

SHEU NEWS

1977 - 2009 and 2008 was the busiest yet!

January 2009

SHEU Schools and Students Health Education Unit SURVEYS Young People in SCHOOL and COLLEGE

SHEU survey services - your comments

"SHEU data proved the best source of the kind of information we were looking for... to provide research support to the National Healthy Schools Programme." *Department of Health*

"In the PSHE area that I work in I have used the information with teachers at training sessions and co-ordinator meetings. I have also used it for some of the PSHE CPD training with teachers and nurses, especially the drugs training session. I also used the findings when undertaking some specific mapping linked to a school improvement project. More strategically I summarise the findings with a school improvement focus for SIPs and advisers. We organise partnership meetings to disseminate the information via the Healthy School network...copies of the survey reports have also gone out to Primary Care Trusts." *Survey Co-ordinator*

Over 100,000 school pupils completed the Health Related Behaviour Questionnaire survey in 2008.

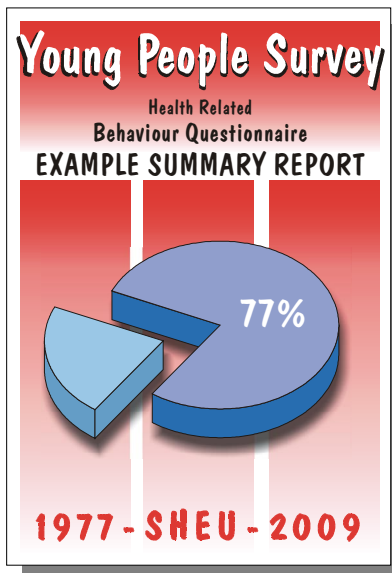
Over 75,000 of the school pupils SHEU surveyed were in the key year groups of 6, 8 and 10.

Dr David Regis, SHEU Research Manager says: "It's a terrific sample – wider and deeper than anything else we know about for this age group. 23 versions of the primary survey and 34 versions of the secondary survey have gone into this databank. There's enough overlap to give very big samples for all of the key questions. And it all adds to our developing picture of young people's health and habits. We hope the size of the sample also reflects a lasting change in society's care and concern for children and young people."

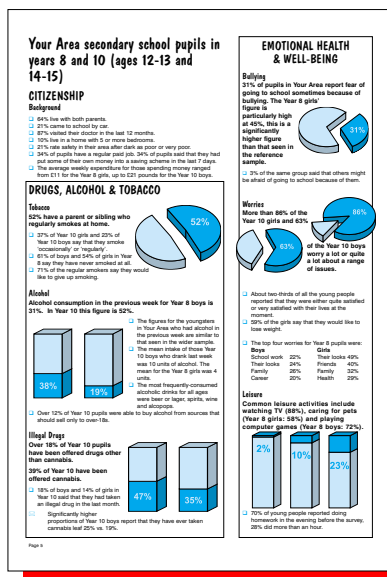
Angela Balding, SHEU Survey Manager says: "I'm so grateful to my colleagues who have worked so hard and so carefully to get through all these questionnaires. Of course staff and students in schools and colleges have put a lot of valuable time and effort into the surveys to start with."

SHEU began carrying out nationally recognised surveys in schools in 1977. We now provide lifestyle surveys, research and publishing services to schools and colleges. We work with a wide range of people involved in the planning, providing and commissioning of health and education in the UK and overseas.

Our surveys produce a detailed profile of young people's life at home, at school, at college, and with their friends. This information is then used by authorities to inform health needs assessment and health care planning, and by schools and colleges to promote health education programmes, as well as in work across the curriculum.



Example Summary Report



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

L - I - N - K - S

We are being asked more frequently to look for links between behaviours in the data we collect for local authorities. The following is a selection of some interesting recent findings from local surveys.

Year 6 females who usually take precautions against sunburn are more likely to eat fruit and vegetables on most days and less likely to have eaten sweets and had fizzy drinks than those in the same group who do not usually take such precautions.

Free school meals can be linked to several responses from other areas of the survey: young people who get free school meals want to do more physical activities; are more often bullied at school last year; worry quite a lot more often; are less likely to eat 5-fruit-and-veg-a-day and less likely to eat breakfast.

Among children with just one parent at home we see higher levels of sexual experience, being bullied at school last year, worrying about any issue, not eating breakfast, smoking, smoking by parents/carers, drinking alcohol.

Year 10 pupils are much more likely to have been drunk in the previous week if parents impose no limits on their children's drinking.

Year 10 males who smoke are more likely to report having had an accident requiring medical attention than non-smokers in the same group.

In one recent survey, 22% of young people aged 16-18y smoked the week before the survey. For young people in the same age group who had low self-esteem the figure was 29%.

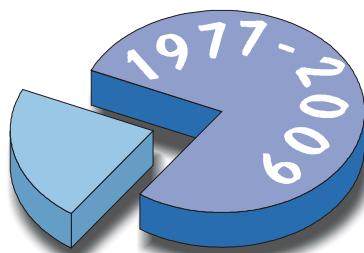
12% of young people in Yr.10 have experienced physical violence in the home in the last month. For young people in the same age group who have low self-esteem the figure was 21%.

15% of young people in Yr. 8 have ever been offered drugs. For young people in the same age group who have a single or re-partnered parent the figure was 21%.

40% of 16-18 year-olds have ever tried drugs; if the young people drank more than twice the recommended daily guideline on at least one day last week, the proportion was 58%

For details of SHEU school surveys (paper and web-based) please contact

Angela Balding:
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32 YEARS MAKING 'PIES'

SHEU has made many pie charts over the years. We are possibly the only organisation that, exclusively, carries out young people lifestyle surveys in the health and education sectors.

Despite the pie claim, we employ no cooks but have always had experienced teachers directing the work.

Should you be in need of some 'pies' in 2009 please have a look at what we offer . . . www.sheu.org.uk

HEALTHY COLLEGE ONLINE SURVEY



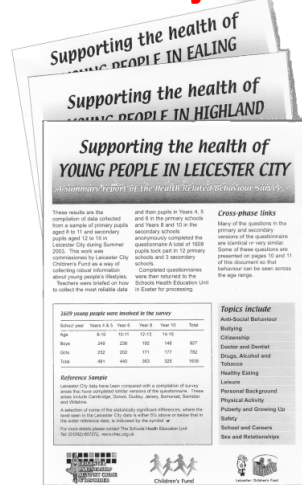
HEALTHY COLLEGES

"...the starting point for every aspect (National Healthy College Standard) will be to have a baseline by which to measure outcomes...I can't think of a better way of getting a baseline than through your survey."
Specialist Health Promotion Advisor.

A new National Healthy College Standard is being developed.

To discover how your college can be supported to collect baseline data please visit our webpage:
www.sheu.org.uk/surveys/fe16plusurvey.htm

What can you expect from our survey services?

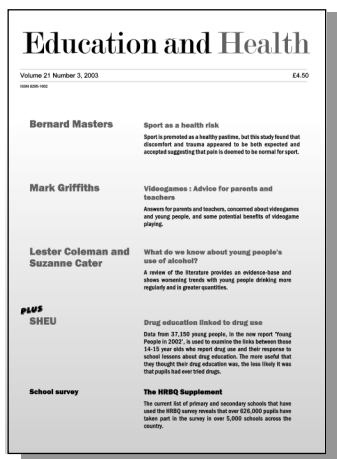


- 32 years of unrivalled expertise in questionnaire design, data management, analysis and presentation for education and health colleagues
- Questionnaire design skills learnt over many years of development work with schools, colleges and health professionals
- Survey support from SHEU staff who are experienced teachers
- Repeat surveys by many Local Authorities - allowing local trends to be detected and programmes evaluated
- Telephone support from dedicated survey designers to support online surveys
- Instant results from online survey or within weeks from paper survey
- Your school/college results compared with SHEU's unique databank
- Data used to support Healthy School and Healthy College programmes
- Successful school/college sport programmes based on SHEU local data
- Detailed analysis of your data presented in many formats e.g. PPT/XLS
- Data used as evidence for ECM programmes

For details please contact Angela Balding

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The last issue in 2008 (no.4) contained an eclectic mix of articles.

Researchers from the University of Brighton wrote about a youth research project that investigated the views and experiences of young people living in West Sussex. The research looked at the experiences of homophobic and transphobic youth, bullying, discrimination and marginalisation and sexual orientation.

Janie M. Leary is a Doctoral student at West Virginia University. She and colleagues wrote about the 'Measurement of activity preferences of preschoolers and caregivers' to aid in the development of physically active lifestyles.

The Schools Health Education Unit wrote about their latest Trends reports. They looked at data, from 1983, that described young people's food choices and attitudes to smoking.

Dr Krysia Canvin is the Senior Research at the DIPEX Health Experiences Research Group at the University of Oxford. Her article described young people's experiences of weight and health that are going towards developing a new section in the 'youthhealthtalk' website.

Lucy Emmerson is the Senior Development Officer at the Sex Education Forum. Lucy's article described the results of a national mapping survey of on-site sexual health services in education settings.

Alison Gehring was the Policy Manager at the Royal Society for Public Health. She and a colleague wrote about the HPV vaccination and why education is the key to ensuring it is a public health success.

Liz Zachary is a Project Development Officer at the National Children's Bureau. Liz's article 'All salted?' – reducing salt intake in young parents and their children, summarised the project that was effective in engaging and retaining the interest of young parents and communicating the key message on reducing salt intake.

The journal has been successfully produced by SHEU since 1983. New contributors are always welcome. Brief articles (up to 500 words) are encouraged as are the longer, research based papers up to 2000 words.

We hope you will continue to enjoy, read and support Education and Health. We also expect you to persuade others to stop reading your copy and take out their own subscription for £20.

Trends

Young people - food choices and smoking

Using new data from over 516,000 young people we are updating the Trends reports that have data from 1983.

For example, around 25% of regular smokers, across all groups, don't want to give up smoking. The apparent lack of an overall trend suggests that the proportion who don't want to give up is fairly consistent irrespective of any

influences that may alter a young smoker's attitude, and despite all health education efforts since the early 1980s.

Recent results confirm the trend we have observed each year in our annual publications. The peak of *wanting to lose weight* may have been reached for the 14-15 year old females and may continue to hover around the 58% average. We have shown each year that far more older females *want to lose weight* (57% in 2007) compared with the number that are overweight (12% in 2007).

Interestingly the data show that more 14-15 year old females, in recent years, are *happy with their weight as it is* compared with earlier years. For further information about the trends data please email: david.mcgeorge@sheu.org.uk

THE THREE MONTHLY EMAILS

**HEALTH
NEWS 5-11**

A monthly email with Internet links to information about 5-11 year olds health related behaviour chosen from our databanks and the Internet.

Recent links have included: "Peer relationships in primary school" and "Sex and Relationships Education - House of Commons debate" and "Greener neighborhoods may reduce childhood obesity".

HEALTH NEWS 11-16

A monthly email with Internet links to information about 11-16 year olds health related behaviour chosen from our databanks and the Internet.

Recent links have included: "Japanese women, who had performed weight-bearing sports during adolescence, had a higher mineral content in their bones" and "'There is a person behind the flab!': Young people speak out about their weight problems"

HEALTH NEWS 16+

A monthly email with Internet links to information about 16+ year olds health related behaviour chosen from our databanks and the Internet.

Recent links have included: "Health information online is breeding a generation of cyberchondriacs - people who needlessly fear the worst diagnosis after surfing the net." and "Head and neck injury risks in heavy metal: head bangers stuck between rock and a hard bass".

Each monthly news
is archived

Would you and your
colleagues like to receive
these free emails?

Please return the enclosed postcard
or email
david.mcgeorge@sheu.org.uk

Underage sex: myths and reality

Dr David* writes, "I came across a message on a mailing list recently, where a correspondent complained:

For a while now I have been dispelling the myth that not all young people who have sex are under the age of 16 and that rather in reality it is around 30% of young people have sex before 16. This is explored in lessons I facilitate using an article from the Guardian on this issue and I have found the young people I work with to be often surprised and then relieved by this. However in the recent Sex Education Show on Channel 4 it was reported that 63% of young people have sex under the age of 16.

<http://sexperienceuk.channel4.com/sex-education/programme-4>

Does anyone have accurate and up to date figures in relation to this issue as I want to ensure that the information I give to the young people I work with is accurate? Incidentally, if these figures come from a decent sized recent survey then I find it very worrying that it has gone up by so much in the last 10 years or so.

This immediately set some bells going, so I checked back at the website, which said: "63% of 14-17 year-olds interviewed who've lost their virginity, lost it under the legal age of consent" (note: not 63% of all young people).

Now, both could be true! Imagine you had a sample of 100 young people. Of these, 30 have had sex before 16, and another 17 have had sex for the first time since their 16th birthday. That looks like this:



So, the percentage of the population who have had sex before 16 is 30% (that's the number of ☑, which is 30, out of the whole sample of 100). The percentage of those who have had sex who first had sex before 16, is 30 (just as before) out of the total number of ☒ and ☑, which is 47, so $30/47=63.8\%$.

The actual percentage from this survey who said they had ever had sex is available here...
http://www.yougov.com/uk/archives/pdf/Channel%204_topline_sexed.pdf

This was given as 22%, but 15% didn't say (wouldn't say or didn't know), so theoretically it could be as high as 37%. So 30% is still a reasonable estimate.

We have been asking similar questions in some of our recent surveys. Among school-age samples we have been getting figures among Year 10 pupils (14-15 year olds) of about 20%, with no area reporting higher than 30%.

Among FE student samples, we have found figures around 70% for the 16-18 age group.

None of these require a revision of our basic assumption that underage sex is experienced by a minority of young people.

* Dr David Regis is the Research Manager at SHEU - please contact via email: david.regis@sheu.org.uk



ONLINE SURVEYS

SHEU has websites that run 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:-
www.sheu.org.uk/surveys/onlineSurvey.htm

TIME FOR A CHANGE?

We always ensure that schools get a copy of their own results, firstly as a book of detailed tables, and then as a comparative report where their figures are compared with the results from their area.

We are now offering as part of our standard service a report where a comparison with a school's previous results in the same format e.g.

Experience of smoking - Overall, 9% of pupils have ever tried smoking (or currently smoke) in the 2008 survey (16% in 2006).

	Your Sch. 2008		Your Sch. 2006	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	9%	6%	8%	25%
Girls	8%	17%	7%	22%