

Wakefield Children and Young People's Survey 2016

Topic Summary:

MULTIPLE HEALTH BEHAVIOURS WITHIN WAKEFIELD DISTRICT

Prepared by the Schools Health Education Unit, Exeter
for Wakefield Council

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Introduction

These results were collected from a sample of primary pupils aged 9 to 10 and secondary pupils aged 13 to 14 in the autumn terms 2016, together with a sample of sixth-form and college students.

This summary is an in depth analysis of the inequalities identified within Wakefield District, more information can be found in reports and tables held by Helen Laird and Paul Jaques at Wakefield Council's Public Health team. For more information email: pauljaques@wakefield.gov.uk

The survey was commissioned by the Wakefield Council's Health Improvement team as a way of collecting robust information about young people's health and wellbeing.

Teachers were informed on how to collect the most reliable data and then pupils completed a version of the questionnaire appropriate for their age group. Year 5 pupils completed the primary version of the questionnaire. Students in Years 9 and 12 completed the secondary/FE version of the questionnaire in their secondary schools and FE colleges.

All were undertaken anonymously and there was a mix of paper based and online questionnaires.

School Year	Year 5	Year 9	Year 12+	Total
Boys	681	880	848	2409
Girls	710	878	963	2551
(Unknown)		12	6	18
Total	1391	1770	1817	4978

A total of 3161 pupils took part in 46 primary and 13 secondary school settings in Wakefield District.







1817 students in FE colleges completed the Year 12/FE version of the survey.

1 Special school also completed an adapted version of the survey with their students.

Multiple Health Behaviours in Wakefield District

Healthy Eating

In general, children in all age groups were aware of what makes a good diet:

	Of those who think their diet is healthy:		Of those who think their diet is unhealthy:
Year 5	 <p>2 in every 10 children</p>	Eat sweets and chocolate 'most days'	 <p>6 in every 10 children</p>
Year 9	 <p>6 in every 10 children</p>	Eat fruit and vegetables 'most days'	 <p>2 in every 10 children</p>
Year 12	 <p>1 in every 10 children</p>	Eat crisps 'most days'	 <p>3 in every 10 children</p>





Physical activity



There are some gaps in awareness of how much physical activity is required to stay healthy:

Year 5	5 in 10 children who do less than 1 hour PA per day think that they do enough to stay healthy	
Year 9	2 in 10 children who do less than 1 hour PA per day think that they do enough to stay healthy	

Alcohol





Children who drink alcohol are far more likely to exhibit other risky behaviours:

	Of those who don't drink alcohol:		Of those who do drink alcohol:
Year 9	 <p>4 in every 10 children</p>	Received messages online from someone they don't know	 <p>6 in every 10 children</p>
Year 12	 <p>1 in every 10 children</p>	Offered cannabis	 <p>4 in every 10 children</p>

	Of those who don't think it is OK to get drunk:		Of those who do think it is OK to get drunk:
Year 9	 7 in every 10 children	Agree you should wait until 16 before having sex	 2 in every 10 children







Smoking

Smokers are more likely to be offered drugs:

	Of those who don't smoke:		Of those who do smoke:
Year 9	 1 in every 10 children	Offered cannabis	 4 in every 10 children
Year 12	 2 in every 10 children	Offered cannabis	 6 in every 10 children







Bullying

Children who are bullied have poorer mental health:

	Of those who have not been bullied in the last 4 weeks:		Of those who have been bullied in the last 4 weeks:
Year 5	 3 in every 10 children	Afraid of going to school because of bullying	 8 in every 10 children
Year 9	 1 in every 10 children	Unhappy with life at the moment	 4 in every 10 children
Year 12	 7 in every 10 children	Would talk to someone if they had a problem at college	 3 in every 10 children

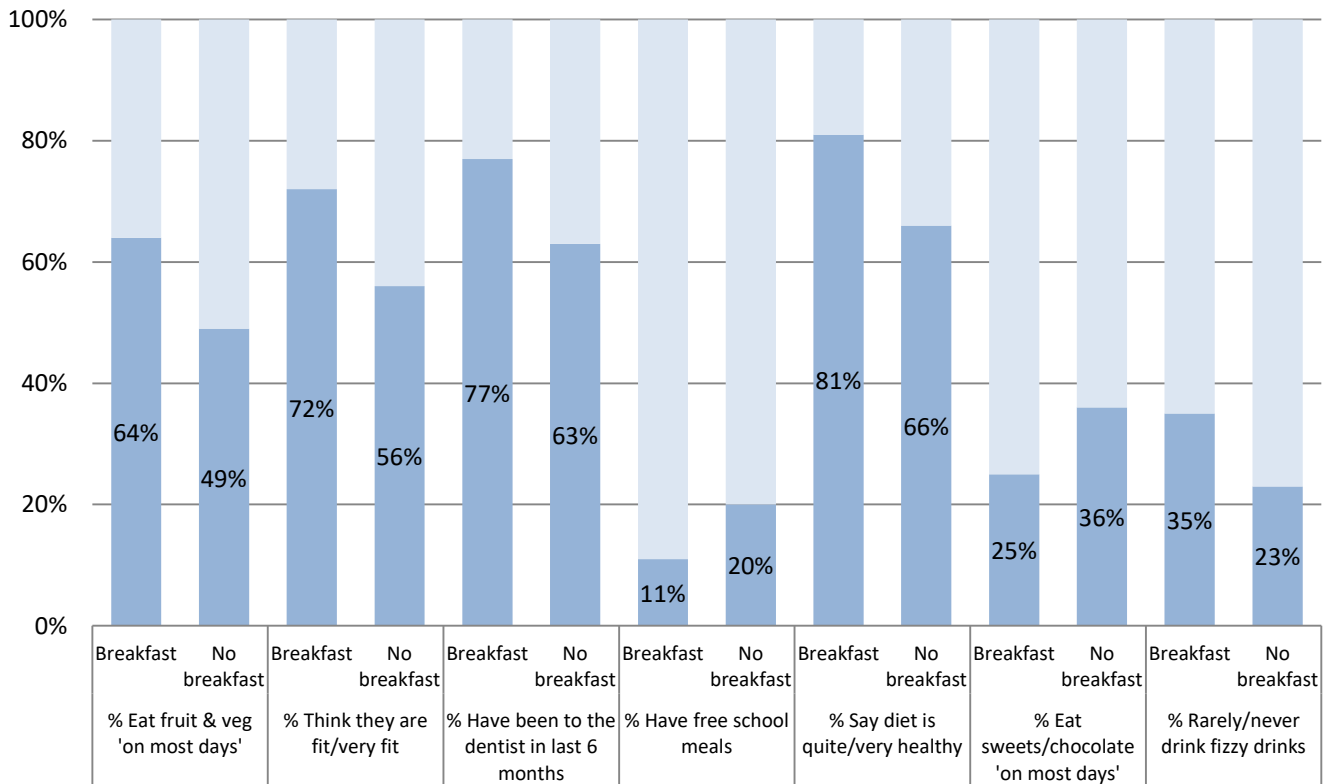
Wellbeing

There are some stark differences between those with high and low wellbeing scores:

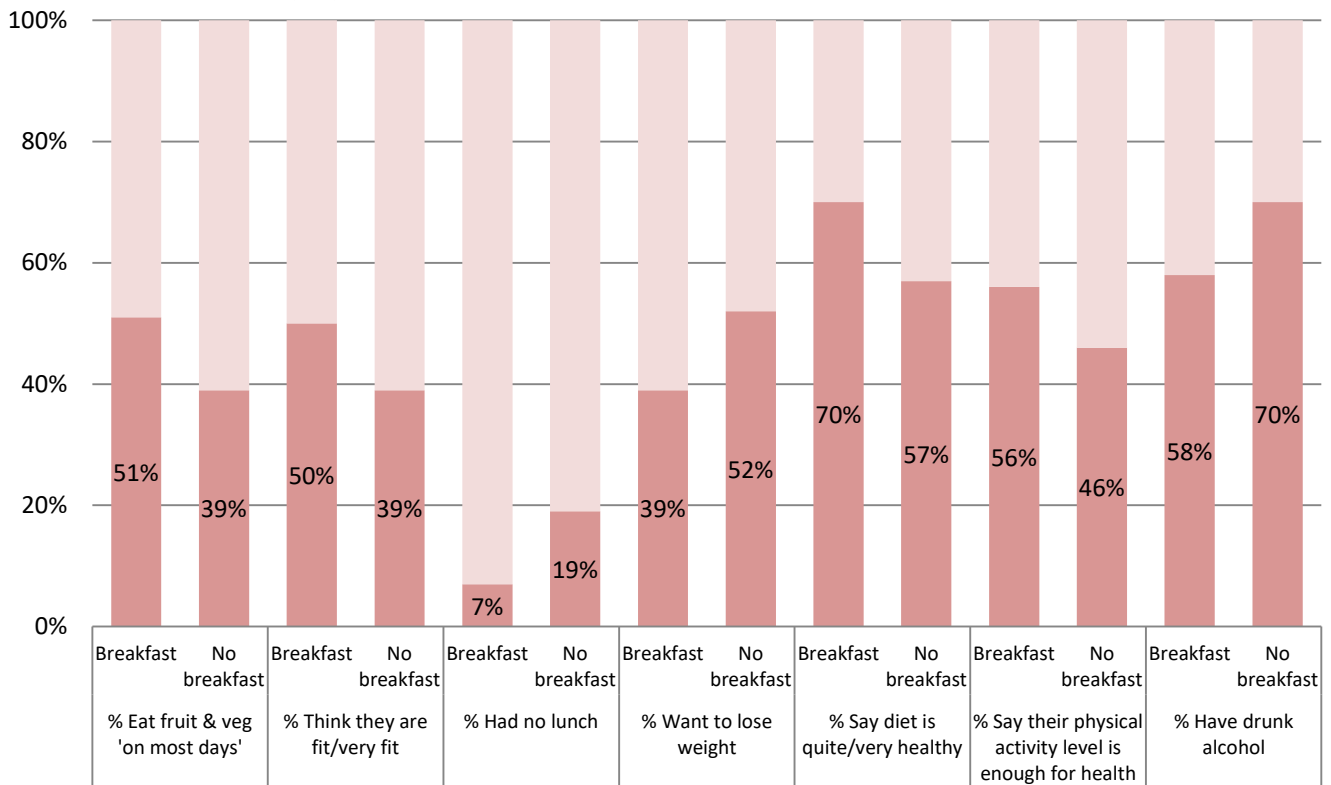
	Of those with high wellbeing scores:		Of those with low wellbeing scores:
Year 5	 7 in every 10 children	Optimistic about the future	 3 in every 10 children
Year 9	 6 in every 10 children	Happy with weight	 4 in every 10 children
Year 12	 7 in every 10 children	Do at least an hour of physical activity per day	 5 in every 10 children

Health behaviours analysis - Nutrition:

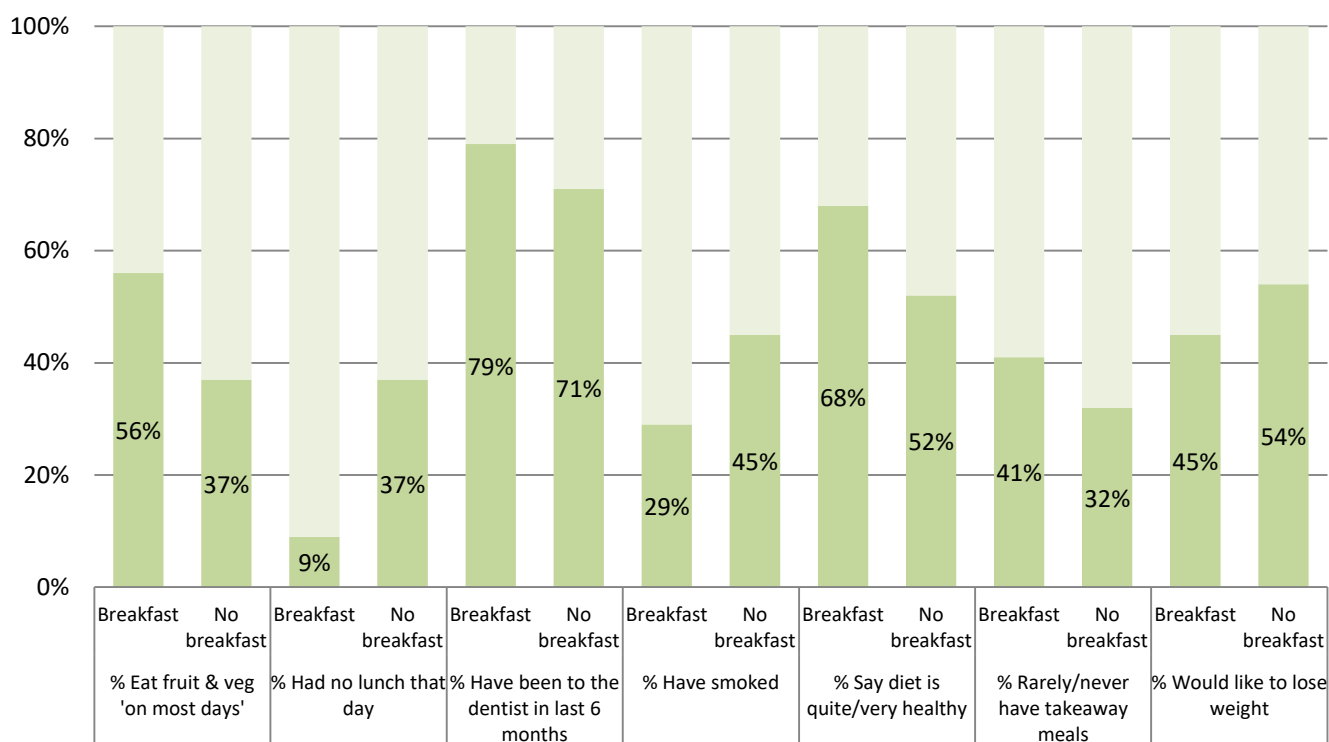
Year 5 pupils who had breakfast vs. those who had a drink at most



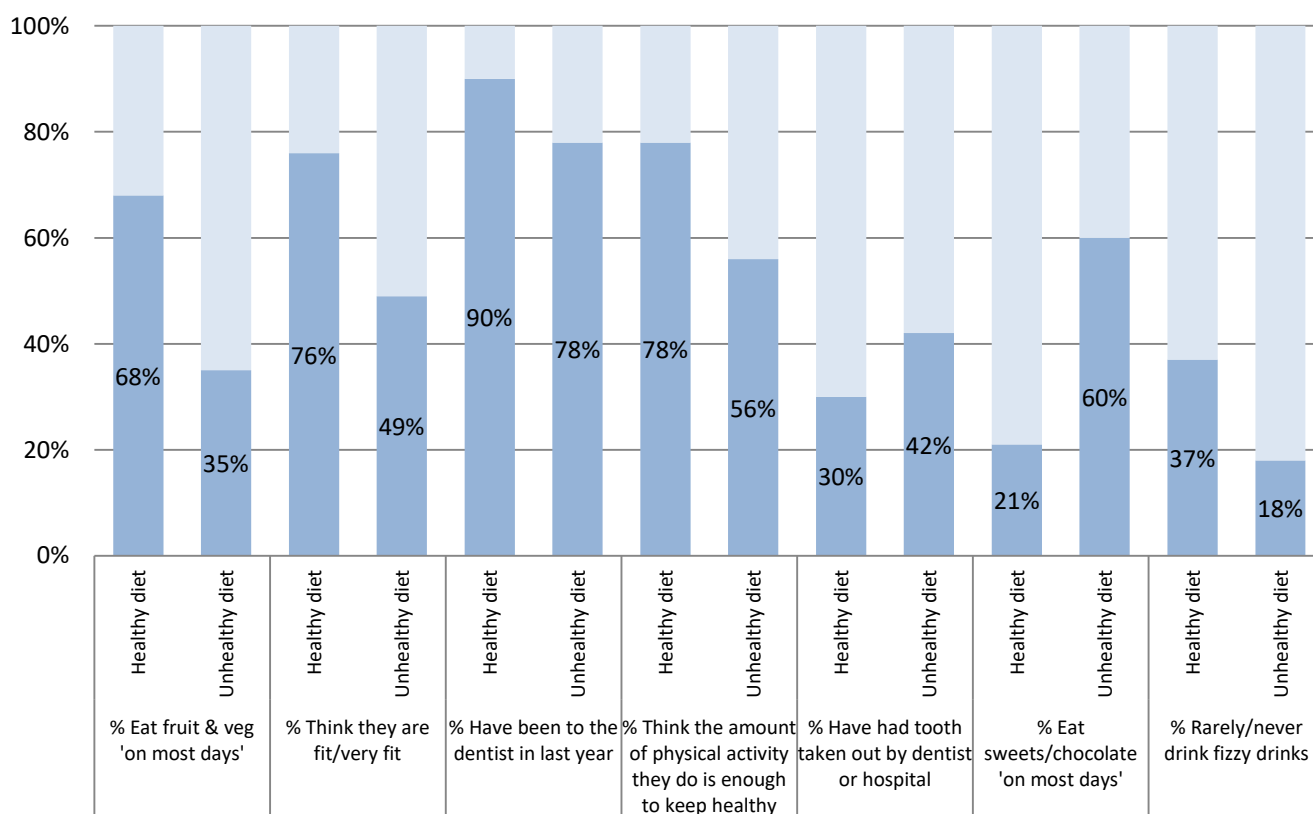
Year 9 pupils who had breakfast vs. those who had a drink at most



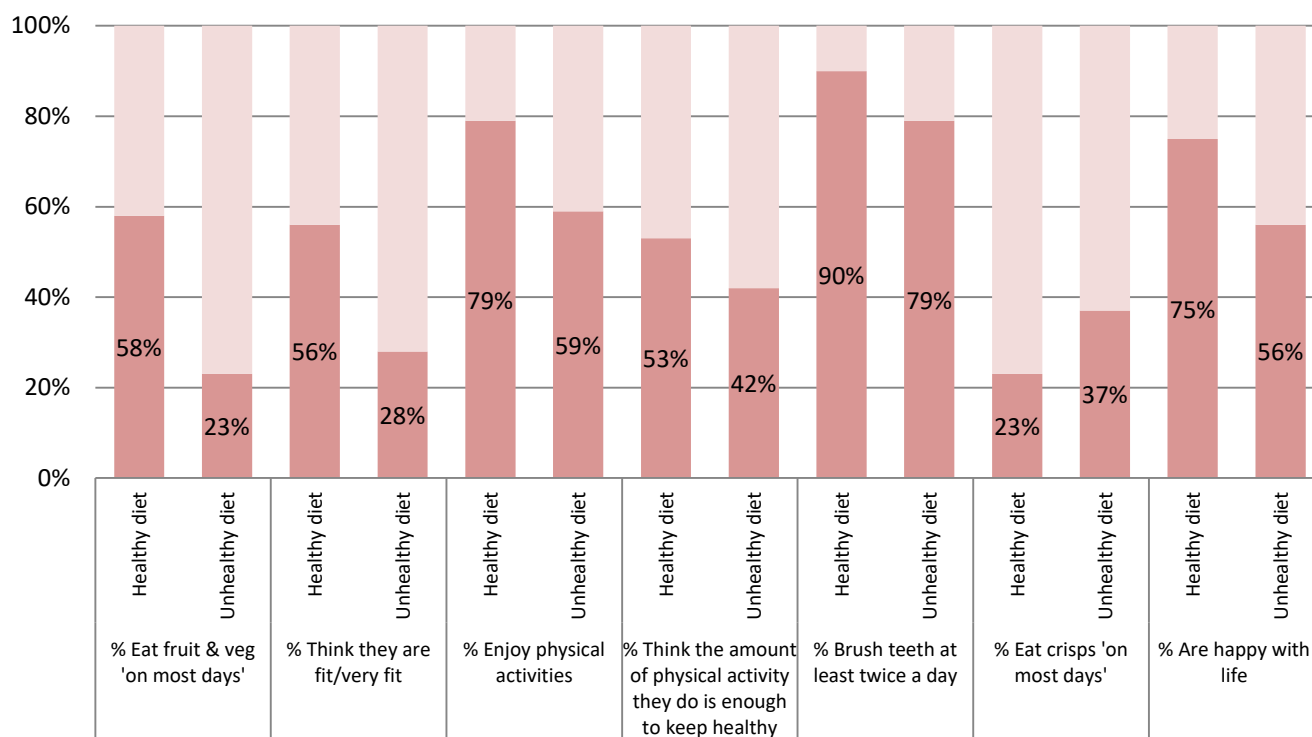
Year 12+ students who had breakfast vs. those who had a drink at most



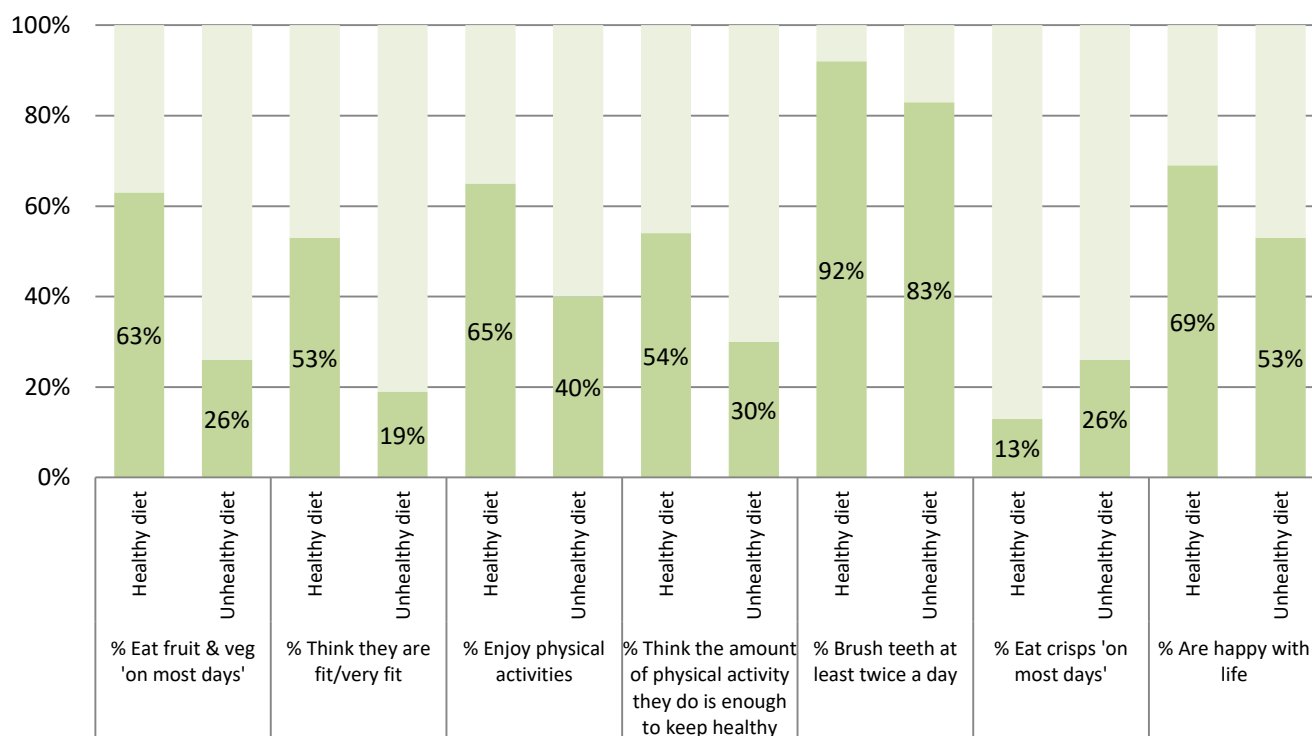
Year 5 pupils who think they have a healthy diet vs. those who think they have an unhealthy diet



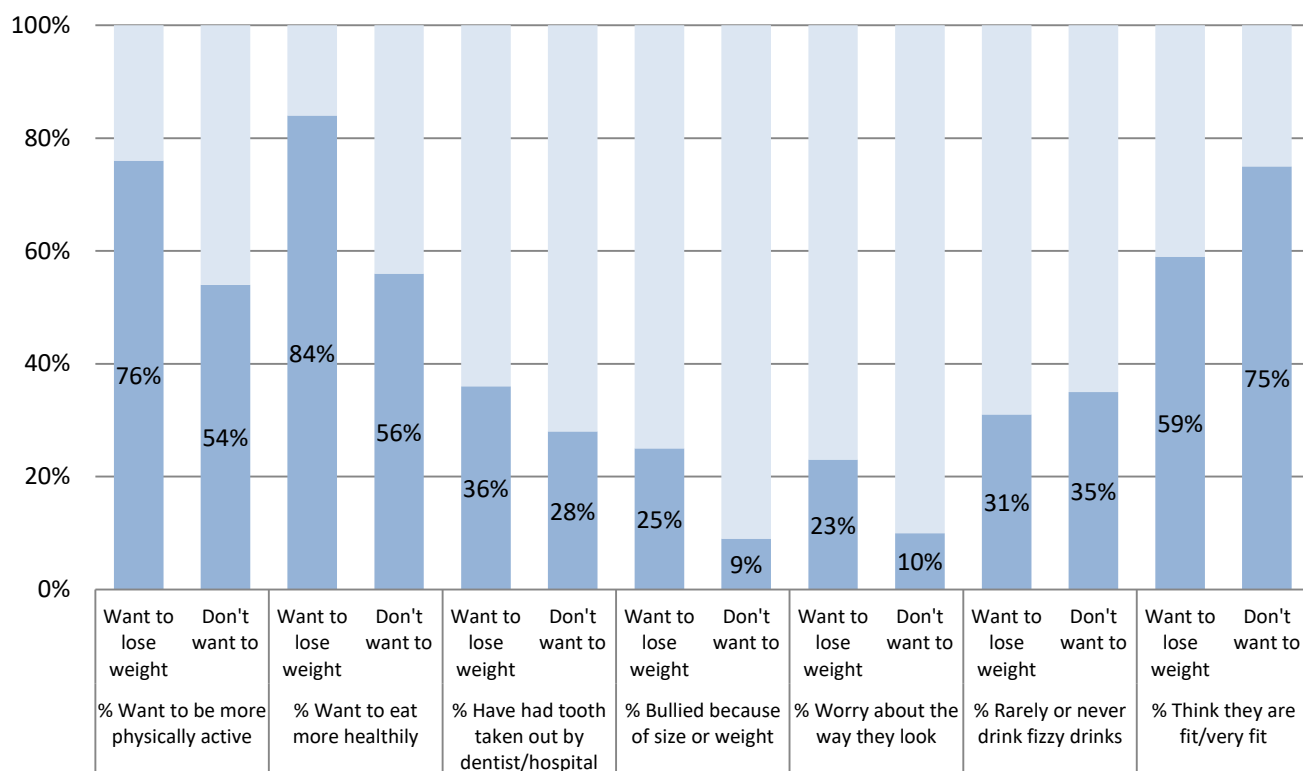
Year 9 pupils who think they have a healthy diet vs. those who think they have an unhealthy diet



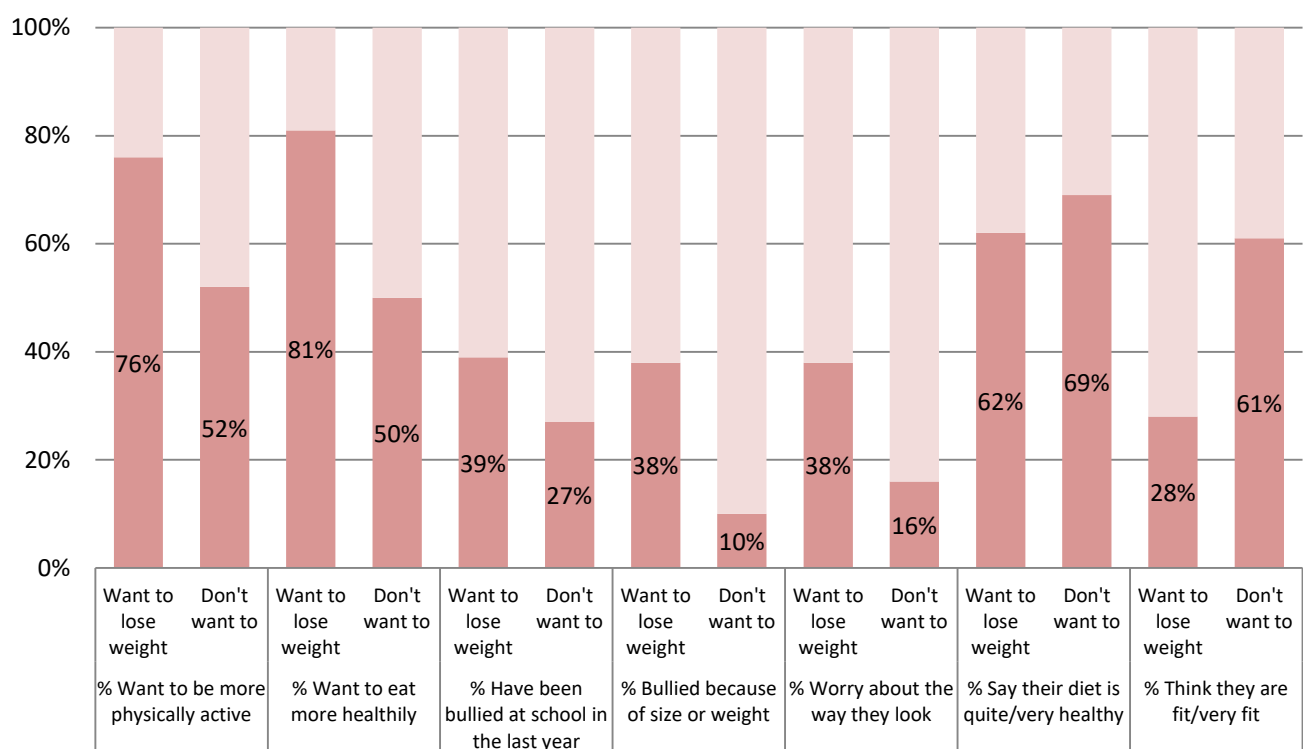
Year 12+ students who think they have a healthy diet vs. those who think they have an unhealthy diet



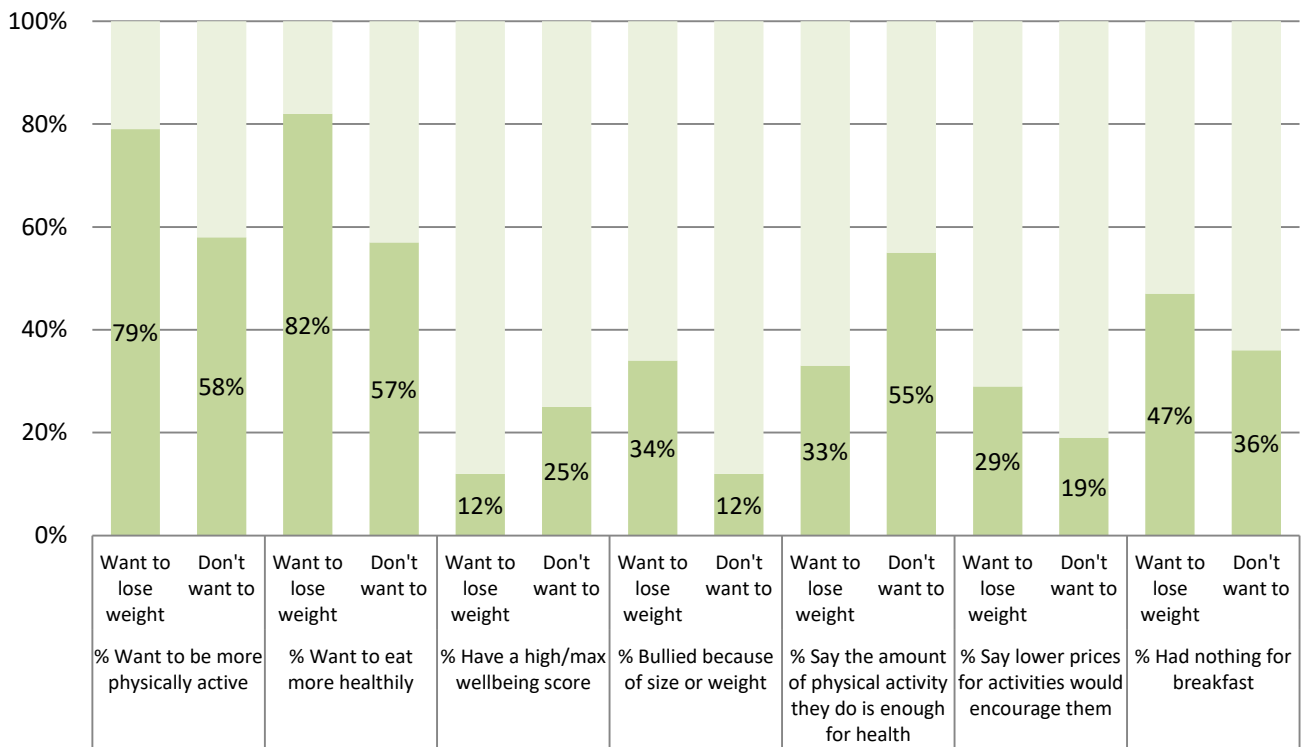
Year 5 pupils who want to lose weight vs. those who don't



Year 9 pupils who want to lose weight vs. those who don't

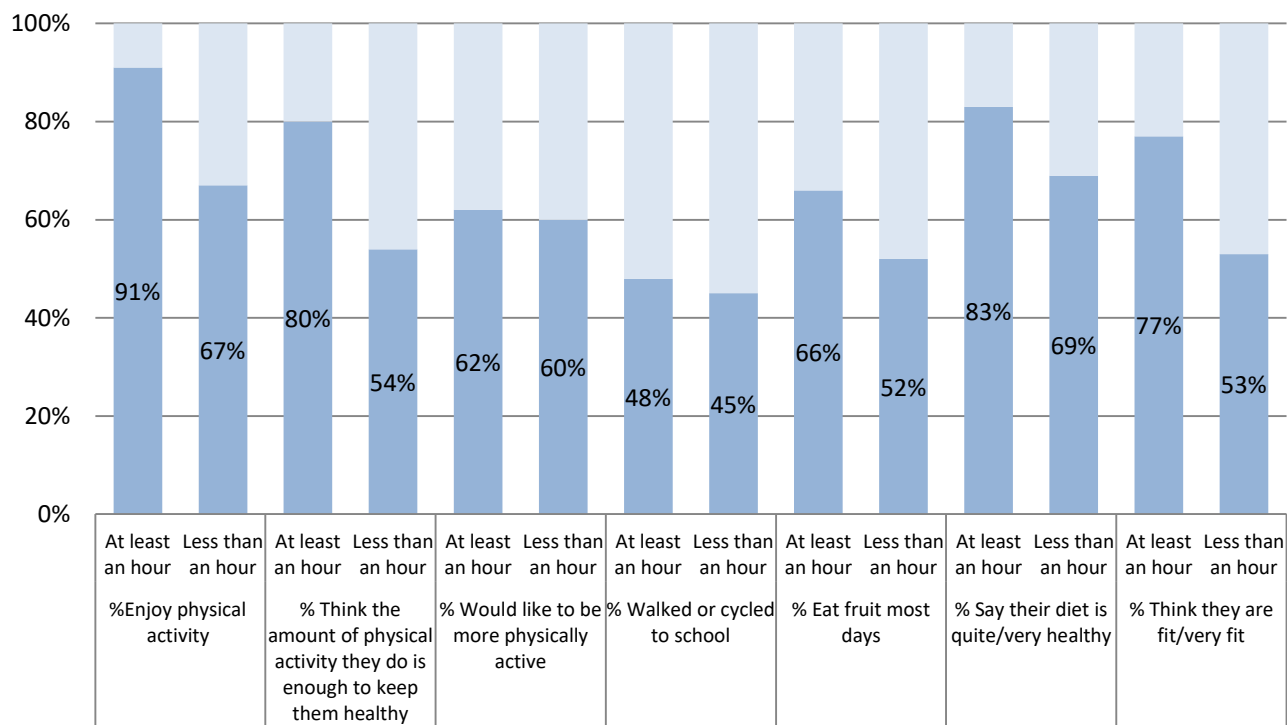


Year 12+ students who want to lose weight vs. those who don't

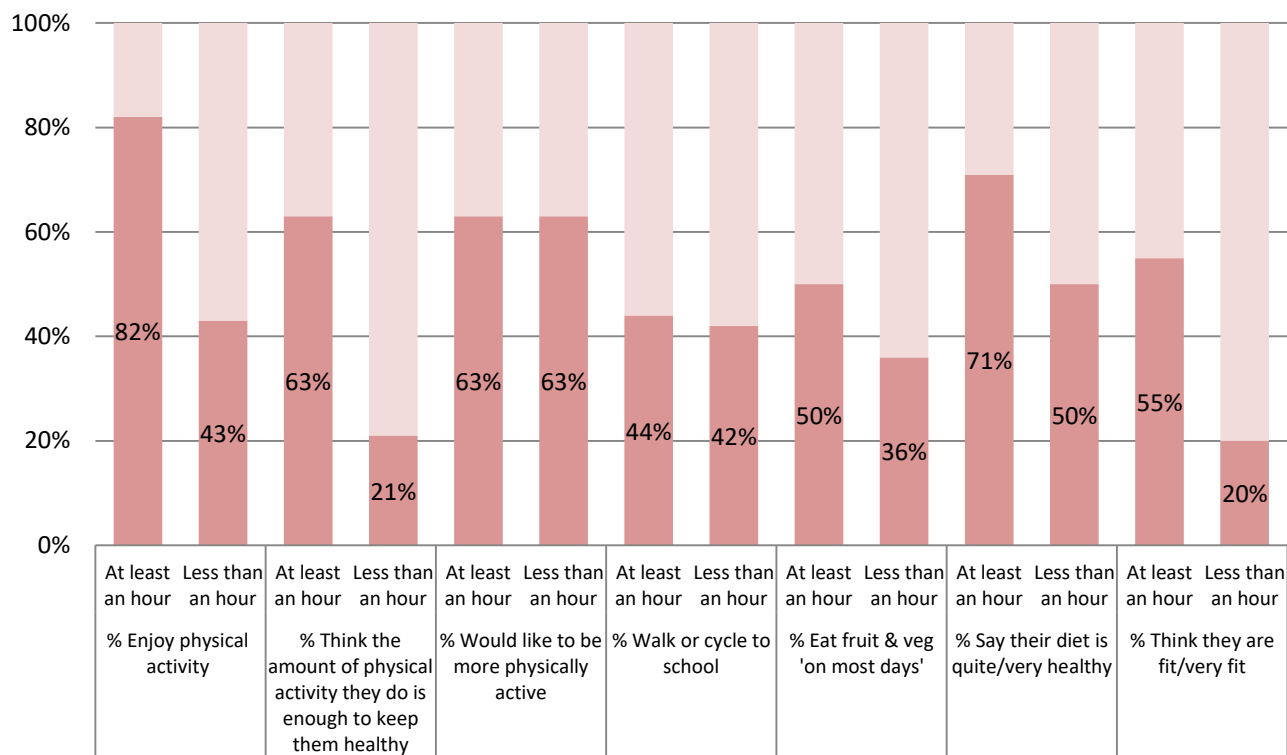


Health behaviours analysis – Physical Activity:

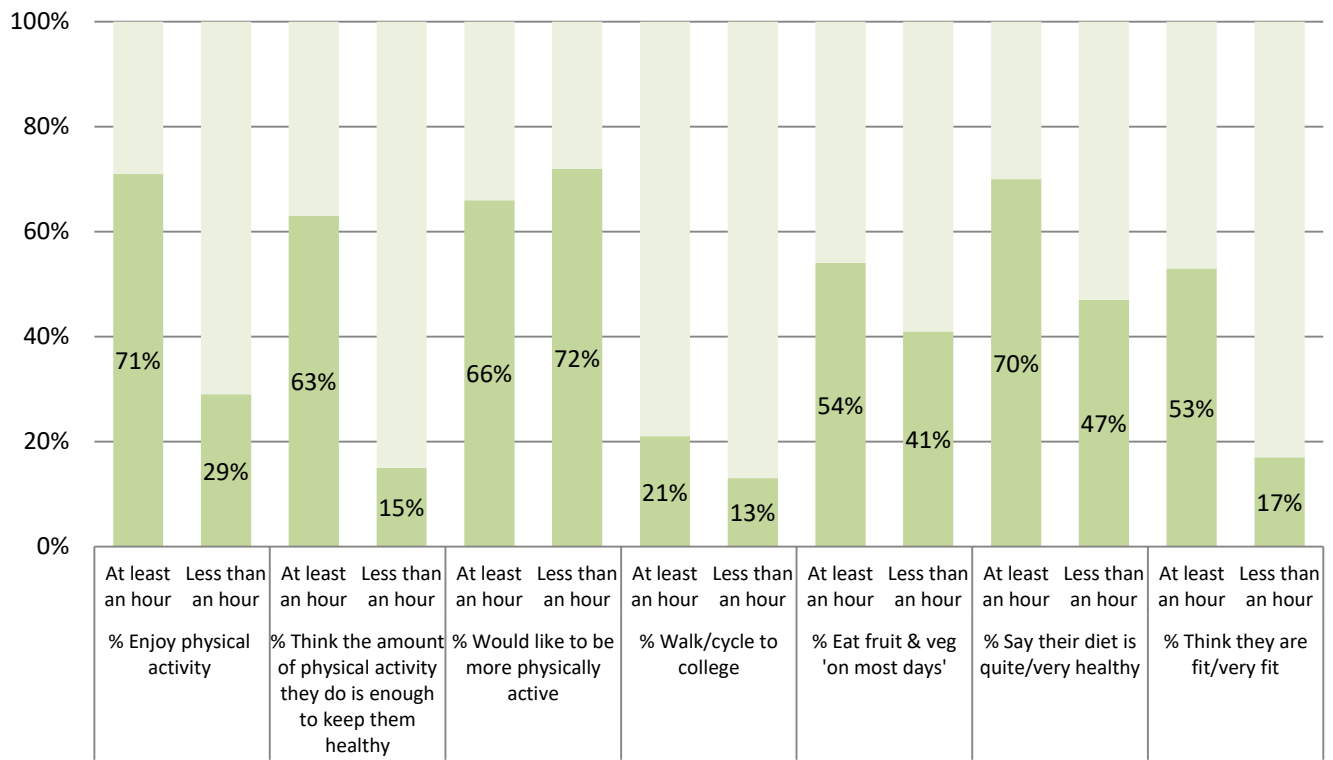
**Year 5 pupils who do at least an hour of physical activity each day
vs. those who don't**



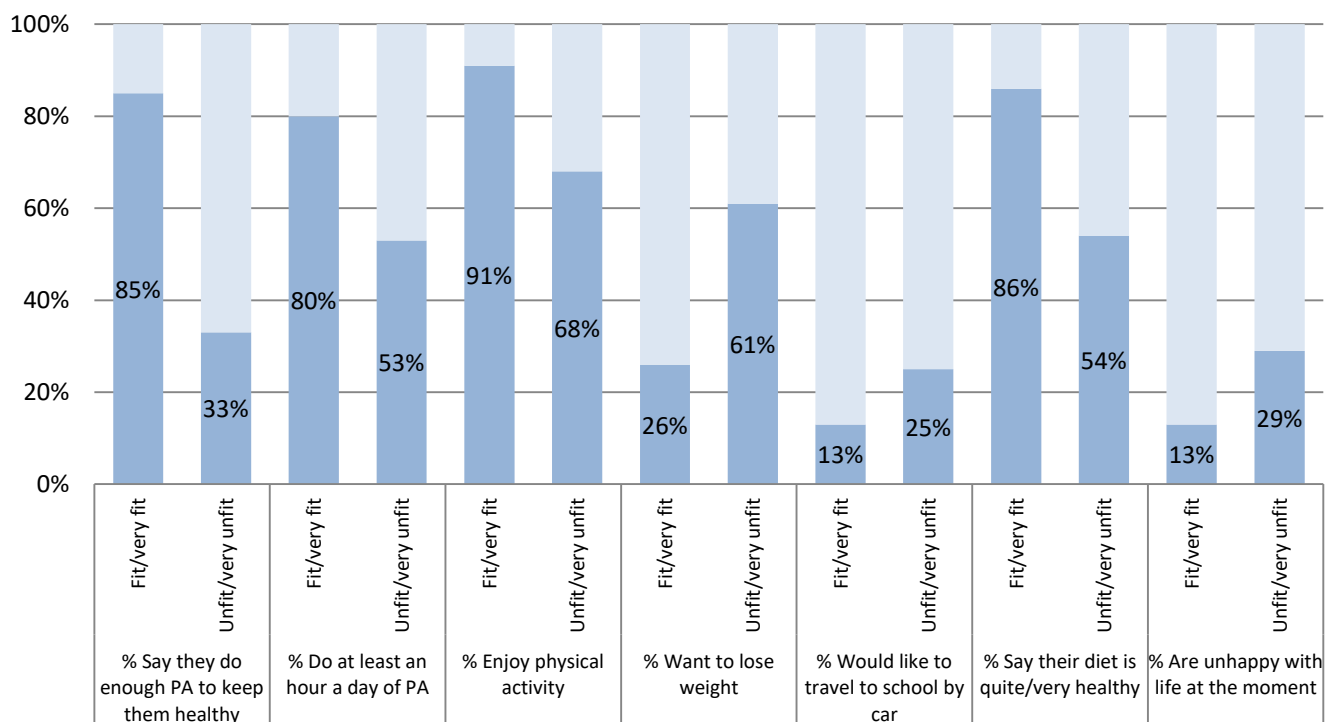
**Year 9 pupils who do at least an hour of physical activity each day
vs. those who don't**



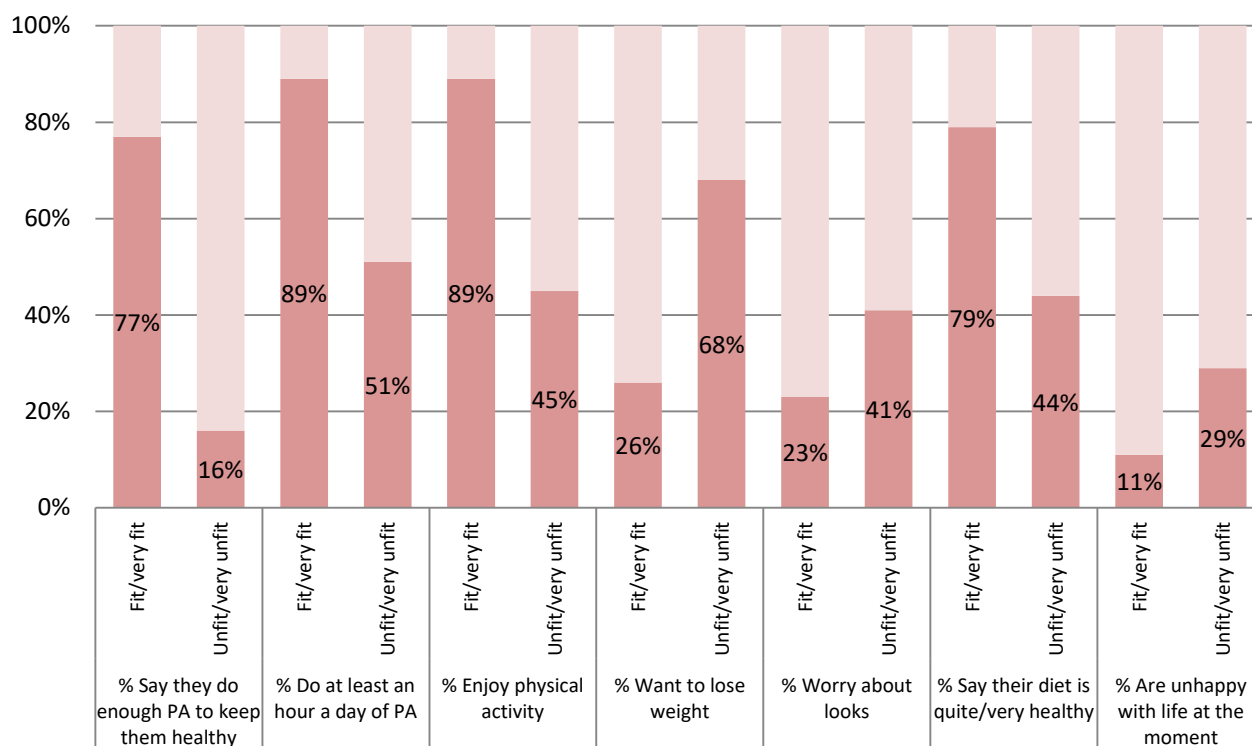
Year 12+ students who do at least an hour of physical activity each day vs. who don't



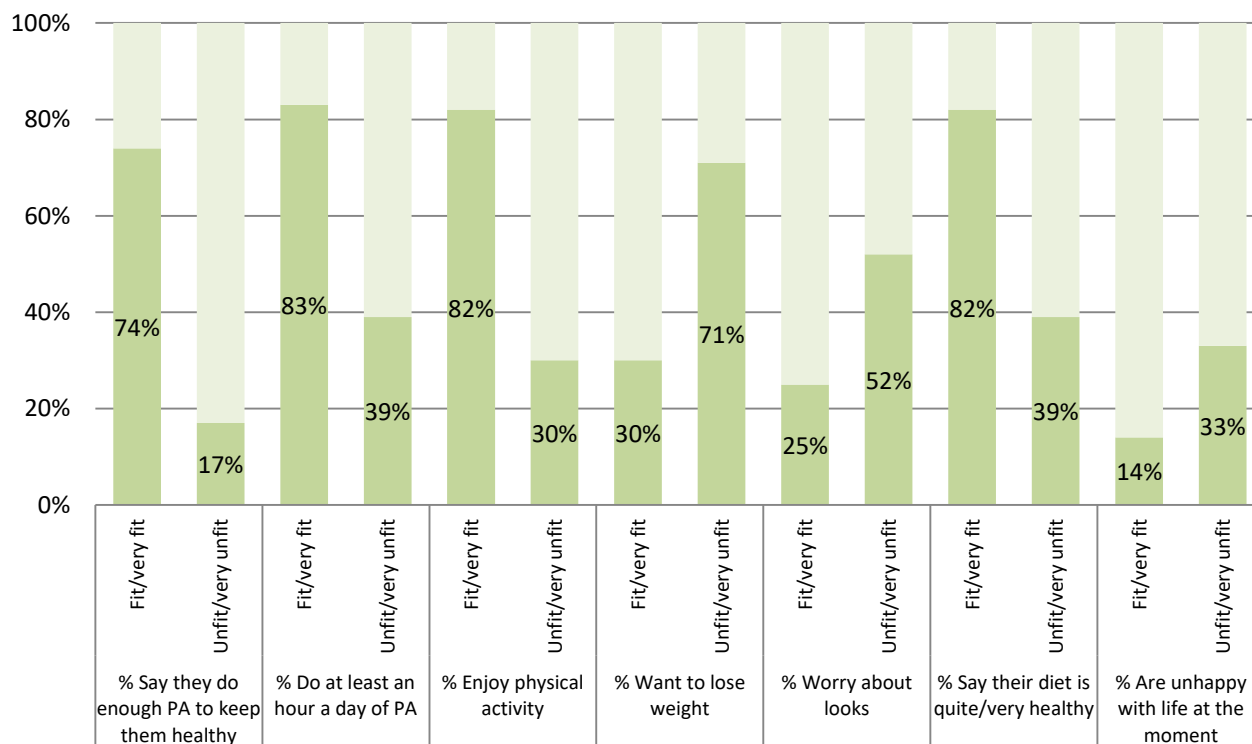
Year 5 pupils who think they are fit/very fit vs. those who said they were unfit/very unfit



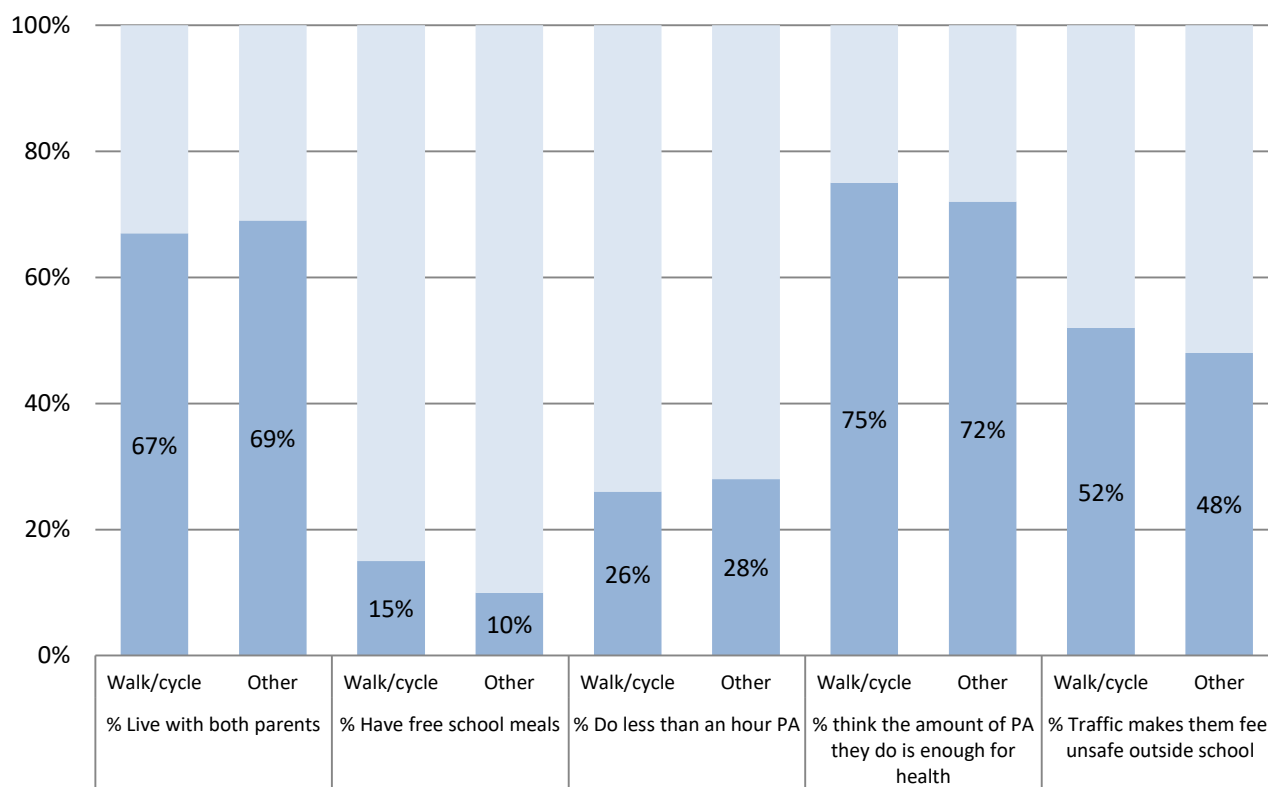
Year 9 pupils who think they are fit/very fit vs. those who said they were unfit/very unfit



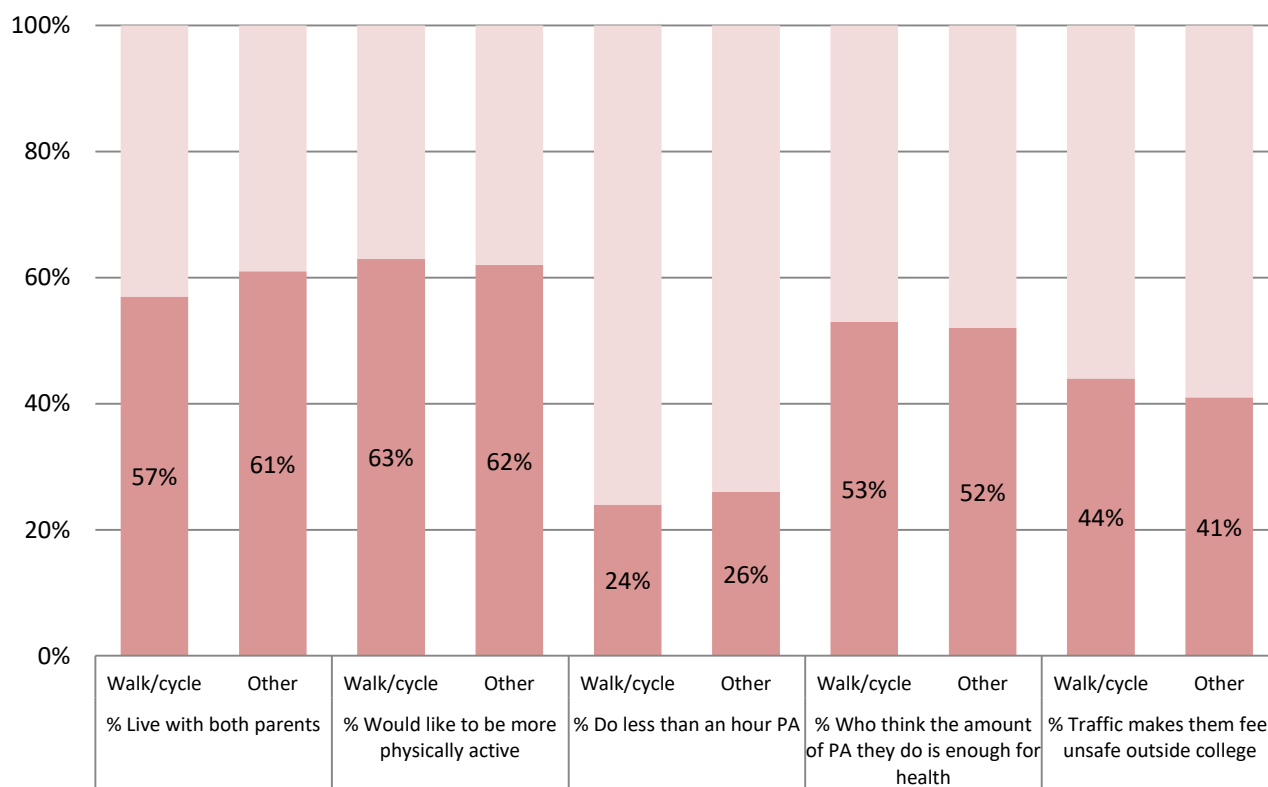
Year 12+ students who think they are fit/very fit vs. who said they were unfit/very unfit



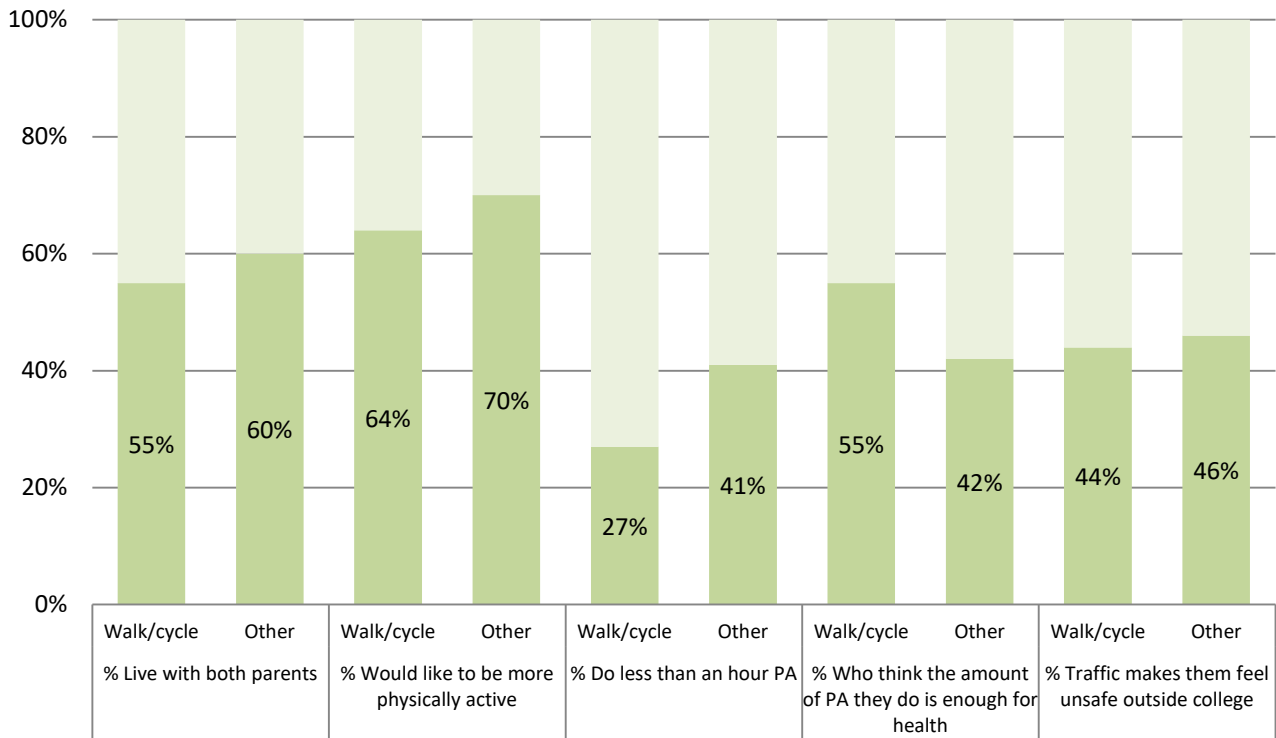
Year 5 pupils who walked/cycled to school vs. those who didn't



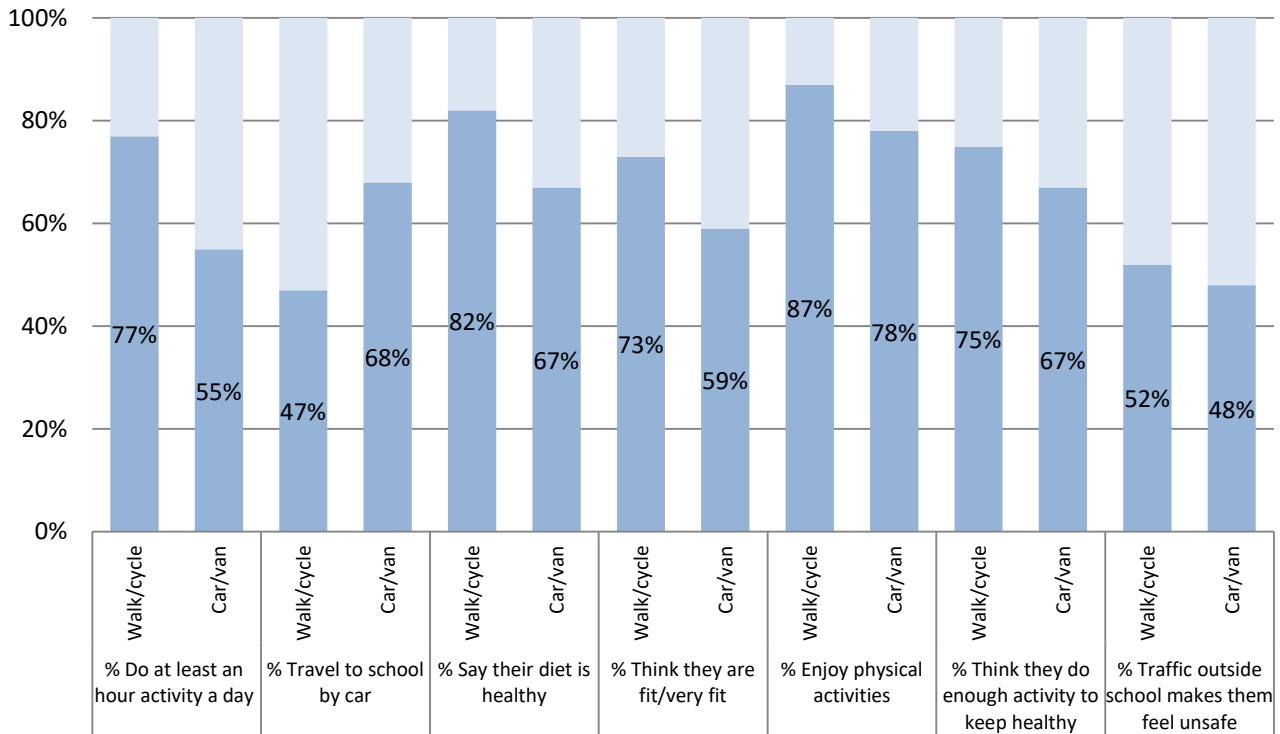
Year 9 pupil who walked/cycled to school vs. those who didn't



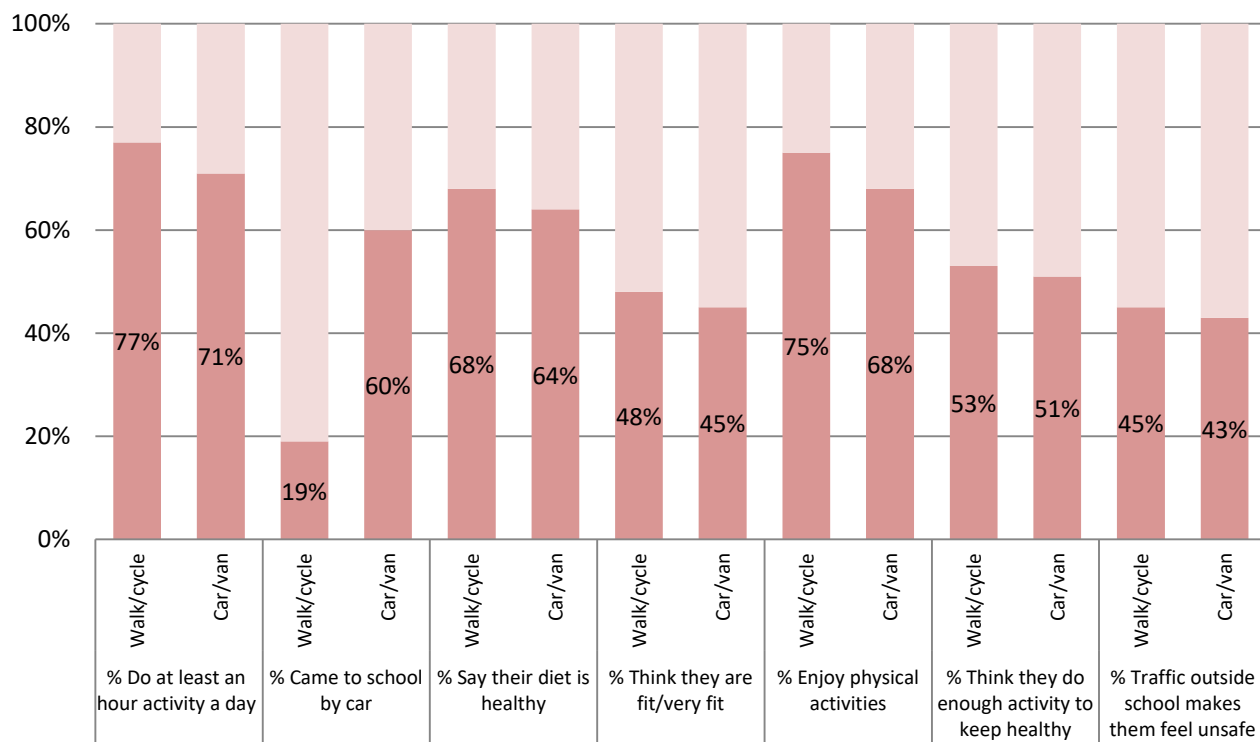
Year 12+ students who walked/cycled to college vs. those who didn't



Year 5 pupils who would prefer to walk/cycle to school vs. those who want to travel by car/van

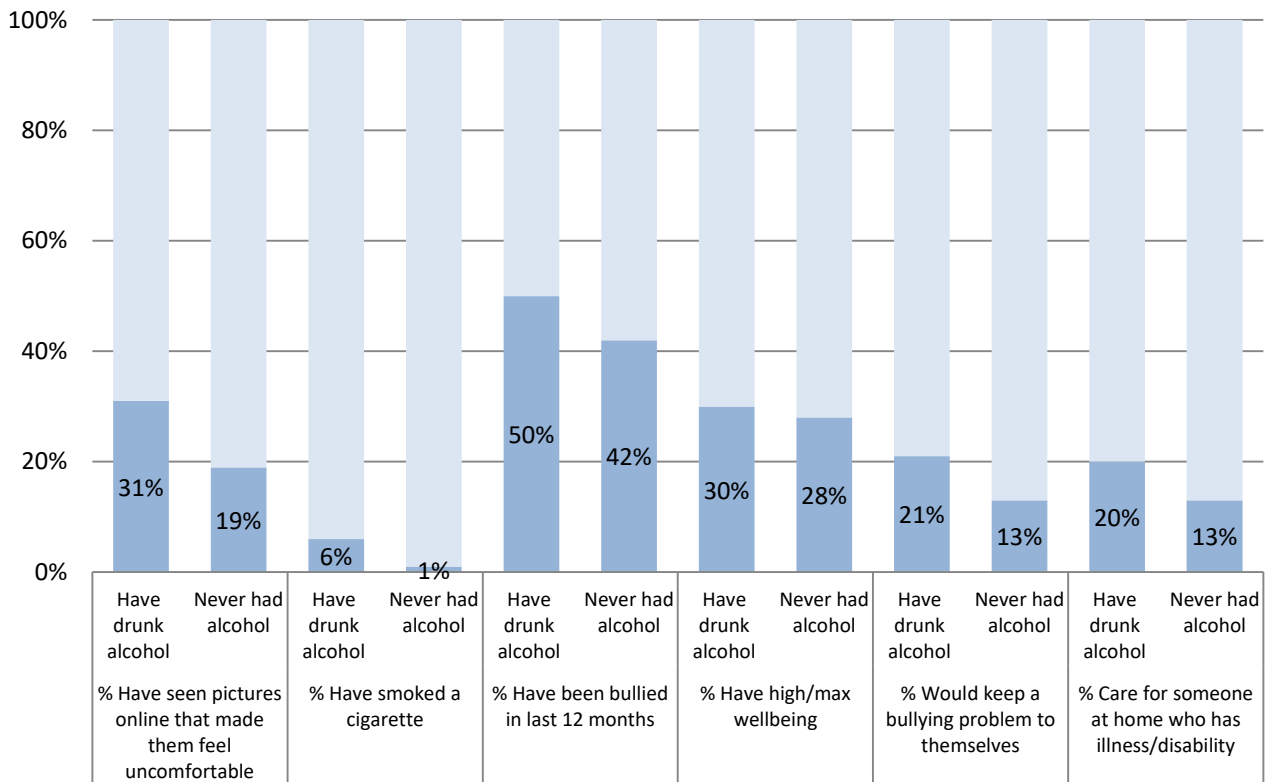


Year 9 pupils who would prefer to walk/cycle to school vs. those who want to travel by car/van

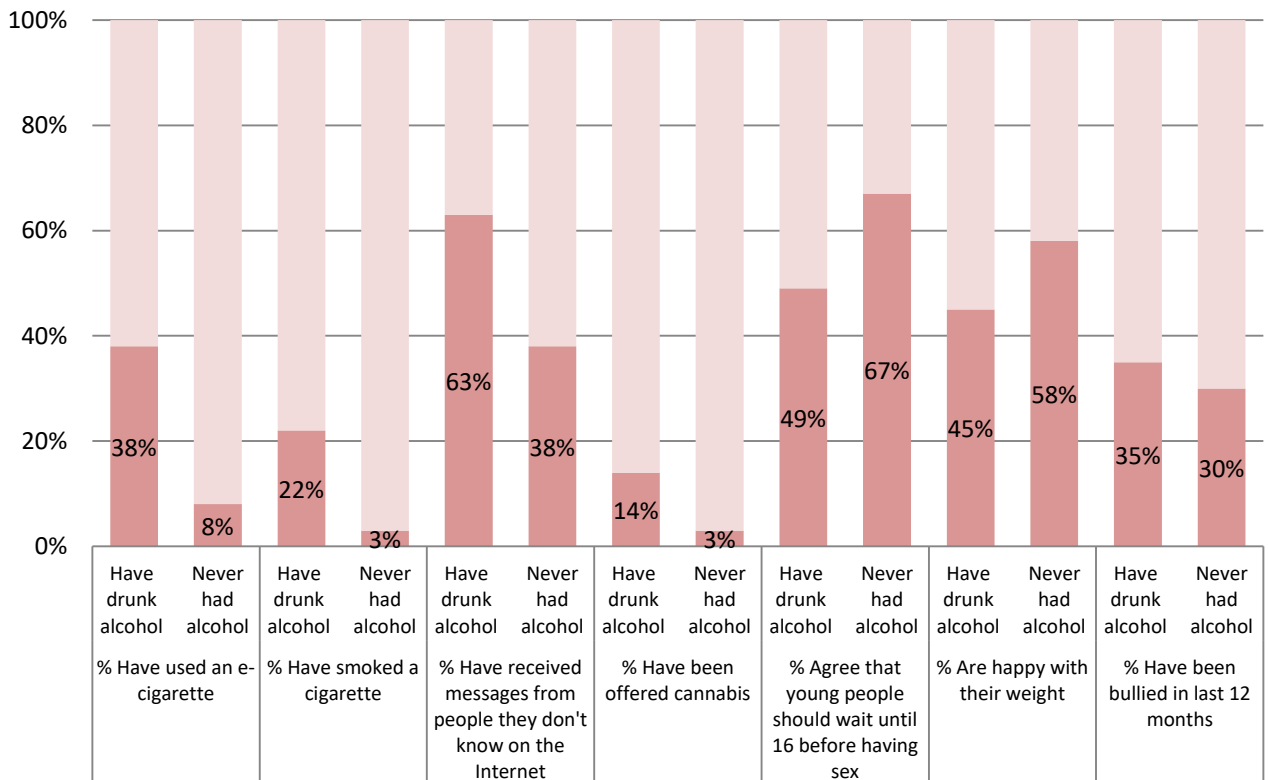


Health behaviours analysis – Alcohol:

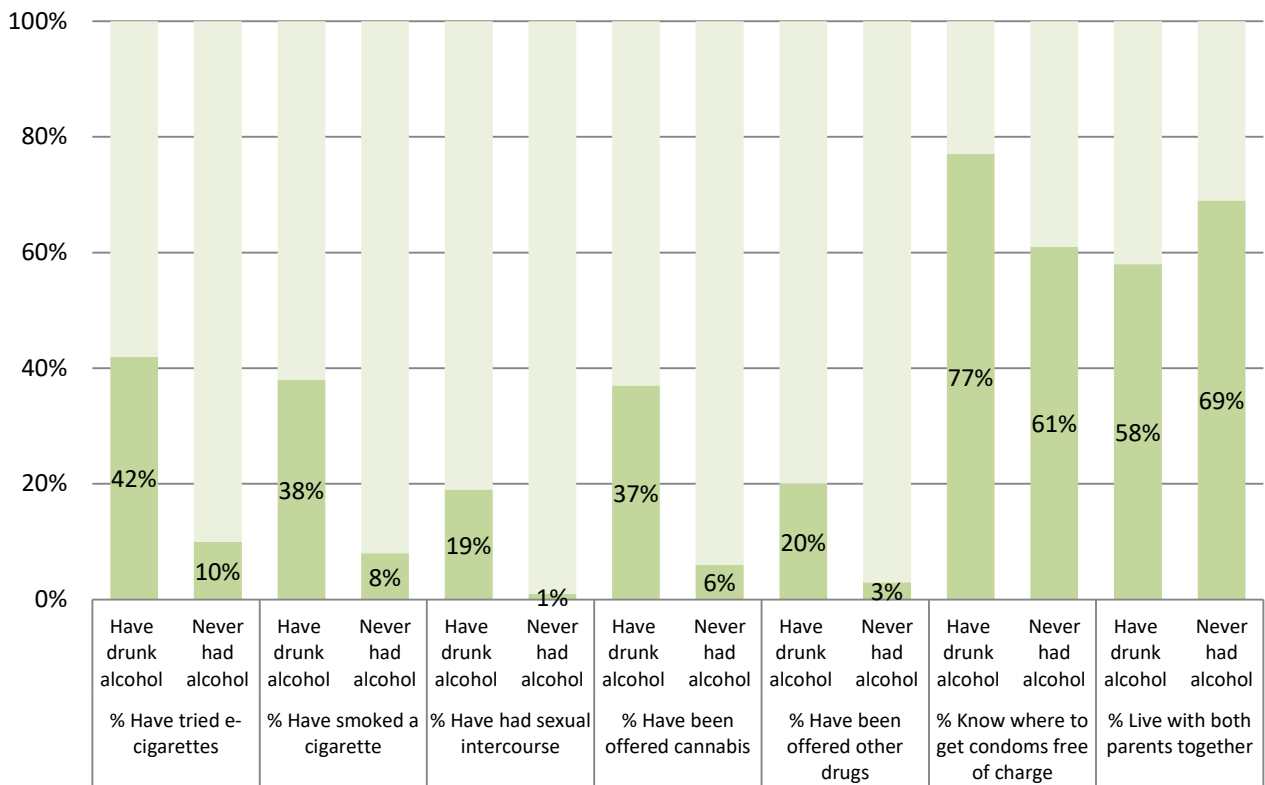
Year 5 pupils who have drunk alcohol vs. those who haven't



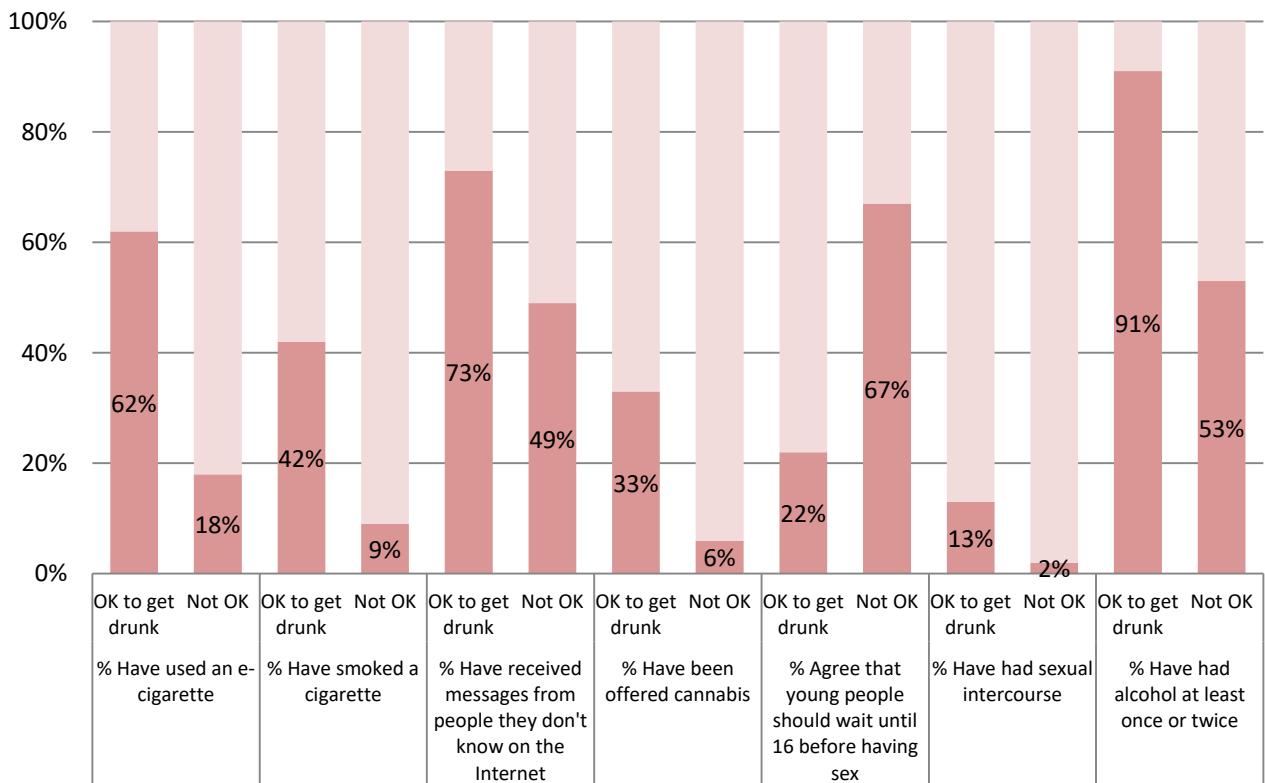
Year 9 pupils who have drunk alcohol vs. those who haven't



Year 12+ Students who have drunk alcohol vs. those who haven't

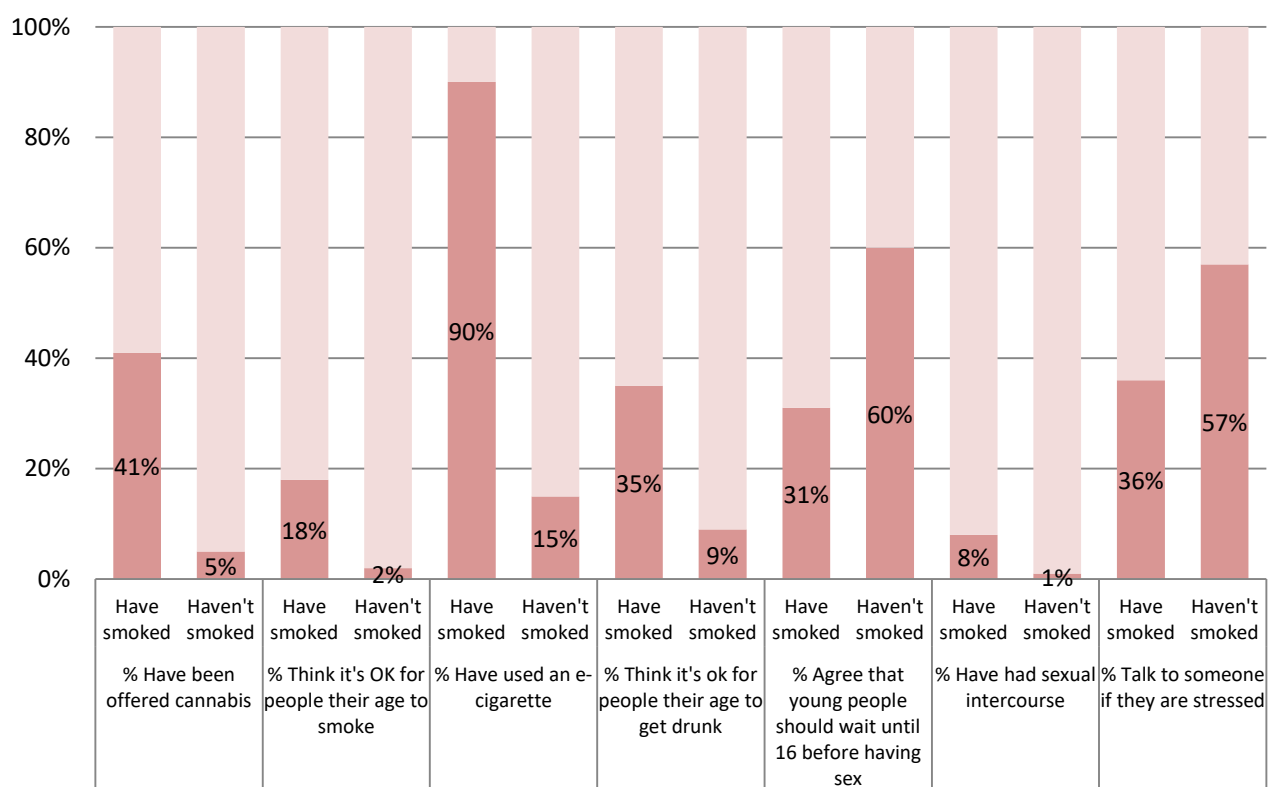


Year 9 pupils who think it's OK to get drunk vs. those who don't

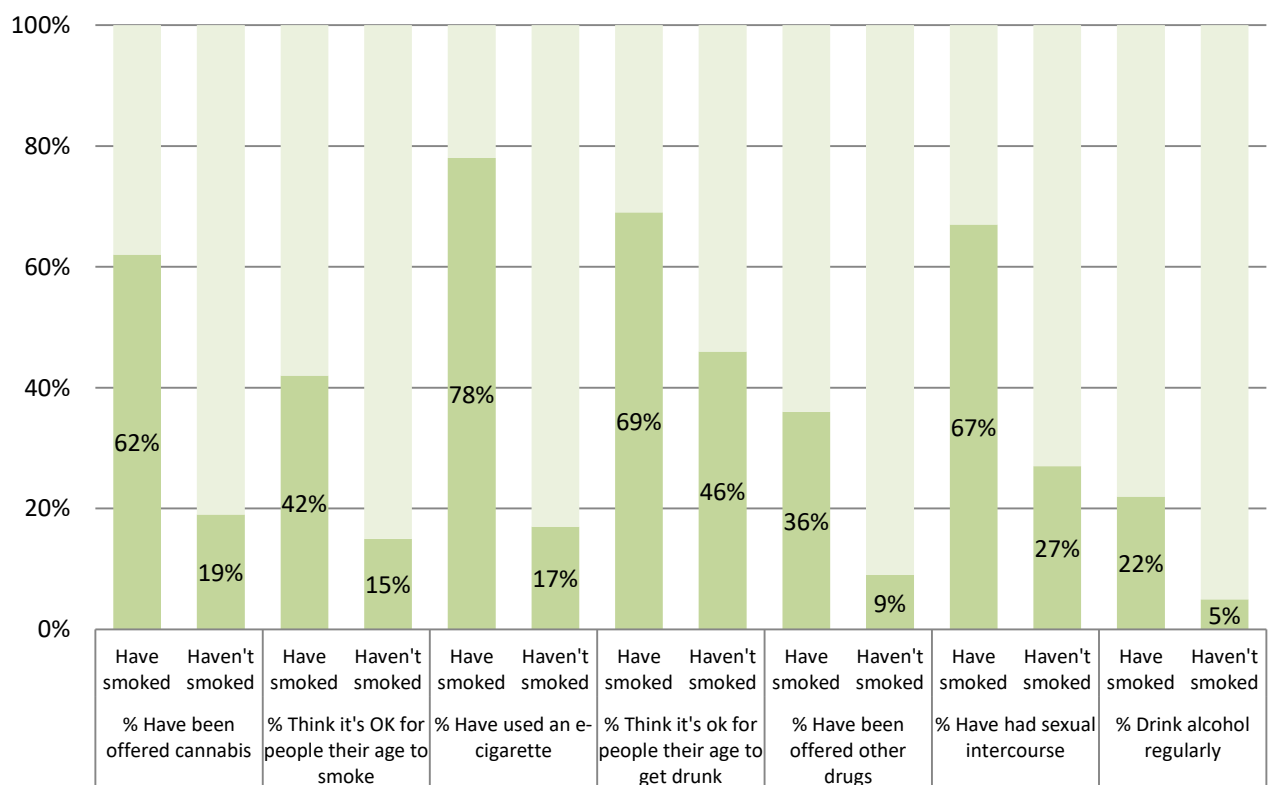


Health behaviours analysis – Smoking:

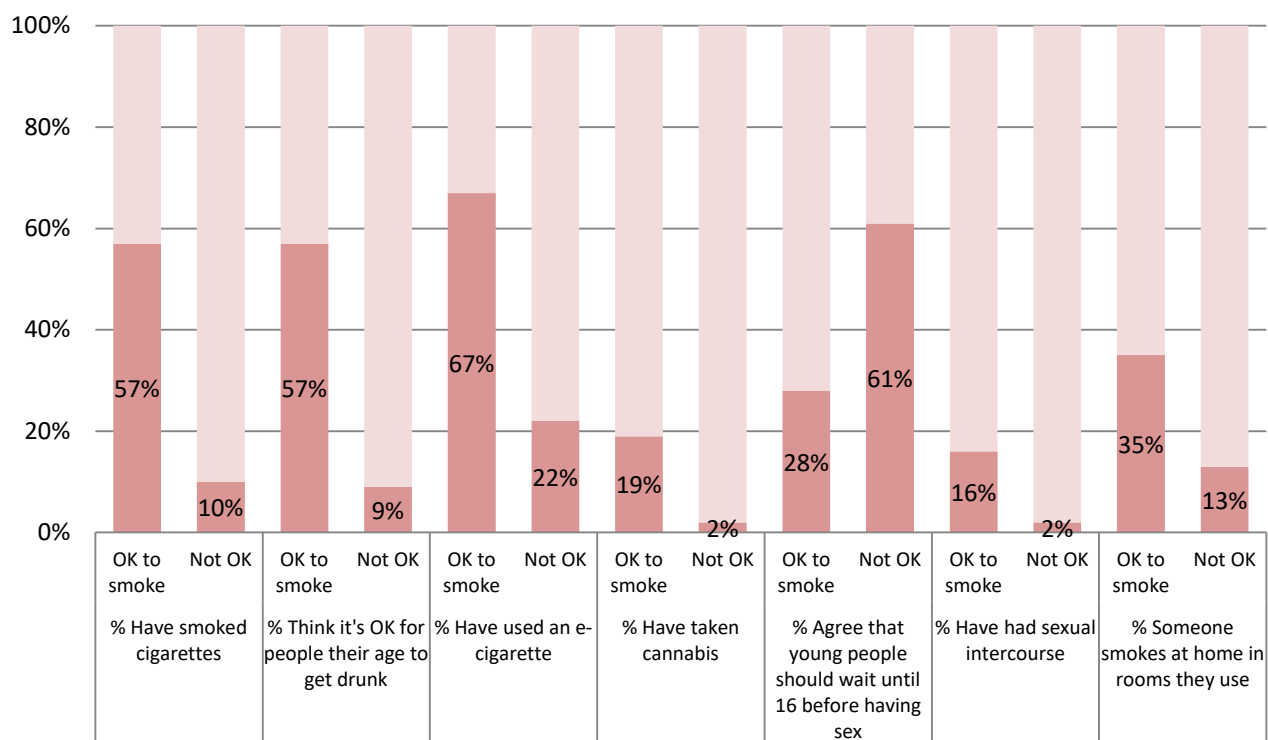
Year 9 pupils who have smoked vs. those who haven't



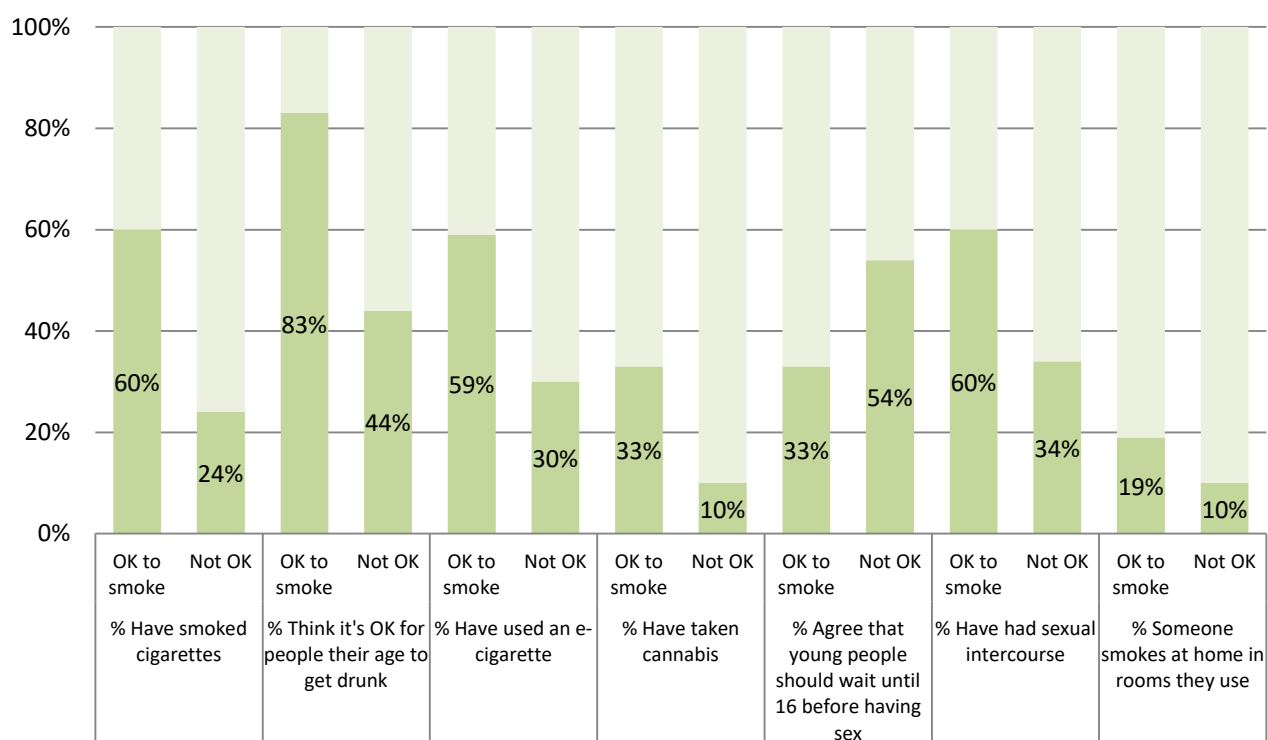
Year 12+ students who have smoked vs. those who haven't



Year 9 pupils who think it's OK for young people to smoke vs. those who don't

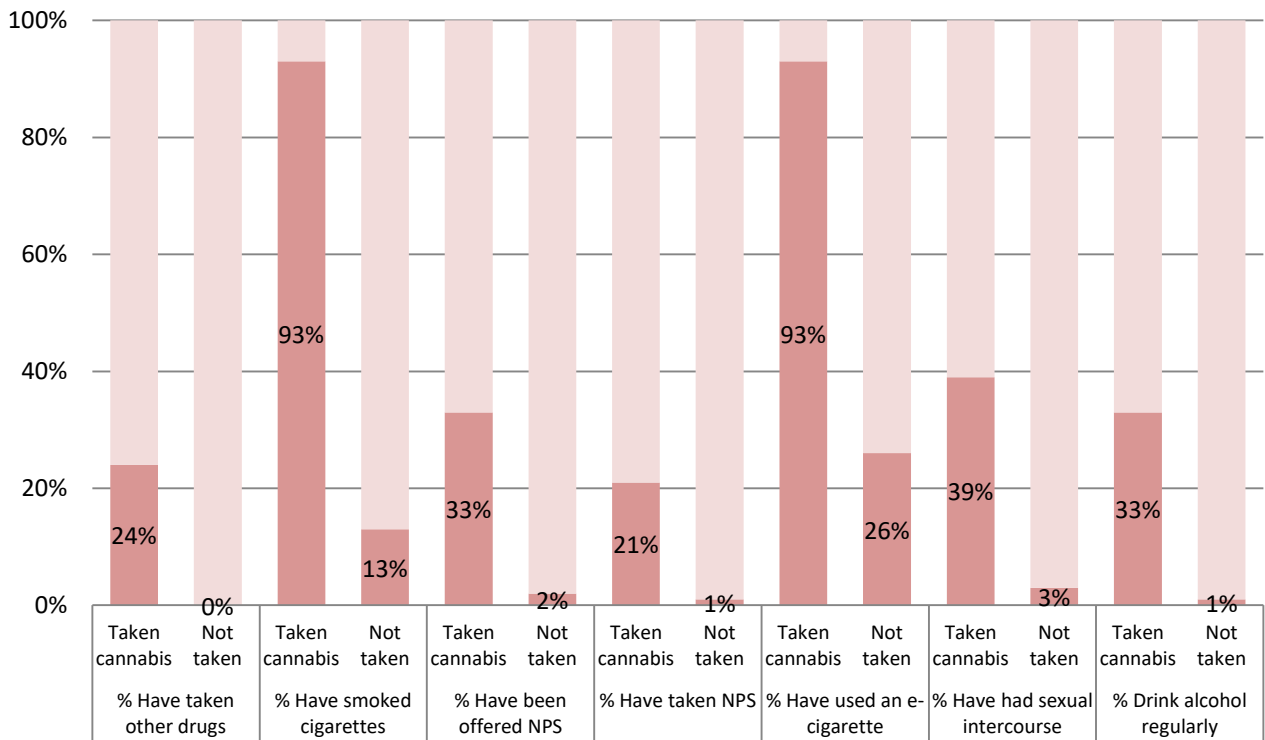


Year 12+ students who think it's OK for young people to smoke vs. those who don't

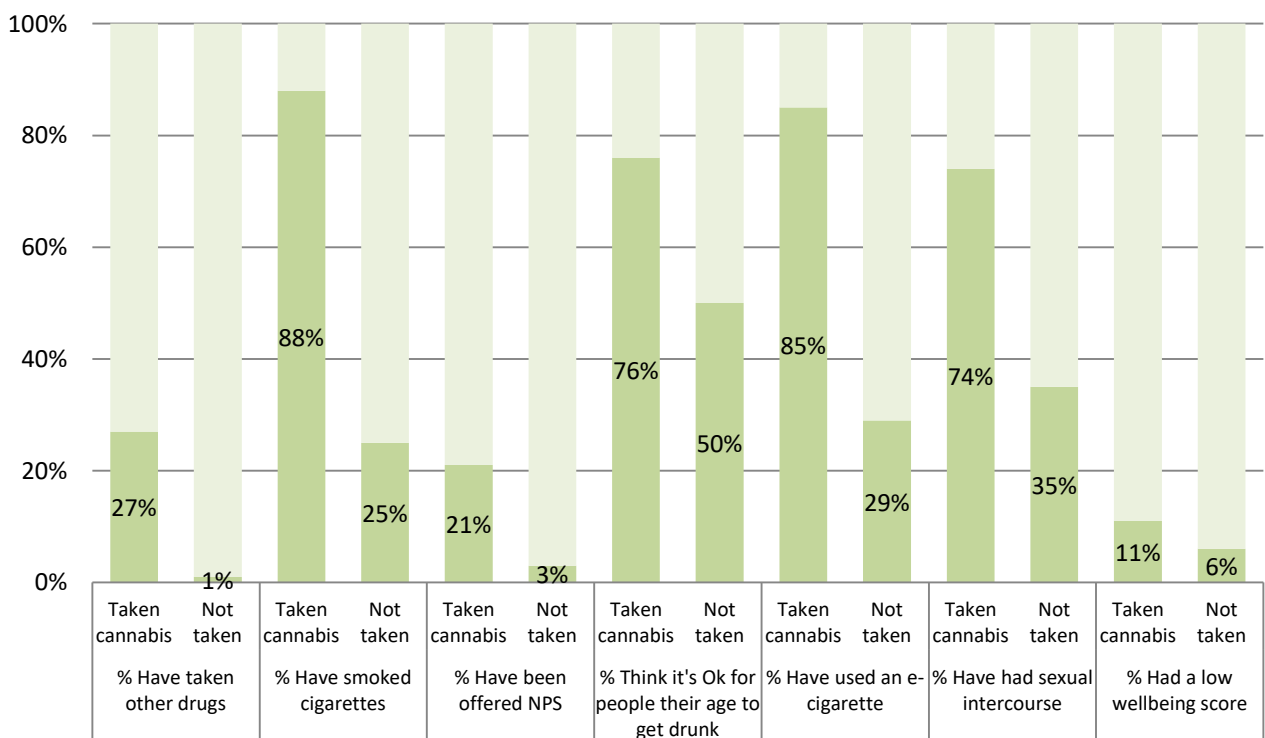


Health behaviours analysis – Drugs:

Year 9 pupils who have taken cannabis vs. who haven't

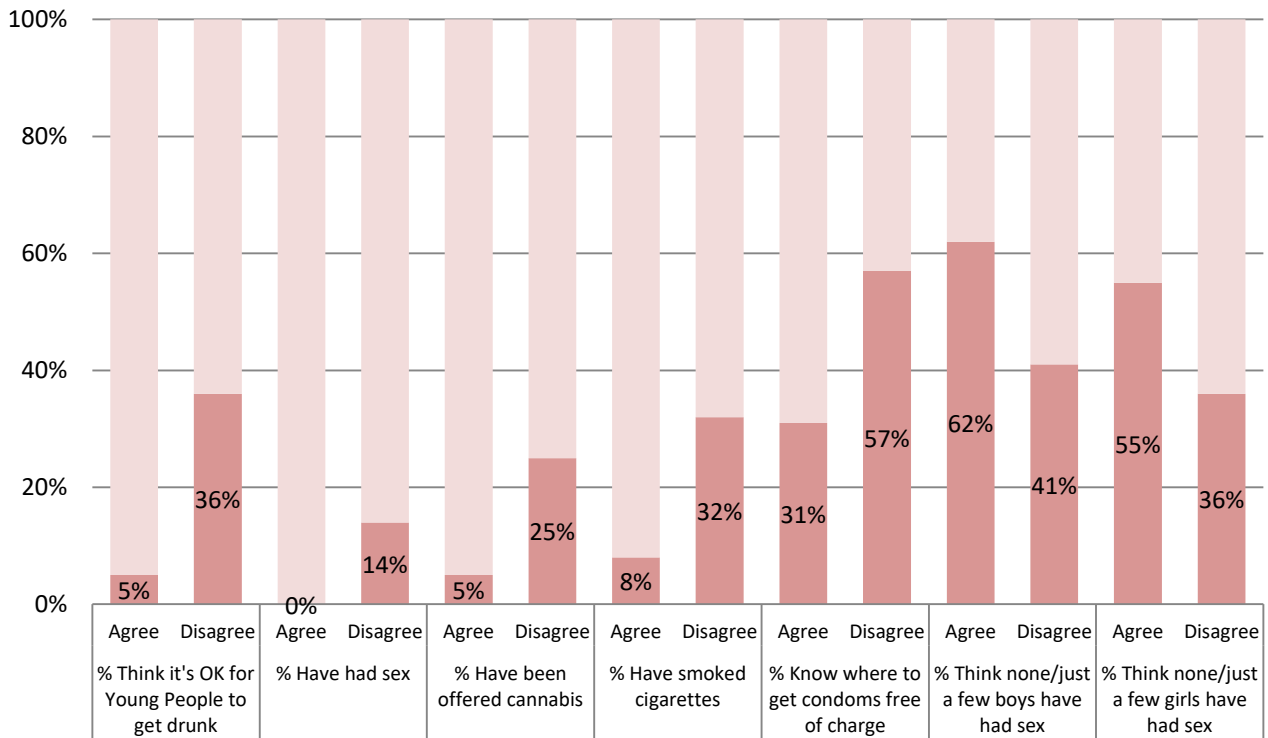


Year 12+ students who have taken cannabis vs. those who haven't

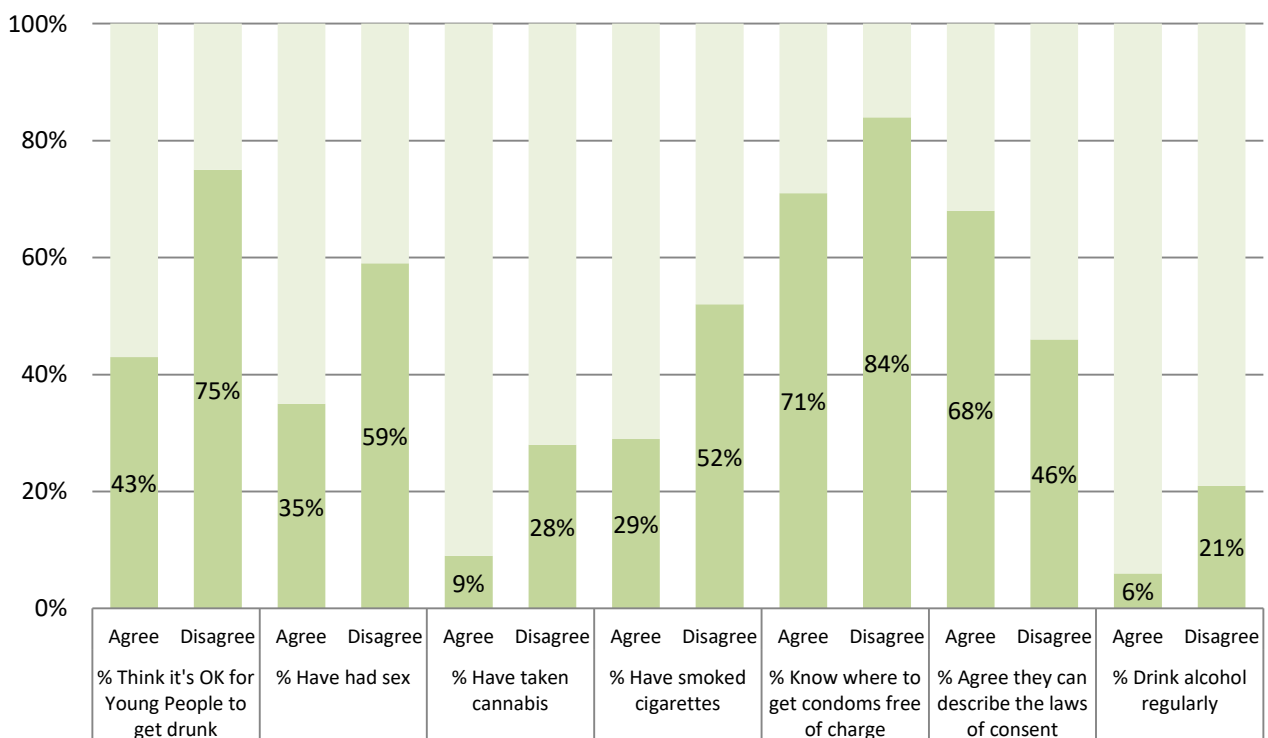


Health behaviours analysis – Sexual Health:

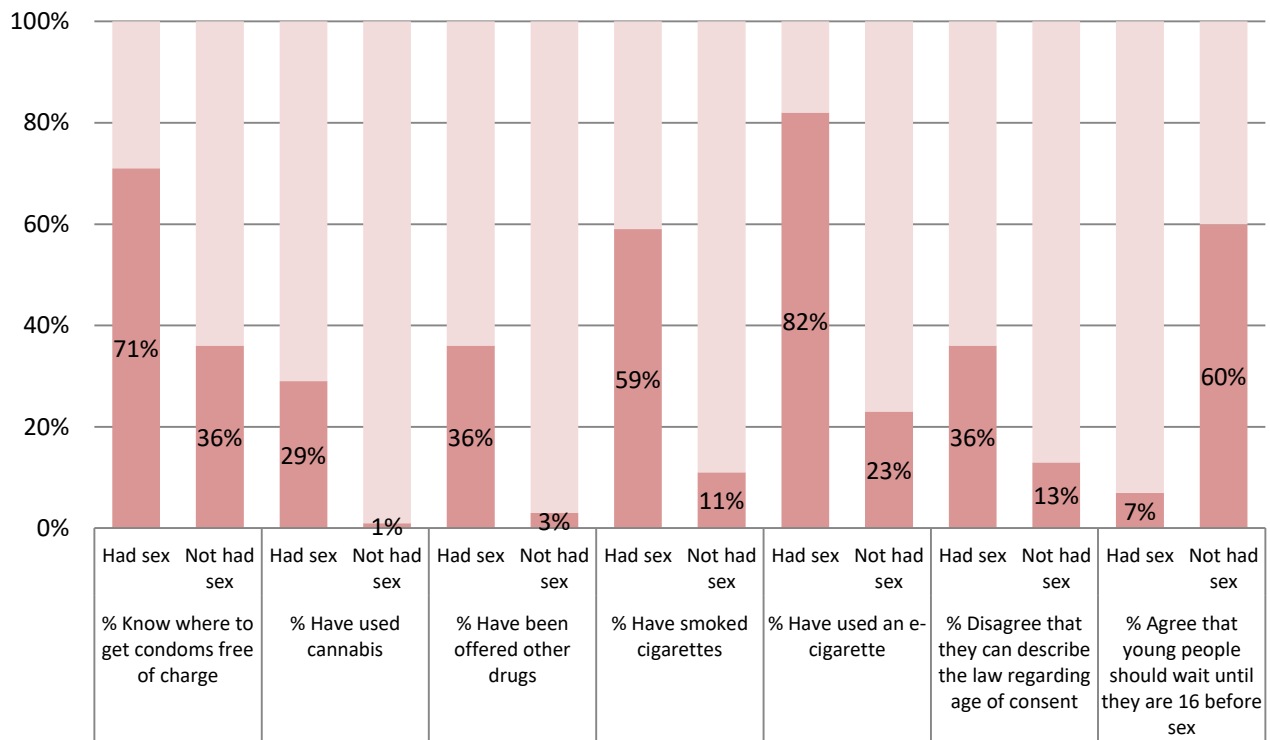
Year 9 pupils who Agree you should wait until 16 before sex vs. those who disagree



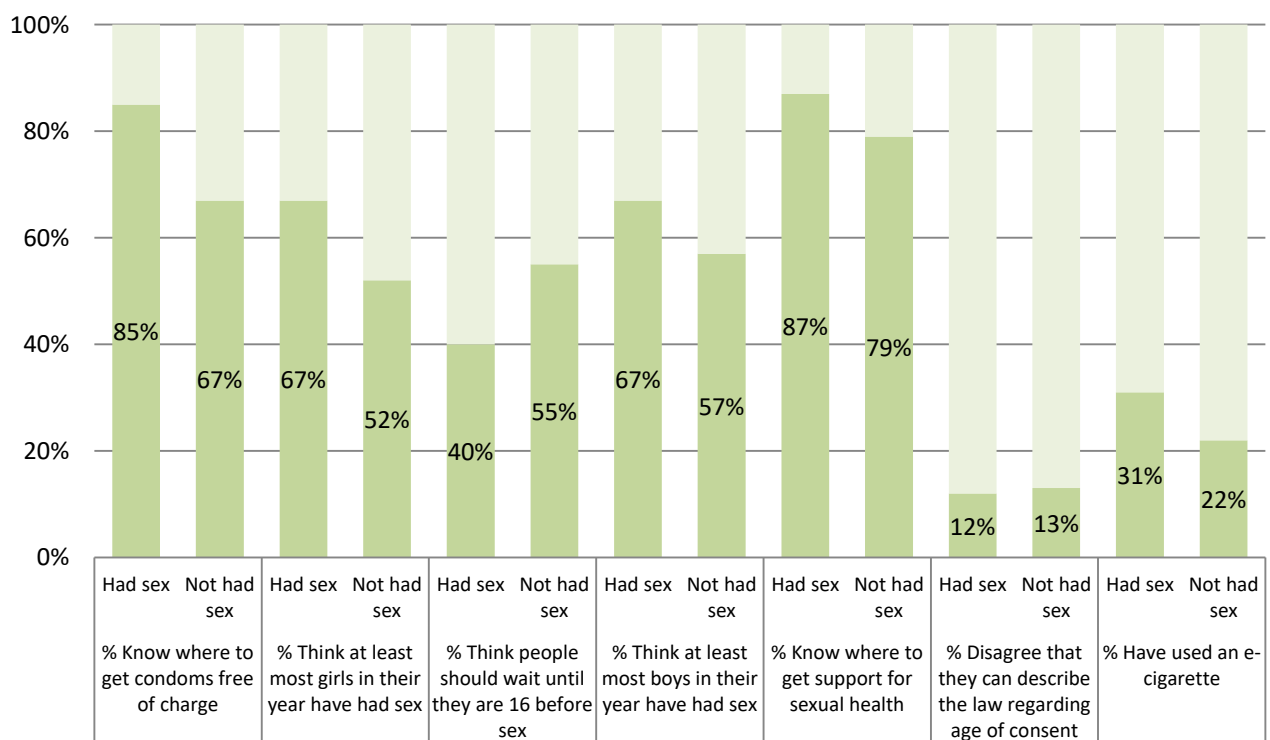
Year 12+ students who Agree you should wait until 16 before sex vs. those who disagree



Year 9 pupils who have had sex vs. those who haven't

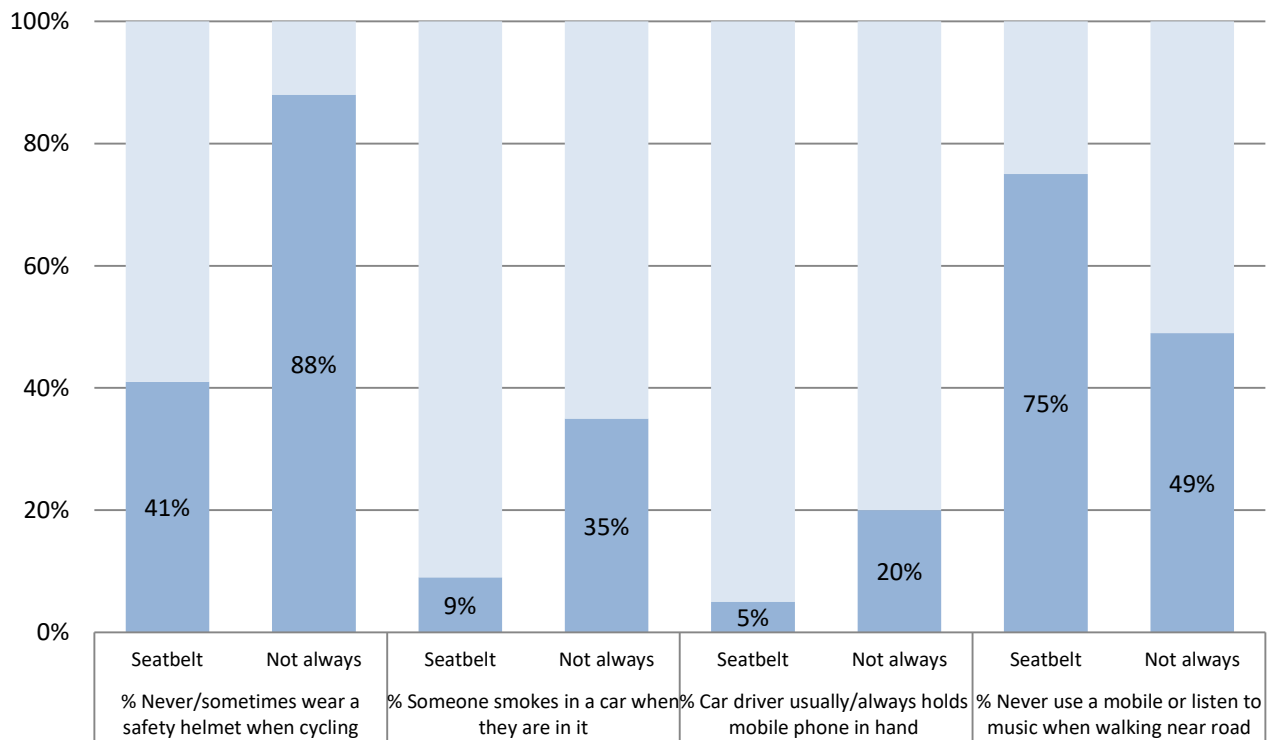


Year 12+ students who have had sex vs. those who haven't

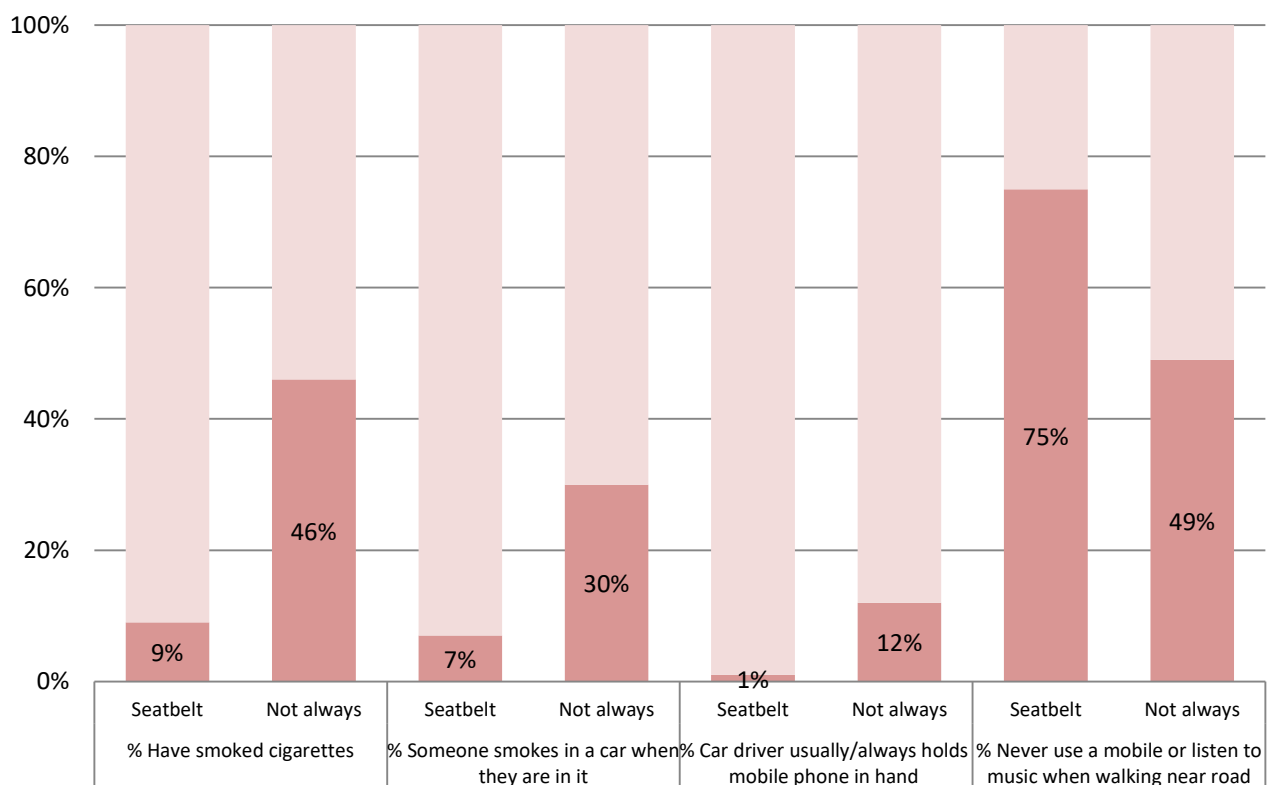


Health behaviours analysis – Travel:

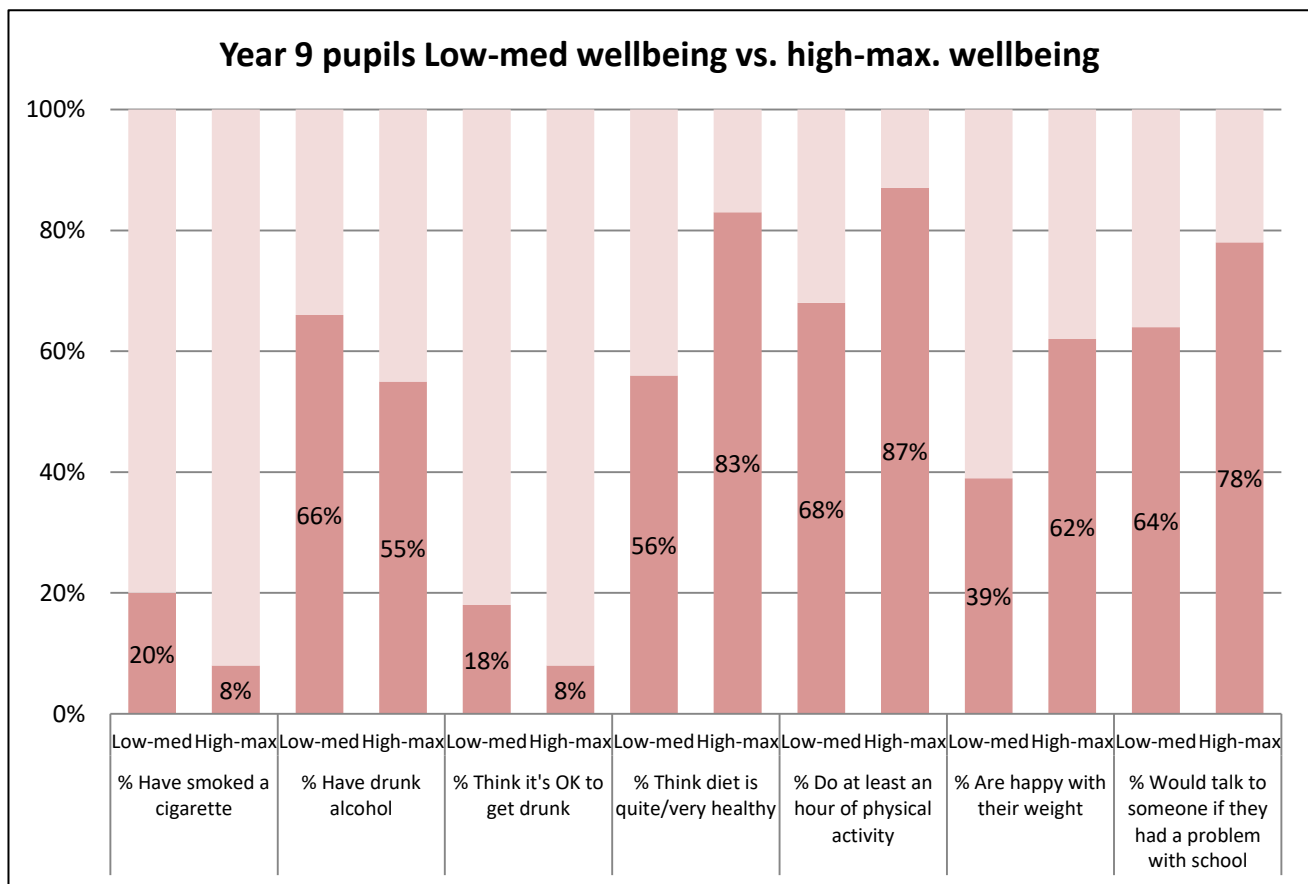
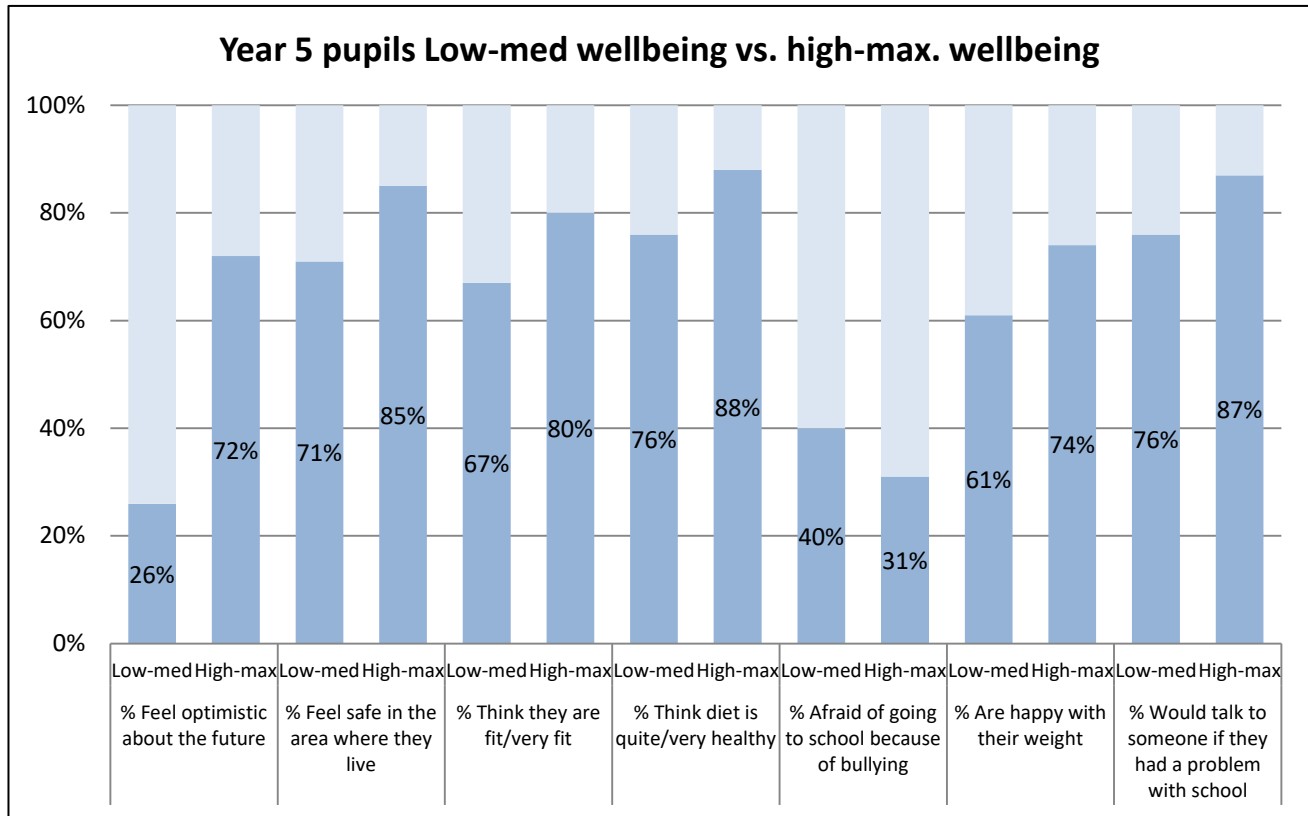
Year 5 pupils who always wear a seatbelt vs. those who don't always



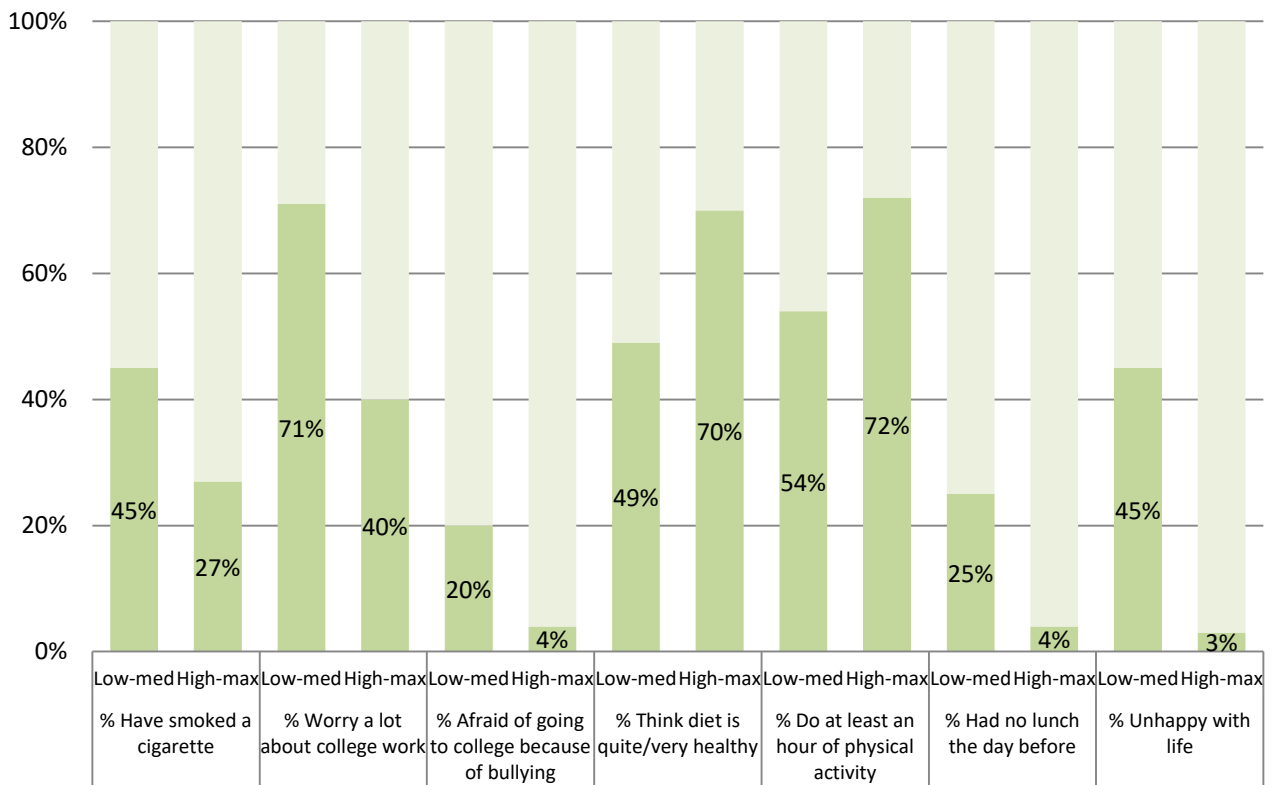
Year 9 pupils who always wear a seatbelt vs. who don't always



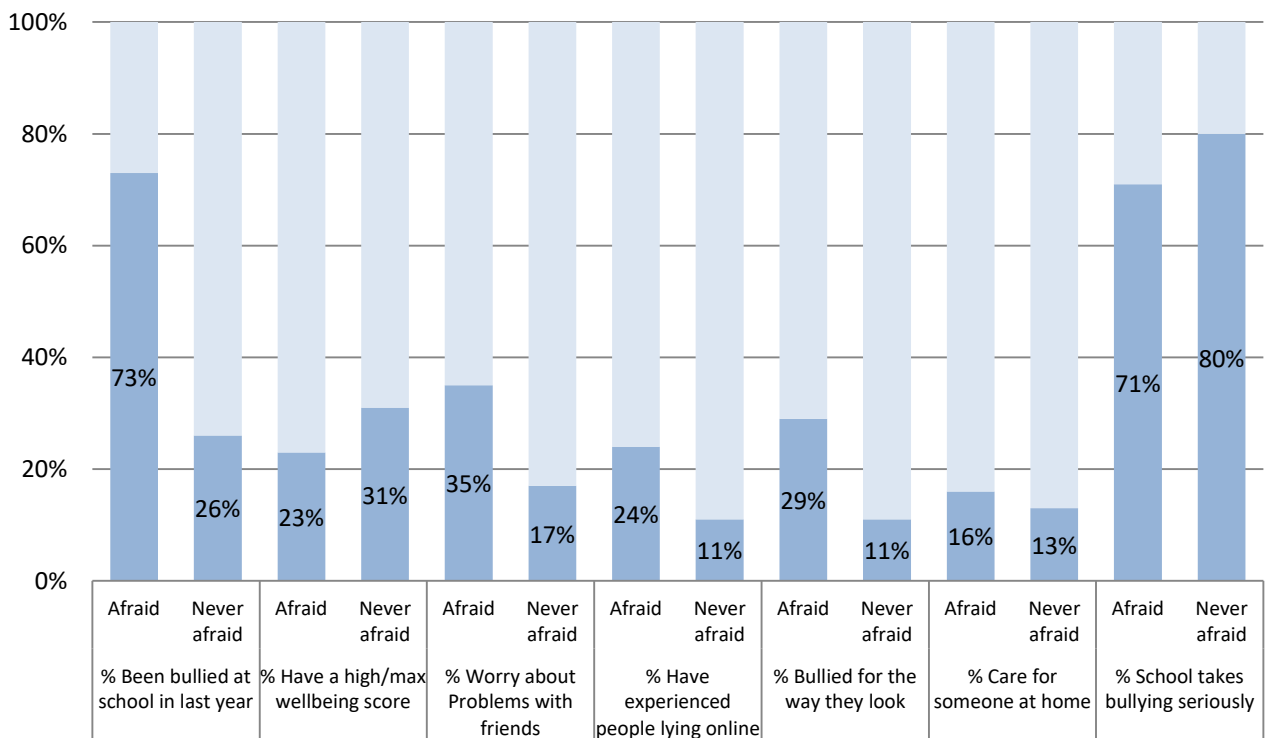
Health behaviours analysis – Mental health & wellbeing:



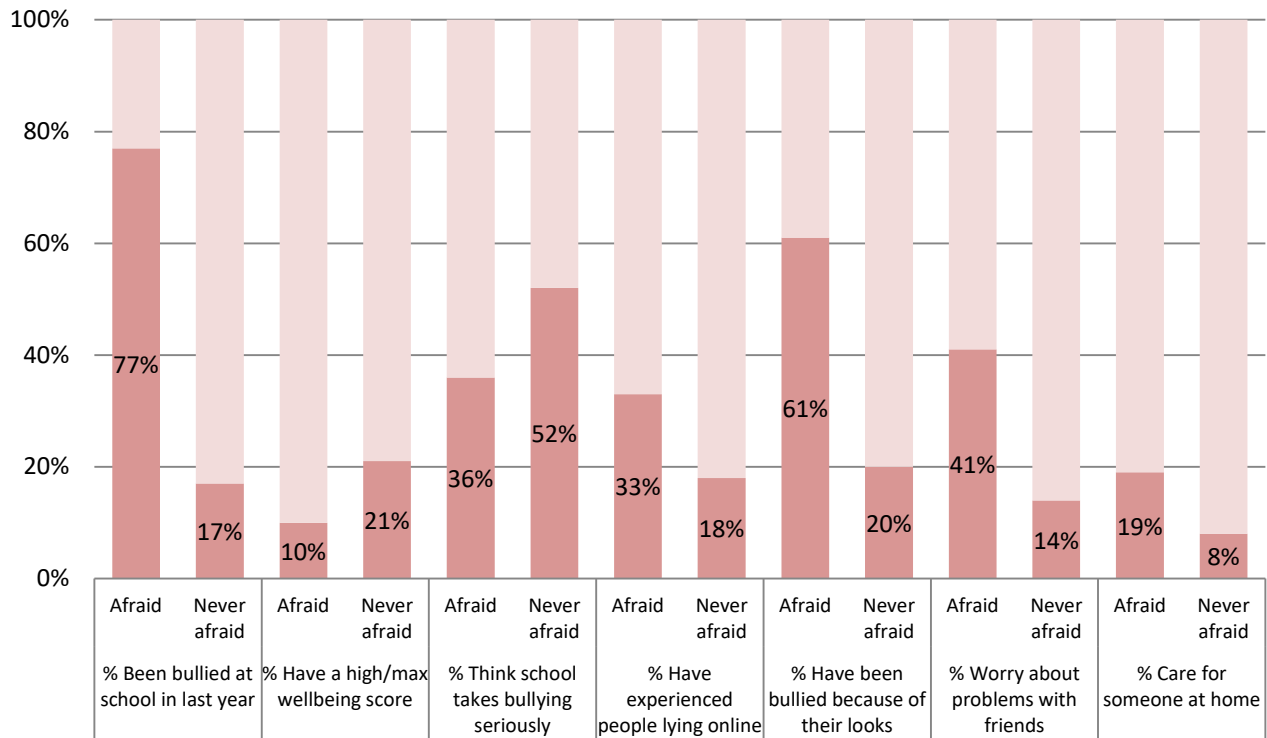
Year 12+ Low-med wellbeing vs. high-max. wellbeing



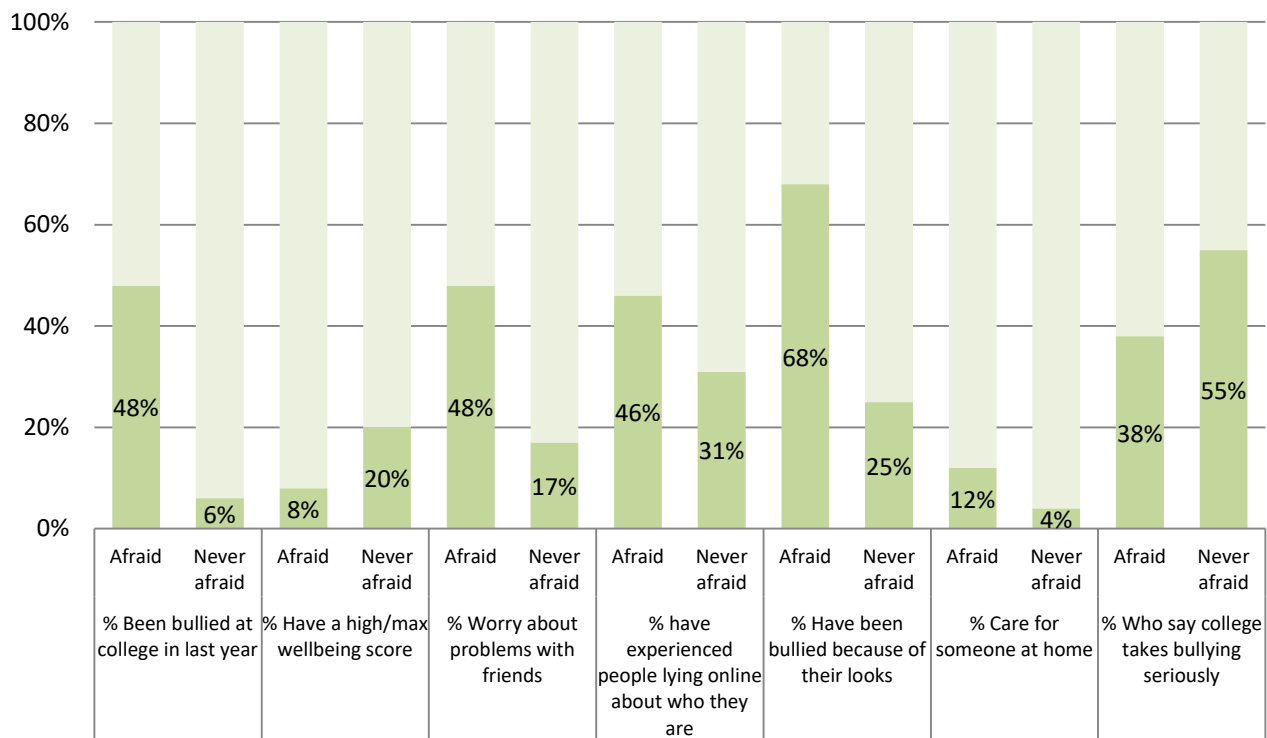
Year 5 pupils Afraid of going to school because of bullying at least sometimes vs. never afraid



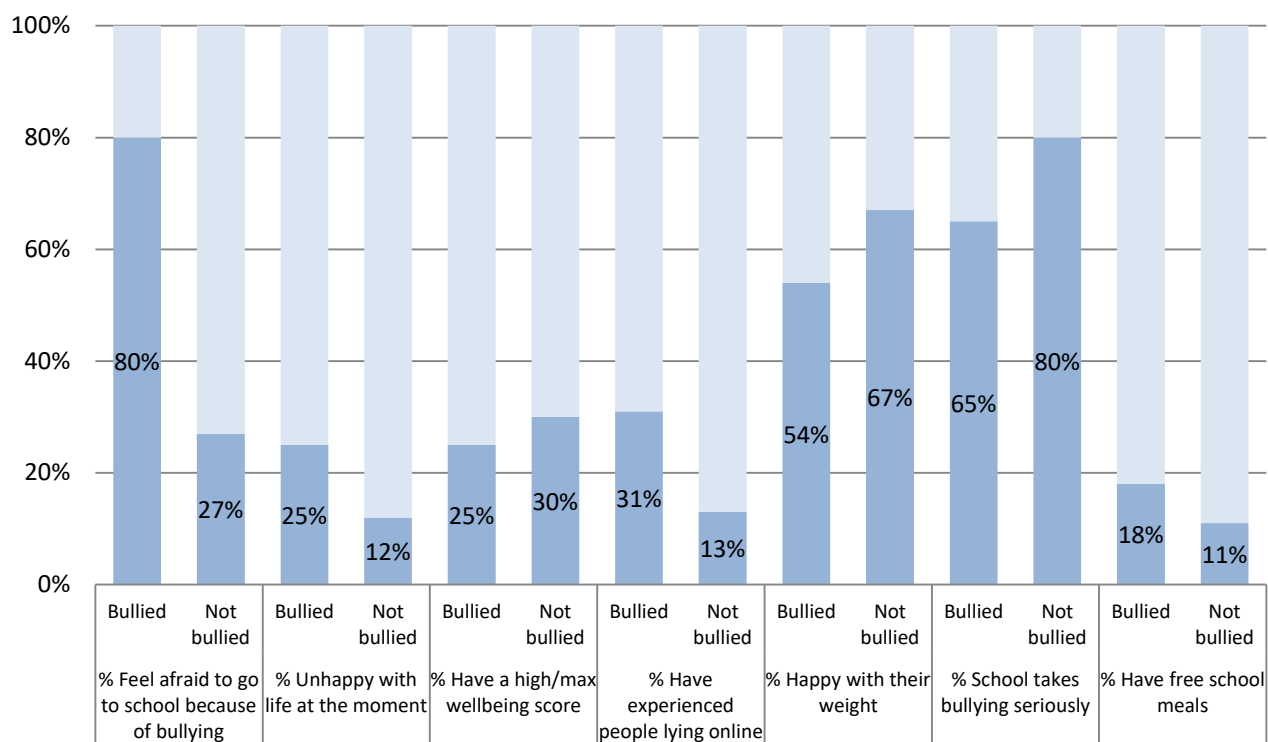
Year 9 pupils Afraid of going to school because of bullying at least sometimes vs. never afraid



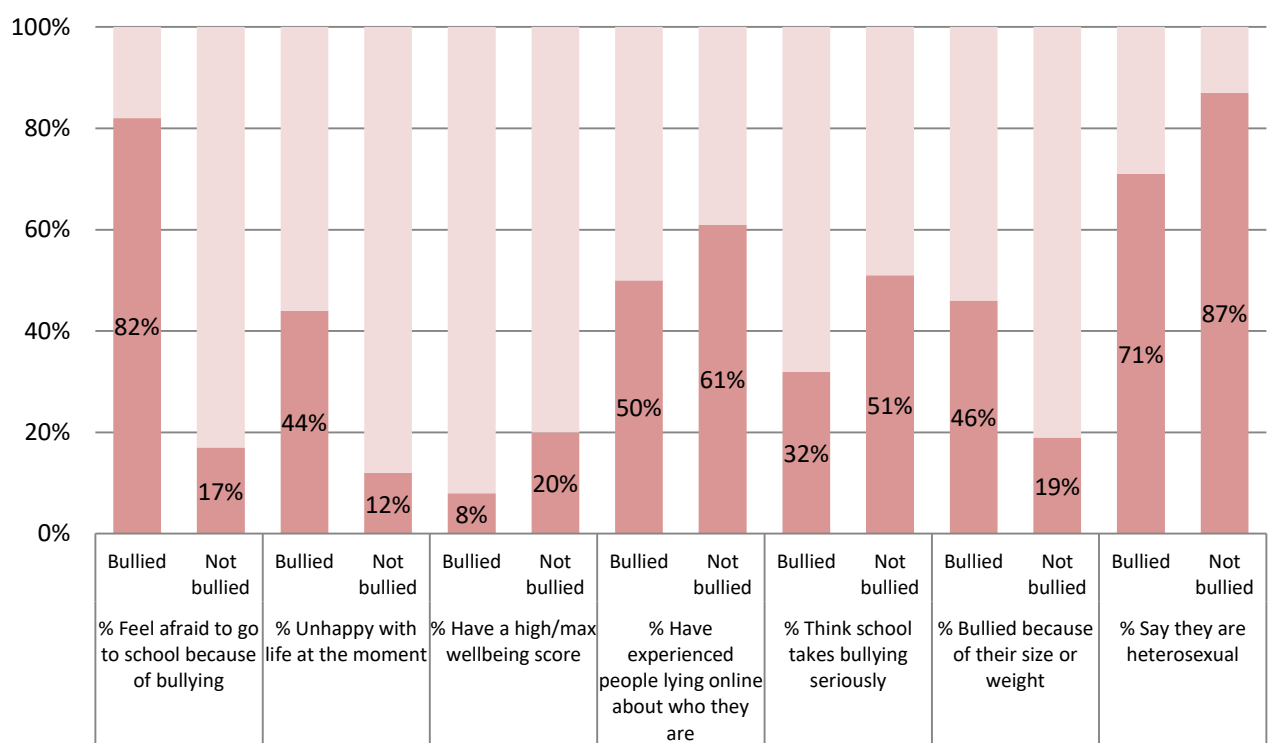
Year 12+ Afraid of going to college because of bullying at least sometimes vs. never afraid



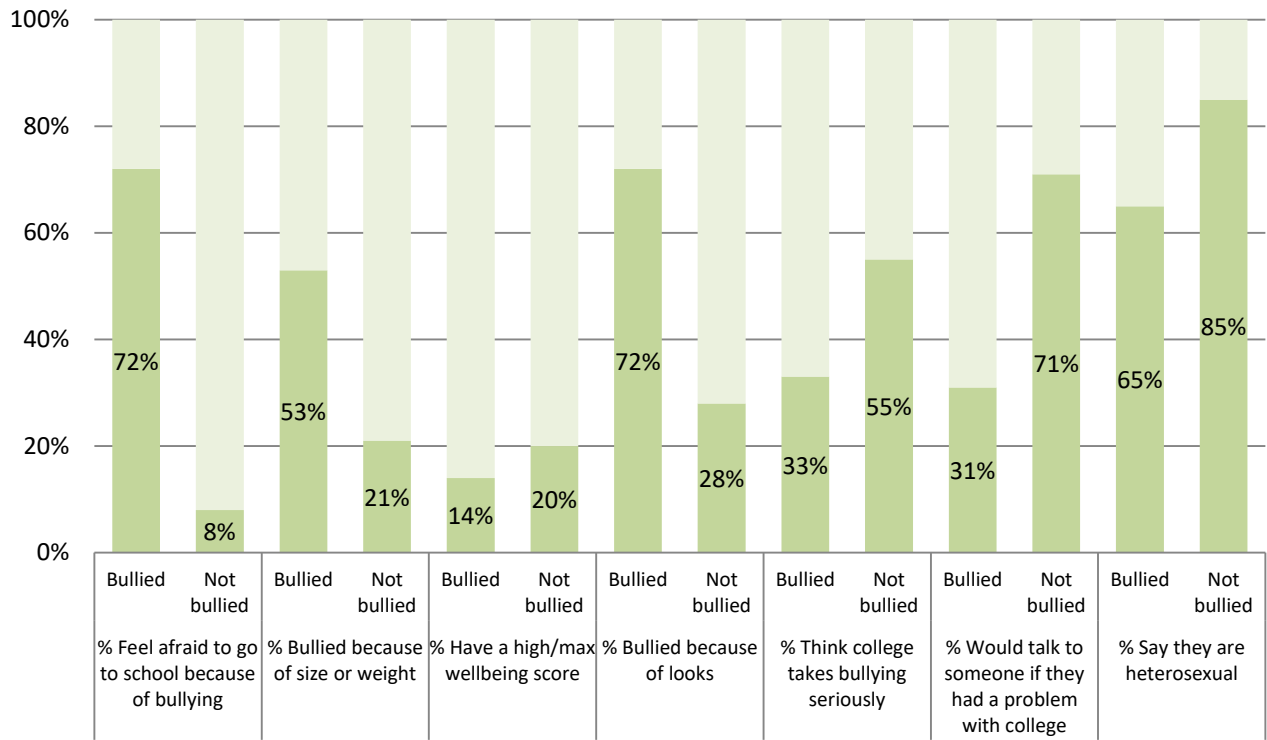
Year 5 pupils have been bullied in last 4 weeks at school vs. those who haven't been bullied



Year 9 pupils who have been bullied in last 4 weeks at school vs. those who haven't been bullied



Year 12+ students who have been bullied in last 4 weeks at college vs. those who haven't been bullied



Thanks

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.

Schools taking part in the 2016 survey:

Airedale Academy, All Saints Featherstone CE (VA) Junior Infant and Nursery School, Alverthorpe St Paul's CE (VA) School, Ash Grove Junior and Infant School, Carleton Community High School, Castleford Academy, Castleford Oyster Park Primary School, Castleford Park Junior Academy, Crigglestone Dane Royd Junior and Infant School, Crigglestone Mackie Hill Junior and Infant School, Crigglestone St James CE Primary Academy, Crofton Academy, De Lacy Academy, English Martyrs Catholic Primary School, Gawthorpe Community Academy, Hemsworth Arts and Community Academy, Hemsworth Grove Lea Primary School, Hendal Primary School, Highfield Special School, Horbury St Peter's and Clifton CE (VC) Primary School, Jerry Clay Academy, Minsthorpe Community College, Moorthorpe Primary School, New College Pontefract, Newton Hill Community School, Normanton Common Primary Academy, Northfield Primary School, Ossett Academy and Sixth Form College, Ossett Flushdyke Junior and Infant School, Ossett Holy Trinity CE VA Primary School, Ossett South Parade Primary School, Ossett Southdale CE VC Junior School, Outwood Grange Academy, Outwood Primary Academy Kirkhamgate, Outwood Primary Academy Ledger Lane, Pinderfields Hospital PRU, Pontefract Carleton Park Junior and Infant School, Pontefract Orchard Head Junior and Infant and Nursery School, Rooks Nest Academy, Sacred Heart Catholic Primary School, Sharlston Community School, Shay Lane Primary (J and I) School, Sitlington Middlestown Junior and Infant School, Sitlington Netherton Junior and Infant School, St Helen's CE Primary School, St Ignatius Catholic Primary School, St John the Baptist Catholic Primary School, St Joseph's Catholic Primary School, Moorthorpe, Streethouse, Junior, Infant and Nursery School, The Freeston Academy, The King's School, Towngate Primary Academy, Wakefield City Academy, Wakefield College, Wakefield Flanshaw Junior and Infant School, Wakefield Greenhill Primary School, Wakefield Pinders Primary (JIN) School, Wakefield St Johns CE VA Junior and Infant School, Wakefield the Mount Junior and Infant School, Walton Primary Academy, West Bretton Junior and Infant School and Willow Green Academy.