My Health, Our Future

Suffolk's biggest survey of young people

Knowing Works®

My Health, Our Future (MHoF) is a longstanding programme of research exploring the physical and mental wellbeing of young people across Suffolk. It has achieved significant impact by providing reliable insights people can use to shape support for all young people in the county.

Awareness

Data raises awareness of challenges young people face. It is included in training programmes (e.g., for professionals working with young people), key events, and strategic forums.

Strategy & policy

MHoF informs strategies developed by organisations and services working for young people. This has included public health strategies (such as those tackling obesity as well as local Needs Assessments). The strategies inform and support the commissioning of services.

Intiatives in schools

Schools and colleges develop ways to respond to key findings in their bespoke report. This has included staff-led student peer groups, parent workshops, wellbeing days and displays, student wellbeing champions, training for staff, and much more.

MHoF enables schools to shape PSHE curriculums based on things students want to learn. Survey participation in education settings offers teaching opportunities and enables students to discuss wellbeing amongst peers.

Learning to be well

My Health, Our Future

75,000+ responses across **80%** of schools and colleges

Data from MHoF supports NHS commissioners to make decisions about services for young people.

For example, an online counselling service was commissioned in Suffolk as a direct response to MHoF data and insights.

Commissioning

MHoF provides an evidence base to inform bids regarding funding for services. A number of local voluntary and community organisations have told us MHoF data has helped them to secure funding for vital services they provided to young people.

Attracting funding

Schools/colleges note increased contacts with pastoral teams providing support. In addition, reports assist school nursing and mental health teams to target help. Every young person taking part receives information about services they can contact for wellbeing help.

Routes to support

Regulation

MHoF helps schools and colleges to demonstrate a commitment to supporting the wellbeing of students and staff to Ofsted and other bodies - as well as their whole school community.