Wakefield District Public Health team have been using the Health Related Behaviour Survey every two years since 2009 as a way of collecting robust information about young people’s health and lifestyles. This latest survey was undertaken in the spring term of 2013.

The content of the survey has been widely consulted upon and tailored for Wakefield District’s needs. Three separate versions of the survey have been used with age appropriate questions as standard.

This report is based on the primary and secondary survey results from 458 Year 5 and Year 9 pupils living in the Normanton and Featherstone Locality of the Wakefield District. Separate reports are available for the other locality areas alongside the District Wide and FE reports.

Teachers were briefed on how to collect the most reliable data by Schools Health Education Unit staff. Surveys were completed anonymously either online or on paper. Each of the schools has its own report comparing their results to the combined sample for schools in their age phase.

**Cross-phase data and analysis**
Where possible, responses have been cross-analysed and presented to highlight similarities and differences in behaviours between groups. Furthermore, some of the primary and secondary questions are identical or very similar allowing for comparison across the age range.

### 3416 young people were involved in the survey:

<table>
<thead>
<tr>
<th>School Year</th>
<th>Normanton &amp; Featherstone Locality</th>
<th>Wakefield District</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>Year 5</td>
<td>Year 9</td>
</tr>
<tr>
<td></td>
<td>9-10</td>
<td>13-14</td>
</tr>
<tr>
<td>Boys</td>
<td>108</td>
<td>125</td>
</tr>
<tr>
<td>Girls</td>
<td>98</td>
<td>127</td>
</tr>
<tr>
<td>Total</td>
<td>206</td>
<td>252</td>
</tr>
</tbody>
</table>

This is one of a set of 7 Locality reports. A separate overall Wakefield District wide report is available to accompany this set. Normanton & Featherstone data have been compared with the overall Wakefield District dataset shown in brackets ( ) in this report.

For more details, please contact SHEU Tel: 01392 667272
www.sheu.org.uk

**TOPICS INCLUDE:**

### Healthy Living
Diet, physical exercise, drugs, alcohol, illness and sexual health

### Good Relationships and Mental Health
Friends, worries, stress & depression

### Being Safe
Bullying, crime, accidents

### Enjoying School and Activities
Enjoyment of lessons, voice in school, leisure activities
Normanton & Featherstone
Locality Primary age pupils
in Year 5 (ages 9 - 10)

BACKGROUND

- 91% (85%) of pupils describe themselves as White British, 0% (5%) as Asian and 2% (4%) as mixed background.
- 62% (63%) of pupils said they live with mum and dad together, 15% (16%) said with mainly or only mum and 13% (9%) said with mum and stepdad/partner.

HEALTHY LIVING

- Healthy Eating
  - 91% (88%) had a traditional breakfast on the day of the survey, 4% (5%) only had a drink and 1% (3%) had nothing at all.
  - 38% (46%) of pupils had cereal for breakfast and 33% (31%) toast or bread on the morning of the survey. 11% (11%) said they had fruit.
  - 62% (64%) of pupils said they would like to eat more healthily.
  - 53% (51%) of pupils ate school food for lunch and 45% (46%) had a packed lunch the day before the survey.
  - When asked about improving school dinner time, 72% (70%) said they should be allowed to sit with friends, 62% (49%) said less queueing and 39% (42%) said more time to eat.
  - 21% (21%) of pupils had eaten 5 or more portions of fruit and vegetables on the day before the survey, 11% (13%) had eaten none.
  - 76% (74%) drank between 1 and 5 cups of water on the day before the survey, 18% (17%) said they had drank 6 glasses or more while 6% (9%) said they had drank none.

Dental Care

- 80% (82%) of pupils reported that they cleaned their teeth at least twice on the day before the survey. 3% (3%) said they did not clean their teeth at all the day before the survey.
- 90% (88%) of pupils had been to the dentist within the past year. 10% (9%) said more than a year ago and 0% (3%) said they had never been to a dentist.

- Physical exercise
  - 81% (79%) of pupils reported that they enjoyed physical activities ‘quite a lot’ or ‘a lot’.
  - 67% (67%) describe themselves as ‘fit’ or ‘very fit’.

- Tobacco
  - 96% (96%) of pupils said that they had never smoked at all. 4% (3%) of pupils said they had tried smoking once or twice.
  - 86% (82%) of pupils said that they wouldn’t smoke when they are older. 12% (14%) said ‘maybe’ and 2% (4%) said they will smoke when they are older.
  - 6% (7%) of pupils thought that 1-10% of people in their class smoked regularly. 92% (91%) said 0%.
  - 35% (28%) of pupils thought that 1-10% of people in their age group in England smoked regularly, 22% (20%) said more than 10%. Only 43% (52%) said 0%.
  - 10% (9%) of pupils thought that 0-10% of adults in England smoked regularly. 36% (41%) said 11-50%. 54% (50%) said more than 50%.
  - 44% (43%) of pupils said that a parent or carer smokes.
  - 17% (18%) said someone smokes at home in rooms that they use.
  - 21% (23%) said that someone smokes in a car when they are in it too.

- Alcohol
  - 2% (2%) said they drink alcohol occasionally 0% (0%) said they drink alcohol regularly and would like to cut back and 1% (1%) said they drink alcohol regularly and don’t want to stop.
  - 70% (72%) of pupils say that they have never drunk alcohol at all. 26% (24%) said they have drunk alcohol once or twice.

- Illegal drugs
  - 9% (10%) said they were ‘fairly sure’ or ‘certain’ they know someone who uses drugs (not as medicines).
GOOD RELATIONSHIPS & MENTAL HEALTH

- Growing up
  - 64% (62%) of pupils said that if they had a problem about growing up and body changes, they would talk to their parents about it; 19% (20%) said they would keep the problem to themselves.
  - 13% (14%) of boys and 18% (20%) of girls said they worried ‘quite a lot’ or ‘a lot’ about changes to their body as they grow up.
  - 9% (11%) of boys and 20% (19%) of girls reported that they worried ‘quite a lot’ or ‘a lot’ about the way they looked.

- Worries
  - Most pupils would share their problems with their mum or dad first.
  - 26% (28%) would share a problem about school and 23% (20%) a problem about bullying with their teacher.
  - 74% (72%) of pupils said they worried about at least one of the items listed in the questionnaire at least ‘quite a lot’.
  - The top 5 worries for Year 5 pupils were as follows:

<table>
<thead>
<tr>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crime</td>
<td>31% 36%</td>
</tr>
<tr>
<td>SATs/tests</td>
<td>29% 29%</td>
</tr>
<tr>
<td>Family problems</td>
<td>27% 32%</td>
</tr>
<tr>
<td>Problems with friends</td>
<td>20% 30%</td>
</tr>
<tr>
<td>The Environment</td>
<td>18% 27%</td>
</tr>
</tbody>
</table>

- Self-esteem
  - 36% (35%) of boys and 29% (35%) of girls had high self-esteem scores. We usually see more boys than girls in the highest bracket.
  - 9% (8%) of pupils had low self-esteem scores.

BEING SAFE

- Bullying
  - 70% (69%) of boys and 52% (58%) of girls reported that they never feel afraid of going to school because of bullying.
  - 46% (46%) of pupils said they had never been bullied at school; 12% (11%) didn’t know if they had.

- Crime
  - 81% (78%) of pupils said they usually feel safe at school. 76% (71%) said they usually feel safe in the area where they live.
  - 66% (69%) of pupils said that they had never felt unsafe with an adult.
  - 21% (19%) of pupils said they had felt unsafe with an adult, 18% (16%) of pupils said they knew this adult well.
  - 15% (12%) of pupils said they told an adult straightaway about the incident while 10% (9%) said they kept it to themselves. 4% (3%) told the police.

- Accidents
  - 26% (28%) of pupils reported that they had a serious accident or injury in the last twelve months. 7% (10%) of pupils said the accident had happened at home; 5% (5%) said at school.
  - When asked about their most recent accident or injury, 8% (9%) of pupils reported not looking or paying attention, 10% (9%) that it was another person’s fault and 6% (7%) did not understand the danger.
  - 27% (26%) of pupils said that they always wear their cycle helmet while cycling, 16% (15%) said usually.
  - 34% (37%) of pupils said that they take care to avoid sunburn ‘whenever possible’.
  - 13% (13%) of pupils said that they have asthma. 10% (11%) of pupils said they used asthma medication in the previous week.
ENJOYING SCHOOL & ACTIVITIES

At school

- 42% (50%) of pupils said that their views and opinions were asked for in school.
- 58% (65%) of pupils said that they thought their views and opinions were listened to in school.
- 59% (62%) of pupils said they were listened to via the school/class council, 45% (45%) said they were listened to by talking to trained pupils e.g. Playground pals/buddies.
- 28% (36%) said that they think their views and opinions make a difference to how their school is run.

Pupils were asked about their school. The following statements show percentage responding ‘yes’:

<table>
<thead>
<tr>
<th>Statement</th>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>School cares whether I am happy or not</td>
<td>70%</td>
<td>68%</td>
</tr>
<tr>
<td>My work is marked so I can see how to improve it</td>
<td>91%</td>
<td>92%</td>
</tr>
<tr>
<td>I know my targets and I am helped to meet them</td>
<td>83%</td>
<td>84%</td>
</tr>
<tr>
<td>My achievements in and out of school are recognised</td>
<td>65%</td>
<td>65%</td>
</tr>
<tr>
<td>School teaches me how to deal with my feelings positively</td>
<td>65%</td>
<td>60%</td>
</tr>
<tr>
<td>School helps me to work as part of a team</td>
<td>84%</td>
<td>77%</td>
</tr>
<tr>
<td>In school, people with different backgrounds are valued</td>
<td>64%</td>
<td>58%</td>
</tr>
<tr>
<td>School encourages everyone to take part in decisions</td>
<td>76%</td>
<td>68%</td>
</tr>
<tr>
<td>School encourages me to contribute to community events</td>
<td>69%</td>
<td>52%</td>
</tr>
<tr>
<td>School prepares me for when I leave this school</td>
<td>70%</td>
<td>72%</td>
</tr>
</tbody>
</table>

Outside school

- 40% (36%) of pupils said that they visit parks at least ‘once a week’.
- 18% (19%) said they go to woods, and 17% (21%) said to countryside paths and trails at least ‘once a week’.
- 32% (32%) of pupils go to sports fields to walk or play at least ‘once a week’.

- 51% (40%) of boys and 12% (15%) of girls go to sports fields to play in matches at least ‘once a week’.

KEY INDICATORS

Normanton and Featherstone Year 5 data have been compared with the wider Wakefield District data. The following have emerged as statistically significant differences between the Normanton and Featherstone results and the wider Wakefield results.

- 35% of Normanton and Featherstone pupils said that they walked to school on the day of the survey. This is lower than the 50% of pupils saying the same in the wider Wakefield District sample.
- 57% of Normanton and Featherstone pupils said that they travelled to school by car/van on the day of the survey. This is higher than the 43% of pupils saying this in the wider Wakefield District sample.
- 91% of Normanton and Featherstone pupils described themselves as white British. This is higher than the 85% seen in the wider Wakefield District sample.
- 42% of Normanton and Featherstone pupils said that they feel their views and opinions are asked for in school. This is lower than the 50% of pupils saying the same in the wider Wakefield District sample.
- 28% of Normanton and Featherstone pupils said that they feel their views and opinions make a difference to how the school is run. This is lower than the 36% of pupils saying this in the wider Wakefield District sample.

Other interesting differences that do not achieve statistical significance but are worth noting include the following:

- 82% of Normanton and Featherstone pupils said that their diet is ‘quite’ or ‘very’ healthy compared with 77% of the wider sample.
- 62% of Normanton and Featherstone pupils said that they ‘usually’ or ‘whenever possible’ do something to avoid sunburn compared with 67% of the wider sample.
- 26% of Normanton and Featherstone pupils said that they would like to walk to school compared with 32% of the wider sample.
- 64% of Normanton and Featherstone pupils said that they ‘never’ use a booster seat when travelling in a car compared with 69% of the wider sample.
- 50% of Normanton and Featherstone pupils said that they have been pushed or hit in the last month compared with 44% of the wider sample.
- 51% of boys in Normanton and Featherstone said that they go to sports fields to play in matches at least ‘once a week’ compared with 40% of boys in the wider sample.
Normanton & Featherstone Locality Secondary age pupils in Year 9 (ages 13-14)

BACKGROUND
- 93% (91%) of pupils describe themselves as White British, 0% (2%) as Asian and 2% (2%) as mixed background.
- 59% (55%) of pupils said they live with their mother and father together, 14% (16%) said with mainly or only mother and 13% (15%) said with mother and stepfather/partner.

HEALTHY LIVING
- Healthy Eating
  - 73% (67%) of pupils had a traditional breakfast on the day of the survey. 11% (11%) only had a drink and 10% (13%) had nothing at all.
  - 80% (72%) of pupils said that they thought their diet was ‘quite’ or ‘very healthy’; 72% (66%) however, said they would like to eat more healthily.
  - 50% (44%) of pupils are happy with their weight as it is. 6% (7%) of the pupils would like to put on weight while 44% (49%) would like to lose weight.
  - 42% (43%) of pupils said they had school food for lunch on the day before the survey. 45% (42%) of pupils ate a packed lunch from home or went home for lunch. 11% (12%) didn’t have any lunch and 3% (3%) bought lunch from a takeaway or shop.
  - When asked about improving school dinner time, 85% (82%) said would like Less time queueing, 72% (69%) would like more time to eat, 63% (67%) should be allowed to sit with friends and 59% (66%) need more choice.
  - 40% (42%) said they eat fresh fruit, salad or vegetables ‘on most days’.
  - 14% (14%) of pupils had eaten 5 or more portions of fruit and vegetables on the day before the survey, 10% (14%) had eaten none.
  - 77% (76%) of pupils said they were able to get water at school; 21% (21%) said ‘not easily’.

- Physical exercise
  - 73% (69%) of pupils reported that they enjoyed physical activities ‘quite a lot’ or ‘a lot’.
  - 27% (31%) said they enjoy physical activity ‘a little’ or ‘not at all’.
  - 74% (76%) of the boys said they found it easy to be as physically active as they like compared with 67% (61%) of the girls.
  - 13% (14%) reported that they exercised four + times a day on a school day for at least 15 minutes. 45% (42%) said once or twice, 36% (37%) said 2 - 4 times and 5% (7%) said none.
  - 42% (42%) of boys and 25% (27%) of girls reported playing sport in their spare time, ‘most days’ or ‘every day’ in the previous week.
  - 12% (16%) of boys and 4% (5%) of girls said they would like to travel to school by bicycle.

- Tobacco
  - 86% (80%) of pupils said they had never smoked at all. 10% (12%) said they have tried smoking once or twice. 2% (4%) said they used to smoke and 2% (4%) said they smoke ‘occasionally’ or ‘regularly’.
  - When asked about their parent’s views about them smoking, 89% (82%) of pupils said that they don’t smoke/don’t intend to smoke. 9% (11%) said their parents disapprove of smoking, 1% (4%) said their parents didn’t know about it. 1% (1%) said their parents knew and disapproved.
  - Asked about smoking habits, 5% (6%) said they usually smoke with a large group of friends. 2% (5%) said they usually smoke with their best friend.
  - 32% (39%) of pupils said that their parents/carers smoke.
  - 14% (19%) of pupils said someone smokes indoors at home in rooms that they use. 19% (22%) said someone smokes in a car when they are in it too.
  - 99% (96%) of pupils said between 0 - 50% of pupils in their class smoke regularly. 1% (4%) said more than 50%. When asked about pupils their age in England these figures changed to 84% (76%) and 16% (24%) respectively.
  - When asked the same question about adults in England these figures changed to 30% (24%) and 70% (76%) respectively.

Dental Care
- 93% (93%) of pupils had been to the dentist within the past year. 5% (5%) said more than a year ago and 2% (2%) said they had never been to a dentist.

"..."
- Alcohol

- Drugs

GOOD RELATIONSHIPS AND MENTAL HEALTH

- Relationships

- Worries
BEING SAFE

- Bullying
  - 50% (51%) of pupils said that they had never been bullied at school in the last 12 months; 9% (8%) didn’t know if they had.
  - 48% (50%) of pupils think that their school takes bullying seriously; 27% (24%) didn’t know.

- Crime
  - 23% (22%) of pupils rate the safety of their area when going out after dark as ‘poor’ or ‘very poor’. 5% (5%) say the same about their safety when going out during the day.
  - 8% (7%) reported that they had been a victim of violence or aggression in the area where they live, in the last twelve months.

- Accidents
  - 15% (17%) of pupils reported that they had a serious accident or injury in the last twelve months. 3% (3%) of pupils said the accident had happened at home; 1% (4%) said at school.
  - When asked about their most recent accident or injury, 5% (5%) of pupils reported not looking or paying attention, 7% (7%) that it was another person’s fault and 1% (2%) did not understand the danger.
  - 79% (77%) pupils report always wearing a seatbelt when travelling in a car, 2% (3%) report never wearing a seatbelt.
  - 67% (65%) pupils report never wearing a safety helmet when cycling, 21% (19%) sometimes, 12% (16%) usually or always.

ENJOYING SCHOOL & ACTIVITIES

- At school
  - 65% (65%) of pupils report enjoying at least half of their school lessons. 13% (13%) of pupils enjoy hardly any of them.
  - 20% (24%) of pupils said that they thought their views and opinions were listened to in school.
  - 45% (49%) of pupils said they want to continue in full time education after leaving school. 15% (15%) of pupils said they wanted to find a job as soon as possible.
  - 36% (30%) of pupils said they want to get training for a skilled job.

- Outside school
  - 33% (34%) of pupils said that they visit parks at least ‘once a week’.
  - 11% (11%) said they go to woods, and 10% (15%) said to countryside paths and trails at least ‘once a week’.
  - 27% (28%) of pupils go to sports fields to walk or play at least ‘once a week’.
  - 43% (38%) of boys and 13% (15%) of girls go to sports fields to play in matches at least ‘once a week’.

KEY INDICATORS
Normanton and Featherstone Year 9 data have been compared with the wider Wakefield District data. The following have emerged as statistically significant differences between the Normanton and Featherstone results and the wider Wakefield results.

- 84% of Normanton and Featherstone pupils said that they think 0-10% of people in their class at school smoke regularly. This is higher than the 69% of pupils saying the same in the wider Wakefield District sample.
- 6% of Normanton and Featherstone pupils said that they think 21-30% of adults in England smoke regularly. This is higher than the 2% of pupils saying the same in the wider Wakefield District sample.
- 18% of Normanton and Featherstone pupils said that they eat sweets, chocolate etc. ‘On most days’. This is lower than the 28% of pupils saying the same in the wider Wakefield District sample.
- 17% of Normanton and Featherstone pupils said that they have found school lessons about HIV/AIDS ‘quite’ or ‘very’ useful. This is lower than the 26% of pupils saying the same in the wider Wakefield District sample.
- 16% of Normanton and Featherstone pupils said that they think more than half of the people in their age group in England smoke regularly. This is lower than the 25% of pupils saying the same in the wider Wakefield District sample.
- 21% of Normanton and Featherstone pupils said that they are ‘fairly sure’ or ‘certain’ that they know someone who takes any of the drugs listed. This is lower than the 30% of pupils saying the same in the wider Wakefield District sample.
- 4% of Normanton and Featherstone pupils said that they have been offered cannabis. This is lower than the 10% of pupils saying the same in the wider Wakefield District sample.
- 80% of Normanton and Featherstone pupils said that their diet is ‘quite’ or ‘very’ healthy. This is higher than the 72% of pupils saying the same in the wider Wakefield District sample.
The Way Forward – over to you

This work was commissioned by the Public Health Team in Wakefield Council (previously in NHS Wakefield). We are grateful to the teachers, schools and young people for their time and contributions to this survey. As a result we have excellent information to be used by schools, Wakefield Council and other relevant health, statutory and voluntary agencies. This work ensures local children and young people are listened to and their needs inform service provision, resource allocation and programme planning.

Wakefield Schools who took part in the survey:

**Wakefield primary schools:**
- Ackworth Howard CEVC J&I School, All Saints

**Wakefield secondary schools:**
- Airedale Academy, Carleton Community High School, Castleford Academy, Crofton Academy, De Lacy Academy, Horbury Academy, Kettlethorpe High School, Minsthorpe Community College, Ossett Academy, Outwood Grange Academy, Pinderfields Hospital School, St. Wilfrid’s Catholic High School and Sixth Form College, The Freeston Academy, The King’s School and Wakefield City Academy.

**Wakefield FE Colleges:**
- Wakefield College (Wakefield Campus, Castleford Campus and Thornes Park Campus) and New College Pontefract.

For more information about the survey please contact:

Jane Stark (before mid August 2013) or Lynette Hawes (after mid August 2013)
Wakefield Council
janestark@wakefield.gov.uk
lhawes@wakefield.gov.uk
Tel: 01924 306 315 or
Tel: 01924 302409

[www.wakefield.gov.uk](http://www.wakefield.gov.uk)