

YOUNG PEOPLE ^{healthy lifestyle} SURVEYS

CAN HELP YOU...

PLAN * MONITOR * IMPROVE

Government White Papers on Schools and Public Health: *Physical and Mental Health Are Still Vital*

“ Good schools play a vital role as promoters of health and wellbeing in the local community and have always had good pastoral systems. They understand well the connections between pupils' physical and mental health, their safety and their educational achievement.”

(Education White paper p.28)

“ Good schools will be active promoters of health in childhood and adolescence, because healthy children with high self-esteem learn and behave better at school.”

(Health White paper p.34)

“ Improving self-esteem and developing positive social norms throughout the school years should be the focus of local strategies and will be supported by information about effective behavioural interventions for self-esteem.”

(Health White paper p.35)

SHEU – supporting education and health professionals since 1977



- ✓ **Paper or online** surveys
- ✓ Reports for **staff** and/or **pupils**
- ✓ Existing questionnaires to choose from
- ✓ Large question bank for **pick-and-mix** surveys
- ✓ **Comparisons** with selected samples

Robust evidence for:

- ✓ **Discussion** with pupils, parents/carers
- ✓ Focussed **planning**
- ✓ **Timing** and content of lessons, courses, events
- ✓ School **improvement**

SHEU surveys find out about:

Bullying
Alcohol

Self-esteem
Sexual health

Inequality
Healthy Eating

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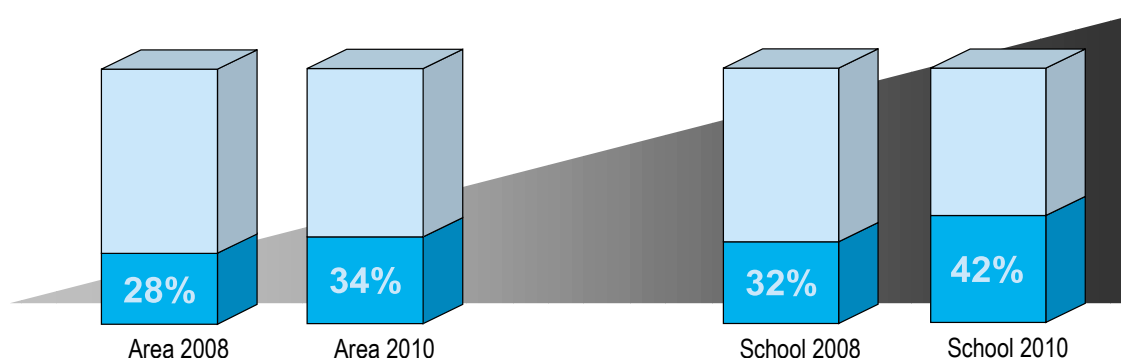
CHANGING BEHAVIOUR WITH SHEU

How do you know when you've made a difference? Schools taking part in SHEU surveys have been offered as standard a report which compares their figures from this year with a previous survey. We have recently enhanced these reports with a simple summary (left) and a statistical analysis showing which differences (if any) are significant (right).

Making a Positive Contribution	Statistical significance: headline findings		
2010 result (2008 result)	2008	2010	Question
<ul style="list-style-type: none"> 74% (59%) of pupils think their views and opinions are listened to in school. 35% (42%) of pupils reported they feel afraid of going to school because they may be bullied at least 'sometimes'. 5% (11%) of pupils reported they think others may fear going to school because of them. 75% (69%) of pupils reported they think their school takes bullying seriously. 	***68%	82%	of the sample reported that they have been told how to safe while chatting online.
	***83%	67%	of pupils reported that they always follow the advice they have been given.
	***59%	74%	of pupils think their views and opinions are listened to in school.
	***80%	69%	of pupils reported that they had experienced at least one form of negative behaviour at least a 'few times' in the last month.
	**19%	12%	of pupils said that that they had bullied someone else in the last 12 months.
Tests: Chi-squared (χ^2).			
KEY: * = p < 0.05 (5%) ** = p < 0.01 (1%) *** = p < 0.001 (0.1%).			

If your school has taken part in an area survey where many schools have taken part, you can see how your school has changed and how the area has changed – and perhaps, where you are ahead of the area.

We've just been looking at some very encouraging results from one programme – can we help you find the evidence you need to show how good you are?



DRINKING WATER

How much water did you drink yesterday?

As female pupils get older they drink less water:

3-5 cups	32% (10 years old)	28% (15 years old)
About 1 litre	19% (10 years old)	17% (15 years old)

SHEU: Young People into 2010

Young People into 2010 report now available £25 incl. p&p email: sheu@sheu.org.uk

LIVING WITH MUM AND DAD

Which adults do you live with? A downward trend, of around 15% over 20 years, is apparent from those pupils living with 'Mother and Father together'.

Mum & Dad	1990	1995	2000	2005	2009
Yr 8 M	77	71	67	61	63
Yr 8 F	75	70	64	60	62
Yr 10 M	75	71	67	62	63
Yr 10 F	74	69	64	58	62

SHEU: Young People into 2010

A REPORT FOR PUPILS



We are very used to producing reports for schools, local authorities, public health departments and the public.

What is a bit more unusual is to be asked to produce a report for primary pupils. However, always willing, we've had a go for one school, and having got a model that we (and the pupils) were happy with, we can now offer this as a service to all schools.

The brief was:

- A summary of the school's results
- Simple enough for most pupils to access
- Eye-catching
- Pupil-friendly

See what you think!



The report can be seen in glorious Technicolour™ on the Reports page on our website.

Supporting the health of YOUNG PEOPLE IN YOUR AREA

An example of a Health Related Behaviour Survey summary report

These results are from a large sample of 10-11 year olds in a UK primary school in 2011. The results are due to the participation of

some of the teacher/pupils. Teachers more involved in how to

conduct the survey are more likely to provide baseline data for Healthy School interventions.

SURVEY SIZES

We are happy to survey large authorities or small clusters of schools. Our aim is to support the needs of local communities and are now very experienced in combining our paper data with online data where schools are given the choice of the medium that works best for them. This is a selection of the work we have supported recently:

Exeter: 12300 young people from 52 primary and 11 secondary and special schools (online + paper).

Essex: over 14000 young people from 127 primary and 38 secondary schools (online + paper).

Hertfordshire: 12717 young people from 109 primary and 30 secondary schools (all on paper).

Lewisham: 2200 young people from 22 primary and 5 secondary schools (all on paper).

Luton: 1643 young people from 2 infant, 4 primary and 3 secondary schools (online + paper).

North Yorkshire: over 15000 young people from around 400 infant, primary, secondary and special schools (online + paper).

Portsmouth: 700 young people from 2 infant, 2 primary and 1 secondary school (online + paper).

Solihull: 9889 young people from 58 infant and primary schools, 10 secondary schools and 3 special schools (online + paper).

Wolverhampton: 6161 young people from 50 infant and primary schools and 16 secondary and special schools (online + paper).

Please contact Angela for a quote – you may be surprised by the low cost for the service we deliver to the authority and to individual schools.

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Supporting the health of OUR YOUNG PEOPLE

A REPORT FOR OUR SCHOOL

Topics include:

- Bullying
- Being Healthy
- Happiness
- Good Food
- School and Fun
- Growing up

INTRODUCTION

This report talks about the results of the health survey which took place recently in primary schools in our area. It has been organised into topics to help pupils, teachers, parents and carers think about health and wellbeing in our schools. Pupils in Years 1-3 had a picture questionnaire and pupils in Years 4-6 either did a paper questionnaire or an online version. anonymous and the completed

questionnaires were sent to the Schools Health Education Unit in Exeter for processing and were destroyed afterwards. The results of the survey can help us decide together what things we can do to improve health and wellbeing in our school. The survey can be repeated every year or two years to see if what we are doing in school to improve things is working. Secondary school pupils have also been taking part in the survey.

Who took part?
124 boys
124 girls
248 pupils in our school took part

Schools Health Education Unit

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

EXAMPLE REPORT

Bullying

- 17% of older pupils (Years 4-6) reported that they felt afraid to go to school because of bullying, at least sometimes.



- 9% of younger pupils (Years 1-3) said that they felt scared to go to school because of other children.
- 4% of older pupils reported that they thought they were bullied because of the clothes they wore and 12% said for another reason.

! What things can be done to stop people being afraid to go to school because they might be bullied?



- 9% of the younger pupils said they went to an after school club 'a lot'.
- 41% of the younger pupils said that they go swimming a lot.
- 70% of the older boys and 25% of the older girls said they spent time at playtimes playing ball games.



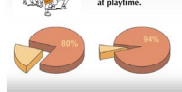
! Are boys more active than girls?

- 45% of the younger pupils said they ride their bike a lot.



Being Healthy - Physically Healthy

- 80% of older boys and 94% of older girls said they found it very easy to be active at playtime.



- 73% of the older pupils reported that they usually clean their teeth at least twice each day.
- 15% of older pupils went to the dentist last year because they were having trouble with their teeth, 85% went for a check up.



! What can be done to make sure pupils don't need filling at this age?

FREE each month

Research about Young People's Health Related Behaviour

join the email list and contact
david.mcgeorge@sheu.org.uk
for details

EATING CRISPS

10-11 year old females used to report higher percentages than males for eating crisps but this trend appears to be changing and the overall trend is downward:

Eating crisps on most days	Males (10-11 yrs.) %	Females (10-11 yrs.) %
1999	54	57
2003	45	47
2009	25	24

SHEU: Young People into 2010



A HAPPINESS INDEX

David Cameron has said that he wants to measure the happiness of the nation. Here at SHEU, Dr. Dave is always unnaturally interested in the business of finding statistical measures of important bits of our lives and was stimulated to see what can be found in the SHEU databanks. In fact, we have been here before. In 1997-1998, with John Balding and Anne Wise, Dr. Dave wrote a monograph looking at young people's mental health. They devised a score based on young people's worries, and found:

- The top worries at the time for boys were looks, family and career, and for girls looks, family and friends
- Girls reported more worrying than boys • Year 10 students were less worried than were Year 8s

Worrying was linked with:

- Other mental health items e.g. self-esteem • Physical health items e.g. asthma
- Social health items e.g. trusted adults
- Health-risky behaviour e.g. substance use, accidents

Since this 1998 report, the top worries have become school work and SATs. In some of the SHEU local surveys we have asked the direct question, "*How happy do you feel with your life at the moment?*"

	Male	Female	Year 8	Year 10
Not at all	4%	4%	4%	4%
Not much	9%	13%	9%	11%
Not sure	17%	23%	19%	20%
Quite a lot	44%	41%	41%	43%
A lot	27%	19%	28%	23%

Again we see that:

- Boys were more likely to say they were 'a lot' happy than were girls (below)
- By the same measure, Year 8 students were more happy than Year 10s (below)

This single question about happiness does seem to reveal meaningful differences between pupils, when we look at their behaviours:

	How happy...	Mean self-esteem (from 18)	Average Portions fruit/veg yesterday	Average number of accidents requiring medical treatment last year	No. of adults you really trust	No. of days using asthma medication (all pupils)	Current smokers	Drank last week	Ever used drugs	Days' exercise last week
Boys	Not at all	10	2.7	1.5	2.1	0.6	24	42	28	2.6
	Not much	11	2.8	1.2	2.9	0.4	17	46	23	2.9
	Not sure	12	2.7	1.1	3.2	0.3	15	40	20	2.9
	Quite a lot	14	3.0	0.9	3.6	0.3	11	41	16	3.1
	A lot	15	3.2	0.9	4.0	0.3	11	40	15	3.3
Girls	Not at all	9	2.7	1.2	1.5	0.3	34	52	31	2.3
	Not much	10	2.7	0.8	2.2	0.5	28	49	24	2.2
	Not sure	12	2.7	0.8	2.8	0.4	23	45	20	2.4
	Quite a lot	14	3.0	0.6	3.1	0.3	17	42	15	2.5
	A lot	15	3.2	0.6	3.6	0.3	14	37	14	2.7

Expressed as correlations, these results come out at between 0.2 and 0.4 in size. We can see that pupils at one end of the scale can show prevalence which is up to half (or double) what we see among pupils at the other end. One question, however well-correlated, is going to be less reliable than a multi-question measure. We might put this happiness question together with questions about self-esteem, worries, enjoyment of school, and so on, to get an overall happiness score.

Four items isn't much of a scale, but the items all hang together and they correlate in the same way with each other and with the measures we have already found. As usual when we see correlations, we can speculate about what causes which, but the figures will never tell us. It may be A leads to B (i), or that B leads to A (ii), or that both A and B are caused by some other factor C (iii).

(i)
Happier student → Better lifestyle habits

(ii)
Better lifestyle habits → Happier student

(iii)
Good parenting ↕
Happier student
↕
Better lifestyle habits