

Changing trends in young people's food behaviour and wellbeing in England in relation to family affluence between 2005 and 2014

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Background context

- Healthy eating important for current wellbeing and long-term outcomes
- UK food market has unhealthy foods, obesity is a high profile issue
- Known differences between adolescents by household income reflecting broader social gradient in health and diet intake
- Evidence at household level that reduced affordability of food has impacted family food purchasing, especially of healthy foods
- Context of continuing political uncertainty, economic austerity and changing policy

Recommendations

Boys and girls in UK aged 11 to 18 years should consume:

- 5-a-day fruit and veg
- No more than 11 per cent food energy consumption in the form of non-milk extrinsic sugars (NMES)
- And 'Don't Skip breakfast': FSA assumes 20% daily energy comes from this meal

HOWEVER: these targets are not being met!

Aims & Methods

- Large ERC study examining ‘Families and food in hard times’ in 3 European countries: England, Norway and Portugal.
- This presentation focuses on analysis examining eating behaviour trends over time for England
- Secondary analysis of the HBSC for England 2005, 2009 and 2014
- ‘What is the relationship between family affluence and self-reported consumption of breakfast, fruit, vegetables and soft drinks by young people aged 11-15 years in England and how does this change over time?’

Health Behaviour in School-aged Children (HBSC) data

- Multi-national, cross sectional survey of 11-, 13- and 15-year-old boys and girls
- Now includes 44 countries and regions across Europe and North America
- 3 types of questions
- Self-reported data
- More info: <http://www.hbsc.org/about/>

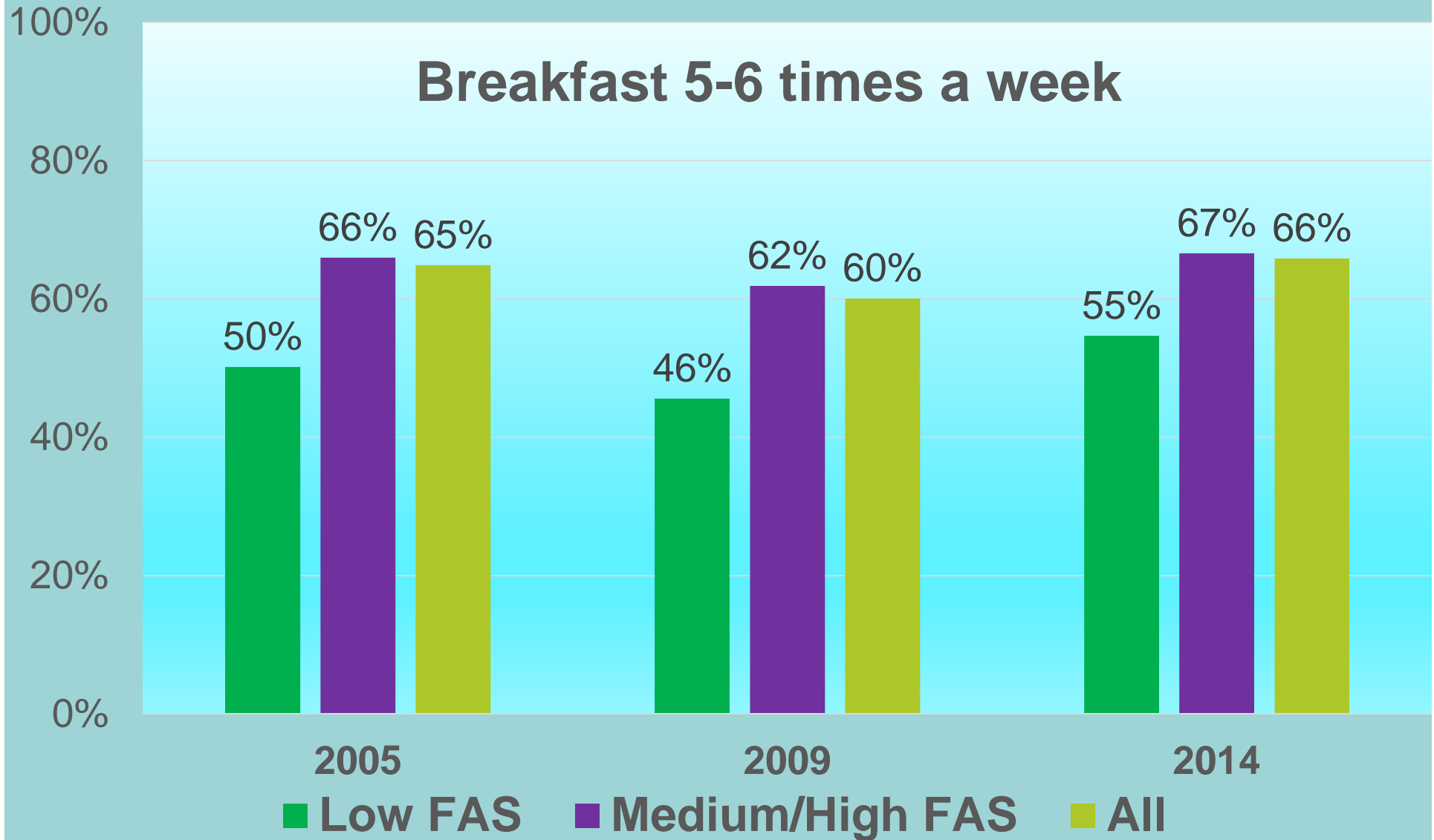
HBSC food behaviour measures

- Fruit 5-6 times per week
- Vegetables 5-6 times per week
- ‘Soft drinks’ 5-6 times per week

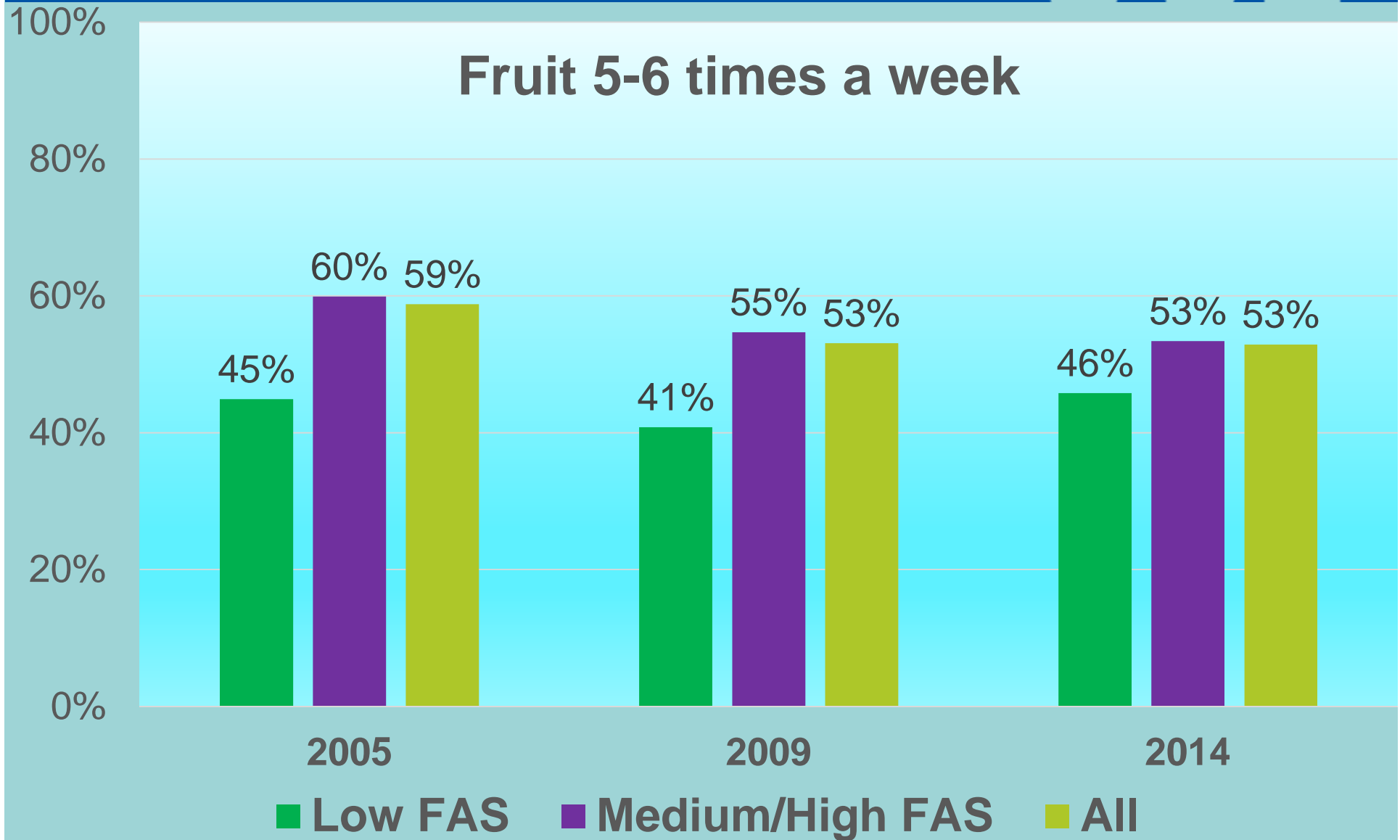
- Family Affluence Scale (0-8)
 - family car ownership (scored: No 0, Yes, one 1, Yes, two or more 2)
 - child own bedroom (scored No 0, Yes 1)
 - family holidays (scored: Not at all 0, Once 1, Twice 2)
 - family computers (scored: None 0, One 1, Two 2, > two 3).

Other analysis

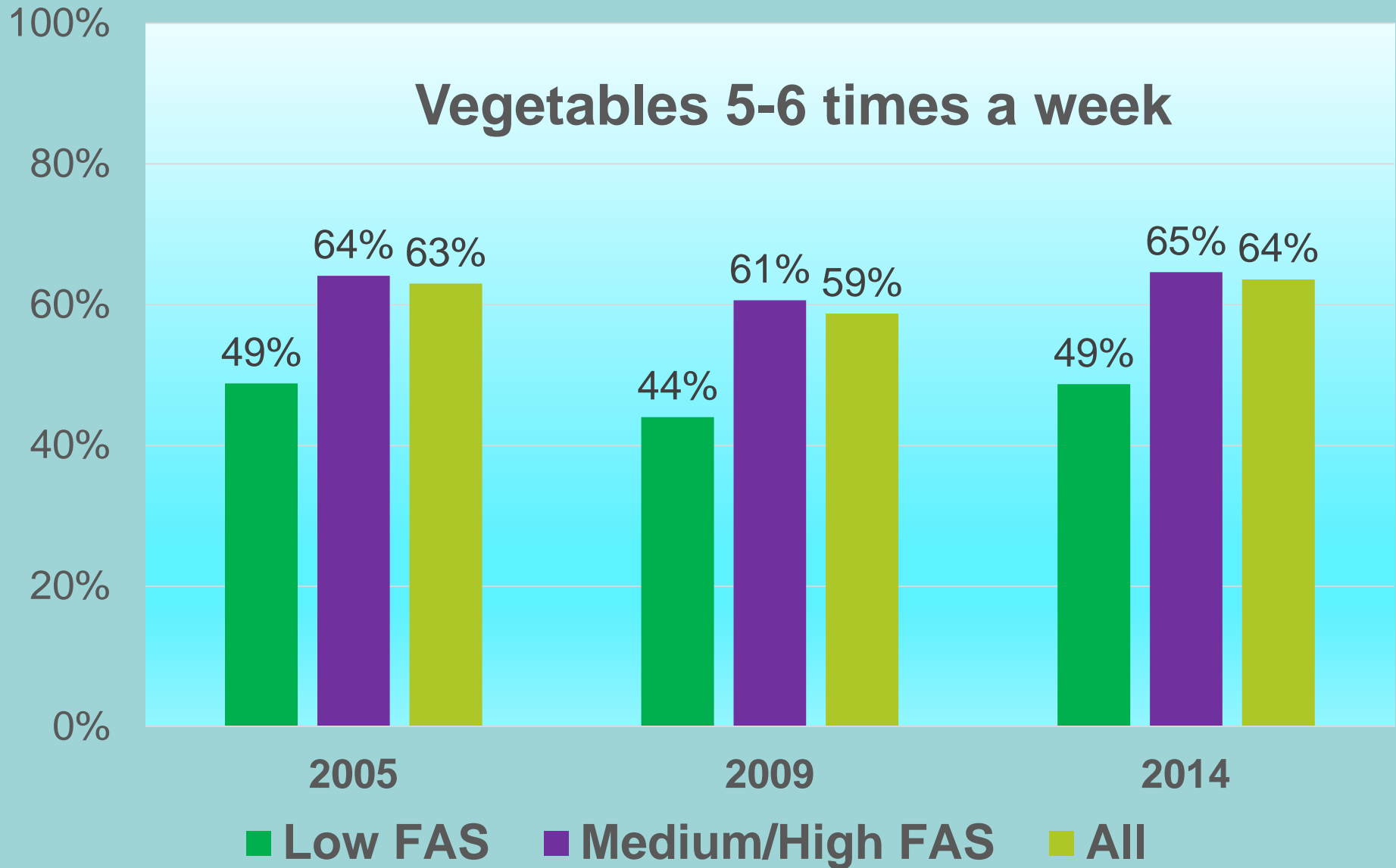
- Gender
- Wellbeing (not reported today):
 - Self-rated health good or excellent
 - Self-reported 'very best' quality of life
 - Self-reported academic achievement as 'very good/good'



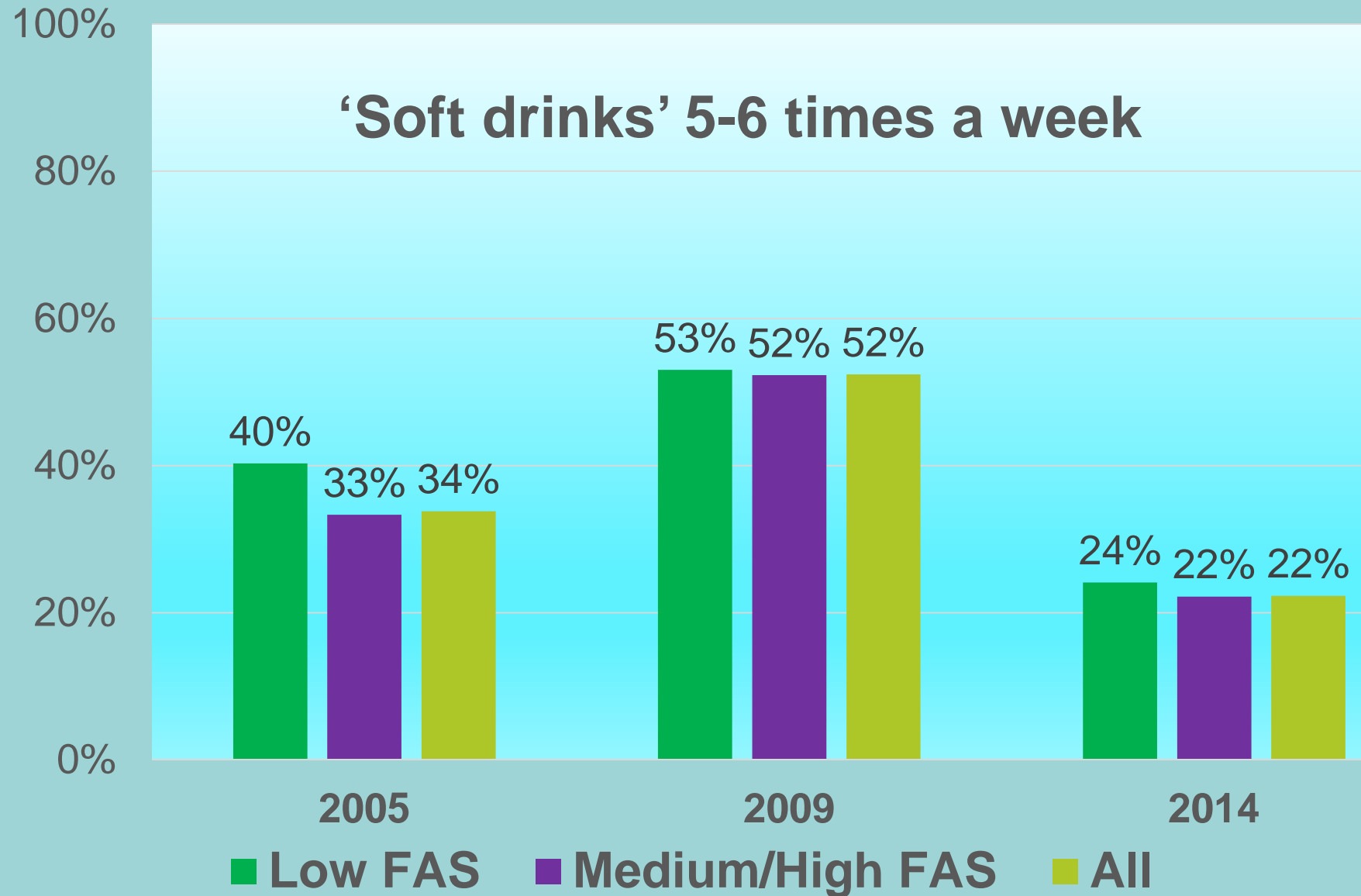
Fruit 5-6 times a week

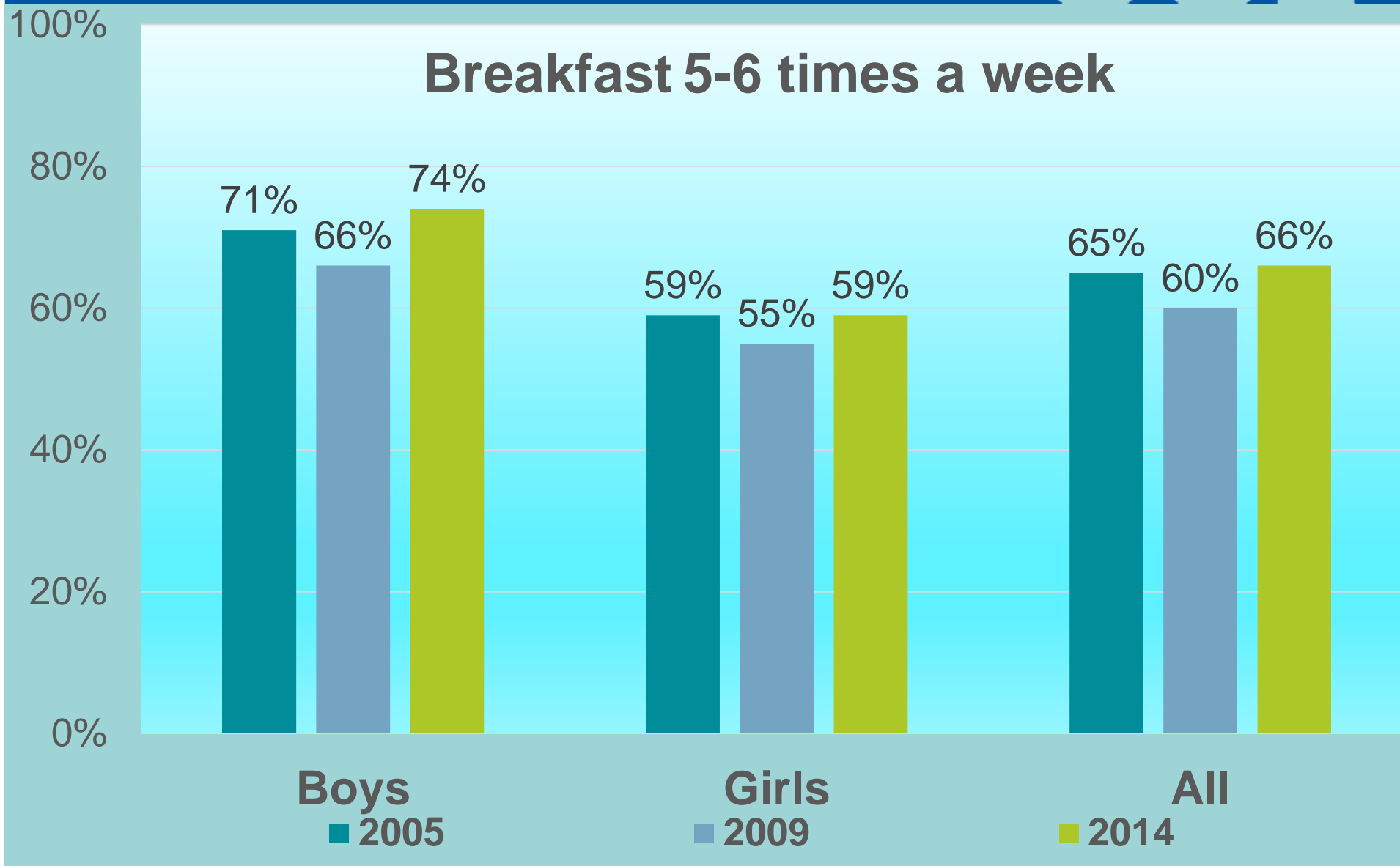


Vegetables 5-6 times a week



'Soft drinks' 5-6 times a week





Summary of key findings: YP aged 11-15

- Marked inequalities by FAS
- A (small) rise over time in the % breakfast and vegetables 5-6 times per week
- A reduction in % fruit 5-6 times per week between 2005 and 2009, then stable
- A reduction over time in % drinking sugary drinks 5-6 times per week
- Closing gap between FAS groups in:
 - breakfast and soft drink consumption
 - fruit consumption
- While statistically significant patterns observed, the associations are weak

Some interpretations/conclusions

- Relationship between food, health and wellbeing for young people is classed
- Changes to fruit and vegetables difficult to interpret – related to food prices?
- Is policy making a difference to breakfast consumption?
- Is policy making a difference to sugary drink consumption?

Published paper: Simon, A., Owen, C., O'Connell, R., and Brooks, F. (2017). Changing Trends in young people's food behaviour and wellbeing in England in relation to family affluence between 2005 and 2014. *Journal of Youth Studies*.

More about this research project :

<http://foodinhardtimes.org/about-the-study/>

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Any Questions?