Wiltshire Children and Young People's Health and Wellbeing Survey 2017

Overview report

Wiltshire Council
Where everybody matters

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Summary

The Wiltshire Children and Young People's Health and Wellbeing Survey is funded by Wiltshire Council and was conducted in schools, colleges and other settings across the local authority between January and March 2017. The surveys purpose was to find out how children and young people in Wiltshire behave and what they really think about a range of health-related issues. The health and lifestyle survey was first run in 2015 with 6,912 pupils from 64 schools and colleges after development based on a similar survey that has been running in Gloucestershire biennially since 2006. We are pleased to report that this year's survey saw a 44% increase in uptake with just under 10,000 pupils from 95 schools taking part.

This report is a summary of findings from the 2017 Wiltshire Children and Young People's Health and Wellbeing Survey with data from 9,951 children and young people in 95 schools across Wiltshire from year groups 4,5,6,8,10 and 12. The online survey was conducted in the spring term (17th January – 7th April 2017). The pupils came from schools from across Wiltshire, and included 22 secondary schools, 12 6th forms/colleges and 71 primary schools. The list of schools can be found in the acknowledgements at the end of this document. To put this in context, the last large scale national school's health and wellbeing survey by TellUs had an average of 1,700 pupils per Local Authority.

The aim of the Wiltshire Children and Young People's Health and Wellbeing Survey is to provide essential information for individual schools, Wiltshire Council's public health and other stakeholders in order to address needs, track progress and target resources more effectively for the benefit of all children and young people across the County. The questionnaire was developed following the themes identified in Wiltshire as key indicators in improving children's lives and was based on an updated version of the 2015 survey. It is organised into seven sections: Healthy Eating, Physical Activity & Sleep, Substances, Safety, Pupil Participation & School Experience, Future Prospects, Emotional Health and Wellbeing.

The technical aspects of the survey were developed using Microsoft technology which links into Foster and Brown Research's Lodeseeker™ online reporting tool. This provides a way of filtering and comparing the data dynamically for the Council, and schools easily and quickly through a web browser.

Contents

Background and scope

Purpose of the survey

The aim of the Wiltshire Children and Young People's Health and Wellbeing Survey is to provide essential information for individual schools, Wiltshire Council's public health team and other stakeholders in order to address needs, track progress and target resources more effectively for the benefit of all children and young people across the local authority. The questionnaire was developed following the themes identified in Wiltshire as key indicators in improving children's lives and was based on an updated version of the 2015 survey. It was organised into seven sections: Healthy Eating, Physical Activity & Sleep, Substances, Safety, Pupil Participation & School Experience, Future Prospects and Emotional Health and Wellbeing.

Methodology

The survey was designed as an online questionnaire and adapted for specific ages so that 3 different versions of the survey were created. The surveys were designed to be compatible with schools existing IT systems. The schools were sent instructions and a Power Point for staff and pupils before the survey started. This gave them instructions and advice on how to run the survey as well as definitions and clarifications of meanings around certain questions, for example, the definition of bullying. The questionnaires were completed on-line using schools' and colleges' computer resources in a normal lesson period. The surveys were designed carefully, using a professional graphic designer to ensure engagement by the pupils and was appropriate for their age group.

The surveys were age appropriate, though most questions were cross comparable and consisted of:
- A primary phase survey aimed at years 4, 5 and 6 containing 142 questions
- A secondary phase survey aimed at years 8 and 10 containing 169 questions
- A post-16 survey aimed at year 12 in schools, colleges, work based learning, or other settings containing 169 questions

Through "smart programming" pupils were asked relevant question for example if they didn't smoke they weren't asked any of the smoking questions. They took on average 25 minutes to complete the survey, which fitted well into a standard lesson period.

Each survey is anonymous. No data that could be traced to an individual is held on the database or elsewhere and anonymity is built into Lodeseeker (the results portal) data suppression rules. Schools with children and young people with special needs were offered individual logins to enable each pupil to work at their own pace over a period of time. These logins were not linked to the final data when each survey is completed in order to protect the pupil's identity

What we are doing next

Detailed results from the survey will be disseminated at a series of presentations and meetings and further analysis will be conducted and five additional detailed topic specific reports will be published during autumn and winter.

Some of the main findings from the survey will be presented on the following pages.

Response Demographics

Overall response rate

Over **10,000** children and young people (CYP) took part in the survey in 2017. After excluding a few partial records, the database contains responses from **9,951 CYP** which provides a powerful pupil voice telling us about the lives they lead, their daily habits, their fears and aspirations. All Wiltshire schools were invited to participate. **95 schools** took part: 71 primary settings, 22 secondary phase and 12 6th forms/colleges (year 12).

Gender

5,244 (53%) of the respondents identified themselves as female and 4,639 as male (47%).
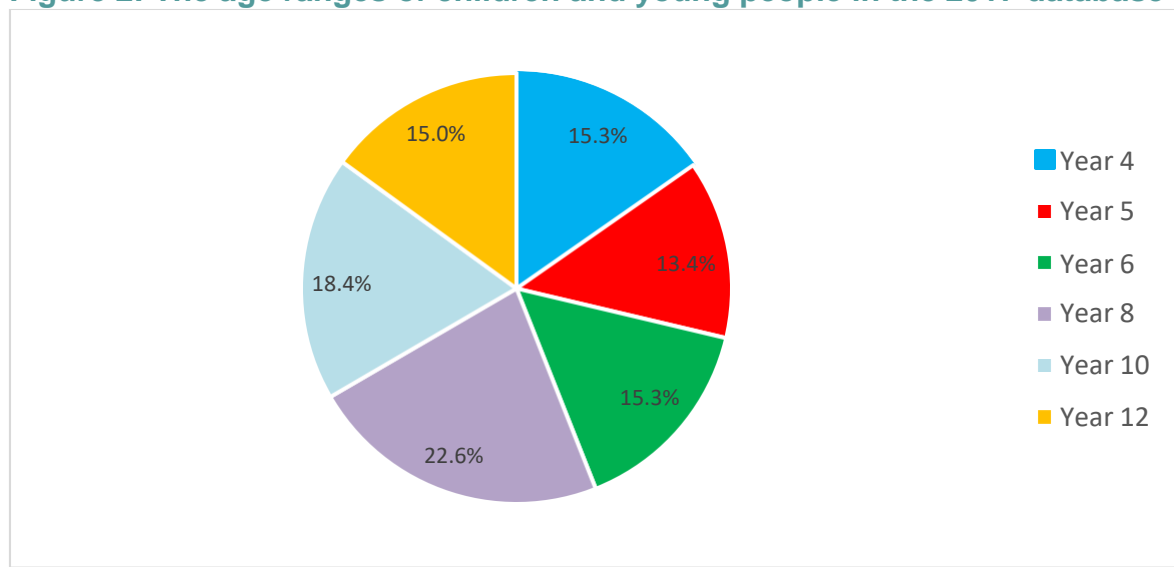
Figure 1: bar chart of gender distribution
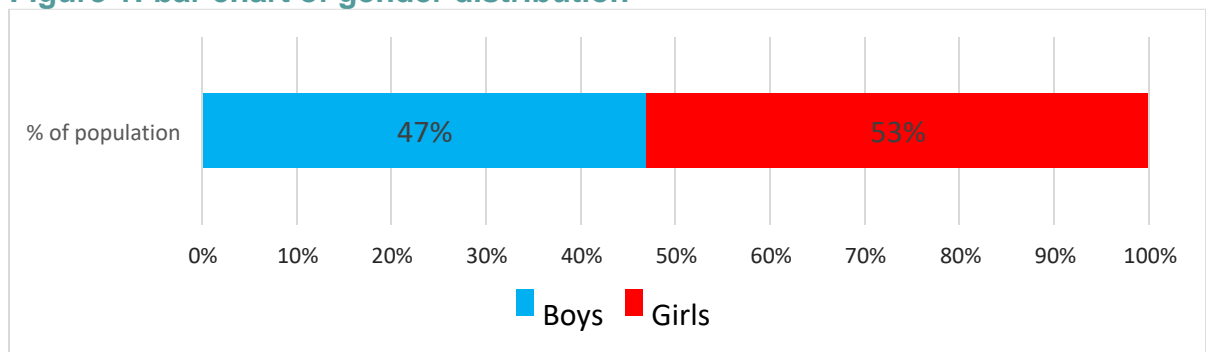
Age or year group

The primary phase survey (year groups 4,5 and 6) has a total of 4,376 respondents (44%). The secondary phase survey (year groups 8 and 10) has a total of 4,103 respondents (41%) and Year 12 1,492 respondents (15%).

Figure 2: The age ranges of children and young people in the 2017 database

Ethnicity

85.2 % (8,476) of the pupils described themselves as "White British", 3.2% (317) did not want to say and 11.6% (1,158) described themselves as from another ethnic background. Of these 157 described themselves as "white other" and 107 as "white Irish". Overall 242 children and young people identified themselves as from Asian or mixed Asian backgrounds, 219 from black African or Caribbean or mixed black backgrounds and 43 as travellers or gypsy/Roma. Other ethnic groups were represented by less than 100 responses.

Other groups

Figure 4 below describes the percentage of the respondents who reported being from a certain grouping including pupils who describe themselves as being lesbian, gay or bisexual, having parents in the armed forces, that they or their family has a social worker, that they are eligible for free school meals, are a young carer, have a special educational need and disability.

Figure 4: Vulnerable groups
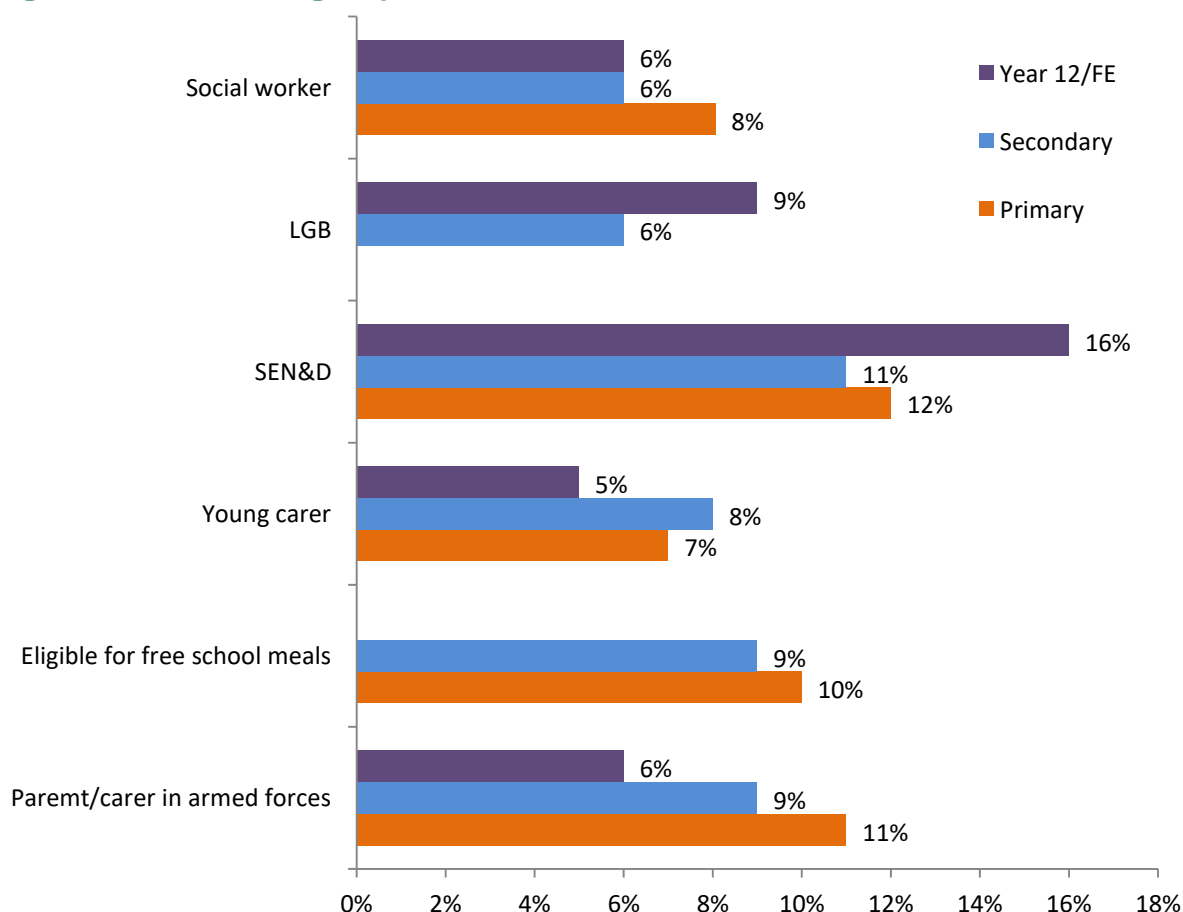
Emotional Wellbeing

Resilience

Figure 5: Resilience indicators (positive emotional & mental wellbeing *n*=8,336)
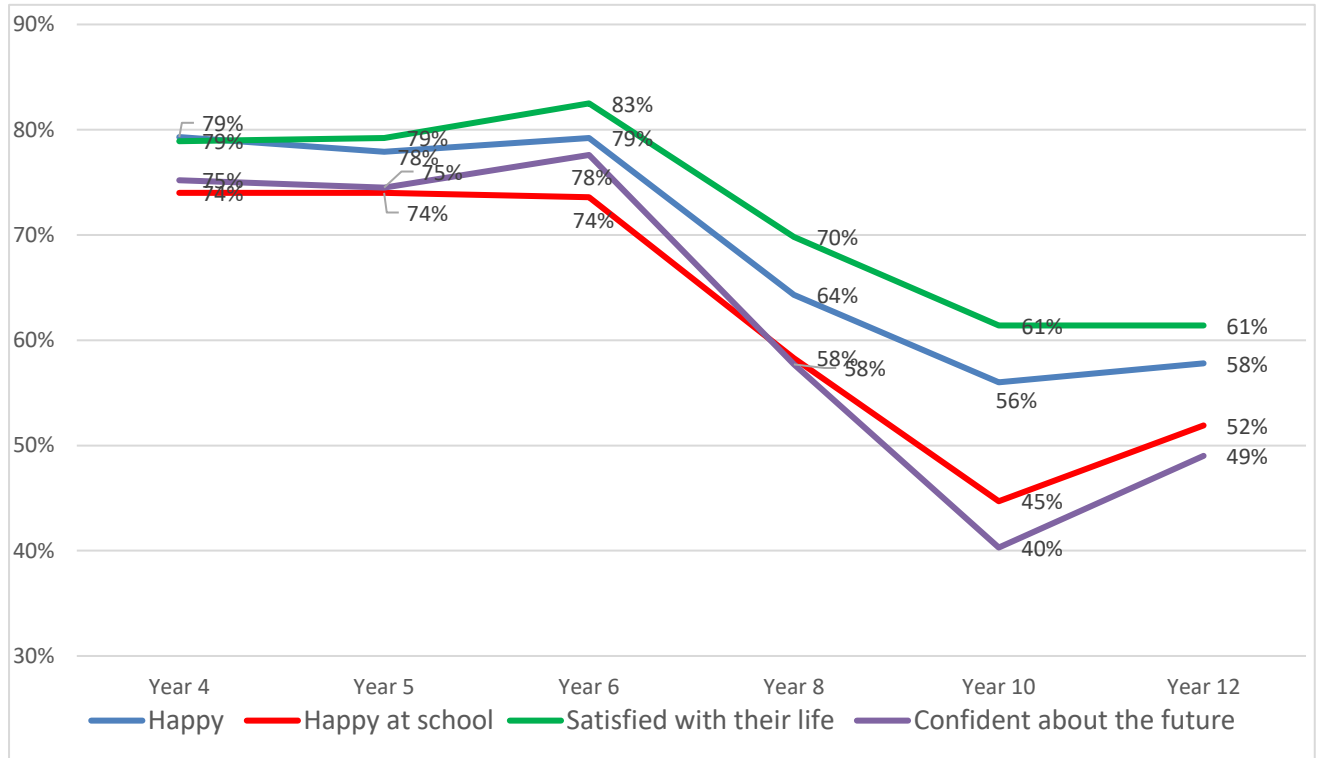
Various key indicators (some shown in figure 5 above) show a decline in emotional & mental well-being after children have left primary school and enter the secondary phase. This reaches a low point in year 10 (aged 14 and 15 years) and then recovers slightly by year 12 (aged 16 and 17).

Figure 6: How resilience has changed over time
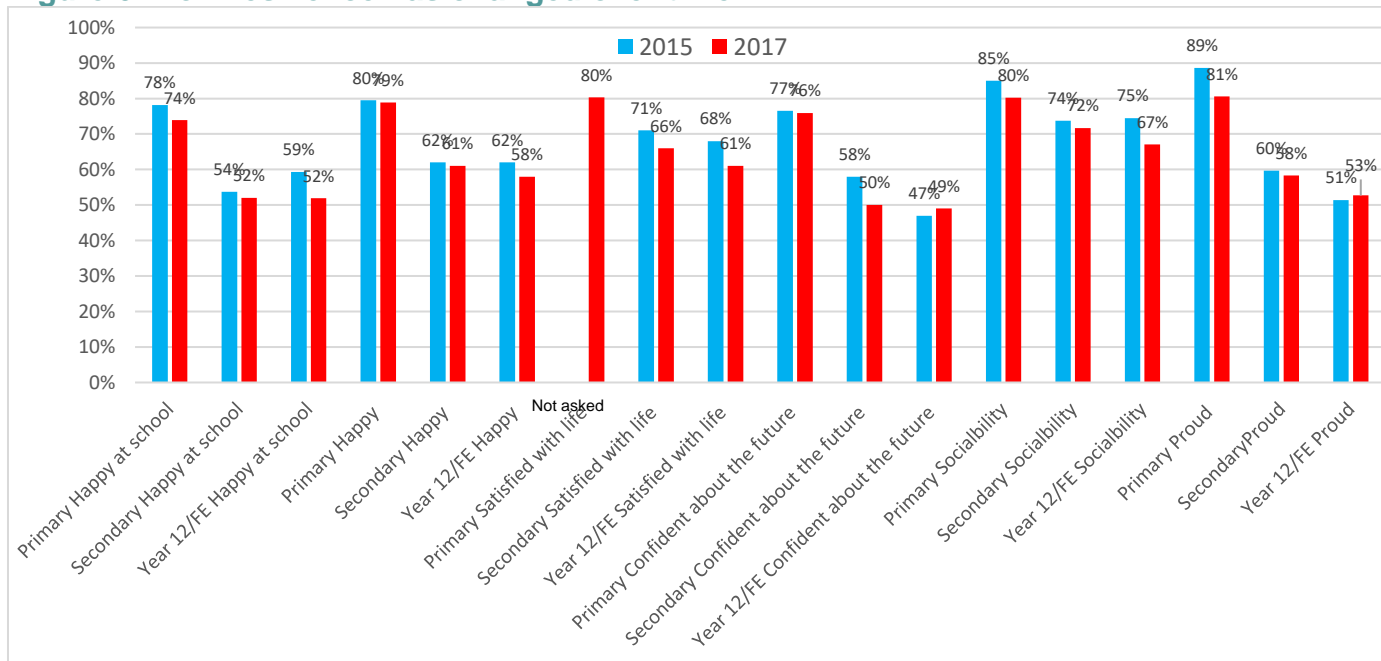
Many of the key indicators in the primary phase have declined since 2015, in particular the percentage of children who are happy at school and those proud of achievements have dropped significantly in 2017. Many of the key indicators in the secondary phase have declined since 2015, in particular the percentage of young people who are satisfied with their life and are confident about the future; both of these have dropped significantly in 2017. Many of the key indicators in the Year 12/FE phase have declined since 2015, in particular the percentage of young people who are happy at school/college, those satisfied with their life and sociability. However, confidence about their future and pride in their achievements has risen over the same period. In this year's survey, we have incorporated the Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS). This is a population measure of mental well-being based on 14 positively worded statements. Respondents indicate how much they agree with each statement. It has been validated for use with adolescents and is used nationally as a mental health measure.

Figure 7: WEMWBS phases compared (mainstream schools & colleges)
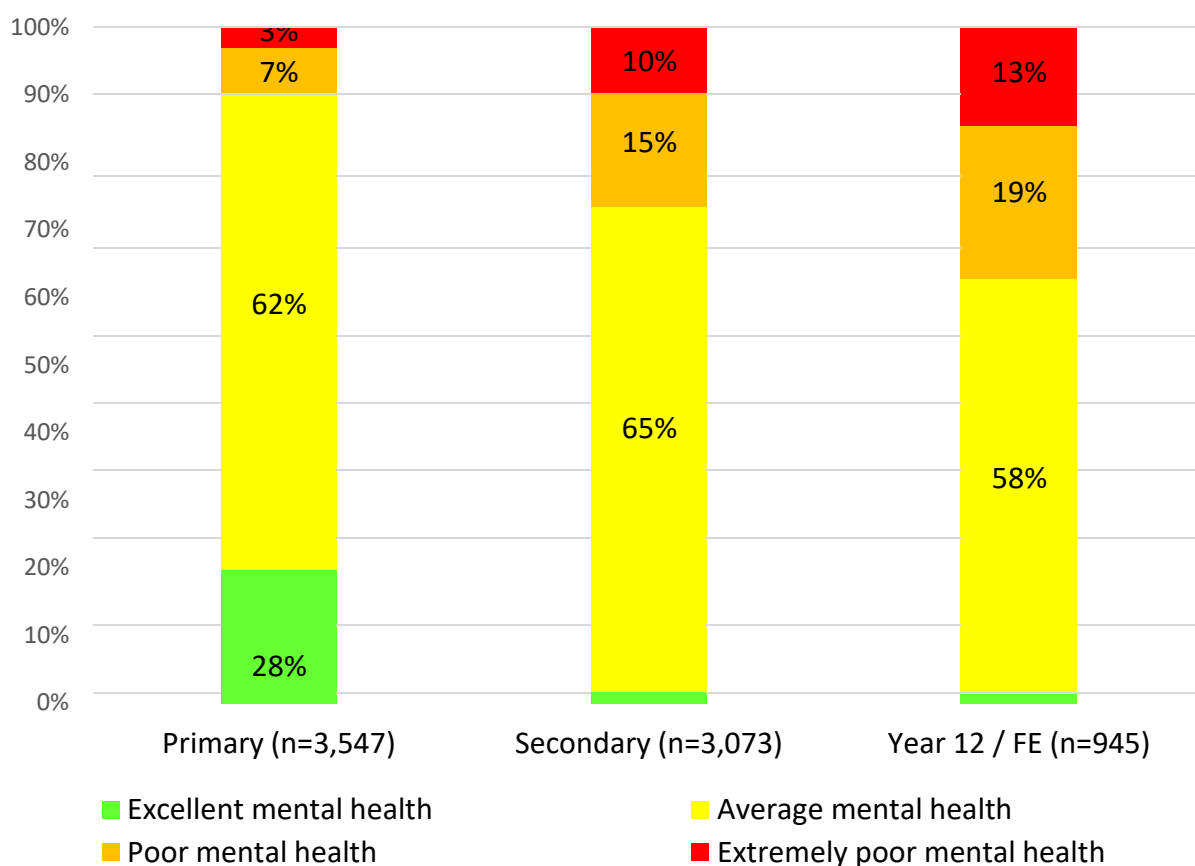
The majority of children and young people across Wiltshire have good or excellent mental health, ranging from 90% in the primary phase to 68% in year 12/FE. However, by year 12/FE nearly a third have poor mental health and for 13% (just over 1 in 10) we would recommend an intervention. A national survey found a mean score for 15 year olds of 47.6 (What about youth WAY survey, 2014/15). The mean score from Wiltshire's Secondary children was 47.2. This could suggest slightly poorer mental health in children in Wiltshire than in England.

A topic report will be published in the autumn on Emotional wellbeing and mental health. This report will include more detail for the results covered in this section and results for many other questions related to emotional wellbeing and mental health. These results include confidence, sleep, bullying, self-harm and stress.

Healthy lifestyles

Physical activity

Figure 8: The % of Wiltshire children & young people who meet national guidelines on physical activity (7 hours a week)
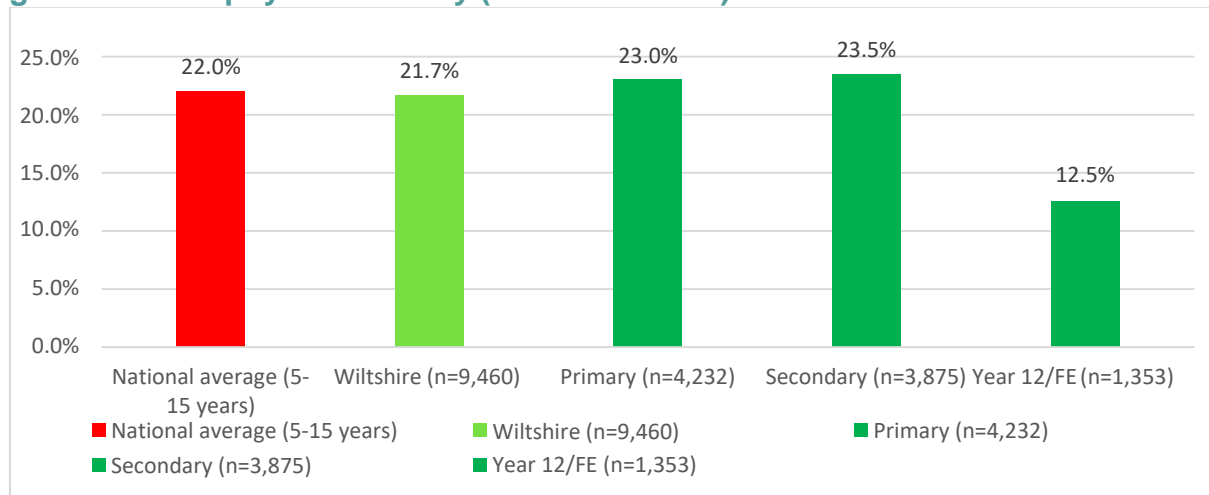
The national physical activity guidelines[1] are at least 60 minutes a day which 22% of children in England aged between 5 – 15 currently meet.

Diet

Figure 9: The frequency children & young people eat unhealthy snacks (sweets, chocolate, biscuits & crisps).
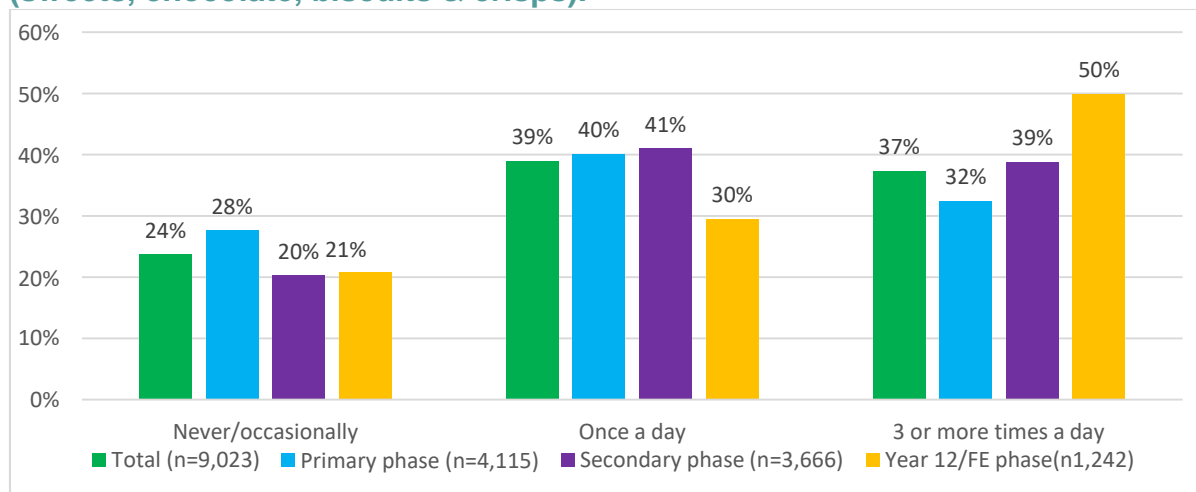
These results are similar to the State of the Nation report[2] where four in ten (40%) parents say their children are eating these sorts of foods a few times a week, but one quarter (25%) said it was at least once a day.

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[1] Health Survey for England 2015 http://www.content.digital.nhs.uk/catalogue/PUB22610/HSE2015-Child-phy-act.pdf
[2] http://media.childrensfoodtrust.org.uk/2016/12/SoN_Report_v4.pdf

Figure 10: How often do children & young people drink still (tap or bottled) water?

Legend: Total (n=9,023) | Primary phase (n=4,115) | Secondary phase (n=3,666) | Year 12/FE phase(n=1,242)
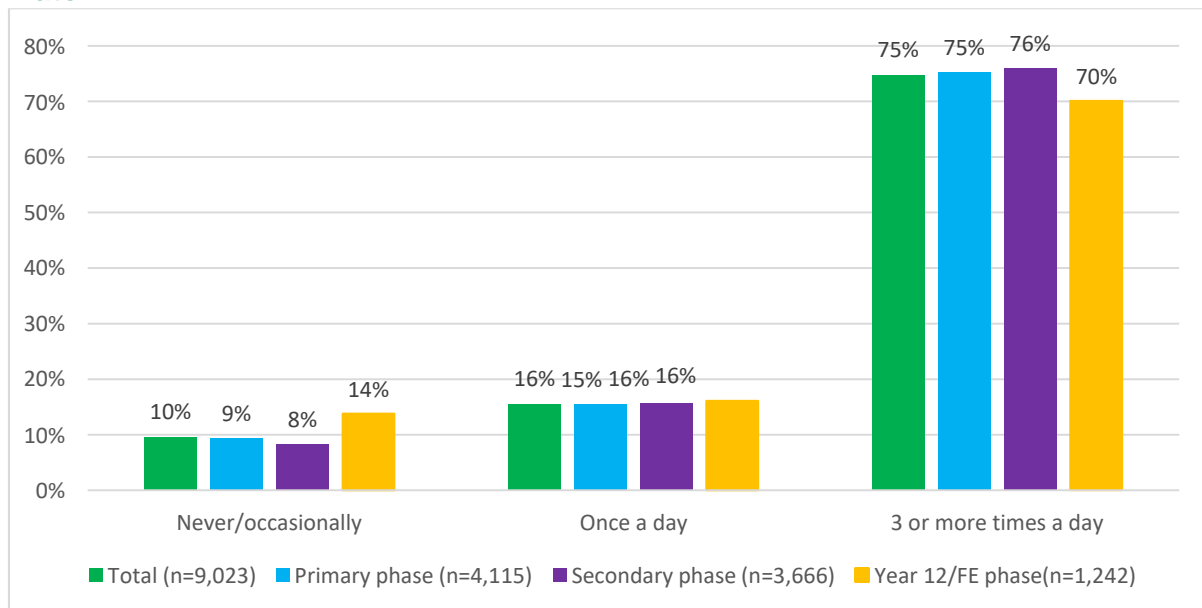
Most (75%) of children and young people drink water frequently, compared to only 12% who frequently drink fizzy drinks every day and 81% said water was freely available in school.

The British nutrition foundation recommends that children drink 6-8 glasses of fluid per day (120-150ml for children and 250-300ml for older children and young people). They recommend water as it hydrates without extra energy or risk of harm to teeth. Nationally, over one in five children (22%) are drinking mainly bottled water rather than tap water at home[3].

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[3] http://www.onepoll.com/brita-and-mcs-water-bottle-survey/

Sleep

Figure 11: The average amount of time children and young people sleep
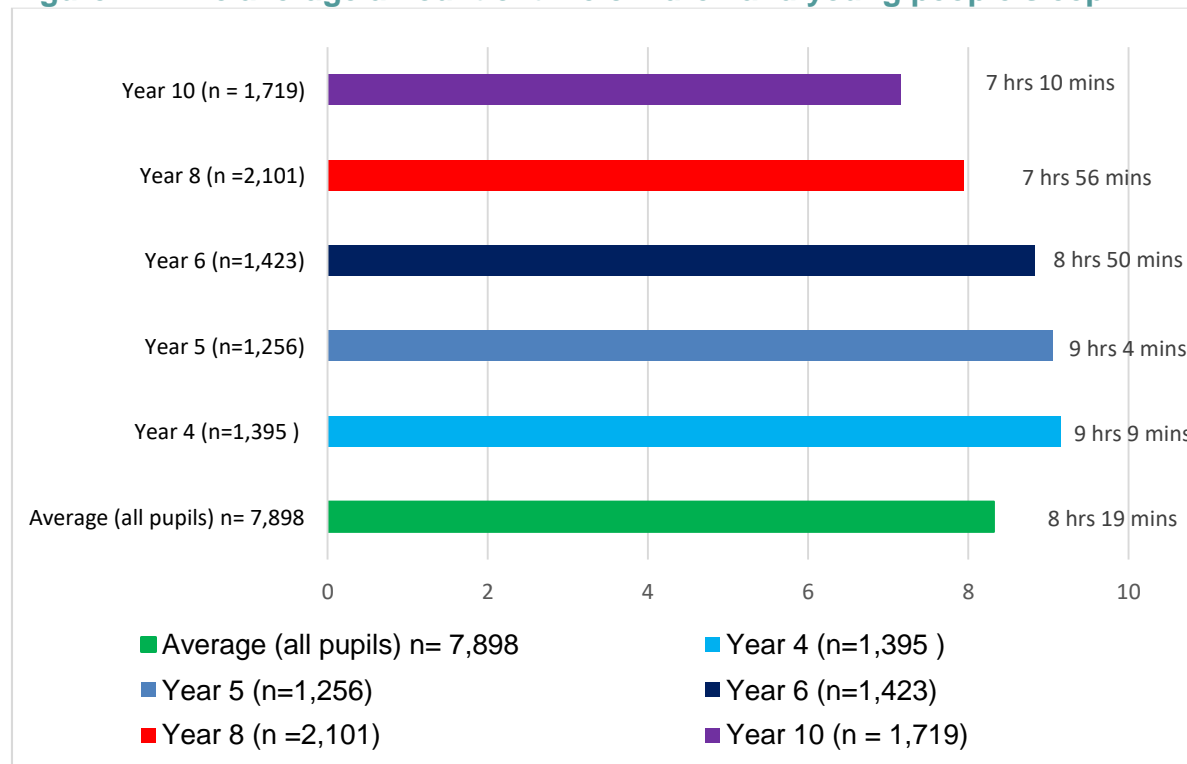
It is recommended that teenagers (14 – 17 year olds) need an average of 8 to 10 hours of sleep each night to function best[4] and children (6 – 13 year olds) 9 – 13 hours. Biological sleep patterns shift toward later times for both sleeping and waking in adolescence meaning it is natural not to be able to fall asleep before 11:00 pm. (National Sleep Foundation[5])

As well as discovering how long Wiltshire children and young people sleep, we also asked the ones who did not fall asleep immediately, what they did between going to bed and falling asleep (e.g. reading, watching TV, internet etc.). We then asked if they woke up in the night and those who did, what caused this (e.g. stress, phone messages, bad dreams etc.). These results and a fuller analysis will be presented in a sleep report later in the year.

A topic report will be published in the winter on Healthy lifestyles. This report will include more detail for the results covered in this section and results for many other questions related to healthy lifestyles. These results include breakfast consumption, school lunches and dental health.

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[4] https://sleepfoundation.org/excessivesleepiness/.../how-much-sleep-do-babies-and-kids-n...
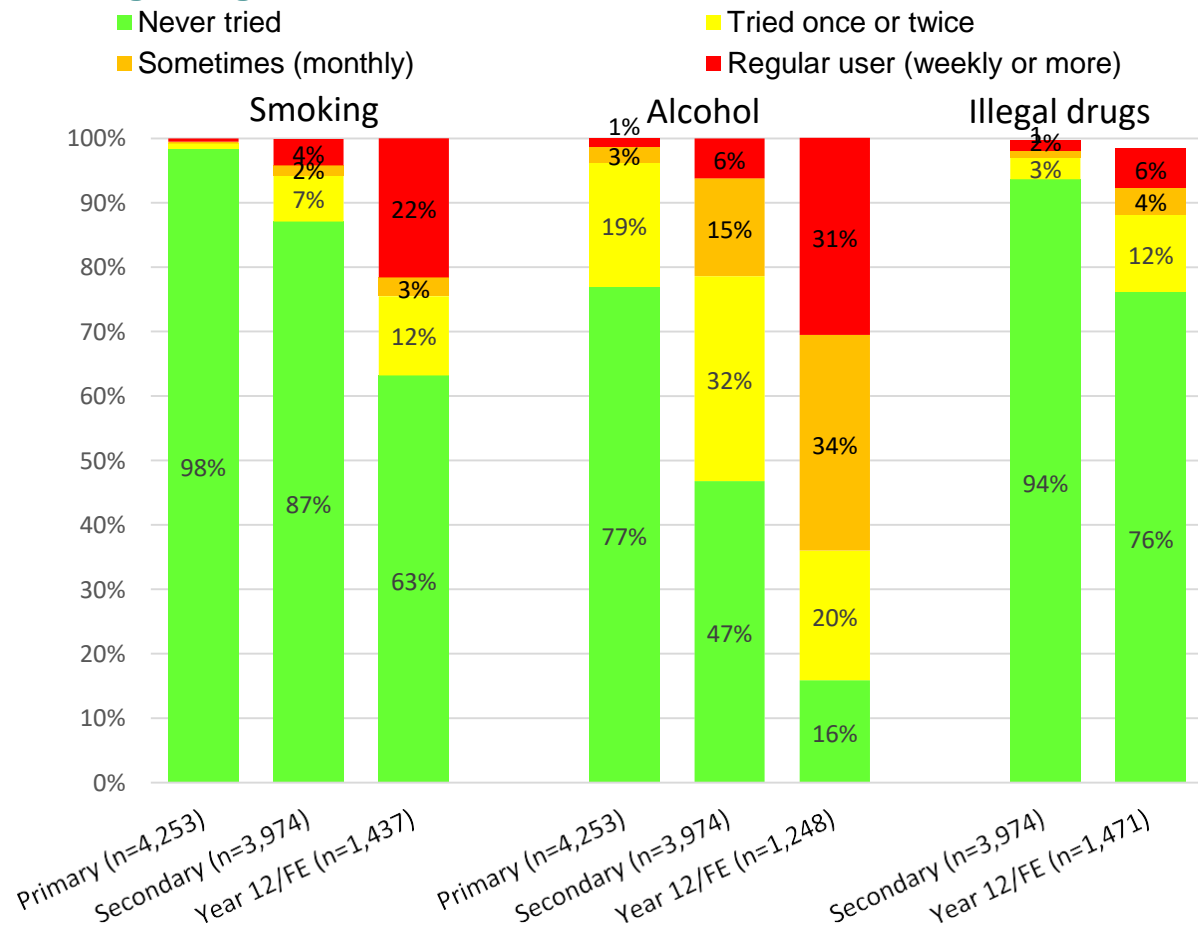[5] http://www.beib.org.uk/category/national-sleep-foundation/

Risky behaviours

Substances

Figure 12: The proportion of children and young people who smoke, drink or take illegal drugs

As expected substance use and frequency of use increases with age. These figures are similar to national trends[6] where 3% of under 16's smoke regularly though fewer say they have tried smoking (18% nationally). In addition, virtually no primary phase children in our study reported using e-cigarettes, though 1.5% have tried them. By the secondary phase 9% have tried them and 3% are regular users and this increases to 13% and 5% respectively in year twelve. This will be explored in greater depth in a substances themed report later in the year and will include the cross over from cigarettes to e-cigarettes.

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[6] http://www.cancerresearchuk.org/health-professional/cancer-statistics/risk/childhood-smoking#heading-Zero

The health survey for England 2015[7] reports, overall 6% of boys and 15% of girls aged 8 to 15 reported having experience of drinking alcohol. In the same age group, we found 12% of both girls and boys drink occasionally and regularly and a further 24% of girls and 27% of boys have tried alcohol once or twice. The discrepancy is probably due to the way the questions were asked ("a proper whole drink, not just a sip in the national survey) and parents reported on behalf of children aged under 12 and they tend to under-report.

The national statistics for drug misuse in England in 2014[8] reported 15% of pupils have taken drugs in the past which increased with age to 24% of 15 year olds. This is far higher than the 12% of year 10's in our survey and 11% overall.

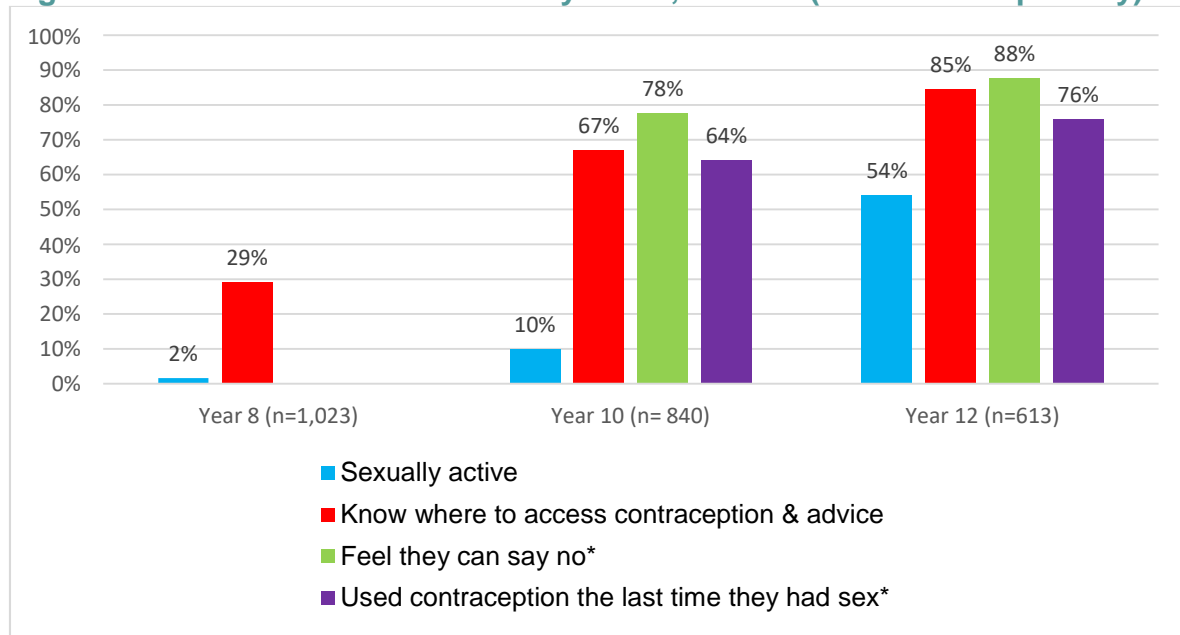**Figure 13: The distribution of young people who use e-cigarettes (vaping)**

[7] http://www.content.digital.nhs.uk/catalogue/PUB22610/HSE2015-Child-alc.pdf
[8] http://content.digital.nhs.uk/catalogue/PUB21159/drug-misu-eng-2016-rep.pdf
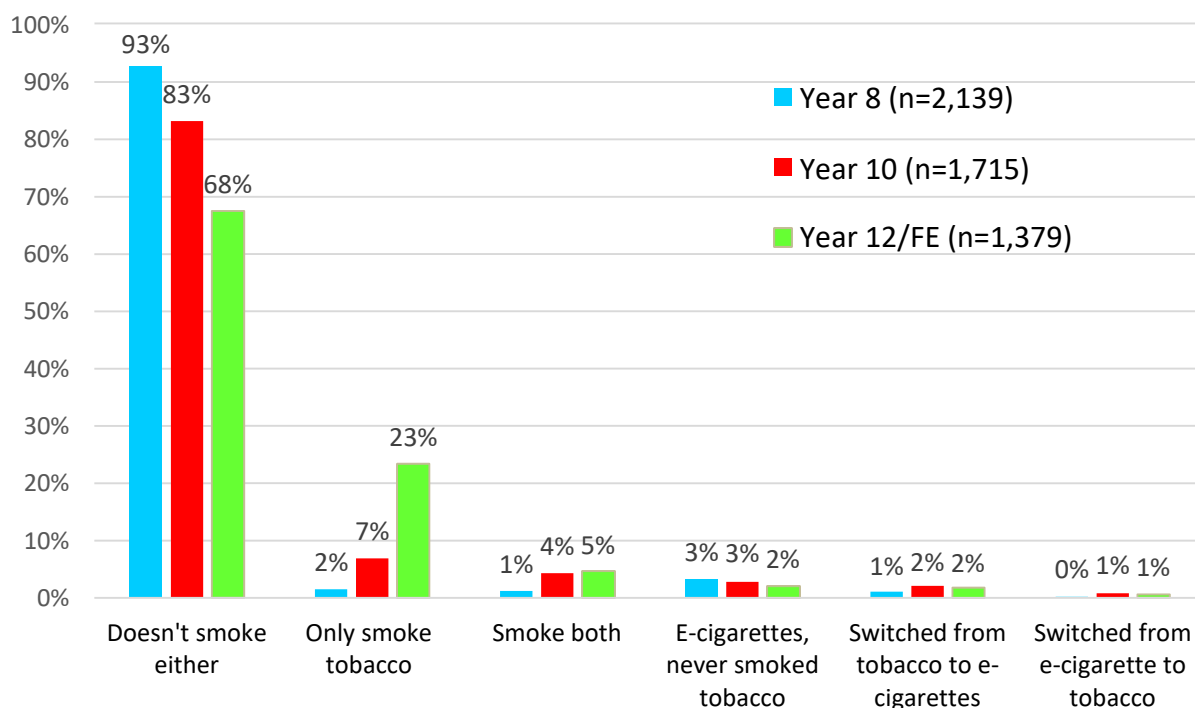
Sexual activity

Figure 14: Girls sexual behaviour in years 8, 10 & 12 (not asked in primary)

'* These questions were only asked of those girls who are sexually active – this was a very small subgroup in year 8 (17 pupils) so results are not shown as representative.

Figure 15: Boys sexual behaviour in years 8, 10 & 12 (not asked in primary)
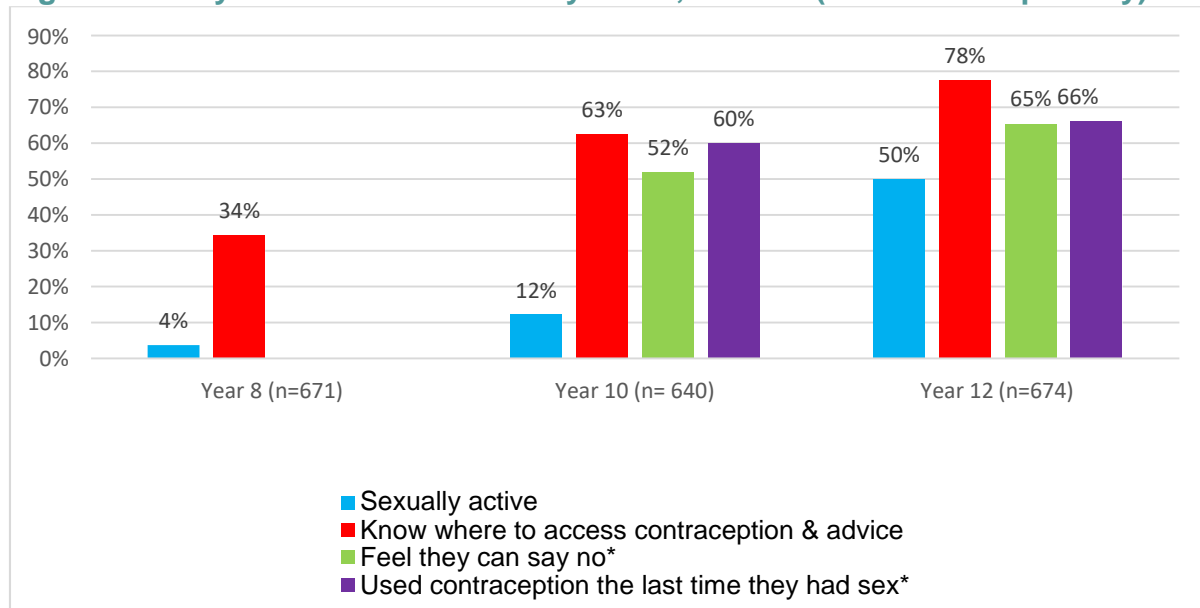
'* These questions were only asked of those boys who are sexually active – this was a very small subgroup in year 8 (26 pupils) so results are not shown as they will not representative.

There are distinct gender differences in whether sexually active pupils used contraception (nearly a third of the boys asked did not know) and feeling that they can refuse to have sex – over 25% of boys felt they couldn't refuse. This could possibly be teenage bravado or the pressure as a man to perform in a sexual situation.

A topic report on risky behaviours will be produced in the winter. This will include more information around smoking and drinking behaviour and illegal drugs including the use of prescription drugs that are not their own taken for recreational purposes. As well as usage we also asked if they had been offered any of these substances and if they felt they needed any more advice or knowledge in this area.

The report will also cover all the sexual behaviour questions, including their age when they first became sexually active, their attitude to using the sexual and contraceptive services provided, gaps in SRE & CSE knowledge and where they feel they need more support and information, sexual orientation and issues around this and involvement in sending and receiving messages or pictures of a sexual nature (sexting).

Community Safety

Feeling of Safety

Figure 16: How safe do our children feel?
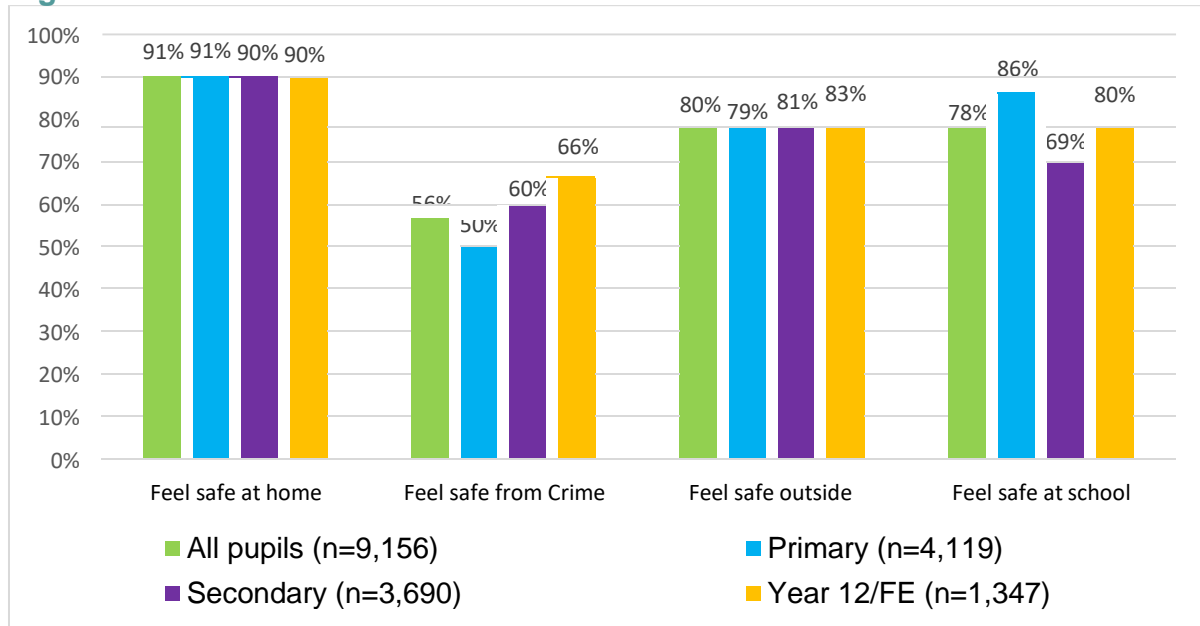
Overall Wiltshire children feel safe at home and the majority at school. Just under 50% of primary children said they feel safe from crime but this decreased with age – 44% of year 4's compared to 56% of year 6's. Previous follow up studies we have conducted in this area have indicated a TV effect in this question, as the younger children tend to have little experience or knowledge about local crime.

Bullying

Figure 17: How many of our children and young people are bullied in last 12 months?
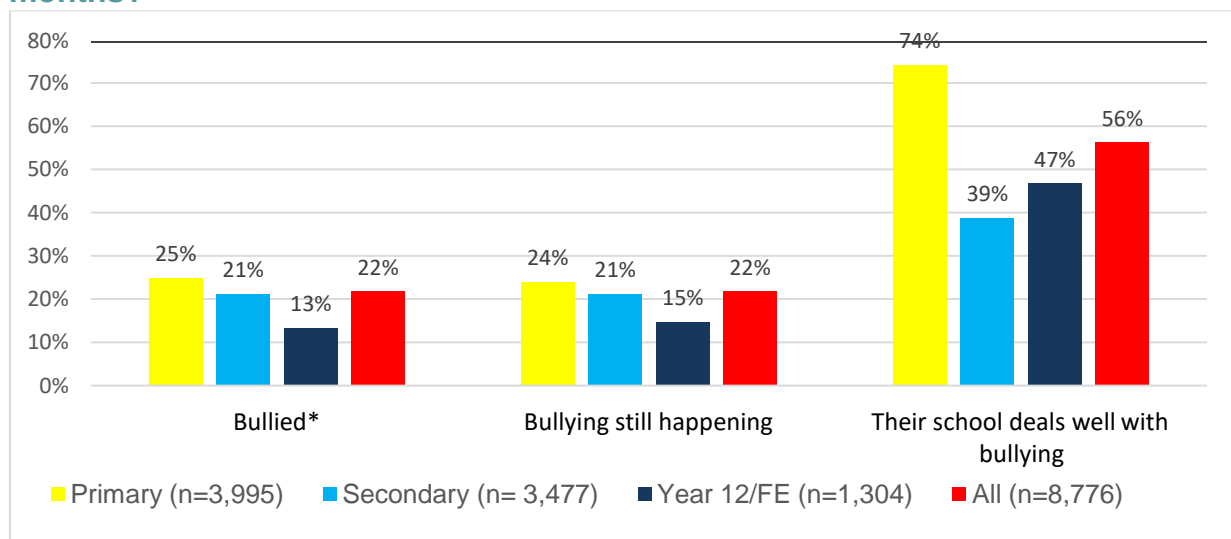
*Bullied monthly or more

Overall bullying decreases with age, although the younger ones (e.g. year 4's) may have a different view of bullying despite definitions. The perception of how well schools deal with bullying declines sharply in the secondary phase with less than 40% in the secondary phase feeling their school deals well with bullying.

A topic report on community safety will be produced later in the winter. This will include more information around abuse and safety at home, grooming, sexting and sexual exploitation. As well as safety, we asked a lot of detailed questions around bullying which will also be covered in the report.

School engagement

Figure 19: School engagement; how many children and young people enjoy their school?
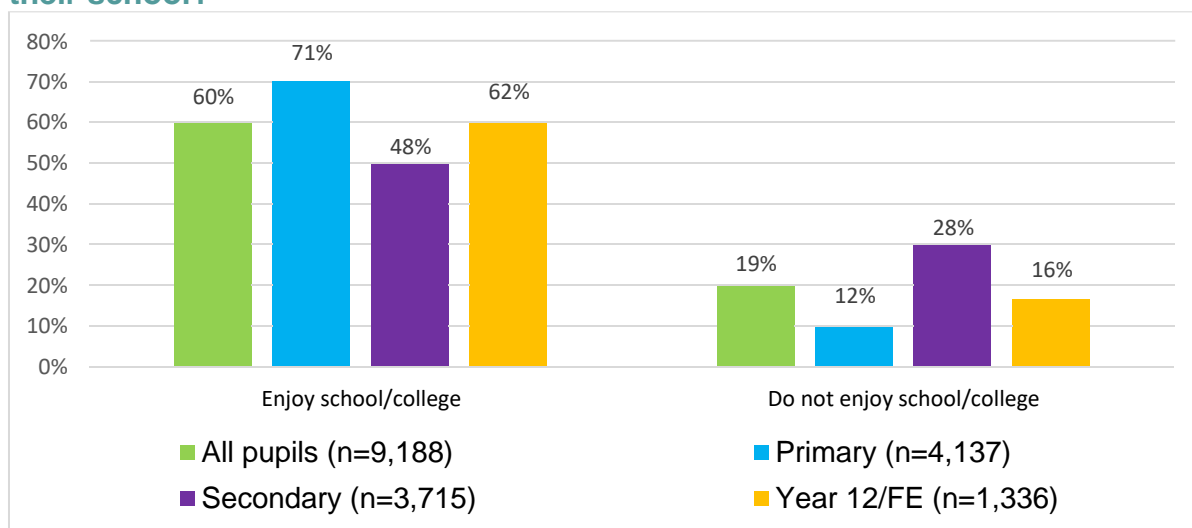
There is most school engagement in the primary phase and least at secondary, however this improves in year 12/FE, although happiness doesn't.

Figure 20: School experience; what do children and young people think about their experience at school/college?
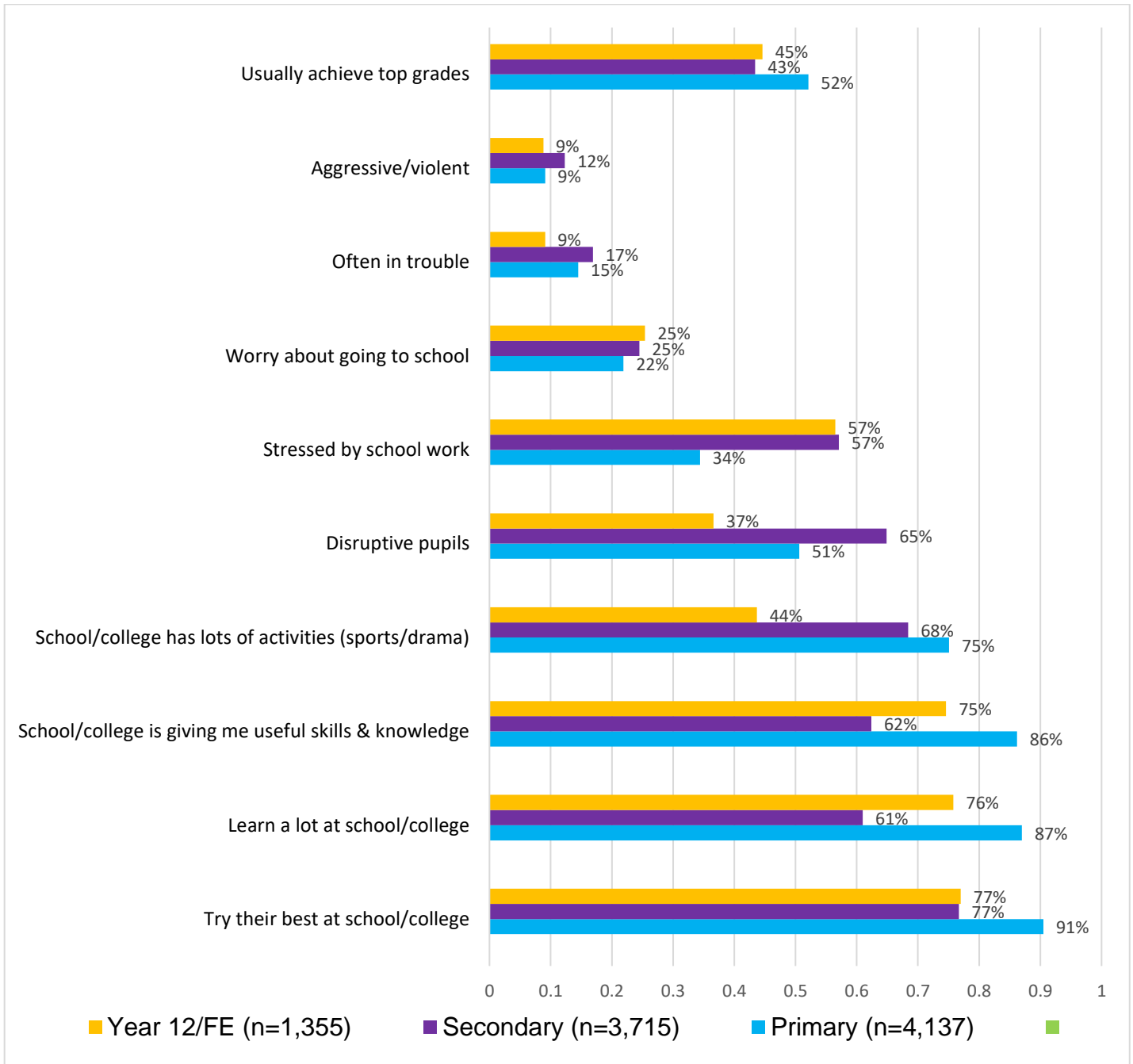

Category	Year 12/FE	Secondary	Primary
Usually achieve top grades	45%	43%	52%
Aggressive/violent	9%	12%	9%
Often in trouble	9%	17%	15%
Worry about going to school	25%	25%	22%
Stressed by school work	57%	57%	34%
Disruptive pupils	37%	65%	51%
School/college has lots of activities (sports/drama)	44%	68%	75%
School/college is giving me useful skills & knowledge	75%	62%	86%
Learn a lot at school/college	76%	61%	87%
Try their best at school/college	77%	77%	91%

■ Year 12/FE (n=1,355)　■ Secondary (n=3,715)　■ Primary (n=4,137)

Figure 21: What areas do children and young people think they need more support and knowledge in?

Year 12/FE (n=1,028)   Secondary (n=3,715)   Primary (n=4,137)
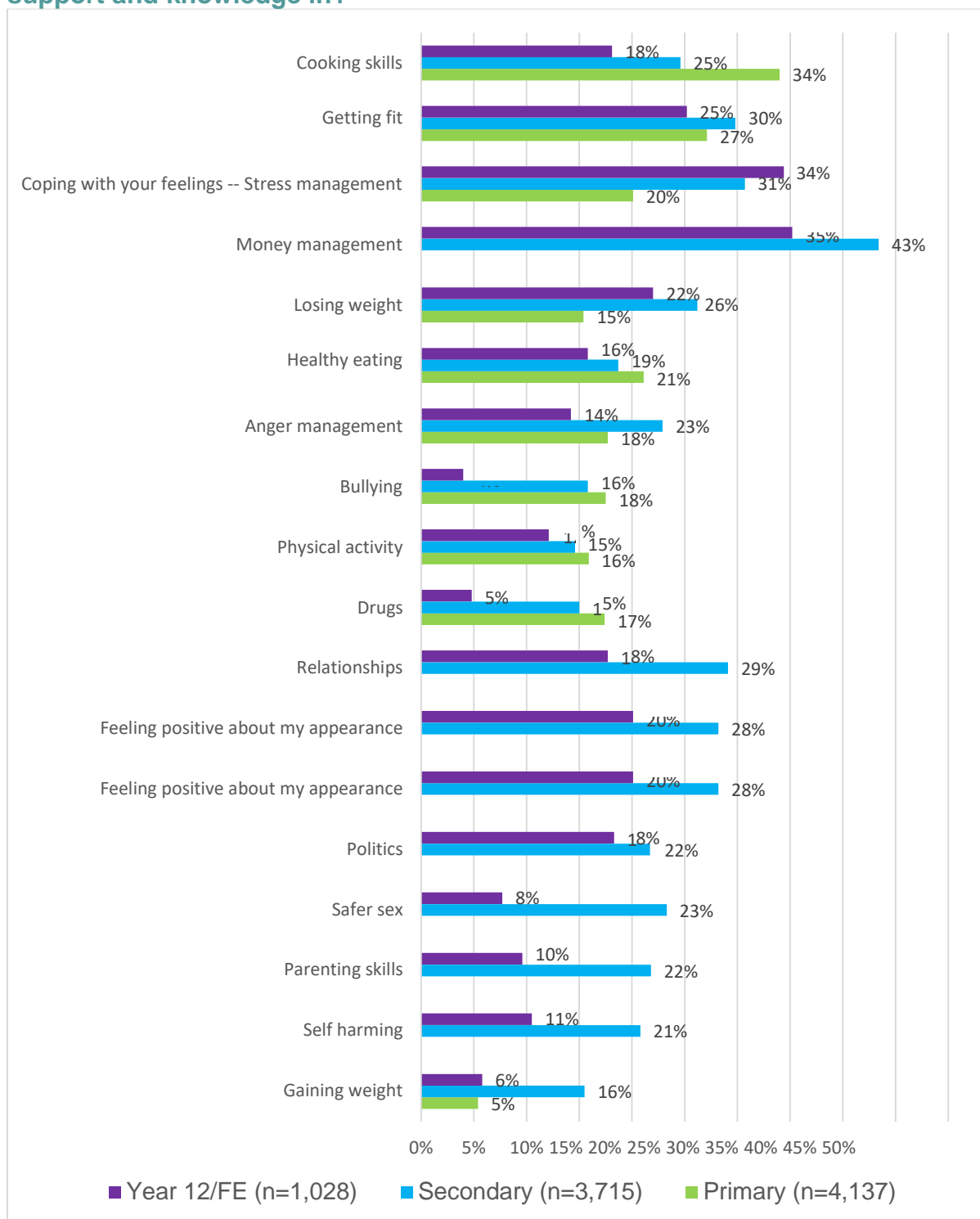
A topic report on School Engagement will be produced later in the winter. This will include more information around bullying in school, how helpful it has been to learn about particular PSHE topics, the effectiveness of SRE and the perception of pupils' voice within their schools.

Comments

Over **10,000** children and young people (CYP) took part in the survey in 2017; this is an impressive 40% increase in response from the 6,912 who took part in 2015. The final cleaned 2017 database contains responses from **9,951 CYP** which provides a powerful data resource of pupil voice telling us about the lives they lead, their daily habits, their fears and aspirations. All Wiltshire schools were invited to participate for free and 95 **schools** took part: 71 primary settings, 22 secondary phase and 12 6th forms/colleges (year 12). The survey covered a large range of topics (over 200 questions) and these will be explored in more detail in a series of topic reports to be released in the autumn and winter.

If you wish to view the 2015 results including the topic reports for 2015 please visit http://www.intelligencenetwork.org.uk/health/children-and-young-people/ The 2017 reports will be published online during winter 2017/18.

Acknowledgements

We'd like to thank the following schools who took part in the 2017 survey, particularly the staff that organised its administration and all the pupils who gave up their time to provide information.

- Abbeyfield School
- Alderbury & West Grimstead Church of England Primary School
- All Saints VA CofE Primary School
- Amesbury Church of England Voluntary Controlled Primary School
- Avon Valley College
- Baydon St Nicholas Church of England Primary School
- Bemerton St John Church of England Aided Primary School
- Bishops Cannings Church of England (Aided) Primary School
- Box Church of England Primary School
- Bradon Forest School
- Brinkworth Earl Danby's Church of England Primary School
- Broad Hinton Church of England Primary School
- Chafyn Grove School prep
- Chafyn Grove School Senior
- Chapmanslade Church of England Voluntary Aided Primary School
- Cherhill C of E Primary School
- Christ Church Church of England Controlled Primary School
- Clarendon Junior School
- Colerne CofE Primary School
- Collingbourne Church of England Primary School
- Coombe Bissett Church of England Primary School
- Corsham Primary School
- Corsham Regis Primary Academy
- Crudwell CofE Primary School
- Derry Hill Church of England Voluntary Aided School
- Devizes School
- Downton CofE VA Primary School
- Easton Royal Community Primary School
- Frogwell Primary School
- Great Bedwyn Church of England School
- Greentrees Primary School
- Grove Primary School
- Hardenhuish School
- Hilmarton Primary School
- Holy Trinity Church of England Academy (Calne)
- Lacock Church of England Primary School
- Larkhill Primary School
- Lavington School
- Lea and Garsdon Church of England Primary School
- Longford CofE (VC) Primary School
- Longleaze Primary School
- Ludgershall Castle Primary School
- Malmesbury School
- Marden Vale CofE Academy
- Matravers School
- Mere School
- Monkton Park Primary School

- Morgan's Vale and Woodfalls Church of England Primary School
- Newton Tony Church of England Voluntary Controlled School
- North Bradley CofE Primary School
- Nursteed Community Primary School
- Oaksey CofE Primary School
- Pembroke Park Primary School
- Pewsey Primary School
- Pewsey Vale School
- Royal Wootton Bassett Academy
- Salisbury Manor Fields Primary School
- Sarum Academy
- Shaw Church of England Voluntary Controlled Primary School
- South Wilts Grammar School for Girls
- St Barnabas Church of England School Market Lavington
- St Edmund's Girls' School
- St John's CofE School - Warminster
- St Katharine's CofE (VC) Primary School
- St Martin's CofE Voluntary Aided Primary School
- St Nicholas Church of England Primary School Porton
- St Nicholas Church of England VC Primary School Bromham
- St Osmund's Catholic Primary School Salisbury
- St Peter's Church of England Academy Chippenham
- St Sampson's Church of England Junior School
- Stanton St Quintin Primary School
- Studley Green Primary School
- Sutton Benger Church of England Aided Primary School
- The Clarendon Academy
- The Corsham School
- The John Bentley School
- The John of Gaunt School
- The New Forest C of E (VA) Primary School at Landford Nomansland & Hamptworth
- The Trafalgar School at Downton
- The Trinity Church of England Voluntary Aided Primary School Devizes
- The Wellington Academy
- Urchfont Church of England Primary School
- Walwayne Court School
- Wansdyke Community School
- Warminster Kingdown School
- Westbury Church of England Junior School
- Westwood with Iford School
- Wiltshire College - Chippenham
- Wiltshire College - Lackham
- Wiltshire College - Salisbury
- Wiltshire College - Trowbridge
- Winterslow Church of England Aided Primary School
- Woodford Valley CE Primary Academy
- Woodlands Primary School