)

Quality of the data

- Reference has already been made to the 'answer option list effect' (p.9) which could apply in this case as 'crisps' have remained on the option list since 1987. The 1999 results were from HRBQ version 20 which contained 15 options as opposed to 50 options in previous years. Again in 1999 onwards, we see a change in direction of the trend which may be due to this 'effect'. With this in mind it is unclear if a slight downward trend is being reversed and we await results from future years to help to clarify this point

Considering health when choosing food 1991-2001 ↓ TREND

How the question appears in HRBQ version 21 (1999-2001)

N3 When choosing what to eat, do you consider your health?

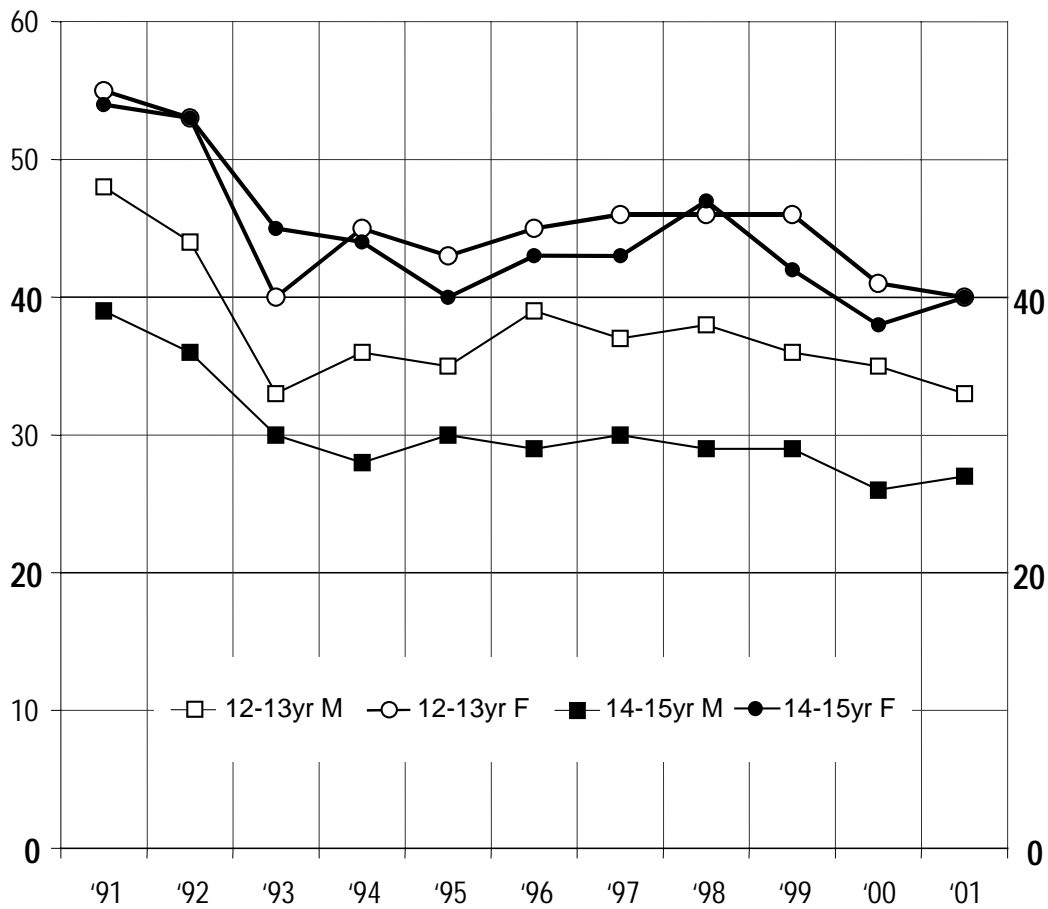
0 = Never

1 = Sometimes

2 = Quite often

3 = Very often

4 = Always



Consider their health *quite often, very often or always*

	1991	1992	1993	1994	1995	1996	1997	1998	1999	2000	2001
M12-13y	48	44	33	36	35	39	37	38	36	35	33
F 12-13y	55	53	40	45	43	45	46	46	46	41	40
M14-15y	39	36	30	28	30	29	30	29	29	26	27
F 14-15y	54	53	45	44	40	43	43	47	42	38	40

Considering health when choosing food 1991-2001 TREND

Observations

- There is a downward trend although percentages decline less rapidly from 1994 onwards
- Both genders are clearly defined in the overall trend and reveals that females 'consider their health when choosing food' more often than males
- The younger females generally appear higher than the older females
- Figures from the younger females range from 55% (1991) to 40% (1993/2001)
- Figures from the older females range from 54% (1991) to 38% (2000)
- The younger males have remained consistently higher than the older males
- Figures from the younger males range from 48% (1991) to 33% (1993/2000)
- Figures from the older males range from 39% (1991) to 26% (2000)

Commentary

- The declining trend, seen since 1991, of those young people who 'quite often' or 'always' consider their health when choosing what to eat, may hide the fact that at best only half the sample evaluate their diet with respect to health. The figures show that, for older males, only 26%-39% considered their health with regard to diet
- Are they 'really' considering their health or just saying that they do? We looked in the 2001 dataset for correlations between positive responses to this question and more healthy dietary choices. We found that they are very clearly present: the older males and females who say they often think about their health when choosing food are more likely to: eat salads, fruit, vegetables, fish and drink low-calorie drinks on most days than their peers, and they are less likely to eat chips, sweets, sugary cereals or drink sugary fizzy drinks on most days. This tells us that these global attitudes to food may be important, not being vague opinions but having a real effect on behaviour.

Quality of the data

- From 1993, the position (not the structure) of the question changed. Before 1993 the question was placed after the major question about dietary choice. From 1993 onwards it was placed before the dietary choice question. This is an example of the 'question order effect' (p.9). It is noticeable (1991-1993), that more respondents claimed to make healthy eating choices when the question followed a checklist of dietary items

Lose weight 1983-2001

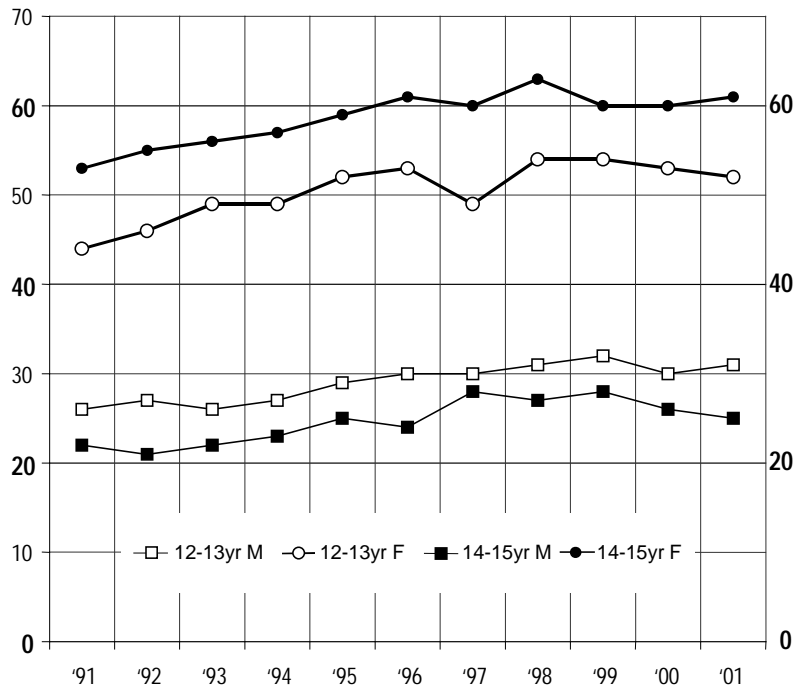
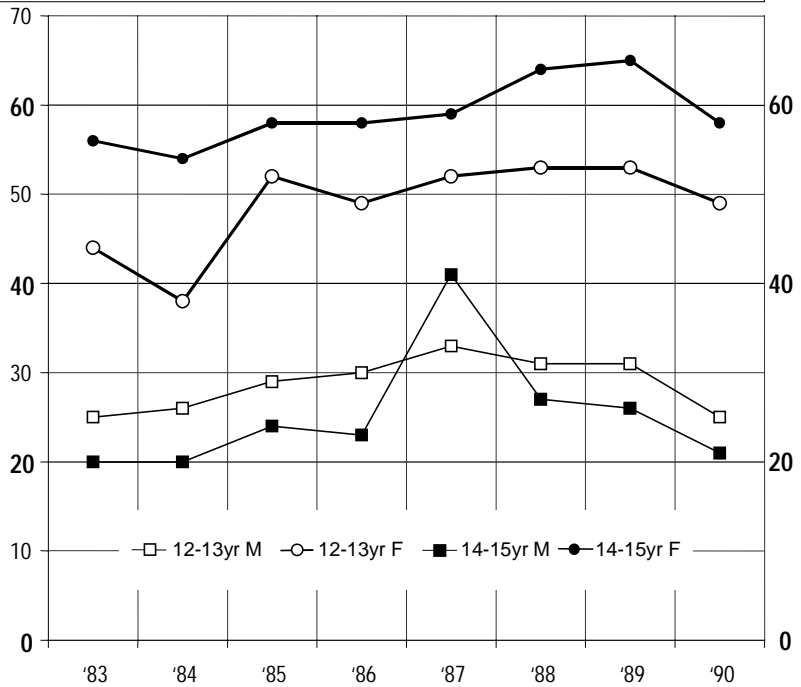


How the question appears in HRBQ version 21 (1999-2001)

N4 Which statement describes you best?
0 = I would like to put on weight
1 = I would like to lose weight
2 = I am happy with my weight as it is

Deliberately tried to lose weight

	1983	1984	1985	1986	1987	1988	1989	1990
M 12-13y	25	26	29	30	33	31	31	25
F 12-13y	44	38	52	49	52	53	53	49
M 14-15y	20	20	24	23	41	27	26	21
F 14-15y	56	54	58	58	59	64	65	58



Would like to lose weight

	1991	1992	1993	1994	1995	1996	1997	1998	1999	2000	2001
M 12-13y	26	27	26	27	29	30	30	31	32	30	31
F 12-13y	44	46	49	49	52	53	49	54	54	53	52
M 14-15y	22	21	22	23	25	24	28	27	28	26	25
F 14-15y	53	55	56	57	59	61	60	63	60	60	61

Lose weight 1983-2001



Observations

- These two charts represent the responses to the question relating to weight loss. From 1983-1990 the question asked 'Have you ever tried to lose weight'. From 1991 onwards an option in the question (see facing page) is 'I would like to lose weight'
- Although the wording conveys a different emphasis, the compared responses offer an insight into the weight-loss intentions of this sample of young people. It is argued that an increasing trend of desire for weight loss is apparent, particularly over the last 10 years
- Both genders are clearly defined in the overall trend which shows the expected higher percentage of females
- From those who 'would like to lose weight' (1991 onwards):
 - Figures from the older females range from 53% (1991) to 63% (1998)
 - Figures from the younger females range from 44% (1991) to 54% (1998/99)
 - The younger males have remained consistently higher than the older males
 - Figures from the younger males range from 26% (1991/93) to 32% (1999)
 - Figures from the older males range from 21% (1992) to 28% (1997/99)

Commentary

- The results from the last 10 years confirm the trend we observed in 'Young People in 1998'. The results from 1998-2001 suggest either a levelling out or slight decline in the trend. Whatever the case it continues to be a worrying set of data. The table below (from 'Young People in 2001') shows that only 34%-59% of the sample were 'happy' with their weight:

Which statement describes you best?

		Would like to put on weight	Would like to lose weight	Happy with weight as it is
Males	12-13 yr.	18%	31%	59%
Females	12-13 yr.	5%	52%	43%
Males	14-15 yr.	17%	25%	58%
Females	14-15 yr.	5%	61%	34%

Quality of the data

Although both charts show some fluctuations in percentages the overall trend is clear. It could be suggested that at the end of each chart there is a slight downward turn in the trend. Future results will substantiate this idea for the current data. However, the overall 'feel' of the 1983-1990 data suggests that greater fluctuations appear in the results which could be as a result of regional variations

Services from SHEU

THE SHEU TEAM

Research Manager
Dr David Regis

Data
Preparation
Manager
Di Bish

Survey Manager
Angela Balding

Marketing &
Publications Manager
David McGeorge

The Schools Health Education Unit was founded in 1977 by John Balding. SHEU is now an independent research unit that offers survey, research and evaluation services to all those concerned with the health and social development of young people.

The core of our work is the Health Related Behaviour Questionnaire (HRBQ) survey method, which has been used by secondary schools for over 20 years and by primary schools for more than a decade. These surveys produce a detailed profile of young people's life at home, at school, and with their friends. This information is then used by health authorities to inform health needs assessment and health care planning, and by schools to promote health education programmes, as well as in class work across the curriculum.

To date, the Unit has supported over 5,000 health-related behaviour surveys involving nearly 650,000 young people. The data are anonymous, and so no individual participant's responses are attributable. They can be presented in forms suitable for use by health and education authorities, primary care trusts, community workers, school staff, governors, parents, and the pupils themselves.

SHEU's two other major publications are the journal Education and Health, a quarterly publication which started in 1983, and the 'Young People' series, the first of which was 'Young People in 1986'. For further details see over page.

Young People
Surveys

Parent
Surveys

Governor
Surveys

On line
Surveys

Activity
Surveys

Drug
Surveys

Surveys

Research

Publications

LEAs HAs PCTs DATs NHSS schemes

Children's Fund Projects

Teachers & Health Professionals

Government & University departments

Programme
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Effectiveness

Tel: 01392 667272
Fax: 01392 667269
Email:
sheu@sheu.org.uk
www.sheu.org.uk

Publications from SHEU

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Trends: Young People's Food Choices 1983-2001

The first in a series of reports that show trends in young people's food choices and their attitude to healthy eating and weight control. Data came from a sample of nearly 300,000 young people between the ages of 12-13 and 14-15 from across the UK. The report is 40 printed A4 pages, comb bound and costs £10 (including postage and packing).

Young People in 2001

The lifestyles and behaviours of 15,881 young people between the ages of 10 and 15 years. £45.00

Young People in 2000

The lifestyles and behaviours of 42,073 young people between the ages of 10 and 15 years. Available from www.sheu.org.uk/pubs/yp00/yp2000.htm or contact SHEU (Tel: 01392 667272).

Young People in 1999

The lifestyles and behaviours of 36,856 young people between the ages of 10 and 15 years. £30.00

Young People in 1998 - and looking as far back as 1983

The lifestyles and behaviours of 18,221 young people aged 12-13 and 14-15 in 1998, and a 'look-back' at about 200,000 in the same age ranges that have been surveyed over the past 16 years. £25.00

Young People in 1997

The lifestyles and behaviours of 37,538 young people between the ages of 9 and 16 years. £15.00

Young People in 1996

The lifestyles and behaviours of 22,067 young people between the ages of 12 and 15 years. £10.00

Last Orders

A cross-curricular programme for secondary courses on alcohol education, in two volumes with photocopiable materials. There are 21 modules suitable for work with Drama, English, Geography, History, Mathematics, Modern Languages, PE, PSE, RE, and Science. £18.00

Cash and Carry

Young people's reports on the carrying of offensive weapons and also sound alarms and other passive protection by themselves and friends. The title refers to an uncovered link between personal income and fear of being attacked. £5.00

Young People into the Nineties

(1) Doctor and Dentist, (2) Health

The 'survey of the decade'. A study of 125,933 young people between the ages of 11 and 16 over the period 1984-1990. Note that 'Young People in 1998' reveals further behaviour changes in the 1990s. £3.50 for both books.

Toothbrushing in Adolescence

A detailed study of the associations between and among dental health topics such as toothbrushing, dentist visits and motivation for brushing teeth, and many other dimensions such as gender, region, family size, sports activity and self-esteem. £8.00

No Worries? Young people and mental health

A study of the worries and concerns that affect young teenagers in our society, based on data collected by the Unit between 1991 and 1997. £10.00

The Assessment of Health Needs at the Community Level

How health authorities can help schools to review the needs of their pupils. £2.50

Very Young People in 1993-5

A study of 18,929 pupils aged 9-12. Responses to the questions in the Primary Health Related Behaviour Questionnaire are presented in table form, together with commentary and histograms. Note that Young People in 1997 presents further primary data for that year. £7.00

Very Young People in 1991-2

A study of 7,852 pupils aged 8-11. Responses to the questions in the Primary Health Related Behaviour Questionnaire are presented in tabular form, together with commentary. £7.00

Young People and Alcohol: its use and abuse

A study of the 'alcohol environment' of 8,315 Year 8 and 10 pupils. In addition to baseline information about amounts, frequency, and types of drink consumed, the report examines alcohol-related domestic aggression and its relation to family structure. £10.50

Young People and Illegal Drugs into 2000

This report surveys all our drugs data back to 1987 and suggests that young people's contact with drugs may have peaked in 1995-96. £8.50

Young People and Illegal Drugs in 1998

This report contains the first information derived by the Unit on habitual use, and likely frequency of use, by young people in the 11-15 age range. £7.00

Healthy School Series

This set of five books are selections taken from the successful Preparing for Life after Primary School series. They have been re-organised into easy to use Healthy School themes. The principal authors are experienced primary-school teachers who have used SHEU material in their schools. They bring fresh insights into how health-related behaviour data can be used in primary schools, not only within the classroom and the staffroom but to encourage closer links between the school, the parents, and the local community.

Each resource book studies a topic from these various viewpoints, and includes an overview, suggestions for policy review and action, lesson themes, photocopiable worksheets and scenarios, and in some cases model letters. The complete series is as follows:

Safety

Drugs Education

Emotional Health & Well Being

Physical Activity

Healthy Eating

Each book is 48 pages and has A3 style spreads where teaching plans sit alongside the relevant worksheets.

Each book can be purchased separately at £14.95 each.

Complete set £69.75

Education and Health

Our journal is aimed at primary and secondary teachers, health-care professionals, and others interested in the healthy development of young people. It contains articles on recent health education initiatives, relevant research finds, materials and strategies for schools, health-related behaviour data and reviews. It is now in its 21st year, during which time articles on a great range of topics have been included. An index is available from www.sheu.org.uk/pubs/ehkeyidx.htm. Published four times per annum, the individual annual subscription for 2003 is £18 including postage and packing. Those wishing to purchase more than one copy are offered generous discounts.

Tel: 01392 667272

Fax: 01392 667269

Email:

sheu@sheu.org.uk

www.sheu.org.uk

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