

# Young People into 2006

A unique contemporary archive of young people, this new report provides the answers to over 100 health-related behaviour questions.

Annually since 1986, the Schools Health Education Unit has published the collected Health Related Behaviour Questionnaire results. Data from more than 700,000 pupils between the ages of 8 and 18, have now been recorded since the questionnaire's launch in 1977. More than 5,600 separate school surveys have been carried out, some schools repeating surveys of their pupils on five occasions.

The data banks at SHEU are a unique resource that are consulted by a wide range of groups and individuals including Local Education Authorities, Public Health Authorities, Government Offices, University departments, schools, teachers and other interested individuals.

## 20th report

The 20th report, 'Young People into 2006' shows figures and graphs from 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 in 2005 from 310 primary and secondary schools across the United Kingdom. The original sample of 37,932 was finally reduced to 17,743 to be much more representative of the country as a whole.

## Snap shot

Here are some of the figures from the latest report:

### Food and weight

21% of all males and 15% of all females were 'overweight' according to BMI formulae.

56% of 14-15 year old females and 55% of 12-13 year old females 'would like to lose weight'. This compares with 26% of 14-15 year old males and 36% of 12-13 year old males who 'would like to lose weight'.

30% of Year 10 females had 'nothing at all to eat for breakfast this morning' and, of that proportion, 36% had nothing for lunch on the previous day

Less fresh fruit but more vegetables are eaten as pupils get older.

### Doctor

Up to 26% of the 12-15 year old females, reported feeling 'quite uneasy' or 'very uneasy' on their last visit to the doctor.

### Painkillers

Around 25% of males and 50% of 14-15 year old females report taking painkillers on at least one day during the previous week.

### Bullying

38% of 12-13 year old females feel afraid (at least 'sometimes') of going to school because of bullying. Up to 30% of 10-11 year olds (which has been consistent for a number of years) report that they have been scared or upset by an adult stranger. 24% of 10-11 year old females think they have been picked on or bullied because of the way they look.

### Weapons

22% of the 14-15 year old males were 'fairly sure' or 'certain' that their friends carried weapons for protection when going out.



### Walking

Up to 55% of the sample walk at least some of the way to school.

### Homework

More females than males did homework on the evening before the survey, and they tended to spend longer at it. Around 42% of the 12-15 year old males did no homework at all.

### Computer

Up to 23% of males spent more than 3 hours on computer games after school 'yesterday' and 78% of 14-15 year old males browse the Internet without adult supervision.

### Reading

51% of 10-11 year old females 'read a book for enjoyment' as an after-school activity compared with 20% of 14-15 year old females.

### Smoking

Up to 63% of the sample will have smoked by the time they are 14 years old. Young people's own smoking habits are

strongly correlated with the number of other people smoking at home. This report shows that up to 52% of 12-15 year olds live in a 'smoky' home and 55% of 14-15 year old females have a close friend who smokes.

### Drugs

Up to 57% of the 14-15 year olds are 'fairly sure' or 'certain' that they know a drug user. Up to 17% of 14-15 year olds have mixed drugs and alcohol 'on the same occasion'.

### Exercise

Over 86% of the sample report exercising at least once 'last week'. At least 56% of 10-11 year olds think they are 'fit' or 'very fit'. This falls to 28% by the time they reach 14-15 years of age. From 1991 there is an upward trend (10%-22%) of 14-15 year old females that report being unfit.

### Worries

'Exams and tests' and 'the way you look' remain the principal worry for females aged 14-15 years. Up to 33% of 10-11 year olds worry about 'family problems'. The greatest concern for 14-15 year old males are 'exams and tests'.

## SHEU

'Young People into 2006' is one of a number of publications from SHEU. The 'Trends' series looks at data from 1983 and provides a valuable insight into changes in youngsters' health related behaviour. There will be ten reports in the series covering topics from Food to Smoking and Sex and Relationships. The 'Trends' reports use the accumulated data from the hundreds of school surveys the Schools Health Education Unit support each year.

## Annual sample

Since 1986, each annual sample of survey schools represents a different combination of regions within the UK. The annual sample is not a random sample selected for the purposes of providing a nationally representative picture. Our confidence in the representative nature of the data is based on its year on-year consistency and comparison, where possible, with data derived from surveys using carefully selected national samples.

To purchase a copy of the report (£45 incl. p&p) please contact SHEU - Tel. 01392 667272.

Please enquire about the special discount prices for schools.