

# A Health Related Behaviour Questionnaire printout with commentary

When the first Health Related Behaviour Questionnaire tables were produced for schools in the late seventies, the tabular printout was in the form of 'wallpaper', and extremely cumbersome. By 1984 we began producing the tables on A4 sheets, which were bindable and convenient to handle, and this format has been maintained to the present time.

However, the salient facts within the tables still have to be extracted if they are to be easily understood by non-specialists. This has been done by teachers presenting a selection of data, adding their own comments to promote examination and discussion by colleagues, but of course this takes time. Therefore we have been seeking a way of making a computer present the highlights, with appropriate printed commentary, in a 'friendly' form. This has now been achieved, and is available in a 36-page document to all schools that have used the Version 15 questionnaire.

The report presents tables and commentary relating to 41 health-related behaviours. It summarises the information for each sex and year

group and draws overall conclusions in straightforward statements that could, if required, be circulated to colleagues so that they can readily digest the information.

The report does not cover every single question, but addresses those whose results lend themselves most readily to a simple summary. They are collected under these headings:

- Home
- Leisure
- Money & Employment
- Food & Nutrition
- Exercise & Sport
- Hygiene & Health Services
- Legal & illegal drugs
- Personal & Social (relationships & mental health)

The report also includes background information to set the results in context. This may be taken from nationwide Health Related Behaviour Questionnaire data, or from other published sources. The illustration opposite shows a sample page.

If you have already carried out a school survey, using Version 15 of the questionnaire, we can retrieve your data and create a report for your own school. This is proving a popular service — in less than a month we have received requests for reports from 75 schools! If you are planning a survey in the near future, using the current Version 16 questionnaire, a report can be provided in addition to the standard full tabular printout. The cost is £20, and for further information please contact Karen Hill at the Unit.

|   |                               |                                      |                              |
|---|-------------------------------|--------------------------------------|------------------------------|
| The summarised questions under each heading are as follows: | <b>MONEY &amp; EMPLOYMENT</b> | <b>HYGIENE &amp; HEALTH SERVICES</b> | <b>PERSONAL &amp; SOCIAL</b> |
|   | Jobs                          | Washing                              | Best adult                   |
|   | Hours                         | Teeth                                | Partner                      |
|   | Income                        | Dentist                              | Confidence                   |
|   | Spending                      | Medication                           | Mixing                       |
|   |                               | Doctors                              | Social                       |
|   | <b>FOOD &amp; NUTRITION</b>   | <b>LEGAL &amp; ILLEGAL DRUGS</b>     | Sex information              |
|   | Lunch                         | Smoking                              | HIV/AIDS                     |
|   | Dieting                       | Smoking intentions                   | — discussion                 |
|   | Foods                         | Smoking influences                   | — sources of infection       |
| <b>EXERCISE &amp; SPORT</b>                                 | Drinking alcohol              | — concern                            |                              |
| Activity  | Illegal drugs                 | Self-esteem                          |                              |
| Fitness   |                               | Control over health                  |                              |
| Sports  |                               | Coping                               |                              |
|   |                               | Support                              |                              |

## LEISURE

**Reading** 33.0% of pupils reported reading a book for pleasure for at least part of the evening before the survey.

**Q10k. Percentage answering they read a book after school yesterday.**

|       |      |      |
|-------|------|------|
| Year  | 8    | 10   |
| Boys  | 18.2 | 15.8 |
| Girls | 62.5 | 30.4 |

**Homework** Homework was done on the previous evening by 84.7% of pupils. Of these 55.6% reported they did more than an hour. The percentage doing any homework has been increasing over recent years, and our advice has been that this probably represents the demands of GCSE project work. (See YP into 90s series)

**Q10n. Percentage who did any homework yesterday.**

|       |      |      |
|-------|------|------|
| Year  | 8    | 10   |
| Boys  | 66.7 | 85.3 |
| Girls | 91.1 | 92.9 |

**Q10n. Percentage who did more than an hour of homework yesterday.**

|       |      |      |
|-------|------|------|
| Year  | 8    | 10   |
| Boys  | 25.0 | 44.1 |
| Girls | 40.0 | 76.2 |

**Television** Watching TV is almost always the most frequently reported leisure activity. In this school 89.7% watched some TV the previous night, and of these 9.3% watched for over 4 hours. Whether TV is killing their art of conversation or is (according to the title of a recent book) good for kids we cannot say from this data.

**Q10a. Percentage answering they watched some TV last evening.**

|       |      |      |
|-------|------|------|
| Year  | 8    | 10   |
| Boys  | 91.7 | 97.0 |
| Girls | 88.9 | 83.3 |

**Q10a. Percentage answering they watched over 4 hours' TV last evening.**

|       |      |     |
|-------|------|-----|
| Year  | 8    | 10  |
| Boys  | 16.7 | 6.1 |
| Girls | 6.7  | 4.8 |

**Other** Other common leisure activities usually include listening to music (62.9% of your pupils), pets (60.5%) and meeting friends (58.0%). 72.6% say they can find plenty to do in their spare time (not too little, not too much). The differences between boys' and girls' percentages are often interesting.

**Q11. Percentage answering they have 'Plenty' to do in their spare time.**

|       |      |      |
|-------|------|------|
| Year  | 8    | 10   |
| Boys  | 75.7 | 73.3 |
| Girls | 73.9 | 68.2 |

The 'leisure' page from a school's report. The commentary extracts appropriate percentage values from the data.