

A Picture of Health

Jersey 2014

Reflections on the health and lifestyle
of young people aged 10-15 years



HIU INFORMATION READER

Document purpose	Health and lifestyle indicators, update trend data, data to inform local discussions on current issues around children and young people.
------------------	--

Title	A Picture of Health - Jersey 2014 Reflections on the health and lifestyle of young people aged 10-15 years
Author	Health Intelligence Unit
Publication date	2 March 2015
Target audience	Public
Circulation list	HSSD staff, CMEX, Statistics Unit, ESC Staff
Description	Summary data from the Young People's Health and Lifestyle Survey 2014
Amendment history	
Officer	Amendment date and detail
J Pringle	Data analysis undertaken in 2014 with first draft report completed and final draft finished in February 2015
S Renouf	Data checking 2014 and 2015
Contact details	HealthIntelligence@health.gov.je

Embargo/confidentiality	Embargoed until 00:01 2 March 2015
--------------------------------	---

Acknowledgements and Contributions

The main author of this report is Jessica Pringle of the Jersey Public Health Intelligence Unit, led by Dr Susan Turnbull, Jersey Medical Officer of Health and Jill Birbeck, Head of Health Intelligence.

Our thanks to Jack Burrows and Gavin Chittenden from the States of Jersey Information Services for creation and hosting of the online survey, the Department for Education Sport and Culture, and all of the Island schools for their support and to the young people who completed the survey.

Special thanks go to the Health Intelligence team for questionnaire design, survey implementation, management and data analysis to ensure accurate and comparable statistics, especially to Jessica Pringle and Sheena Renouf.

Thanks are also due to the School Health Education Unit for use of some of their questions, to Public Health managers and officers for their input and comment, and to Martin Knight, Head of Health Improvement for helping to coordinate the survey.

Contents

	Page
Introduction	1
Summary	2
Key Findings by Chapter	3
The 2014 Survey Methodology	5
A Changing Picture	7
Chapter 1- Wellbeing	11
Chapter 2- Smoking	23
Chapter 3- Alcohol	27
Chapter 4- Drugs	34
Chapter 5- Sexual Health	38
Chapter 6- Diet & Obesity	41
Chapter 7- Physical Activity	49
Appendix 1- A Snapshot by Age Group	54
Appendix 2- A Snapshot by Gender	56
Appendix 3- A Changing Picture 1998-2014	58
Appendix 4- Comparing Jersey to the UK and Guernsey	60
Appendix 5- A Changing Picture- Cohort View	61
Background Notes	62
References & Data Sources	63

Introduction

This report presents the results of the 2014 Young People's Health and Lifestyle Survey. The Young People's Health and Lifestyle Survey 2014 replaces the survey carried out in previous years known as the Health Related Behaviour Questionnaire (HRBQ). It aims to provide information on young people living in Jersey and the behaviours and conditions that may impact on their health. The survey results provide a self-reported account of how young people in Jersey are living their lives in 2014.

The questionnaire was carried out with students in all primary schools across the Island at ages 10-11 years (school year 6) and in all secondary schools across the Island at 12-13 years (school year 8) and 14-15 years (school year 10). A total of 2,675 students completed the survey. The survey questions cover a range of health topics including family background and home life through to specific health issues such as diet, physical activity, drugs, alcohol, smoking and wellbeing.

With permission from the Schools Health Education Unit (SHEU), some questions from the HRBQ were included in this year's survey, so that important trend data was not lost. Additional questions were included to gain insight into local issues which have not been asked about in previous years. These included questions about: the use of New Psychoactive Substances; the amount of time spent watching TV, gaming, online; mental wellbeing in young people; and young people as carers. Questions were designed to inform gaps in local knowledge specific to these areas as well as updating what we already know about young people from previous surveys and local data.

Some of the questions, therefore, have been asked since 1996 (in secondary schools) and 1998 (in primary schools). This gives a picture of both trends over time, in reported health behaviours, as well as how the same group of young people change as they become older. Some of the survey questions are also asked in UK schools and in Guernsey, so where possible, comparisons have been made between reported health behaviours in Jersey with young people in the UK and Guernsey.

This report is structured into subject sections that deal with relevant health issues including: wellbeing, diet and obesity, alcohol, drugs, sexual health, smoking and physical activity. Each section looks at differences between age groups and gender, and compares the 2014 data with previous years, the UK and Guernsey, reporting on the most relevant findings. At the end of the report are more detailed data tables reporting data for each question (where possible) by age group, gender, survey year and comparing Jersey with the UK and Guernsey.

The survey aims to give a comprehensive picture of young people's health in Jersey. We hope that you find the survey results interesting and informative in guiding your work with young people.

For further information about the Health Intelligence Unit and access to all our publications please see, www.gov.je.

Summary

The 2014 survey shows a continuing trend of improving health-related behaviours in young people. Most young people reported behaviours that were beneficial for their health with a few displaying negative behaviours. There are continued decreases in rates of smoking, and drinking, and an increase in physical activity and consumption of fruit and vegetables. As reported in previous years, there is a small percentage of young people who have taken drugs and have had a sexual relationship. The percentage of young people with medium-high self-esteem remains high, but for the first time we have some more detailed wellbeing indicators which highlight the poorer wellbeing of females compared to males. New questions around sedentary behaviour reveal that time spent doing sedentary activities (watching TV, gaming, being online) increases with age group, with a large proportion of 14-15 year olds spending 2 or more hours a day on these activities.

Despite the overall positive results, there remain some areas of concern, such as the downward trend in the percentage of 14-15 year olds with medium-high self-esteem, the amount of time spent by a large proportion of young people on sedentary activities and the unchanging levels of overweight and obesity, remaining around one in five young people.

The survey findings highlight how certain health behaviours change as young people get older. In general a greater percentage of older students reported behaviours with potential negative health impact compared to younger students; demonstrated in more 14-15 years olds reporting smoking, drinking alcohol, taking drugs, eating 'unhealthy food' options more frequently, and exercising less compared to their younger peers. This is not surprising as children become more independent from the controls of their parents/carers and have the autonomy to make decisions for themselves. The survey also identifies health behaviours which are more common in males or females, for example the lower self-esteem and mental wellbeing of females compared to males and the greater level of physical activity of males compared to females.

The Health and Lifestyle Survey findings represent the only whole picture of young people's health in Jersey. The data gained from the survey is a valuable source of information about what is happening within our local children's population in 2014. A clearer understanding of young people's health behaviours now, will allow us to inform the shaping of existing services and plan future provision.

Key findings by chapter

Wellbeing

- Three quarters of young people have medium-high self-esteem. The percentage of 14-15 year olds with medium-high self-esteem has decreased from a high of 87% in 2002 to 75%. The percentage of secondary aged females with low self-esteem has increased since the last survey in 2010.
- Older females have lower health-related quality of life, mental wellbeing and self-esteem scores than their male peers.
- 10% of young people reported being bullied in the last month. Most bullying happened face to face. Being talked about, teased, and called nasty names were the bullying behaviours most young people reported across the year groups surveyed.
- Most 10-11 year olds never or rarely worried about each of the problems asked about in the survey. A greater number of older students and females worried frequently than younger students and males.
- Just under a quarter of young people reported that they take on the tasks of a young carer.
- Over 80% of 14-15 year olds use internet chat rooms or social networking sites, and more females use them than males. Nearly a third of 14-15 year old females have received a message that scared them or made them feel threatened.

Smoking

- Over 90% of 10-13 year olds and nearly 65% of 14-15 year olds have never smoked. Regular smoking has decreased to less than 1% of 10-13 year olds and less than 10% of 14-15 year olds.
- One in ten young people are exposed to second hand smoke in their home with a similar proportion reporting someone regularly (at least once a week) smoking in a car when they are present.

Alcohol

- The percentage of young people who have never drunk alcohol has increased to 52% of 12-13 year olds and 20% of 14 -15 year olds.
- The percentage of young people reporting drinking alcohol in the 7 days prior to the survey has continued to decrease and is lower than Guernsey and the UK. 1 in 6 14-15 year olds drank alcohol in the 7 days prior to the survey. Most drank on a weekend.
- Most 14-15 year old drinkers drink within the recommended adult limits. It is estimated that around 5% of 14-15 year olds drink at levels that are considered to be harmful for adults (more than 3 daily units for females and 4 for males).

Drugs

- Drug taking before age 14 is uncommon (1%).
- Around 1 in 6 14-15 year olds have taken drugs. Most of these young people have taken cannabis with just under 5% of 14-15 year olds having taken solvents, spice and laughing gas. This is similar to the UK but greater than Guernsey.

Sexual Health

- 14% of 14-15 year olds have had a sexual relationship.
- Nearly half of sexually active 14-15 year olds did not use a condom the last time they had sex.
- Condoms were the form of contraception that most young people reported having used followed by the pill.
- Nearly 90% of females (12-15 years) said they would say 'no' to sex they didn't want compared to just over half of males. Just over a quarter of males said they would give in.

Diet & Obesity

- At least 18% of young people are overweight (including obese).
- Just over 1 in 5 young people eat 5 a day.
- The majority of young people eat a balanced diet with healthier options eaten more frequently than unhealthier ones.
- The percentage of young people who have nothing to eat before school increases with age group, and by 12-13 years, more females have nothing to eat before school than males (over a third of 14-15 year old girls have nothing to eat before school).

Physical Activity

- The percentage of young people physically active for at least an hour on 7 days a week (the recommended amount of physical activity) has increased to 22%.
- Bike ownership is high (over 80%). Cycling decreases with age with less females cycling than males.
- As young people get older, less reported wearing a helmet when cycling. More than three quarters of 10-13 year olds who cycle wear a helmet always/whenever possible dropping to just over half of 14-15 year olds.
- Time spent on sedentary activities increased with age. Around half of 14-15 year olds watched two or more hours of TV the day before the survey, compared to 28% of 10-11 year olds.
- A greater percentage of males spend more time playing computer games than females. 1 in 7 14-15 year old males reported spending 5 or more hours playing computer games the day before the survey.
- Over half of 14-15 year olds reported spending 2 or more hours using a computer for chatting online, emailing, internet etc the day before the survey.

2014 Survey Methodology

Sample Size

As in previous years we were able to give the questionnaire to all pupils of the year groups targeted (6, 8 and 10), a total sample size of 3,113. Survey co-ordinators in schools were encouraged to support all children to complete the survey so that it represents all children in Jersey.

Response Rate

The survey was completed by a total of 2,675 young people between 10-15 years in 40 local schools (30 primary and 10 secondary) in school years 6, 8 and 10. This represents 86% of all pupils in these age groups on the Island. There is potential that bias could occur if those who did not complete the survey (due to absenteeism on the day or refusal to co-operate) all had the same health behaviours, however with 100% sampling and a high response rate there is confidence in the reliability of the data.

Year	Males	Females	Total	Response Rate
6 (10-11 years)	481	445	926	91%
8 (12-13 years)	427	438	865	84%
10 (14-15 years)	461	423	884	83%

Method

As in 2010, the survey was completed online. The questions asked in 2010 were reviewed and reduced so that completion of the survey in a single lesson could be more easily achieved. Most young people who completed the survey found they were able to answer all the questions comfortably in the time allocated (60 minutes). The online survey meant that participants were directed only to questions that were applicable to them (e.g. not asked detailed questions about smoking if they reported they do not smoke). The primary questionnaire asked a maximum of 65 questions; the secondary questionnaire asked a maximum of 77 questions to year 8 and an additional 6 questions to year 10 students.

Quality of the data

Ideally any differences between the answers given by two people about their behaviour should only be due to differences in their behaviour. However, in practice differences also arise due to:

- Differences in recollection of their behaviour
- Differences in understanding/interpretation of the question
- Differences in willingness to report their behaviour accurately

The trust placed on the data depends on the trustworthiness of the young people

answering and whether they are likely to try and mislead. A number of the questions can be cross referenced with each other to check the validity of the answers given. This does show consistency. i.e. most young people gave the same answer more than once.

Analysis

With the survey methodology used there is 95% confidence that the sample percentages accurately represent the whole population percentage to $\pm 2\%$ points. Where analysis is done by gender (across all students) or age groups, percentages are accurate to $\pm 3\%$ points and within age group gender analysis by $\pm 5\%$ points (see background notes). Changes or differences between groups that are less than these percentages are referred to as similar in the report. Only differences that are larger than the confidence intervals described are reported as such.

Percentages reported are rounded to nearest integers. All calculations are independently rounded. Estimates of number of young people displaying a behaviour are derived by applying the percentage displaying a behaviour to the total population for a particular year group (supplied by the Education Department, March 2014) and rounded to the nearest ten.

In some cases, the number of respondents to a sub-set of questions was so low, that analysis was not completed (e.g. detailed smoking questions on 12-13 year olds).

Definitions

Throughout the report, the term 'young people' refers to all children surveyed aged 10-15 years unless a particular age group is specified.

References

Some of the questions used in the survey were taken from other surveys, used with permission of the survey authors. In particular, a large number were used from the School Health Education Units, 'Health Related Behaviour Questionnaire' (to allow trend comparison with previous years data). Questions were also used from the WHO's Health Behaviour in School-Aged Children study, the Kidscreen-10 Quality of Life indicator and the Warwick and Edinburgh Mental Wellbeing Scale. Full references can be found in the references section at the back of this report.

Unless otherwise stated, where comparison is made to UK data, this data is taken from the results of the HRBQ, run through SHEU and reported in the document 'Young People into 2013' reporting on 2012 data.

Where comparison is made to England, data is taken from the results of the 2009/10 HBSC study, reported in the document 'Social determinants of health and wellbeing among young people'.

Comparison to Guernsey is taken from the results of their 2013 HRBQ from the report; 'Young people in Guernsey Schools'.

A Changing Picture

The tables in this section show a changing picture of health; how the same group of children have changed over time, how the prevalence of different health related behaviours have changed over the years, and how children change as they get older. There is also a summary of the differences between the health related behaviours of males and females and between young people in Jersey and their peers in the UK. The data that support these summary statements can be found in the appendices at the back of the report.

Cohort View: How the behaviours of the same group of children have changed since they were 10-11 years in 2010 and are now 14-15 years in 2014.

More students now...	Less students now...
Have nothing to eat or drink before school	Live with both parents together
Eat meat, cereals, vegetables, salad on most days	Are overweight/obese
Have fizzy drinks, crisps, sweets/chocolates on most days	Eat 5 a day and know about 5 a day
Go to school by school bus	Go to school by car or van
Are an occasional or regular smoker	Have a bicycle and always wear a helmet when cycling
Drank alcohol in the 7 days prior to the survey	Are afraid of going to school because of bullying
Drink a litre or more of water a day	Believe their school takes bullying seriously
Have been offered cannabis and other drugs	Have visited the dentist in the last 6 months
Worry about exams/school tests on most days	Usually/whenever possible take measures to avoid sunburn
Are physically active for at least an hour everyday	

Trend: How the behaviours of young people have changed since 1998 (or when the question was first asked)

More students now	Less students now....
Have a canteen lunch	Know about 5 a day
Eat meat, cereals, fruit, vegetables and salad on most days	Have crisps, sweets/chocolates, fizzy drinks on most days
Are physically active for an hour everyday	Are occasional or regular smokers
Always wear a helmet when cycling	Are afraid of going to school because of bullying
Have never drunk alcohol	Drank alcohol during the 7 days prior to the survey
Know where to get free condoms	Have taken more than one type of drug on the same occasion and have taken drugs and alcohol on the same occasion
Have confidence to say 'no' to sex they do not want	Have been offered cannabis and other drugs
Clean their teeth at least twice a day	Have visited the dentist in the last 6 months
	Have medium-high self-esteem

Gender: Differences in behaviours of males and females (many of these differences increase as young people get older-some are only found in the oldest age group and are therefore not reported here, but are reported in the relevant chapter).

More males....	More females....
Have medium-high self-esteem and higher mental wellbeing and health related quality of life scores	Clean their teeth twice a day
Have a canteen lunch in school	Use internet chat rooms/social networking sites daily
Have meat, milk, cereals and fizzy drinks on most days	Have received a message that made them feel threatened/upset
Are physically active for at least an hour everyday	Have confidence to say 'no' to sex they do not want
Spend more than 2 hours a day playing computer games	Usually/whenever possible take measures to avoid sunburn
Have been in a physical fight in the last 12 months	Know about 5 a day
Would first share a problem with their Mum and/or Dad	Worry about exams/school tests on most days
Have a bicycle	Are afraid of going to school because of bullying
Have been offered cannabis	

A Changing Picture

Age group: Differences in behaviours of young people in different age groups.

As they get older, more students....	As they get older, less students....
Have a bedroom for themselves	Live with both parents together
Have nothing to eat or drink before school	Rate their general health as 'Good'
Eat sweets/chocolates on most days	Are physically active for at least an hour everyday
Know about 5 a day	Eat fresh fruit on most days
Spend more than 2 hours a day watching TV/movies, playing computer games and being online	Have a bicycle and always wear a helmet when cycling
Go to school by bus	Have never drunk alcohol
Are an occasional or regular smoker	Have parents/carers as their main source of information about drugs
Live where someone smokes indoors at home	Go to school by car or van
Have been really drunk at least once in their life and have suffered memory loss due to drinking at least once in the past year	Usually/whenever possible take measures to avoid sunburn
Drank alcohol in the 7 days prior to the survey	Visited the dentist in the last 6 months
Know a drug taker	Have been in a physical fight in the last 12 months
Have been offered cannabis and other drugs	Have been bullied at school in the last 12 months and are afraid of going to school because of bullying
Have taken drugs	Believe school takes bullying seriously
Use internet chat rooms/social networking sites daily	Would first share a problem with Mum and/or Dad
Have received a message that made them feel threatened/upset	Have parents/carers as their main source of information about sex
Worry about exams/school tests on most days	Have higher health related quality of life scores and mental wellbeing scores
Know where to get free condoms	
Know all they need to about sex	

UK Comparison: Differences in behaviours of young people in Jersey and the UK

Compared to their UK peers more students...	Compared with their UK peers less students...
Live in a family that owns more than one vehicle	Have a canteen lunch
Eat meat, cereals, fruit, vegetables, salad, crisps and sweets/chocolates on most days	Drank alcohol in the 7 days prior to the survey & consumed more than 15 units of alcohol in the 7 days prior to the survey
Live with their mother and father together	Have medium-high self-esteem
Drink a litre or more of water a day	Visited the dentist in the last 6 months
Go to school by car or van	Have been bullied in the last 12 months
	Have fizzy drinks on most days

1. WELLBEING

Family structure and family affluence

Most 10-11 year olds reported that they live with both their mother and father together (72%). 12% reported that they live with only one parent. In the older age group (14-15 year olds) a lower percentage of young people live with both parents together (65%). This is similar to Guernsey and higher than the UK and has not changed since the last survey.

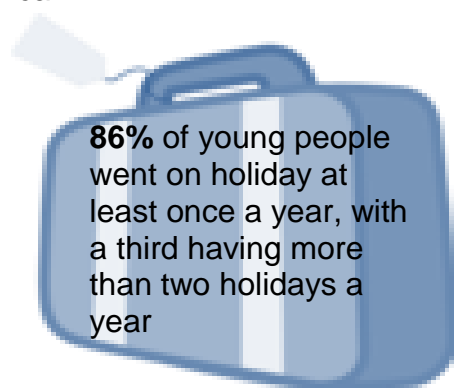
The majority of young people scored high on the Family Affluence Scale (FAS)* (73%) with very few scoring low (2%).



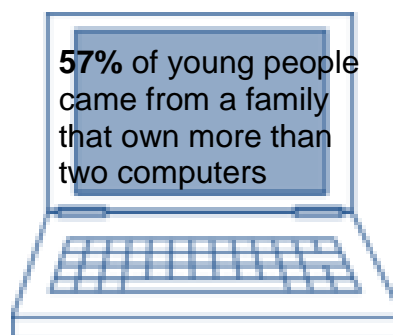
67% of young people came from a family which owned more than one car



85% of young people had a bedroom for themselves



86% of young people went on holiday at least once a year, with a third having more than two holidays a year

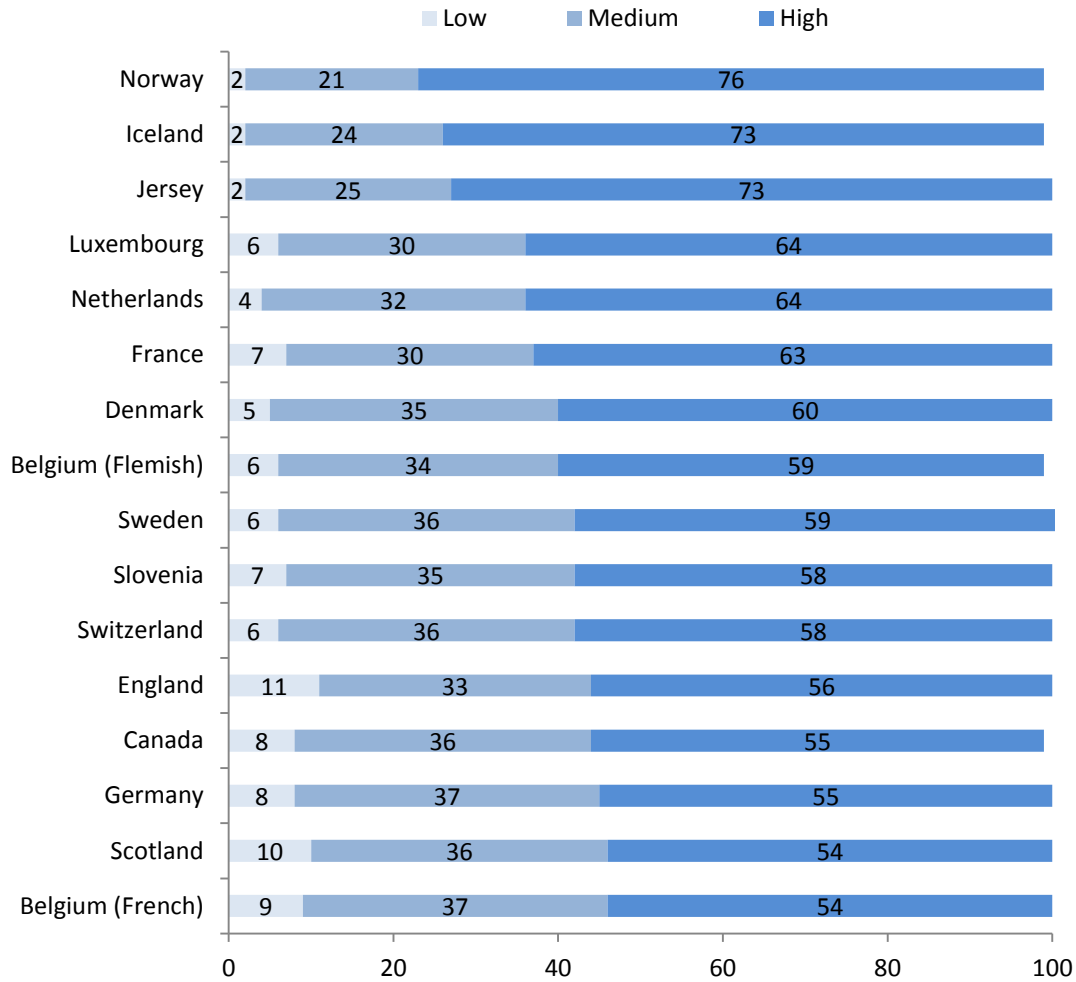


57% of young people came from a family that own more than two computers

*The HBSC Family Affluence Scale (FAS) (1) measures young people's Socio Economic Status. It is based on a set of questions on the material conditions of the household in which they live. There are 4 questions covering car ownership, bedroom occupancy, holidays and home computers. The responses to each question are scored and the summed score of the items categorised into low, medium, high family affluence. It was developed as part of the WHO Health Behaviour in School-Aged Children Study which collects data in countries all over the world, and the scale has been shown to have relationships with various health and social indicators. The measure is good to compare Jersey to other countries, however, it may not distinguish between levels of affluence within the local population, relative affluence (i.e. medium family affluence in Jersey is probably low relative to the rest of the population and there will be levels within the high affluence group).

Young people in Jersey revealed a similar Family Affluence Scale profile to Iceland, which ranked second highest on the FAS in the HBSC international study from the 2009/10 survey (2) reflected in the graph below.

Family Affluence by country (top 15)



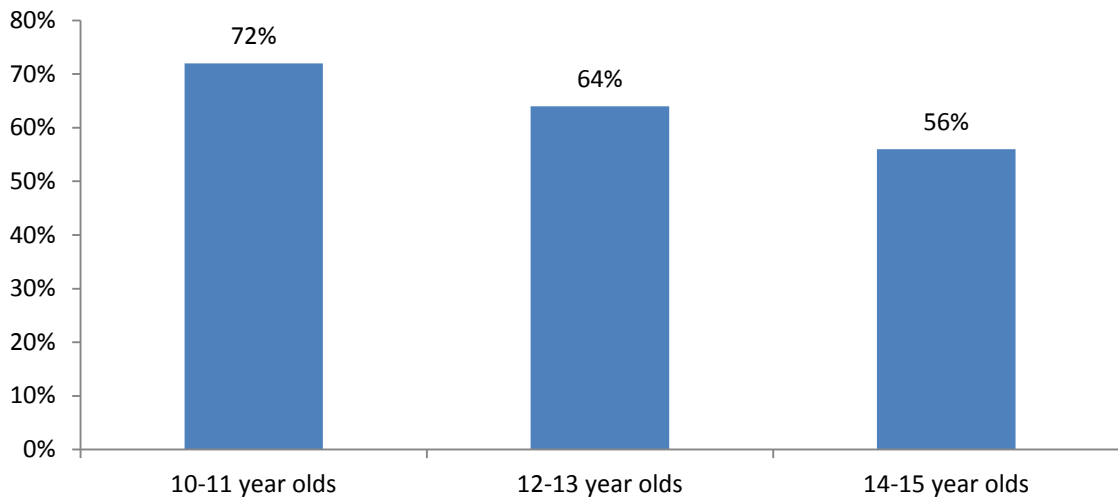
Source: Young Peoples Health and Lifestyle Survey Jersey 2014; WHO Health Behaviour in School-Aged Children Study 2009/2010

General health & safety

SELF REPORTED HEALTH

Nearly two thirds of young people rated their health as ‘excellent’ or ‘very good’. This proportion decreased with increasing age group. 2% of young people rated their health as ‘poor’.

Percentage of young people with 'excellent'/'very good' health



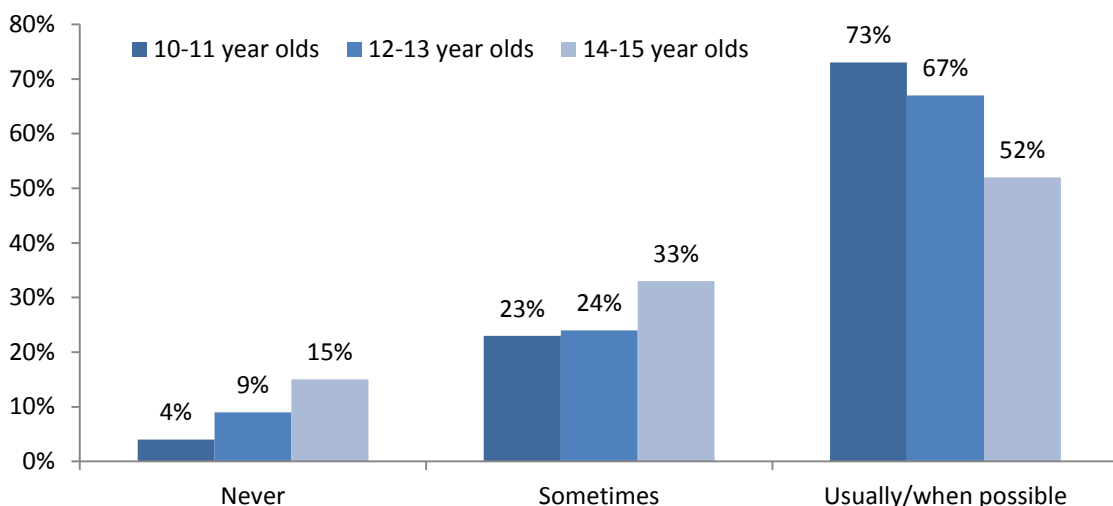
ORAL HEALTH

The majority of young people (84%) reported cleaning their teeth at least twice a day and nearly three quarters of young people had been to the dentist in the last 6 months. More 10-11 year olds reported having been to the dentist recently than 12-15 year olds. A greater percentage of young people in the UK had visited the dentist in the last 6 months than in Jersey (84% of 12-15 year olds compared to 70%). In Guernsey a similar percentage of 12-15 year olds had visited the dentist in the last 6 months. Teeth cleaning habits have changed little since the last survey however a smaller percentage of young people have visited the dentist in the last 6 months than in the past.

SUN SAFETY

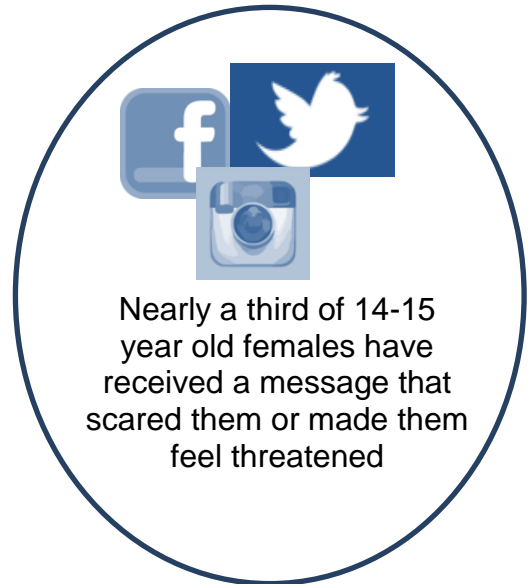
Most young people protect themselves from the harmful effects of the sun (usually/whenever possible). A smaller percentage of 14-15 year olds protect themselves than 10-11 year olds. Overall sun safety is similar to that reported in the UK and in the last survey.

Percentage of young people that protect themselves from the harmful effects of the sun

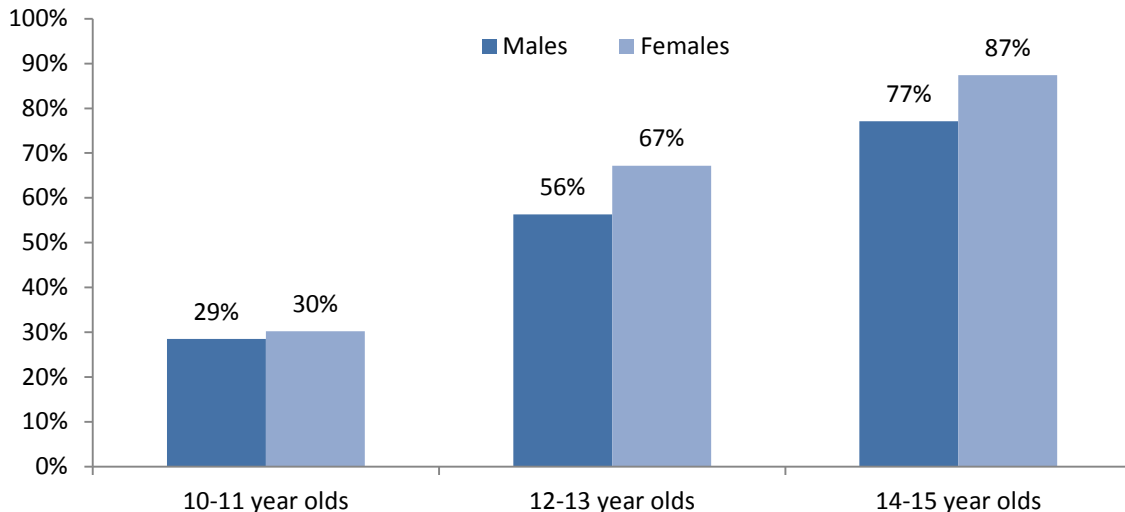


INTERNET SAFETY

Reported use of internet chat rooms or social networking sites increased with age group. In the secondary age groups more girls than boys reported using them often/everyday. Of those who have used internet chat rooms/social networking sites just over 1 in 5 have received a message that scared them or made them feel threatened. More girls than boys reported having experienced this (28% of those girls that use internet chat rooms/social networking sites compared to 15% of boys).



Percentage of young people who use internet chat rooms or social networking sites often/everyday.



SLEEP

72% of 10-11 year olds sleep for 8 hours or more with 7% getting less than 6 hours sleep a night. This is the same as was found in the previous survey.

Health Related Quality of Life

10-11 year olds had the highest average Health Related Quality of Life* (HRQoL) score and 14-15 year old girls the lowest. HRQoL scores decreased with increasing age group. Males had a higher mean HRQoL score than females, with the difference between male and female means increasing by 14-15 years. Mean HRQoL scores fell within the normal range according to European data.

* A Health Related Quality of Life (HRQoL) measure known as the Kidscreen-10 Index (3) was completed by respondents to understand any differences in health related quality of life experienced by young people in Jersey. The index is a 10 item scale developed within a European project "Screening and Promotion for Health-related Quality of Life in Children and Adolescents - A European Public Health Perspective" funded by the European Commission. Full reference at end of report.

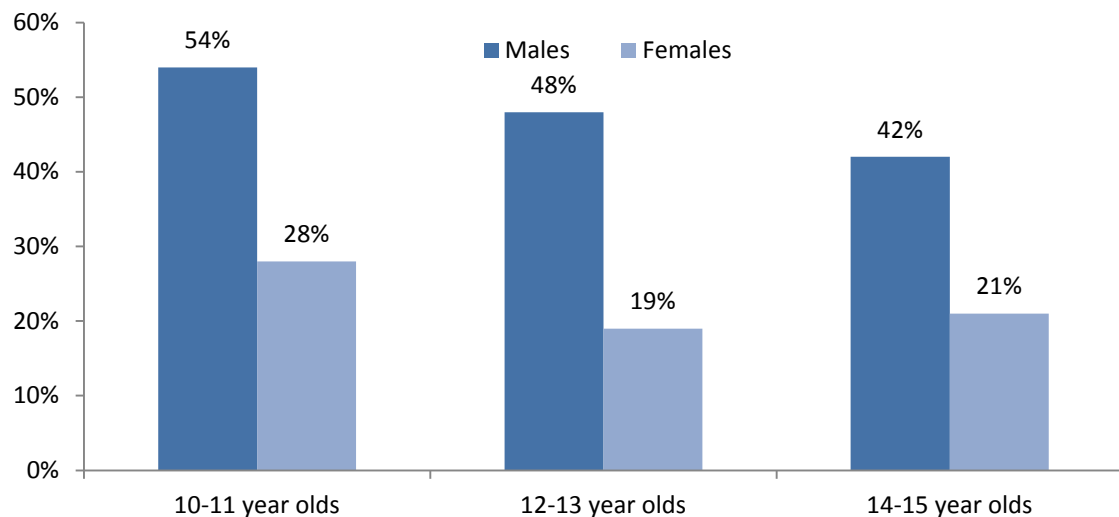
Mean HRQoL Score

	Males	Females	All
10-11 year olds	49.1	49.1	49.1
12-13 year olds	48.6	45.9	47.3
14-15 year olds	47.3	42.6	45.0

Fighting

Most (64%) young people had not been in a physical fight in the previous 12 months. A greater percentage of 10-11 year olds reported being in a fight in the previous year compared to 12-15 year olds. More than twice the percentage of males to females reported they had been in a fight in the previous 12 months (48% compared to 23%). Jersey has a similar proportion of young people who have been in a fight in the past 12 months as England.

Percentage of young people who have been in a physical fight in the previous twelve months



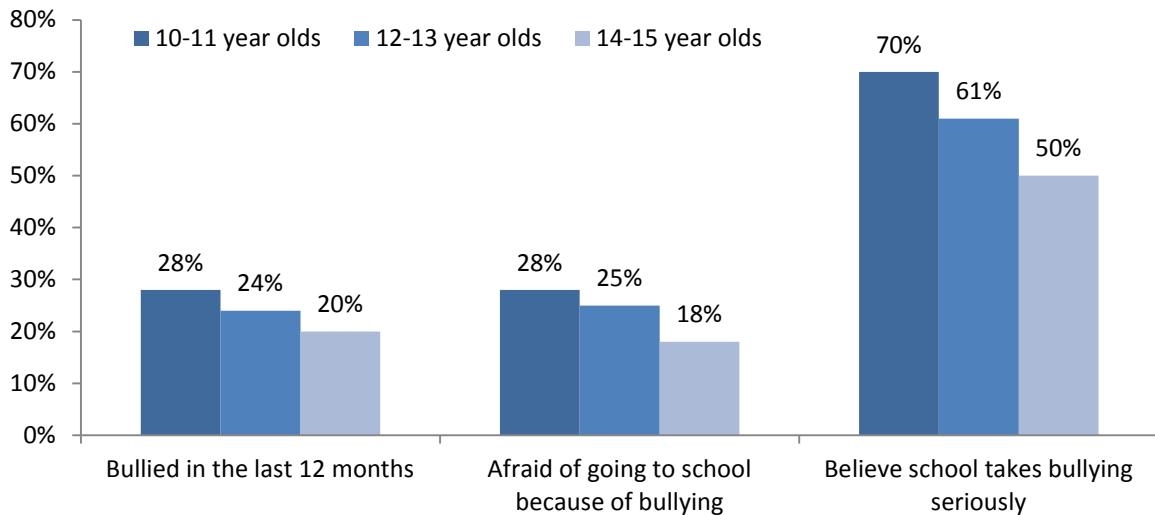
Bullying

Nearly a quarter (24%) of young people reported being bullied in the last 12 months, with the same proportion afraid of going to school (at least sometimes) because of bullying. Fewer 14-15 year olds than 10-11 year olds reported being bullied in the last 12 months and being afraid of going to school because of bullying. A greater proportion of females to males are afraid of going to school because of bullying.

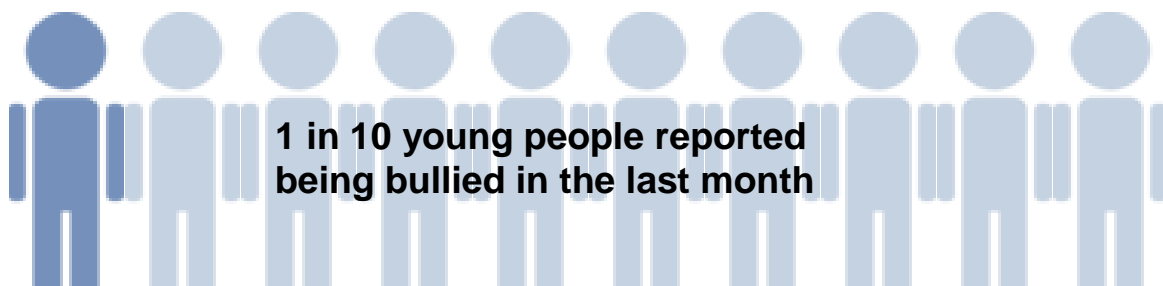
Generally, the percentage of young people who have been bullied in the previous 12 months and are afraid of going to school because of bullying is similar to that reported in 2010. A smaller percentage of young people report being bullied in Jersey compared to the UK (34%) but a similar proportion report being afraid of going to school because of bullying. In Guernsey a greater percentage of young people (12-15 years) reported being afraid of going to school because of bullying (28% of 12-15 year olds in Guernsey compared to 21% in Jersey). The majority

of young people believe their school takes bullying seriously although as children get older fewer believe this.

Percentage of young people bullied in the last 12 months, afraid of going to school because of bullying and believe their school takes bullying seriously



10% of young people reported that they had been bullied at least once in the last month. Most young people who reported being bullied in the last month were bullied by someone of the same sex, however, a greater proportion of females were bullied by someone of the opposite sex than males (i.e. 20% of females that were bullied were bullied by a male and 6% of males that were bullied were bullied by a female).



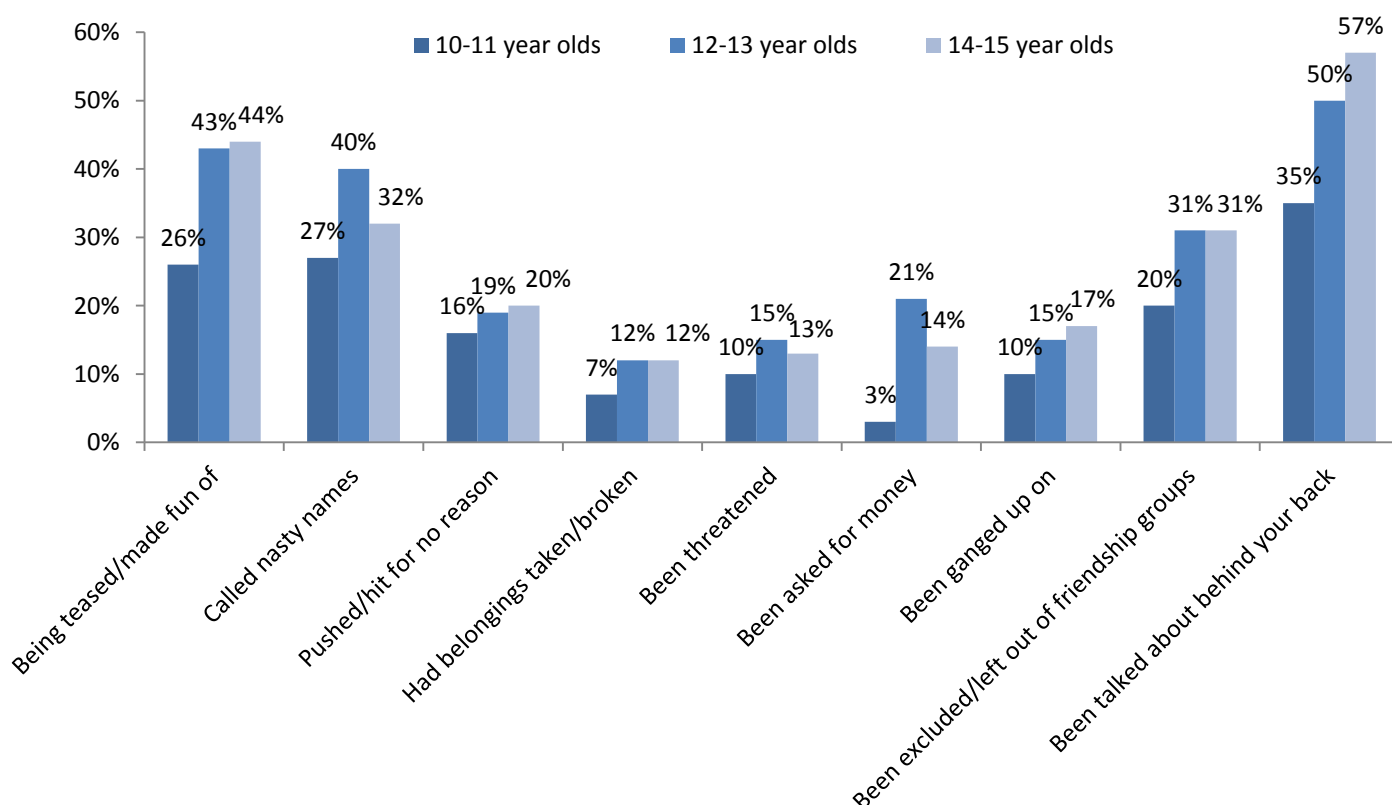
Most young people who reported being bullied in the last month were bullied face to face. In the secondary age group, a greater percentage of young people were bullied over the internet or through their mobile phone. A smaller percentage of girls were bullied face to face than boys but a greater percentage of girls than boys reported being bullied through their mobile phone or the internet, particularly in the secondary school age groups.

Method of bullying experienced by young people (as a percentage of those who were bullied)

	10- 11 year olds		12-13 year olds		14-15 year olds	
	Males	Females	Males	Females	Males	Females
Face to face	87%	79%	92%	76%	88%	79%
Mobile phone	5%	12%	9%	25%	10%	27%
Internet	13%	25%	20%	42%	22%	50%

Being talked about, being teased and being called nasty names were the bullying behaviour that most young people reported across the year groups surveyed. Of the children who reported being bullied in the last month, generally, a greater percentage reported the different types of bullying behaviour occurring frequently in the older age group (e.g. 35% of 10-11 year olds who were bullied were talked about often/everyday compared to 57% of 14-15 year olds). Therefore, in general, a similar proportion of young people reported being bullied frequently for many of the bullying behaviours across the age groups. Most of those who were bullied reported it taking place at school (88%).

Bullying behaviours experienced often/everyday (as a percentage of those who reported being bullied in the last month)

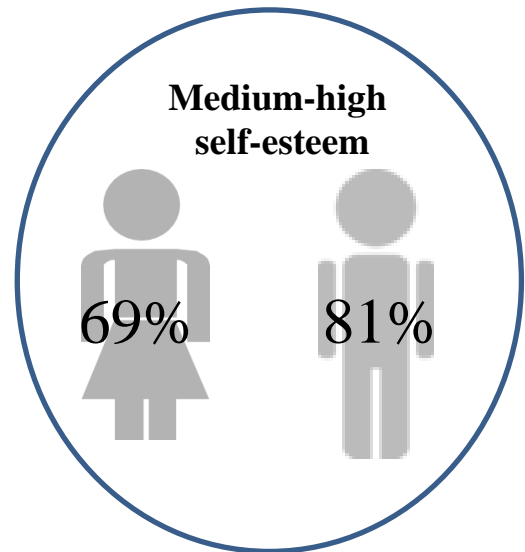


42% of 14-15 year olds reported they have had a boyfriend/girlfriend in the past 12 months. Of these, 7% said they had been physically hurt on purpose by their partner (approximately 30 young people).

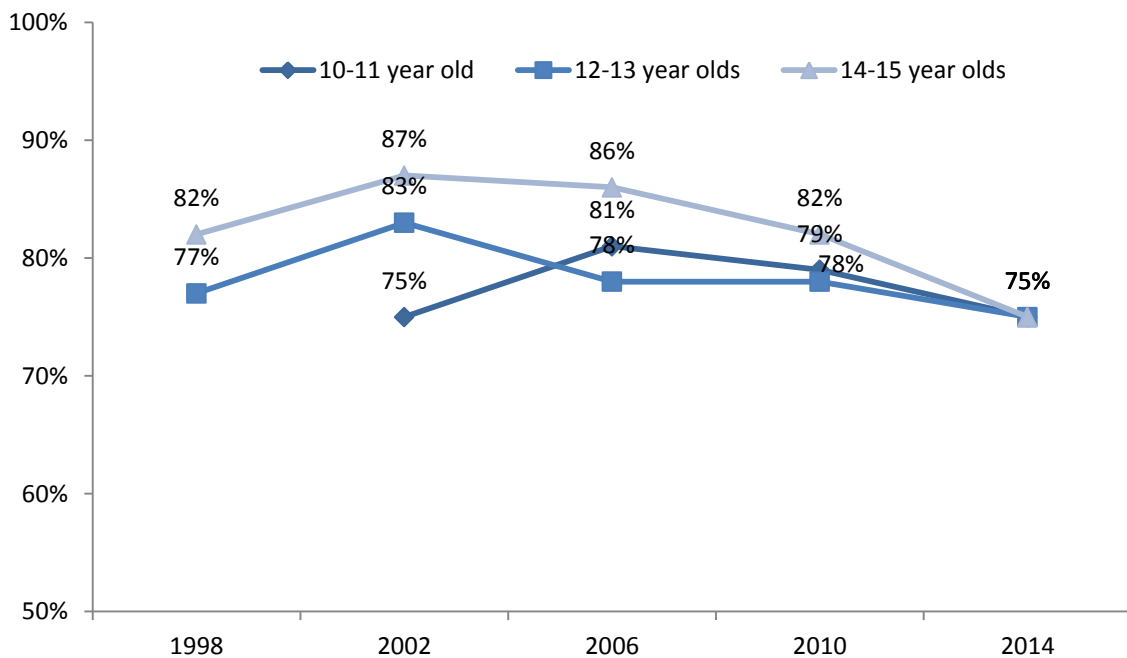
Self-esteem

Three quarters of young people had medium-high self-esteem*, with a greater percentage of males being in the medium-high self-esteem category than females. Nearly a third of 14-15 year old females had medium-low self-esteem and 8% had self-esteem scores that were categorised as low.

There has been a slight decrease in the percentage of young people with medium-high self-esteem since the last survey, particularly among 14-15 year olds where it has decreased from a high of 87% in 2002 to 75% in 2014. The decrease since the last survey is mainly due to the decrease in females with medium-high self-esteem and a corresponding increase in the percentage of secondary aged females with low self-esteem.

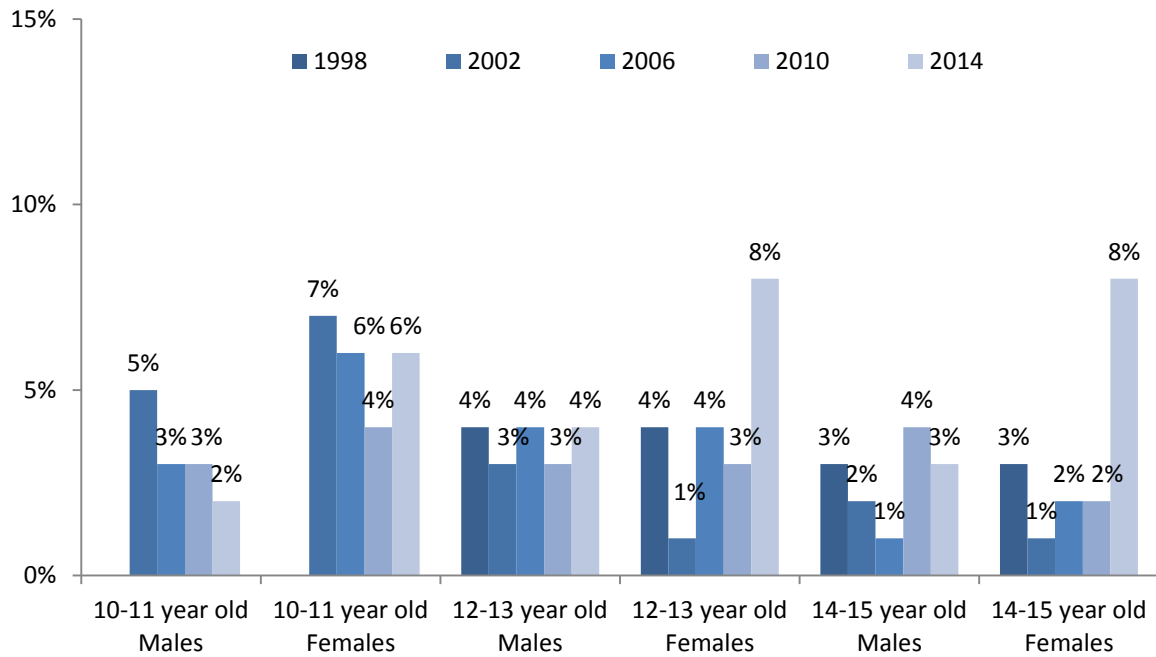


Percentage of young people with medium-high self-esteem 1998-2014



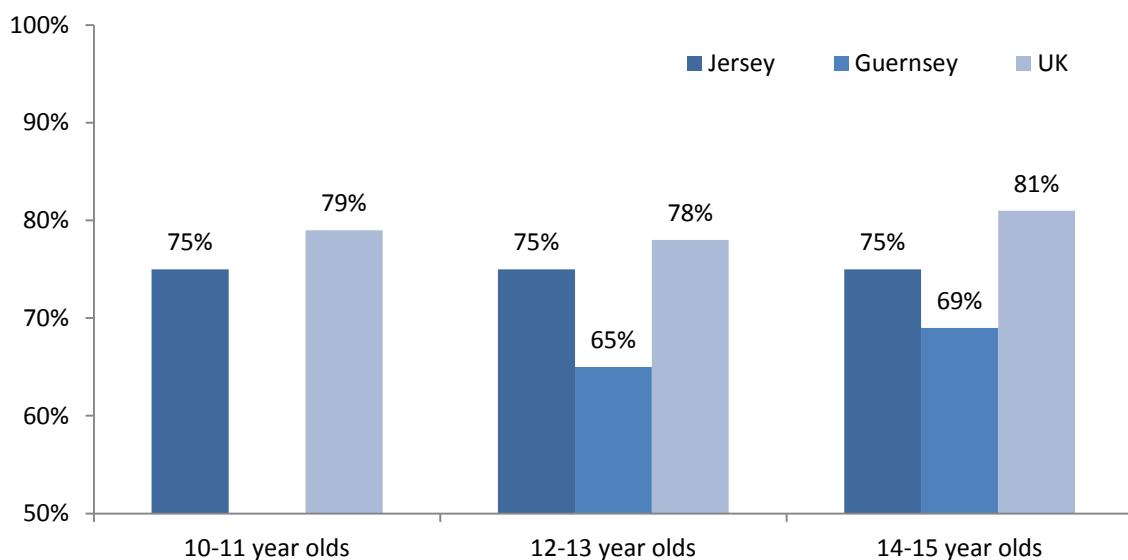
* This measurement is derived from the responses to a set of nine statements taken from a standard self-esteem enquiry method developed by Denis Lawrence (Lawrence, 1981). The scale is based on social confidence and relationships with friends.

Percentage of young people with low self-esteem by age group and gender: 1998-2014



The percentage of 12-15 year olds with medium-high self-esteem scores is higher in Jersey than in Guernsey (67%). In the 14-15 year old age group both Channel Islands have a smaller percentage of young people with medium-high self-esteem scores than in the UK.

Percentage of young people with medium-high self-esteem: Jersey, Guernsey, UK



Mental wellbeing

For the first time, secondary school students were asked to complete a set of mental wellbeing questions (WEMWBS questionnaire*). This showed females to have lower mental wellbeing scores than males, with the mean mental wellbeing score being lowest for 14-15 year old females.

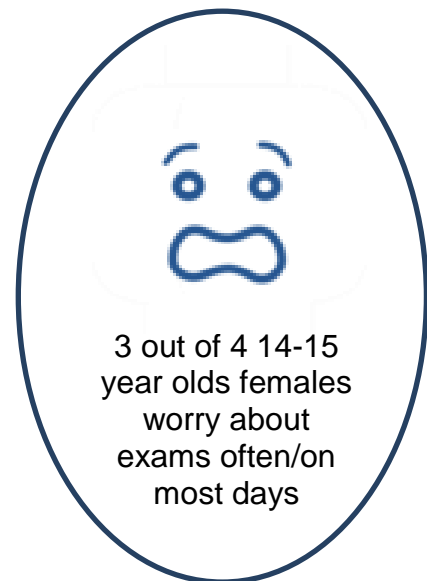
Mean WEMWBS Score

	Males	Females	All
12-13 year olds	51.3	47.7	49.5
14-15 year olds	49.6	44.5	47.2

Worries

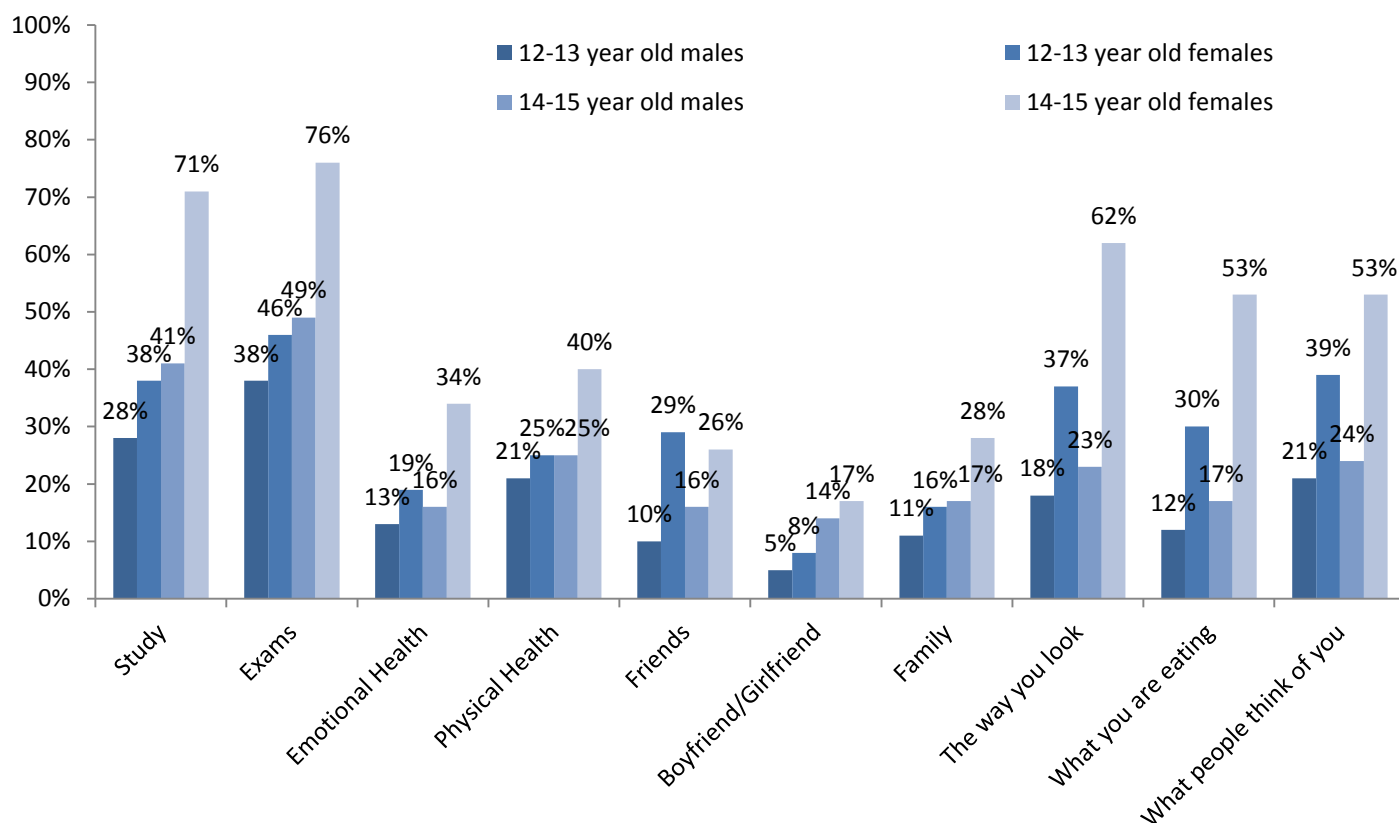
Young people were provided with a list of problems and asked how often they had worried about each in the previous month. The majority of 10-11 year olds never or rarely worried about any of the problems. The problems for which the greatest percentage of 10-11 year olds worried about frequently (often or on most days) was school work, school tests and what people think of them (around 1 in 5 10-11 year olds worried about these).

The data suggests that as young people get older they tend to worry more frequently about the same issues (more young people worrying often/on most days). Exams, study, the way they look and what people think of them are the problems concerning most young people. Generally, by 12-13 years a greater percentage of females are worrying more frequently than males and this gap widens by 14-15 years.



* Warwick-Edinburgh Mental Well-being Scale (WEMWBS) (4) is a 14 item scale that relate to an individual's state of mental wellbeing (thoughts and feelings) in the previous two weeks. All items are worded positively and address aspects of positive mental health. Responses are made on a 5-point scale. The scale is scored by summing responses to each item, with the minimum score 14 and maximum 70. WEMWBS has been validated for use with children aged 13-16 (5). The scale was used with permission.

Percentage of young people worrying often/on most days, by issue



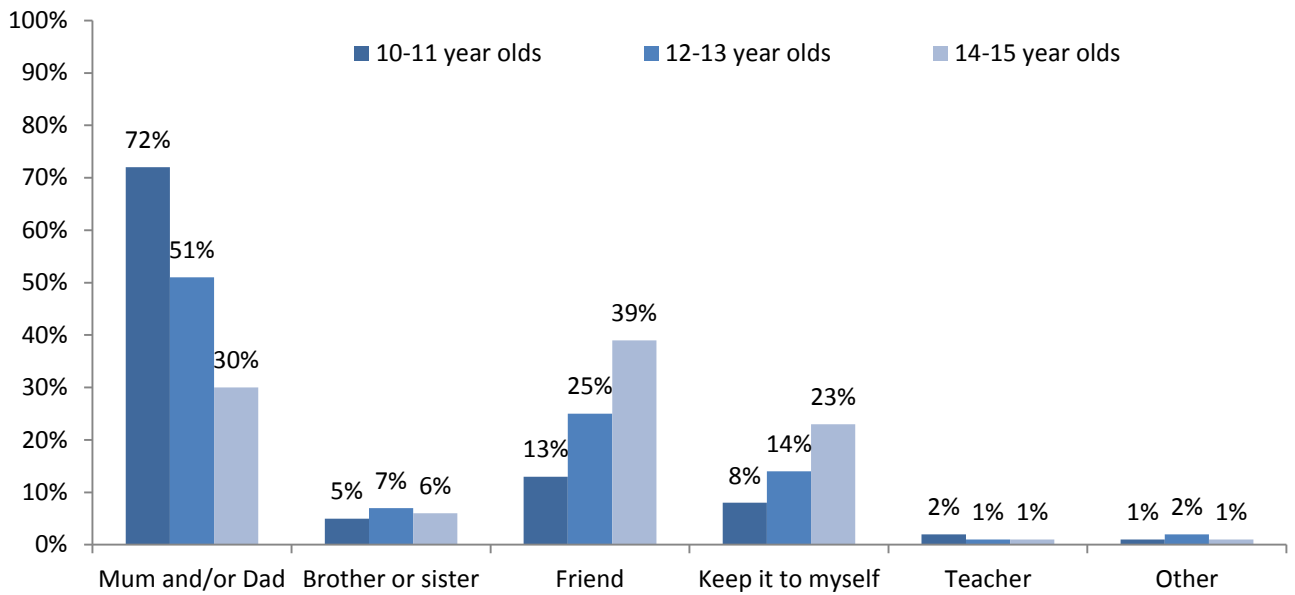
Young people seem to be worrying about the same issues as in previous years but generally by secondary age, more young people are doing so frequently (often/most days) than in 2010.

Percentage of young people worrying often/on most days by top 5 worries: 2010 and 2014

	10-11 year olds		12-13 year olds		14- 15 year olds	
	2010	2014	2010	2014	2010	2014
Study, work-load	17%	20%	24%	33%	43%	55%
School tests/exams	17%	20%	27%	42%	53%	62%
The way you look	15%	16%	22%	28%	28%	41%
What people think of you	17%	19%	22%	30%	26%	38%
What you are eating	13%		16%	21%	22%	34%

The majority of young people would share a problem with their parents first although this decreased with age from 72% of 10-11 year olds to 30% of 14-15 year olds. As children get older more would first share a problem with a friend or keep it to themselves. A greater percentage of males (58%) would share their problems with parents first compared with females (44%). More females would first share their problem with friends (31% of females compared to 20% of males).

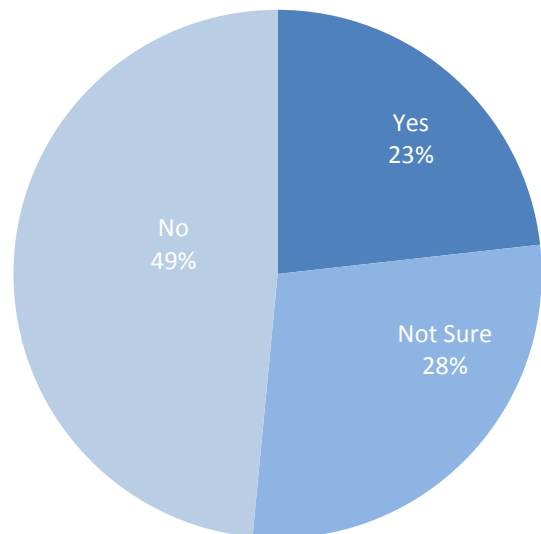
Who young people would first share a problem with



Carers

23% of young people reported that they take on the tasks of a young carer* and a further 28% were not sure. Of those who carry out carer tasks, just under three quarters spend less than 5 hours a week carrying out caring duties. 59% felt they got enough help and support they needed to be a carer, whilst nearly 1 in 10 carers felt they did not get the help and support they needed (approximately 20 young people in each year group)

Percentage of young people who reported being a carer



* A young carer was defined as:

A young person who looks after someone in their family who has an illness (physical or mental) or a disability, taking on tasks that an adult would normally do, for example:

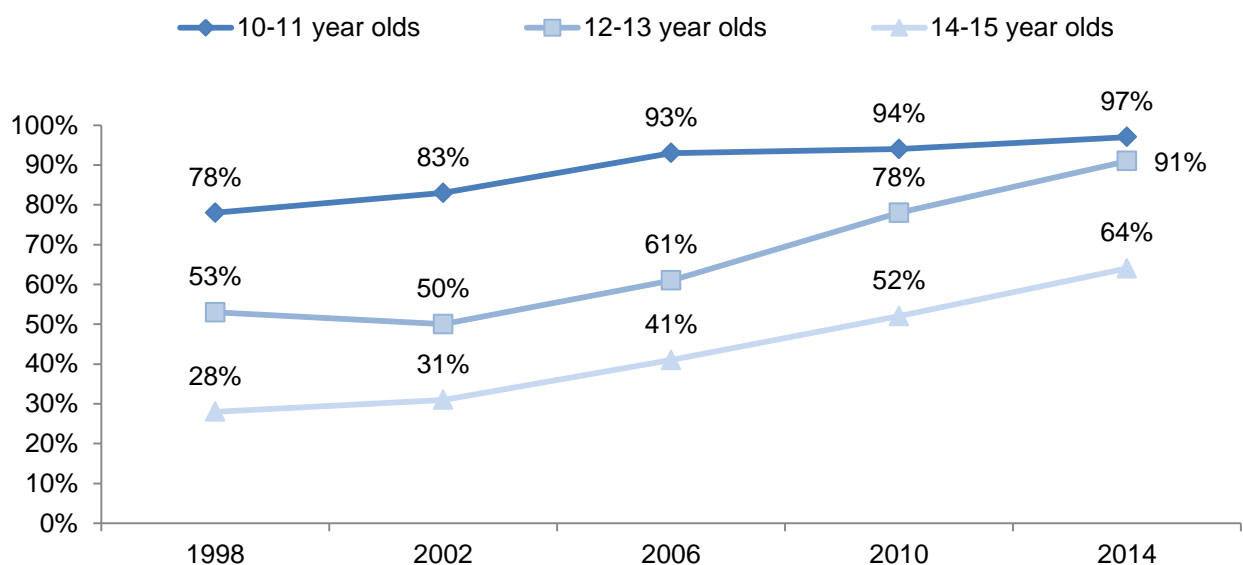
- Cooking, housework, shopping
- Dressing, washing/bathing, helping with toilet needs
- Lifting, helping on stairs
- Managing family budget, collecting prescriptions, giving medication
- Looking after younger siblings
- Emotional support, interpreting

2. SMOKING

Smoking status

Most young people reported that they have never smoked. Of those who have smoked, most have just tried it once or twice. The percentage of young people who have never smoked has increased year on year, from 53% in 1998 to 84% in 2014. As found in previous surveys, the number of young people who have never smoked decreases most between 12-13 years and 14-15 years, suggesting some young people take up smoking between these ages.

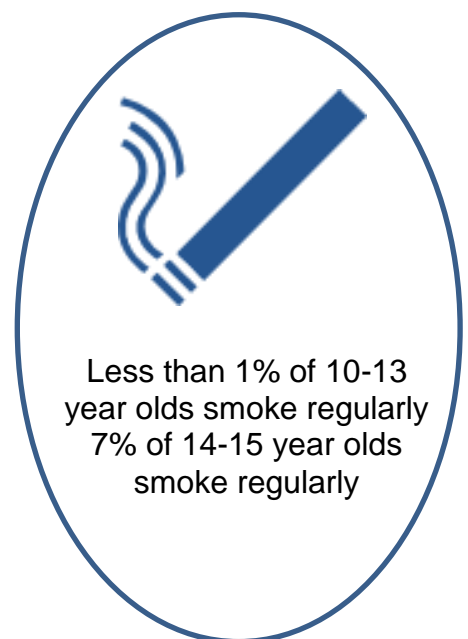
Percentage of young people who have never smoked 1998-2014



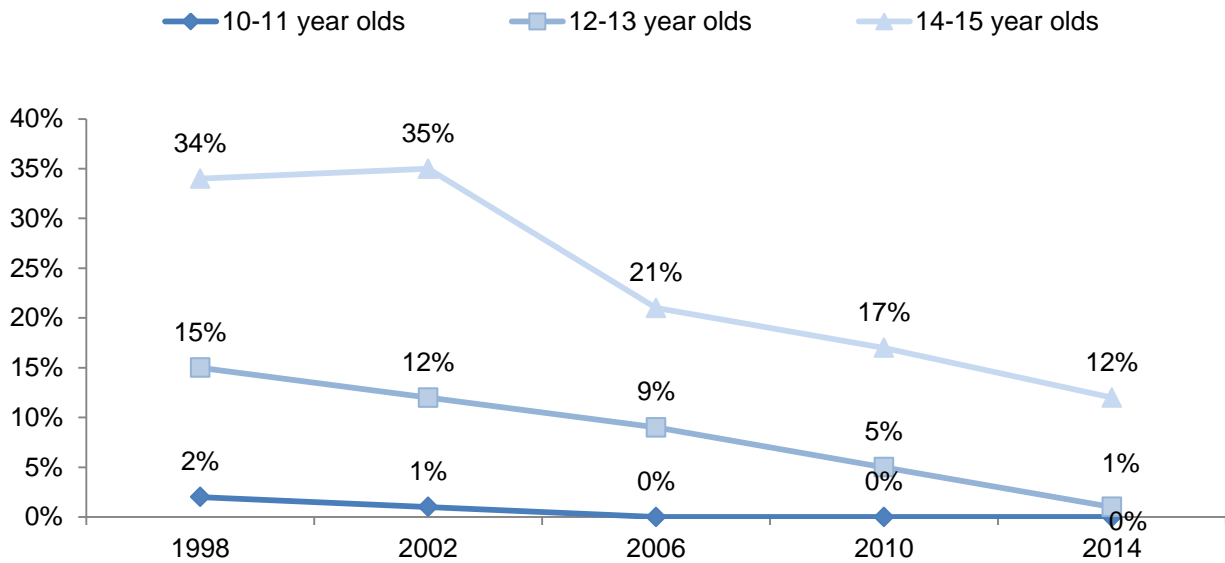
The overall trend in smoking amongst young people continues to be downward, with fewer occasional and regular smokers. There is little difference in the percentage of males and females who reported smoking.

Smoking behaviour patterns for young people in Jersey were found to be similar to both those in the UK and Guernsey.

The percentage of 14-15 year old smokers who smoke heavily has not changed since the last survey with around half (51%) of regular smokers aged 14-15 years reporting they smoked more than 25 cigarettes a week. This represents approximately 30 young people in that age group.



Regular and occasional smokers 1998-2014



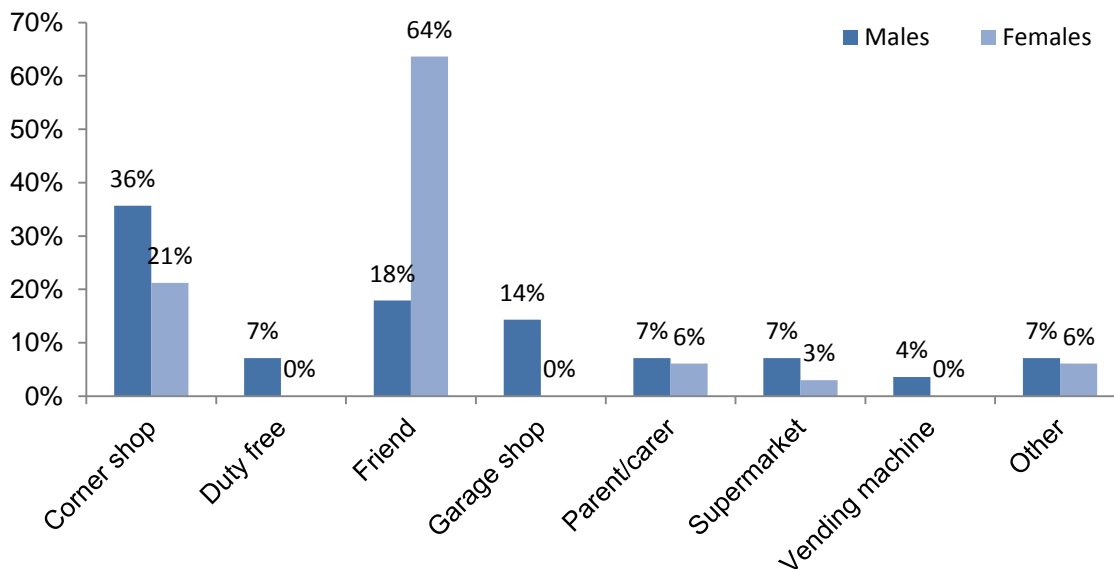
Quitting smoking

Nearly three quarters of regular smokers aged 14-15 years have tried to quit smoking. 38% said they would like help to quit.

Sources of cigarettes

43% of regular smokers aged 14-15 years got their cigarettes from a friend. A friend was the most common source of cigarettes for females, and a corner shop was the most common source for males.

Sources of cigarettes for 14-15 year old regular smokers



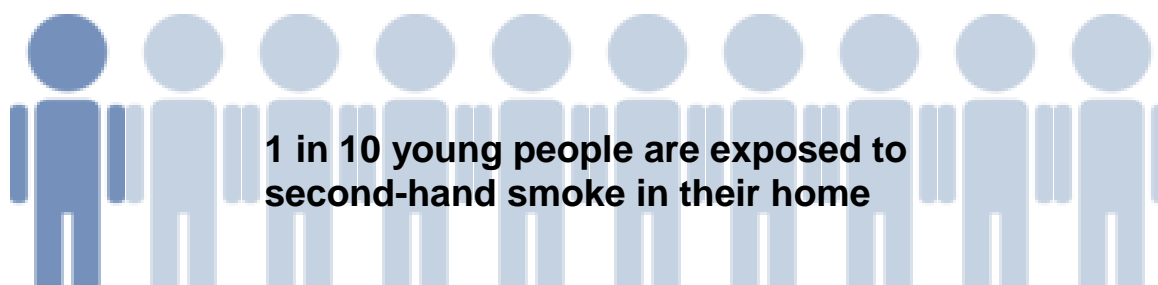
Passive smoking

28% of young people reported that their parents/carers smoke. It is widely acknowledged that a child who has a parent/carer who smokes has an increased chance of taking up smoking themselves. This is true locally where 42% of 14-15 year olds who stated they have smoked had a parent/carer who smoked.

Parental smoking status by smoking habit of 14-15 year olds

	Parent Smokes	Parents does not smoke
Smoked	42%	58%
Never Smoked	24%	76%

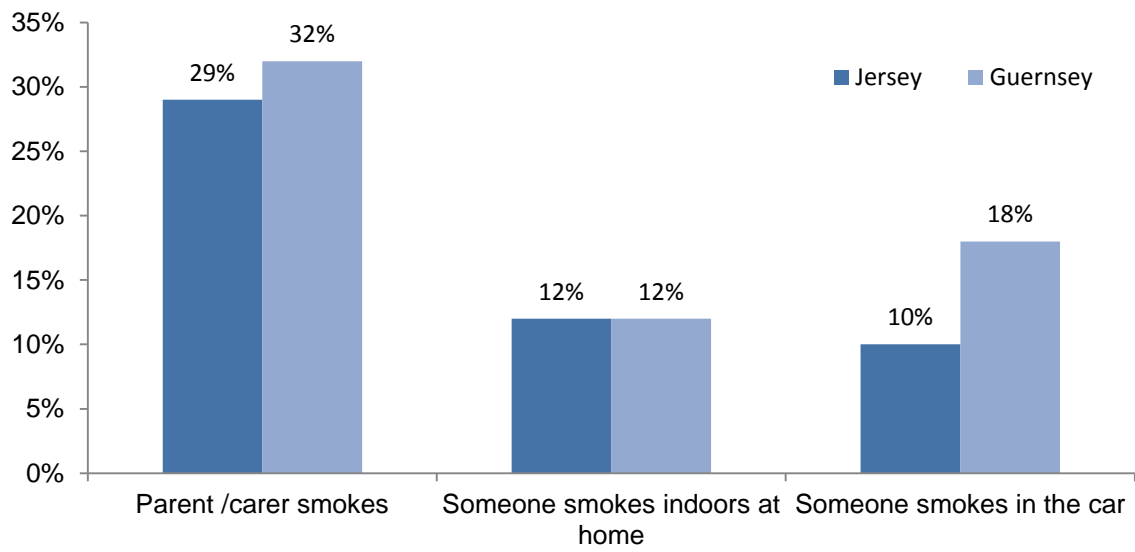
11% of young people reported that someone smokes indoors at home with more 14-15 year olds reporting this than 10-11 year olds. 9% of young people reported that someone regularly (at least once a week) smokes in a car when they are in it too. 3% of young people are exposed to second-hand smoke in a car on a daily basis which is approximately 30 individuals in each school year.



In Guernsey, a similar percentage of young people have parents who smoke and live where someone smokes indoors at home. However, a greater percentage reported someone smokes in a car when they are also in it (18% in Guernsey* compared to 10% in Jersey).

* The question about exposure to second hand smoke in cars was not identical in Jersey and Guernsey. Guernsey asked: Does anyone smoke in a car when you are in it too?
Yes No
Jersey asked: Does anyone regularly smoke in a car when you are in it too?
No Yes daily Yes on most days Yes once or twice a week.
The questions were considered similar enough for comparison.

Passive smoking risk 12-15 year olds: Jersey & Guernsey

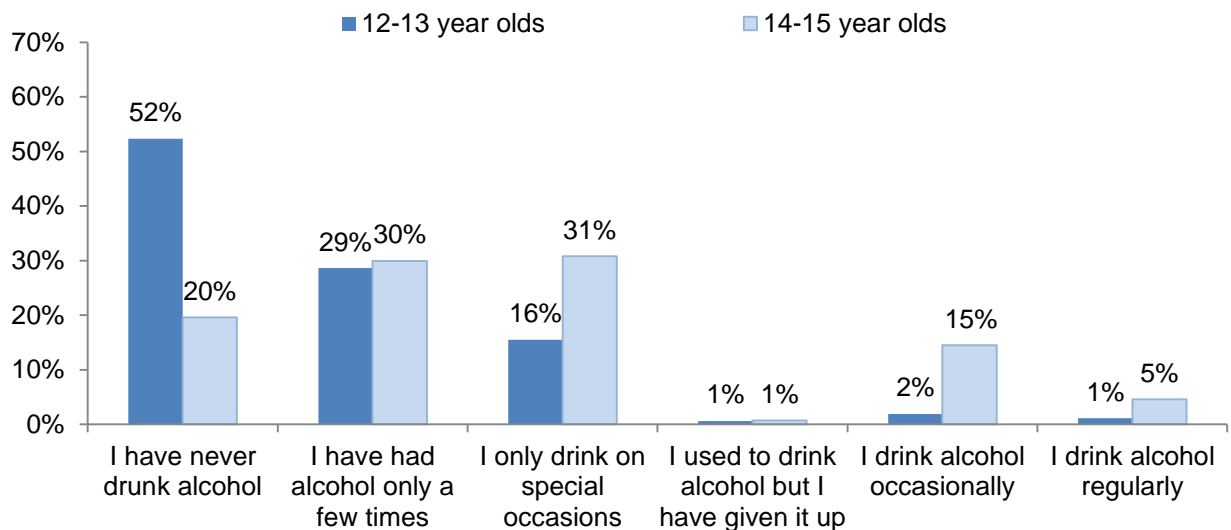


3. ALCOHOL

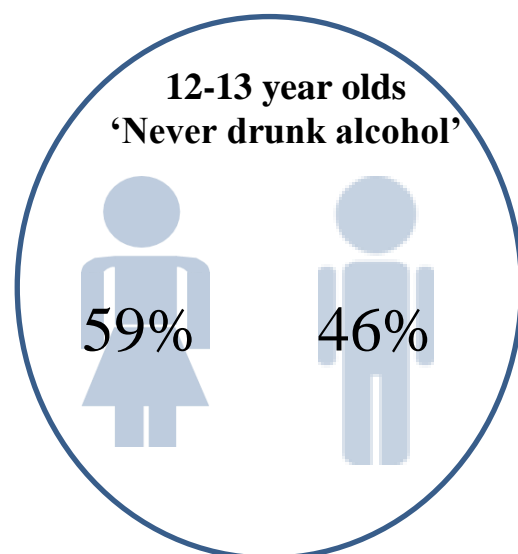
Consumption

The majority of 12-13 year olds have never drunk alcohol (52%). By 14-15 years old most students have drunk alcohol (only 20% reported having never drunk it), mostly only a few times or on special occasions. 15% of 14-15 year olds reported drinking occasionally and a smaller number reported drinking regularly (at least once a week). This was 5% of 14-15 year olds, approximately 50 individuals. More females reported never drinking alcohol than males at 12-13 years, but at 14-15 years there was no significant difference. Equal proportions of males and females reported drinking regularly.

Drinking habits of young people 2014



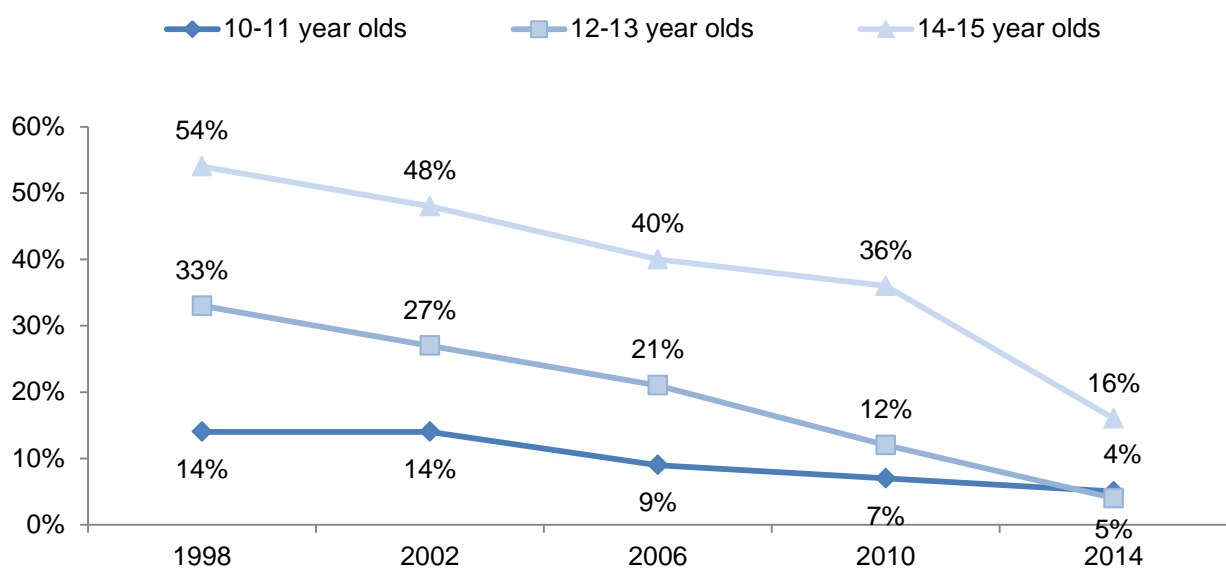
The percentage of young people who have never drunk alcohol has continued to increase from 30% to 52% of 12-13 year olds and from 9% to 20% of 14-15 year olds between 2010 and 2014.



Recent drinking

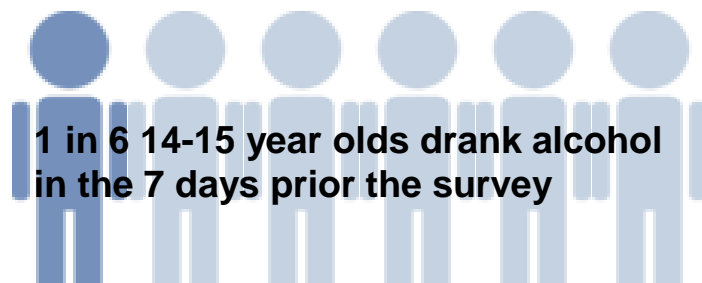
The overall trend in drinking amongst young people continues to be downward, with fewer young people drinking in the 7 days prior to the survey. Drinking amongst 12-13 year olds has now reduced to levels similar to that of 10-11 year olds. Drinking amongst 14-15 year olds has also decreased by more than half with 16% reporting they had drunk alcohol in the seven days prior to the survey, which equates to around 170 young people in this year group. Similar proportions of males and females reported drinking alcohol.

Percentage of young people drinking in the 7 days prior to the survey: 1998-2014

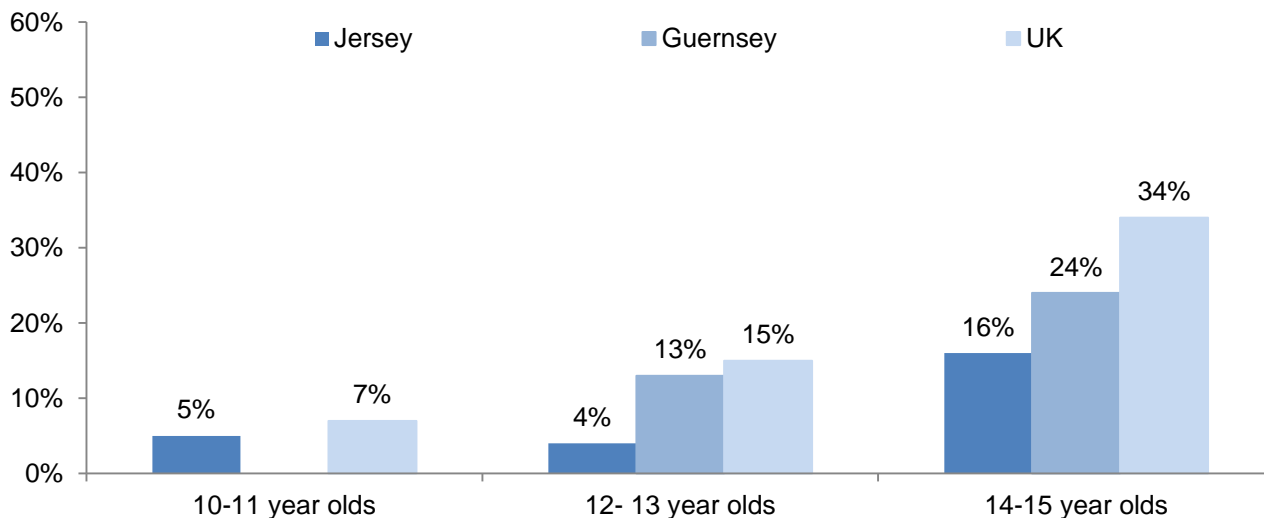


Most young people who had drunk alcohol in the 7 days prior to the survey did so on a Saturday, then a Friday or a Sunday. Most drank on only one day in that period (62%), with 12% drinking on more than 2 days.

The percentage of young people who reported they drank alcohol in the 7 days prior to the survey continues to be lower than the UK (as was found in 2006) and is also lower than in Guernsey.



Percentage reporting drinking alcohol in the 7 days prior to the survey



Amount of alcohol drunk*

The percentage of 14-15 year olds drinking 15 or more units of alcohol a week has continued to decrease to just 2% of this age group, and is also less than that reported in the UK (6%) but similar to Guernsey.

The UK Chief Medical Officer advises an alcohol-free childhood is the healthiest and best option. However for the purposes of this report, the levels of drinking reported by young people have been assessed according to recommendations for adult daily limits, with the acknowledgement that no level of alcohol intake is considered safe for young people under 18 years.

The data suggests that at least 41% of 14-15 year olds who drank alcohol, did so

*Respondents were asked how many of various drinks they had consumed over the 7 day period prior to the survey. This was converted to total units drunk and divided by number of days drunk to establish daily unit intake. This is used to provide an estimate of the number of young people 'binge drinking' and is comparable to methodology used in previous years. This data is only an estimate and comes with the following data warning:

- The young people had to recall the number of drinks they had consumed over a 7 day period which may be inaccurate due to memory problems or intentional over or under reporting.
- It is difficult to be accurate with the number of units consumed as this will depend on glass size etc.
- It is likely to be an underestimate as we did not ask children to produce a drinks diary documenting drinks drunk each day. It is therefore possible for those that drank on more than one day a week to have had one day drinking many units and another not many but these will be split equally between the days. Most drinkers however did drink on one day in the week so it is still a useful guide.

at what would be considered a harmful* level for adults on at least one day during the week. This is approximately 50 young people in this age group. 15% drank at what would be considered a hazardous** level for adults (binge drinking) on at least one day during the week.

Drinking levels in young people

	12-13 year olds	14-15 year olds	12-13 year old drinkers	14-15 year old drinkers
Not drinking	96%	84%		
Drinking	4%	16%		
Drinking sensibly	99%	95%	81%	59%
Drinking at harmful level	1%	5%	19%	41%
Drinking at hazardous level	<1%	2%	7%	15%
Number drinking at a harmful level (estimate)	10	50		

Types of drink

Cider was drunk by the greatest percentage of young people in the 7 days prior to the survey followed closely by spirits and beer. The top 3 drinks consumed by females were spirits, wine and cider and by males; cider, beer and spirits. This has changed slightly from 2010 when alco-pops were the second most consumed drink for 14-15 year old females.

Location of drinking

Most 14-15 year old drinkers reported drinking alcohol at a friend's home or their own home. A quarter reported drinking at a disco and a similar proportion reported drinking in a public place. This is a shift from 2010 when nearly 50% of 14-15 year old drinkers reported drinking alcohol in a public place. 83% of 12-13 year old drinkers drank alcohol at home, the most popular location for drinking amongst this age group. This finding is similar to the UK and Guernsey.

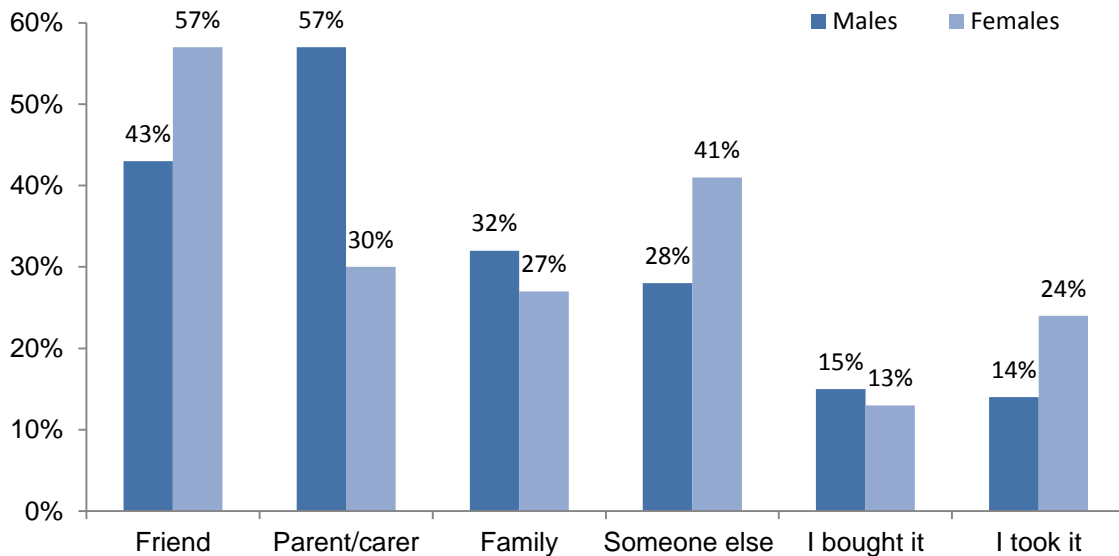
*Harmful drinking is defined as greater than 3 daily units for females and 4 for males.

**Hazardous drinking is defined as greater than 6 daily units for females and 8 for males.

Sources of alcohol

Most 12-13 year olds who drank alcohol in the 7 day period before the survey got their alcohol from their parents (76%) whereas most 14-15 year old drinkers got their alcohol from a friend or a parent. 14% of 14-15 year old drinkers bought their own alcohol (approximately 20 young people from this year group). Of those who bought their own alcohol, most did so from a supermarket.

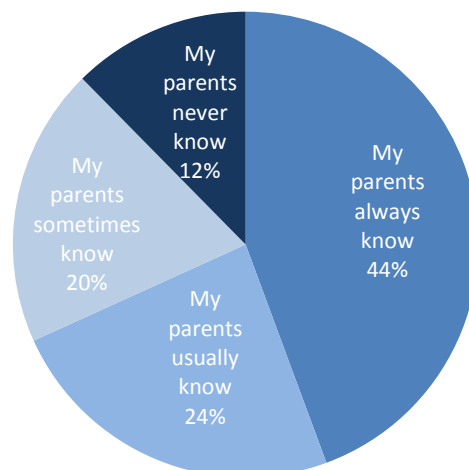
Sources of alcohol for drinkers aged 14-15 years



Parental knowledge

The majority of young people who drink alcohol report that their parents always know when they drink. A greater percentage of older drinkers drank without parental knowledge than in the younger age groups. 1 in 8 young people aged 14-15 years reported that their parents never know when they drink alcohol.

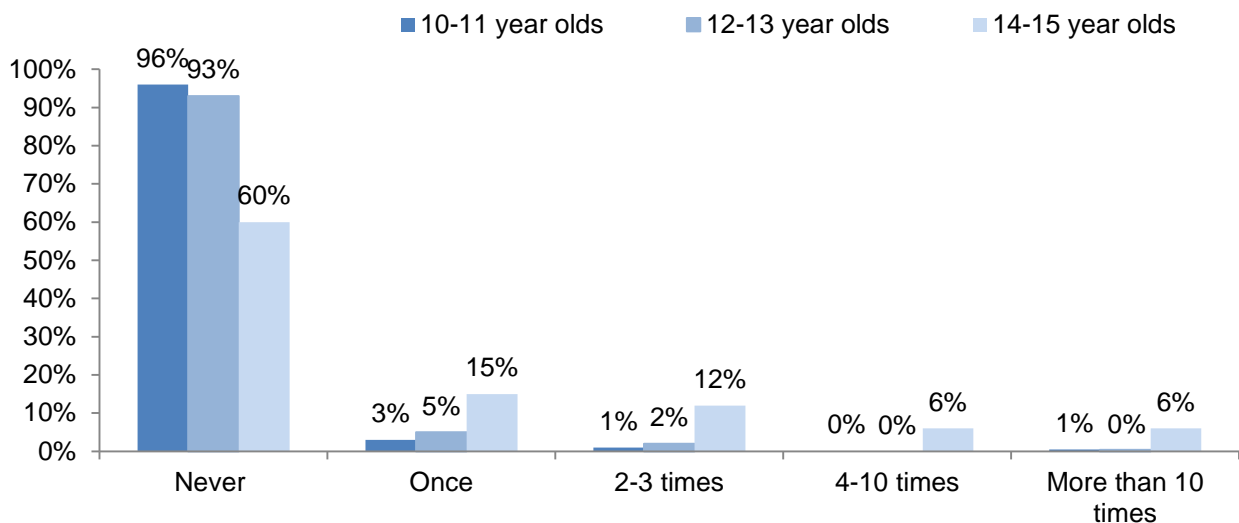
Parental knowledge of 14-15 year old drinkers



Drunkenness

The majority of young people reported they had never been really drunk, although this percentage decreases between 12-13 and 14-15 years from 93% to 60%. Amongst 14-15 year olds, 6% have been really drunk more than 10 times. Despite this, reported drunkenness is much less than in England and the other countries of the UK.

Percentage of young people who reported they had been really drunk

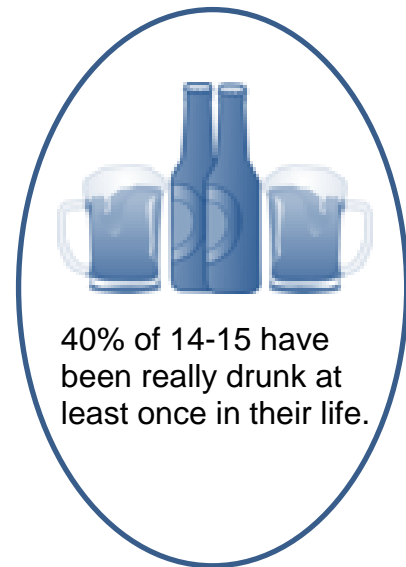


Percent of 14-15 year olds who have been really drunk at least twice



Source: Young Peoples Health and Lifestyle Survey Jersey 2014; WHO Health Behaviour in School-Aged Children Study 2009/2010

Most young people reported they have never lost their memory as a result of drinking alcohol. As pupils got older more drinkers reported they had suffered memory loss. 8% of drinkers aged 12-15 years reported memory loss (at least monthly) from drinking alcohol.



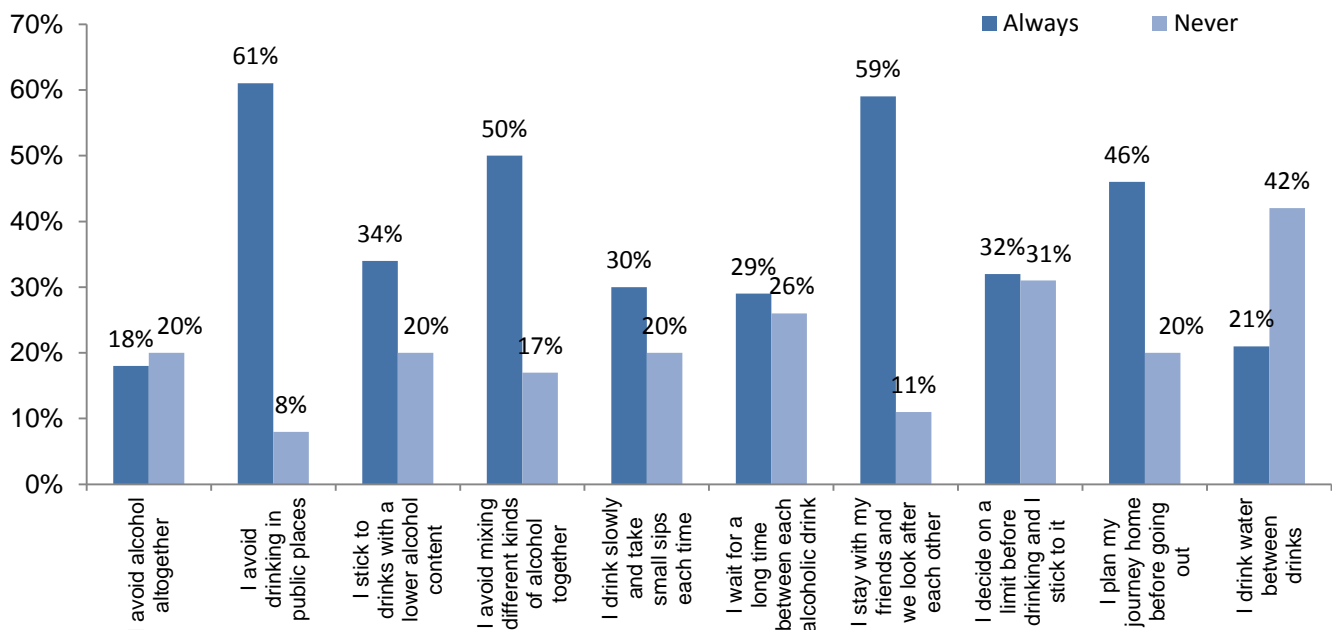
40% of 14-15 have been really drunk at least once in their life.

Strategies

The results showed that most 14-15 year old drinkers always use a variety of strategies to avoid the harmful effects of alcohol. The strategies used by most were: to avoid drinking in public places; stay with friends and look after each other; and to avoid mixing different kinds of alcohol together. Drinking water and deciding a limit and sticking to it were the least used strategies.

In general, a greater percentage of females used the strategies than males and a greater percentage of 12-13 year olds used the strategies than 14-15 year old drinkers.

Strategies used by 14-15 year olds who have drunk alcohol



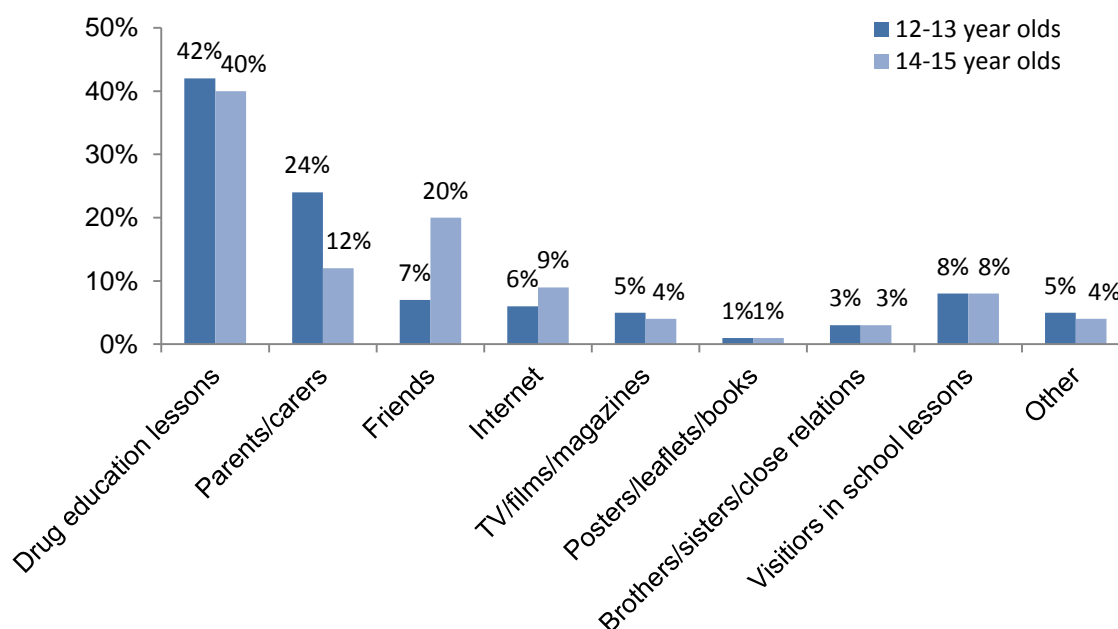
4. DRUGS

Knowledge

Most 12-15 year olds reported that drug education lessons were their main source of information about drugs. For 12-13 year olds, parents or carers were the second main source of information about drugs, whereas for 14-15 year olds this was friends. Other sources were equally used by both age groups.

The main source of information about drugs for 12-13 year olds remain similar to previous years. Among 14-15 year olds fewer consider drug education lessons to be their main source of information about drugs than in 2010, and more report friends and the internet as their main source of information.

Main sources of information about drugs for 12-15 year olds

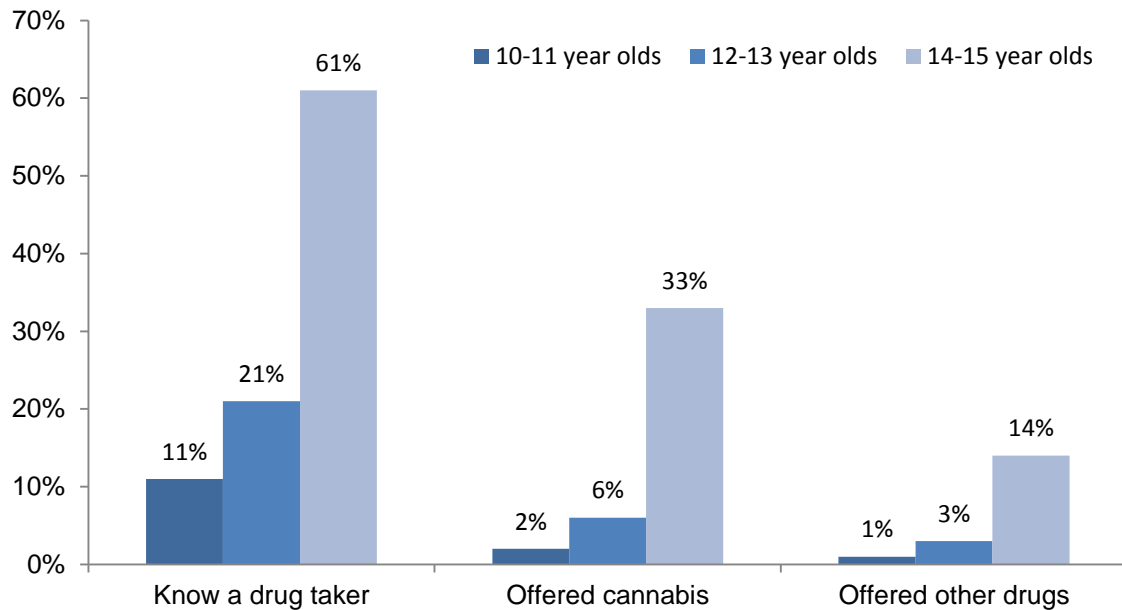


The majority of 10-11 year olds who reported that they had been spoken to about drugs, reported being spoken to by parents (65%) and teachers (53%). 18% had been spoken to by friends. 16% had either failed to answer the question or had not been talked to about drugs by anyone. A greater percentage of 10-11 year olds reported that their parents had spoken to them about drugs than in the past.

Access to drugs

The percentage of young people who reported knowing someone who takes drugs increased with age. 11% of 10-11 year olds reported knowing someone who takes drugs, compared with 61% of 14-15 year olds. It is likely that one or two people who take drugs may be known by many.

Percent of young people who know someone who takes drugs, have been offered cannabis and have been offered other drugs



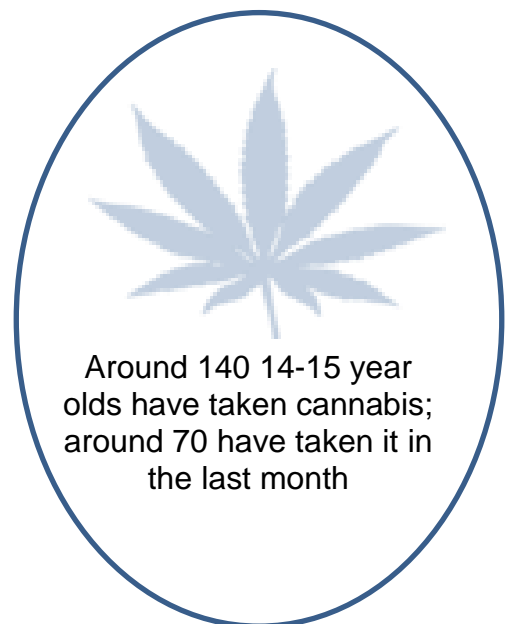
The percentage of young people who have been offered drugs also increased with age; 2% of 10-11 year olds reported they had been offered cannabis, compared with 33% of 14-15 year olds. This increase happens between 12-13 and 14-15 years and more males have been offered cannabis than females. 14% of 14-15 year olds have also been offered other drugs.

There has been little change in the percentage of young people who have been offered cannabis and other drugs since the last survey in 2010, when there had been a decrease from 2002.

Drug use

Drug taking before the age of 14 years is uncommon (1% of 10-13 year olds). 17% of 14-15 year olds reported having taken drugs.

Cannabis remains the drug which most young people reported taking (14% of 14-15 year olds), with 7% of 14-15 year olds who reported taking cannabis in the last month. The New Psychoactive Substances (NPS); Laughing gas and Spice, and solvents are the drugs that, after cannabis, have been tried by the greatest number of 14-15 year olds.

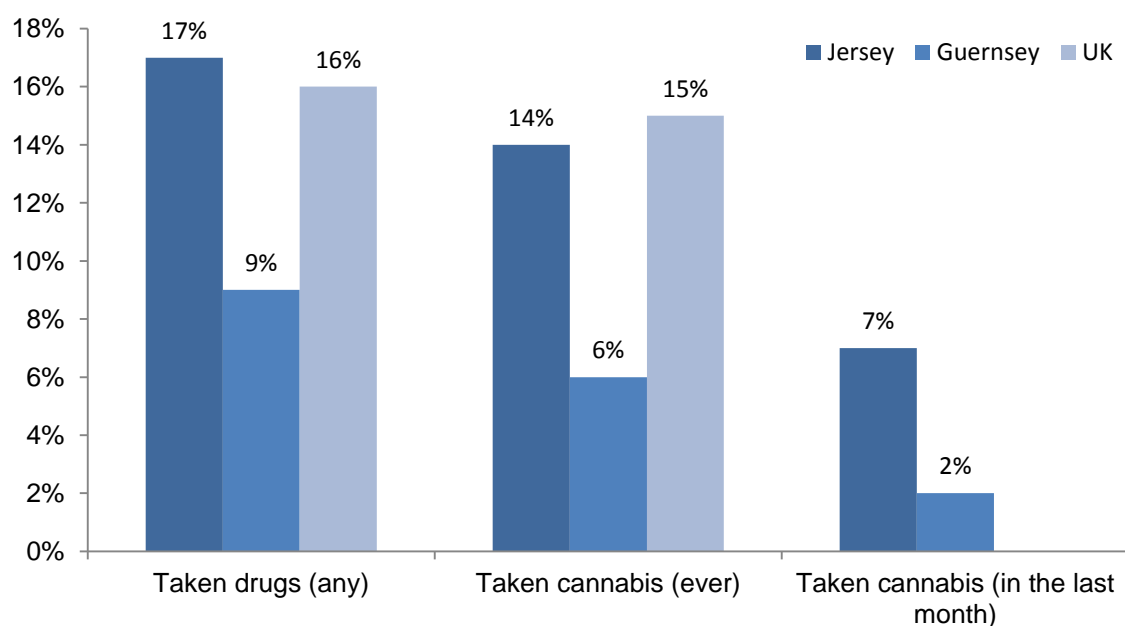


Top ten drugs taken by 14-15 year olds

	Taken ever	Taken in the last month
Cannabis	14%	7%
Spice	4%	2%
Laughing gas	4%	1%
Solvents	4%	1%
Hallucinogens natural	3%	1%
Hallucinogens synthetic	2%	1%
Ecstasy	2%	1%
Opiates	2%	1%
Barbiturates	2%	1%
Crack	1%	1%

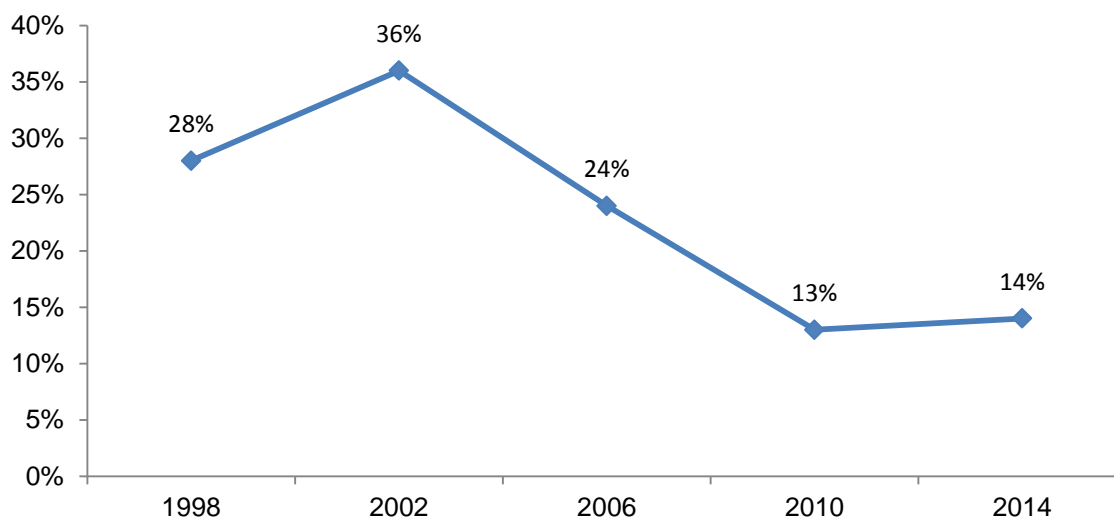
The percentage of young people reporting they have taken drugs in Jersey is similar to the UK, but greater than in Guernsey (9% of 14-15 year olds).

Drug taking amongst 14-15 year olds, Jersey, Guernsey, UK



Reported drug use has changed very little since the last survey in 2010. Overall there has been a downward trend in cannabis use amongst 14-15 year olds over the past 12 years, from a high of 36% in 2002.

Percentage of 14-15 year olds who have taken cannabis.



Of those 14-15 year olds who have taken drugs 21% reported having taken more than one type of drug on the same occasion. 8% of 14-15 year olds reported taking drugs and alcohol together (51% of drug takers in this age group). The percentage of young people taking more than one drug on the same occasion and mixing drugs and alcohol has not changed since the last survey and is similar to the UK.

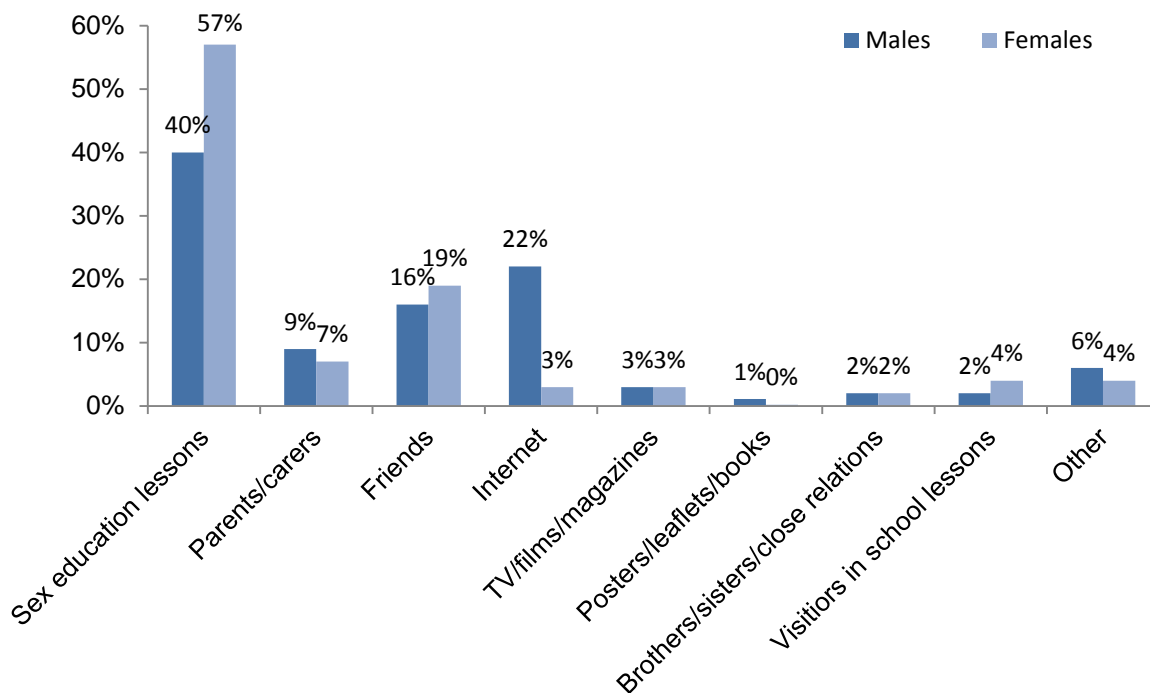
5. SEXUAL HEALTH

Knowledge

Most young people reported that they know pretty much all they need about sex (67% of 12-15 year olds). This was reported more often in the older age group (14-15 year olds) than by the 12-13 year olds and has changed little since the question was first asked in 2006. Overall, 6% of 12-15 year olds reported that they did not know enough about sex.

The majority of 12-13 year olds reported that sex education lessons were their main source of information about sex (56%), followed by parents/carers (16%), then friends (13%). For 14-15 year olds, sex education lessons remain the main source of information about sex for most (48%), followed by friends (17%), then the internet (13%). Gender differences appear in this age group; with a smaller percentage of males than females choosing sex education lessons as their main source of information about sex and a greater percentage choosing the internet.

Main sources of information about sex for 14-15 year olds



Knowledge of where to get free condoms is greater among 14-15 year olds than 12-13 year olds. 76% of 14-15 year olds reported knowing where to get free condoms, compared to 26% of 12-13 year olds. A greater percentage of males than females report knowing where to get free condoms at 12-13 years but by 14-15 years the opposite is true.

Sexual Health

Knowledge of access to free condoms has changed little since 2010 and is greater than in Guernsey (40% of 12-15 year olds compared to 51% locally)

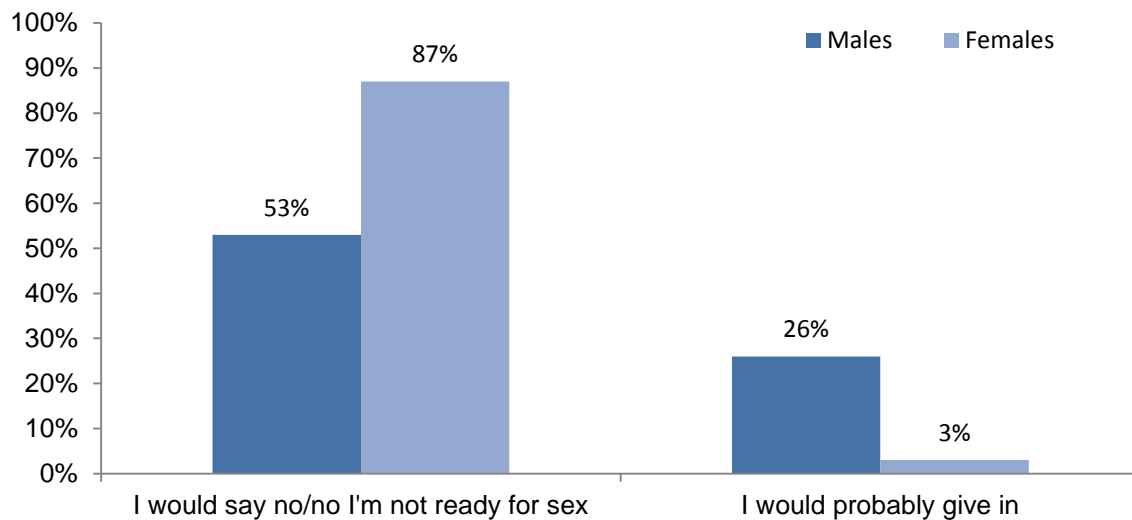
3 out of 4 14-15 year olds know where to get free condoms



Confidence to say 'no'

70% of young people (12-15 years) reported they would say 'no' to sex they did not want and 14% said they would probably give in. More females reported they would say 'no' compared to males. A greater percentage of males than females reported that they did not know what they would do, or would probably give in. Confidence to say 'no' has increased since 2010.

Percentage of 12-15 year olds who would have confidence to say 'no' to sex they didn't want



Sexual behaviour

86% of 14-15 year olds reported that they have never had a sexual relationship. Of the 14% of 14-15 year olds who have had a sexual relationship (approximately 150 young people), just over half reported that they used a condom the last time they had sex.

62% of those that reported they have had sex said they were 14 or 15 years old when they first had sex. 17% of 14-15 year olds reported using some form of contraception. 27% of those who had been in a sexual relationship had not used any contraception.



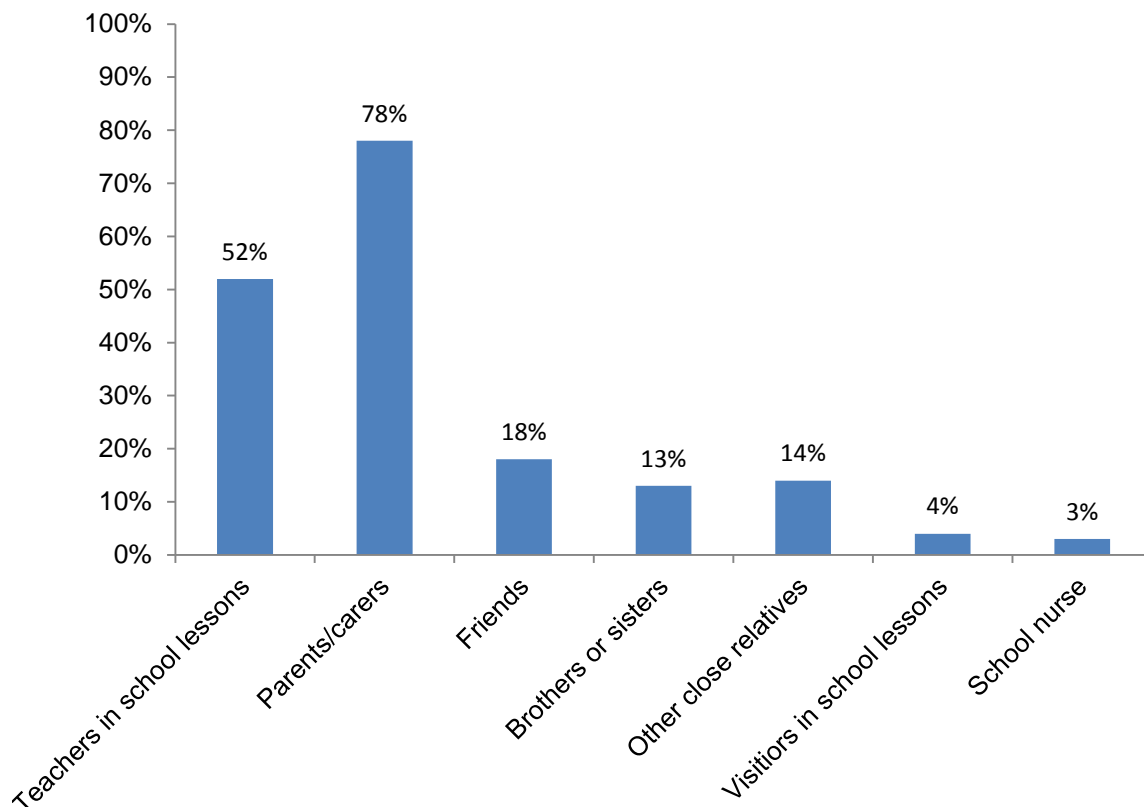
Condoms were the form of contraception that most young people reported having used (12%), followed by the pill (8%) and then sex without penetration (4%).

Body changes

Most 10-11 year olds reported that they know enough about how their body changes as they grow up, with only 6% who felt they did not know enough. This is similar to that reported in the last survey.

78% of 10-11 year olds that have been talked to about how their body changes as they grow up, have been spoken to by parents/carers (the most common source). More than half have been spoken to by teachers in school lessons and 18% by friends. 6% of the year group were either not talked to by anyone about this or failed to answer the question.

Sources of information for 10-11 year olds about how your body changes as you grow up



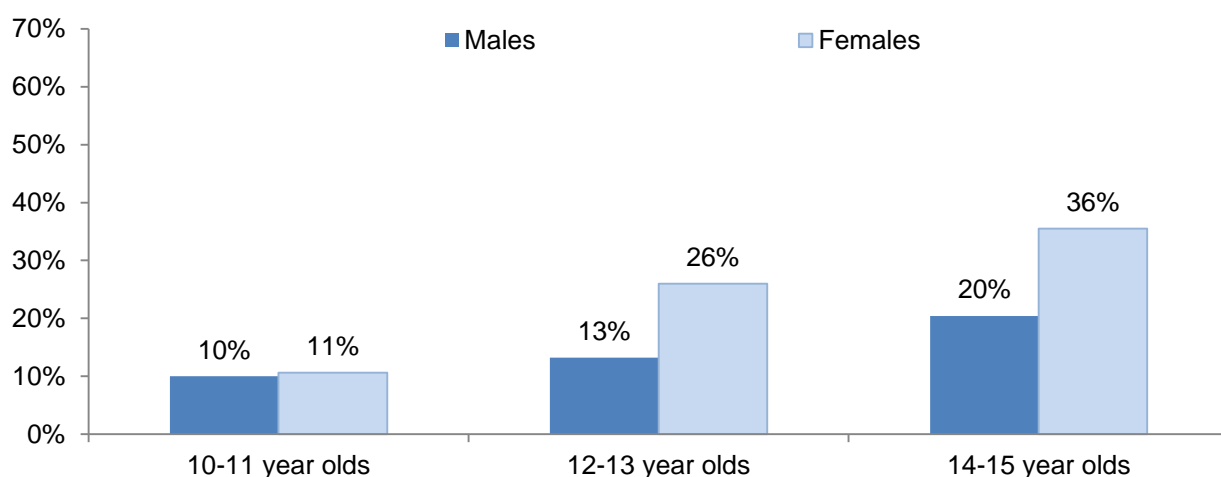
6. DIET & OBESITY

Breakfast

Three quarters of 10-11 year olds reported that they had something to eat and drink before school in the morning, with only 4% reporting having nothing. As children get older, fewer have something to eat and drink before school (58% of 14-15 year olds) and a greater percentage have either only a drink or nothing, particularly amongst girls.

The percentage of young people reporting that they had nothing to eat or drink in the morning was similar to that reported in the last survey. The UK and Guernsey findings were also similar.

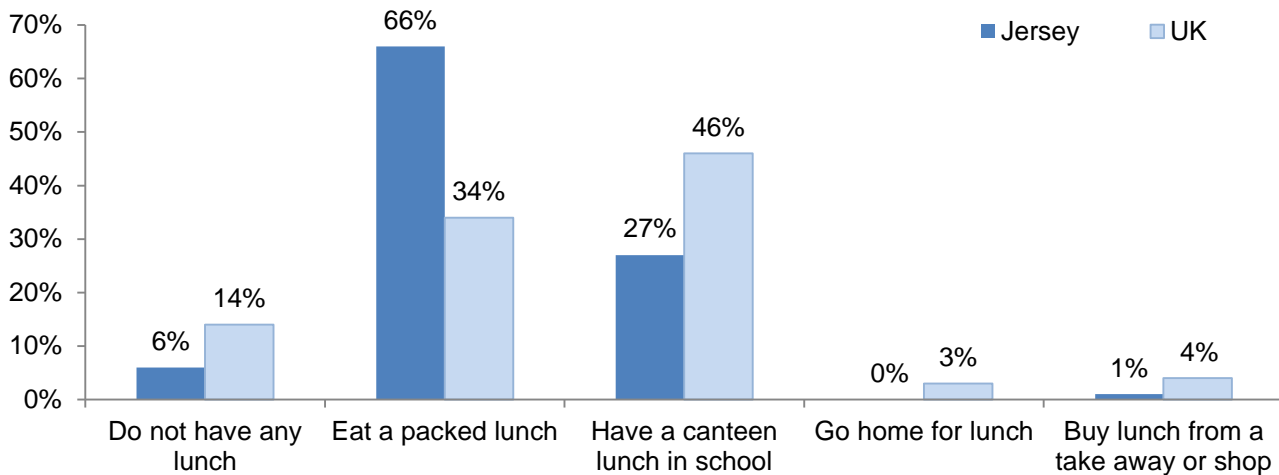
Percentage of young people who have nothing to eat before school in the morning



Lunch

Two thirds of young people (12-15 years) eat a packed lunch, with 27% having a canteen lunch in school. 6% reported that they did not have any lunch. A greater percentage of males than females have a canteen lunch. More 12-13 year olds reported having a canteen lunch than in 2010. Proportionally fewer Jersey students have a canteen lunch compared with the UK. Cost was the reason most young people gave for not eating a canteen lunch, with 30% reporting it was too expensive; 16% selecting that they did not like queuing; and 13% that they did not like the food. A greater percentage of young people in Jersey report having a packed lunch than their counterparts in the UK, and fewer have no lunch at all.

Lunch options for 12-15 year olds: Jersey and UK

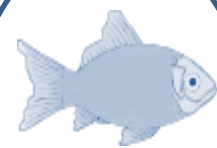


Diet

Young people were asked to recall how often they ate a variety of food items over the last 7 days. The responses indicate that the majority of children eat a balanced diet with healthier options eaten more frequently than unhealthy options. Some aspects of diet seem to be healthier in the older age groups with older females eating more healthily than males in some areas. Summary of intake by food group is provided below:

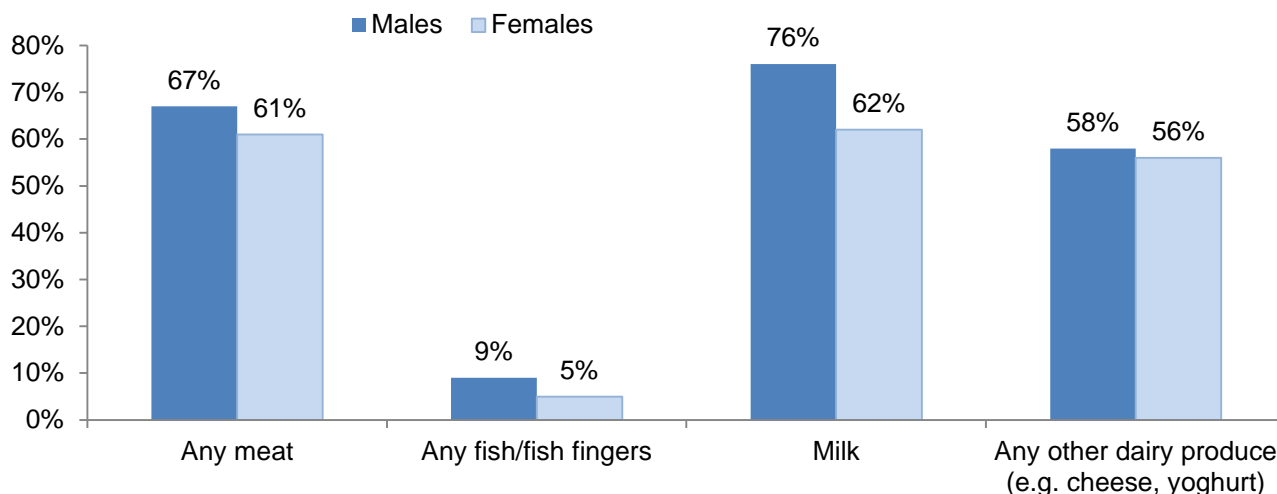
PROTEIN ITEMS

- 43% of young people reported eating meat every day.
- Only 2% of young people reported eating fish every day, but most young people reported that they ate fish at least once a week.
- 59% of young people reported having milk everyday, with 1 in 10 reporting that they drank no milk in the 7 day period leading up to the survey.
- Just over a third of young people reported eating other dairy products every day.
- A greater percentage of males have meat and milk everyday than females.
- There has been an increase in the percentage of young people eating meat on most days since the last survey in 2010.
- Proportionally, more young people in Jersey eat meat on most days than in the UK.



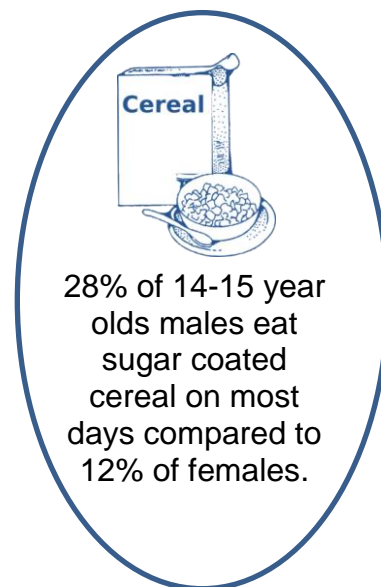
36% of 10-15 year olds ate no fish in the 7 days prior to the survey

Percentage of young people (10-15 years) eating protein items on most days

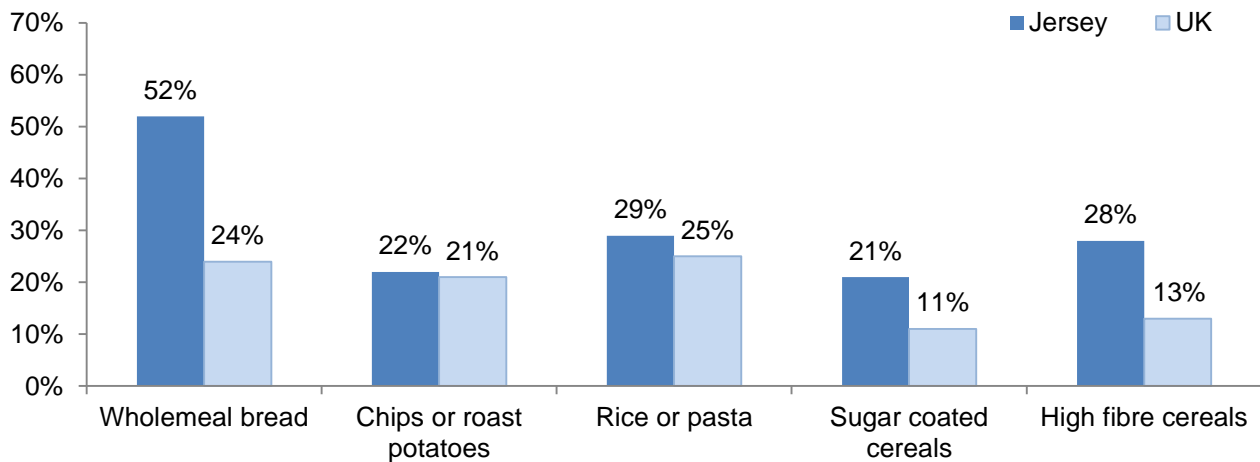


STARCHY ITEMS

- A third of young people reported eating wholemeal bread at least once every day.
- By 14-15 years, less females than males reported eating wholemeal bread daily and more reported never eating it.
- Over 90% of young people ate chips or roast potatoes at least once a week, with 8% reporting eating chips or roast potatoes every day. A similar percentage reported eating rice or pasta.
- The percentage of young people eating sugar coated cereals was similar to those eating high fibre cereals, with between 14-16% eating them every day.
- By 14-15 years more males than females eat sugar coated cereals daily and more females never eat them.
- More young people reported eating each of the starchy items on most days than in 2010.
- A greater percentage of local young people reported eating wholemeal bread, rice or pasta and cereals on most days compared to young people in the UK.

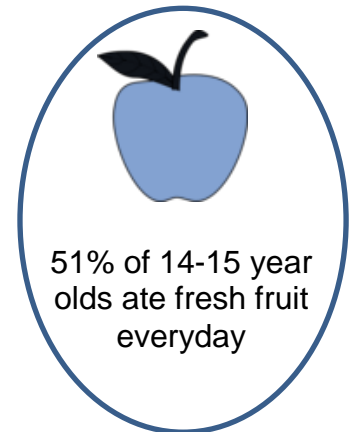


Percent of young people (10-15 years) eating starchy items on most days: Jersey and UK.

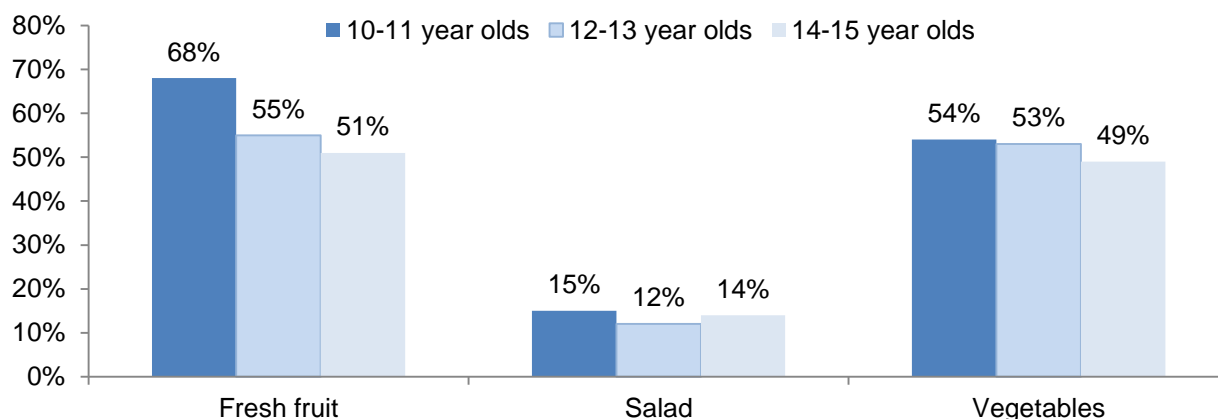


FRUIT AND VEGETABLES

- Just over two thirds of 10-11 year olds reported eating fresh fruit every day, decreasing to just over a half of 12-15 year olds. 4% of young people reported never eating fresh fruit in the 7 day period before the survey.
- Nearly a third of young people did not eat any salad in the week of the survey. Most of those who did eat salad ate it on 1-3 days in the week.
- A greater percentage of males (14-15 years) ate no salad at all compared to females.
- Just over half of young people reported that they ate vegetables everyday and only 5% reported never eating them.
- More young people reported eating fresh fruit, salad and vegetables on most days than in the past.
- A greater percentage of young people in Jersey reported eating fresh fruit, salad and vegetables on most days compared to young people in the UK.



Percent of young people eating fresh fruit, salad and vegetables everyday



DRINKS

- 38% of young people reported never drinking fizzy drinks in the 7 days before the survey, with a greater percentage of females aged 12-15 years never drinking them than males. Of those who do drink fizzy drinks, most reported doing so on 1-3 days a week.
- The majority of young people did not drink high energy drinks in the week before the survey although this decreased from 70% of 10-11 year olds to 58% of 14-15 year olds.
- More males than females reported having high energy drinks at least once a week. Most young people who reported drinking high energy drinks did so on 1-3 days a week.
- 1 in 10 young people reported drinking low calorie drinks every day, over a third not at all, and most on 1-3 days.
- The percentage of 10-11 year olds drinking low calorie drinks has increased since the last survey from 7% drinking them on most days in 2010 to 19% in 2014. Consumption of other fizzy drinks is similar to 2010.
- In general, more young people in Jersey drink low calorie drinks on most days than young people in the UK and less drink fizzy drinks on most days compared to the UK.



62% of young people drink fizzy drinks at least once a week

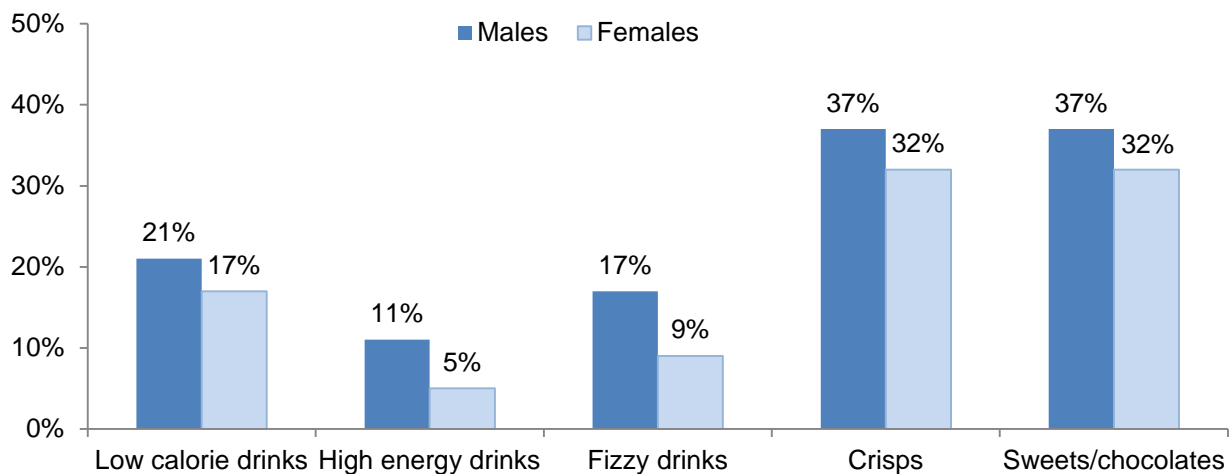
SNACKS

- 1 in 5 young people reported eating crisps every day and 1 in 6 reported never eating them. Most young people reported eating crisps on 1-3 days a week.
- Over 90% of young people reported eating sweets/chocolates at least once a week and 19% reported eating them every day.

- A greater percentage of older students eat sweets/chocolates every day than younger students (24% of 14-15 year olds compared to 16% of 10-11 year olds).
- More young people reported eating crisps and sweets/chocolates on most days than in 2010 but overall there has been a decrease in frequent consumption of these snacks since 2002.
- A higher percentage of young people in Jersey reported eating crisps and sweets/chocolates on most days compared to young people in the UK.



Percentage of young people consuming different types of fizzy drinks and snacks on most days



WATER

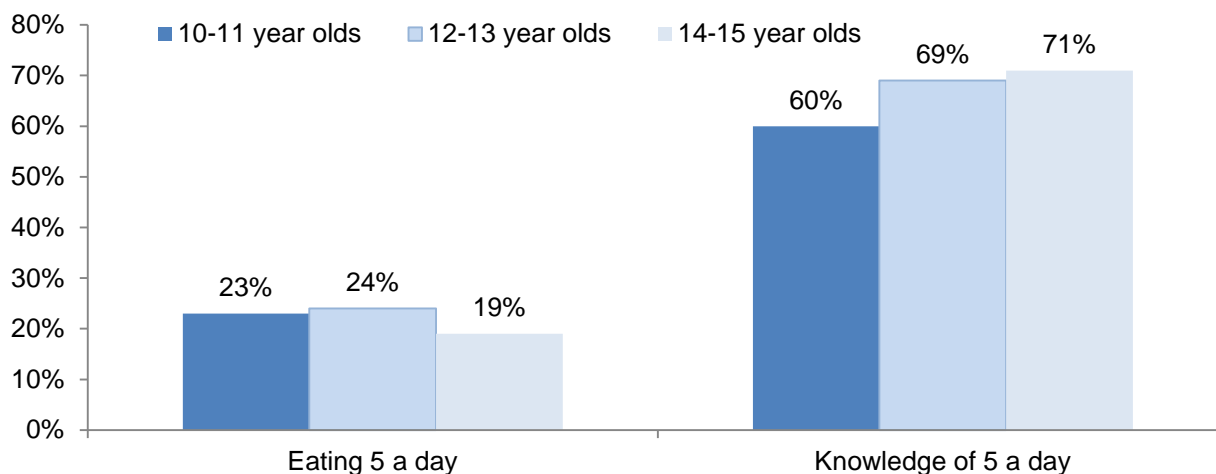
85% of young people fail to drink the recommended 2 litres of water a day and 7% of young people reported drinking no water on the day before the survey. Of those who drank water, most drank less than a litre, the day before the survey. Reported water consumption is similar to previous surveys but greater than that reported in the UK (40% 12-15 year olds drink a litre or more of water a day compared to 30% in the UK).

Fruit & vegetable consumption

78% of young people did not eat the recommended portions of five fruit and vegetables a day, the day before the survey. Fruit and vegetable consumption is similar to the last survey and to the UK. The average daily portion of fruit and vegetables consumed was 3.

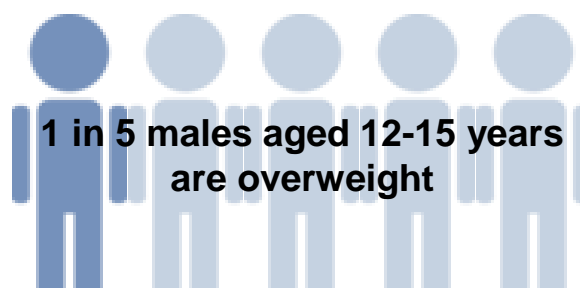
Knowledge of the recommended portions of fruit and vegetables for good health was much higher with 66% of young people (60% of 10-11 year olds and 70% of 12-15 year olds) correctly reporting that 5 or more portions are necessary. More females (71%) than males (63%) knew this. There has been a decrease in the percentage of young people who knew the correct portions of fruit and vegetables for good health since the question was first asked in 2006 (from 77%).

'5 a day' knowledge and consumption



Obesity*

According to self-reported height and weight figures, the majority of young people's BMI were classified as 'healthy' (according to international classification measures*). 18% of young people were classified as overweight (including obese) and 11% were classified as underweight.

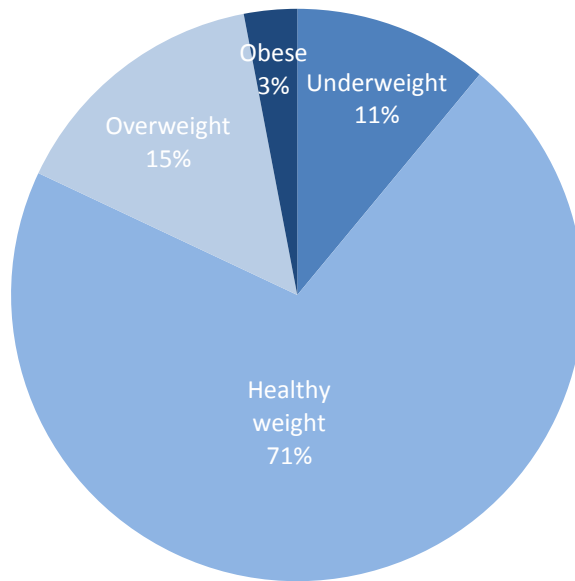


*Young people were asked to report their height and weight. From this their BMI was calculated and then categorised according to the international definition of obesity thresholds. BMI (Body Mass Index) is calculated as a person's weight in kg divided by the square of their height in metres.

In children, classification of BMI into levels indicating overweight and obesity vary according to the age and sex of the child. In this survey the levels used were those defined by the International Obesity Taskforce; Extended International (IOTF) Body Mass Index Cut-Offs for Thinness, Overweight and Obesity in Children

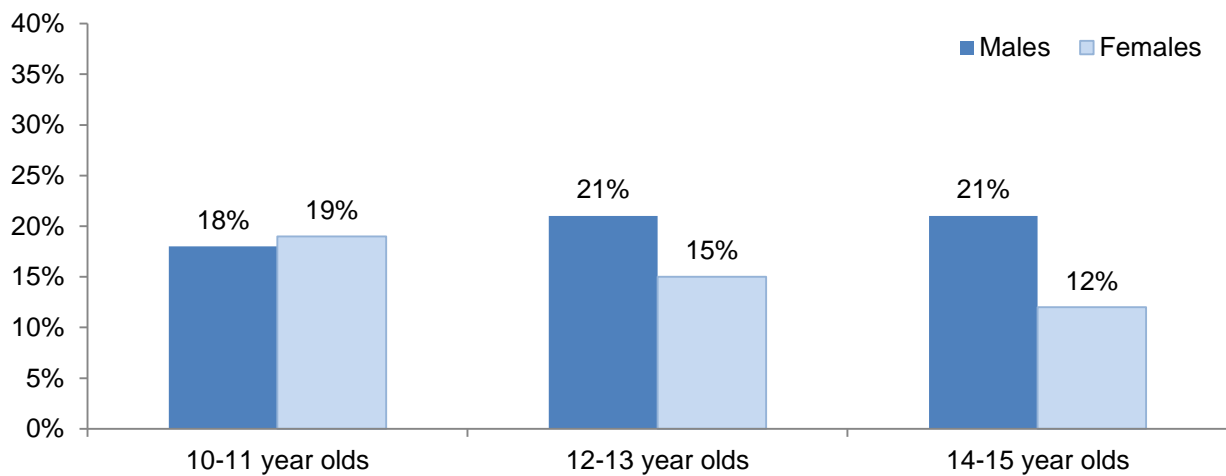
The reliability of this obesity estimate relies on the young people accurately knowing their height and weight and their willingness to report it honestly. Response rate to this question is the lowest of all questions (56%) however, the data is similar to obesity levels reported in the Year 6 Child Measurement Programme 2012, where children are measured by school nurses and is therefore considered accurate.

Weight classification of 10-15 year olds



The difference between the percentage of males and females that are classified as overweight (including obese) increases with increasing age group.

Overweight and obesity in young people

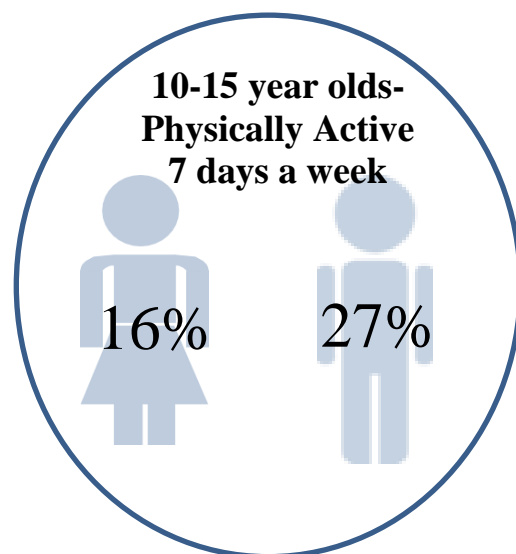


7. PHYSICAL ACTIVITY

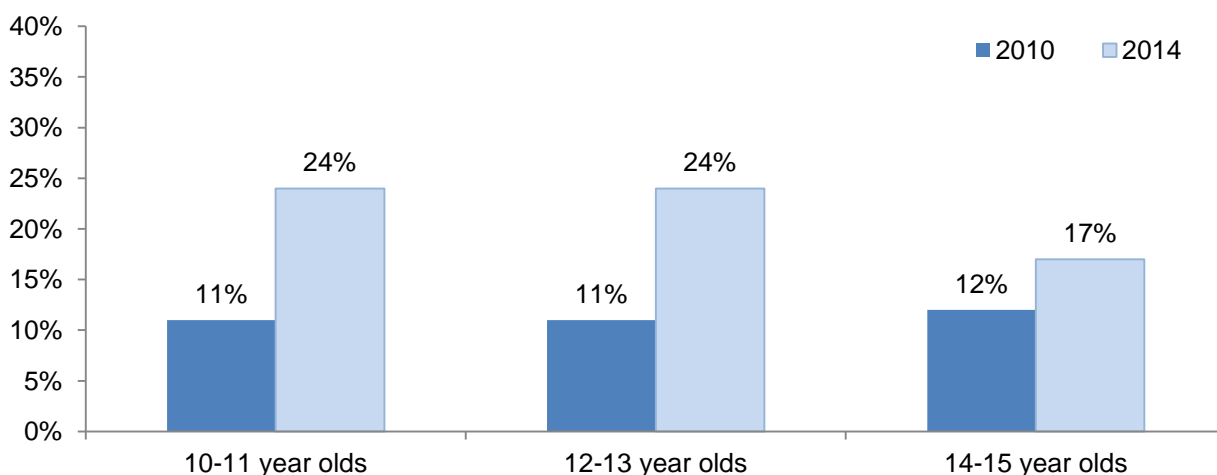
Just under a quarter of 10-13 year olds were physically active, for at least an hour, on 7 days in the week before the survey (meeting the national recommended level). This decreases to 17% for 14-15 year olds.

A higher proportion of males meet the recommended level of physical activity than females.

5% of 14-15 year olds reported they were not physically active (for at least an hour) on any days in the seven day period. Most 10-13 year olds were physically active for an hour or more on at least 5 days in the 7 day period whereas most 14-15 year olds were physically active on at least 4 days. The percentage of young people meeting the recommended level of physical activity has increased since the question was first asked in 2010.



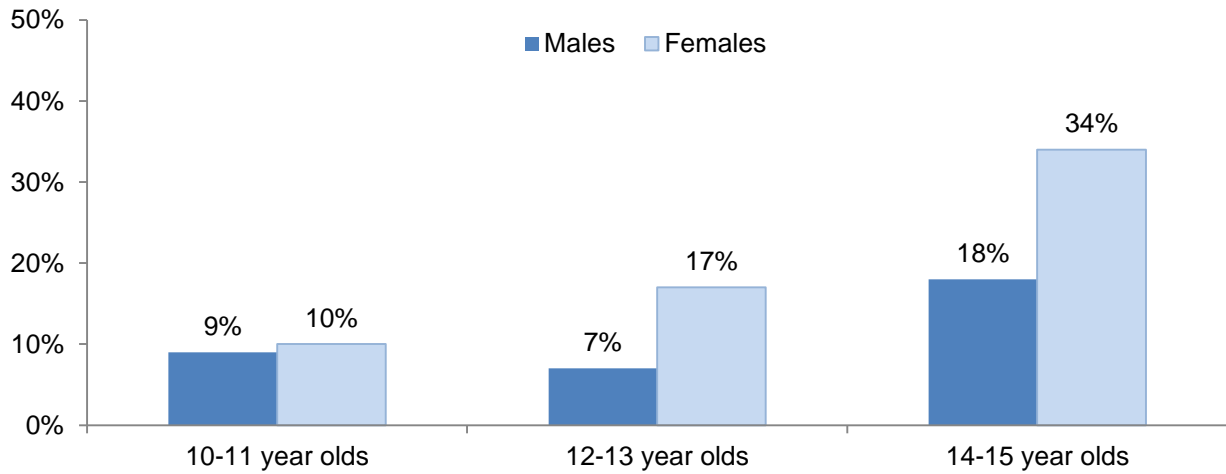
Percentage of young people meeting the recommended level of physical activity: 2010 and 2014



Active transport

The majority of young people own a bike (85%) but bike ownership decreases with age, particularly amongst females. Additionally, the percentage of young people who reported they do not cycle increased through the age groups, with over a quarter of 14-15 year olds not cycling (and a greater percentage of females than males). The percentage of 14-15 year olds who reported they do not cycle has increased since 2010 from 16% to 26%. Despite this, a higher proportion of young people cycle in Jersey (81% of 12-15 year olds) compared to the UK (64%).

Percentage of young people who do not cycle

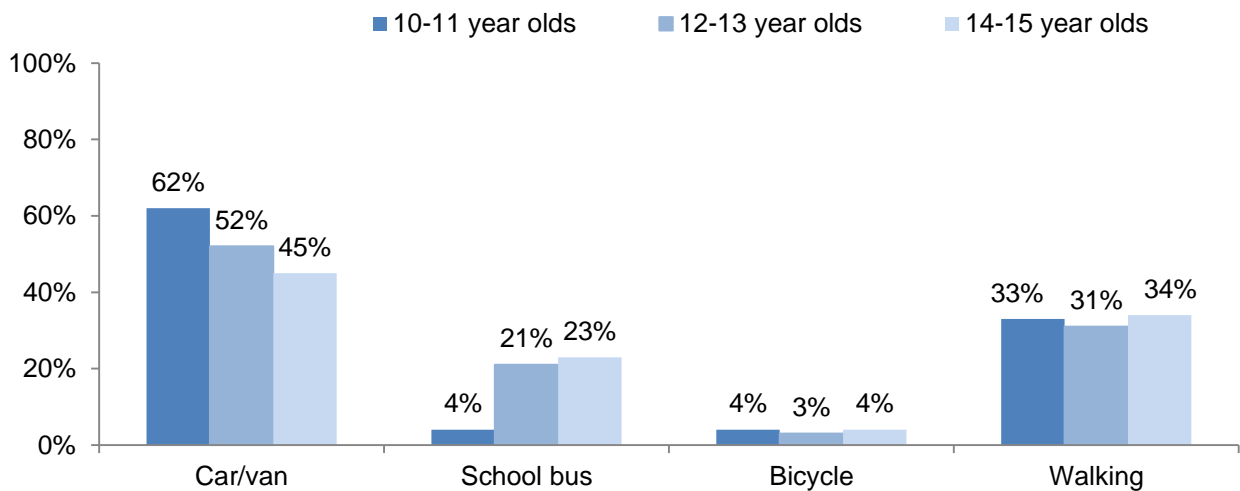


As young people get older, fewer wear a helmet when cycling. 82% of 10-11 year olds who cycle reported that they always/whenever possible wear a helmet compared to 51% of 14-15 year old cyclists. More 14-15 year old male cyclists never wear a helmet compared to females. More young people always wear a helmet than in the past.

Most (54%) young people continue to travel to school by car or van. In the secondary age group, fewer travel by car or van and more go by school bus. A third of young people reported walking to school and 4% cycled.



Travel to school 2014



Travel to school has remained largely unchanged since the survey began in

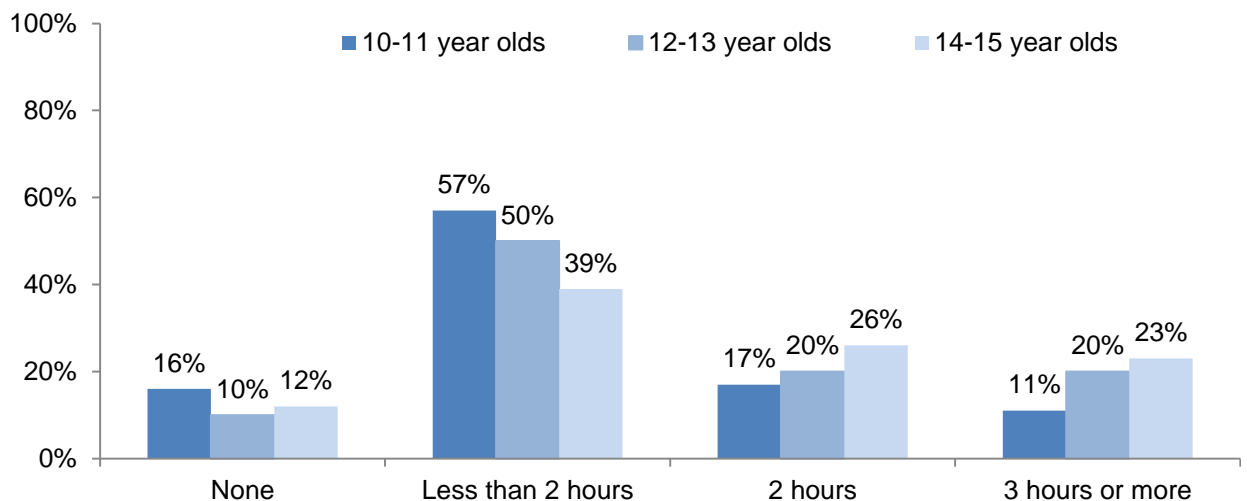
Physical Activity

1998. As in the last survey, a greater percentage of young people (12- 15 years) in Jersey travel to school by car or van than in the UK where more travel to school by walking.

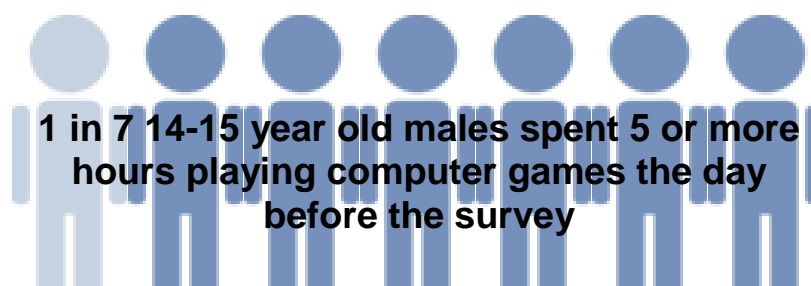
Sedentary behaviour

13% of young people reported that they watched no TV the day before the survey. A greater percentage of 14-15 year olds watched TV for 2 or more hours than 10-11 year olds, suggesting the amount of time spent watching TV increases as young people get older. Nearly a quarter of 14-15 year olds reported watching at least 3 hours of TV the day before the survey.

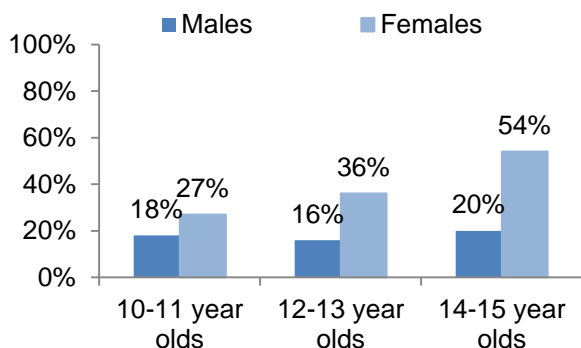
Number of hours spent watching TV



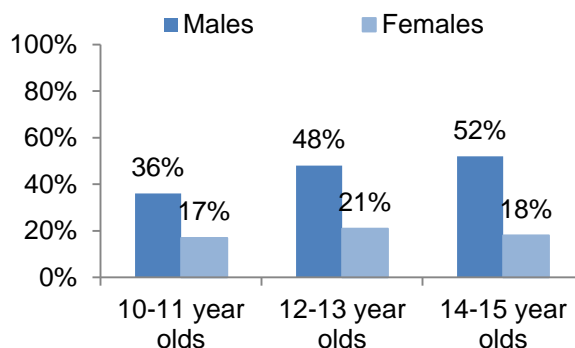
There is a large difference in the time spent playing computer games reported by males and females. This is evident among 10-11 year olds and increases as the children get older. The percentage of males playing computer games for 2 hours or more increased with age, while the percentage of females not spending any time playing computer games increased.



Percentage of young people spending no time playing computer games

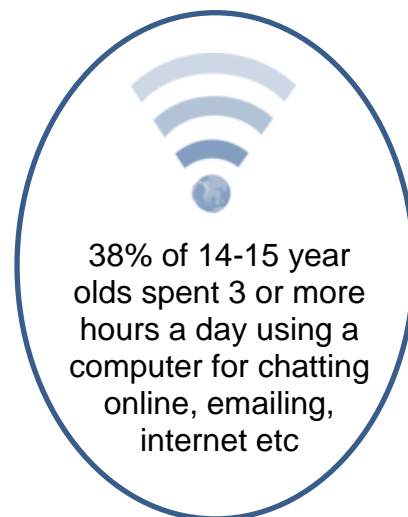


Percentage of young people spending 2 or more hours a day playing computer games

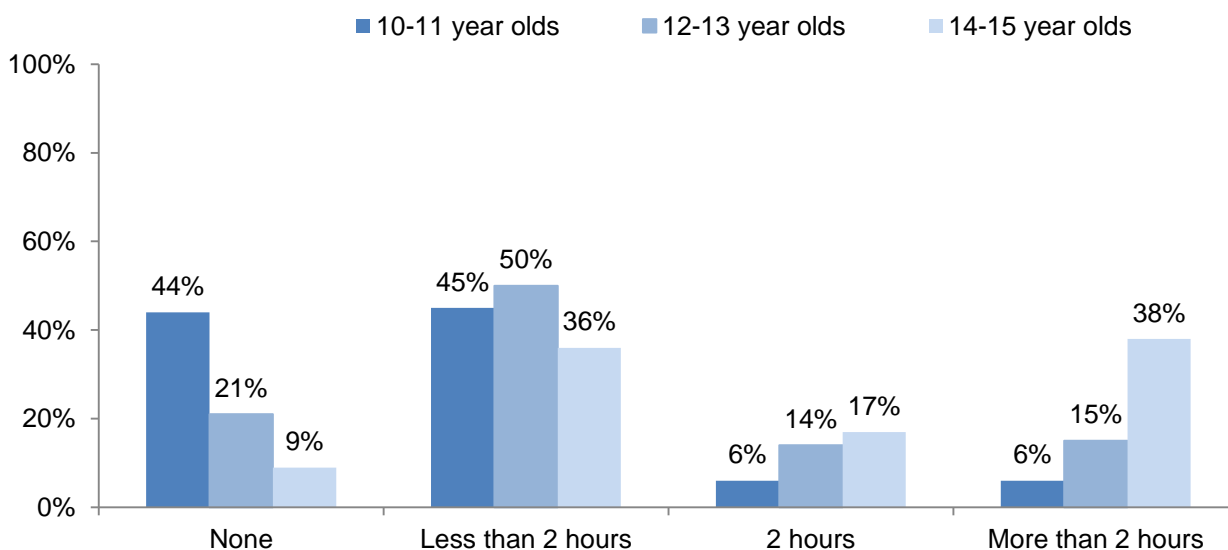


The amount of time young people reported they spent using a computer (for chatting online, emailing, the internet etc) increased through the age groups. 44% of 10-11 year olds reported they spent no time online compared to just 9% of 14-15 year olds.

At 14-15 years, the majority of young people reported spending at least 2 hours a day online. There may be some overlap here with young people doing some of these activities simultaneously (e.g. looking on the internet whilst watching TV, chatting online whilst playing computer games etc.)



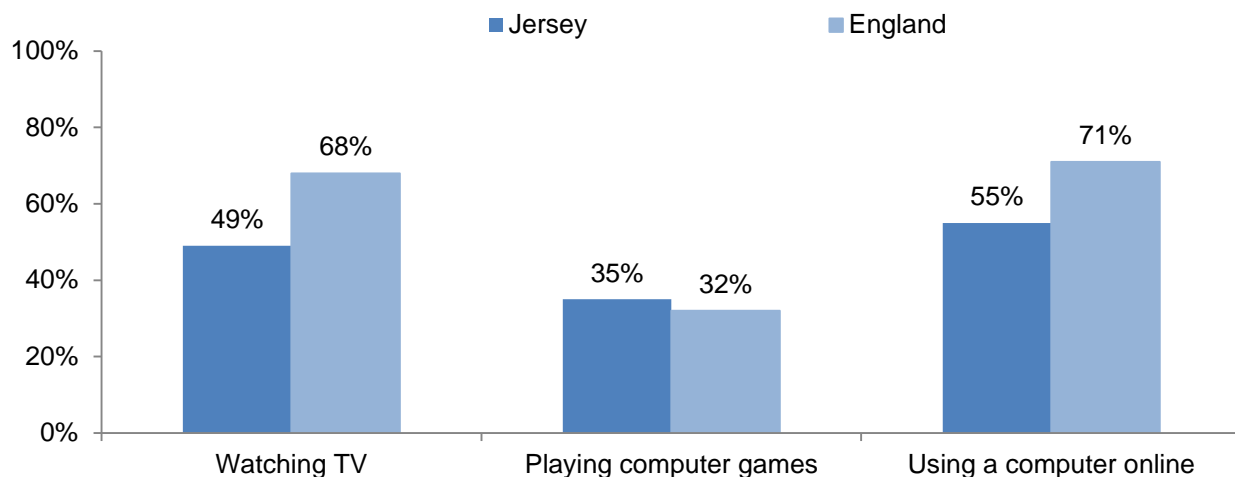
Number of hours spent online



Physical Activity

The percentage of young people who reported spending 2 or more hours a day on each of the various sedentary activities is lower in Jersey than in England across all age groups. The exception to this is 14-15 year olds playing computer games, where a similar proportion reported playing for 2 or more hours the day before the survey compared to England.

14-15 year olds spending 2 or more hours a day on sedentary activities: Jersey and England



Source: Young Peoples Health and Lifestyle Survey Jersey 2014; WHO Health Behaviour in School-Aged Children Study 2009/2010

Appendix 1: A Snapshot by Age Group

	Primary Year 6 10-11 year olds	Secondary Year 8 12-13 year olds	Secondary Year 10 14-15 year olds
Live with mother and father	72%	69%	65%
Identify themselves as Jersey	64%	63%	62%
Family owns more than one vehicle	65%	70%	67%
Have a bedroom for themselves	81%	87%	87%
Been on holiday more than once in the last 12 months	55%	57%	54%
Own a computer	98%	98%	99%
Have high family affluence	71%	74%	74%
Have medium-high self-esteem	75%	75%	75%
Mean health-related quality of life score	49.1	47.3	45.0
Rate general health as at least 'Good'	95%	93%	85%
Overweight and obese	19%	18%	17%
Have nothing to eat or drink before school	4%	8%	14%
Have a canteen lunch in school		29%	25%
Eat meat on most days	62%	64%	67%
Eat fish on most days	7%	8%	5%
Have milk on most days	70%	70%	68%
Eat sugar coated cereals on most days	23%	21%	20%
Eat fresh fruit on most days	81%	69%	66%
Eat vegetables on most days	71%	73%	69%
Eat salad on most days	28%	26%	28%
Drink fizzy drinks on most days	11%	14%	14%
Eat crisps on most days	35%	32%	36%
Eat sweets/chocolate on most days	30%	33%	40%
Drink a litre or more of water a day	37%	40%	40%
Eat 5 a day	23%	24%	19%
Know how many portions of fruit and vegetables are required for good health	60%	69%	71%
Physically active for at least an hour everyday	24%	24%	17%
Spend more than 2 hours a day watching TV/movies	11%	20%	23%
Spend more than 2 hours a day playing computer games	14%	22%	23%
Spend more than 2 hours a day online	6%	15%	38%
Go to school by car or van	62%	52%	45%
Go to school by school bus	4%	21%	23%
Have a bicycle	91%	89%	74%
Always wear a helmet when cycling	63%	50%	28%
Occasional or regular smoker	<1%	1%	12%
Parents/carers smoke	27%	26%	31%
Someone smokes indoors at home	8%	11%	14%

Appendix 1

	Primary Year 6 10-11 year olds	Secondary Year 8 12-13 year olds	Secondary Year 10 14-15 year olds
Is in a car where someone smokes on most days	4%	6%	6%
Have never drunk alcohol		52%	20%
Have been really drunk at least once in their life	4%	7%	40%
Drank alcohol in the 7 days prior to the survey	5%	4%	16%
Have suffered memory loss due to drinking alcohol at least once in the past year		6%	22%
Know a drug taker	11%	21%	61%
Been offered cannabis	2%	6%	33%
Been offered other drugs	1%	3%	14%
Parents/carers are main source of information about drugs		24%	12%
Have taken drugs	<1%	1%	17%
Usually/ whenever possible take measures to avoid sunburn	73%	67%	52%
Clean teeth twice a day	84%	85%	84%
Visited dentist in the last 6 months	77%	71%	70%
Use internet chat rooms/social networking sites daily	13%	42%	68%
Have received a message that made them feel threatened/upset	12%	18%	21%
Have been in a physical fight in the last 12 months	41%	33%	32%
Mean Mental Wellbeing score		49.5	47.2
Have been bullied in the last 12 months	28%	24%	20%
Afraid of going to school because of bullying	28%	25%	18%
Believe school takes bullying seriously	70%	61%	50%
Have been bullied in the last month	12%	11%	8%
Worry most days about exams/school tests	7%	14%	26%
Mum and/or Dad first option for problem sharing	72%	51%	30%
Take on tasks of a young carer	21%	28%	21%
Know where to get free condoms		26%	76%
Know all they need to about sex		62%	72%
Have confidence to say 'no' to sex they do not want		70%	69%
Parents/carers are main source of information about sex		16%	8%

Appendix 2: A Snapshot by Gender

	Males	Females
Live with mother and father	70%	68%
Identify themselves as Jersey	61%	65%
Family owns more than one vehicle	69%	65%
Have a bedroom for themselves	85%	85%
Been on holiday more than once in the last 12 months	55%	56%
Own a computer	99%	98%
Have high family affluence	75%	71%
Have medium-high self-esteem	81%	69%
Rate their health as at least 'Good'	92%	91%
Overweight and obese	20%	16%
Have nothing to eat or drink before school	6%	11%
Have a canteen lunch in school*	31%	23%
Eat meat on most days	67%	61%
Eat fish on most days	9%	5%
Have milk on most days	76%	62%
Eat sugar coated cereals on most days	26%	17%
Eat fresh fruit on most days	71%	74%
Eat vegetables on most days	69%	73%
Eat salad on most days	25%	29%
Drink fizzy drinks on most days	17%	9%
Eat crisps on most days	37%	32%
Eat sweets/chocolate on most days	37%	32%
Drink a litre or more of water a day	41%	37%
Eat 5 a day	21%	22%
Know how many portions of fruit and vegetables are required for good health	63%	71%
Physically active for at least an hour everyday	27%	16%
Spend more than 2 hours a day watching TV/movies	19%	16%
Spend more than 2 hours a day playing computer games	28%	10%
Spend more than 2 hours a day online	18%	21%
Go to school by car or van	55%	53%
Go to school by school bus	15%	17%
Have a bicycle	89%	80%
Always wear a helmet when cycling	47%	48%
Occasional or regular smoker	4%	4%
Parents/carers smoke	26%	29%
Someone smokes indoors at home	10%	11%
Is in a car where someone smokes on a daily basis	4%	3%
Have never drunk alcohol*	33%	38%
Have been really drunk at least once in their life	17%	16%
Drank alcohol in the 7 days prior to the survey	10%	7%
Parents always know when they drink alcohol	30%	25%
Have suffered memory loss due to drinking alcohol at least once in the past year*	15%	13%
Know a drug taker	33%	29%

Appendix 2

	Males	Females
Been offered cannabis	16%	10%
Been offered other drugs	7%	4%
Parents/carers are main source of information about drugs*	18%	17%
Have taken drugs	7%	4%
Have taken more than one type of drug on the same occasion***	4%	2%
Have taken drugs and alcohol on the same occasion***	9%	8%
Usually/whenever possible take measures to avoid sunburn	61%	67%
Clean teeth twice a day	80%	89%
Visited dentist in the last 6 months	74%	71%
Use internet chat rooms/social networking sites daily	37%	44%
Have received a message that made them feel threatened/upset	12%	23%
Have been in a physical fight in the last 12 months	48%	23%
Have been bullied in the last 12 months	24%	24%
Afraid of going to school because of bullying	20%	27%
Believe school takes bullying seriously	61%	60%
Have been bullied in the last month	10%	10%
Worry most days about exams/school tests	12%	19%
Mum and/or Dad first option for problem sharing	58%	44%
Take on tasks of a young carer	23%	23%
Have had a girlfriend/boyfriend in the last 12 months***	40%	44%
Know where to get free condoms*	50%	52%
Know all they need to about sex*	68%	66%
Have confidence to say 'no' to sex they do not want*	53%	87%
Parents/carers are main source of information about sex*	11%	13%
Have had a sexual relationship***	15%	12%

*Secondary only

***Year 10 only

Appendix 3: A Changing Picture 1998-2014

	1998	2002	2006	2010	2014	Trend
Live with mother and father			65%	66%	69%	similar
Identify themselves as Jersey		62%	56%	62%	63%	similar
Family owns more than one vehicle*	71%	72%		73%	68%	similar
Have medium-high self-esteem		81%	82%	79%	75%	decrease
Overweight and obese				17%	18%	similar
Have nothing to eat or drink before school		11%	9%	9%	9%	similar
Have a canteen lunch in school*	16%	23%		21%	27%	increase
Eat meat on most days		32%	33%	40%	64%	increase
Eat fish on most days		3%	4%	5%	7%	similar
Eat sugar coated cereals on most days		16%	12%	12%	21%	increase
Eat fresh fruit on most days		48%	49%	56%	72%	increase
Eat vegetables on most days		47%	52%	57%	71%	increase
Eat salad on most days		20%	17%	19%	27%	increase
Drink fizzy drinks on most days		23%	12%	12%	13%	decrease
Eat crisps on most days		47%	31%	26%	35%	decrease
Eat sweets/chocolate on most days		41%	28%	26%	35%	decrease
Drink a litre or more of water a day			36%	40%	39%	similar
Eat 5 a day			23%	26%	22%	similar
Know how many portions of fruit and vegetables are required for good health			77%	82%	66%	decrease
Physically active for at least an hour everyday				11%	22%	increase
Go to school by car or van*	49%	49%	49%	48%	49%	similar
Go to school by school bus*	25%	25%	22%	21%	22%	similar
Have a bicycle**	93%	93%	93%	92%	91%	similar
Always wear a helmet when cycling*	15%	14%		25%	39%	increase
Occasional or regular smoker	16%	14%	10%	7%	4%	decrease
Have never drunk alcohol*			12%	20%	36%	increase
Drank alcohol in the 7 days prior to the survey	34%	29%		18%	8%	decrease
Been offered cannabis*		37%	28%	17%	19%	decrease
Been offered other drugs*		26%	16%	11%	8%	decrease
Parents/carers are main source of information about drugs*				19%	18%	similar
Have taken drugs*				10%	9%	similar
Have taken more than one type of drug on the same occasion***		11%	6%	2%	3%	decrease

Appendix 3

	1998	2002	2006	2010	2014	Trend
Have taken drugs and alcohol on the same occasion***		26%	18%	9%	8%	decrease
Usually/whenever possible take measures to avoid sunburn*			63%	61%	60%	similar
Clean teeth twice a day	78%	76%	79%	83%	84%	increase
Visited dentist in the last 6 months*	77%	73%	78%	78%	70%	decrease
Have been bullied in the last 12 months			20%	20%	24%	similar
Afraid of going to school because of bullying	30%	27%	26%	24%	24%	decrease
Believe school takes bullying seriously			61%	67%	60%	similar
Know where to get free condoms*		44%	63%	54%	51%	increase
Know all they need to about sex*			63%	61%	67%	similar
Has confidence to say 'no' to sex they do not want*			61%	62%	70%	increase
Parents/carers are main source of information about sex*	16%	19%		13%	12%	similar

*Secondary only

**Primary only

***Year 10 only

Appendix 4: Comparing Jersey to UK and Guernsey

	Jersey 2014	UK 2013	Guernsey 2013
Live with mother and father*	67%	62%	62%
Family owns more than one vehicle*	68%	51%	
Have medium-high self-esteem	75%	79%	
Have nothing to eat or drink before school	9%	11%	
Have a canteen lunch in school*	27%	46%	21%
Eat meat on most days	64%	29%	
Eat fish on most days	7%	7%	
Eat sugar coated cereals on most days	21%	11%	
Eat fresh fruit on most days	72%	41%	
Eat vegetables on most days	71%	42%	
Eat salad on most days	27%	22%	
Drink fizzy drinks on most days	13%	20%	
Eat crisps on most days	35%	25%	
Eat sweets/chocolate on most days	35%	29%	
Drink a litre or more of water a day*	40%	30%	
Eat 5 a day	22%	21%	
Go to school by car or van*	49%	26%	
Go to school by school bus*	22%	25%	
Occasional or regular smoker*	6%	9%	7%
Have never smoked	84%	81%	
Parents/carers smoke*	29%		32%
Someone smokes indoors at home*	12%		12%
Drank alcohol in the 7 days prior to the survey*	10%	24%	18%
Consumed 15 or more units of alcohol in the last 7 days***	2%	6%	2%
Have suffered memory loss due to drinking alcohol at least once in the past year*	14%		7%
Have taken drugs*	9%	9%	6%
Have taken more than one type of drug on the same occasion***	3%	4%	
Have taken drugs and alcohol on the same occasion***	8%	10%	
Usually/whenever possible take measures to avoid sunburn	64%	62%	
Clean teeth twice a day	84%	82%	
Visited dentist in the last 6 months*	70%	84%	71%
Have been bullied in the last 12 months*	22%	31%	28%
Afraid of going to school because of bullying*	21%	23%	28%
Believe school takes bullying seriously*	55%	55%	44%
Know where to get free condoms*	51%	50%	40%

*Secondary only

***Year 10 only

Appendix 5: A Changing Picture- Cohort View

	2010 Year 6 10-11 year olds	2014 Year 10 14-15 year olds	Trend
Live with mother and father	72%	65%	decrease
Identify themselves as Jersey	64%	62%	similar
Family owns more than one car/van	72%	67%	similar
Have medium-high self-esteem	79%	75%	similar
Overweight and obese	23%	17%	decrease
Have nothing to eat or drink before school	6%	14%	increase
Eat meat on most days	31%	67%	increase
Eat fish on most days	5%	5%	similar
Eat sugar coated cereals on most days	10%	20%	increase
Eat fresh fruit on most days	62%	66%	similar
Eat vegetables on most days	57%	69%	increase
Eat salad on most days	17%	28%	increase
Drink fizzy drinks on most days	8%	14%	increase
Eat crisps on most days	21%	36%	increase
Eat sweets/chocolate on most days	18%	40%	increase
Drink a litre or more of water a day	33%	40%	increase
Eat 5 a day	29%	19%	decrease
Know how many portions of fruit and vegetables are required for good health	83%	71%	decrease
Physically active for at least an hour everyday	11%	17%	increase
Go to school by car or van	66%	45%	decrease
Go to school by school bus	3%	23%	increase
Have a bicycle	92%	74%	decrease
Always wear a helmet when cycling	49%	28%	decrease
Occasional or regular smoker	<1%	12%	increase
Drank alcohol in the 7 days prior to the survey	7%	16%	increase
Been offered cannabis	1%	33%	increase
Been offered other drugs	3%	14%	increase
Usually/whenever possible take measures to avoid sunburn	75%	52%	decrease
Clean teeth twice a day	86%	84%	similar
Visited dentist in the last 6 months	82%	70%	decrease
Have been bullied in the last 12 months	21%	20%	similar
Afraid of going to school because of bullying	27%	18%	decrease
Believe school takes bullying seriously	75%	50%	decrease
Worry most days about exams/school tests	8%	26%	increase

Background notes: Acknowledgement

Many of the questions used in the questionnaire (The Young People's Health and Lifestyle Survey Jersey 2014) are taken from or based on the work of John Balding/Schools Health Education Unit, Exeter, UK who granted permission for their use in this survey.

© SHEU 1977-2013 www.sheu.org.uk

This compilation and wording (c) States of Jersey, 2013"

Confidence intervals

Although the survey sampled 100% of the year groups included in the survey, response rate was not 100% but 86% of the population. Although very high, there still remains some uncertainty about how well the results apply to the total population. This statistical uncertainty can be calculated by measuring the confidence intervals for the proportion calculated. This was done by calculating the standard error of the proportion using the equation:

$$\frac{p(1 - p)}{n}$$

Where n= total number of respondents
 p= proportion of respondents reporting given behaviour

The 95% confidence interval on any proportion p is then given by $p \pm 1.96 \text{ s.e. } (p)$ and reaches a maximum for $p=0.5$, i.e. 50%.

Using these formulae the statistical uncertainty on results in this report which refer to the full population is $\pm 2\%$. This means for a question which gives a result of 50% the 95% confidence interval is 48% to 52%.

For sub samples of the population the following maximum confidence intervals for proportions can be applied to published results.

Age groups: $\pm 3\%$

Gender: $\pm 3\%$

Gender within age band: $\pm 5\%$

UK data: $\pm 1\%$

Comparison with data from previous years as above.

Differences in the report were only highlighted if they exceeded these confidence intervals stated. Differences between groups that are less than the confidence intervals are referred to as similar.

These confidence intervals are calculated at a maximum (50%) and rounded to the nearest whole percent and are therefore cautious so that we can be extremely confident in any differences reported.

References

1. Currie, C., Molcho, M., Boyce, W., Holstein, B., Torsheim, T., Richter, M. Researching health inequalities in adolescents: The development of the Health Behaviour in School-Aged Children (HBSC) Family Affluence Scale. Volume 66, Issue 6, March 2008, Pages 1429-1436.
 2. Currie C et al. eds. Social determinants of health and well-being among young people. Health Behaviour in School-aged Children (HBSC) study: international report from the 2009/2010 survey. Copenhagen, WHO Regional Office for Europe, 2012 (Health Policy for Children and Adolescents, No. 6).
 3. Ravens-Sieberer, U., Gosch, A., Rajmil, L., Erhart, M., Bruil, J., Duer, W., Auquier, P., Power, M., Abel, T., Czemy, L., Mazur, J., Czimbalmos, A., Tountas, Y., Hagquist, C., Kilroe, J. and the European KIDSCREEN Group. (2005). KIDSCREEN-52 quality-of-life measure for children and adolescents. Expert Review of Pharmacoeconomics & Outcomes Research, 5 (3), 353-364.
- The KIDSCREEN Group Europe. (2006). The KIDSCREEN Questionnaires - Quality of life questionnaires for children and adolescents. Handbook. Lengerich: Pabst Science Publishers.
4. Tennant R, Hiller L, Fishwick R, Platt P, Joseph S, Weich S, Parkinson J, Secker J, Stewart-Brown S. The Warwick-Edinburgh Mental Well-being Scale (WEMWBS): development and UK validation.
<http://www.hqlo.com/content/pdf/1477-7525-5-63.pdf>
- Aileen Clarke, Tim Friede, Rebecca Putz, Jacquie Ashdown, Steven Martin, Amy Blake, Yaser Adi, Jane Parkinson, Pamela Flynn, Stephen Platt and Sarah Stewart-Brown. Warwick-Edinburgh Mental Well-being Scale (WEMWBS): Validated for teenage school students in England and Scotland: a mixed methods assessment.
<http://www.biomedcentral.com/content/pdf/1471-2458-11-487.pdf>

Data sources:

- Young People in Guernsey Schools: Health Related Behaviour Survey 2013
- Young People into 2013: The Health Related Behaviour Questionnaire results- Angela Balding & David Regis, 2013
- A Picture of Health Jersey: 1998; 2002; 2006; 2010
- Social determinants of health and well-being among young people. Health Behaviour in School-aged Children (HBSC) study: international report from the 2009/2010 survey



