

Supporting the health and wellbeing of Young People in the Wakefield district

A summary report of the Health Related Behaviour Survey 2009

These results were collected from a sample of primary pupils aged 9 to 11 and secondary pupils aged 12 to 15 in schools across Wakefield district in Spring 2009. This work was commissioned by the Public Health Team in NHS Wakefield District with contribution from the Council's Healthy Schools Programme and delivered by the Schools Health Education Unit (SHEU) in Exeter. The survey will provide valuable, robust data about children and young people's lifestyles. Teachers were informed on how to collect the most reliable data

and then pupils completed either a paper version of the questionnaire or an online equivalent.

Year 5 and 6 pupils completed the primary version of the questionnaire while pupils in years 8 and 10 completed the secondary version. All were undertaken anonymously.

Each of the schools in Wakefield have their own report comparing their results to the combined sample for schools in their area. Over 3500 pupils took part in 48

primary, 10 secondary and 3 special schools in Wakefield.

Completed questionnaires were then returned to SHEU for processing.

Cross-phase links

Many of the questions in each version of the questionnaire are identical or very similar. Some of the results of these questions are presented on pages 6 and 7 of this document, so that behaviour can be seen across the age range.


Over 3500 young people aged 9 to 15 were involved in the survey:

School year	Year 5	Year 6	Year 8	Year 10	Total
Age	9-10	10-11	12-13	14-15	
Boys	70	699	448	419	1636
Girls	69	703	461	427	1660
Total	139	1402	909	846	3296*

*269 Year 9 pupils also completed the survey

Reference sample

All Wakefield data have been compared with the SHEU wider survey sample.

A selection of some of the differences, where the level seen in the All Wakefield data is either 5% above or below that in the wider SHEU data, is indicated on page 7 by the symbol 

For more details please contact
The Schools Health Education Unit
Tel. (01392 667272).
www.sheu.org.uk

Topics include

Being Healthy

Diet, exercise, drugs, mental health, sexual health

Staying Safe

Accidents, bullying, experience of crime

Enjoying and Achieving

Satisfaction, enjoyment of lessons

Making a Positive Contribution

Leisure activities, children's voice in school

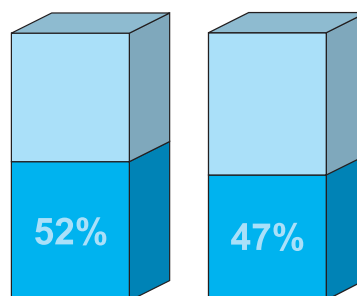
Economic Well-being

Money, plans after 16

Wakefield Primary school pupils in Years 5 and 6 (ages 9-11)

DRUGS, ALCOHOL AND TOBACCO

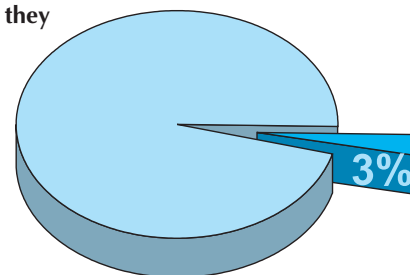
Drugs



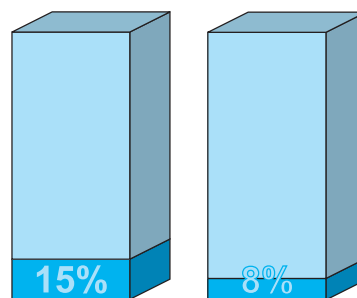
52% of pupils reported that they have talked with their parents about drugs while 47% said they had talked with their teachers.

17% said they were 'fairly sure' or 'certain' they know someone who uses drugs (not as medicines), in the area where they live.

3% of pupils said that they have been offered cannabis



Alcohol



15% of boys and 8% of girls in Year 6 said that they they drank an alcoholic drink on at least one day in the week before the survey.

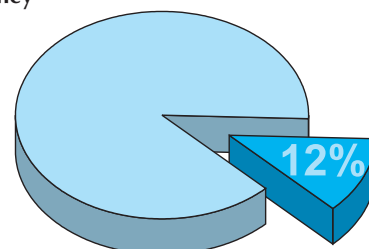
71% of pupils say that they don't drink alcohol. 3% of pupils reported that their parents 'never' or only 'sometimes' know if they drink alcohol.

6% of boys drank beer or lager, 4% said cider, 2% of pupils drank spirits, 2% drank pre-mixed spirits and 2% drank wine in the week before the survey.

Tobacco

5% of pupils said they had tried smoking once or twice.
0% (1% of Year 6 boys) said they had smoked at least one cigarette in the seven days before the survey.

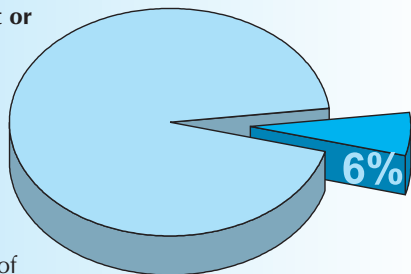
12% of pupils said that they 'may' or 'will' smoke when they are older.



Being healthy

HEALTHY EATING

6% had nothing to eat or drink for breakfast on the day of the survey.



48% of pupils had cereal for breakfast and 34% toast or bread on the morning of the survey. 5% had a chocolate bar or sweets.

Pupils were asked to identify, from a list, the foods which they ate 'on most days'. 48% of pupils said they have fresh fruit and 43% said vegetables. 21% said crisps and 25% said sweets 'on most days'.

34% of pupils said that they 'rarely' or 'never' ate fish or fish fingers. 30% said they 'rarely' or 'never' had salads.

20% of pupils had eaten 5 or more portions of fruit and vegetables on the day before the survey, 8% had eaten none.

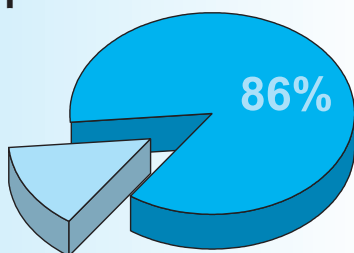
68% drank between 1 and 5 cups of water on the day before the survey, 23% said they had drank a litre or more while 9% said they had drank none. 95% of pupils said they can get water at school easily.

Dental care

78% of pupils reported that they cleaned their teeth at least twice on the day before the survey (the recommended frequency). 3% said they did not clean their teeth at all the day before the survey.

PHYSICAL ACTIVITY

86% of pupils reported that they enjoyed physical activities 'quite a lot' or 'a lot'.



69% of pupils described themselves as 'fit' or 'very fit'.

80% reported that they had exercised three times or more, in the last week, which made them breathe harder and faster 40% said 5 times or more.

The top four physical activities were:

Year 6	Boys	Girls
Football	63	Going for walks 63
Running for exercise (races or tag games)	59	Dancing/gymnastics/trampolining 54
Going for walks	52	Running for exercise (races or tag games) 53
Keep-fit and swimming	49	Swimming 50

(The table shows the percentage of pupils taking part in the sport at least weekly)

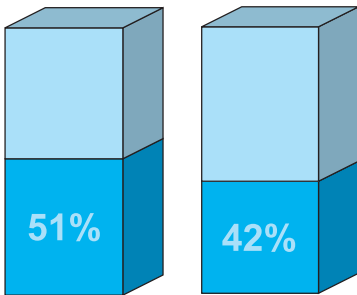
PUBERTY AND GROWING UP

- When asked if pupils had talked with anyone about growing up and body changes, the top responses from a list were:

Year 6	Boys	Girls
Parents/carers	70	Parents/carers 81
Teachers, in school lessons	52	Teachers, in school lessons 52
Friends	31	School Nurse 44
Other close relatives	31	Friends 43

- 67% feel that they know enough, 22% are not sure and 11% say they don't know enough about how their body changes as they get older.
- 17% of boys and 28% of girls reported that they worried 'quite a lot' or 'a lot' about the way they looked.
- 12% of boys and 21% of girls said they worried 'quite a lot' or 'a lot' about growing up and body changes.

EMOTIONAL HEALTH & WELL-BEING



- 51% of boys and 42% of girls had high self-esteem scores.

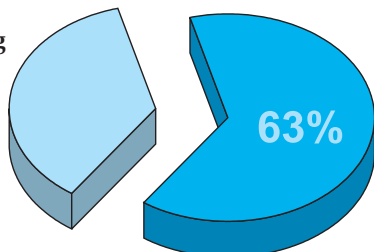
- 2% of pupils had very low self-esteem scores.
- 74% of pupils said they worried about at least one of the items listed in the questionnaire.
- The top 5 worries were as follows:

Year 6	Boys	Girls
SATs/ tests	40	SATs/ tests 49
Crime	31	Family 33
Family	28	Crime 32
The environment	22	Problems with friends 29
Health	20	The way you look 28

- After school yesterday, 75% of pupils spent time watching television. 51% played with friends, 53% played computer games and 47% listened to music.
- 48% played sport on the evening before the survey and 19% went to a club.
- 13% of pupils said they looked after someone at home after school the day before (e.g. babysitting), 8% said they looked after someone because of illness or disability.

Staying safe

- 63% of pupils said they 'never' felt afraid of going to school because of bullying, 28% said 'sometimes' while 9% said 'often' or 'very often'.



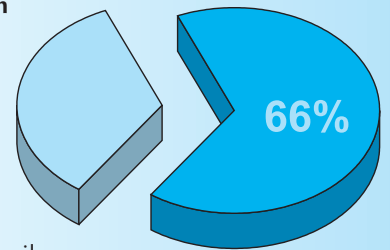
- 33% of pupils said that they had been bullied at or near school in the past 12 months.
- 73% of pupils said that their school takes bullying seriously; 14% said it didn't.
- 24% of pupils reported that they thought they were bullied because of the way they looked and 19% because of their size or weight.
- 4% thought they were bullied because of their race, colour or religion.
- 42% of pupils reported that they had an accident in the last twelve months that was treated by a doctor or at a hospital.
- 10% of pupils said they had broken a bone, 14% had bruises or sprains.
- 30% of pupils reported that an adult, who scared or made them upset, had approached them.
- 51% of those who had been scared by the approach of an adult, said they knew this person.
- 14% of pupils said they told an adult straight away while 7% said they kept it to themselves. 4% told the police.

Enjoying and achieving

- 38% of pupils spent time doing homework on the evening before the survey.
- 45% of girls and 31% of boys read a book for pleasure the night before.
- 16% of pupils worry about schoolwork/homework 'quite a lot' or 'a lot'.
- 66% of pupils said that their achievements inside and outside school were recognised.

Making a positive contribution

- 66% of pupils said that in their school people with different backgrounds were valued.



- 80% said that their school encouraged everyone to take part in decisions e.g. school council.
- 61% said that their school encouraged them to take part in community events.
- 54% of pupils said that they thought school asked for their opinions in school. 69% said that their views and opinions were listened to in school.
- 34% said that they thought their opinions made a difference to how their school is run.

Economic well-being

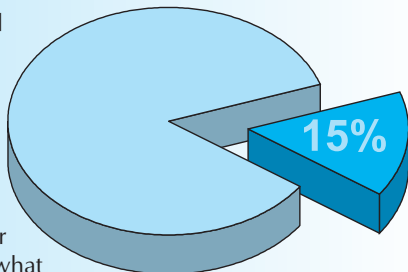
- 63% report getting pocket money at least monthly. 17% said they didn't usually get any pocket money. 14% said they got money as they needed it.
- 61% of pupils received up to £5 pocket money last time, 15% between £5 and £10, 11% had more than £10 pocket money last time.

Wakefield Secondary school pupils in Years 8-10 (ages 12/13 and 14/15)

Being Healthy

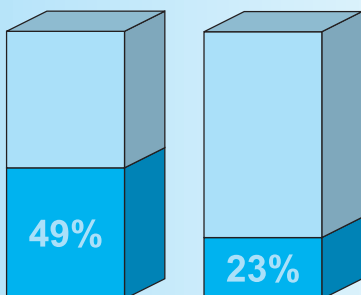
HEALTHY EATING

- 15% of pupils reported having nothing to eat or drink for breakfast on the day of the survey.
- 11% of pupils reported 'never' considering their health when choosing what to eat. 19% of pupils consider their health 'very often' or 'always'.
- 8% of the pupils would like to put on weight while 46% would like to lose weight. 46% of pupils are happy with their weight as it is.
- 11% of pupils said they had no lunch on the day before the survey. 40% of pupils ate a packed lunch from home or went home for lunch, 32% had school food and 16% bought lunch from a takeaway or shop.
- 30% of pupils said they eat sweets and chocolates 'on most days'. 27% said they ate crisps 'on most days'.
- 43% said they eat fresh fruit and 43% vegetables 'on most days'.
- 38% said they rarely or never ate fish.
- 15% of pupils had eaten 5 or more portions of fruit and vegetables on the day before the survey, 13% had eaten none.
- 65% drank between 1 and 5 cups of water on the day before the survey, 19% said they had drank a litre or more while 17% said they had drank none.



PHYSICAL ACTIVITY

- 70% of pupils reported that they enjoyed physical activities 'quite a lot' or 'a lot'.
- 70% said they find it easy to be as physically active as they like. 7% find it 'not at all easy'.
- 65% of pupils exercised hard at least 3 times in the previous week, 29% at least 5 times.



49% of boys and 23% of girls in Year 10 played sport the night before the survey.

- Outside school hours, soccer, riding a bike and jogging were the most popular forms of physical activity for boys and going for walks, jogging and dancing for girls.
- When asked what activities they would like to start doing or do more of girls said dancing, ice skating and swimming.

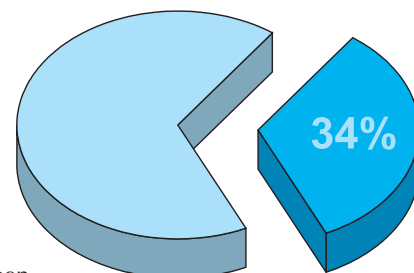
SEX AND RELATIONSHIPS

- 22% believe there is a special birth control (family planning) service for young people available locally.
- 85% of pupils said that they would take care not to get infected with a sexually transmitted infection.
- 23% of pupils said that their friends were their main source of information about sex. 27% said their parents were and 24% said school lessons. 13% of Year 10 boys said the Internet was their main source.
- 38% of pupils said their parents should be their main source of information, 28% said school lessons.

DRUGS, ALCOHOL & TOBACCO

Drugs

- 34% of Wakefield secondary pupils are 'fairly sure' or 'certain' that they know someone who takes drugs.
- 15% of pupils have been offered cannabis.
- By far the most commonly taken drug is cannabis, with 7% saying that they have taken cannabis.
- 10% of pupils have ever taken an illegal drug. 5% of pupils say they have taken an illegal drug within the last month.
- 6% of pupils reported taking an illegal drug and alcohol on the same occasion.
- Of the 3 most common drugs, the percentage of pupils saying they had taken them were:



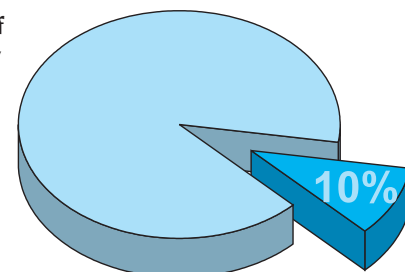
Have ever used	Year 8	Year 10
Cannabis	2	14
Poppers	0	5
Solvents	1	3

Alcohol

- 33% of pupils drank alcohol on at least one day in the week before the survey. 14% of pupils said that they got drunk on at least one day in the last week.
- 18% of pupils said they buy alcohol from a supermarket and 15% from an off licence who should only sell to over-eighteens.
- 8% of pupils drank alcoholic drinks in a pub or bar who should not be serving alcohol to under eighteens.
- 23% of pupils drank alcohol at home and 16% drank at a friend or relation's home. 12% of pupils drank alcohol outside in a public place.

Tobacco

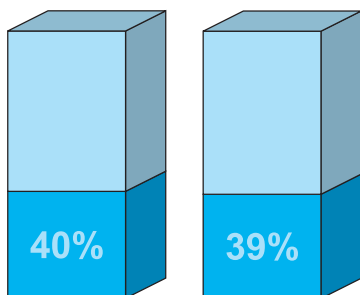
- 64% of pupils said they had never smoked at all. 26% of pupils said they had tried smoking once or twice or had smoked in the past.
- 10% of pupils (20% of Year 10 girls) said they had smoked at least one cigarette in the seven days before the survey.



- Boys: 4% of Year 8 boys and 10% of Year 10 boys smoke occasionally or regularly.
- Girls: 6% of Year 8 girls and 21% of Year 10 girls smoke occasionally or regularly.
- 41% of pupils said their parents/carers smoke. 26% of pupils report that people smoke indoors at home in rooms that they use and 30% said people smoke in a car when they are in it.

EMOTIONAL HEALTH & WELL-BEING

- 69% of pupils reported they are, in general, 'quite a lot' or 'very much' happy with their life at the moment.



- 40% of boys and 39% of girls had high self-esteem scores.

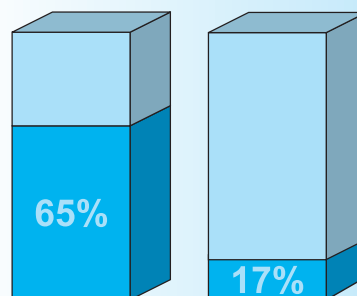
- 3% of pupils had low self-esteem scores.
- 75% of pupils said they worried about at least one of the items listed in the questionnaire.
- Responses to individual items were as follows:**

Year 10	Boys		Girls
Exams and tests	33	The way you look	64
The way you look	26	Exams and tests	56
Health	25	Family problems	47

(The table shows the proportion of pupils worrying about listed problems 'quite a lot' or 'a lot')

- 25% of pupils rate the safety of their area when going out after dark as 'poor' or 'very poor'. 8% say their safety when going to and from school is 'poor' or 'very poor' and 7% say the same about their safety at school.
- 3% of pupils reported that they 'usually' or 'always' carry weapons or anything else for protection when going out.
- 10% reported that they had been a victim of violence or aggression in the area where they live, in the last twelve months.

Enjoying and achieving

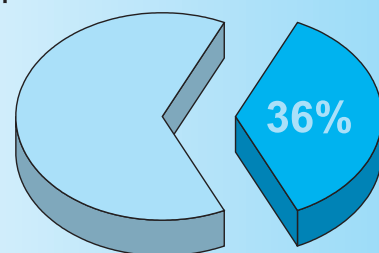


- 65% of pupils report enjoying at least half of their school lessons. 17% of pupils enjoy hardly any of them.

- 85% of pupils think it is important to go to school regularly. 63% of pupils said that they had been away from school in the last 12 months due to illness or injury.
- 34% of pupils used a computer for schoolwork the previous evening. 19% read a book for enjoyment the night before.

Making a positive contribution

- 36% of pupils said that in their school people with different backgrounds were valued.

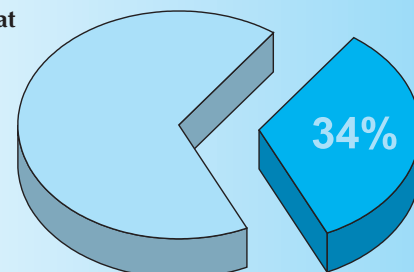


- 39% said that their school encouraged everyone to take part in decisions e.g. school council.
- 26% said that their school encouraged them to take part in community events.
- 25% of pupils said that they thought their views and opinions were listened to in school; 47% weren't sure.
- 34% of pupils said that their achievements inside and outside school were recognised.

Economic well-being

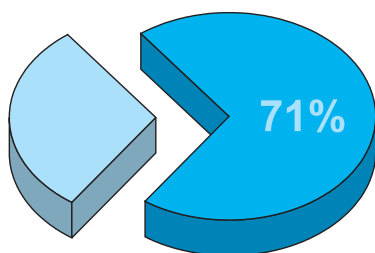
- 55% of pupils live with their mother and father together, 17% live with one parent while 2% don't live with either parent.
- 41% of pupils said they want to continue in full time education after leaving school. 34% of pupils said they wanted to find a job as soon as possible. 44% of pupils said they want to get training for a skilled job.

- 34% of pupils said that they had found their lessons on careers education 'quite' or 'very useful'.



Staying safe

- 71% of pupils reported that they 'never' felt afraid to go to school because of bullying, 29% said at least 'sometimes'.



- 4% said they had been bullied at school at least 'once or more in the last 4 weeks'. 3% reported being bullied at least 'once or more in the last 4 weeks' somewhere other than at school.
- 57% of pupils think that their school takes bullying seriously and 49% think their school deals with bullying at least 'quite well'
- 23% of pupils reported that they thought they were bullied because of the way they looked and 15% because of their size or weight.
- 2% thought they were bullied because of their colour or race and 3% because of their religion or faith.
- 37% said they were treated for an accident at a health centre or a hospital within the last 12 months.
- 88% have visited their doctor within the last year.

Pyramid data: Questions included in both the primary and secondary versions of the Wakefield district 2009 questionnaire

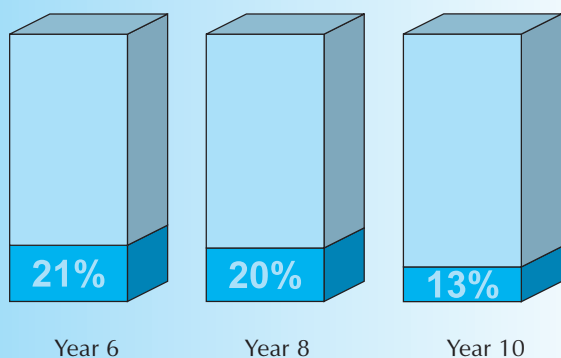
Cross-phase data

The following is a selection of data relating to the set of questions found in the primary and secondary versions of the questionnaire. It is always interesting to see how young people change as they grow up.

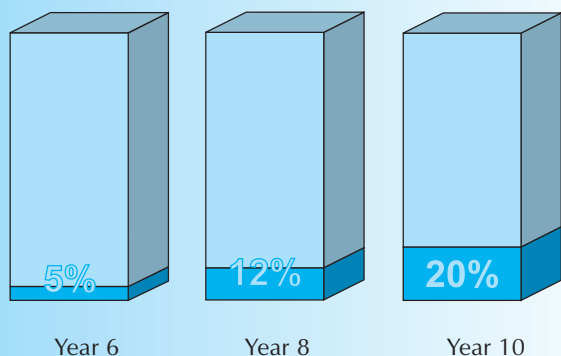
HEALTHY EATING

Five a day?

- Secondary school pupils are less likely to say that they had at least 5 portions of fruit and vegetables on the day before the survey, compared with primary aged pupils who said the same. 21% of Year 6 pupils compared with 20% of Year 8 and 13% of Year 10 pupils.



- Primary aged girls were less likely to report having nothing to eat or drink for breakfast: Year 6 girls 5%; Year 8 girls 12% and Year 10 girls 20%.



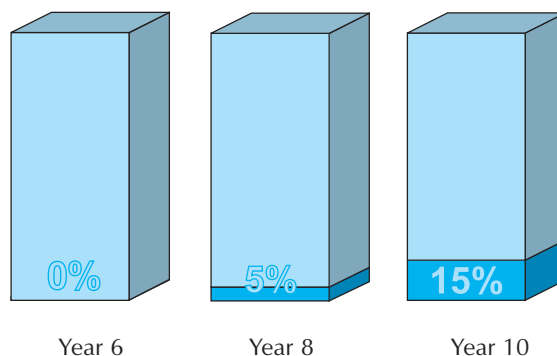
? Are girls skipping breakfast in an attempt to lose weight?

- 38% of Year 6 girls said that they would like to lose weight. 55% of Year 8 girls and 63% of Year 10 girls said the same.
- There is an increase in pupils having crisps 'on most days' with age. 21% of Year 6 pupils, 27% of Year 8 and 28% of Year 10 pupils.

TOBACCO

Did you smoke last week?

- 0% of the Year 6 pupils smoked a cigarette in the week before the survey. 5% of Year 8 pupils and 15% of Year 10 pupils said the same.

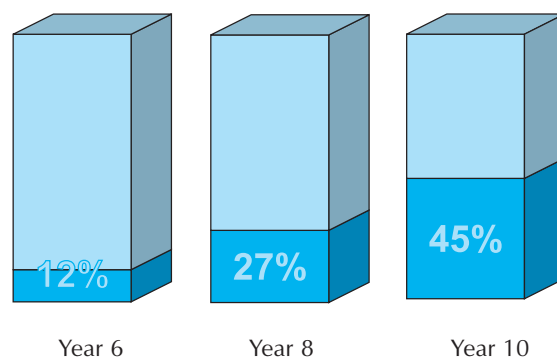


- 93% of primary pupils said that they had 'never smoked at all'. 64% of secondary pupils said the same.

ALCOHOL

Have you had an alcoholic drink in the week before the survey?

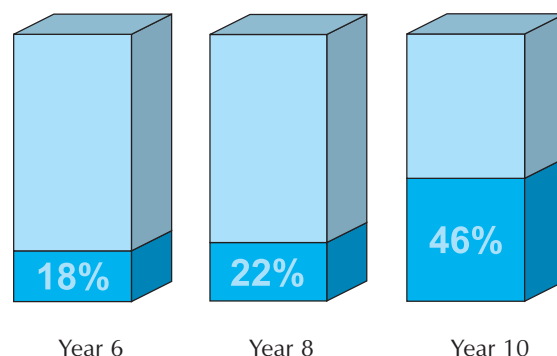
- 12% of the Year 6 pupils had an alcoholic drink on at least one day in the week before the survey. 27% of Year 8 and 45% of Year 10 pupils said the same



? Do young people appreciate the dangers of alcohol?

ILLEGAL DRUGS

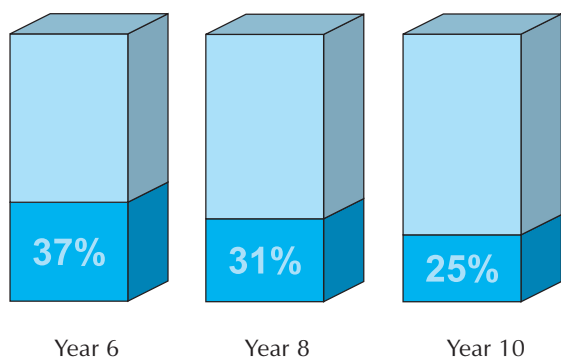
- 18% of Year 6 pupils said that they were 'fairly sure' or 'certain' that they knew someone personally who used drugs (not as medicines). 22% of Year 8 and 46% of Year 10 school pupils said the same.



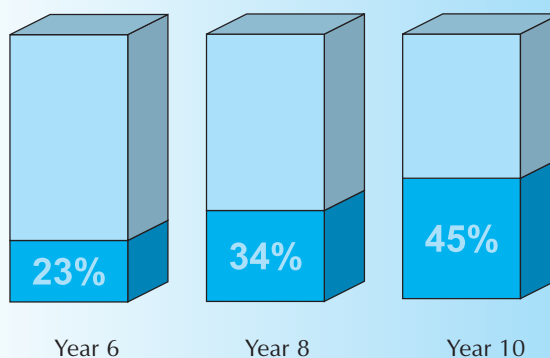
EMOTIONAL HEALTH & WELL-BEING

Are you ever afraid of going to school because of bullying?

- 37% of Year 6 pupils said they felt afraid of going to school at least sometimes. This drops to 31% in Year 8 and 25% in Year 10.

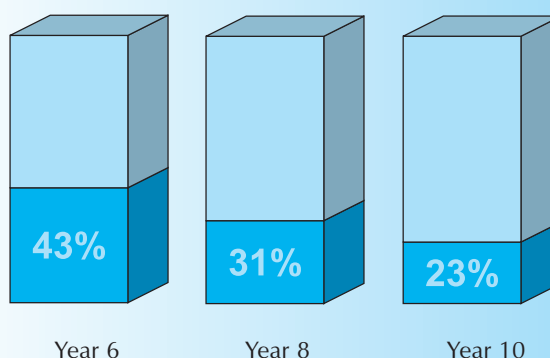


- 23% of Year 6 pupils worry about the way they look. 34% of Year 8 and 45% of Year 10 said the same.



PHYSICAL ACTIVITIES

- 86% of primary pupils said that they enjoy physical activities 'quite a lot' or 'a lot'. 70% of secondary pupils said the same.
- 43% of Year 6 girls played sport last night. This falls to 31% of Year 8 girls and 23% of Year 10 girls who said the same.



? Can anti-bullying strategies be improved?

How much do you worry about problems?

- 45% of Year 6 pupils said they worried about school tests 'quite a lot' or 'a lot'. This drops to 32% of Year 8 pupils and rises again to 45% of Year 10 pupils.

? Are these levels of worrying about tests a cause for concern?

? What local facilities are available for youngsters to be active? What more can be done to encourage girls to be active?

KEY INDICATORS

Wakefield district data have been compared with the wider SHEU databanks for Young People into 2008.

For most of the questions in the questionnaire, Wakefield pupils give similar responses to the wider SHEU data. Some differences (more than 5%) include:

Primary aged pupils

- 20% of Wakefield primary pupils said that they had 5 or more portions of fruit and vegetables the day before the survey. This compares with 30% saying the same in the wider sample.
- Wakefield pupils were less likely to say that they eat fresh fruit and salads 'on most days' compared with the wider sample. They are also less likely to say that they eat crisps 'on most days'.
- Wakefield Year 6 girls are more likely to describe themselves as 'fit' or 'very fit'. 71% of Wakefield girls say this compared with 60% of girls in the wider sample. They are also more likely to say that they exercised hard at least 3 times in the previous week.
- Boys in Wakefield are less likely to clean their teeth at least twice a day. 75% of Year 6 boys said this in Wakefield compared with 81% in the wider sample.
- After school the day before, Wakefield pupils were more likely to have spent time playing computer games compared with pupils in the wider sample.
- Wakefield Year 6 girls were more likely to say that they felt afraid to go to school because of bullying compared with girls in the wider sample. 45% said at least 'sometimes' compared with 38% in the wider sample.

Secondary aged pupils

- Wakefield secondary pupils were less likely to say that they lived with both parents together compared with pupils in the wider SHEU sample.
- Wakefield boys were more likely to say that they bought their lunch the day before from a take away or shop. 25% of Year 10 boys said this compared with 12% in the wider sample.
- 63% of Year 10 girls in Wakefield said they would like to lose weight. This is higher than the 58% saying the same in the wider sample.
- 38% of Year 10 girls said they eat fresh fruit 'on most days'. This compared with 47% saying the same in the wider sample.
- Wakefield pupils were less likely to say that they know someone personally who uses drugs. 30% of Year 10 said this compared with 39% of the wider sample.
- Year 10 boys in Wakefield are less likely to have taken drugs compared with boys in the wider sample.
- Year 10 girls were more likely to say that they felt afraid to go to school because of bullying at least 'sometimes'; 33% compared with 27%.
- Wakefield pupils were less likely to say that they enjoyed physical activities compared with pupils in the wider sample.

The Way Forward – over to you

This work was funded by NHS Wakefield District and the Wakefield Healthy Schools Programme. We are grateful to the teachers, schools, children and young people for their time and contributions to this survey. As a result of their work we have excellent data to be used by schools, as well as both statutory and voluntary agencies that support the health of children and young people in the Wakefield district. This work will inform action plans for joint working between and within organisations involved in improving the health and well being of pupils in schools.

Schools that took part in the survey:

Primary schools:

Ackworth Howard CE (VC) J&I School, Airedale Junior School, All Saints Featherstone CE (VA) JI & Nursery School, Ash Grove J&I School, Burntwood J&I School, Carleton Park J&I School, Carlton J&I School, Cobblers Lane Primary School, Dane Royd J&I School, Darrington CE (VC) J&I School, English Martyrs Catholic Primary School, Wakefield, Flanshaw J&I School, Gawthorpe Community Primary School, Half Acres J&I School, Halfpenny Lane J&I School, Havercroft J&I School, Hemsworth Grove Lea Primary School, Hental Primary (JIN) School, Horbury Primary School, Ledger Lane J&I School, Mackie Hill J&I School, Methodist (VC) JI & Nursery School, Mill Dam Junior & Infant School, Netherton J&I School, Newlands Junior School, Normanton Common Primary School, Normanton Newlands Junior School, Northfield Primary School with Autism Resource, Orchard Head Junior & Infant School, Park Junior School, Pinders Primary (JIN) School, Redhill Junior School, Rookeries Carleton J&I School, Ryhill Junior & Infant School, Sandal Endowed CE Junior School, Shay Lane Primary (J&I) School, Smawthorne Henry Moore Primary School, Castleford, South Hiendley J,I and EY School, St. Giles CE (VA) J&I School, St. Helen's CE (VA) J&I School, St. Joseph Catholic Primary School, Moorthorpe, St. Peters CE (VC) Junior School, Stanley Grove Primary (J&I) School, Streethouse J, I and Nursery School, Three Lane Ends Community Primary (J&I) School, Towngate J&I School, Waterton J&I School, West Bretton J&I School and Willow Park Junior School

Secondary schools:

Airedale High School, Crofton High School, Freeston Business and Enterprise College, Hemsworth Arts and Community College, Horbury School, Kettlethorpe High School, King's School, Knottingley High School and Sports College, Minsthorpe Community School, and Outwood Grange College of Technology

Special schools:

Pinderfields Hospital School, Highfield School and Wakefield Pathways School