

The Schools Health Education Unit (SHEU) annual reports, 'Young People into...' series can be purchased and some are available online. For more details please visit: <http://www.sheu.org.uk/publications/youngpeople.htm>

SHEU

Young People into 2010

The Schools Health Education Unit is part of SHEU and is involved in the collection of robust baseline data about young people's health-related behaviour. Most of the work is through surveys in schools using the Health Related Behaviour Questionnaire (HRBQ) which has been evolving and developing since 1977.

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.

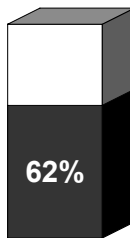
The total number of respondents in HRBQ school surveys to date is nearly one million (999,480) from over 7,500 (7,586) schools. Schools receive a report of their results, following the survey, with comparisons to other schools involved in their authority.

Each year SHEU publish a compilation of data. *Young People into 2010* is the 24th in a series of annual reports and will be published soon. It is a unique contemporary archive of young people. There are over 100 health-related behaviour questions and answers from over 43,000 youngsters between the ages of 10 and 15. They tell us about what they do at home, at school, and

with their friends. The results have been collected from over 780 primary and secondary schools across the United Kingdom.

New results

A glimpse at some of the results reveals that:



Water

Up to 62% of the sample report drinking less than 1 litre of water 'yesterday'. 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. The recent results show that:

Most 10-15 year olds (from 51% to 66%) report drinking between 1-5 cups of water 'yesterday'.

Up to 22% say they drink 'about a litre'.

Up to 16% claim to have had no plain water to drink.

As they get older, more males than females report drinking more than 1 litre of water in one day.

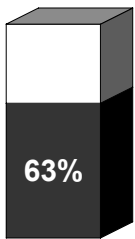
As female pupils get older they drink less water:

3-5 cups	32% (10 years old)	28% (15 years old)
About 1 litre	19% (10 years old)	17% (15 years old)

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. Assuming 'yesterday' was a normal day should we be concerned that 76% 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 more details visit: www.water.org.uk/home/water-for-health/medical-facts/children.

At home



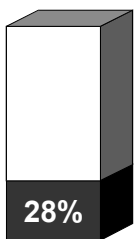
In this sample up to 63% of the respondents live with mother and father. If they live with just one parent their mother is more likely than their father to be present.

There is a downward trend, of around 15%, over 20 years of those reporting that they live with both parents (Table 1).

Table 1

Mother and Father	1990	1995	2000	2005	2009
Yr. 8 Male	77	71	67	61	63
Yr. 8 Female	75	70	64	60	62
Yr. 10 Male	75	71	67	62	63
Yr. 10 Female	74	69	64	58	62

Fitness



How fit do you think you are? More Year 6 males continue to assess themselves as *very fit* than any of the other groups.

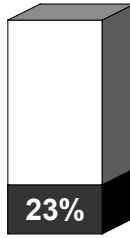
28% of the Year 10 (14-15 year old) females describe themselves as unfit or very unfit. Perceived fitness declines with age in males and females. The higher self-assessment of the males is consistent with their higher participation in sporting activities.

Do the females see themselves as less fit than the males because they participate in

less physical activity or indeed are they less fit than the males?

From 1991 onwards, 14-15 year old females show an upward trend of those considering themselves to be 'unfit' (10% in 1991 and 22% in 2009).

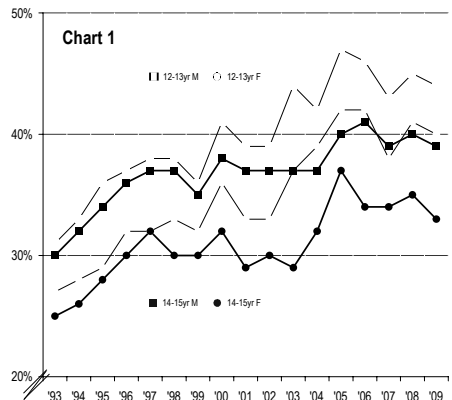
5-a-day



A new question in 2006 asked, "How many portions of fruit and vegetables did you eat yesterday?" Pupils are given eight options and asked to circle one option. The questionnaire also offers a brief guidance as to what a 'portion' is following Government '5-a-day' guidelines. Most 10-15 year olds (up to 23%) report eating 3 portions of fruit and vegetables. Females, more than males, report higher percentages across the 3 to 5+ portions eaten 'yesterday'. As they get older, fewer pupils report eating 5 or more portions. 15% of 14-15 year olds and 28% of 10-11 year olds report eating 5 or more portions of fruit and vegetables 'yesterday'.

Saving money

Results from 1993 (Chart 1) show a general upward trend of pupils saving money with males, and 12-13 year males in particular, saving more than females.



For more details please visit www.sheu.org.uk