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**REPORT ON THE HEALTH
EXPO FOR ALL
YEAR 9 AND YEAR 10
STUDENTS AT
LINWOOD COLLEGE**

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Health EXPO

In 2005 the LANE project identified in research that there were many different potential barriers to learning – income, number of parents, time with children, number of books, amount of sibling reading, medical issues etc.

All of Linwood College's year 9 E19/22A cards - those that came from their primary school were examined. They were found to be missing a large amount of data and it was not clear even if a number of the tests were ever done.

Linwood College undertook an informal survey of students and parents and compared the results. There was up to 30% difference in the information that was held on the E19/22A cards compared to responses the parents expressed about their children's health.

A recommendation was made that a complete medical of all the year 9 and year 10 Linwood College students, examining ears, eyes, nose and throat, teeth be completed. This would give factual evidence to back what is currently being observed. Treatment could then be offered to correct any problems found. These assessments needed to be standardized and performed by medical experts under medical ethics conditions to ensure the robust nature of the research.

The Collaborative for Research & Training in Youth Health & Development Trust (the Collaborative) undertook to do this research.

The Collaborative was contracted to examine Eyes, Ears, Nose and Throat, and the Dental check and Linwood College would do the Demographics, Fitness, Health measurements, and HEADSS assessment for mental health.

An Ethics Committee application for the Collaborative was completed and lodged and a Locality Assessment was completed to ensure the venue and contractors met exacting standards.

Information was sent to parents /caregivers including consent forms for the students to participate in the testing by the Collaborative. To encourage the students to participate in the testing, all year 9 and year 10 students were part of an Expo on Health with free gifts, handouts, health information pamphlets.

Exhibitors at the Health Expo were:

- NZ Blood Service
- Cancer Society
- Auhi Kore / Smokefree
- Diverse café / 198 Youth
- Heart Foundation
- Sports & Rec Kaiwhakahaere
- Mental Health Foundation
- Sport Canterbury

Each of these displayers were given a commercial expo 2.4m x 2.4m booth and allowed to fit it out with their material and displays. Some manned them each day and others put brochures out. Some had computer interactive displays and others just had static ones. All had giveaways and pamphlets for all students to takeaway.

In addition to the display material other free gifts included, 500 balloons, 450 Oral B toothbrushes, dental floss, pamphlets and a bag to put the gifts in. Happy Apple in Ferry Road

donated 450 apples for the event as well. Reading Cinemas couldn't supply free movie passes but did discount them.

The information and consent forms were compiled, printed and sent out to all parents with the opting out option being a written note into the school by Friday 10th February. Only one written note was received by then, but eventually six students were not part of the testing as their parents did not want them included.

Refer to the specialist Health Tests Report from the Collaborative for further details on the testing and the information and consent forms.

Organisation

To ensure everything was standardised for the eye testing four sets of dual standing 500w lights and a lux meter to measure the amount of light falling on the charts was purchased. Minor adjustments of the lights ensured 700 lumens constant light on each chart.

The ear examinations were conducted in selected suitable rooms that had substantial walls around them to eliminate outside noise.

The Health measurements were carried out in our Health Center by three registered nurses on the Linwood College staff. Standardised height measuring equipment were purchased and identical blood pressure measuring equipment, fat index callipers and scales borrowed.

The Queens College Step Test was chosen as it met all of the time and recording parameters and it was internationally standardised.

A check card was devised for each student that was coded with their personal student ID number. This was transferred to a separate result sheet at each station. This preserved their identity on all recorded data sheets and meant individuals could not be identified in the research.

Students were processed a class at a time. As each student came into the hall, they received their card and went to the first listed station on it, Eyes, Ears, Fitness, Health or Registration. When they received their card it was marked off on a central roll and at each station when they completed it, a craft punch hole was made in the edge. When they completed all stations they brought it back to the front desk for their free goodie bag.

At registration a check was made to see that they had filled out the Collaborative form and the Linwood Demographic data form. A photo was taken of each student for the school records and placed on the school database.

All 19 classes were processed from Monday 13th to Thursday 16th February 2006. Friday was set aside for a few smaller groups and other catchups.

The Dental visits were organised in a separate schedule. The Mayor organised a City council community van for four days and a commercial van hired for the Friday. A dedicated van driver and a teacher aide went around all the classes taking students down to the van for transport. Only two students attempted to avoid participation, but these were followed up and attended next day.

The students entered into the spirit of the Expo and visited all of the booths, getting pamphlets, talking with the stall holders, entering competitions, and reading or looking at the displays. Each day the Deans were given a list of non attendees and their homes were contacted. Final result was only three year 9 students and eleven year 10 students did not go through the Health tests (plus the six whose parents refused to let them). Absence from school was the main reason. Most are chronic truants or may have shifted schools and forgotten to inform Linwood College.

The parents of students who were identified as needing followup care were contacted by the Collaborative asking them to make an appointment with an appropriate health specialist. The followup care is provided free of charge with an appropriate health specialist.

Separate reports for each of the following aspects which were initiated at the Health Expo are attached.

- Demographics

- Health Assessments by the Youth Health Collaborative

- HEADSS Assessment

- Health measurements

- Aerobic Fitness measurements

In addition as part of the Health Expo but not part of LANE a Health Expo Smoking Survey was completed by Auahi Kore Health, giving further demographic information at Linwood College.

Linwood College Health Expo Smoking Survey

Year 9 and 10 Students

February 13th –17th 2006

Carried out in conjunction with the Linwood College Health Expo

Jason Nolan
Auahi Kore Health Promoter
Hauora Mātauraka

10th July 2006

This report details the information gathered from the smoking survey Conducted by Hauora Matakauraka at the Linwood College Health Expo in 2006.

The data was gathered from a sample of approximately 450 Years 9 and 10 students, with 322 students completing the survey. Students were offered some Smokefree incentives and placed in a draw for a number of prizes such as mall vouchers and Smokefree merchandise

There were 17 questions in the survey (14 of which contained forced choice answers). The questionnaire is attached as an appendix. From a sample of 450 students 322 completed the survey, resulting in response rate of 71.5%.

Results

Ethnicity (question taken from 2001 census)

68.9% identified as New Zealand European
24.8% identified as Māori
8.7% identified as Samoan
0.6% identified as Cook Island Māori
1.2% identified as Tongan
0.3% identified as Niuean
1.6% identified as Indian
7.1% identified as other

Smoking status

Smoking status	Percent
Never smoked	58.7
Smoked less than once a month	22.0
Smoked at least once a month	4.0
Smoked at least once a week	1.2
Smoked at least once a day	5.3
Smoked more than once a day	7.5
Did not answer	1.9

Perception of smoking status

7.5% saw themselves as regular smokers
5.6% saw themselves as occasional smokers
4.3% saw themselves as experimental smokers
3.4% saw themselves as ex smokers
64.6 saw themselves as non-smokers
14.6% did not answer this question

Student perceptions of risk from smoking at different levels of intensity

Trying cigarette smoking once or twice in their lives

- 21.1% saw no risk
- 35.1% saw this as a slight risk
- 11.5% saw this as a moderate risk
- 7.8% saw this as a great risk
- 14.3% were unsure
- 10.2% did not answer this question

Smoking cigarettes occasionally (several times a month)

- 5% saw this as no risk
- 14% saw this as a slight risk
- 42.2% saw this as a moderate risk
- 15.2% saw this as a great risk
- 12.7% were unsure
- 10.9% did not answer

Smoke one or more packs a day

- 5% saw this as no risk
- 5% saw this as a slight risk
- 4.7% saw this as a moderate risk
- 61.2% saw this as great risk
- 15.5% were unsure
- 8.7% didn't answer this question

Student perceptions of how many of their friends had smoked in the past year

- 15.5% said none
- 15.8% said a few
- 14.6% said some
- 22.4 said a lot
- 6.8% said all
- 18% were unsure
- 6.8% did not answer this question

Students perceptions of concern about addiction to cigarette smoking

- 22.7 were not concerned at all
- 13% were somewhat concerned
- 16.1% were very concerned
- 23.9 were unsure
- 24.2% did not answer this question

Impact of level of smoking on key indicators

	Percentage		
	All students	Monthly smokers	Weekly smokers
Students	100	18	14
Gender (male)	51	48	56
Gender (female)	49	52	44
Maori	24	53	45
A lot or all friends smoke	29	71	73
Somewhat or very concerned with addiction	29	41	36
Access - somewhat or very easy	44	86	91
Auahi Kore Homes	68	37	48
Auahi Kore Cars	62	37	34

Conclusions

The results of this survey demonstrate:

- High rates of Māori smoking both male and female students.
- Students who are smokers are likely to associate with other smokers.
- Students saw the link between the more cigarettes smoked on a regular basis and greater the risk of harm.
- A high percentage of student smokers both weekly and monthly were concerned about the addictive nature of cigarettes.
- Perceptions that access to cigarettes was extremely easy were common.
- While almost two-thirds of students indicated their family/whanau had Auahi Kore homes and cars, these were less common among students who smoked
- This survey indicates that 80% of year 9 and 10 students haven't smoked in the last month

Possible Solutions

- Provide cessation support for parents, Whanau and staff.
- Support Whanau to access to quit programmes such as Aukati kaipaipa
- Use the school newsletter and other school media to advertise the Smokefree/Auahi Kore status
- Advertise Smokefree/Auahi Kore community/school events, this gives a promotion of positive values and attitudes
- Being Whanau roles models (Auahi Kore/Smokefree)
- Students being role models for students
- All school events are promoted as Smokefree/Auahi Kore events such as sports events and kapa Haka
- Using Smokefree/Auahi Kore topics in speech competitions such as Manu korero
- Promotion/display of Smokefree/Auahi Kore school policy

Help demoralize smoking encourage parents to quit smoking or provide Auahi Kore environments such as homes and cars.

Parents know that they can make a difference by not smoking themselves and making it clear that they don't want their children to copy this behaviour(ATCRC Dr Marewa Glover.)

11. **If/when you smoke cigarettes how concerned are you that you could become addicted to them?** (please circle one number)

Not at all concerned	Somewhat concerned	Very concerned	Unsure
1	2	3	4

12. **If a friend offered you a cigarette would you try it?**
(please circle one number for each question)

Yes	No	Unsure
1	2	3

13. **What is your age?** (please write the number of years)

_____ years

14. **What is your gender?** (please circle one number)

Male	Female
1	2

15. **Which ethnic group do you belong to?** Tick the box or boxes that apply to you.

<input type="checkbox"/> New Zealand European	<input type="checkbox"/> Niuean
<input type="checkbox"/> Maori	<input type="checkbox"/> Chinese
<input type="checkbox"/> Samoan	<input type="checkbox"/> Indian
<input type="checkbox"/> Cook Island Maori	<input type="checkbox"/> Other eg Dutch, Japanese, Tokelauan
<input type="checkbox"/> Tongan	Please state:

16. **How easy would it be for you to get a cigarette if you wanted one?**
(please circle one number)

Very hard	Somewhat hard	Somewhat easy	Very easy	Unsure
1	2	3	4	5

17. **Do you think it should be smokefree/Auahi Kore at all times in your:**

	Yes	No	Unsure
House/whare	1	2	3
Car/waka	1	2	3