

Young People's Health and Well-being in Wakefield District FE

A summary report of the Health Related Behaviour Survey 2013

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 is the second time FE colleges have participated, 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 focuses on the FE version of the survey. Staff were briefed on how to collect the most reliable data by Schools Health Education Unit

staff. Surveys were completed either online or on paper.

2619 pupils from 8 Further Education institutions took part.

Each institution has its own report comparing their results to the combined sample for colleges in Wakefield District.

The 2011 figures are shown in brackets () throughout this report.

2619 young people were involved in the 2012/2013 survey:

Study Year	Year 1	Year 2/3	Total
Age	16 - 17	17 - 19	
Males	984	355	1339
Females	1001	279	1280
Total	1985	634	2619

Additional reports

An overall Wakefield District report containing the combined results from the main schools survey is available to accompany this FE report. The Wakefield schools data have also been sub-divided into locality datasets. Tables of results are also available for further analysis.

For more information please contact the unit:
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

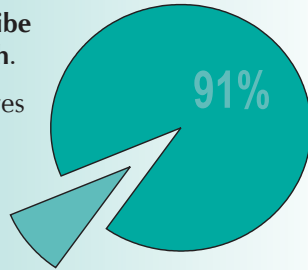
Enjoying College and Activities

Study worries, sleep, voice in college, work, leisure activities

Wakefield District FE Students

- Background

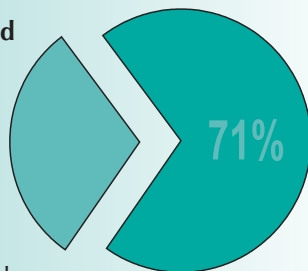
- 91% (93%) of pupils describe themselves as White British.
- 4% (4%) describe themselves as Asian.
- 50% (66%) of the sample were 16 years old.



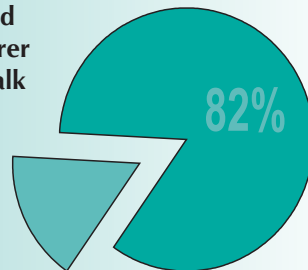
- College life

Students were offered a list of comments about college life:

- 71% (67%) of students said that they feel like a real part of their college.
- 88% (86%) of students said that people at college were friendly to them.



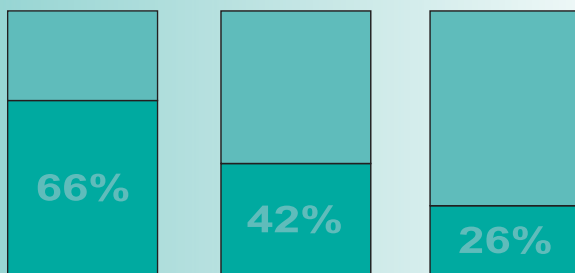
- 82% (70%) of students said 'There's at least one lecturer or adult in college I can talk to if I have a problem'.



HEALTHY LIVING

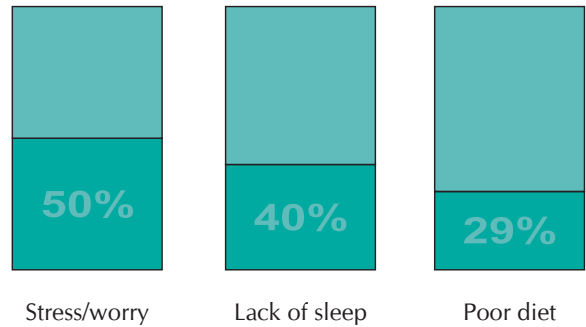
- What things keep you healthy?

- Students were asked about the most important things that helped to keep them healthy. The top 3 answers were:



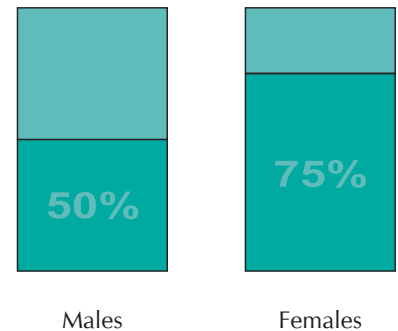
Fitness/exercise Diet Not smoking

- Those things having an adverse affect on their health were:



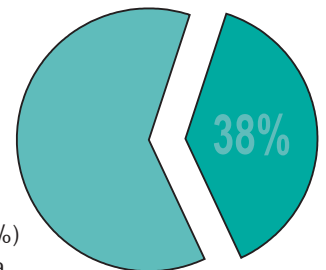
- FOOD and DIET

- 33% (29%) of males and 35% (31%) of females said that they thought their diet was unhealthy.
- 50% (45%) of males and 75% (69%) of females said that they would like to eat more healthily.



- 23% (18%) of students said they usually have nothing at all to eat or drink for breakfast.
- 32% (39%) said that they usually have toast, 41% (34%) have cereals and 13% (19%) have fruit to eat for breakfast.
- 8% (9%) of students [9% (12%) of males] said that they usually have a stimulant drink for breakfast.
- 28% (29%) of males and 67% (65%) of females said that they would like to lose weight.
- 18% (13%) of students eat no portions of fruit and vegetables on a normal day. 71% (74%) have 1 - 3 portions and 12% (13%) have 4 or more portions on a normal day.

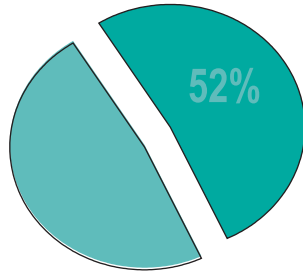
- 38% (37%) of students never worry about what they eat, 38% (39%) watch what they eat but never really diet. 17% (19%) try to diet a couple of times a year and 6% (5%) said they were always on a diet.



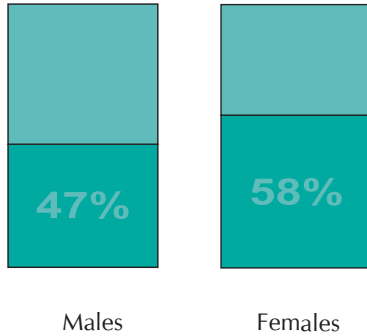
- 52% (56%) of students said they drink at least 1 can of pop per day. 6% (6%) said they have 4 or more per day.

- Physical exercise

- 52% (59%) of students reported that they had exercised hard between 1 and 4 times in the past 7 days. 29% (18%) said none. 19% (23%) said 5 or more times.



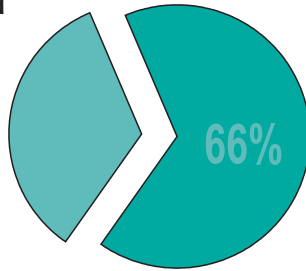
- 47% (55%) of males and 58% (69%) of females said that they had participated in walks of 2 or more miles (including to and from college) during the last 7 days.



- The following are the top activities, other than walking, that students reported taking part in during the last 7 days:

	Males	Females
Exercises (weight training, sit ups, etc.)	52%	32%
Jogging/running	45%	27%
Team sport (football etc.)	42%	14%
Cycling	19%	12%

- 66% (65%) of students said that they know how much exercise they should be taking to benefit their health.



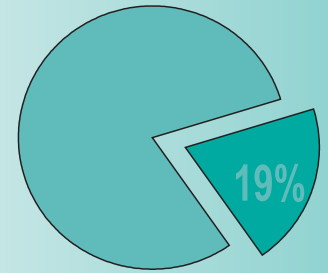
- Students were asked about barriers to exercise. The following are the top answers:

	Males	Females
Not enough time	44%	69%
Too expensive	22%	46%
Too self-conscious	21%	33%
Feel awkward trying new things	19%	30%

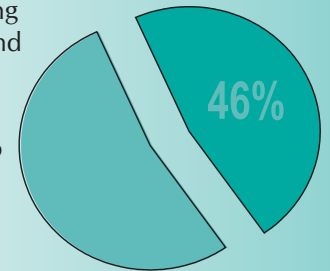
- 13% (13%) of students said that the facilities don't offer what they want and 14% (11%) of students said they didn't know what to do.
- 15% (14%) of students said that they don't like the people who go there. 9% (8%) said they don't like the facilities.

- Tobacco

- 19% (14%) of students reported smoking cigarettes/roll ups.



- 58% (50%) of those who reported smoking said that they would like to give up.
- Of those who said they would like to give up, 46% (43%) said they would like help to give up, 54% (57%) said they didn't want any help.
- The top options selected for help quitting, were stop smoking service, friends or peers and self help.
- 46% (60%) of smokers said that they had tried to give up smoking at some point.



- Alcohol

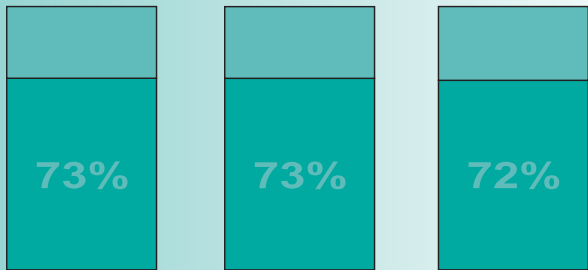
- 19% (14%) of students said that they don't drink alcohol, 56% (58%) said they drink occasionally, 10% (12%) said they drink regularly and 14% (16%) said they drink alcohol to get drunk.
- Of those who drink alcohol, 88% (87%) of students said they drink at weekends, 10% (10%) said they drink on a weekday as well.
- The most popular reported drinks for students included the following:

	Males	Females
Beer/lager	62%	50%
Spirits	39%	45%
Shots	39%	42%
Cider	37%	41%

- 7% (9%) of students said that they thought they should cut down on their drinking.
- When asked about why they drink alcohol, the top answers from a list included:

	Males	Females
To get drunk	47%	51%
To meet people	28%	24%
To feel better	18%	19%
To calm your nerves	13%	11%

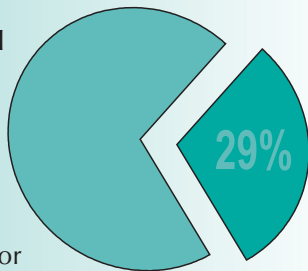
- When asked for the main reasons people their age drink alcohol the top answers other than to get drunk included:



Because friends do To feel good To feel confident

- Illegal drugs

- 29% (28%) of students said that they had used illegal drugs at some point.
- 6% (7%) of students said they use drugs now.
- 4% (5%) of students said that they use drugs weekly or more, another 4% (4%) said they use them less than once a week.



- The most common drugs used by students were:

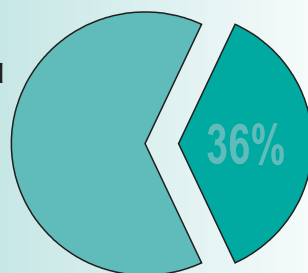
	Males		Females	
Cannabis	29%	Cannabis	22%	
MKat	11%	Mkat	8%	
Cocaine	6%	Poppers	4%	
Poppers	6%	Cocaine	3%	

- When asked about their current drug use, 2% (3%) said they would like to take fewer drugs than they do usually although 3% (4%) said they were happy to take the same amount as they currently do.

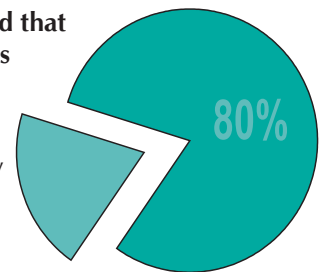
GOOD RELATIONSHIPS AND MENTAL HEALTH

- Sexual health

- 36% (41%) of students said that they have never had sexual intercourse.
- 36% (33%) of students have sexual intercourse often and use contraception/protection.
- When asked about their contraceptive method of choice, 40% (50%) said male condom. 29% (26%) said contraceptive pill and 10% (7%) said implant.

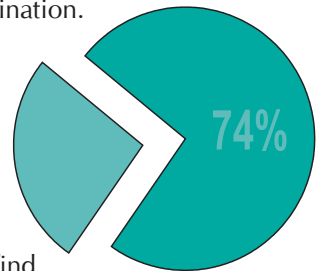


- 80% (82%) of students said that they know where to access contraceptives free of charge.



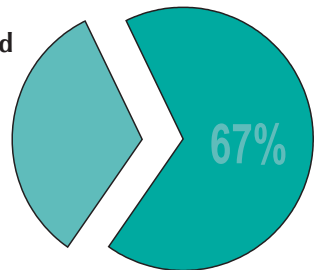
- 63% (66%) said they knew there was a young person's sexual health service available locally. 32% (29%) said they didn't know if there was one and 5% (5%) said there wasn't one.
- 34% (39%) of students said that they could get condoms free of charge at college. 16% (15%) said no and 49% (46%) said 'don't know'.
- 14% (8%) of students have (or partner has) used emergency contraception. 3% (2%) of students have (or partner has) had a termination.

- When having sexual intercourse with a new or future partner, 74% (80%) of students said they think they will use a condom.



- 55% (52%) said they will find out about partner's sexual history, 35% (30%) said they will worry about infection but 19% (15%) said they will take no precaution against infection.

- 67% (74%) of students said that HIV/AIDS could be treated but not cured. 21% (15%) said they knew nothing about it or have never heard of it.



- When asked for their knowledge of other sexually transmitted infections, the following said they could be treated and cured:

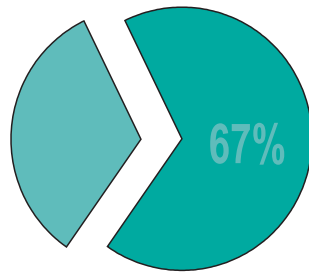
	Males		Females	
Pubic lice	56%	Pubic lice	64%	
Chlamydia	51%	Chlamydia	63%	
Genital warts*	42%	Genital warts*	48%	
Gonorrhoea	39%	Gonorrhoea	45%	

* can be treated but not cured.

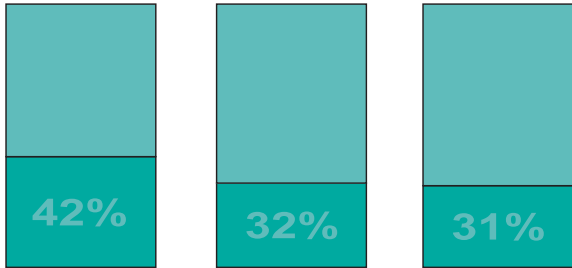
- 32% (28%) of students said they knew nothing about or had never heard of genital warts, 34% (31%) said the same of genital herpes.

- Worries

- 67% (72%) of students said that they have worried about at least one issue in the last month 'often' or 'most days'.



- The top three worries overall were:



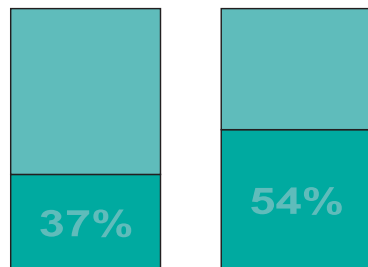
Study, work-load problems Money problems The way you look

- Females were more likely to report worrying than were males. It is interesting to see the differences in the top five worries were:

	Males	Females	
Study, work-load	30%	55%	
Money problems	27%	The way you look	49%
The way you look	14%	What people think of you	40%
What people think of you	14%	The amount you are eating	40%
Physical health	14%	Money problems	39%

- When asked how they dealt with stressful situations, females were more likely than males to talk to someone about the problem:

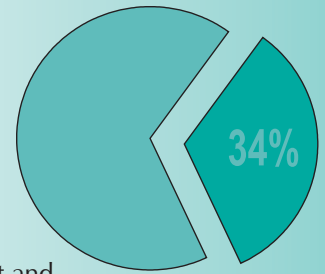
- 37% (33%) of males compared with 54% (48%) of females would talk to someone about a problem.



Males Females

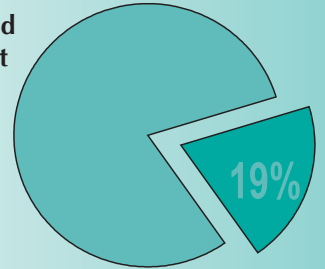
- 23% (23%) of students said that they would think carefully about the problem by themselves.
- 22% (22%) said they would keep busy socialising, e.g. going out with friends.

- Similar proportions said that they would listen to music; overall 34% (31%) said this.



- 82% (84%) of students said that they had 'never' harmed themselves. 16% (14%) said, yes, in the past and 2% (2%) said yes, this term.

- 19% (18%) of students said that they had ever thought about taking their own life.



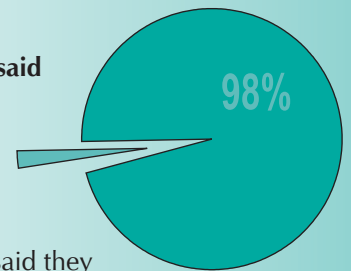
- 8% (5%) of students said that they had attempted suicide.

- 15% (11%) of students said they had received counselling or other help for depression or other emotional problems. 1% (1%) said that they were unable to.

BEING SAFE

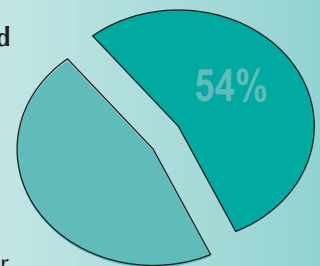
Bullying

- 98% (98%) of students said they weren't afraid of attending college because of bullying.



- 91% (88%) of students said they had never been bullied at college.
- 1% (1%) of students said they were bullied 'on most days'.
- 2% (1%) of students thought that others might fear going to college because of them, 7% (6%) said they didn't know.

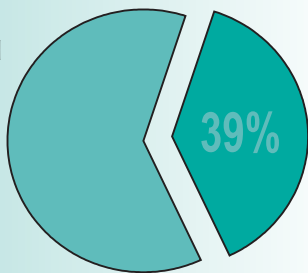
- 54% (61%) of students said that their college takes bullying seriously.



- When asked how well their college deals with bullying, 57% (46%) said 'don't know', 10% (10%) said it wasn't a problem in their college, 7% (9%) said 'badly' or 'not very well' and 26% (35%) said 'quite well' or 'very well'.

Accidents and injury

- 39% (44%) of students said that they had been to A&E due to accidental or deliberate injury at some point.
- 17% (18%) said they had been admitted to a hospital bed due to accidental or deliberate injury.
- Asked about other unpleasant experiences, the following were most commonly reported:



	Males		Females	
Verbal abuse	40%	Verbal abuse	41%	
Physical assault	22%	Physical assault	14%	
Other harassment	9%	Other harassment	13%	
Bullying at college	8%	Bullying at college	10%	

- Thinking about the most serious incident, 13% (15%) said it happened at home, 12% (16%) said at school and 17% (22%) said in a public place.
- Asked who they were with at the time: 13% (15%) said with family, 10% (12%) were alone and 32% (38%) were with friends.
- 5% (6%) said that they were having an alcoholic drink at the time of the incident, 1% (1%) said that they were using non-prescribed drugs.

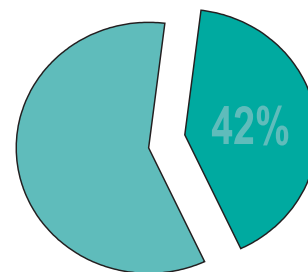
General health

- 51% (50%) of students said that they had seen their doctor in the last 3 months, this rises to 90% (90%) in the past 12 months.
- 44% (35%) of students said that the amount of sleep they normally get is enough for them to feel healthy and not tired, 22% (31%) said 'don't know' and 34% (34%) said 'no'.
- 22% (29%) of students said that their social life was one of the things that affected their health in a positive way.
- 13% (11%) said that depression/loneliness contributed to their health in a negative way.
- 11% (13%) of students said that they have a long-standing illness or disability that has affected (or will affect them) them over a long period of time.
- When asked for further detail about their condition, 3% (6%) said they have asthma, 2% (3%) skin problems including psoriasis, 2% (2%) migraine, 1% (2%) allergies and 1% (1%) said eating disorders.



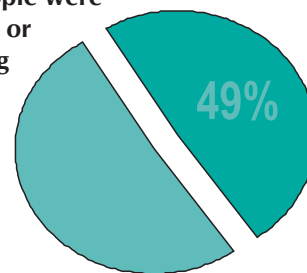
ENJOYING COLLEGE AND ACTIVITIES

- 42% (49%) of students said they had worried about study, work load problems in the past month.
- 7% (8%) of students said that they had worried about problems with lecturers or teachers in the past month.
- When asked what college could do to improve aspects of student's health information, the following were the top answers included:



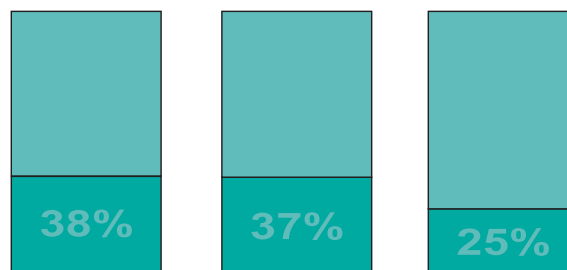
	Males		Females	
Posters & notices	29%	College Nurse	39%	
On-site health centre	27%	Posters & notices	37%	
College website	27%	On-site health centre	34%	
E-mail	27%	Posters and leaflets	33%	

- 49% (51%) of students thought that the views of children and young people were listened to 'a great deal' or a 'fair amount' regarding decisions about running their school/college.



Outside college

- Students were asked about the parks and recreation areas in their area. 35% (31%) said they thought they were 'very good' or 'fairly good'. 30% (36%) said they were 'fairly poor' or 'very poor'.
- 38% (49%) said they needed a lot more or better things to do in their area, 37% (35%) said they needed a little more to do in their area and 25% (16%) said the activities they had were good enough.



Need a lot more Need a little more Good enough

- 24% (18%) of students thought that the views of children and young people were listened to 'a great deal' or a 'fair amount' regarding decisions about their local area.
- 19% (28%) of students said that they had filled in a questionnaire in the last year asking for their views about their local area. 4% (3%) had been to a meeting outside school concerning their local area, and 1% (2%) had been a member of a youth parliament.

- Students were asked how they would like to find out about new activities opening up in their local area. The top answers included:

All Students	
From friends	51%
Leaflets through the door	42%
Posters	37%
Internet/websites	33%

Green Spaces

- 16% (31%) of students said that they use sports fields for casual use at least once a week. 13% (30%) said they use public parks e.g. Thornes Park at least weekly.
- 25% (37%) of males and 7% (10%) of females use sportsfields to play in matches at least weekly and 6% (18%) said they visited woodlands at least once a week.
- 29% (28%) said they lived within half a mile of public parks. 25% (29%) lived within half a mile of sportsfields.
- If they were in charge of greenspace sites, the top answers given for making improvements included:

	Males	Females
More for teenagers	47%	57%
More sports facilities	42%	28%
Reduce litter	24%	28%
More paths and trails	21%	25%
Hold more events	19%	23%

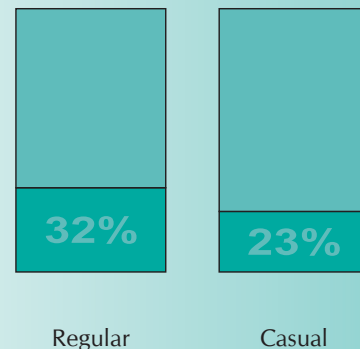
Volunteering

- 31% (30%) of students said that they would be interested in helping with fundraising for the upkeep of greenspace sites. 13% (11%) said that they would be interested in joining a group.
- 16% (15%) said they would be interested in helping set up and running a group to help with the upkeep of a greenspace site.
- 33% (37%) of students said that they done something to help an elderly or disabled person in the past 4 weeks.
- 21% (33%) had done something to help a neighbour or someone else in the local area in the past 4 weeks.
- 50% (62%) said they had done something to help friends or family in the past 4 weeks.
- 14% (19%) of students said they had raised money for a charity or local group in the past 4 weeks.

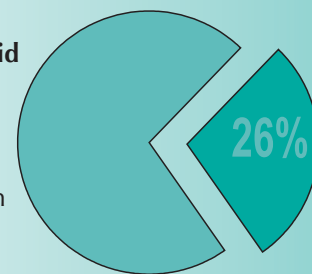
Work

- 65% (57%) of students said that the amount of sleep they normally get is enough for them to stay alert and concentrate on their studies, 17% (25%) said 'don't know' and 18% (18%) said 'no'.

- 32% (35%) of students said that they have a regular paid job during term time, 23% (23%) said they have irregular or casual paid work.



- 15% (15%) of students worked more than 30 hours in the previous month.
- 4% (4%) said that their work affects their college work in a negative way, 'quite a lot' or 'very much'. 14% (15%) said it affected it 'a little'.
- 13% (13%) of students said that they work during term-time because they enjoy working.
- 9% (11%) said they work because their parents want them to.
- 26% (26%) of students said that they work to earn money for essentials.
- 34% (36%) of students said that they work to earn money for luxuries.



KEY INDICATORS

The Wakefield survey has been specially tailored for Wakefield, but where possible, Wakefield FE students data have been compared with the wider SHEU reference sample. The following are a selection of interesting similarities/differences.

- 19% of Wakefield students reported smoking cigarettes/rollups. This compared with 23% of students who report smoking in the wider SHEU sample.
- When asked why people their age drink alcohol, 73% of Wakefield students said to 'feel good' compared with 83% of the wider sample.
- 36% of Wakefield students said they had never had sexual intercourse compared with 27% of the wider sample.
- 80% of Wakefield students said they know where to access contraceptives free of charge. 75% of the wider sample know where to access condoms free of charge.
- 31% of Wakefield students worry about the way they look compared with 25% of the wider sample.
- 32% of Wakefield students worry about money problems compared with 37% of the wider sample.
- 71% of Wakefield students said they feel like a real part of their college compared with 73% of the wider sample.
- 82% of Wakefield students said there's at least one lecturer or adult in college they can talk to if they have a problem compared with 73% of the wider sample.
- 38% of Wakefield students never worry about what they eat compared with 37% of the wider sample.
- 34% of Wakefield students thought their diet was unhealthy compared with 37% of the wider 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 Featherstone CEVA JI&N School, Ash Grove J&I School, Castleford Half Acres J&I School, Castleford Oyster Park Primary School, Castleford Park Junior School, Castleford Redhill Junior School, Dane Royd J&I School, Featherstone Streethouse J&I School, Flanshaw J&I School, Flanshaw St. Michaels CEVC Primary School, Heath View School, Hemsworth St. Helen's CE J&I School, Hemsworth West End Primary School, Holy Family and St. Michael's Catholic Primary School, Horbury St Peter's CEVC Junior School, Kirkhamgate Primary School, Knottingley CE VC Junior and Infant School, Mackie Hill J&I School, Mill Dam Junior & Infant School, Newton Hill J&I School, Normanton Altofts Junior School, Normanton Common Primary School, Normanton Junior School, Ossett Flushdyke J&I School, Outwood Ledger Lane J&I School, Pontefract Orchard Head J&I School, Ryhill JI&N School, Sacred Heart Catholic Primary School, Simpsons Lane Academy, South Hiendley J&I School, St. Austin's Catholic Primary School, The Mount Junior & Infant School, Towngate Primary School, Wakefield Hental Primary School, Wakefield Pathways School and Wakefield Pinders Primary JI&N School.

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:

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