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YOUNG PEOPLE AND DRINK

Most youngsters don't drink and most drinkers have moderate amounts, but...

May 2006

SURVEY

views from your young people

SHEU surveys are usually carried out in schools and FE colleges. They are always local and always provide you with comparative data from across the country. Your information is used by your health and education authorities to inform health needs assessment and health care planning. Your schools and colleges use the information to promote health education programmes and support class work across the curriculum.

How do we know all this? Since the late 1970s we have worked hard and listened to your needs. The local nature of our services often means that we work with small and large numbers of students. See page 2 for details.

DID YOU KNOW...

The Schools Health Education Unit has been publishing the 'Young People' series of reports since 1986.

This year we will publish the 20th report, 'Young People into 2006' which is expected to be available in May 2006. There are more details in this newsletter. Also our popular 'Trends' series looks at data from 1983 and, in 2006, the series will grow to a total of 10 reports. The three new additions will include Young People and... Leisure, Health & Safety and Sex & Relationships.

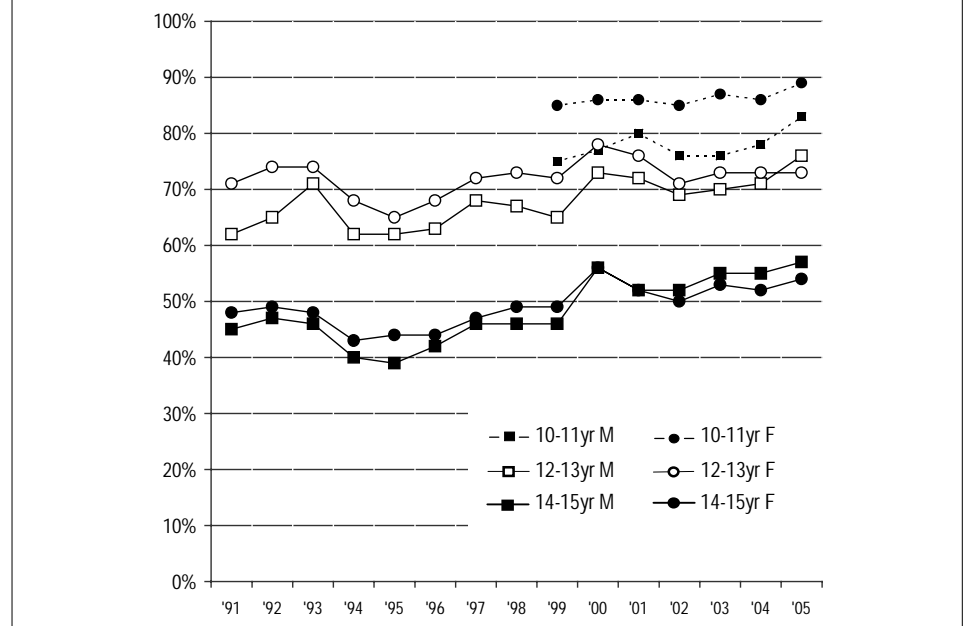
In our area there has recently been a crackdown on young people drinking in public. As SHEU collect and analyse data from pupils across the UK, we are often asked to comment on young people's drinking.

It must be noted that for the young people in our surveys, most don't drink regularly (see table below), drinking is in moderate quantities and most drinking is done at home with knowledge if not approval of parents.

Our founding director, John Balding, and our Research Manager, Dr. David Regis, expand their commentary on these figures on a part of our website that is called "SHEU Views the News", (please visit www.sheu.org.uk/staff/staffjohn.htm) noting, for example, that the "Continental" model of drinking seems to be marked by higher levels of alcohol-related disease.

John, although retired, still maintains a keen interest in the work of the Unit and is occasionally moved to put pen to paper (or

Table 1. 10-15 year olds answering 'None at all' to the question, "During the last 7 days, on how many days did you drink alcohol?" 1991-2005



However, there are undoubtedly some school-age children who are keen to adopt the heavier-drinking and binge-drinking patterns of behaviour that are found in the 18-24 year-old age group. For young people under 18, the alcohol they consume is usually provided by an adult -- either giving it to them, or allowing them to buy it. (The alternative being stolen drink.) So if we are pointing fingers at young people, at least a finger should remain pointing in the direction of adult culture.

finger to key) in response to stories in the news media.

If you have a news story do drop us a line at:- john@sheu.org.uk. Occasionally, we can shed light on an issue by digging out some relevant figures, or by running an analysis to explore a connection for example, we were contacted recently by someone who wanted to know if we had any evidence about different levels of contact with drugs in state and private schools.



Schools Health Education Unit

SCHOOL SURVEYS

PAPER BASED SURVEYS

The local nature of our lifestyle survey services can often mean that we work with small numbers of schools involving 300 young people or larger surveys involving 10,000 young people. Here is a selection of some of our recent surveys across the country:

Herne Bay, Kent - 1 secondary school

South Tyneside - 7 secondary schools

Ealing - 8 secondary and 49 primary schools

Rochdale - 11 secondary schools and 43 primary schools

For local authorities the data is being used to inform Joint Area Reviews. For Healthy School Programmes the data is being used to support 1.9 of the new standards, which relates to 'local data'. For schools, in addition to the above, the data is being used to support the new Ofsted Every Child Matters self-evaluation forms.

ONLINE SCHOOL SURVEYS

For most schools handing out paper questionnaires is still the easiest way to conduct the HRBQ. For an increasing number however, schools are keen to use our online versions. We initially developed the system to support our work with the Fit to Succeed activity programme and we now support a number of School Sport Co-ordinator programmes across the country. In Dudley, schools were given the choice of conducting the exercise on paper or online and we have successfully combined the data in order to give them a report that compares their school with the rest of the authority regardless of the way they surveyed.

Other online surveys include:

East Dunbarton - Activity & Health Survey

Guernsey - Youth Survey

Bedford - Student Involvement Questionnaire

Wolverhampton - Lifestyle Survey

For details contact Angela Balding Tel. 01392 667272 Email:

angela.balding@sheu.org.uk

CONFERENCE SEMINAR

When planning a conference or seminar that relates to the health related behaviour of young people then consider providing your delegates with a free report.

We publish easy-to-read data with relevant information to support your conference themes.

Your costs are kept down as we charge discounted prices that make it viable to give a free report to each delegate.

Young People reports include:

FOOD CHOICES AND HEALTHY EATING

EMOTIONAL HEALTH AND WELL-BEING including Bullying

PHYSICAL ACTIVITY

ILLEGAL DRUGS

ALCOHOL

SMOKING

MONEY

(IN PRESS)

LEISURE

SEX AND RELATIONSHIPS

HEALTH & SAFETY

For details email: sheu@sheu.org.uk

BIGGEST YEAR EVER!

SHEU are planning to process 65,000 questionnaires between spring and autumn -- a record since the service began in the late 1970s. There is more interest in our work -- and more work -- than ever before.

There are questionnaires for more age groups (early primary through to higher education), more topics (from Every Child Matters to Sports to Sex and Relationships), and more local flavours of our questionnaires (from Cumbria to Cornwall) than we've had on the go at any one time.

We've expanded our staff (and a big hello from new colleagues Tom, James 'Tasha, Iain and Charlie) and rearranged our office suite to accommodate more working areas.

Despite the changes customers are getting their results on time and greater interest is being generated in our summary reports, for an example visit: www.sheu.org.uk/whoweworkwith/pcts

Healthy 6th Form and FE College News



Every so often we send a simple email newsletter to many 6th Form and FE Colleges who share an interest in the healthy development of young people.

The email contains a number of Internet links that describe recent findings about young people's health related behaviour. The following are some of the items that we shared in the last email...

Black & White Teens Show Differences in Nicotine Metabolism

New research by US scientists with the National Institute on Drug Abuse (NIDA), 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. www.nih.gov/news/pr/jan2006/nida-20.htm

Young people from the UK and their experience of health or illness - a new website. A collection of interviews with young people about their experiences of health or illness.

www.youthhealthtalk.org

Abstinence-only education policies and programs: A position paper of the US Society for Adolescent Medicine.

Schools and health care providers should encourage abstinence from sexual intercourse as an important option for teenagers.

"Abstinence only" as a basis for health policy and programs should be abandoned.

(This is a pdf file)

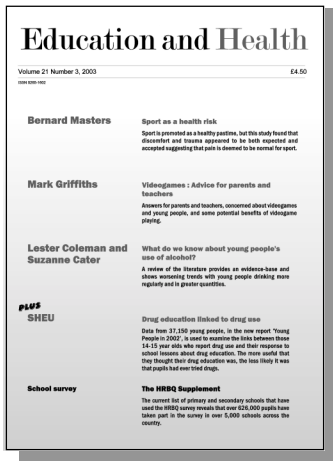
www.genderhealth.org/pubs/SAMPositionPaperAbstinence.pdf

Western ideal of a perfect figure is having a negative effect on Chinese teenagers. Distorted weight perception has a detrimental psychological impact on Chinese adolescents.

www.eurekalert.org/pub_releases/2006-03/uosc-sfa032406.php

To receive the Healthy College News from SHEU please email: david.mcgeorge@sheu.org.uk

Education and Health



Each quarter, SHEU publishes the journal 'Education and Health'. Since 1983 it has attracted contributors from around the world and you can discover more details from the webpage... www.sheu.org.uk/publications/educationandhealth.htm

From the archives

Today's children: Fitness, fatness, and physical activity 1994, 12, 5, 65-69.

In 1994 Professor Neil Armstrong and Joanne Welsman described the importance of promoting physical activity during childhood and adolescence. Based on a review of the literature and their own research the article looks at youngsters' aerobic fitness. An assessment of peak oxygen consumption of 266 11-16 year olds in 1990 involved continuous monitoring of heart rate. The monitoring occurred

over three normal schooldays and on a Saturday. An estimate was then made of the volume (frequency, intensity and duration) of the children's physical activity. Some of the findings showed that, during weekday monitoring, over one third of the boys and over half of the girls failed to experience a single 10-minute period equivalent to brisk walking. During Saturday monitoring 71% of the boys and 94% of the girls again failed to experience a single 10-minute period equivalent to brisk walking. A further study by Hillman et al. revealed a remarkable decline, from 1971-1990, in the children's freedom and choice to do things independently outside the home. Furthermore Hillman demonstrated that girls experienced substantially less independence than boys. In conclusion children were said to have adequate levels of aerobic fitness, but too many were overweight. Many children had already adopted a sedentary lifestyle that track into adult life.

E & H topics

A recent analysis of Education and Health articles has found, in recent years, more topics covering Counselling, Sex Education, Mental Health, IT and general health. There have been fewer articles in recent years on the following topics: Bereavement, Dental Health, The Family, HIV/AIDS, The Environment, Gambling and Asthma.

EVERY SCHOOL MATTERS

Although the bulk of SHEU's survey work is usually commissioned at Local Authority or Primary Care Trust level, we also get many individual commissions from schools. This has historically been for our main lifestyle surveys but the push for **School Self-Evaluation** and the **Every Child Matters** agenda have led to schools commissioning surveys of pupils, parents and others from us.

We can usually accommodate requests from individual schools alongside our larger surveys -- and we like to think we can offer you a service that will fit in with any size of budget. We've recently had surveys commissioned from schools in Kent, Surrey, and Norfolk.

We can print your questionnaires with your school logo and motto on the scripts, or, if you would like to do the survey online, we can incorporate your electronic images.

Please visit www.sheu.org.uk/surveys/surveys.htm for further information.

PSHE AGENDA AND SHEU

'PSHE is presented with both challenges and opportunities', a phrase taken from the conclusion of a recent new report commissioned by OFSTED ifrom the Schools Health Education Unit.

Sample

The new report (an extension of a previous report commissioned in 2004) is based on an extensive analysis of the Unit's survey work going back to 1983. It involves looking at data from over 750,000 pupils aged 8-16 years of age from primary and secondary schools across the UK. The authorities and the schools which work with SHEU an any year are not chosen by SHEU and do not comprise a representative 'national sample' in a research sense.

Nonetheless it represents a unique resource in its depth and breadth, it usually reflects and even anticipates the findings of more deliberately selected survey samples and has been recently found of value in evaluating outcomes of the NHSS.

SHEU have some recent evidence that the sample is fairly stable in its characteristics, and there is additional analysis from OFSTED that, overall, seems to show a reasonable match between the SHEU sample averages and the national sample.

Overview

Young people report they are cleaner, happier and more confident than they have ever been; their knowledge of drugs and contraception is better; and they are less likely to report drinking in the previous week. Young people are more likely to be offered drugs but not to take them; if they drink, they drink more; they are less fit but still say they enjoy physical activities; they are less worried about appearances but more worried about school work.

Our website will soon have extracts from the report to be published later this year.



Young People into 2006

A unique contemporary archive of young people

Easy-to-read charts

Over 100 health related behaviour questions

10-15 year olds

tell us what they do

at home, school, and with friends

This valuable reference resource is over 170 printed A4 pages within perfect binding

20th in the series of 'Young People' reports first published in 1986

Available from May 2006. Call 01392 667272 for details of special school discounts

DRUGS

The pages on SHEU's website that provide information about young people and drugs have always proved popular.

Recently we have received requests from organisations to use SHEU materials in examination papers and to include in the school curriculum.

We always try to accommodate these requests and it helps us to focus on providing relevant material on our website. Our unique databanks hold a rich resource of young people's health related behaviour. We are able to produce specific information from this special archive to closely match the needs of educators from the primary up to the higher education sectors.

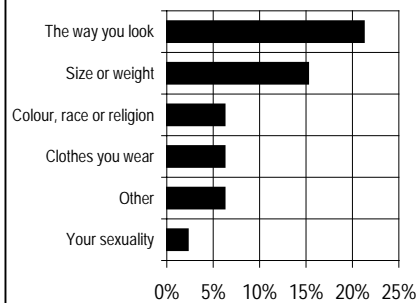
The following web page gives some of our drugs information which can be then tailored to meet your needs:-

www.sheu.org.uk/publications/drug

Reason for Bullying?

Colleagues organising one local survey wanted to discover from young people, if they were being picked on or bullied, then what did they think was the reason for this?

Responses from 3864 pupils in Years 8 and 10 are shown below:-



In the actual questionnaire, the item about sexuality was expanded as "Your sexuality (straight, gay, lesbian or bisexual)". Sexuality actually comes at the bottom of the list for all reasons, but we do not conclude from this that it is unimportant.

Trends

'Trends' is a series of reports SHEU first published in February 2003. Three new reports are planned this year and the first of these, 'Trends-Young People and Leisure' is now available (£15 inc. p&p).

'Leisure' shows trends in young people's health related behaviour from 1983-2005. The report is written using data derived from the Health Related Behaviour Questionnaire surveys and come from a sample of 448,124 young people between the ages of 10-15 from across the UK.

The new report has 38 tables and charts and reports on what young people tell us about their attitude to and experience of leisure activities.

For details see the enclosed flyer and visit- www.sheu.org.uk/publications/trends.htm