

YOUNG PEOPLE SURVEYS

healthy lifestyle

FEEDBACK

"The Health Related Behaviour Survey is an incredibly useful resource for (us) as it provides schools, with invaluable data which can inform curriculum content, methods of lesson delivery and empower schools to better meet the needs of their pupils."

(Quote from a Local Authority)

CHANGE, CONTINUITY, COMPARISON

FEEDBACK

"The data for (us) are very useful ... This is especially important when evaluating the impact of interventions regarding alcohol or other areas, as the survey data are likely to provide an earlier indication than routine data sources."

(Quote from a Specialist Registrar in Public Health)

Dr Dave Regis, SHEU Director and Research Manager, has been putting together a set of results from one area of the East of England that has carried out surveys with SHEU for the last 10 years (see page 2 for more details).

A LONG BUSY CHAPTER WITH A SAD END

It's was a sad week as many of our friends and colleagues lost their jobs in local authorities at the end of March.

The energy and momentum of the Healthy Schools programme was inspiring and we hope that the networks that have been created around the country and the lessons learned over the last ten years will be preserved. What the next chapter brings we don't know, but we are determined to support colleagues, schools and local authorities in their new challenges.

The Kids of Today - a constructive set of questions planned to be asked of adults in one community (see page 3).

The Education and Health Archive - the archive of articles from our journal Education and Health has been put online (see page 3).

The Religion Question - The recent Government census asked us again about our religion. It's not easy to design a satisfactory question (see page 4 for more details).

For details of SHEU SURVEY SERVICES...

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Schools Health Education Unit

ESTABLISHED 1977

TELLUS – STYLE SURVEYS

We have had a number of enquiries recently from authorities that we haven't worked with for a number of years, about running a Tellus-style survey in their schools. We are confident that we can fill any gaps that have been left by the scrapping of the national survey and go further to provide local data that is flexible enough to support local need analysis.

SHEU surveys are flexible:

- ~ Flexible content and delivery: off-the-shelf or customised paper or online questionnaires
- ~ Surveys for different groups: Pupils & Students – Parents/Carers - Staff and Governors
- ~ Questionnaires adapted for Special Educational Needs or English as an Additional Language
- ~ Reports from schools, localities and local authorities for pupils or adults on paper or computer

SHEU surveys are reliable:

- ~ Child-friendly questionnaires
- ~ Adaptable methods suit busy staff
- ~ The leading provider of school survey services for over 30 years

SHEU are current:

- ~ Data will support Healthy Schools Enhancement Model
- ~ Still useful for the OFSTED SEF
- ~ Local Authority figures for National Indicator monitoring
- ~ Provide trend data
- ~ Comparisons with schools/authorities like yours from around the country

SHEU are cost effective:

- ~ A short, primary pupil perception paper survey might cost £120
- ~ A ¾-hour lifestyle online survey for 400 secondary pupils might cost less than £500

Please contact Angela Balding for more details – email: angela.balding@sheu.org.uk
Tel. 01392 667272

CHANGE, CONTINUITY, COMPARISON

Dr Dave has been putting together a set of results from one area of the East of England that has carried out surveys with SHEU for the last 10 years:

	2002	2004	2006	2008	2010
Year 8	✓	✓	✓	✓	✓
Year 10	✓	✓	✓	✓	✓

It's a nice feature of this pattern of surveying that the Year 8 students turn up again in Year 10 (arrow), which allows you to make more definite conclusions about some of the differences you see.

We have a drop since 2002/2004 in the proportion of pupils who report consuming 10 units or more of alcohol in the week before the survey.

	2002	2004	2006	2008	2010
All	40%	38%	29%	34%	28%

But, perhaps this is because the figures we see are affected by different schools taking part in each year, which means we are not really comparing like with like.

Now, it's a fact of school survey work that you don't necessarily get the same schools taking part in each wave of the survey. In fact, just 2 schools took part in all 5 waves of the survey, while another one took part in the last 4 waves. Two of the schools in the original sample merged to become a new school, and there's one school that took part in just the last three waves, which we are perhaps most interested in:

	2002	2004	2006	2008	2010
5 waves (2 schools)	✓	✓	✓	✓	✓
4 waves (4 schools)		✓	✓	✓	✓
3 waves (5 schools)			✓	✓	✓

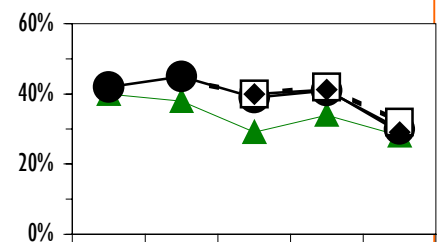
Well, the best way to deal with this complexity is to look at all of the different samples together and see if they are all telling the same story.

	2002	2004	2006	2008	2010
All	40%	38%	29%	34%	28%
5 waves	42%	45%	39%	41%	30%
4 waves		44%	40%	42%	32%
3 waves			40%	42%	29%

Dr Dave says, "I think we can conclude two rather important things: firstly, the figures we see are indeed affected by different schools taking part in each year, since the 'All' figures are rather lower than the rest.

But secondly, whatever is causing the fall between 2002 and 2010, it is not the selection of schools, because we see a similar drop when we keep the schools involved to those that took part in three, four or all five waves."

If you have similar problems with your samples, let us know and we can help sort them all out! Contact David Regis - david.regis@sheu.org.uk



	2002	2004	2006	2008	2010
All	40%	38%	29%	34%	28%
5 waves	42%	45%	39%	41%	30%
4 waves		44%	40%	42%	32%
3 waves			40%	41%	29%

The Kids of Today



We have reproduced (with permission) a cartoon by Neil Kerber. There are many issues raised by this cartoon, which we do not have the space to go into. It is more constructive to report on a set of questions we plan to ask of adults in one community:

8. What are the three most important things facing young people in this area at the moment?
9. What were the three most important things that faced you as a child when you were growing up?
10. Compared with your experience of childhood, what do you think growing up is like for your child – easier, harder, or about the same?
11. In general, what do you think of the following?
 - a. How the media portray young people
 - b. How the general public view young people

We can only hope that people answering 11a have not recently seen anything like the cartoon above, or the results might be rather depressing.

If you are interested in including these questions in your own surveys, please get in touch with Dr David Regis, our Research Manager, [email david.regis@sheu.org.uk](mailto:david.regis@sheu.org.uk)

FREE each month

Research about Young People's Health Related Behaviour

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

"The research news has really interesting links. a welcome addition to SHEU's work and forwarded to our HeadTeacher who is very committed to addressing the links between diet and behaviour."

Head of Family and Child Care

"Many thanks for this. It is incredibly useful!"
College Nurse

Since January 2006 SHEU have provided research links, updated monthly, about young people's health-related behaviour. Grouped under 3 age ranges with topic and age-related archives. This unique resource is freely available. Details from <http://sheu.org.uk/content/page/research-news>

Education and Health

Volume 21 Number 3, 2003

£4.00

Bernard Masters

Sport as a health risk
Sport is presented as a healthy pastime, but this study found that disordered and excessive sport is to be both expected and accepted suggesting that pain is deemed to be normal for sport.

Mark Griffiths

Videogames: Advice for parents and teachers
Reviews for parents and teachers, concerned about videogames and young people, and some potential benefits of videogame playing.

Lester Coleman and Suzanne Cater

What do we know about young people's use of alcohol?
A review of the literature provides an evidence-base and shows exciting trends with young people drinking more regularly and in greater quantities.

PLUS

SHEU

Drug education: Method to drug use
Data from 27,500 young people, in the new report 'Young People in 2002', is used to examine the links between these 14-19 year olds who report drug use and their responses to school lessons about drug education. The new article that they thought their drug education was, the less likely it was that people had ever tried drugs.

School survey

The HBQ Supplement
The current list of primary and secondary schools that have used the HBQ survey reveals that over 625,000 pupils have taken part in the survey in over 5,000 schools across the country.

EDUCATION AND HEALTH JOURNAL

published since 1983

Archive

We have great pleasure in announcing that the archive of articles has been put online for open access: www.sheu.org.uk/content/page/education-and-health-archive. We hope search engines will be able to index the PDFs in their usual manner, and enable you to search the articles on all our web pages.

Readership

'Education and Health' is aimed at those who are concerned with the healthy development of young people. Readers come from a broad background and include: primary, secondary and further education teachers, university staff, and health-care professionals working in education and health settings.

Articles

Articles focus on recent health education initiatives, relevant research findings, materials and strategies for education and health related behaviour data. We are looking for new contributors and articles can range from 500 – 2000 words. Should you or your library not subscribe then please support this independent journal.

£20 for 4 issues



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>

THE RELIGION QUESTION

The recent Government census asked us again about our religion. It's not easy to design a satisfactory question; certainly the chosen census question annoys some non-religious groups (see <http://census-campaign.org.uk/>).

These groups are upset because, while some unofficial surveys suggest the non-religious compose 30%-40% of the English, the census question gave us just 15%.

We have been dipping our toe in the water for some time and have a substantial recent data set from the FE sector. We asked the question: Which of the following describes your faith or belief? which was answered in the following proportions by students:

None	51.6%
Christian	34.2%
Buddhist	1.0%
Hindu	0.7%
Jewish	0.4%
Muslim	6.1%
Sikh	0.8%
Other	5.3%
N	2859

The figure for 'none' is much higher than either figure for the adult population of England, and even shows a majority of students have no faith or belief that can be represented by these religions. Will these young people adopt one as they grow older, or will they stay non-religious as adults?

We have a selection of related questions that explore young people's experience of prejudice, and of conflict between home values and those elsewhere.

If you want to know more about these reports please contact David Regis – email: david.regis@sheu.org.uk

Please, SHEU, can we have more?

It's in the nature of the figures we produce that they provoke further discussion, debate and questions. In fact, it's sort of the point of producing them that they get discussed, but discussion often leads to demands for further work. ("The trouble with your damned survey, John, is that it gives us more questions than answers.")

Our able technical team of Nick and Nigel regularly rise to the challenge of coaxing yet more complicated analysis out of occasionally sulky computers, and, once they have done so, we learn a new trick, and we can offer these new analyses to other clients. Examples include:

- ~ Reports to support school self-analysis
- ~ Automated statistical analysis of a school's profile
- ~ MS Word reports showing trends over three waves of a survey
- ~ Analysis of inequalities across an area
- ~ Customised online analysis

We're very happy to have rehearsed all of these reports and can offer them with confidence to all new and existing clients, some as part of our standard service.

So please, clients, can we have some more requests?

FE Surveys

HEALTHY COLLEGE
ONLINE SURVEY



We were impressed by a FE College in the NE who surveyed nearly 2200 of their students last term so we asked them how they had managed to get such a high response rate.

"To get everybody on board I basically worked my way from the highest level to get college managers to endorse this initiative and hence my memo out to staff was more of an instruction to comply type request. Fortunately the staff know I do this for the right reasons and as always they were very responsive."

"We had a list of tutors who we sent a memo (copied to their centre manager) and any tutor who did not contact us to obtain the passcode (as they did not know it was the same for all staff) we then followed up. We also asked them to identify when they would do the survey over a 4 week period - so we were able to nag them if we could see the numbers hadn't increased on a day to day basis."