

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.

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](#).

The resource is regularly updated and recent additions include:

[Four-year outcomes of an educational intervention in healthy habits in schoolchildren](#)

"The intervention promoted healthy eating habits and physical activity in the school setting through the investigation, vision, action and change educational methodology that involves children as active participants in healthy change." ... "The effect of the intervention was maintained 4 years after completion."

[E-cigarettes, a safer alternative for teenagers? A UK focus group study of teenagers' views](#)

"Teenagers support e-cigarettes as smoking cessation aids for established adult smokers. They

engage with these products in a different manner to traditional cigarettes. E-cigarettes are perceived as attractive to some teenagers and as offering a new product for experimentation, encouraged via online videos and social media."

[Physical activity may be a potent regulator of bone turnover biomarkers in healthy girls during preadolescence](#)

"Sixty prepubertal girls of similar chronological age, bone age, maturity level, and nutritional status were assigned to a low/moderate/high physical activity (PA) group." ... "The study investigated the effects of different levels of habitual physical activity assessed by pedometry on bone turnover markers measuring bone mineral density and content (BMD and BMC)." ... "PA increased the girls' BMD and BMC by favoring bone formation over bone resorption."

[A Systematic Review of Interventions to Enhance Healthy Lifestyle Behaviors in Adolescents Delivered via Mobile Phone Text Messaging](#)

"Interventions delivered using text messaging have the potential, under certain conditions, to improve healthy lifestyle behaviors in adolescents. However, the rigor of studies varies, and established theory and validated measures have been inconsistently incorporated."

[Does your empathy predict if you would stop and help an injured person?](#)

"Empathy Quotient scores were higher in those who had stopped to help the injured person ... age did not predict who stopped or not ... of those who stopped, 80% were female."