Tackling poor posture, increased screen time and inactivity in the adolescent population. A pilot study.

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OBJECTIVE
Our department felt the need to shift from specialist/targeted intervention to universal, as driven by Ready to Act (4) and our increased stats.

We recognised that a preventative approach and promoting well-being for young people at the right time is an essential role for us.

BACKGROUND
61% of those aged 13-15 do not reach the recommended minimum levels of physical activity (school-based activity included)(3)

Research has shown lower back pain in adolescents increases markedly during their growth spurt and considers the influence of lifestyle factors, including being overweight, smoking, lack of physical activity, and ‘screen time’(1)(2)

An increase in the referral rate for back pain over a three year period had been noted in the Children and Young People’s Physiotherapy departmental stats (50%).

A pilot study was designed to provide health promotion to a whole year group at a local high school.

METHODOLOGY
1. Met with Guidance Department of two local high schools.
2. Targeted a whole S1 year group in ten 45 minutes sessions (300 pupils).
3. Teaching was through an interactive presentation targeting posture habits around screen time, core strength and recommended daily physical activity.
4. 248 feedback sheets were completed by pupils and 9 by teachers following the sessions.
5. Wallet size reminder cards and info on local teen gyms were handed out.
6. A three month knowledge recall sheet was completed by 204 S1 pupils

RESULTS

WILL YOU CHANGE YOUR POSTURE? WILL YOU BE MORE ACTIVE?

YES NO YES NO

THREE MONTH RECALL RESULTS
52% HAD CHANGED THEIR POSTURE SINCE THE TALK
70% WERE DOING THE RECOMMENDED DAILY PHYSICAL ACTIVITY

“This topic should be included in the PSHE curriculum” Miss Bennett, Head of Guidance, QAHS, Dunfermline.

REFERENCES