

# Supporting the health of Young People in Wiltshire

## A summary report of the Health Related Behaviour Survey 2008

These results are the compilation of data collected from a sample of primary pupils aged 8 – 11 and secondary pupils aged 12 – 15 in Wiltshire during Summer 2008.

This survey was funded by Wiltshire PCT and Wiltshire County Council, with support to schools taking part provided by the WCC Personal Development Education Team.

Teachers were informed on how to collect the most reliable data by Schools Health Education Unit staff. Pupils in Years 4, 5 and 6 in the

primary schools and Years 8 & 10 in the secondary schools anonymously completed the questionnaire.

A total of 2387 pupils took part in 24 primary schools and 7 secondary schools. Completed questionnaires were then returned to the Schools Health Education Unit in Exeter for processing.

In order to extend local knowledge an additional survey of Wiltshire young people, not in mainstream schools, is also taking place this year with a new 16+ survey also planned.

### Trends

The survey was also undertaken by many Wiltshire schools in 2002 and 2006. Some interesting changes are noted on page 7.

### Cross-phase links


Many of the questions in the primary and secondary versions of the questionnaire are identical or very similar. Some of these questions are presented on page 6 of this document so that behaviour can be seen across the age range.

### 2387 young people were involved in the survey:

School year	Year 4 & 5	Year 6	Year 8	Year 10	Total
Age	8-10	10-11	12-13	14-15	
Boys	346	337	286	304	1273
Girls	339	308	247	220	1114
Total	685	645	533	524	2387

### Reference sample

Wiltshire data have been compared with a compilation of survey areas that have completed similar versions of the questionnaire. These areas include Bromley, Cheshire, Merton, Rochdale and Swindon.

A selection of some of the statistically significant differences, where the level seen in the Wiltshire data is either 5% above or below that in the wider reference data, is indicated by the symbol 

For more details please contact The Schools Health Education Unit Tel. (01392 667272).

### Topics include

Citizenship

Drugs, Alcohol and Tobacco

Emotional Health and Well-being

Healthy Eating

Homework

Leisure

Physical Activity

Puberty and Growing Up

Safety

School and Career

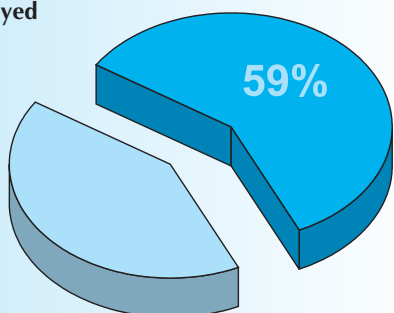
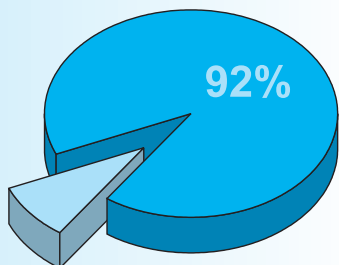
Sex and Relationships

# Wiltshire Primary school pupils in Year 4 and Year 6 (ages 8 to 11 years)

## CITIZENSHIP

### Background

- 92% of pupils describe themselves as white UK.
- 3% described themselves as white non-UK.
- 93% have at least one brother or sister.
- 34% of pupils have broadsheet newspapers in their home, 33% popular tabloids.
- 16% say that they don't get pocket money.
- 59% of the pupils surveyed received more than two pounds the last time they had pocket money.



### Spending Money

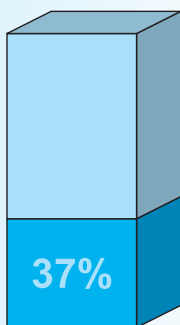
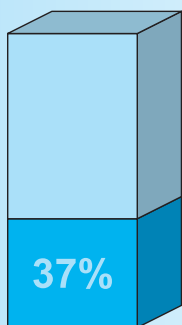
- The main items pupils spent money on were:

Year 4	Boys		Girls
Toys	40%	Books	41%
Computers	32%	Toys	30%
Comics/magazines	32%	Comics/magazines	29%
Leisure centre	30%	CDs, music etc	27%

Year 6	Boys		Girls
Computers	31%	Leisure centre	34%
Comics, magazines	31%	Sweets, chocolate etc	33%
Leisure centre	28%	Books	33%
Sweets, chocolate etc.	27%	Comics/magazines	27%

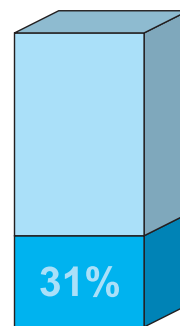
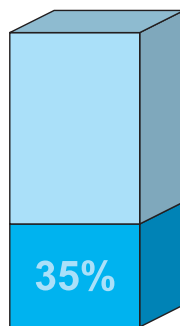
## HOMEWORK

- 37% of Year 4 pupils and 37% of Year 6 pupils spent time doing homework on the evening before the survey.

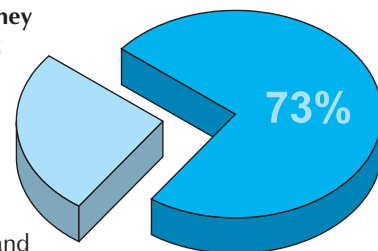


## EMOTIONAL HEALTH & WELL-BEING

- 38% of pupils reported that they felt afraid to go to school because of bullying, at least sometimes. 33% said that they had been bullied, at or near school in the last 12 months, 35% of boys and 31% of girls..



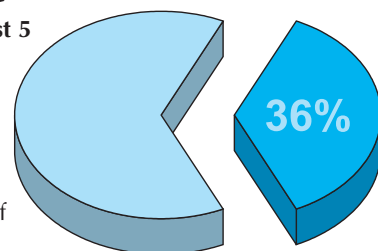
- Behaviour widely reported as causing distress included: being called nasty names, being teased or made fun of and being ganged up on.
- When asked where it happened, 17% of pupils reported outside at breaktime and 15% in the classroom at breaktime. 9% reported during a lesson.
- 23% of pupils reported that they thought they were bullied because of the way they looked.
- 4% of pupils reported that they thought others might fear going to school because of them.
- 73% of pupils said that they thought their school took bullying seriously.



- 35% of pupils had high self-esteem scores.
- 42% of Year 6 girls worried about SATs/tests and 35% about family problems.
- 36% of Year 4 girls worried about SATs/tests and 49% about crime.

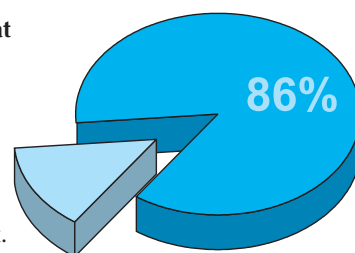
## HEALTHY EATING

- 36% of pupils had at least 5 portions of fruit and vegetables the day before.
- 3% had nothing to eat for breakfast on the day of the survey.
- 26% of pupils have crisps and 25% sweets and chocolates 'on most days'.
- 60% eat fresh fruit and 58% dairy produce on most days.
- 53% of pupils ate vegetables on most days.



### Dental care

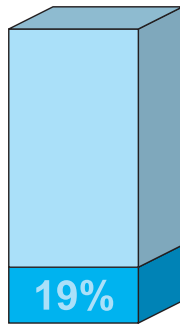
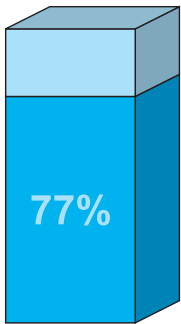
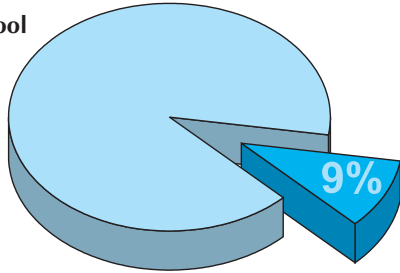
- 86% of pupils reported that they cleaned their teeth at least twice a day (the recommended frequency), however, 18% reported that they had to have a filling last time they visited the dentist.



## DRUGS, ALCOHOL AND TOBACCO

### Alcohol

- 9% of the primary school sample had an alcoholic drink in the last week.
- Of those who said they drank alcohol, 56% said it was on one day, 22% on two days, 22% on more than 2 days.
- The most popular drinks were beer and wine.
- 77% of pupils said that they don't drink alcohol, 19% said if they did, their parents always knew.

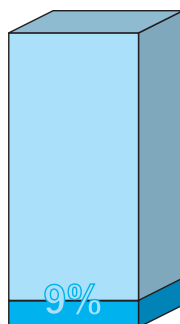
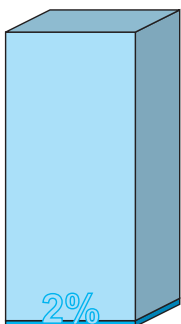
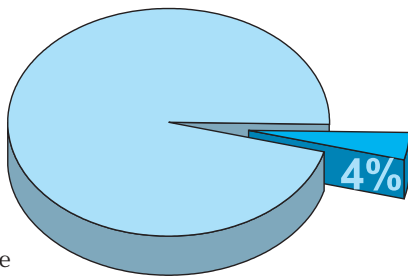


### Drugs

- 57% of Year 6 pupils reported that their parents had talked to them about drugs. 52% said that their teachers had.
- 15% say they are 'fairly sure' or 'certain' they know a user of drugs (not medicines).
- 2% of pupils said that they had been offered cannabis. 2% also said they had been offered other drugs.

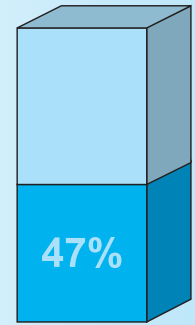
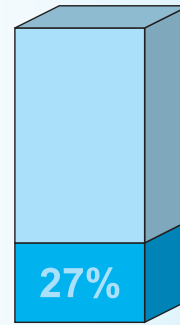
### Tobacco

- 4% of pupils reported that they had tried smoking at least once or twice.
- 0% smoked at least one cigarette during the last 7 days.
- 2% think they will smoke when they are older, 9% said 'maybe'.



## PUBERTY AND GROWING UP

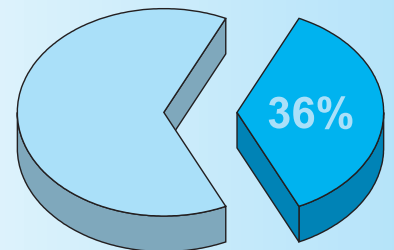
- 38% of pupils said their teachers had talked to them about how their body changes as they grow up, 27% of Year 4 and 47% of Year 6.



- 67% said that their parents had talked to them about body changes.

### SAFETY

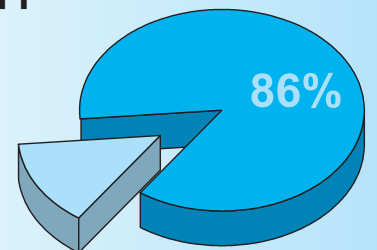
- 36% of pupils reported that they had had an accident in the last 12 months that was treated by a doctor or a nurse.



- 7% had broken bones.
- The main injuries sustained were cuts, bruises or sprains.
- 32% of pupils reported that they had been approached by an adult who scared or made them upset.

### PHYSICAL ACTIVITY

- 86% of pupils reported that they enjoyed physical activities 'quite a lot' or 'a lot'.



- 68% considered themselves fit or very fit.
- 38% reported that they had exercised five times or more, in the last week, which made them breathe harder.
- 95% of pupils have a bicycle. 2% cycled to school that morning.
- 50% of pupils walked to school, 47% came by car.
- The activities most recorded as being taken part in regularly were:

Year 4	Boys	Girls
Football	59%	Swimming 50%
Running for exercise	53%	Dancing/gymnastics 47%
Swimming	45%	Keep fit 42%
Keep fit	43%	Running for exercise 41%

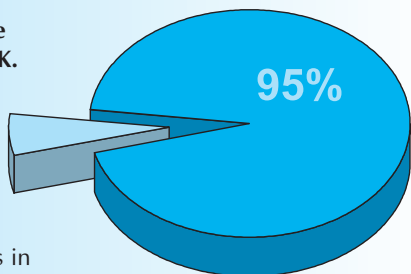
Year 6	Boys	Girls
Football	62%	Running for exercise 54%
Running for exercise	57%	Dancing/gymnastics 46%
Bike riding	47%	Swimming 44%
Keep fit	45%	Going for a walk 41%

# Wiltshire Secondary school pupils in Year 8 and Year 10 (ages 12-13 and 14-15)

## CITIZENSHIP

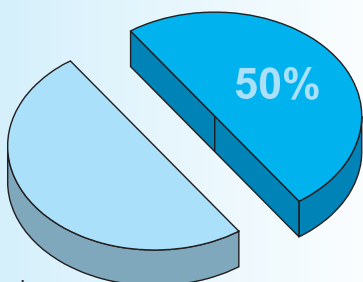
### Background

- 95% of pupils describe themselves as white UK.
- 64% of pupils live with mother and father together.
- 18% of pupils have broadsheet newspapers in their homes, 18% popular tabloids.
- 15% reported that they do not usually get any pocket money.



## SCHOOL AND CAREER

- 68% of pupils reported that they enjoyed at least half of their lessons.
- 50% reported that they expected to take several GCSEs and get good grades (A - C).
- 40% of boys and 65% of girls in Year 10 want to continue in full time education after leaving school. 27% of boys and 31% of girls in Year 10 want to find a job as soon as possible.
- 58% of pupils did homework on the evening before the survey, 42% did over an hour.



## EMOTIONAL HEALTH & WELL-BEING

- 68% of pupils reported that, in general, they were 'quite a lot' or 'a lot' satisfied with their life.
- 44% of pupils recorded high self esteem scores.
- 5% of pupils reported that there were no adults they could trust.
- The top four worries for Year 8 pupils were:

	Boys		Girls
Family problems	40%	Their looks	46%
Exams & tests	36%	Family problems	43%
Career	30%	Problems with friends	38%
Problems with friends	30%	Exams & tests	35%

- These changed to the following for Year 10 pupils:

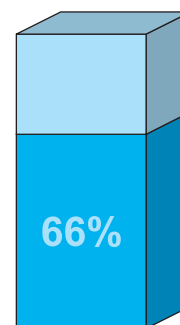
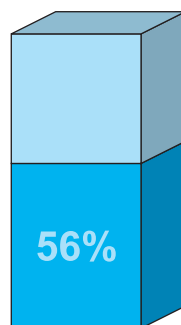
	Boys		Girls
Exams & tests	39%	Exams & tests	55%
Family problems	33%	Their looks	54%
Career problems	29%	Family problems	47%
Problems with friends	27%	Problems with friends	41%

- 32% of Wiltshire pupils reported a fear of going to school at least sometimes because of bullying.

- 24% said that they had been bullied at or near school in the last 12 months. 23% of boys and 25% of girls.
- 51% said that their school took bullying seriously.

## SEX AND RELATIONSHIPS

- 41% of pupils said that they found school lessons on sex and relationships 'quite' or 'very' useful.
- 22% of pupils said that they knew that there was a special contraception and advice centre available locally for young people.
- 42% of boys and 55% of girls in Year 10 know where to get condoms free of charge.
- 56% of boys and 66% of girls in Year 10 knew condoms were reliable in stopping infections like HIV.

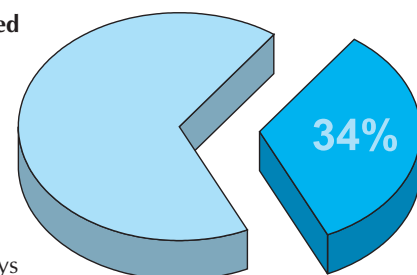


- 61% of pupils said they either had 'never heard of' chlamydia or 'knew nothing about it'.

## DRUGS, ALCOHOL & TOBACCO

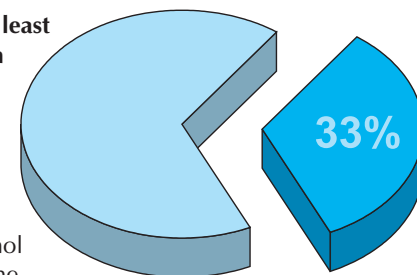
### Smoking

- 34% of pupils reported that there is someone who smokes indoors in their home (including themselves) on most days.
- Boys: 2% of Year 8 boys and 14% of Year 10 boys reported that they smoke occasionally or regularly.
- Girls: 3% of Year 8 girls and 15% of Year 10 girls reported that they smoke occasionally or regularly.
- 15% of boys and 14% of girls in Year 10 had at least 1 cigarette in the last week.
- 4% of Year 10 girls got their last cigarettes from a shop. 8% said they got them from friends.
- 56% of the Year 10 girls who smoke regularly, say that they would like to give up.



### Alcohol

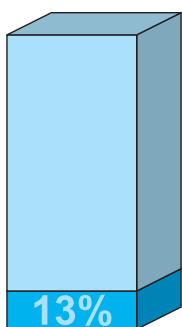
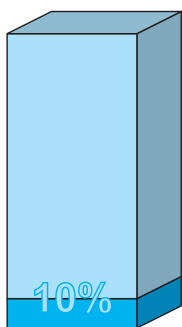
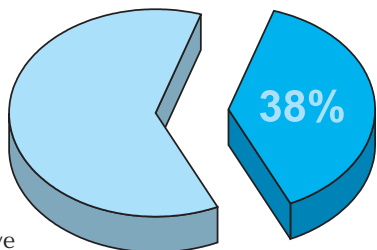
- 33% of pupils had at least one alcoholic drink in the last week.
- Boys: 2% of Year 8 boys and 24% of Year 10 boys drank 7 or more units of alcohol in the 7 days before the survey.



- Girls: 3% of Year 8 girls and 17% of Year 10 girls drank 7 or more units of alcohol in the 7 days before the survey.
- 2% of secondary pupils bought alcohol from an off-licence that should sell only to over-18s.
- 14% of pupils said that they got drunk on at least one day in the last week.

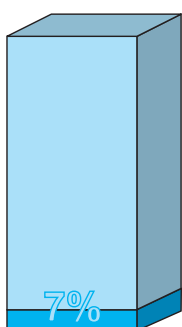
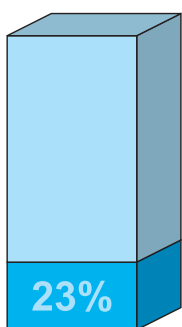
### Other Drugs

- 38% of Wiltshire secondary pupils are 'fairly sure' or 'certain' that they know someone who takes drugs.
- 32% of Year 10 pupils have been offered cannabis. 23% said they had been offered other drugs.
- 8% of pupils reported that they had taken an illegal drug in the last year. 4% had taken one in the last month.
- 10% of Year 10 boys and 13% of Year 10 girls have taken an illegal drug and alcohol on the same occasion.

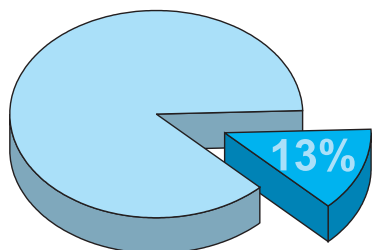


### HEALTHY EATING

- 23% of pupils reported having at least 5 portions of fruit and vegetables the day before. 7% said they had none.

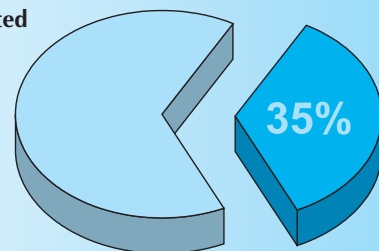


- 10% of Year 10 girls had nothing more than a drink for breakfast this morning. 56% of Year 10 girls say that they would like to lose weight.
- 17% of the Year 10 girls also reported having no lunch yesterday.
- 13% of pupils said they never considered their health when choosing what to eat.



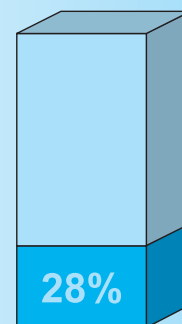
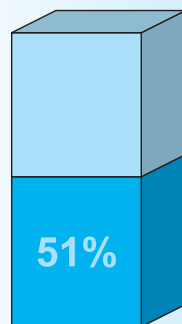
### SAFETY

- 35% said they were treated for an accident by a doctor or at a hospital within the last year.
- 54% of Year 10 girls took painkillers on at least one day in the previous week. 50% also used remedies for skin problems.
- 18% of pupils rated the safety of their area, when going out after dark, as 'poor' or 'very poor'. 3% said this about going out during the day.
- 16% of pupils said that they had been the victim of violence or aggression in the area where they lived in the past 12 months.
- 9% of pupils reported that they were fairly sure that they had friends who carried weapons for protection when going out.

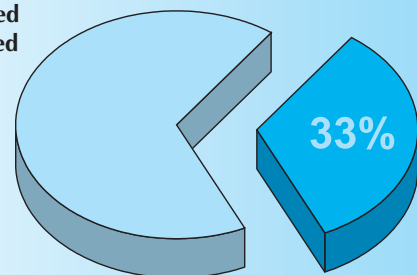


### PHYSICAL ACTIVITY

- 51% of the Year 10 boys consider themselves 'fit' or 'very fit' compared with only 28% of the girls.



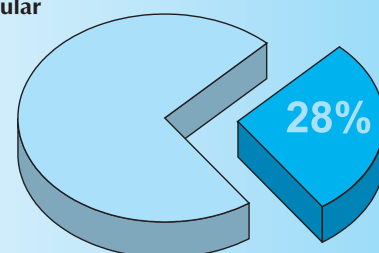
- 33% of pupils reported that they had exercised five times or more, in the last week, which made them breathe harder.



- Outside school hours soccer was the most popular form of physical activity for the boys and going for walks for girls.

### LEISURE AND WORK

- The most common leisure activities include watching TV, caring for pets and using the Internet for chatting or e-mail.
- 28% of pupils have a regular paid job; the most common forms of work for pupils are paper rounds for boys and babysitting for girls.



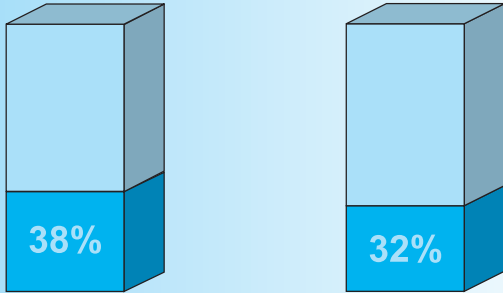
## Cross phase data

The following is a selection of data relating to the set of questions found in both the primary and secondary versions of the questionnaire. It is always interesting to see how young people change as they grow up but this analysis is also useful because it can raise some important questions for local discussion.

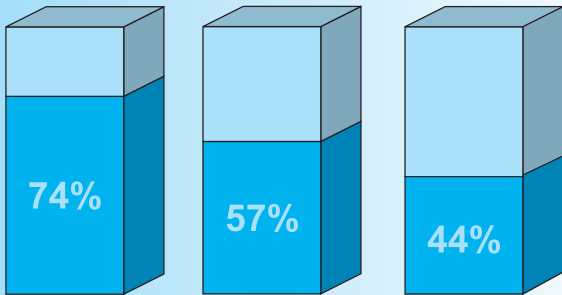
### EMOTIONAL HEALTH & WELL-BEING

**Are you ever afraid of going to school because of bullying?**

- 38% of primary pupils and 32% of secondary pupils say that they feel afraid of going to school because of bullying at least sometimes.



- 33% of primary pupils and 24% of secondary pupils said that they had been bullied at school in the past 12 months.
- Primary pupils are more likely to say that their school takes bullying seriously compared with secondary pupils. 74% of Year 6 pupils, 57% of Year 8 and 44% of Year 10 pupils said this.



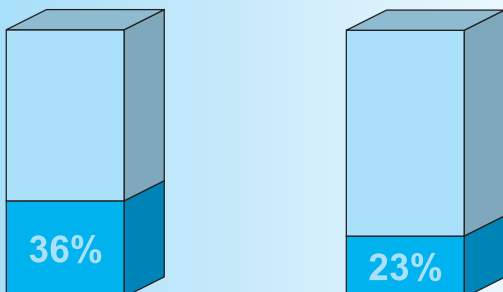
### Self esteem scores

- The proportion of primary pupils with high self-esteem scores is lower than the secondary sample, (35% compared with 44%). Generally, self-esteem increases with age and boys record higher levels than girls. 49% of Year 6 boys, 47% of Year 8 boys and 53% of Year 10 boys had high self-esteem.

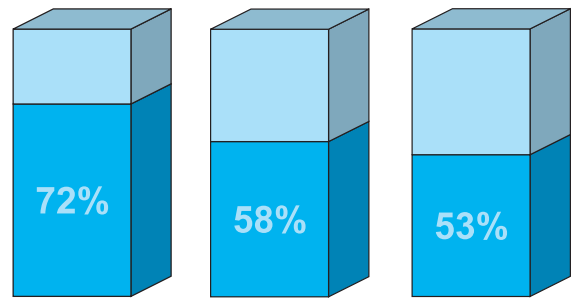
### HEALTHY EATING

**How many portions of fruit and vegetables did you eat yesterday?**

- Those pupils reporting having at least 5 portions the day before decreased with age: 36% in the primary sample and 23% in the secondary sample.

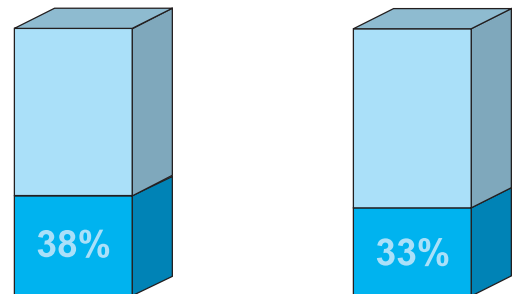


- The proportion of pupils eating crisps and sweets and chocolates on most days increases as the pupils get older.
- Girls report having fresh fruit 'on most days' more than boys do. There is a decrease with age though. Year 6 girls 72%, Year 8 girls 58% and lower again for the Year 10 girls at 53%.



### PHYSICAL ACTIVITIES

- 38% of primary school pupils said that they had exercised hard enough in the previous week enough to make them breathe harder on at least 5 occasions. Only 33% of the secondary aged pupils said the same.



- A clear gender difference occurs in both phases. By Year 10, 35% of the boys and only 20% of the girls exercised hard at least 5 times.

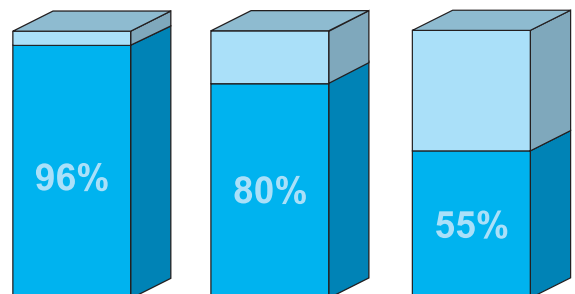
### ALCOHOL AND TOBACCO

**Did you drink alcohol in the last week?**

- 9% of primary pupils had at least one alcoholic drink in the last week, this rose to 35% for secondary pupils.

**Have you smoked in the past?**

- 96% of primary pupils said they had never smoked at all, this dropped to 80% for Year 8 pupils and 55% in Year 10.



- 2% of primary pupils said they would definitely smoke when older. 9% said maybe

? What can be done to dissuade these potential smokers?

## TRENDS

- Wiltshire schools were also surveyed in 2002 and 2006 some interesting changes in the data are noted here:
- Eating habits are fairly similar to those seen in 2006 for the primary aged pupils. Some interesting differences in the 2008 data include an increase in pupils having dairy produce 'on most days'. There is also an increase in the consumption of water, particularly for girls.
- Year 6 boys are more likely to spend their own money on snacks in the previous week. 20% said this compared with 14% in 2006.
- Overall the bullying data are similar to those seen in 2006. A higher proportion of the Year 4 pupils report being worried that they might be bullied but if anything there is a slight drop in the proportion of Year 6 girls who said that they had been bullied in the past 12 months (27% vs 32%).
- In 2006, 37% of primary pupils said that they had been scared or upset by an adult. In 2008 this figure has dropped to 32%.
- 51% of primary pupils said that they played sport the night before the survey. This is higher than the 43% seen in 2006. Year 4 pupils were more likely to say that they went to a club the night before in 2008 and pupils were less likely to say that they did homework the night before.
- 71% of primary pupils said that they washed their hands before lunch in the 2008 survey. In 2006, 57% said the same.
- In 2008 64% of primary pupils said that they could get water from their own drinking bottle. In 2006, 56% said the same.
- 50% of secondary pupils in 2008 said that they expect to get good GCSE grades. In 2006 only 44% said this.
- In 2008 however less said that they wanted to stay on in full time education after year 11 and more wanted to get training for a skilled job compared with pupils saying the same in 2006.
- 53% of Year 10 girls in 2008 said that they had never smoked at all. This is higher than the 47% seen in 2006. 82% of Year 8 boys said the same in 2008 compared with 71% in 2006.
- More Year 10 pupils in 2008 drank alcohol the week before the survey compared with pupils in 2006.
- 40% of pupils in 2008 said that cannabis is 'always unsafe'. In 2006 33% said the same.
- In 2008, pupils are less likely to know someone who uses drugs, they are also less likely to have used drugs themselves compared with pupils in 2006.

## KEY INDICATORS

- Wiltshire data have been compared with the wider SHEU databanks for Young People into 2008.
- Wiltshire primary pupils were more likely to say that their school cared whether they were happy or not compared with the reference sample. They were also more likely to say that their school encouraged pupils to take part in decision making.
- Levels of smoking and drinking alcohol in Wiltshire primary schools are similar to the wider data.
- Wiltshire primary pupils were more likely to say that they had fresh fruit and vegetables 'on most days' and less likely to have chips compared with pupils in the wider data.
- In the primary sample slightly less primary pupils said that they were afraid to go to school because of bullying compared with the wider sample.
- Wiltshire primary pupils have similar worries to pupils in the wider sample but they are less likely to worry about SATs/ tests compared with the wider sample.
- Wiltshire secondary pupils are more likely to have a packed lunch and less likely to have a school lunch compared with pupils in the wider sample.
- Wiltshire secondary school pupils are less likely to eat sweets and drink fizzy drinks 'on most days' compared with the wider sample. They are more likely to eat fresh fruit and vegetables regularly.
- Year 10 boys are more likely to say that they never consider their health when making food choices however compared with boys in the wider sample.
- Wiltshire secondary pupils are more likely to say that they have never smoked at all compared to the wider sample.
- Wiltshire secondary pupils in the 2008 survey were more likely to have had an alcoholic drink in the last 7 days compared with pupils in the wider sample. They were no more likely to say that they got drunk however.
- Wiltshire Year 10 girls are less likely to say that they had ever taken drugs compared with girls in the wider sample. They are just as likely to say that they have been offered drugs.
- Wiltshire secondary pupils are more likely to say that they were afraid to go to school because of bullying compared with pupils in the wider sample. They were also more likely to say that they worried about bullying.
- Wiltshire pupils are more likely to rate the area where they live as 'safe' after dark compared with pupils in the wider sample.

# The Way Forward – over to you

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 as well as both statutory and voluntary agencies that support the health of young people in Wiltshire.

We hope that the results of this survey will be used, alongside other local data, to inform future planning of local service delivery at all levels. It may also be used by schools, the PDE Team and the Youth Development Service to inform the planning of educational input for young people throughout the county.

We aim to repeat this survey on a regular basis to assess local trends in pupil health related behaviour.

The full dataset, of which this document provides a summary, is available on request.

For schools and partners wishing to discuss the results of this survey please contact the PDE Team:  
01225 898433

## *Our thanks go to the pupils and staff at*

Abbeyfield Secondary	Lydiard Millicent Primary
All Cannings Primary	Lyneham Primary
Aloeric Primary	Ludwell Primary
Bemerton St. John Primary	Pewsey Vale Secondary
Box Primary	Southwick Primary
By Brook Valley Primary	St. Augustine's Catholic College
Charter Primary	St. John's Primary, Tisbury
Chirton Primary	St. Joseph's Primary, Devizes
Devizes Secondary	St Peter's Primary, Devizes
Dilton Marsh Primary	St. Peter's Junior
Five Lanes Primary	The Stonehenge Secondary
Frogwell Primary	Walwayne Court Primary
Grove Primary	West Ashton Primary and Wyvern College
Hullavington Primary	
Ivy Lane Primary	
Langley Fitzurse Primary	
Lavington Secondary	

## *For further information about the survey contact:*

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