



NEXT STEPS

LEARNING FROM YOUR GENERATION



YOU'RE
THE VOICE
OF YOUR GENERATION

UPDATE 2018



YOU'RE
HELPING
SHAPE SOCIETY

**BUILDING
A PICTURE OF
YOUR LIVES**

NEXTSTEPSSTUDY.ORG.UK



GETTING ENOUGH SLEEP COULD HELP PREVENT OBESITY



Findings from Next Steps have shown that people who get a good night's sleep are less likely to be overweight or obese.

WHAT WE ASKED YOU

When we visited you at age 25, we asked you some questions about your health, diet, physical activity, and how many hours you typically sleep per night. We also asked about your height and weight, so we could calculate your body mass index (BMI).



THE BENEFITS OF A GOOD NIGHT'S SLEEP

Researchers at the Centre for Longitudinal Studies found that taking the time to get an extra few hours of sleep a night could help people stay a healthy weight. Those of you who slept for seven hours or more each night were 32 per cent less likely to be obese or overweight, compared to those who slept for six hours or less.

The researchers suggested that there may be a number of reasons why a good night's sleep is associated with a healthy BMI.

Dr Morag Henderson, who led the research, explained: "Sleep deprived people may be too tired to exercise, or people who don't get enough sleep may take in more calories than those who do."

"This could be because they are awake longer and have more opportunities to eat, or they want to trick their body into thinking they have more energy by eating high-energy foods."





53%

OF YOU WERE NORMAL
WEIGHT OR UNDERWEIGHT

42%

OF YOU WERE
OVERWEIGHT OR OBESE

DIET IS STILL AN IMPORTANT FACTOR

The researchers found that diet had a major effect on people's weight. Drinking six or more fizzy drinks a week increased the likelihood of being overweight or obese by 17 per cent. Those who had a takeaway once or twice a week had a 21 per cent greater risk of being obese or overweight, compared to those who had a takeaway once a month.



FREQUENT EXERCISE COULD HELP PREVENT OBESITY

The researchers found that those of you who did sport once a month or less often had a 31 per cent greater risk of being overweight or obese than those who took part at least once a week or more.



FIND OUT MORE AT...
nextstepsstudy.org.uk

VOCATIONAL GCSES MAY BE HOLDING GIRLS BACK



Findings from Next Steps have shown that girls who reported taking vocational subjects at school, like home economics or health and social care, were less likely to stay on in school after age 16.



WHAT WE ASKED YOU

When we visited you at age 14, we asked about your GCSE subject choices and if you planned to stay in full-time education. We linked this to administrative education records from when you were aged 16-17, to find out if you were taking A-levels and which subjects you were studying.



THE LEGACY OF GCSE SUBJECT CHOICES

Young people's subject choices at age 14 may have an influence on their future education and career, since they can play a part in determining which A-levels they take. Those of you who took vocational GCSEs were less likely to stay in full-time education after age 16 and to take science and maths A-levels that are favoured by prestigious universities.



47%

OF YOU TOOK YOUR GCSES IN ONE OR MORE VOCATIONAL SUBJECTS

27%

OF YOU TOOK ALL OF THE CORE GCSES





DO VOCATIONAL SUBJECTS HOLD BACK GIRLS MORE THAN BOYS?

Vocational GCSE subjects appeared to put young people at a disadvantage, but this was more noticeable for girls.

Dr Vanessa Moulton, who led the research at the Centre for Longitudinal Studies, gave some insight into why these subjects can be particularly unhelpful for girls who want to progress in education.



She said: "Applied subjects are particularly strongly gendered, with girls and boys taking completely different subjects. Essentially what you see is predominantly working class girls taking subjects such as health and social care, which do not necessarily enhance their future prospects. Boys are more likely to take subjects such as engineering or information and communication technology, which may be less limiting post-16."



TAKING A MORE TRADITIONAL ROUTE

The research also looked at the future outcomes of students who pursued all of the core GCSE subjects. Pupils who took English, maths, two sciences, history or geography and a language were more likely to stay in education after 16. This was particularly true for girls.




FIND OUT MORE AT...
nextstepsstudy.org.uk

ZERO-HOURS CONTRACTS MAY BE BAD FOR PEOPLE'S HEALTH




Next Steps has found that young adults who are employed on zero-hours contracts are less likely to be in good health, and are at higher risk of poor mental health, compared to workers with stable jobs.




WHAT WE ASKED YOU

When you were 25, we asked you some questions about your mental and physical health, and about your employment.




HEALTH AND THE WORKPLACE

We found that those of you on zero-hours contracts (that's five per cent of you), and those who were unemployed, were less likely to report having good general health, compared to those in more secure jobs. When it came to mental ill-health, those with zero-hours contracts and shift workers (23 per cent of you) were at greater risk of reporting symptoms of psychological distress, compared to those with more stable jobs.



HELPING FUTURE GENERATIONS OF WORKERS

Next Steps is helping to raise awareness of the links between the workplace and the mental and physical health of young adults. Findings from the study are an important source of evidence for policymakers who can use them to help improve working conditions.



74%

OF MEN WERE EMPLOYED
IN FULL-TIME WORK

58%

OF WOMEN WERE
EMPLOYED IN
FULL-TIME WORK



THE DIFFERENT PATHS YOU TAKE

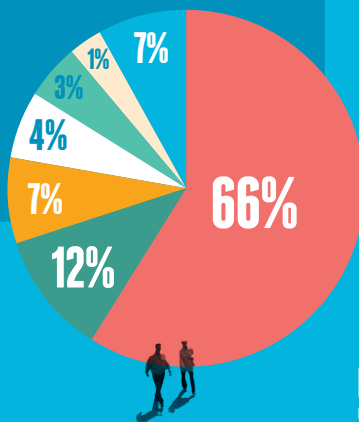
At 25, most of you were either in full-time work (66 per cent) or part-time work (12 per cent), while a small proportion of you (four per cent) were in education. A further seven per cent of you were unemployed.

By occupation, the largest proportion of you (15 per cent) were working in professional roles, such as teachers, engineers and accountants.

A further 14 per cent had professional support roles, including paramedics, librarians and pharmacists, nine per cent were in administrative or secretarial occupations and nine per cent were in caring and service professions. Eight per cent were in elementary occupations, such as forestry and general labour, and four per cent of you were process plant and machine operatives.

ECONOMIC ACTIVITY AT AGE 25

- Full-time work
- Part-time work
- Unemployed
- In education
- Sick or disabled
- Unpaid or voluntary work
- Other



NEXT STEPS IN THE NEWS

Next Steps' findings on the link between zero-hours contracts and your generation's health made the headlines. It was featured in The Times, The Guardian and the Huffington Post, as well as some regional newspapers. It was even raised by Jeremy Corbyn during Prime Minister's Questions.

FIND OUT MORE AT...
nextstepsstudy.org.uk

An aerial photograph showing a group of people walking in various directions on a light-colored surface. The people are small in scale, and their shadows are cast on the ground.

KEEP IN TOUCH



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