

CHILDREN AND FAMILIES PARTNERSHIP

DATE: 26th January 2022

TITLE OF REPORT: Summary from Health-Related Behaviour Questionnaire

REPORT OF THE DIRECTOR OF PUBLIC HEALTH

Purpose of report:

The purpose of this report is to share the findings from the health-related behaviour questionnaire conducted in four secondary schools and 32 primary schools (14%) in the Summer term across Leicestershire.

Recommendation

It is recommended that the Board;

- note the findings and the limitations of the survey results
- comment on proposals and next steps for the work

Background

The health-related behaviour questionnaire is a validated survey aimed at primary school age children in years 4,5 and 6 and secondary school pupils in years 8,9 and 10. The Leicestershire survey was completed in July 2021. The purpose was to collect information about young people's lifestyles to inform commissioning decisions and service delivery to improve health outcomes for Children and Young People in Leicestershire.

Primary school survey:

A total of 2,325 children (Y4 to Y6) were surveyed across the 32 schools, this represents 10% of all school children in Y4 to Y6 in the county, based on the school census. This does provide a representative sample however more work is needed to consider whether the 32 participating schools are representative of the wider cohort of schools, for example with regards to ethnicity and deprivation. 66% of children described themselves as white British, 8% described themselves as Asian, 4% mixed, 4% other white and 10% did not know – so potentially greater representation of non-white British groups.

Secondary school survey:

A total of 902 pupils (Y8 to Y10) were surveyed across four schools. These results are not generalisable to the County due to the small sample size. However, each of these schools have an individual report about their school for their own use.

Topics in both surveys included.

- Emotional Health and Wellbeing
- Relationship and Sexual Health
- Puberty and Growing Up
- Drugs, Drinking and Smoking
- Staying Safe
- Physical Activity and Leisure

Findings from primary school survey include:

EMOTIONAL HEALTH & WELLBEING:

Bullying:

- 25% said they had been bullied at or near school in the last 12 months.
- 74% of pupils said they have people they can talk to in school about bullying (because of school lessons being either quite or very useful)
- 74% of pupils said their school always does something if bullying happens (this is 'quite' or 'very helpful').
- 26% of Y6 girls said they had been bullied because of the way they looked (17% of Y6 boys said the same). 12% of boys and 18% of girls said they were bullied because of their size or weight.
- 7% thought they were bullied because of their colour, ethnicity, religion/beliefs, or the way they speak.
- 10% of pupils reported that they felt afraid to go to school because of bullying, 'often' or 'very often'. 29% said 'sometimes'.

Self-esteem and worries:

- 34% of pupils had high self-esteem scores. More boys have a high self-esteem than girls: 47% of Y6 boys compared with 29% of Y6 girls.
- 29% of pupils worried about school-work problems/exams/tests
- 31% of Year 6 boys and 38% of Year 6 girls would like to lose weight.
- 59% of pupils said when they have a problem or feel stressed, they talk to someone in their family about it; 25% said they would keep it to themselves.

Resilience:

- 58% of pupils said that if something goes wrong, they 'usually' or 'always' learn from it for next time.
- 69% of pupils said that if they don't succeed at something, they 'usually' or 'always' keep on trying until they do.
- 31% of pupils have a high composite resilience score although the score for Year 6 girls is lower than all other groups: 24% of Year 6 girls have a high resilience score compared with 36% of Year 6 boys.

DRUGS, DRINKING AND SMOKING (Y6 only)

Drugs:

- 67% of Year 6 pupils reported that their parents had talked with them about illegal drugs. 76% said their teachers had.
- 11% of Year 6 pupils said that they are 'fairly sure' or 'certain' they know someone personally who uses drugs, not as medicines.
- 2% of Year 6 pupils said that they had been offered drugs (not alcohol, tobacco or as medicines).

Drinking

- 2% of Year 6 pupils said they had an alcoholic drink (more than just a sip) in the week before the survey. When asked what they had, 2% said they had beer or lager, 1% said cider and 1% said spirits.
- 80% of pupils said they have never had an alcoholic drink.

Smoking

- 98% of Year 6 pupils said they have never smoked at all.
- 89% of pupils think they won't smoke when they are older, 11% said maybe or yes they will.

- 26% of pupils reported that their parents/carers smoke. 7% said someone smokes at home indoors in rooms that they use and 8% said someone smokes in a car when they are in it too.

LEISURE AND PHYSICAL ACTIVITY

- 61% of pupils said they spent time watching television after school on the day before the survey, 42% read a book for enjoyment and 33% met with friends.
- 84% of Year 6 boys and 69% of Year 6 girls played computer games the night before the survey.
- 77% of pupils reported that they like PE/Games lessons at school 'quite a lot or a lot'.
- The top five physical activities for primary pupils were:
 - o Running (races or tag) 61% (Boys) Going for walks 56% (Girls)
 - o Football 59% (Boys) Keep-fit 53% (Girls)
 - o Keep-fit 58% Running (races or tag) 52%
 - o Going for walks 50% Going to a park or playground 43%
 - o Going to a park or playground 43% Swimming 39%
- 61% of Year 6 boys and 52% of Year 6 girls reported that they took part in hard exercise on at least 5 days in the previous week.

PUBERTY AND GROWING UP

- 85% of Year 6 pupils said their parents had talked with them about how their body changes as they grow up.
- 87% of Year 6 pupils said their teachers had talked with them about how their body changes as they grow up.
- 71% of Year 6 pupils said that they felt they knew enough about how their body changes as they grow up.

INTERNET

- 79% of pupils reported that they use the Internet on a device in their bedroom.
- 73% said their parents/carers have rules about what Internet sites they can use.
- 95% of pupils reported that they have been told how to stay safe when using the Internet; 82% of pupils said they always do what they have been told to stay safe.
- 83% of Year 6 pupils have a mobile phone or smartphone, which they use to access the Internet.
- 73% of Year 6 boys have a games console, which they use to access the Internet.
- 25% of Year 6 pupils had experienced someone writing or showing things to hurt or upset them (with text, pictures or video).
- 38% of Year 6 pupils said they had been taught about CEOP's "Report Abuse" buttons.

HEALTHY EATING

- 7% of pupils had nothing to eat or drink before lessons on the morning of the survey (11% of Y6 girls). 84% of pupils had something to eat or drink at home; 18% reported having something at school.
- 81% of pupils drink water on most days/every day and 36% of pupils drank at least one litre of water the day before the survey. 96% of pupils said they can get water at school. 6% of pupils reported drinking no water on the day before the survey.

Next Steps:

To date the information has been used to have informed the 0-19 public health recommissioning. Plus inform any additional proposals to invest contain funding to support recovery from COVID.

Each school that participated will have their own school level data to inform the health improvement work in school.

The healthy school's team will be contacting schools that participated to see if they would like additional support.

The secondary schools that participated have also all been offered the opportunity to participate in a pilot of a health and wellbeing app for those aged 11-16 years old.

Conclusion

The Health-related behaviour questionnaire generates school level data that can be used to inform decision and priorities. It is the first year that it has been completed, so a bit more worked needed with secondary schools to demonstrate it's worth to enable us to use the survey results across the County.

Hopefully the other opportunities following this will lead to better engagement with secondary schools but other primaries as well as the plan to improve child health across the county evolves.

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