

A Picture of Health Jersey 2014

Reflections on the health and lifestyle of young people in Jersey

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Introduction

The Jersey Young People's 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 younger population.

In 2014 the survey was organised and analysed in-house by the Health Intelligence Unit. Previous surveys were carried out and analysed by the Schools Health Education Unit, Exeter.



Methodology

Young people aged 10-15 years, in school years 6, 8 and 10, completed the 2014 survey online. The questionnaire covered a range of health topics to provide a self-reported account of how young people in Jersey are living their lives. Full year groups were sampled in all 40 schools across the Island and 2,675 young people took part, achieving an overall response rate of 86%.

Good News

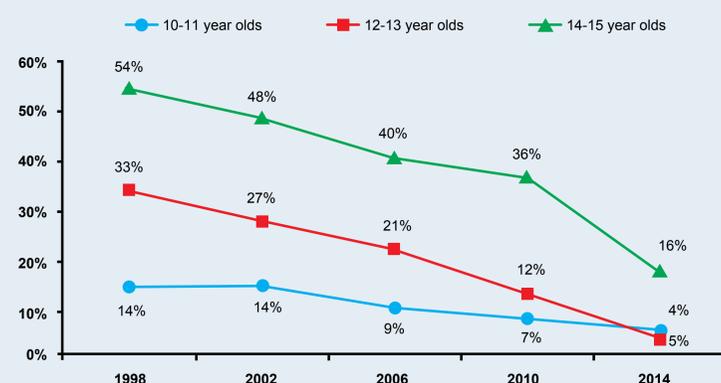


The percentage of young people physically active at the recommended levels (at least an hour, daily) has increased to 22%, from 11% in 2010.

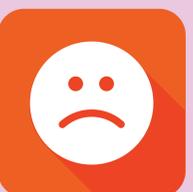
Fewer young people report drinking alcohol and the overall trend continues to be downward. A higher proportion of young people now report never drinking alcohol. In particular the number of 14-15 year olds drinking alcohol, in the 7 days prior to the survey, has decreased significantly - from 54% in 1998 to 16%.

Over 90% of 10-13 year olds and nearly 65% of 14-15 year olds have never smoked. Fewer than 1% of 10-13 year olds and 10% of 14-15 year olds report being regular smokers.

Proportion of young people drinking alcohol in the 7 days prior to the survey



Not Such Good News

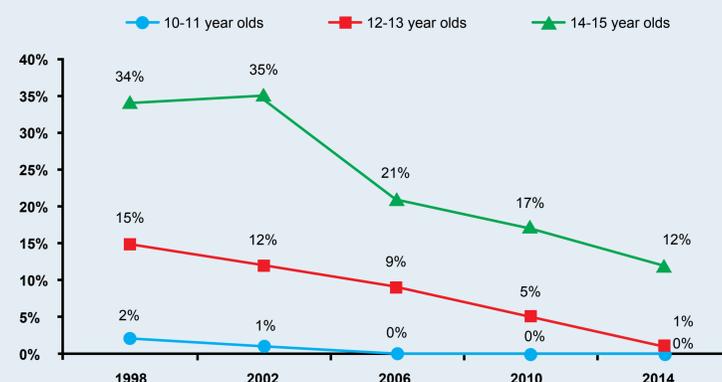


One in seven 14-15 year olds have had a sexual relationship and nearly half of these did not use a condom the last time they had sex.

Although 75% of young people have medium to high self-esteem, this is lower than in previous years. Levels of self-esteem have decreased most for 14-15 year olds - from 87% in 2002 to 75% in 2014.

14-15 year old females have lower wellbeing scores (health-related quality of life; mental wellbeing; self-esteem) compared with their male peers. They also worry more frequently than males.

Proportion of regular and occasional smokers 1998-2014



Conclusion

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. Physical activity levels and the consumption of fruit and vegetables have both increased. In general, older students are more likely to have health and lifestyle behaviours with potential negative health impacts, than younger students. Gender differences in health behaviours were also revealed.

The full report can be found on the States of Jersey Government website www.gov.je