

Supporting the Health of Young People in Knowsley

A summary report of the Health Related Behaviour Survey 2010 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 term 2010. This work was commissioned by NHS Knowsley 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 Questionnaire 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 2226 pupils took part in 7 secondary schools and 42 primary schools.

Completed questionnaires were then returned to SHEU in Exeter for processing.

Trends

This 2010 survey dataset has been compared with the corresponding Knowsley 2006, 2007, 2008 and 2009 survey data. A selection of interesting trends are shown on page 3.

2226 young people were involved in the survey:

School year	Year 6	Year 8	Year 10	Total
Age	10-11	12-13	14-15	
Boys	651	248	198	1097
Girls	664	273	192	1129
Total	1315	521	390	2226

Every Child Matters Topics include

Stay Safe

Be Healthy -

- Physically
- Mentally & Emotionally
- Sexually
- Healthy Lifestyles
- Choose not to take illegal drugs



Schools Health Education Unit

SHEU is an independent research unit specialising in health related questionnaire surveys of children and young people for Local Authorities, PCTs, 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
Tel. 01392 667272, www.sheu.org.uk.



Knowsley Children and Young People's Services brings together public, private, voluntary and independent organisations to improve young lives in Knowsley!



Healthy Schools
Knowsley



Knowsley Council

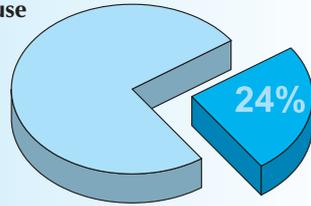
NHS
Knowsley

Every Child Matters

STAY SAFE

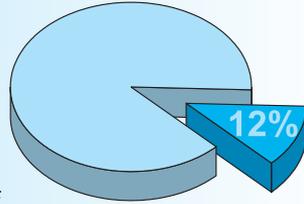
- From bullying & discrimination

- 24% of primary pupils reported that they felt afraid to go to school because of bullying, at least sometimes.



- 3% of pupils said they felt afraid to go to school because of bullying 'very often'.
- Of those who were bullied, 16% of pupils reported that they thought they were bullied because of the way they looked and 13% thought because of their size or weight.

- 12% of secondary aged pupils reported a fear of going to school at least sometimes because of bullying.



- 88% said that they are 'never' afraid to go to school because of bullying.

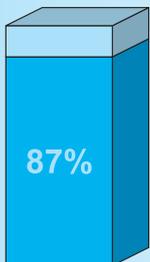
BE HEALTHY

- Physically Healthy

- 53% of primary aged pupils walked to school, 43% came by car on the day of the survey, for at least part of the way.
- 49% of secondary aged pupils walked to school, 20% came by bus, 29% went by car for at least part of the way.
- 4% of primary aged pupils came to school by bike.
- 38% of primary aged pupils reported that they had exercised five times or more, in the last week, sufficient to make them breathe harder. 30% said three or four times, 9% said none and 8% said once.
- 22% of secondary aged pupils reported that they had exercised five times or more, in the week before the survey, sufficient to make them breathe harder. 34% said three or four times, 13% said once and 10% said none.

? Can more be done to encourage pupils and their families to lead active lifestyles?

- 86% of primary aged pupils had visited the dentist in the past 6 months. 7% said, "more than a year ago".
- 87% of secondary aged pupils had visited the dentist in the past 6 months. 6% said, "more than a year ago".
- 87% of primary aged pupils reported that they cleaned their teeth at least twice on the day before the survey (the recommended frequency). 22% had a filling the last time they visited the dentist.



- 91% of secondary aged pupils reported that they cleaned their teeth at least twice on the day before the survey (the recommended frequency).

- Mentally & Emotionally Healthy

- 56% of boys and 43% of girls in the primary school sample had high self-esteem scores. 2% of pupils had low self-esteem scores.
- 17% of primary aged pupils said they worried about family problems 'quite a lot' or 'a lot' and 27% said they worried about crime 'quite a lot' or 'a lot'.
- 7% of primary aged pupils said they worried about school, work/homework.
- 26% of boys and 30% of girls in Year 6 reported that they worried about SATs.

? Are these levels of worrying a cause for concern? What support is available for pupils and their families?

- 46% of secondary aged pupils had high self-esteem scores. 3% had low self-esteem scores.

The top three worries for secondary pupils were:

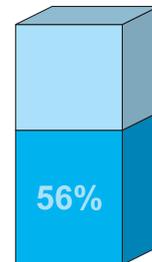
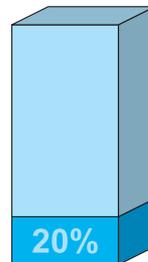
Year 8	Boys	Girls
Exams and tests	18%	The way you look 32%
Family problems	11%	Exams and tests 24%
Career problems	9%	Career problems 13%

Year 10	Boys	Girls
Exams and tests	25%	Exams and tests 55%
Career problems	16%	The way you look 40%
The way you look	14%	Career problems 32%

(The table shows the proportion of pupils who said they worried about the problems 'quite a lot' or 'a lot'.)

- Sexually Healthy

- 64% of primary aged pupils said that their parents had talked with them about how your body changes as you grow up; 43% said that teachers had.
- 9% of boys and 16% of girls in the primary sample reported that they worried about the way they looked.
- 7% of boys and 15% of girls in the primary sample said they worried about how their body changes as they grow up.
- 6% said that the school nurse and 16% said visitors in school lessons had talked with them about growing up.

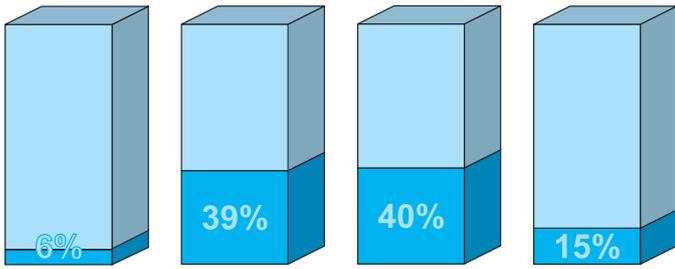


- 20% of the secondary aged pupils said they believed there was a special contraception and advice service for young people available locally. 56% said they didn't know if there was one.

- Healthy Lifestyles - food choices

- Pupils were asked to identify from a list, the foods they ate 'on most days'. 46% of primary aged pupils said dairy produce, 45% fresh fruit and 27% vegetables. 23% of pupils have chips, 28% crisps, 38% sweets and chocolates and 30% 'non diet' fizzy drinks 'on most days'.
- 29% of primary aged pupils said they 'rarely' or 'never' ate any fish/fishfingers. 13% vegetables, 28% salads and 4% said they 'rarely' or 'never' ate fruit.

- 6% of primary aged pupils said that they usually eat no portions of fruit and vegetables on a school day. 39% said 1 or 2 portions, 40% said they usually eat 3 or 4 portions and 15% said 5 or more on a school day.

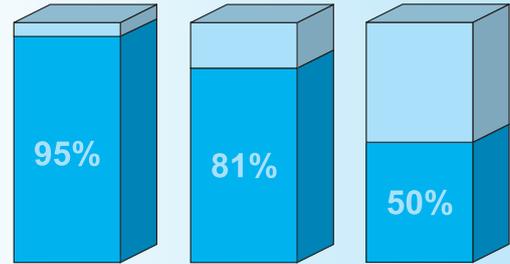


- 58% of primary aged pupils said that they have water 'on most days'. 24% said they have 'diet' fizzy drinks 'on most days'.
- 10% of secondary aged pupils said that they usually have five or more portions of fruit and vegetables on a school day. 16% of pupils said that they usually have no portions. 39% said one or two portions, 35% said three or four portions.
- Pupils were asked to identify from a list the foods they ate 'on most days'. 46% of secondary aged pupils said dairy produce, 29% fresh fruit and 22% vegetables. 29% of pupils have chips, 33% crisps, 41% sweets and chocolates and 40% 'non diet' fizzy drinks 'on most days'.
- 37% of the secondary aged pupils said they 'rarely' or 'never' ate any fish. 18% said they 'rarely' or 'never' ate vegetables, 31% said salads and 10% said they 'rarely' or 'never' ate fresh fruit.

- Of those primary aged pupils who had drunk alcohol, 67% had drunk alcohol on just one day. 22% on two days and 11% on more than two days.
- 31% of secondary aged pupils drank alcohol on at least one day in the week before the survey.

- Healthy Lifestyles - tobacco

- 93% of primary aged pupils said they have never smoked at all.
- 1% of said they had smoked at least one cigarette during the last seven days. 6% of secondary pupils said they had smoked in the last 7 days.
- 70% of secondary aged pupils have never smoked at all.
- Looking at the girl's data more closely by individual year shows that 95% of Year 6 girls have never smoked. In Year 8, 81% said the same but in Year 10 only 50% reported this.**



- 43% of primary pupils and 66% of secondary aged pupils reported that there is someone who smokes indoors in their home (including regular visitors) on most days:
- Boys: 4% of Year 8 boys and 8% of Year 10 boys reported that they smoke 'occasionally' or 'regularly'.
- Girls: 5% of Year 8 girls and 18% of Year 10 girls reported that they smoke 'occasionally' or 'regularly'.

- Choose not to take illegal drugs

- 6% of secondary aged pupils reported that they had taken an illegal drug in the last month. 9% had taken one in the last year.
- 10% of secondary aged pupils have 'ever' taken illegal drugs.

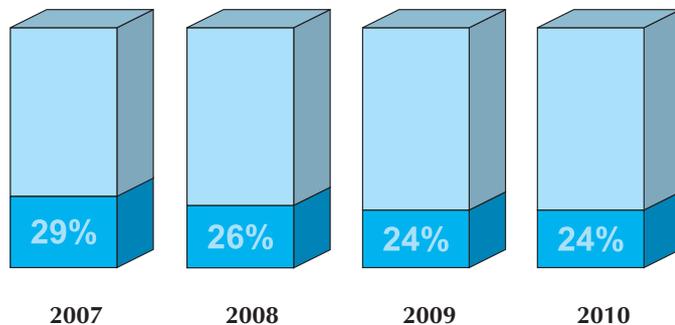
? What more can be done to promote the 5-a-day messages to children and their families?

- Healthy Lifestyles - alcohol

- 13% of primary aged boys and 7% of girls said they had at least one alcoholic drink (more than just a sip) in the last week.

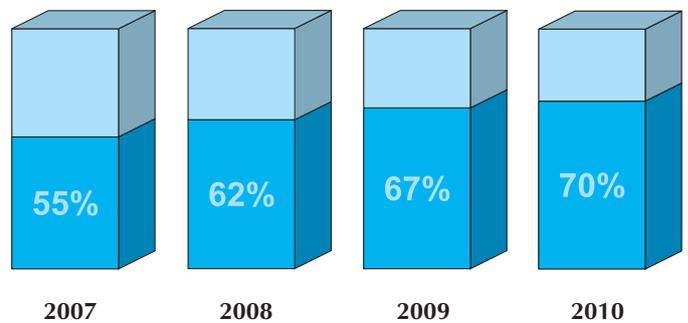
Recent Trends

- 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 but has increased again to 43% in 2010.
- Primary pupils having 5-a-day increased from 18% in 2007 to 21% in 2008 but dropped back to 16% in the 2009 survey and is now only at 15% in 2010.

- Primary pupils 'never smoked at all' figures have dropped slightly in 2010 to 93%. In 2009 and 2008 the figure was 94% after a rise from 2007 level of 91%.
- In 2007, 55% of secondary pupils said they had 'never smoked at all'. This increased to 62% in 2008 this increased again to 67% in 2009 and is now at 70% in 2010.**



- Secondary pupils are less likely to say they had 5 portions of fruit and vegetables in 2010 than in 2007. In 2007, 17% said they had five portions the day before. This decreased to 14% in 2008 and again to 10% in 2009. The 2010 figure is 10%.
- In 2007, 19% of pupils said they they were at least 'sometimes' afraid to go to school, because of bullying. In 2008 22% of pupils said this. In 2009 this figure dropped to 16% and in 2010 it has dropped again to 12%.

The Way Forward – over to you

The work was funded by NHS Knowsley.

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 data to be used by schools, NHS Knowsley, and the Education Authority as well

as other statutory and voluntary agencies that support the health 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.

Our thanks go to the staff and pupils that took part:

Primaries

Cronton CE Primary School, Eastcroft Park School, Evelyn Primary School, Halewood CE Primary School, Halsnead CP & Training School, Holy Family RC Primary School, Cronton, Holy Family RC Primary School, Halewood, Huyton-with-Roby School, Kirkby CE Primary School, Knowsley Village School, Malvern Primary School, Millbrook Primary School, Mosscroft Primary School, Nine Tree Primary School, Our Lady's RC Primary School, Overdale County Primary School, Park Brow Primary School, Park View CP School, Plantation Primary School, Prescott Primary School, Ravenscroft School, Roby Park Primary. St. Aidan's RC School, St. Albert's Catholic Primary School, St. Aloysius Primary School, St. Andrew the Apostle Catholic Primary School, St. Anne's RC Primary School, St. Brigid's Catholic Primary School, St. Columba's RC Primary School, St. Dominic's Junior School, St. Gabriel's CE Primary School, St. John Fisher Catholic Primary School, St. Joseph's RC Primary School, St Joseph The Worker Primary School, St. Laurence's RC Primary School, St. Leo's & Southmead Primary School, St. Luke's RC Primary School, St. Marie's Catholic Primary School, St. Mary & St. Paul's CE Primary School, The Sylvester CP School, Westvale Primary School and Whiston Willis Community Primary School.

Secondaries

All Saints Catholic Centre for Learning (VA), Christ The King Centre for Learning, Halewood Centre for Learning, Huyton Arts & Sports Centre for Learning, Kirkby Sports College, Knowsley Park Centre for Learning and Knowsley St. Edmund Arrowsmith RC High School.

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Knowsley Children and Young People's Services brings together public, private, voluntary and independent organisations to improve young lives in Knowsley!



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