

Supporting the Health and Wellbeing of Young People in Knowsley

A summary report of the Health Related Behaviour Survey 2013 Short Version

These results are the compilation of data collected from a sample of primary pupils aged 10 to 11 and secondary pupils aged 12 to 15 in Knowsley during the Summer of 2013.

This survey was undertaken by Knowsley MBC as a way of monitoring a set of specific health behaviours of the young people who have taken part in

the wider Health Related Behaviour survey.

Pupils in Year 6 in the primary schools and Years 8 and 10 in the secondary schools anonymously completed the questionnaire. A total of 1381 pupils took part in 4 secondary schools and 28 primary schools.

Completed questionnaires were processed and analysed at the

Schools Health Education Unit in Exeter.

Trend data

This 2013 survey dataset has been compared with data from previous years and a selection of interesting trends is shown on page 4.

1381 young people were involved in the survey:

School Year	Year 6	Year 8/9	Year 10/11	Total
Age	10-11	12-13	14-15	
Boys	395	164	140	699
Girls	377	168	137	682
Total	772	332	277	1381

SHEU

SHEU is an independent research unit specialising in the health related behaviour questionnaire surveys of children and young people for local authorities, voluntary agencies, charities, schools and colleges and other partnerships. The Unit is also able to undertake consultation, monitoring and evaluation and bespoke research projects.

For more details please contact SHEU
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TOPICS INCLUDE:

HEALTHY LIFESTYLES

Healthy Weight (including food choices and physical activity)

Smoking

Alcohol

Choose not to take illegal Drugs

Sexual Health

EMOTIONAL WELLBEING

Bullying

Self-esteem

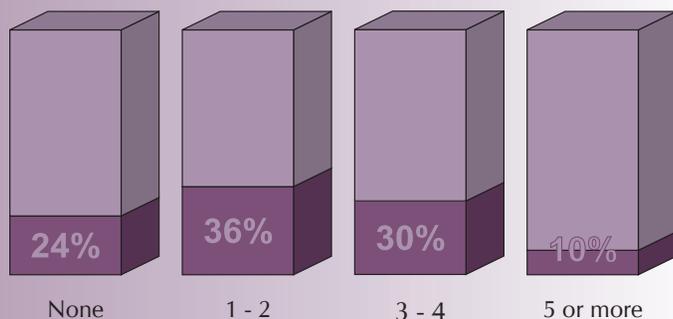


Knowsley Council

Healthy Lifestyles

HEALTHY WEIGHT - food choices

- ❑ Pupils were asked to identify from a list, the foods they ate 'on most days'. 53% of primary aged pupils said dairy produce,
- ❑ 47% said fresh fruit and 31% said vegetables. 25% of pupils have chips or roast potatoes, 32% crisps, 35% sweets and chocolates and 25% 'non-diet' fizzy drinks 'on most days'.
- ❑ 30% of primary pupils said they 'rarely' or 'never' ate any fish/fish fingers. 13% vegetables, 30% salads and 5% said they 'rarely' or 'never' ate fruit.
- ❑ 8% of primary aged pupils said they usually eat no portions of fruit and vegetables on a school day. 45% said 1 or 2 portions, 34% said they usually eat 3 or 4 portions and 13% said 5 or more portions on a school day.
- ❑ 63% of primary aged pupils said they have water and 21% said they have 'diet' fizzy drinks 'on most days'.
- ❑ **10% of secondary aged pupils said that they usually have five or more portions of fruit and vegetables on a school day. 24% of pupils said that they usually have no portions. 36% said 1 or 2 portions, 30% said 3 or 4 portions.**



- ❑ Pupils were asked to identify from a list of foods, those they ate 'on most days'. 46% of secondary aged pupils said dairy produce, 33% said fresh fruit and 19% said vegetables. 22% of pupils have chips or roast potatoes, 30% crisps, 37% sweets and chocolate and 33% 'non-diet' fizzy drinks 'on most days'.
- ❑ 16% of secondary pupils said they 'rarely' or 'never' ate vegetables, 30% said salads and 10% said they 'rarely' or 'never' ate fresh fruit.
- ❑ 96% of primary aged pupils had visited the dentist in the past 12 months. 4% said 'more than a year ago'.
- ❑ 92% of secondary aged pupils had visited the dentist in the past 12 months. 8% said 'more than a year ago'.
- ❑ 23% of primary pupils had a filling the last time they visited the dentist.

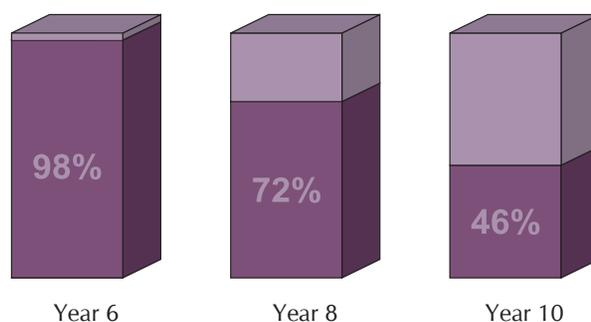
- Physical activity

- ❑ 53% of primary pupils walked to school, 45% came by car on the day of the survey, at least part of the way. 5% of primary pupils came to school by bike.

- ❑ 34% of primary aged pupils reported that they had exercised five times or more, in the week before the survey, sufficient to make them breathe harder. 32% said three or four times, 24% said once or twice and 11% said none.
- ❑ 18% of secondary aged pupils reported that they had exercised five times or more. 32% said three or four times, 34% said once or twice and 16% said none.
- ❑ 58% of secondary pupils (more girls than boys) said that they never take part in after school sports clubs at school.
- ❑ 28% of secondary pupils said that they take part in lunchtime sports and activities at least once a week.

- Smoking

- ❑ 97% of primary aged pupils have never smoked at all. 0% smoked at least one cigarette in the last seven days.
- ❑ 68% of secondary aged pupils have never smoked at all. 10% had smoked at least one cigarette in the last 7 days.
- ❑ **Looking at the girls data more closely by age show 98% of Year 6 girls have never smoked. In Year 8/9, 72% said this but in Year 10/11, only 46% said the same.**



- ❑ 33% of primary pupils and 51% of secondary pupils reported that there is someone who smokes indoors in their home (including regular visitors) on most days.
- ❑ 2% of Year 8/9 boys and 14% of Year 10/11 boys reported that they smoke 'occasionally' or 'regularly'. 8% of Year 8/9 girls and 23% of Year 10/11 girls said the same'.

- Alcohol

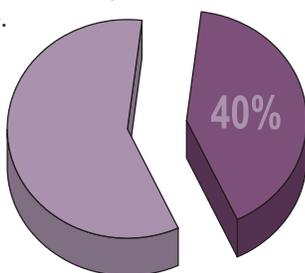
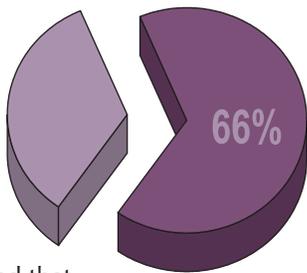
- ❑ 7% of primary aged boys and 3% of girls said they had at least one alcoholic drink (more than just a sip) in the last week.
- ❑ Of those primary aged pupils who had drunk alcohol, 50% had drunk alcohol on just one day.
- ❑ 28% of secondary aged pupils drank alcohol on at least one day in the week before the survey.

- Choose not to take illegal drugs

- ❑ 5% of secondary aged pupils reported that they had taken an illegal drug in the last month. 9% had taken one in the last year.
- ❑ 6% of Year 10 pupils had taken Cannabis in the last month, 15% of Year 10 pupils had 'ever' taken it.

- Sexual Health

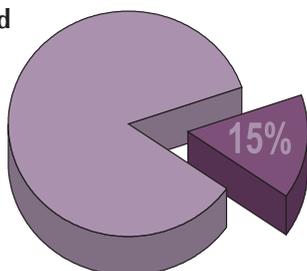
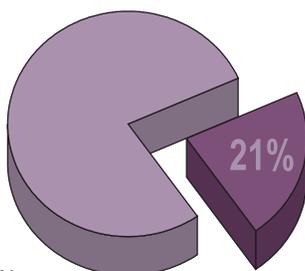
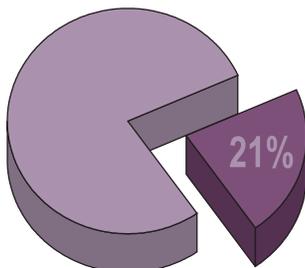
- 66% of primary aged pupils said that their parents had talked with them about how your body changes as you grow up; 46% said that teachers had.
- 9% of boys and 13% of girls in the primary sample reported that they worried about the way they looked.
- 6% of boys and 13% of girls in the primary sample said they worried about how their body changes as they grow up.
- 5% said that their school nurse and 17% said visitors in school lessons had talked with them about growing up.
- 19% of secondary pupils said they believed there was a special contraception and advice centre for young people available locally. 60% said they didn't know if there was one.
- 40% of secondary pupils said that the advice and information they have received from school about sex and relationships was helpful; 17% said they hadn't received any.



EMOTIONAL WELLBEING

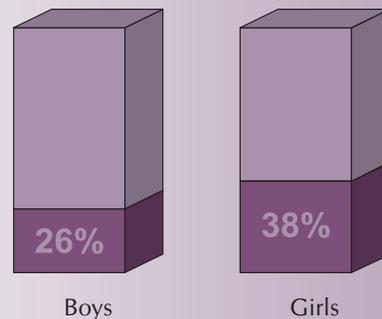
- Bullying

- 21% of primary pupils reported that they felt afraid to go to school because of bullying at least sometimes.
- 1% of pupils felt afraid to go to school because of bullying 'very often'.
- 17% reported that they thought they were bullied because of the way they looked and 12% said because of their size or weight.
- 21% of secondary pupils reported that they had been bullied at least sometimes in the last 12 months.
- 17% of secondary pupils said that this happened at school, 4% said on their way to or from school and 4% said it happened online or via a mobile phone.
- 15% of secondary girls said that they worry about bullying 'a lot' or it 'is a problem for me and I have thought about speaking to someone about it'.



- Self-esteem

- 59% of boys and 48% of girls in the primary school sample had high self-esteem scores. 1% had low self-esteem scores.
- 26% of boys and 38% of girls in year 6 said that they worried about SATs.
- 13% of primary aged pupils said they worried about family problems 'quite a lot' or 'a lot' and 11% said that they worried about health 'quite a lot' or 'a lot'.
- 9% of primary pupils said that they worried about schoolwork/homework.
- 55% of boys and 29% of girls in the secondary school sample had high self-esteem scores. 4% had low self-esteem scores.
- The top three worries for secondary pupils were:



Year 8	Boys	Girls
Exams and tests	27%	56%
Feeling angry	23%	51%
Knives	22%	38%

Year 10	Boys	Girls
Exams and tests	31%	69%
The way you look	19%	64%
Feeling angry	19%	61%

(The tables show the proportion of pupils who said they had worried about the problems 'a lot' or said 'this is a problem for me...').

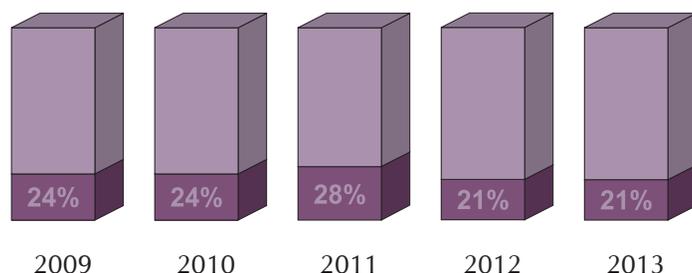
- 18% of secondary pupils said that they worried about their friends deliberately hurting themselves.
- 9% said that they worried about deliberately hurting themselves.
- When asked what they do to feel better when they feel anxious or worried, the top answer, 63%, said 'I talk to friends'. 31% said they get angry with themselves, friends or family; 22% said they eat more.

- Local safety

- 21% of primary pupils said that they worried about crime 'quite a lot' or 'a lot'.
- 62% of secondary pupils rated their safety as good or very good when going out during the day. This fell to 33% saying the same about going out after dark.
- 10% of secondary pupils said that they had been the victim of violence or aggression in the area where they live in the last 12 months.
- 25% of secondary pupils said that other people in the area where they live carry weapons to frighten or threaten people.

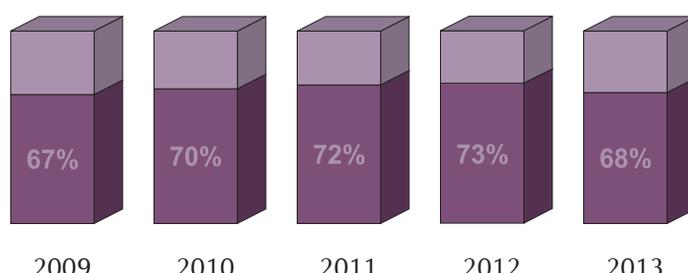
Recent Trends

- Primary pupils afraid to go to school because of bullying at least sometimes:



- Primary aged girls with high self-esteem increased from 31% in 2007 to 39% in 2008. It dropped back slightly to 38% in 2009. This increased to 43% in 2010 and 44% in 2011. In 2012 this figure was 45% and in 2013 it is now 48%.
- Primary pupils having '5-a-day' increased from 18% in 2007 to 21% in 2008 but dropped back to 16% in the 2009 survey. In 2010 it was 15% and in 2011 it fell to 13%. In 2012 it was at 16% and in 2013 this figure is now 13%.
- Primary pupils 'never smoked at all' figures were 91% in 2007, 94% in 2008 and 2009 and 93% in 2010. 95% said this in 2011, 97% in 2012 and 2013.

- In 2009, 67% of secondary pupils said that they had 'never smoked at all'. This increased to 70% in 2010 and again to 72% in 2011. In 2012 the figure was 73% but has fallen back to 68% in 2013.



- In 2007, 17% of secondary pupils said that they had 5 portions of fruit and vegetables on a school day. 14% said this in 2008, 10% in 2009 and again in 2010. In 2011, this figure rose to 13%. In 2012 and 2013 it fell again to 10%.
- In 2007, 19% of secondary pupils said that they were at least 'sometimes' afraid of going to school because of bullying. 22% said this in 2008, 16% in 2009 and it dropped again in to 12% in 2010. In 2011, this figure was 13%. The question wasn't asked in 2013 but for a different question, 21% said they had been bullied in the last 12 months.

The Way Forward – over to you

This work was funded by the Public Health Team at Knowsley MBC. We are grateful to the teachers, schools, and young people for their time and contributions to this survey. As a result of their work we have excellent information to be used by schools, the Public Health Team, the Education Authority as well as other statutory and voluntary agencies that support the health and education of young people in Knowsley. 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.

Knowsley Schools who took part in the survey:

Knowsley primary schools:

Cronton Holy Family Catholic Primary School
 Evelyn Community Primary School
 Halewood CE Primary School
 Halewood Holy Family Catholic Primary School
 Halsnead Community Primary School
 Huyton-with-Roby CE Primary School
 Knowsley Village School
 Malvern Primary School
 Northwood Community Primary School
 Park View Primary School
 Plantation Primary School
 Ravenscroft Community Primary School
 Roby Park Primary School
 Ss. Peter and Paul Catholic Primary School
 St. Anne's Catholic Primary School
 St. Gabriel's CE Primary School
 St. John Fisher Catholic Primary School
 St. Joseph the Worker Catholic Primary School

St. Laurence's Catholic Primary School
 St. Leo's and Southmead Catholic Primary
 St. Margaret Mary's Catholic Junior School
 St. Marie's Catholic Primary School
 St. Mark's Catholic Primary School
 St. Mary and St. Paul's CE Primary School
 St. Michael and All Angels Catholic Primary School
 The Sylvester Primary School
 Whiston Willis Community Primary School
 and Yew Tree Community Primary School
 (With Designated Special Provision).

Knowsley secondary schools:

All Saints Catholic Centre for Learning,
 Huyton Arts & Sports Centre for Learning,
 Kirkby Sports College Centre for Learning
 and St. Edmund Arrowsmith Catholic Centre
 for Learning.