Suggested Reference


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Introduction
The Youth2000 survey series aims to improve the health and wellbeing of New Zealand’s young people by providing accurate and timely information. Information that communities, schools, parents and policy makers can use to improve the health status of young people.

The aim of this poster is to describe major health trends for New Zealand’s young people utilising the Youth2000 surveys undertaken at three time points.

Methods
Nationally representative surveys of New Zealand’s young people attending secondary schools were carried out in 2001, 2007 and 2012. The questionnaires covered important health and wellbeing topics for young people in New Zealand. The anonymous surveys were administered via a Multi-media Computer Assisted Self Interview (MCASI) on internet tablets/laptops. Data are presented as prevalence and variation over time (adjusted odds ratio/aOR).

Results
Between 2001 and 2012, students reported reductions in:

- Monthly or more cigarette use (aOR 0.27, 0.23-0.32).
- At least one episode of binge drinking in the past month (aOR 0.39, 0.33-0.46).
- Monthly or more marijuana use (aOR 0.37, 0.31-0.43).
- Sexual abuse (aOR 0.52, 0.50-0.60).
- Fighting (aOR 0.63, 0.55-0.73).
- Risky driving behaviours (aOR 0.39, 0.33-0.45).

Students reported increases in:

- Good family relationships (aOR 1.22, 1.10-1.35).
- Perception that people at school care (aOR 1.22, 1.10-1.35).
- Daily physical activity (aOR 0.88, 0.78-0.99).
- Using a condom last time had sex (aOR 0.77, 0.68-0.87).
- At least one episode of binge drinking in the past month (aOR 0.39, 0.33-0.46).
- Monthly or more cigarette use (aOR 0.27, 0.23-0.32).

Conclusions
There have been important improvements in the health and wellbeing of New Zealand adolescents over a relatively short period. These findings demonstrate that population rates of adolescent risk behaviours are amenable to change. Current policy efforts should not lose momentum, whilst identified priority areas must be adequately resourced to ensure young people have opportunities to thrive now and in the future.

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Additional Youth2000 publications are available at http://www.youthresearch.auckland.ac.nz