

SHEU [Schools Health Education Unit] provide a free resource that links to research on the Internet about children and young people's health and wellbeing.

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SHEU

Recent additions to the free research resource that supports those concerned with the health and wellbeing of children and young people

In January 2006, The Schools Health Education Unit [SHEU] began sending out a monthly email with links to research. The links were to information, chosen from the SHEU's databanks and the Internet, about the health and behaviour of young people aged 16+. The links were mainly to research papers and, where possible, to the complete paper or at least an abstract.

The development of the resource grew out of the SHEU's research work with schools and colleges across the country. It was clear that those working with children and young people did not have much time to search for relevant research that could support their work.

The resource is regularly updated and recent additions include:

[The UK's food history revealed through five generations of data](#)

"An appetite for easy to prepare meals began in the mid-1950s, the new data reveals, with convenience foods accounting for nearly a fifth of families spend on food. As technology started to improve and more women began to work full-time - frozen foods, ready meals and takeaways began to transform the British diet."

[Associations between asthma, overweight and physical activity in children](#)

"The main finding of our study is that the level of physical activity in all children was alarmingly low, but there was no indication for an interactive effect of overweight/obesity and an asthma diagnosis on physical activity levels. Moreover, asthma features and attitudes towards asthma-related exercise limitations by both parents and children were not related to physical activity levels."

[Too few school packed lunches meet nutritional standards](#)

"Researchers found that just 1.6 per cent of primary children's packed lunches met the nutritional standards set for their classmates eating in the school canteen. Less than a fifth (17 per cent) contained any vegetables or salad, while more than half (52 per cent) contained too many sweet snacks."

[Mobile Phone Interventions for Adolescent Sexual and Reproductive Health: A Systematic Review](#)

"Evidence suggests that inclusion of text messaging in health promotion campaigns, sexually transmitted infection screening and follow-up, and medication adherence may lead to improved interventions for adolescent sexual and reproductive health."

[20 cent school intervention stops unhealthy weight gain in children](#)

"Healthy School, Happy School was a randomised controlled trial designed to test the effectiveness of an intervention to stop obesity in children. It was conducted in Feliz, Brazil. The children in the control group showed a significant increase in BMI after the nine months of the study. BMI in the intervention group remained the same, but there was a significant increase in fruit consumption and physical activity ($p < 0.05$)."

To join the thousands of colleagues who work with children and young people and who receive this free resource please contact [David McGeorge](#) To find more research please click on the following [link](#)