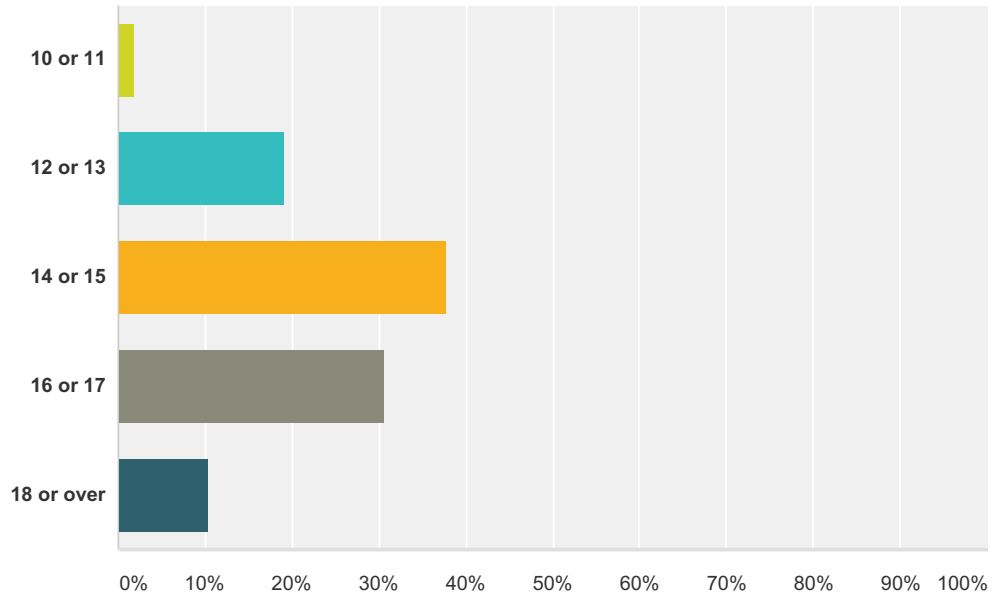


Young People's Health Strategy

Q1 How old are you?

Answered: 323 Skipped: 2

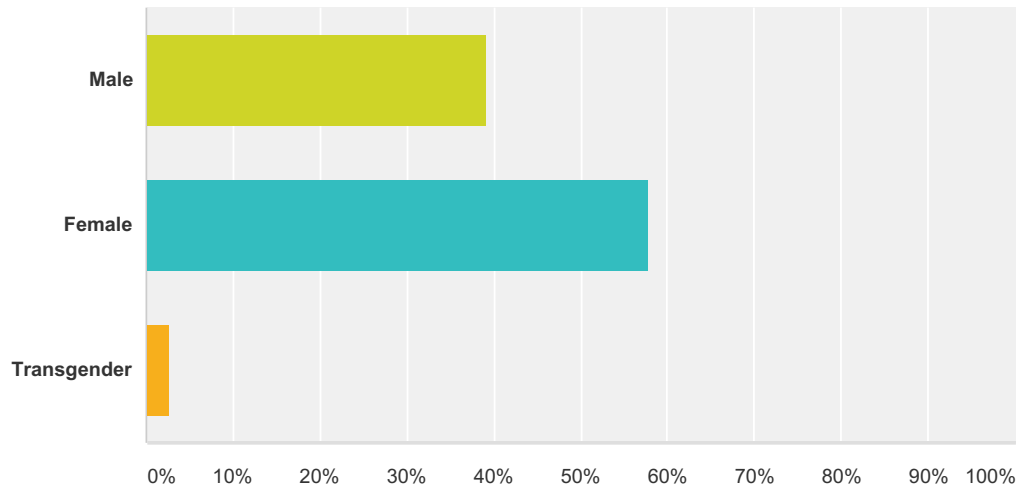


Answer Choices	Responses	
10 or 11	1.86%	6
12 or 13	19.20%	62
14 or 15	37.77%	122
16 or 17	30.65%	99
18 or over	10.53%	34
Total		323

Young People's Health Strategy

Q2 What is your gender?

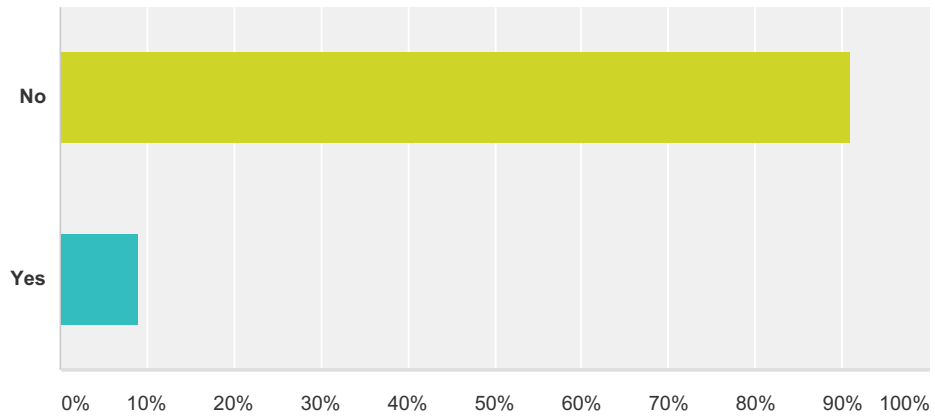
Answered: 323 Skipped: 2



Answer Choices	Responses
Male	39.32% 127
Female	57.89% 187
Transgender	2.79% 9
Total	323

Q3 Do you consider yourself to have a disability?

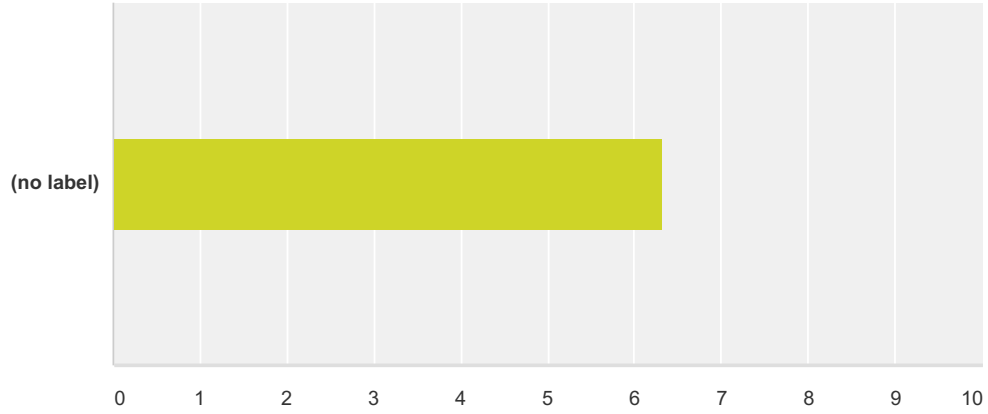
Answered: 323 Skipped: 2



Answer Choices	Responses
No	91.02% 294
Yes	8.98% 29
Total	323

Q4 How healthy do you think you are? Give yourself a score, where 1 is extremely unhealthy and 10 is very healthy.

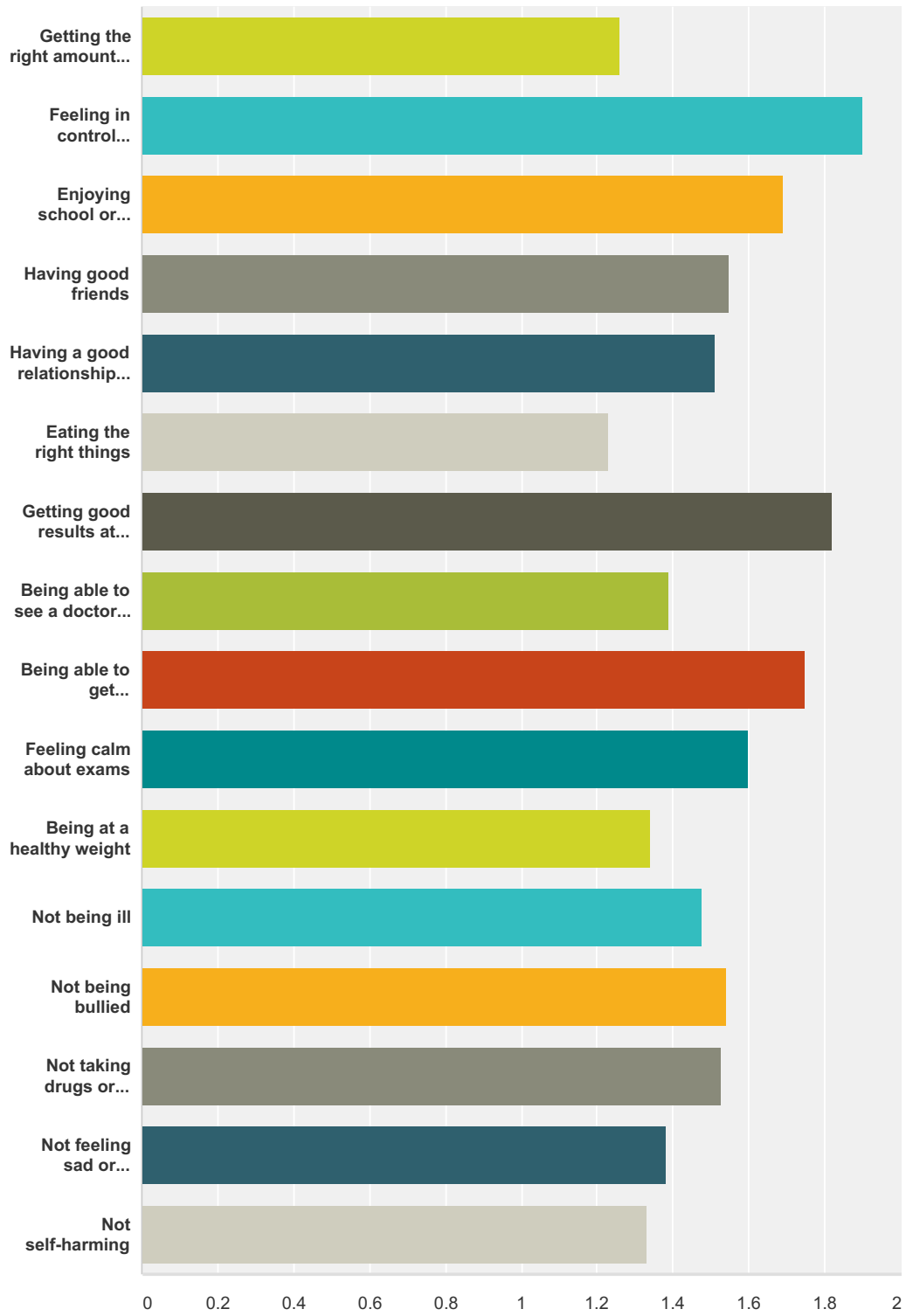
Answered: 312 Skipped: 13



	Extremely Unhealthy 1	2	3	6	Average 5	6	7	8	9	Very healthy 10	Total	Weighted Average
(no label)	2.56% 8	1.60% 5	4.81% 15	7.69% 24	21.15% 66	9.94% 31	19.23% 60	21.15% 66	6.73% 21	5.13% 16	312	6.32

Q5 What is important for being healthy?

Answered: 285 Skipped: 40



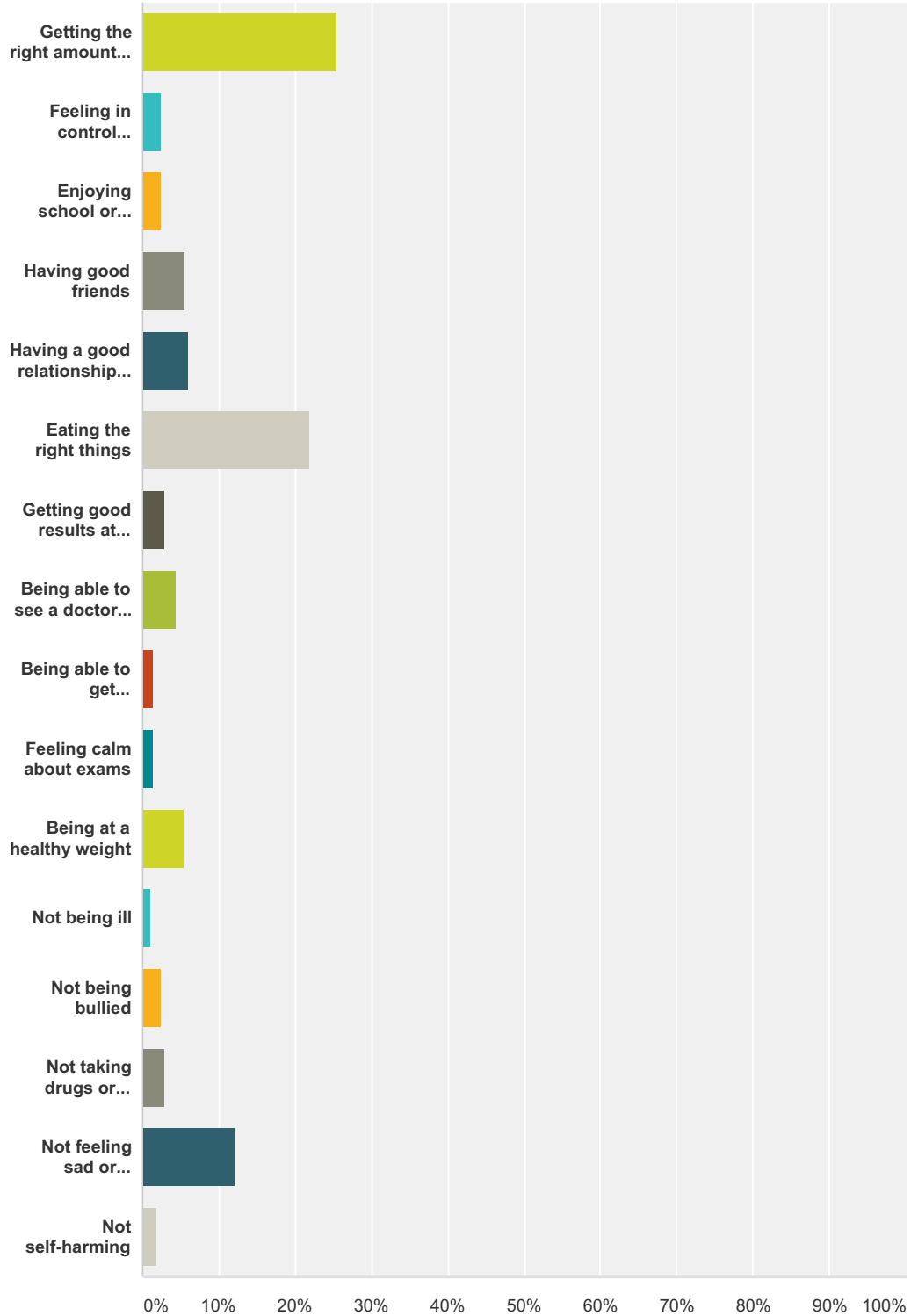
	Very important	Helpful but not essential	Not important	Total	Weighted Average
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Young People's Health Strategy

Getting the right amount of exercise	76.41% 217	20.77% 59	2.82% 8	284	1.26
Feeling in control regarding sex and relationships	33.93% 95	42.14% 118	23.93% 67	280	1.90
Enjoying school or college	43.86% 125	42.81% 122	13.33% 38	285	1.69
Having good friends	55.48% 157	34.28% 97	10.25% 29	283	1.55
Having a good relationship with parents or carers	60.07% 170	28.98% 82	10.95% 31	283	1.51
Eating the right things	80.28% 228	16.20% 46	3.52% 10	284	1.23
Getting good results at school or college	36.52% 103	45.39% 128	18.09% 51	282	1.82
Being able to see a doctor or nurse whenever you need to	66.78% 189	27.92% 79	5.30% 15	283	1.39
Being able to get contraceptives	43.96% 120	37.00% 101	19.05% 52	273	1.75
Feeling calm about exams	50.53% 143	39.22% 111	10.25% 29	283	1.60
Being at a healthy weight	71.73% 203	22.61% 64	5.65% 16	283	1.34
Not being ill	59.51% 169	32.75% 93	7.75% 22	284	1.48
Not being bullied	57.45% 158	31.27% 86	11.27% 31	275	1.54
Not taking drugs or getting drunk	59.79% 168	27.40% 77	12.81% 36	281	1.53
Not feeling sad or depressed	69.72% 198	22.89% 65	7.39% 21	284	1.38
Not self-harming	74.46% 207	17.63% 49	7.91% 22	278	1.33

Q6 From the same list of choices, what would you say is the single most important thing for being healthy?

Answered: 279 Skipped: 46

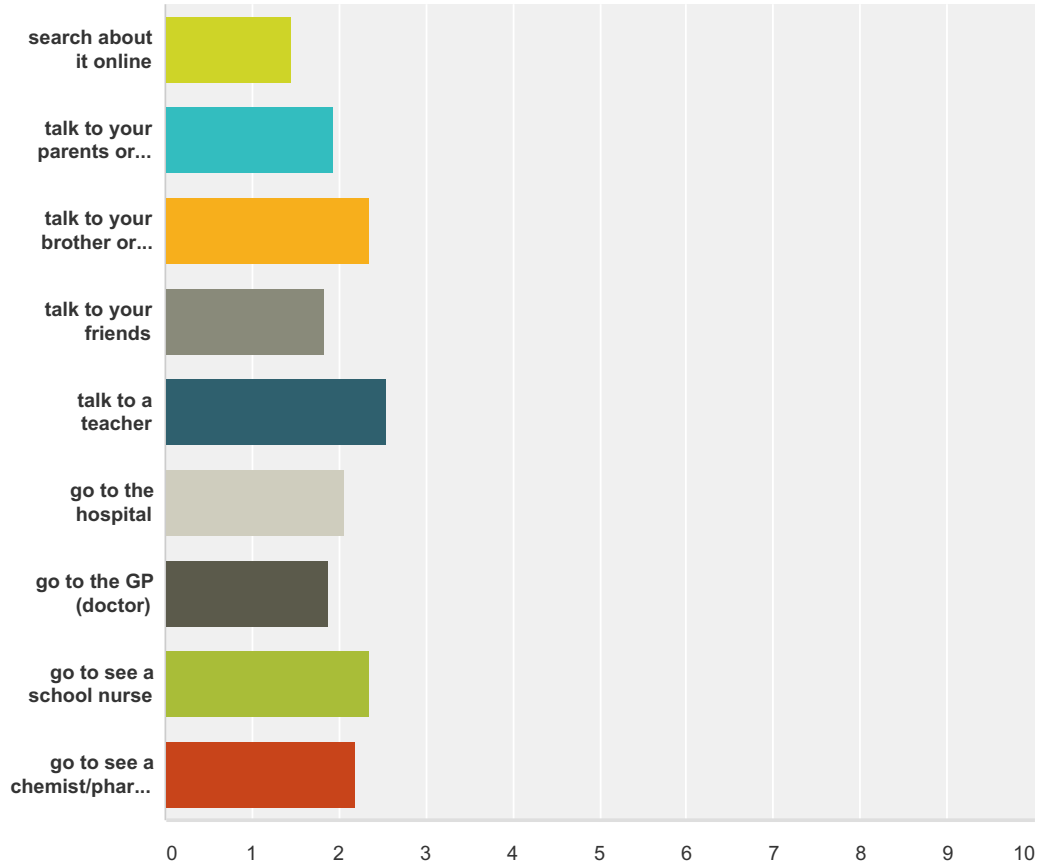


Young People's Health Strategy

Getting the right amount of exercise	25.45%	71
Feeling in control regarding sex and relationships	2.51%	7
Enjoying school or college	2.51%	7
Having good friends	5.73%	16
Having a good relationship with parents or carers	6.09%	17
Eating the right things	21.86%	61
Getting good results at school or college	2.87%	8
Being able to see a doctor or nurse whenever you need to	4.30%	12
Being able to get contraceptives	1.43%	4
Feeling calm about exams	1.43%	4
Being at a healthy weight	5.38%	15
Not being ill	1.08%	3
Not being bullied	2.51%	7
Not taking drugs or getting drunk	2.87%	8
Not feeling sad or depressed	12.19%	34
Not self-harming	1.79%	5
Total		279

Q7 Let's say you want to know something about your health, your body, or about sex or relationships. How likely would you be to...

Answered: 271 Skipped: 54



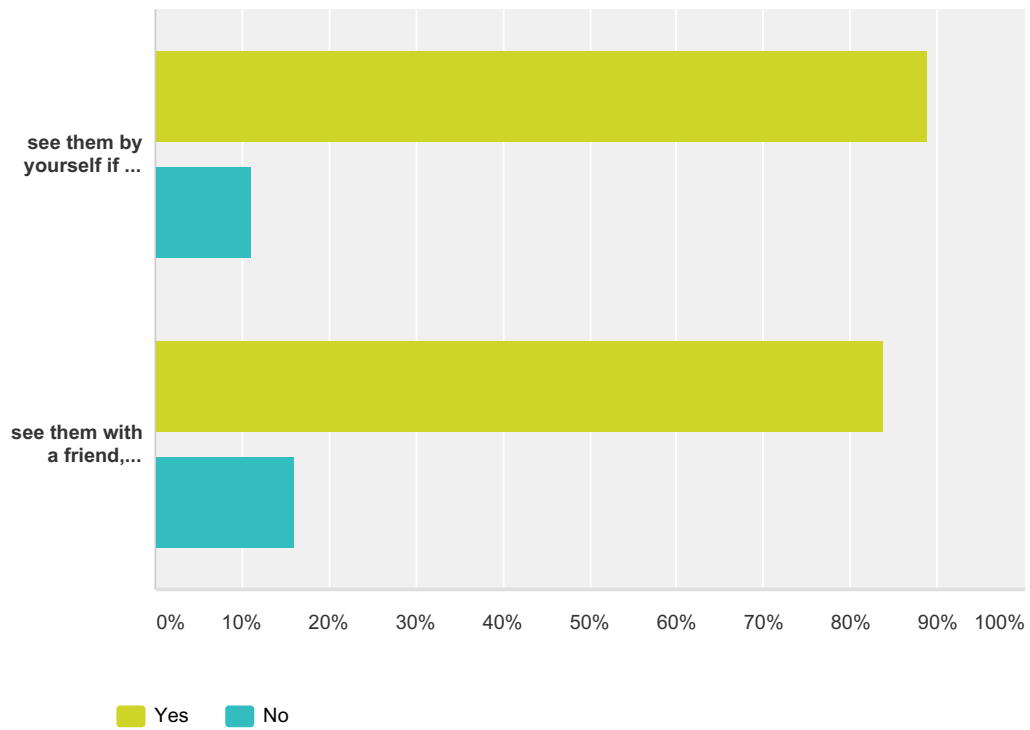
	I definitely would	I might depending on what it was about	I definitely wouldn't	Total	Weighted Average
search about it online	57.04% 154	39.63% 107	3.33% 9	270	1.46
talk to your parents or carers	23.31% 62	58.27% 155	18.42% 49	266	1.95
talk to your brother or sister	14.72% 39	34.72% 92	50.57% 134	265	2.36
talk to your friends	29.43% 78	57.74% 153	12.83% 34	265	1.83
talk to a teacher	6.74% 18	32.21% 86	61.05% 163	267	2.54
go to the hospital	17.74% 47	57.74% 153	24.53% 65	265	2.07
go to the GP (doctor)	26.42% 70	59.25% 157	14.34% 38	265	1.88

Young People's Health Strategy

go to see a school nurse	11.70% 31	41.89% 111	46.42% 123	265	2.35
go to see a chemist/pharmacist	11.28% 30	58.65% 156	30.08% 80	266	2.19

**Q8 If you had to see a doctor or a nurse,
would it be important to you to be able to...**

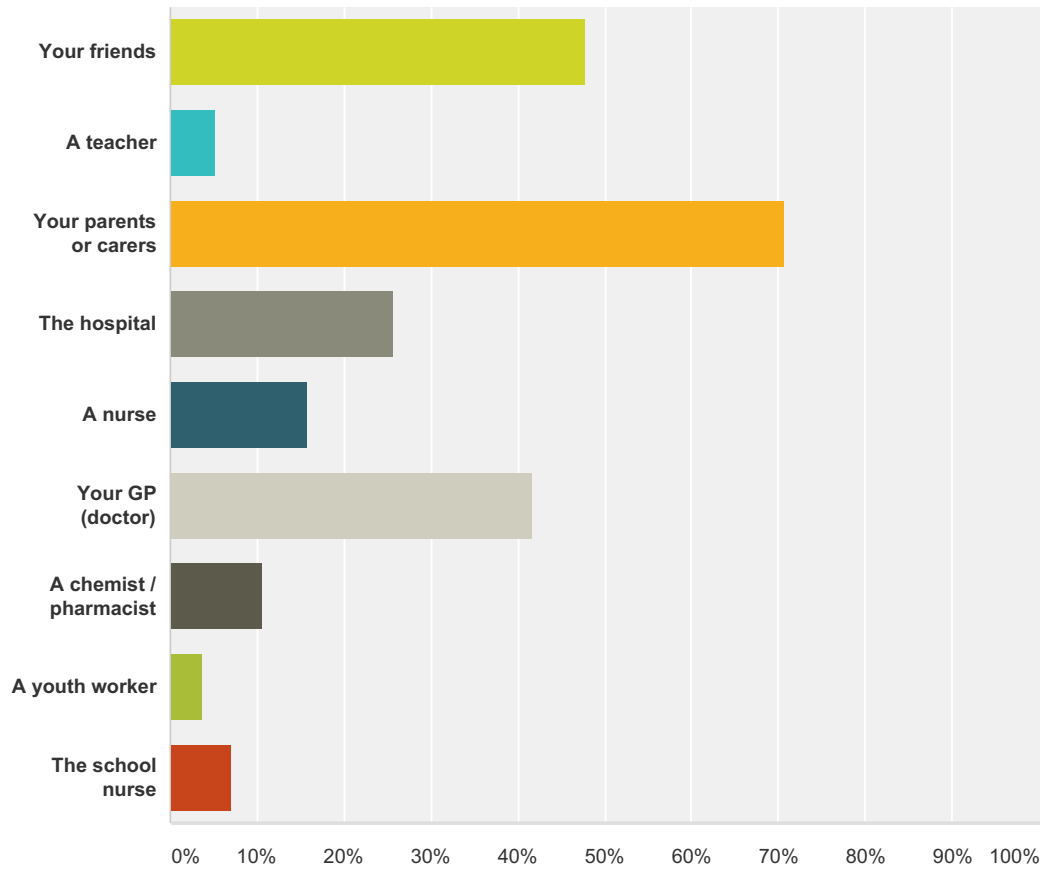
Answered: 268 Skipped: 57



	Yes	No	Total
see them by yourself if you wanted to	89.02% 235	10.98% 29	264
see them with a friend, parent or carer if you wanted to	83.92% 214	16.08% 41	255

Q9 Who do you think are the most helpful people when it comes to staying healthy?

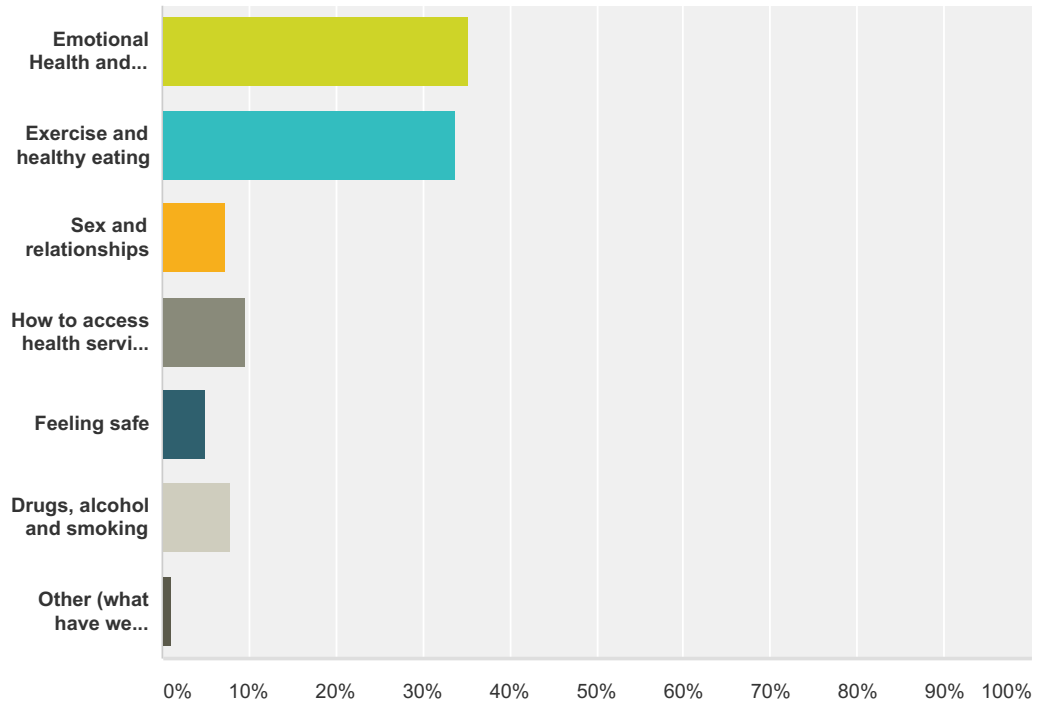
Answered: 264 Skipped: 61



Answer Choices	Responses
Your friends	47.73% 126
A teacher	5.30% 14
Your parents or carers	70.83% 187
The hospital	25.76% 68
A nurse	15.91% 42
Your GP (doctor)	41.67% 110
A chemist / pharmacist	10.61% 28
A youth worker	3.79% 10
The school nurse	7.20% 19
Total Respondents: 264	

Q10 Imagine you've just been put in charge of a new website all about young people's health. What would be the most important topic to include? Everything may be important but for now we just want you to tell us what the most important thing would be!

Answered: 263 Skipped: 62

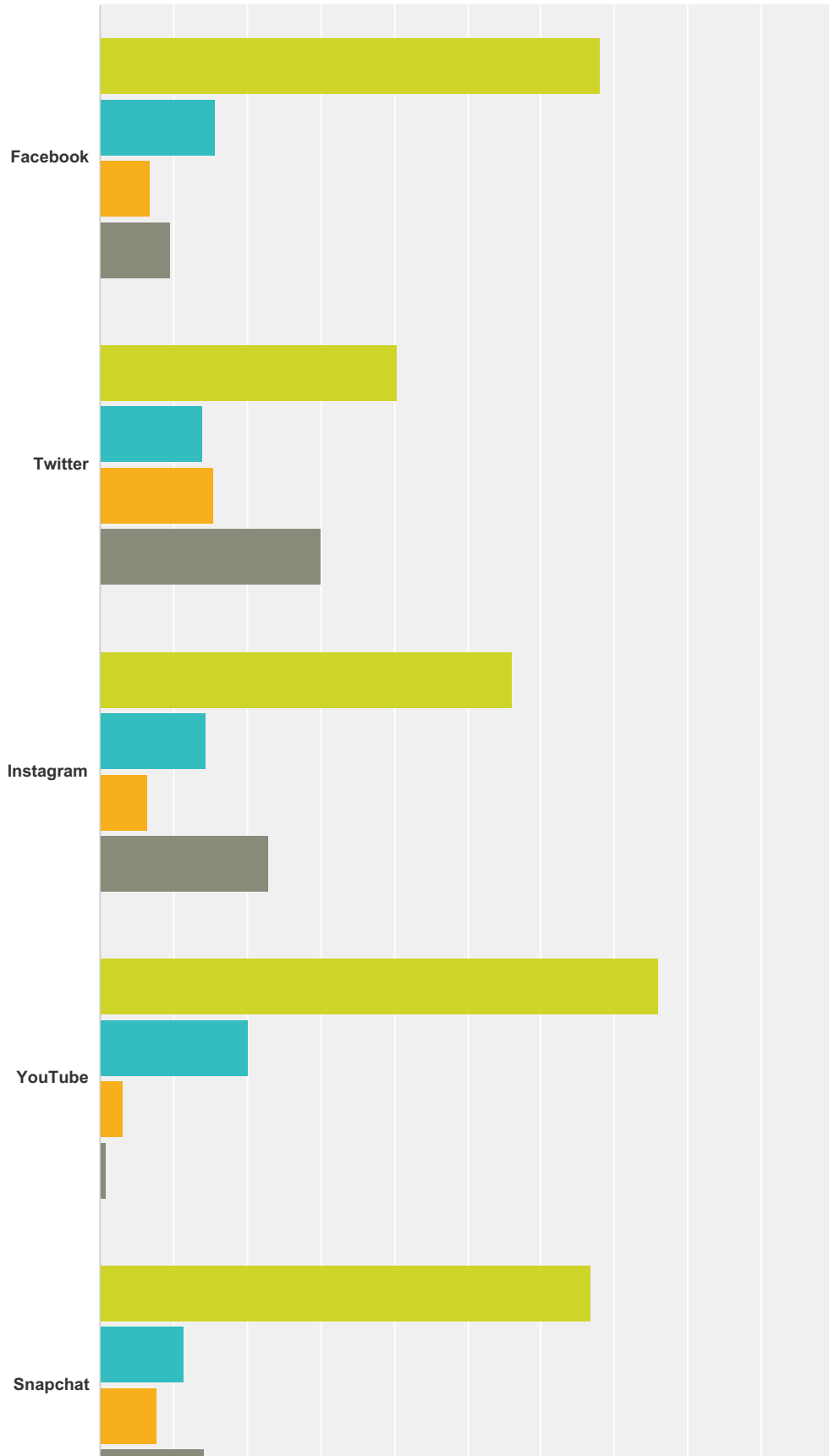


Answer Choices	Responses
Emotional Health and Depression	35.36% 93
Exercise and healthy eating	33.84% 89
Sex and relationships	7.22% 19
How to access health services in Nottinghamshire	9.51% 25
Feeling safe	4.94% 13
Drugs, alcohol and smoking	7.98% 21
Other (what have we missed?)	1.14% 3
Total	263

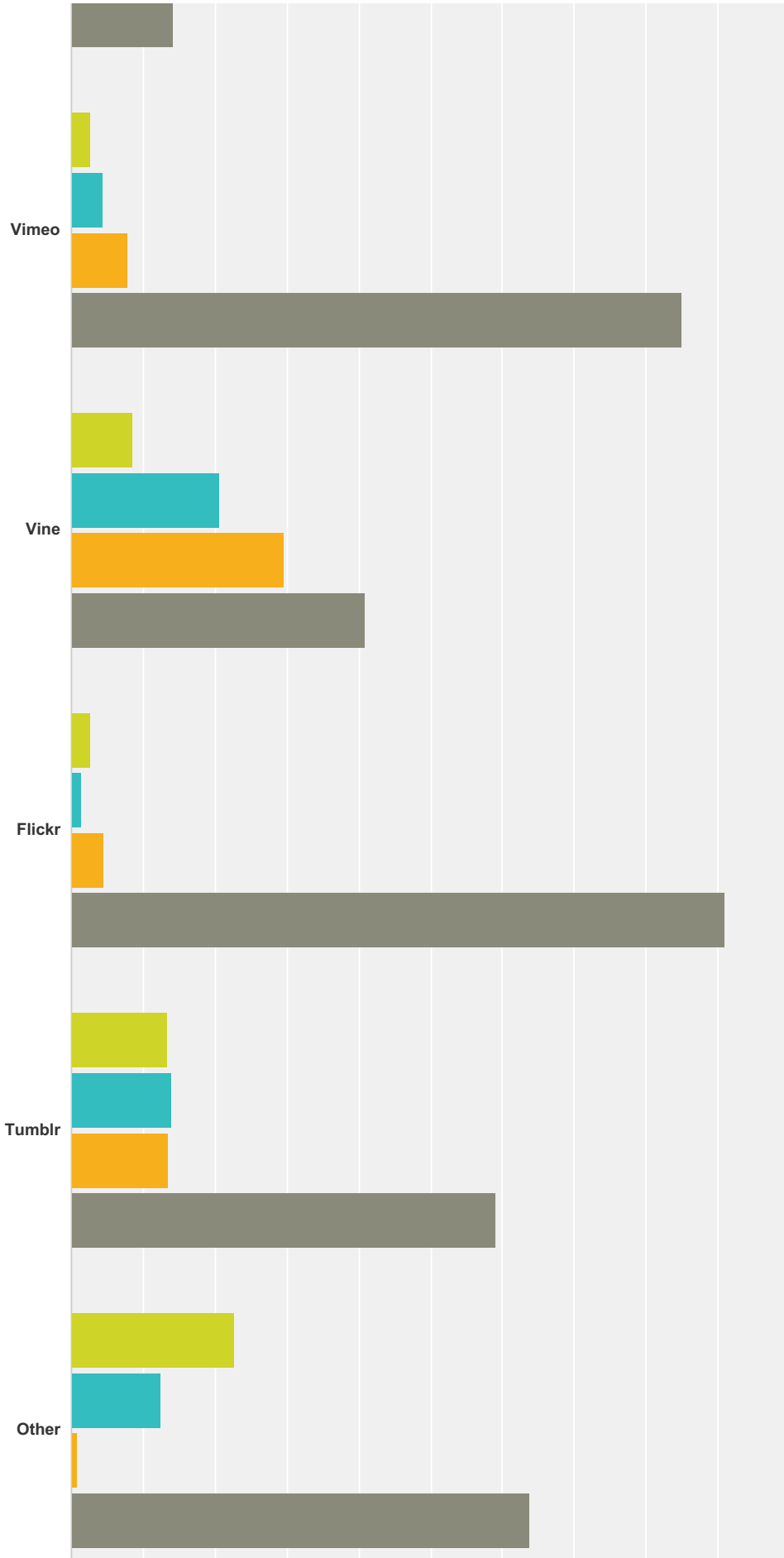
Young
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Q11 How often do you use the following?

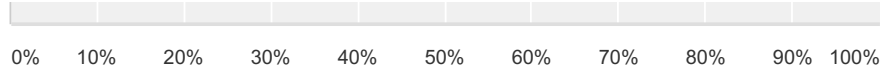
Answered: 266 Skipped: 59



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■ Use regularly
 ■ Use occasionally
 ■ Used once or twice
 ■ Never used

	Use regularly	Use occasionally	Used once or twice	Never used	Total
Facebook	68.06% 179	15.59% 41	6.84% 18	9.51% 25	263
Twitter	40.54% 105	13.90% 36	15.44% 40	30.12% 78	259
Instagram	56.11% 147	14.50% 38	6.49% 17	22.90% 60	262
YouTube	75.95% 199	20.23% 53	3.05% 8	0.76% 2	262
Snapchat	66.79% 175	11.45% 30	7.63% 20	14.12% 37	262
Vimeo	2.76% 7	4.33% 11	7.87% 20	85.04% 216	254
Vine	8.59% 22	20.70% 53	29.69% 76	41.02% 105	256
Flickr	2.73% 7	1.56% 4	4.69% 12	91.02% 233	256
Tumblr	13.28% 34	14.06% 36	13.67% 35	58.98% 151	256
Other	22.69% 27	12.61% 15	0.84% 1	63.87% 76	119

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Q12 If there's anything else you'd like to tell us that you feel is important about the subject of young people's health, please let us know

Answered: 51 Skipped: 274

#	Responses	Date
1	I don't think you should concentrate on healthy eating, exercise, smoking or alcohol because most young people know about these things already through school or parents. I think young people need to know about sex and relationships and also mental health.	6/27/2015 3:50 PM
2	Currently, I do not think that Primary school dinners have the right nutrition and positive body reactions. I attend Secondary school and remember that a few children were vomiting either shortly after or later on in the day. As an 8 year old, i remember being in a scout hut and a boy vomited macaroni cheese which had been served in the cafeteria that day in primary school. What i'm trying to say is that i don't feel that primary school dinners in west bridgford are sustainable or healthy for people.	6/25/2015 8:04 PM
3	Young adults need the right and amount of exercise and to eat the right food to be sucessful in life, but we need to focus more on our education. Who cares what you look like?! We are who we are!	6/21/2015 8:43 PM
4	What is this for	6/20/2015 10:16 AM
5	More should be done to help young people with depression and self harming.	6/19/2015 9:39 PM
6	There needs to be more said about mental and emotional health said in school!	6/19/2015 7:03 PM
7	I feel like giving out free contraceptives is important because some of my friends have done things and haven't used protection because they can't get any, and it worries me so much. Also I feel like depression and self harm awareness should be raised because I have been through it myself and it would of been nice if I had help, also some people say it's attention seeking (not to me because I didn't tell anybody) which isn't fair at all.	6/19/2015 5:06 PM
8	That children should be able too feel comfortable talking to teachers about bullying and any other problems they have	6/19/2015 5:05 PM
9	Reduce prices of healthy food	6/19/2015 4:25 PM
10	You should be comfortable with yourself but healthy so you don't need to be skinny to be healthy	6/19/2015 4:04 PM
11	I always thought that the more you do sports at a really young age, the healthier (physically) you are through out your life as you keep part of the sport mentality.	6/19/2015 3:32 PM
12	I think it is really important for young people to be taught about varying sexualities and gender. If these were taught, and we had a proper sex education, we could feel safer and not alienated. We should also be able to know there is someone we can talk to in privacy about our mental health. I think that would make a big impact on the lives of young people.	6/19/2015 2:11 PM
13	People need to know about depression,self harming, and eating disorders, because loads of young people do it or have it.	6/19/2015 1:53 PM
14	if someone took drugs and alcohol everyday would that affect them dyeing at an eailer age ?	6/19/2015 1:33 PM
15	our sexuality	6/19/2015 1:31 PM
16	Felling that you can talk to anyone about it	6/19/2015 1:05 PM
17	Being able to contact someone local to help with the subject of bullying.	6/19/2015 11:47 AM
18	Schools need to understand that students will be stressed and, instead of expecting more from then (and punshing them when they feel like they cant possibly do any more), offer them help/support.	6/19/2015 11:39 AM
19	Depression is a issue for younger people being bullied or home issues .	6/19/2015 11:35 AM
20	People thinks it's a fashion to self harm, that's how ridiculous it's getting people doing it, people don't give them enough support and reassure them of their problems, they just take it out on theirselves	6/19/2015 11:26 AM

Young People's Health Strategy

21	I believe you have covered everything.	6/19/2015 11:18 AM
22	I'm healthy and get exercise I have a strict diet plan because I am a cheerleader and I love being healthy	6/19/2015 11:14 AM
23	Young people really need to be educated about mental health and told they are not alone or weird.	6/19/2015 11:13 AM
24	School food, I don't think that the school feed meet the requirements of some peoples diets, for example people with allergies. There are also not many healthy options or options what tell us the ingredients and information regarding that food.	6/19/2015 10:37 AM
25	People should know about what foods do because we get to.d there healthy but not what there benefits are!	6/19/2015 10:33 AM
31	Mental health. Sex Education...please tell us about gay and lesbian sex, asexual feelings, BASICALLY PLEASE EDUCATE PEOPLE ASSURING THEM THAT HOW THEY'RE FEELING ISN'T STRANGE AND THAT THERE ARE MORE THAN TWO SEXUALITIES! Thank you.	6/19/2015 10:12 AM
32	don't judge people based on what they look like. not everyone can be stick thin so screw ur expectations :)))	6/19/2015 10:06 AM
34	Portrayal of sex, drugs, alcohol and body awareness and image have a greater effect on young people than is realised. Early detection of mental health in young adults need to be improved.	5/31/2015 10:11 PM
35	It would have been useful to have monitored a respondent's sexual orientation and ethnic origin as there are specific health issues associated with both.	5/29/2015 12:57 PM
37	Body image issues, eating disorders; it is vital to diagnose ED's early on! When I was 11 my mum Repeatedly went to the GP, concerned about my low weight, poor body image, rituals & food restriction. She was repeatedly told I was doing it to be attention seeking and would stop if ignored. The GP couldn't have been more wrong. 2 years later, I was diagnosed with severe anorexia, and still battle anorexic, suicidal & self harm related thoughts on a daily basis. Perhaps if I had been diagnosed when I was 11, I would be fully recovered by now, and my childhood wouldn't have been completely stolen by psychological illness.	5/19/2015 10:23 PM
38	Part of being healthy is being happy so helping to deal with depression or bullying or obesity can help to become healthy. If you're happy, you're more likely to be healthy and enjoy life	5/19/2015 10:07 PM
39	Knowledge on what's 'normal' for the body and mind during teenage years	5/19/2015 8:22 PM
40	Everyone is different.	5/19/2015 4:02 PM
41	Getting an appointment for a GP should be made easier. Get rid of same day booking. Should be allowed to make an appointment at any time for any date.	5/19/2015 11:28 AM
42	Making forms of medical anxiety more aware rather than it being used as a phrase for someone to use when they feel the slightest stress	5/19/2015 11:24 AM
43	I think it is important to have a mix of information regarding exercise, healthy eating and emotional wellbeing all together. By having all of these it is easier to stay healthy. Better resources and information about sexual health and LGBT sex information would also be more useful to young people.	5/19/2015 11:17 AM
44	I didn't answer the school related questions as I do not attend any educational establishment	5/19/2015 11:14 AM
45	Mental health issues such as aspergers need much more focus as alot of the time they are seen as second rate to more serious disabilities	5/19/2015 10:52 AM
46	I had never considered someone's emotional wellbeing as being part of their health before	5/19/2015 10:22 AM

Young People's Health Strategy

47	<p>In regards of bullying, I don't believe the methods put forward as 'anti bullying' are very effective. This is because these methods almost always do nothing to discourage bullies which have an impact on your emotional health, but it also encourages them to bully you more if you join, say, an 'anti bullying campaign' at school. Generally, young people's health is mostly affected by stress, depression and social issues in my opinion - so I think focus on improving those sectors would do a great deal. Also, attitudes of teenagers are hard to combat with as they just 'cant be bothered' to do anything, so encouragement to join in with activites or things which imporve their mental health would also be a great benefit. Finally, in regards to drugs, I think it's more social issues that govern whether you use them or not - what your friends do, and whether you want to join in or not. So, in the long run, I don't think much can be done about drug use in teenagers as people from different areas in the country will be more inclined to do drugs are they are more available to them. And, the type of drugs make a big difference as well, from what i've seen. Softer drugs tend to be just recreational in some way, but hard drugs are somewhat unheard of in my area (West Birdgford) unless you come from a certain social group; but I cannot speak for other areas in which it's probably more prevalent.</p>	5/19/2015 10:17 AM
48	<p>Making sure young people and teenagers understand that a balance amongst everything is what keeps you HEALTHY! And that mental health is a really important topic that must have more education and focus on!</p>	5/19/2015 10:13 AM
49	<p>Treatment for mental health problems needs to be made better and more accessible. There are so many young people suffering who aren't getting enough or the right kind of support.</p>	5/15/2015 4:13 PM
50	<p>There is very little support in school , college or uni without having to search for it. Some services aren't available outside my uni timetable. Without a car it is difficult to get to services without having to ask for a lift or find busfare.Makes it really hard. There doesnt seem to be any support for mental health unless you get referred by a doctor and that means you have to be labelled with some kind of disorder.All I want is a bit of reassurance.</p>	5/14/2015 3:09 PM
51	<p>I think there shoud be more services out there for young people who suffer from mental health and the services need to be approachable. Because once you turn 18 there is nothing & if there ls something its shockingly crap</p>	5/8/2015 7:54 PM