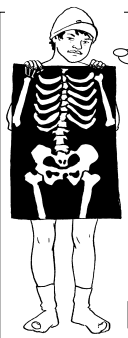


SHEU NEWS

An occasional newsletter - October 2012

healthy lifestyle

SHEU SURVEYS YOUNG PEOPLE



SHEU SURVEYS
providing a detailed picture
of your young people

SURVEY FEEDBACK

"Thanks again for all your help and responses to our endless requests for further support. I am really pleased to report that the SHEU data has been disseminated widely and is being used to re-direct service provision and commissioning across a range of services and topic areas. Thank-you!"
Public Health Commissioning Manager

JSNA

"SHEU are having some very positive discussions about their Health Related Behaviour Questionnaire and trying to ensure it is positioned as the single mechanism for Children and Young People data for the Joint Strategic Needs Assessment (JSNA)".

UNIVERSITY SURVEYS

SHEU have recently supported an online survey for 2 universities in the North of England. They offered an *ipad* as incentive for taking part in the survey and had over 5000 students complete the exercise. This provided them with valuable information about the health and wellbeing of their student population and useful feedback about the local access to health care services. For more information please email: david.regis@sheu.org.uk

SHEU have, since 1977, provided local authorities with vital data about their young people to inform their planning. We can adapt the content of the survey to suit your requirements and schools and colleges can choose to use paper based or an online survey. We usually suggest school surveys for Years 4 and 6 in the primary 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.

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

North Yorkshire County Council
Every Child Matters in Harrogate

A summary report of the Health Related Behaviour Survey

These results are the compilation of data collected from a sample of primary and secondary pupils in North Yorkshire during Summer 2008. This survey work was commissioned by the North Yorkshire Children and Young People's Service to collect reliable information about young people's lifestyles.

Collecting the figures
Teachers were briefed on how to collect the most reliable data and then pupils anonymously completed the questionnaire. The sample sizes are shown in the table below.

Completed questionnaires were then returned to SHEU in Exeter for processing.

Comparisons have been made with the results from Harrogate pupils and students from the rest of North Yorkshire.

Figures for Harrogate are followed by the figure for the whole of North Yorkshire shown in brackets, then 66% (17%).

Over 11,000 young people were involved in the 2008 survey.		North Yorkshire	
Y5	Y6	Y8	Y10
163	206	151	262
131	208	140	258
294	644	291	520

This report about Harrogate is number 4 of 6

1. White Horse
2. Coast
3. North
4. Harrogate
5. Craven
6. Central Vale

Schools Reports prepared by SHEU
The Schools Health Education Unit
Tel: 01392 66 72 72
www.sheu.org.uk

North Yorkshire and York NHS Foundation Trust
Healthcare Quality Improvement

QUALITY ASSURED

At SHEU, we strive to achieve the highest obtainable quality in all our activities and are committed to continuous improvement of our services. SHEU has both a Quality Policy and a Quality Manual and is working towards obtaining ISO 9001 certification. We have had a very positive response, from fellow education and health colleagues, to a recent audit of the research email service with many encouraging comments. Feedback from surveys commissioned in 2011 and 2012 also show many positive responses and comments are being reviewed to further improve our services.



Our online survey service was launched in 2004 in response to clients' requests. While the proportion of work online has increased, some clients find that paper surveys are still more convenient for them. Here are some of the benefits of doing a survey online:

- All students in a year group can take part, not just a sample
- Instant access to results at the end of the survey period
- Facilities for instant printing of results in different formats e.g. graphs
- Own figures can be compared with the group of others who complete online

More information about the online school survey (including a Demo) is here: www.schoolsurveys.co.uk
More information about the 6th Form/FE online survey is here: www.healthsurveys.co.uk



Themed reports

Following a survey, along with the summary report of the results for a local authority, we are sometimes asked to focus on specific topic areas. If you are interested in seeing examples of these, please [email angela.balding@sheu.org.uk](mailto:angela.balding@sheu.org.uk)

Relationships and Sexual Health	Emotional Health and Wellbeing	Drug Education and Substances																																																																																																
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A total of 8141 pupils took part in 73 infant, primary, secondary, special schools and pupil referral units. Each of the schools has its own report comparing their results to the combined sample for schools in their age phase.</p> <p>The facility was offered to all schools to complete the survey online, using a customised website. The infant survey was also offered as a paper-based exercise.</p> <p>Cross-phase data and links Many of the questions in the primary and secondary versions of the questionnaire are identical or very similar. Some of these questions are presented on page 6 of this document so that behaviour can be seen across the age range. Links between behaviours have also been examined, a selection of these can be seen on page 7.</p> <p>Comparisons Each year the SHEU carries out surveys in hundreds of schools across the country, and publishes reports based on the aggregate figures. Where possible, comparisons have been made between the Example LA results and these reference samples. 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School Report improvements

Trends

For schools that survey with SHEU regularly, we are now comparing their latest results to previous ones to look for significant differences:

Significant differences between 2012 and 2010 data

Below we have listed some statistically significant differences between the data collected in the 2012 survey and that collected in 2010.

This survey involved pupils from the following years. The numbers in each group are shown below.

	Example School 2012		2010	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	120	130	132	118
Girls	61	76	66	61

Sig	2012	2010	Question
***	39%	22%	of pupils responded that they do not want to change lots of things about themselves.
***	33%	46%	of pupils responded that at least one person smokes on most days indoors in their home.
***	15%	26%	of pupils responded that more than one person smokes on most days indoors in their home.
***	39%	26%	of pupils responded that schools lessons are their main source of information about sex and relationships.
***	55%	44%	of pupils appeared in the highest bracket of the self-esteem scale.
***	12%	20%	of pupils responded that they worry about money problems 'quite a lot' or 'a lot'.
***	51%	62%	of pupils responded that they spent time playing computer games after school on the day before the survey.
***	8%	3%	of pupils responded that they smoked at least one cigarette in the last 7 days.
***	71%	61%	of pupils responded that they are 'quite a lot' or 'a lot' satisfied with their life at the moment.
**	34%	44%	of pupils responded that they think condoms are reliable to stop sexually transmitted infections.

SHEUBytes ... Water

A new addition to the publication portfolio, "SHEUBytes" are nuggets of information relevant to those concerned with the healthy development of young people. They are taken from the *Young People into ...* reports supplemented with relevant Internet links. The following extract is from *Water* :

SHEU have been talking to young people, about their health and wellbeing, for over 30 years. Among the many topics that are explored in the surveys is the issue of water consumption. Guidelines suggest that water intake can come from many sources including food, tea, fruit squashes etc., but organisations we work with are particularly interested in water.

Water UK suggest guidelines from the US National Academies Food and Nutrition Board:

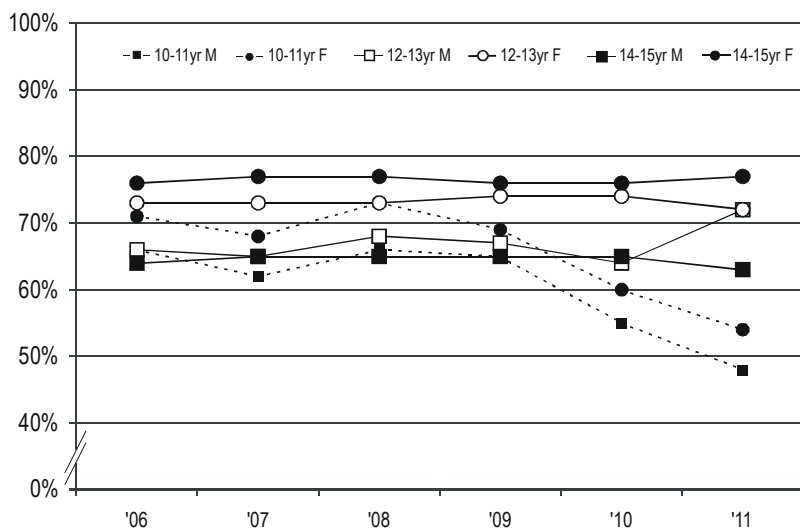
- 4-8 year olds should drink 1.2 litres of water per day and
- 9-13 year old girls should drink 1.6 litres per day, and boys should drink 1.8 litres per day
- 14-18 year old girls should drink 1.8 litres per day, and boys should drink 2.6 litres per day

Since 2006 SHEU have asked over 200,000 10-15 year olds, "How much water did you drink yesterday?" They are asked only to count plain water, not juice, tea etc., and they are given 5 options: Nothing, 1 or 2 cups, 3-5 cups, About a litre, About 2 litres, More than 2 litres.

- Around 20% of 10-11 year olds report drinking about one litre of plain water *yesterday*
- Around 11% of 14-15 year olds drank two or more litres
- Around 7% of 10-11 year olds report having no plain water to drink
- Around 30% of 12-13 year olds drank 3-5 cups (less than a litre)

Assuming yesterday was a normal day and one of the recommended guidelines is for 1.8 litres a day, should we be concerned that 77% of 14-15 year old girls regularly report drinking less than one litre of water in a day? (see chart below).

Those 10-15 year olds who report drinking less than one litre of water 'yesterday' 2006-2011



For more details about SHEUBytes please visit this link:

<http://sheu.org.uk/content/page/publications>

New questions

We're now used to a pattern of working where every commissioner wants their own customised survey. This creates a certain amount of headache for Dr Dave when comparing and combining data sets, but we are always confident that our clients are asking exactly the right questions for their area. Recent questions that we have piloted include items about:

- energy drinks,
- smoking shisha,
- e-Safety,
- social norms
- persistence,
- resilience and
- pupils' perceptions of school and learning

For further details of how we can support your survey please contact Dr David Regis
Tel. 01392 667272
Email: david.regis@sheu.org.uk

Follow us on Twitter

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

We mostly tweet updates from our website including journal articles and research news. For example, *Musical games, children and empathy; School-based drama, health and wellbeing: Challenges to studying its effectiveness.*

We will also call attention to relevant news stories and occasionally offer comments on them.

If that's the sort of thing that might interest you, please come and find us on Twitter: [@sheuexeter](https://twitter.com/sheuexeter)



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/>

Small evaluation projects

SHEU services are nationally-recognised and we're known for our big surveys but we also undertake a variety of smaller research, monitoring and project evaluation contracts, including doing data entry. Recent examples include:

- A review of local research into pupils' voice
- A review of national studies of relationship and sex education
- Evaluation of a school-based sexual health service
- Data entry for a research study
- Designing a personal development questionnaire for pupils involved in an inter-school project

To help with your small evaluation project please email David Regis: david.regis@sheu.org.uk

New computers

As part of our quality assurance programme, SHEU have recently upgraded our suite of computers and software. This will support our improved service although visitors may overhear some muttering about lost menus. We will continue to exchange documents in formats that we are confident you are able to read on your systems. If you have any problems reading anything we send you, we're sure you would let us know directly. We have never failed to find a format to suit a client, whether dealing with documents, data sets or the results of analysis.

Positive response

SHEU have had a very positive response, from fellow education and health colleagues, to a recent audit of our research email service. As part of the quality assurance process we have put many of the comments on the website.

Some personal favourites ... "Much of your output is outstanding and most is extremely useful." PSHE Coordinator. "I know of no other similar way of quickly accessing research for children and young people across disciplines and sectors." Lecturer. Discover more comments - <http://sheu.org.uk/res>

E&H

EDUCATION&HEALTH

Since 1983 SHEU have published the quarterly journal Education and Health. E&H is now available as an open access online journal.

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

Not only can you view the journal for free, you can also read all the past issues. E&H regularly attracts contributions from around the world and welcome new contributors. Articles can be up to 3000 words and recent titles include:

Ready, willing, and able? Sleep hygiene education, motivational interviewing and cognitive behaviour therapy for insomnia in an Australian high school setting

Simulated gambling in video gaming: What are the implications for adolescents?

School-based drama, health and wellbeing: Challenges to studying its effectiveness

Water supplementation improves visual attention and fine motor skills in schoolchildren

Musical games and empathy

Underage conceptions and abortions in England and Wales 1969-2009: the role of public policy

Health promoting schools in New Zealand: Belonging and empowerment in two primary schools

Exploring primary school teachers' experiences of implementing a healthy eating intervention

To submit an article please email the Editor:

david.mcgeorge@sheu.org.uk