

CHILDREN & YOUNG PEOPLE HEALTH & WELLBEING

SURVEYS

"A JSNA data set provides powerful indicators to establish current and future health needs of your local population. This in turn, supports better targeting of interventions to reduce health inequalities. " **NHS Digital**

SHEU surveys have formed an important part of JSNA data sets in local authorities across the country. They also give a powerful prompt to action in schools.

*"(The SHEU survey) was very, very useful. It gave us reassurance we weren't missing a trick. For example, not many pupils in the sample year groups were taking illegal drugs, which re-enforced our opinions. But the survey also raised issues and flagged some things up. We discovered that some of our girls weren't **eating** enough – the percentage of girls in our school not eating lunch the day before the survey was higher than the county average. There were other concerns too, specifically around **cigarettes, alcohol** and **attendance**.*

*"The school used these data and took a number of actions to address it. More female peer **mentors** were put in place and the school asked NEXUS (the Extended Schools service) for help, so they developed a programme for girls which addressed their **eating** patterns, healthy eating, **sex education** and **self-esteem** issues.*

*"We ran an **anti-bullying** group for Year 9 as a preventative measure, based upon data provided by our current Year 10 students.*

*"The **travel** data revealed that a high number of pupils took the car to school, so we involved the BIKE-IT scheme who ran assemblies, brought in their **bikes** (including one with a pedal-powered smoothie maker!), and raised awareness of health and green issues.*

*"The information about how **happy** the students were with their lives raised some concerns as far fewer girls were as happy as the boys, so work was done around developing **aspirations, role-models** and **self-esteem**."*

-- Deputy Head, Secondary School

Not just for young people!

We have been running more surveys for adults in recent years, including school staff.

In one survey we found 58% of junior staff members responded that they judge the quality of their health and wellbeing as 'good' or 'excellent', but if they had any management responsibilities, the figure was 49%.

What's it like in your school?



Schools Health Education Unit

ESTABLISHED 1977



LOCAL SURVEYS

Authorities, who have been commissioning SHEU surveys since 1977, are faced with difficult decisions to achieve effective public health spending for their young people. Obesity levels; physical in-activity; reducing alcohol consumption; promoting wellbeing ... are just a few of the competing concerns. SHEU are nationally-recognised as the specialist provider of reliable local survey data about young people's health and wellbeing. We support education and health professionals in their work to meet the needs of children and families. Our surveys provide a wealth of invaluable information to improve services for young people, particularly vulnerable groups.

PAPER/ONLINE SURVEYS

The local nature of SHEU's lifestyle survey services can often mean that we work with small numbers of schools involving 300 young people or larger surveys involving 10,000 young people. For some schools, handing out paper questionnaires may be the easiest way to conduct the lifestyle survey.

An increasing number are keen to survey online. SHEU's website runs online surveys for schools and colleges. We have found that our surveys give robust data via online or paper-based questionnaires. Often the final decision about which survey method to use can depend on the availability and ease of access of computers in schools and colleges.

For more information please visit:

<http://sheu.org.uk/content/page/online-surveys>

LOCAL REQUIREMENTS

We can adapt the content of the questionnaire to suit any local requirements you may have. 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.

COSTS

Online survey costs are £150 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).

“ I would like to take this opportunity to thank you for your work regarding writing and compiling the sex education survey. The survey was well-executed and the schools have found their individual reports very helpful. The results of the survey have enabled the Local Campaign Group to justify the need for young men's campaigns and given us invaluable insight as to the thoughts and experiences of this target group. ”

-- Local Strategy Manager

For more details please contact Angela Balding email: angela.balding@sheu.org.uk Tel: 01392 667272

Research News Service

For several years, we have been collecting and distributing (by email) a list of web links to recent news about research into young people's health and education.

- [Identifying beliefs behind boys' use of mobile phones to monitor girlfriends and girls' acceptance](#)
- [Bullying victimization experiences among middle and high school adolescents](#)
- [Bullying and negative appearance feedback among adolescents](#)
- [For Video Games, Bad News Is Good News](#)

The links are shown in sections, for primary, secondary and 16+ age groups. See: <http://sheu.org.uk/research-news-latest>

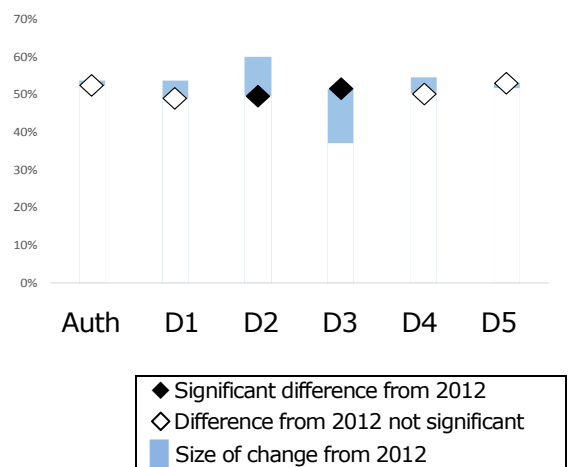
This is a free service; to sign up for the emails, just contact us at SHEU through:

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

Ups and downs

A recent follow-up survey showed interesting contrasts in how districts within an authority have changed over time. While the overall authority figure showed a modest change of no significance, there was significant change within two districts of the authority (D2 & D3), but not in the same direction.

Percentage of Year 10 pupils who consider their health when choosing food 'most times' or 'always', all and by district, 2012-2017

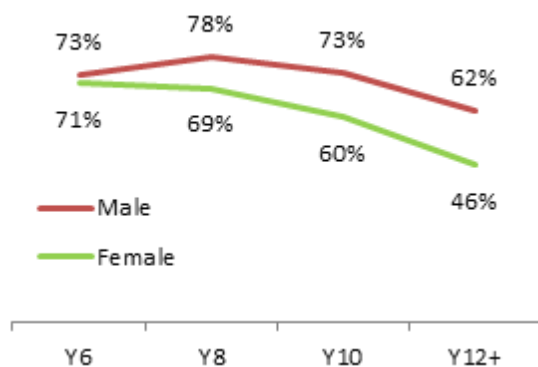


Only a thorough survey with good take-up by schools can reveal these complex patterns.

Missing out?

We normally recommend surveying in even-numbered years within a school. Most of our clients run a survey every two years, so we get a powerful data set to analyze, where the same cohorts are surveyed as they grow up. This is economical of time and money. Some year groups – like Year 7 and especially Year 11 – may be best left alone, and we believe that we can estimate where the intermediate year groups will sit by looking at the findings from year groups up and down from where they sit.

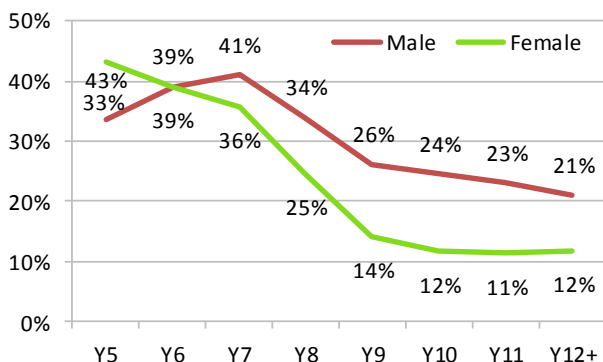
Percentage of pupils who say they enjoy physical activity 'quite a lot' or 'a lot', by year and sex



But is this really true? In the 1980s, we had good evidence from whole-school surveys that it was the case, but that was a long while ago! We had a chance recently to look again at this issue when one of our clients took the opportunity to sample in every year group available.

You can see from these results that the odd-numbered year groups do generally sit where you would expect – in an intermediate position, giving a fairly smooth curve on the chart.

Percentage of pupils who score in the highest bracket of resilience scores, by year and sex



Around the regions

Because we work with so many councils, we usually are able to compare a local authority's results not just with a nationwide sample but also with councils in their region, or even with councils who may be geographically distant but statistically close.

Here are some Year 10 results where we are looking at large shire counties with a mixed rural and urban profile and no very large cities:

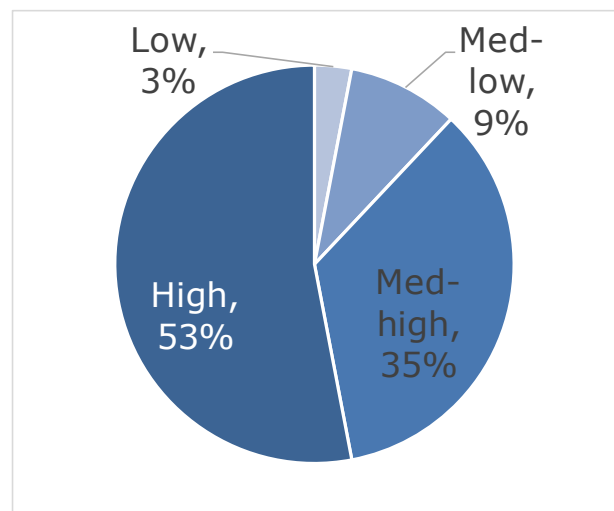
Area A B C D

% Enjoy school lessons most/all 51 45 44 40

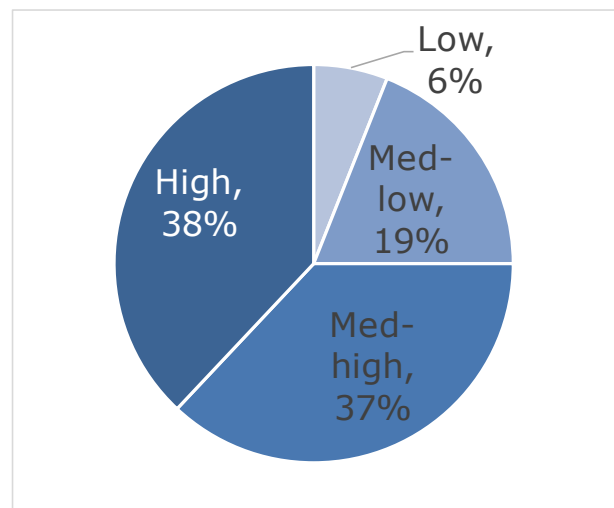
Our colleague Nick Opie has been looking at results for all the recent London boroughs that have worked with us.

Here are the findings from the **self-esteem** scale for year 10 pupils, by sex, across London:

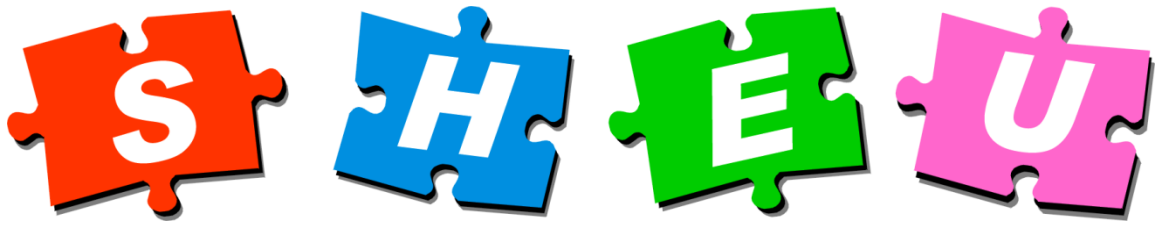
Males



Females



The overall lower scores for females are very clear from these charts.



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/>

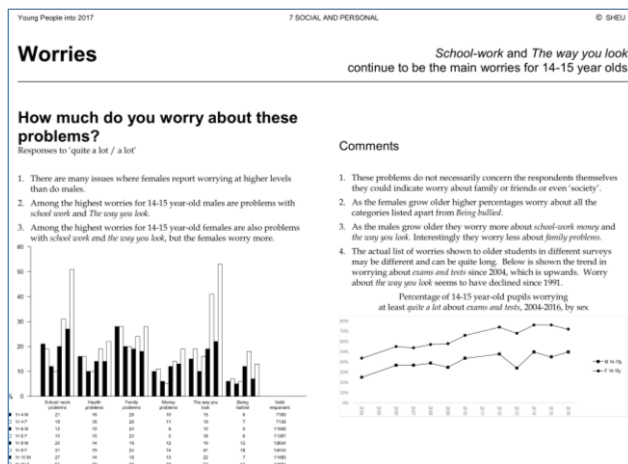
Young People into ...

We have just published *Young People into 2017*, which presents figures from 92,193 young people completing surveys in 2016. This report is the 31st in a series begun in 1987.

Every year, SHEU carry out healthy lifestyle surveys with young people for local authorities and each year these surveys involve tens of thousands of young people. At the end of each calendar year, we put all the results from all the surveys together, and publish a report.

- The report has 7 chapters:
- | | |
|---------------------------|---------------------------|
| 1 - Food choices & weight | 4 - Family & Home |
| 2 - Doctor & Dentist | 5 - Legal & Illegal Drugs |
| 3 - Health & Safety | 6 - Exercise & Sport |
| | 7 - Social & Personal |

The pages in each chapter show results from one question (sometimes two) and may also show links between questions and trends in responses going back over decades.



For the first time, we have published responses from Year 4 pupils (aged 8-9 years) alongside those from older pupils. Their responses usually line up in a way we might expect but there are some interesting exceptions – for example, Year 4 pupils are much more likely than older pupils to say that they enjoy *all* of their lessons at school.

Some of the latest figures are different from those we last published in 2015, but not all the differences are new – it's better to describe them as continuations of trends that we have seen going on for some time.

Dr David Regis, Research Manager of the Schools Health Education Unit, says,

"This report provides a snapshot of our young people as they were approaching 2018 and also offers some trends where we are able to look back over the last 30 years and more of our research.

"We have seen a further decline in young people's reported involvement with **tobacco** and **alcohol**. We saw a peak for many types of substance use in the mid-

1990s, and since then there has been a general decline."

"The fall in experimentation with **cannabis** by secondary pupils was quite marked after 2004 – ironically, a period when cannabis was briefly placed in Class C of the Misuse of Drugs schedule, which attracts less severe penalties – but the picture for the last 5-10 years is more level."

"We see a long-term decline in pupils' regular use of **crisps** – in favour of which other snacks or none, we don't know. There has been a continued increase in the use of **computer games** by secondary school males, which is perhaps no surprise, but also in all pupils' reported **enjoyment of school lessons**, which was harder to predict."

"The individual questions and their trends are fascinating, but just as interesting are the connections we can show between questions from different chapters – so, we can see links between **smoking** and wellbeing, poverty, ethnicity and religion. **Lesbian, gay and bisexual young people** report being bullied more often than do others – and there is also more smoking in this group."

Angela Balding, Survey Manager at the Schools Health Education Unit, says,

"Although we've seen a big increase in awareness of young people's **emotional health** needs, the signals we see in the figures about poor and even declining self-confidence among **young women** are still there."

"Looking for links between the figures, we see again that, among 14-15yo females, the heaviest users of **social media** have poorer emotional wellbeing and possibly a less healthy lifestyle in general. But while we do know there is a toxic element of online interaction, including cyber-bullying, we can't say that being online is overall bad for these young people – they may be getting a lot of support there too, without which their wellbeing might be worse."

"A long-term increase in **skipping lunch** during the 80s and 90s has stabilised, although the figures for 2016 are still high – 18% of 14-15yo females. And we appear no better at engaging young women with exercise – their reported **enjoyment of physical activities** continues to decline."

"After climbing for many years, the proportion of young people **intending to stay in full-time education** has been falling since 2014."

A summary of findings from each chapter and a link to request the full report can be found at

<http://sheu.org.uk/content/page/young-people>

David has been sent back to his room to work on *Young People into 2018*.