

# Young People's health and...

This article is composed of recently reported findings on the Internet about young people, their health and other factors. It is also available on our website as a pdf file with links to relevant websites around the world: [www.sheu.org.uk/publications/ehfreearticles.htm](http://www.sheu.org.uk/publications/ehfreearticles.htm)

## Advertisements for Unhealthy Foods May Explain Link Between Television Viewing and Overweight in Children

Researchers from the Harvard School of Public Health and Children's Hospital, Boston, USA, found that 11-13 year olds who spend more time watching television also eat more of the calorie-dense, low-nutrient foods advertised on television - this is the first time a research team has found evidence for a mechanism explaining that relationship.

[www.hsph.harvard.edu/press/releases/press04202006.html](http://www.hsph.harvard.edu/press/releases/press04202006.html)

## Oral sex and condom use among young people in the United Kingdom

Nicole Stone, Bethan Hatherall, Roger Ingham, Juliet McEachran, *Perspectives on Sexual and Reproductive Health*, March, 2006.

"Given the prevalence of oral sex and the lack of knowledge about its risks among young people, it is essential that those charged with teaching youth about sexual issues--whether in schools, in clinics or in homes--be encouraged to broaden the scope of their coverage."

[www.findarticles.com/p/articles/mi\\_m0NNR/is\\_1\\_38/ai\\_n16119585/print](http://www.findarticles.com/p/articles/mi_m0NNR/is_1_38/ai_n16119585/print)

## Health and social inequalities in English adolescents: exploring the importance of school, family and neighbourhood

Antony Morgan, Sally Malam, Jim Muir and Rhiannon Barker

The Health Behaviour in School-aged Children (HBSC) study was established 22 years ago. It is cross-national research conducted by an international network of teams in collaboration with the World Health Organization Regional Office for Europe. The HBSC study is rich in data relating to the social context of adolescent health and health-related behaviour (including information relating to socio-economic status and social networks and feelings of control at school, within the family and among peers). This report presents findings from the 2001/2 English part of the study and involved 6,425 pupils during March to May 2002.

[www.nice.org.uk/page.aspx?c=500082&o=303910](http://www.nice.org.uk/page.aspx?c=500082&o=303910)

## Changes in maternal marital status are associated with young adults' cannabis use: evidence from a 21-year follow-up of a birth cohort in Australia

Mohammad R Hayatbakhsh, Jake M Najman, Konrad Jamrozik, Abdullah A Mamun, Gail M Williams, and Rosa Alati. *International Journal of Epidemiology* version published online on April 5, 2006

Relatively little is known about why almost half of young adults in Australia have used cannabis. Because the upwards trend in use of cannabis has been coincident with an increase in marital breakdown, this study examines the relationship between marital status, marital changes, and the onset of cannabis use and involved 3008 mothers and their children up to age 21, between 2001 and 2004 in Brisbane.

Results showed that change in maternal marital status when the child was aged between 5 and 14 years was significantly associated with increased risk of cannabis use.

[www.researchaustralia.com.au/files/tennsandpot\\_03.04.06.pdf](http://www.researchaustralia.com.au/files/tennsandpot_03.04.06.pdf)

## Prevalence of deliberate self harm and attempted suicide within contemporary Goth youth subculture: longitudinal cohort study

Robert Young, Helen Sweeting, Patrick West. *British Medical Journal* 13 April 2006

Researchers at the University of Glasgow surveyed 1,258 young people during their final year of primary school (age 11) and again at ages 13, 15, and 19. They found that belonging to the Goth subculture was strongly associated with a lifetime prevalence of self harm (53%) and attempted suicide (47%).

<http://press.psprings.co.uk/bmj/april/goths.pdf>

## Black and White Teenagers Show Differences in Nicotine Metabolism

[www.nih.gov/news/pr/jan2006/nida-20.htm](http://www.nih.gov/news/pr/jan2006/nida-20.htm)

Research by scientists with the USA National Institute on Drug Abuse, National Institutes of Health, suggests that some of the racial and ethnic differences underlying how adults' bodies metabolize nicotine also are at work during adolescence. The findings have implications for the way teenagers of different racial and ethnic

backgrounds are provided smoking cessation treatments. The study is published in the January 2006 issue of *Ethnicity and Disease*. Adolescent Nicotine metabolism: Ethnoracial differences among dependent smokers. Eric T. Moolchan, Frederick H. Franken, Maria Jaszyna-Gasio [www.ishib.org/journal/16-1/ethn-16-01-239ab.pdf](http://www.ishib.org/journal/16-1/ethn-16-01-239ab.pdf)

## Western ideal of a perfect figure is having a negative effect on Chinese boys and girls

[www.eurekalert.org/pub\\_releases/2006-03/uosc-sfa032406.php](http://www.eurekalert.org/pub_releases/2006-03/uosc-sfa032406.php)

Chinese teens who think of themselves as fat, even if they were normal or underweight, are at a greater risk for depression and school-related stress. This is according to a new study reported by lead author Bin Xie, an assistant research professor in the University of Southern California School of Social Work.

Girls who said they were overweight reported an overall grade point average of 3.06 versus 3.20 for other girls, according to the study of nearly 7,000 middle- and high-school students in seven Chinese cities.

The study appears in 2006 in the March issue of the *American Journal of Health Behavior*.

[www.ajhb.org/2006/2/02Mar0106Xie.pdf](http://www.ajhb.org/2006/2/02Mar0106Xie.pdf)

## National Longitudinal Study of USA Adolescent Health

[www.nih.gov/news/pr/jan2006/nichd-11.htm](http://www.nih.gov/news/pr/jan2006/nichd-11.htm)

"When they were young teenagers, most of the participants had fairly healthy behaviours." "What's really alarming is how rapidly healthy practices declined by the time the participants reached young adulthood." The study was published, in the January 2006 edition of *Archives of Pediatrics & Adolescent Medicine* (2006;160:74-81).

On the positive side the study found that participants were less likely to experience feelings of depression at adulthood than when they were adolescents, less likely to have suicidal thoughts, and less likely to be victims or perpetrators of violence.

Longitudinal Trends in Race/Ethnic Disparities in Leading Health Indicators From Adolescence to Young Adulthood.

<http://archpedi.ama-assn.org/cgi/content/abstract/160/1/74>