

Gateshead Millennium Study Feedback

Thank you for being part of the Gateshead Millennium Study. We really appreciate the time you give us to answer questionnaires, have your height and weight taken, measure your physical activity and tell us about your diet. Any information you give us is incredibly valuable and helps our research into keeping children and young people healthy, so THANK YOU!



The results from previous rounds of the GMS are all on our website (<http://research.ncl.ac.uk/gms/>) and you can always get in touch with us if you want to know more.

Data collection in 2014-2015

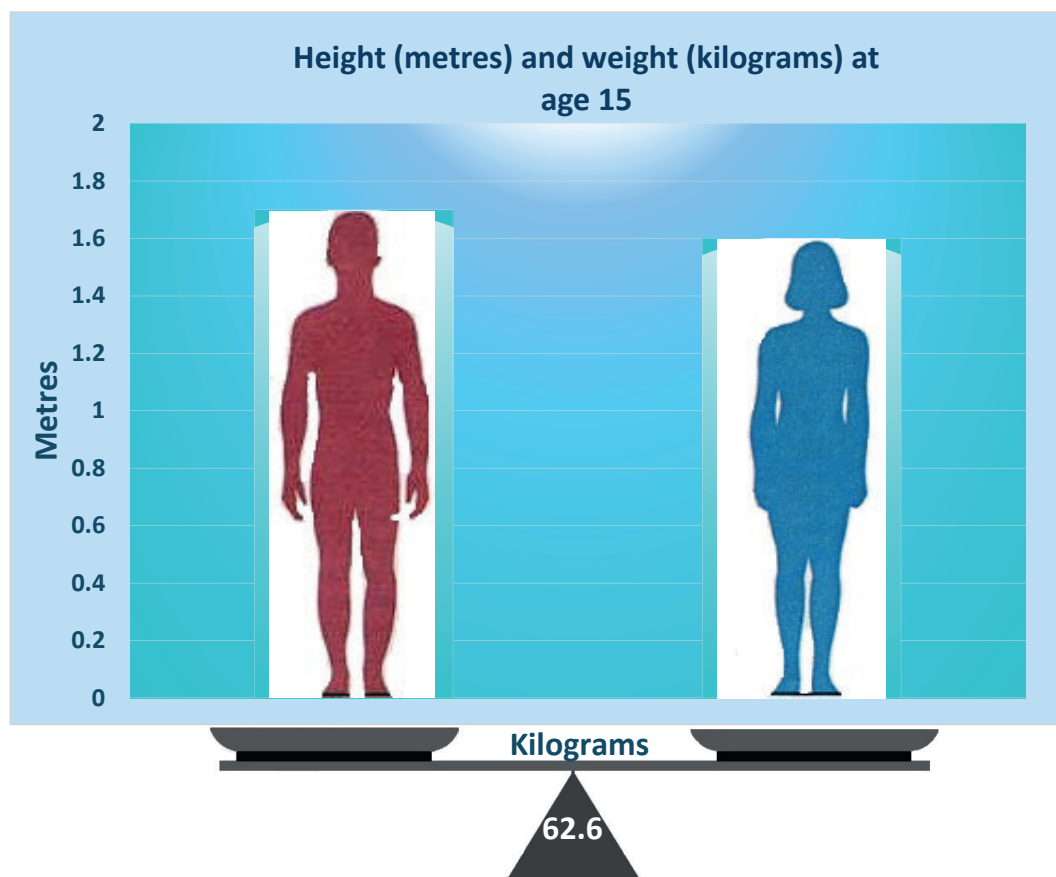
382 of you took part in the last round of data collection, 178 boys and 183 girls. This was not as many as usual because lots of you were doing exams – we hope you did well, and good luck to those of you sitting exams this summer. We visited all of the secondary schools in the area, and saw some of you at home too.

Your ages last year ranged from 14.5 to 16.1, and the average age was 15 years.

We have put some of the information you have given us over the years into graphs to show you some of the findings.

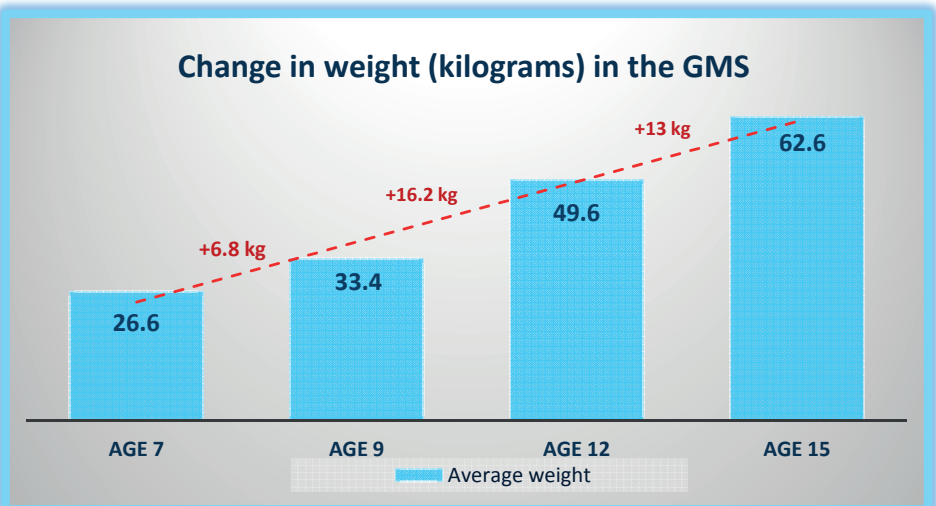
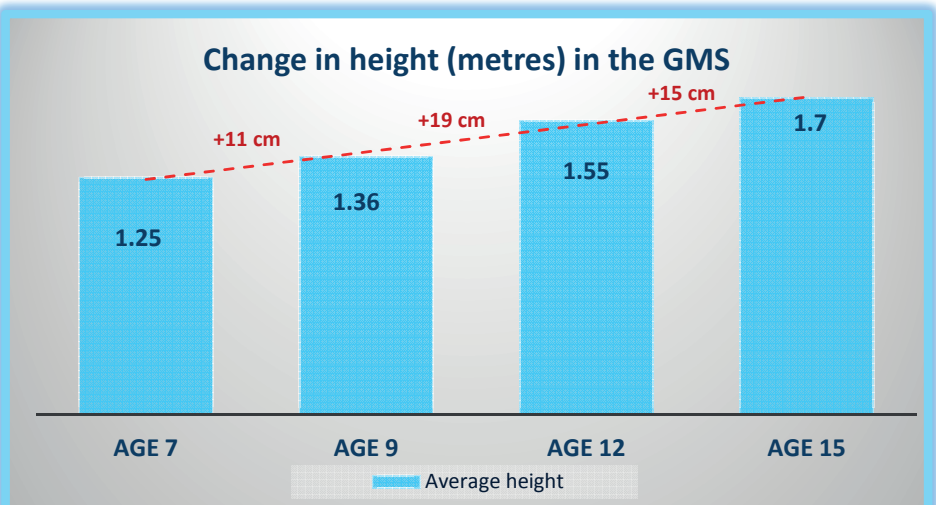
The information is for the GMS group as a whole, not for individuals.

The graph below shows differences between boys and girls in height and weight – boys were slightly taller (1.7 metres vs 1.6 metres) but there was no overall difference in weight (62.6 kilograms).



Changes over time

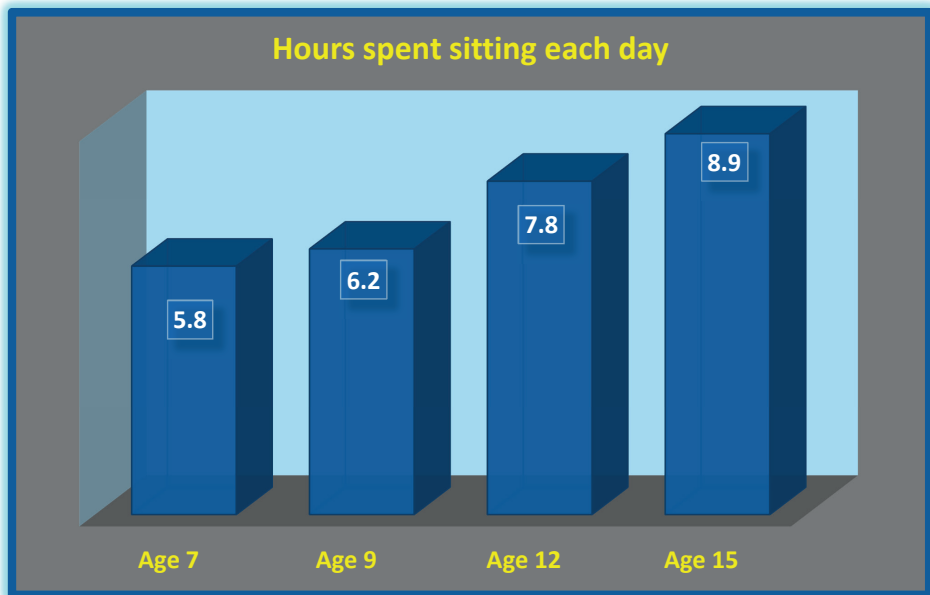
The next graphs show the changes from when we first saw you aged around 7.



----- The dotted line represents the change in height and weight over time. The graphs show that you grew the most between the ages of 9 and 12.

Physical activity

The activity monitor that we asked you to wear for a week always gives us interesting information. It contains an accelerometer (similar to the one that most mobile phones now have) that records when you move, and how intense the movement is. From this we can work out how active you are across the week. We do this because we know that being active helps to keep us healthy, but we also know that most people just aren't active enough! We can also work out how much time has been spent sitting down – at school you don't have much choice about this, but outside school it is good to spend as little time sitting as possible.



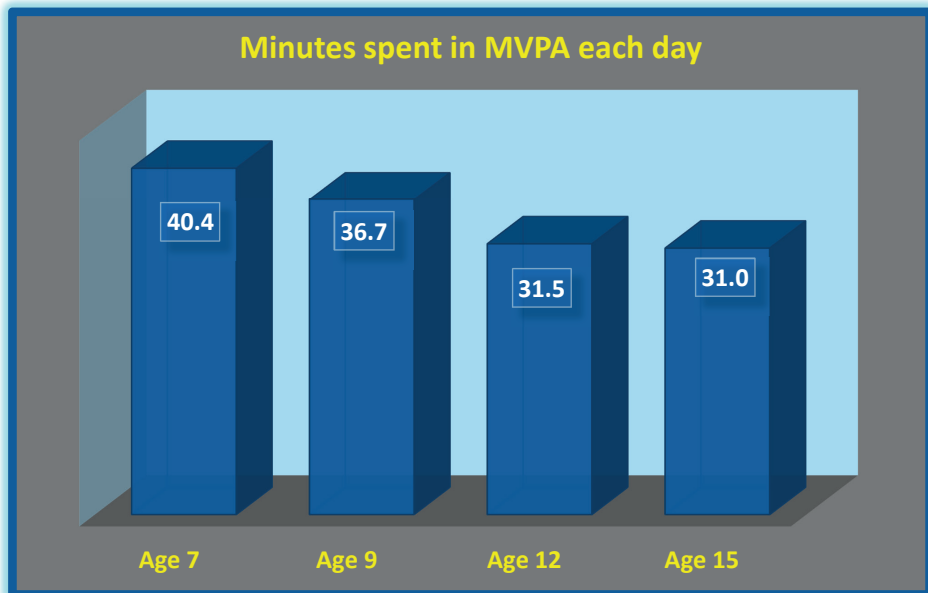
The graph shows that the amount of time spent sitting increases with age, so by age 15 a large part of the waking day was spent sitting down.



DID YOU KNOW...?

! Children and young people aged 5-18 are recommended to take part in 60 minutes of physical activity *every day* that is a moderate to vigorous intensity (MVPA). This is equivalent to a brisk walk or harder and is the kind of activity that helps your heart and lungs to stay healthy.

! Being active also helps you to feel better when you are stressed, for example when you have been revising a lot. It is good to move around and give your brain a break!

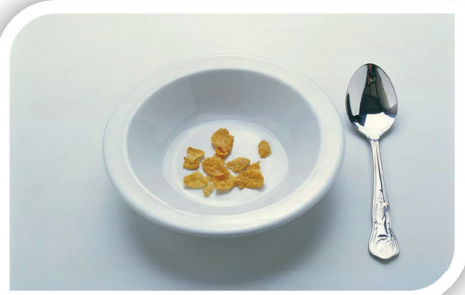


The graph shows how the amount of MVPA has decreased in the GMS participants as you have got older.

At age 15, only 21 GMS participants took part in an average of 60 minutes of MVPA every day.

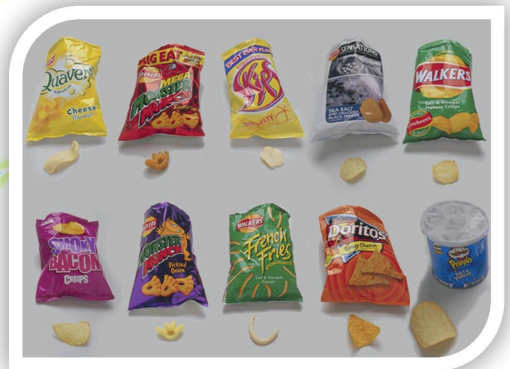
Diet

We asked you to complete a dietary recall on the computer and tell us all the foods and drinks you'd had in the previous 24 hours. We found:



17% of you appeared to skip breakfast

An average of a packet of crisps or savoury snacks was eaten per person each day



FACTS:

- Around half of the group (181 out of 363 participants) drank fruit juice every day
- The group as a whole drank a lot of sugary drinks. This includes fizzy drinks, squash and fruit juice. Around half of the group had the equivalent of a can of fizzy drink each day, although some had more.

DID YOU KNOW...?

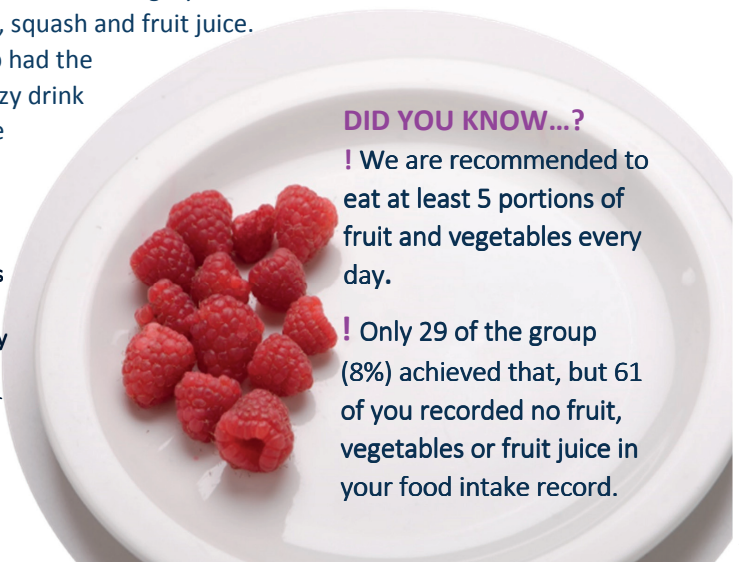
One can of fizzy drink contains around **33g of sugar** – people aged 11 and over are currently recommended to have no more than 30g of added sugar in our diet each day, to help prevent tooth decay, obesity and diabetes.



DID YOU KNOW...?

! We are recommended to eat at least 5 portions of fruit and vegetables every day.

! Only 29 of the group (8%) achieved that, but 61 of you recorded no fruit, vegetables or fruit juice in your food intake record.



Physical and psychological wellbeing

We asked you to answer questions on how you feel about different aspects of your life. Like all people, some of you are happier than others!

The results showed that on average boys had a higher score for physical wellbeing such as telling us if you were physically active in the last week (for example running or biking). Boys also had on average a higher score for psychological wellbeing, such as feeling in a good mood and feeling happy with how you were in the last week.

Boys and girls had similar average scores for the freedom to decide what to do, relationships with parents/carers, social support from friends and how you feel about school.

Smoking and Alcohol

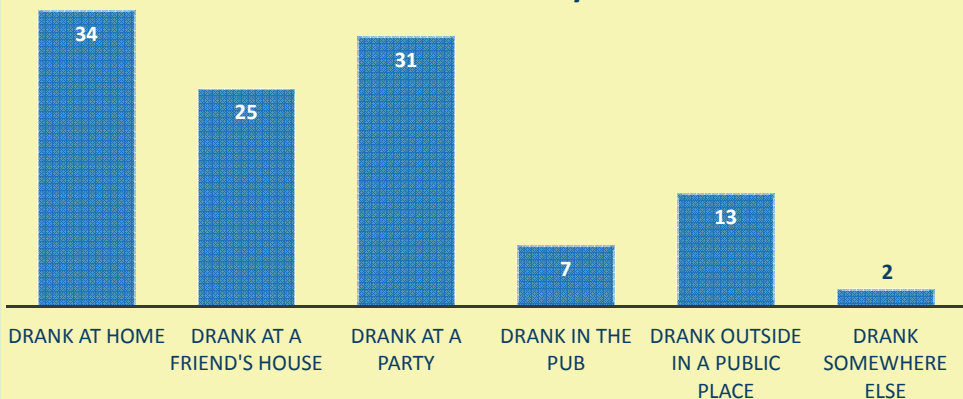
We asked you about whether you smoked, or drank alcohol.

Most of you hadn't tried a cigarette, but 18% of you reported that you had smoked a cigarette. Out of a group of 362 GMS young people, 12 reported that they smoked regularly (every day or every week).

67% of you reported having tried an alcoholic drink.

Less than 20% of the group reported drinking regularly (every week or every month), but 12 young people were drinking several times every week.

The different places that young people drank alcohol, and how many drank there



Thank you for being part of the GMS

We couldn't have done it without you!

If you want to learn more, please visit our website:

<http://research.ncl.ac.uk/gms/>



We hope to see you again in the next academic year!

This work was supported by the Chief Scientist Office (Scottish Government), the National Prevention Research Initiative and The Children's Foundation.

If you have changed school/college please let us know using the details below:

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