

## SHEU NEWS

An occasional newsletter - January 2013

healthy lifestyle

# SHEU SURVEYS

## UNDERSTANDING THE HEALTH AND WELLBEING OF YOUR YOUNG PEOPLE

*"Are you aware of all the data that is available to understand the health and wellbeing profile of your young people?"*

Local Authorities will be taking the lead for public health from April 2013 taking over from Primary Care Trusts. They will make decisions on money for health in your area. They have to take into account the needs of young people in your area.

SHEU have, since 1977, provided local authorities with vital data about their young people to inform their planning.

Your young people's needs can be identified using a SHEU paper or online survey.

Many local authorities use SHEU's cost-effective services. Nationally-recognised for 36 years, as the specialist provider of reliable local survey data for schools and colleges, SHEU can support your work in 2013.

Please contact Angela Balding for more details. Telephone 01392 667272 or email: [angela.balding@sheu.org.uk](mailto:angela.balding@sheu.org.uk)

### THE SHEU WEBSITE

<http://sheu.org.uk>

Free resources for those involved with the health and wellbeing of young people

*"I know of no other similar way of quickly accessing research about young people across disciplines and sectors."*

### Joint Strategic Needs Assessment

Since the establishment of the JSNA in 2008, SHEU have been providing local authorities with vital data about their young people to inform their planning. The Coalition Government has placed the Joint Strategic Needs Assessment at the heart of its proposals with regard to the future of local health improvement. The SHEU's Health Related Behaviour Questionnaire (HRBQ) is used across the UK in primary and secondary schools and recent comments highlight its value:

*"As I am sure you have picked up from other authorities the HRBQ is a fantastic data source for the JSNA which now has such a more significant profile than it has in the past."*

Lead Adviser Health and Wellbeing

*"The survey reports have been used to inform commissioning at specific commissioning groups. They are also being used within our Extended Schools Clusters and to inform The Annual Public Health and the Joint Strategic Needs Assessment."*

Programme Manager - Young People

Visit the following link to see examples from local authorities:-

<http://sheu.org.uk/jsna>



**A**uthorities we are currently working with include: BaNES, Bristol, Bromley, Cambridgeshire, Camden, Cornwall, Cumbria, Dudley, Essex, Gateshead, Greenwich, Guernsey, Haringey, Hertfordshire, Isle of Wight, Knowsley, Lambeth, Lewisham, Newcastle, North Yorkshire, Peterborough, Richmond, Rochdale, South Staffordshire, South Tyneside, Sunderland, Wakefield, Wiltshire and Wolverhampton.



We can adapt the content of the questionnaire to suit any local requirements you may have and schools can choose to use our paper based questionnaire or an online version. We usually suggest that authorities aim to survey Years 4 and 6 in the primary schools and Years 8 and 10 in the secondary schools so that we can give you good comparative data against our wider data banks but you may have something else in mind.



Online survey costs are £120 per primary school and £500 per secondary school for as many pupils/year groups as you like. If schools opt for the paper-based version, costs are £4 per primary questionnaire and £5 per secondary questionnaire (approx. £240 per primary school and £1000 per secondary).



Each school receives a set of results tables for all the questions in the questionnaire broken down by year group and gender. They will also receive a report that compares their school to the rest of the schools involved in the authority highlighting any statistically significant differences.



We run a training session with a teacher from each of the schools involved to explain the survey, answer and questions they may have and explain the methods for collecting good data from children and young people. The schools then complete the questionnaires for us and we keep you up to date as to their progress.

**P**lease contact Angela Balding for more details - [email: angela.balding@sheu.org.uk](mailto:angela.balding@sheu.org.uk)

## SHEUBytes ... Visiting the doctor

The results from the Health Related Behaviour Questionnaire (HRBQ) are used by health and education authorities to inform their planning. Among the many topics explored in the surveys is the issue of visiting the doctor. Up to 51% report having visited their GP within the past 3 months and slightly more older females than males report going to their GP in the past 7 days/month. More older males than females report going to their GP in the last year and more than a year ago.

Table 1. Those pupils, from 1999/2003/2011, visiting their doctor in the past month

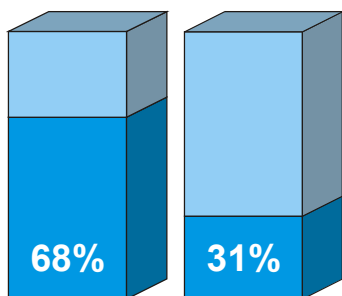
Visit GP in past month	1999 %	2003 %	2011 %
Yr 8 Male	26	27	27
Yr 8 Female	28	26	26
Yr 10 Male	26	21	22
Yr 10 Female	31	29	28

### *Are the numbers going up or down?*

Table 1 (above) shows that, since 1999, the percentage of those visiting the doctor in the past month remains consistent. Females have usually been visiting slightly more frequently than males. The differences are small with the exception of older pupils. In the 1990s, an opportunity arose to check young people's reports of GP attendance. A practising doctor from Barnham was presented, at a meeting, with results of the HRBQ survey in West Sussex and thought that the rates shown for Year 8 and Year 10 pupils visiting the doctor were implausibly high. He immediately organised a check on his figures, and a colleague searched the computer files from the group practice. He was astonished to find that in his practice the GPs had seen 40% of their patients aged between 13 and 19 in the past three months, which fitted within the SHEU summary data for the whole District Health Authority.

## Links between behaviours

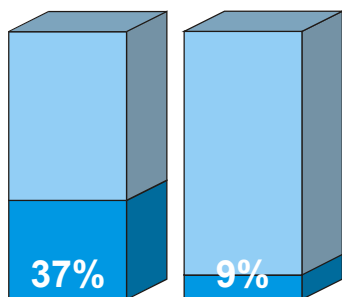
In some of the themed reports we have been writing recently we have been looking in more detail at the links between behaviours. For example, the following is an analysis of Year 10 secondary pupils who said they had drunk alcohol the previous week compared with Year 10 pupils who didn't.



68% of pupils who said they had drunk alcohol last week also said they had tried smoking in the past or smoke now. This compared with only 31% of pupils who didn't drink alcohol the previous week. Therefore, we can say that if you drank alcohol last week you are more likely to have tried smoking in the past or be a current smoker.

This group is also more likely to say that someone smokes in a car when they are in it and that their parents/carers smoke.

They are more likely to say that they worry about relationships and agree that there is pressure on young people to have sex.



37% of pupils who drank alcohol the previous week said they had used drugs. This compared with 9% of pupils who hadn't drunk alcohol the previous week. Therefore, pupils who said they drank alcohol last week were more likely to have used drugs at some point.

They are less likely to say they want to stay on in full-time education after Year 11.

Pupils who drank alcohol the previous week were also more likely to say they had used an Internet chat room the previous week.

## It's an absolute pleasure to work with you

Following a meeting packed with health and education professionals we were delighted to receive this ...

*"Thank you both ever so much for such an informative and helpful session this week ... We have had some really positive feedback and you really demonstrated how valuable and comprehensive the (SHEU survey) data is ... This is also an opportunity for me on behalf of (authority) to express our sincere thanks for all the work you do to support (us) ... We are constantly impressed by the speed and efficiency of your responses as well as the quality of data and information you provide. It's an absolute pleasure to work with you."*

## SHEU and Partnership groups

Results from SHEU young people surveys are often used by a wide-range of groups in one authority. Data influence health promotion programmes in drug and alcohol prevention, teenage pregnancy management, healthy eating initiatives, relationships and sex education and school lessons that include PSHE activities.

The following is taken from one council's annual report,

*"The wellbeing survey is commissioned by the (...) Team within the County Council and delivered by the Schools Health Education Unit in order to collect robust information about children and young people's lifestyles. The survey is now in its sixth year and the findings are used to inform (the Council's) annual needs assessment for children's services and the Joint Strategic Needs Assessment by identifying baseline data and informing targets, service evaluation and improvement. It also acts as a resource to help schools establish appropriate curriculum development, particularly in PSHEE, and provide data to support aspects of the Ofsted self evaluation form."*

... and this feedback comes from a Consultant in Public Health Medicine,

*"The (named) Children and Young People's Partnership has benefitted from the results of the SHEU survey locally for many years now, and we should like to continue to do so in future."*

To discover how SHEU can support the work of your partnership group please contact David Regis:-

email: [david.regis@sheu.org.uk](mailto:david.regis@sheu.org.uk)



## Schools and Students Health Education Unit

SHEU surveys support schools and colleges promoting health and wellbeing through behaviour change

For more information about our work go to <http://sheu.org.uk/>



EDUCATION&HEALTH

Published since 1983, Education and Health (E&H) is now available as an open access online journal.

<http://sheu.org.uk/eh>

It is hoped that the following articles will be published in the near future

*Young people's perceptions of plain cigarette packaging*

*Exploring the possible causal relationship between excessive adolescent video game playing, social networking and crime reduction*

*Sexual health in Wales*

*Commentaries on the paper 'Evaluation of a campaign to improve awareness and attitudes of young people towards mental health issues'*

*Exam culture and suicidal behaviour among young people*

Now you can view the journal for free and also read all the past issues.

E&H regularly attracts contributions from around the world and we welcome new contributors.

Feedback from contributors show they have a positive experience, would recommend the journal to other potential contributors and find the editor to be efficient and helpful.

To submit an article, up to 3000 words, please email the Editor: [david.mcgeorge@sheu.org.uk](mailto:david.mcgeorge@sheu.org.uk)

## FE & 6th Form College Surveys

In 2008, a report was published that aimed to identify sources of evidence about existing initiatives promoting health and wellbeing of young people within FE settings in England (Thomas Coram Research Unit, Institute of Education. 2008. *Healthy and health promoting colleges – identifying an evidence base*). At the bottom of page 14 it says, "Although there are many studies, particularly in the USA, of university students' health, there are as yet few studies which focus specifically on the health-related needs, interests and concerns of young people attending colleges of further education in England. There are, however, a few exceptions to this general rule. The Schools Health Education Unit (SHEU), for example, has recently published information obtained from an online survey regarding the health of 5,404 young people attending 34 FE and sixth form colleges and sixth forms in schools (75% of respondents were 16-17 years old).

In fact, SHEU had been carrying out health and wellbeing surveys in FE colleges for many years prior to 2007. So it will come as no surprise to find that SHEU FE surveys are still very much appreciated by their commissioners eg. *City of Sunderland College positive practice* (Education and Health, 2007.25:3).

To discover more about surveys in FE and 6th Form colleges please contact Angela Balding email: [angela.balding@sheu.org.uk](mailto:angela.balding@sheu.org.uk) and visit our webpage: <http://sheu.org.uk/fe>

## @sheuexeter

SHEU promise information and comments on their Twitter feed for those concerned with the healthy development of young people.

Recent tweets include:

Mindfulness-based interventions for children and adolescents

JSNA : SHEU identifying the current and future health and wellbeing needs of young people

Stickers: A popular health promotion resource, but do they have any effect?

Should we be giving children choices about their health?

Healthy Heroes: Improving Young Children's Lifestyles In Lancashire; an evaluation of a challenge based schools' programme

Supporting pupils and students affected by bereavement, loss and trauma