

Wiltshire Children and Young People's Health and Wellbeing Survey 2017: Healthy Lifestyles

Part of the JSNA



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Background

The Wiltshire Children and Young People's Health and Wellbeing Survey aims to develop a better understanding of Wiltshire's children and young people's experiences of life, both inside and outside school. The survey helps schools to identify areas for improvement and address particular issues raised by their own pupils and to provide evidence to influence future services provided by Wiltshire Council and their partners that improve the health and wellbeing of our young people. It was commissioned by Wiltshire Council and carried out by Foster and Brown Research Limited.

All schools in Wiltshire were invited to take part in the voluntary survey, which was carried out from January to April 2017. The questionnaire was completed online by pupils in year groups 4, 5, 6, 8, 10 and 12. There were three versions of the questionnaire designed separately for primary, secondary and Year 12/Further Education (FE) college pupils, plus a version for children and young people with special educational needs. The questions covered a wide range of aspects of young people's lives, these were healthy lifestyles, learning experience, relationships, wellbeing, safety, aspirations and support requirements. The survey was carried out in 95 schools and colleges across Wiltshire and just under 10,000 (9,951) pupils responded to the survey. The large number of children and young people involved means that we can have confidence that the responses are representative of Wiltshire's children and young people.

The survey was designed online and took advantage of the additional capabilities online surveys bring including accurate sliding response questions and presenting questions to a respondent based on their previous answers. The survey was also carried out in 2015. This allows us to track how behaviours have changed over time.

Schools have been given access to their own data, which they can compare to a Wiltshire Local Authority average. This means that they can make informed decisions about how to support the health and wellbeing needs of their pupils, and also use the data to monitor the impact of interventions.

This report provides detailed findings surrounding healthy lifestyles from the survey. Where possible comparisons have been made based on the results from the Wiltshire survey to recent national reports that consider similar themes providing a useful benchmark. A number of other topic reports based on the survey findings will be published surrounding risky behaviours, emotional health and feelings of safety early in 2018.

The report starts by providing a summary of the results. After which detail is given about the demographic of the respondents and then all questions directly relating to emotional wellbeing are presented graphical and with short descriptive text.

Summary

NHS guidelines advise at least 60 minutes of exercise a day for people between the ages of 5 and 18 years old. The results from the survey show that 44% of primary school respondents, 50% of secondary school respondents and 32% of year 12/FE respondents reported being physically active 6 or more hours a week.

77% of primary school respondents, 63% of secondary school respondents and 42% of year 12/FE respondents felt they do enough exercise quite often or always to keep themselves healthy.

Respondents were asked how important a number of reasons were in the decision to do physical activity. In primary school the top 3 reasons were to exercise/get fit (84%), enjoyment (82%) and get better at it (78%). In secondary school the top 3 reasons were to exercise/get fit (81%), enjoyment (74%) and weight management/body shaping (63%). In the year 12/FE sample the top 3 reasons were enjoyment (73%), exercise/get fit (65%) and unwind/reduce stress (63%).

Breakfast consumption appears to reduce with school phase. 87% of primary school respondents had breakfast most days or quite often. This fell to 64% of the secondary school sample and 47% of the year 12/FE school sample.

The majority of respondents do not eat the recommended 5 portions of fruits and vegetables a day. 66% of primary school respondents, 78% of secondary school respondents and 86% of year 12/FE respondents ate less than 5 portions of fruit and vegetables a day. There does appear to be a reduction in the reported consumption of fruits and vegetables with the progressing school phases.

A large proportion of respondents from primary school and secondary school reported eating snacks once a day (40% and 41%). In the post-secondary school sample 39% of the respondents reported eating a snack 3 times a day.

Nearly 70% of secondary school, 60% of year 12/FE pupils and 75% of primary school respondents reported never having drunk an energy drink.

33% of primary and secondary school respondents reported having school lunches every day.

Nearly 50% of primary school and secondary school respondents reported drinking fizzy drinks once a week. In the year 12/FE sample this falls to 38% and more frequent options such as 3 times a day and 5 or more times a day increase. In fact 25% of the year 12/FE sample reported drinking fizzy drinks 3 or more times a day.

The proportion of primary school children always taking care to protect their skin is much higher than the other school phases (46% primary school, 26% secondary school and 20% year 12/FE)

Primary school children were asked about their hand washing habits after going to the toilet and before eating a meal. 71% always wash their hands after going to the toilet and 34% always wash their hands before eating a meal.

Most of the respondents reported brushing their teeth at least twice a day 84%-87%.

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Response demographic

There are a number of ways the results can be grouped using the following response demographics.

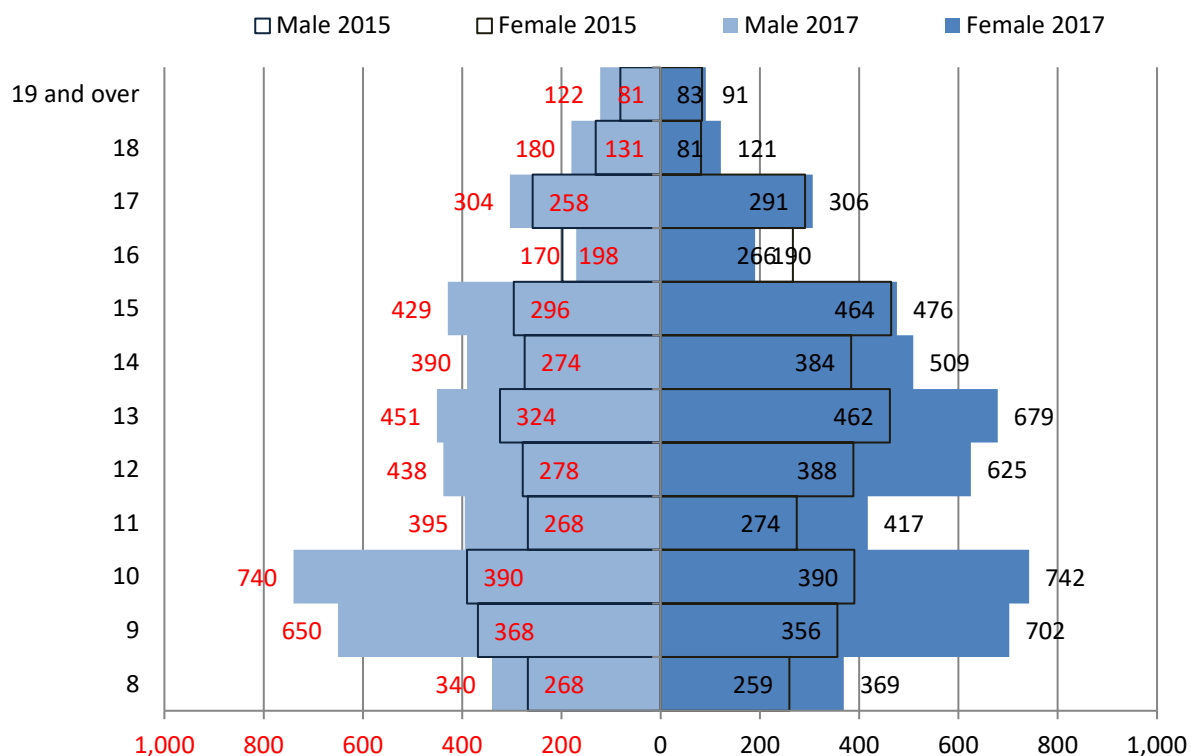
Nearly 10,000 respondents completed the survey, which is 15% percent of the Wiltshire population of 8 to 18 year olds. Table 1 provides a breakdown of what year groups these respondents came from.

Table 1: Overall response

Education level	Primary school				Secondary school			Year 12/FE	Total
School year	Year 4	Year 5	Year 6	Total	Year 8	Year 10	Total	Year 12	
Number	1518	1335	1523	4376	2251	1832	4083	1492	9951

Age and gender information was collected from the respondents and this has been presented in a population pyramid in figure 1 along with the population information from the 2015 survey.

Figure 1: Survey response population pyramid (2017 and 2015)



Nearly all ages responded more in 2017 compared to 2015. However, there were fewer responses from those aged 16. The 2017 survey had a proportionally larger response from those aged 9 and 10. 53% of the sample were female in 2017

The vast majority of respondents in all school phases were White British. Of the ethnic minority groups no single category was large enough to be representative. When compared to the most recent ethnicity information from the 2011 Census, the survey has a lower proportion of respondents identifying as White British (93% of 8-19 year olds were reported as White British in the 2011 Census, compared to 85% in the survey).

Table 2: Ethnicity

	Primary school		Secondary school		Year 12/FE	
White British	3639	83%	3504	86%	1333	89%
Refused/non response	288	7%	81	2%	19	1%
Other	449	10%	498	12%	140	9%

The vast majority of respondents lived with their parents (96%). The percentage does drop with school phase with 97% of primary school respondents living with their parents and 91% of year 12/FE students living with their parents.

A decreasing trend could be seen in the percentage of children with military parents by the school phase, as seen in table 3. 11% of Primary school children had military parents, this fell to 9% in secondary school and 6% in Year 12/FE. This could be a sign that the carers have exited the forces as their child ages.

Table 3: Children with a military carer(s)

	Primary school		Secondary school		Year 12/FE	
With military carer	456	11%	362	9%	94	6%
No military carer	3869	89%	3704	91%	1391	94%

Few respondents reported having a social worker (table 4). The highest proportion of children with a social worker was in Primary school 8%.

Table 4: Social worker involved

	Primary school		Secondary school		Year 12/FE	
Have a social worker	350	8%	236	6%	94	6%
No social worker	3994	92%	3817	94%	1393	94%

In this survey over 200 children reported being either adopted, fostered, child in care, or a looked after child (AFL).

In the 2017 Wiltshire school census 16% of pupils in primary school and 15% of secondary school pupils were classified as having a special education need (SEN). 12% of primary school pupils, 11% of secondary school pupils and 16% of Year 12/FE pupils from the survey reported having a disability or SEN classification (SEND).

Table 5: Special Educational Need and/or disabled

	Primary school		Secondary school		Year 12/FE	
SEND	512	12%	452	11%	236	16%
Non-SEND	3864	88%	3631	89%	1256	84%

In the 2017 Wiltshire school census 8% of pupils in primary school and 7% of secondary school pupils were offered free school meals. 10% of primary school pupils and 7% of secondary school pupils knew they were eligible for free school meals (FSM) in the survey sample.

Table 6: Free School Meals

	Primary school		Secondary school	
Eligible	442	10%	299	7%
Not eligible	2961	69%	3155	78%
Didn't know	890	21%	571	14%

Supporting young carers is important. To help understand a young carers needs respondents were asked whether they were young carers. The question was worded as 'do you take on a caring role or support a family member who is disabled, long term sick, experiences mental ill health or misuses drugs or alcohol?' In the survey there were over 200 young carers (table 7). When compared to the most recent information from the 2011 census a much larger proportion of respondents from the survey reported providing unpaid care. The 2011 census reports that 1% of 0-15 year olds and 4% of 16 to 24 year olds provide unpaid care. In the survey 7% of primary school pupils, 8% of secondary school pupils and 5% of year 12/FE students in the survey reported being a young carer.

Table 7: Young carer

	Primary school		Secondary school		Year 12/FE	
Yes	284	7%	332	8%	75	5%
No	4053	93%	3588	92%	1380	95%

In this survey the secondary school and year 12/FE respondents were asked about their sexual orientation and gender orientation. A number of categories were used however to create a robust sample size groups were combined into those who reported being lesbian, gay, bisexual and those reporting to be transgender. There were 265 LGBT respondents from the secondary school sample and 144 in the year 12/FE sample.

Results

56 figures are presented on the following pages describing the results of over 20 questions. All results are broken into school phase; primary, secondary or year 12/FE. For many of the questions gender and vulnerable groups comparisons are presented. Evidence from broader literature has identified certain vulnerable groups which may have poorer health outcomes compared to those who are not from one of these groups. The vulnerable groups included in this report are respondents with a carer in the military, young carers, those with a special education need or disability (SEND), those receiving free school meals (FSM), lesbian, gay, bisexual and transgender (LGBT), those adopted, fostered or looked after by the local authority (AFL), non-white British and children with a social worker. The questions have been broken down into sections. These are physical activity, diet, hygiene, healthy behaviours with sleep and education.

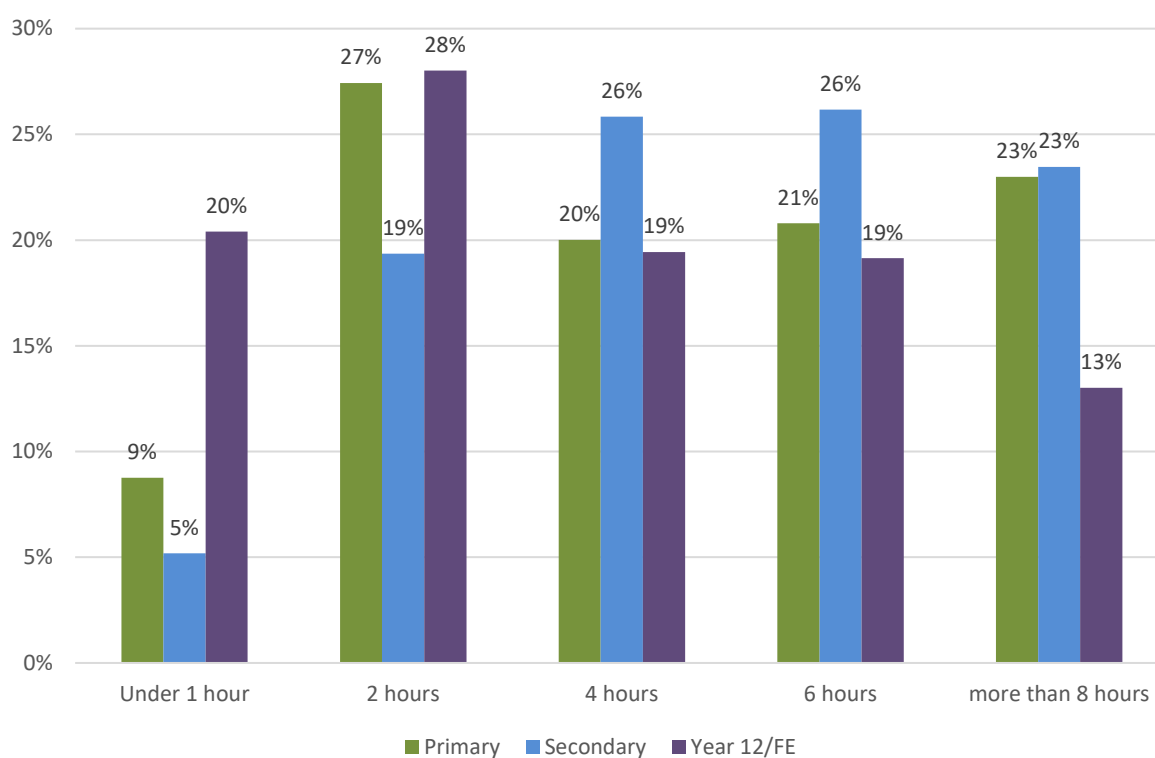
When possible comparisons to the 2015 results have been. However, due to the improved sample size, amendments to question wording and changes in the schools sampled these comparisons should be used with caution. Comparisons were made to national publications when a question with a similar wording could be found. However, caution must be used when comparing to other sources of data as subtle difference in the questions and choices for answers, may lead to comparisons that are misleading.

Physical Activity

It is recommended that children between 5 and 18 years old exercise for at least 60 minutes every day. Figure 2 shows the reported hours of physical activity performed by respondents. 44% of primary school respondents, 50% of secondary school respondents and 32% of year 12/FE respondents reported being physically active 6 or more hours a week. These are very similar results to the 2015 survey

What about YOUTH? is a national survey collecting health behaviours of 15 year olds across England¹. Nationally 14% of 15 year olds reported being physically active for at least one hour per day seven days a week. The question asked in the local survey does not perfectly reflect that asked by the national survey but 23% of secondary school respondents did more than 8 hours of activity a week.

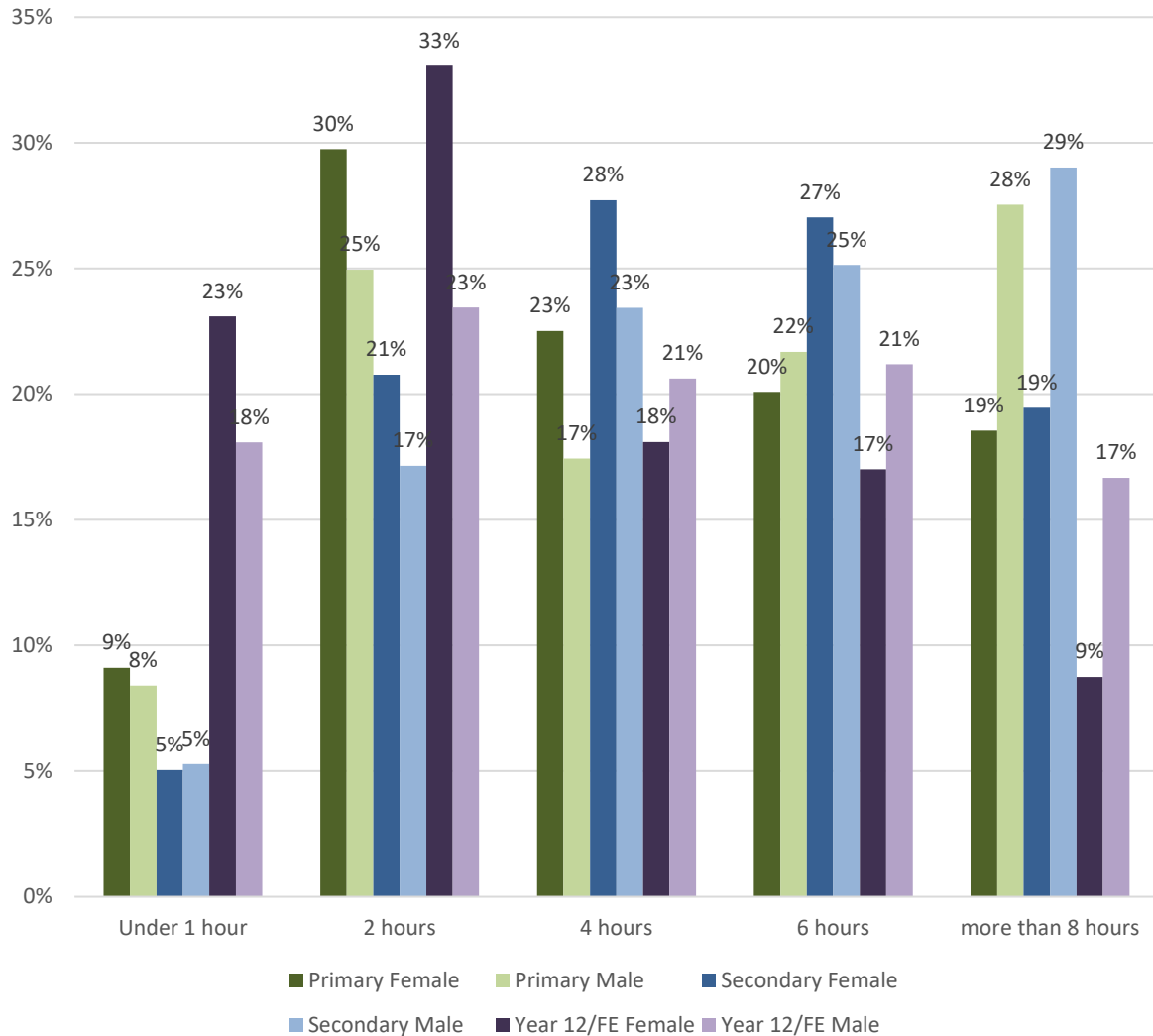
Figure 2: Q2.1 About how much physical activity or play do you do over the week (in and out of school)



¹ What About YOUTH (WAY) survey, 2014/15

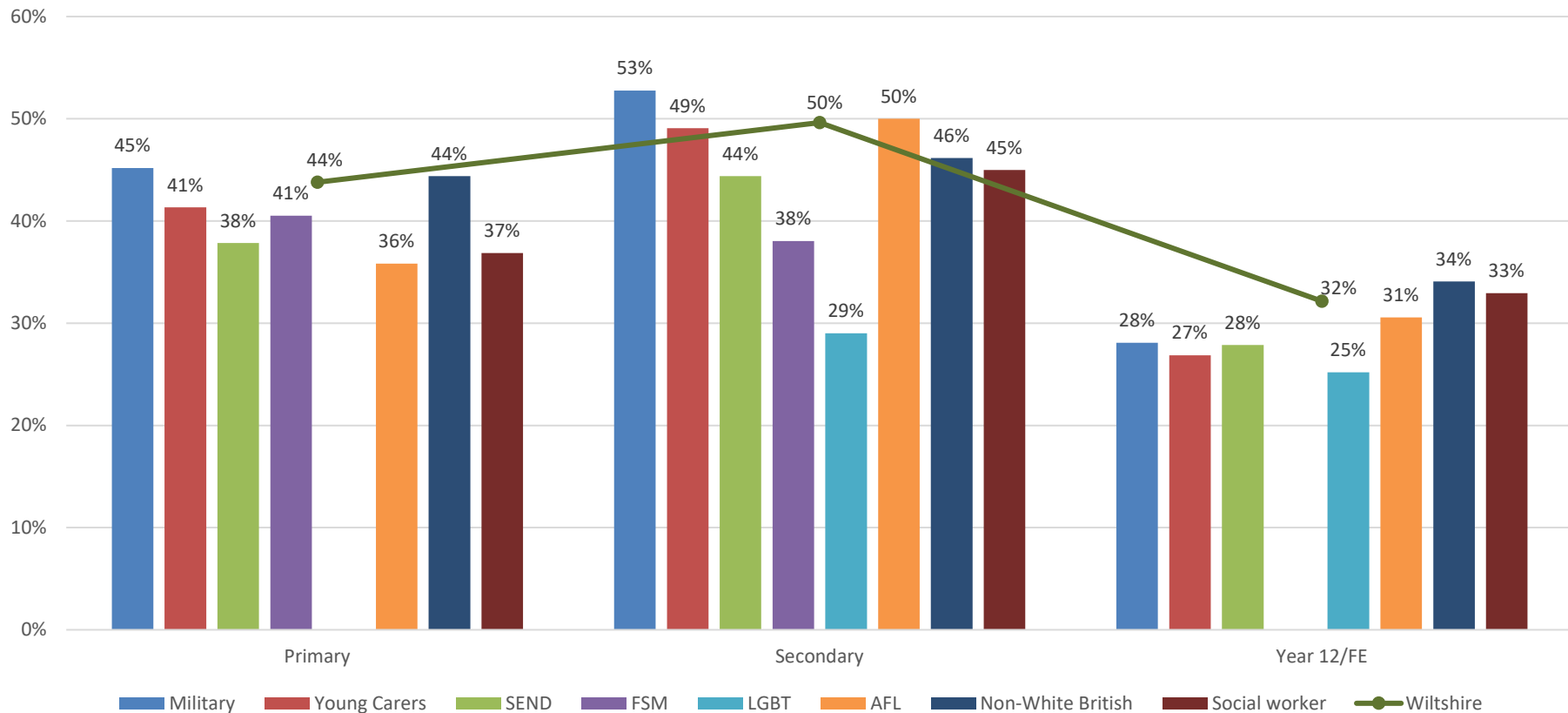
Figure 3 shows some dramatic differences in the amount of physical activity undertaken between the genders. Males in all school settings undertake more physical activity than the females. For example, 19% of secondary school females reported that they did 8 hours or more of exercise a week compared to 29% of males.

Figure 3: Q2.1 About how much physical activity or play do you do over the week (in and out of school) By gender



In the primary school sample the SEND children, children with a social worker and adopted, fostered and looked after children appear to take part in physical activity for a shorter duration per week than the Wiltshire average (figure 4). The SEND, FSM, and LGBT pupils in the secondary school sample also appeared to have meaningfully lower proportions of those who took part in physical activity (44%, 38% and 29% compared to 50%). In the year 12/FE sample many of the vulnerable groups had lower percentages of physical active respondents.

Figure 4: Q2.1 About how much physical activity or play do you do over the week (in and out of school) 6 hours or more by Vulnerable groups



Two questions were compared to physical activity, snack consumption and fizzy drink consumption. Neither found a strong relationship ($r^2=-0.09$ and $r^2=-0.08$). However, those who undertook less than an hour's physical activity a week did show a slightly different profile to the other activity amounts for both questions (see figure 5 and 6). In both cases those doing less than an hour of physical activity more frequently consumed unhealthy snacks and fizzy drinks.

Figure 5: Q2.1 About how much physical activity or play do you do over the week (in and out of school) and Q1.17; How often do you eat snacks such as sweets, chocolate, biscuits and crisps?

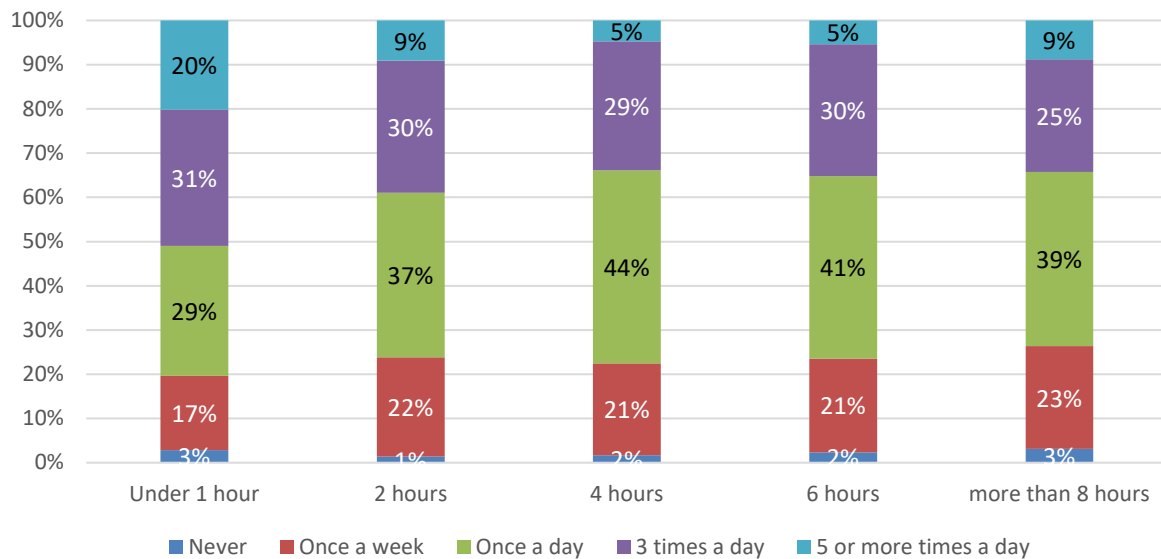


Figure 6: Q2.1 About how much physical activity or play do you do over the week (in and out of school) and Q1.18; How often do you drink fizzy drinks (not including water)?

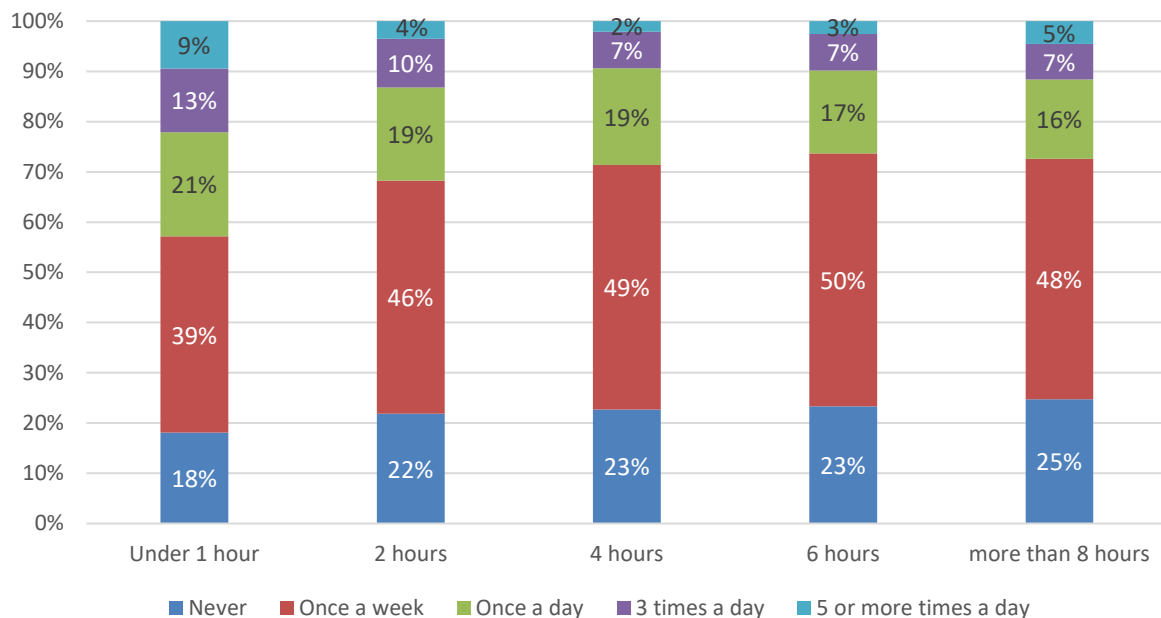
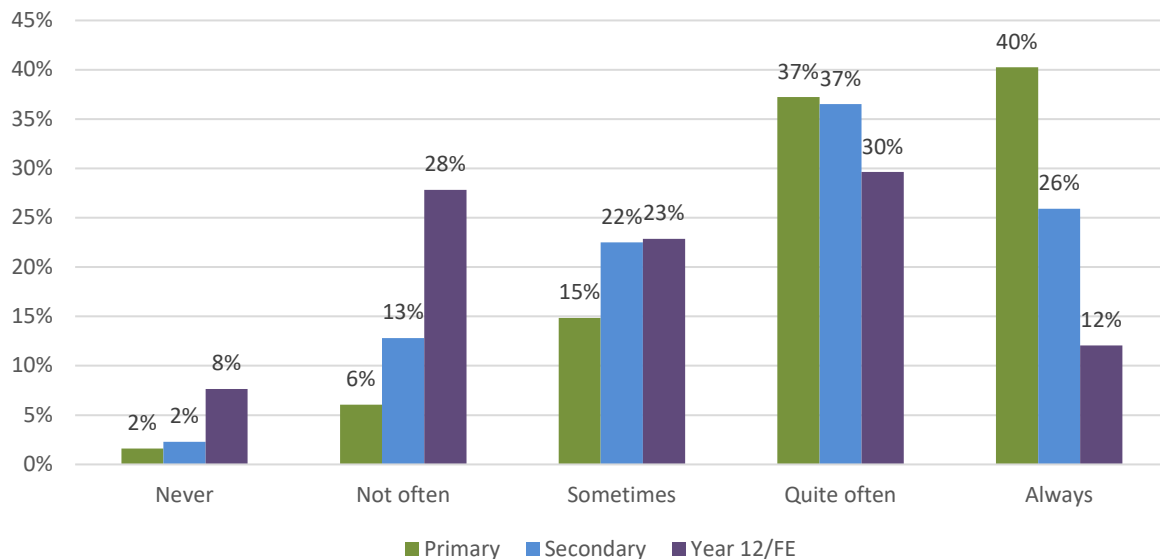


Figure 7 shows that 77% of primary school respondents, 63% of secondary school respondents and 42% of year 12/FE respondents felt they do enough exercise quite often or always to keep themselves healthy. This is similar to the 2015 results. When combined with the results from figure 2 and the recommendations, it would appear that at least an additional 33% of primary, 13% of secondary and 10% of year 12/FE respondents feel they are exercising enough to be healthy compared to the recommended amount of physical activity.

Figure 7: Q2.6; Do you feel you do enough exercise to keep you healthy?



A higher proportion of males than females in both the secondary and the year 12/FE sample felt they do enough exercise (figure 8). 68% of secondary school and 49% of year 12/FE males felt they did enough exercise compared to 58% and 34% females. This is understandable when compared to figure 3.

Figure 8: Q2.6; Do you feel you do enough exercise to keep you healthy? By Gender

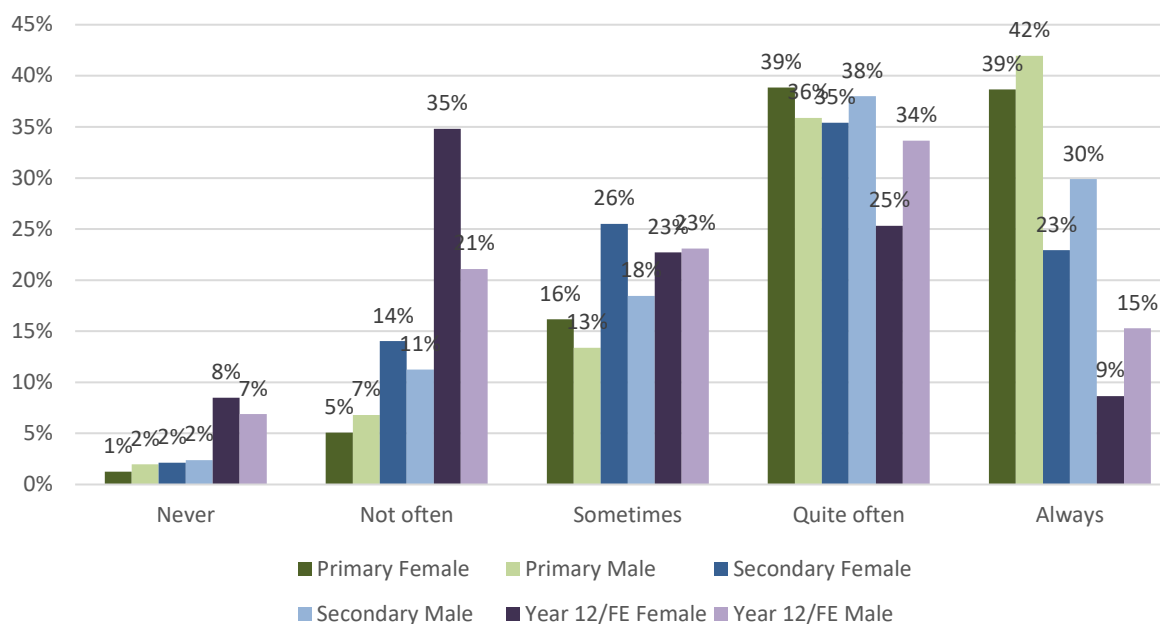
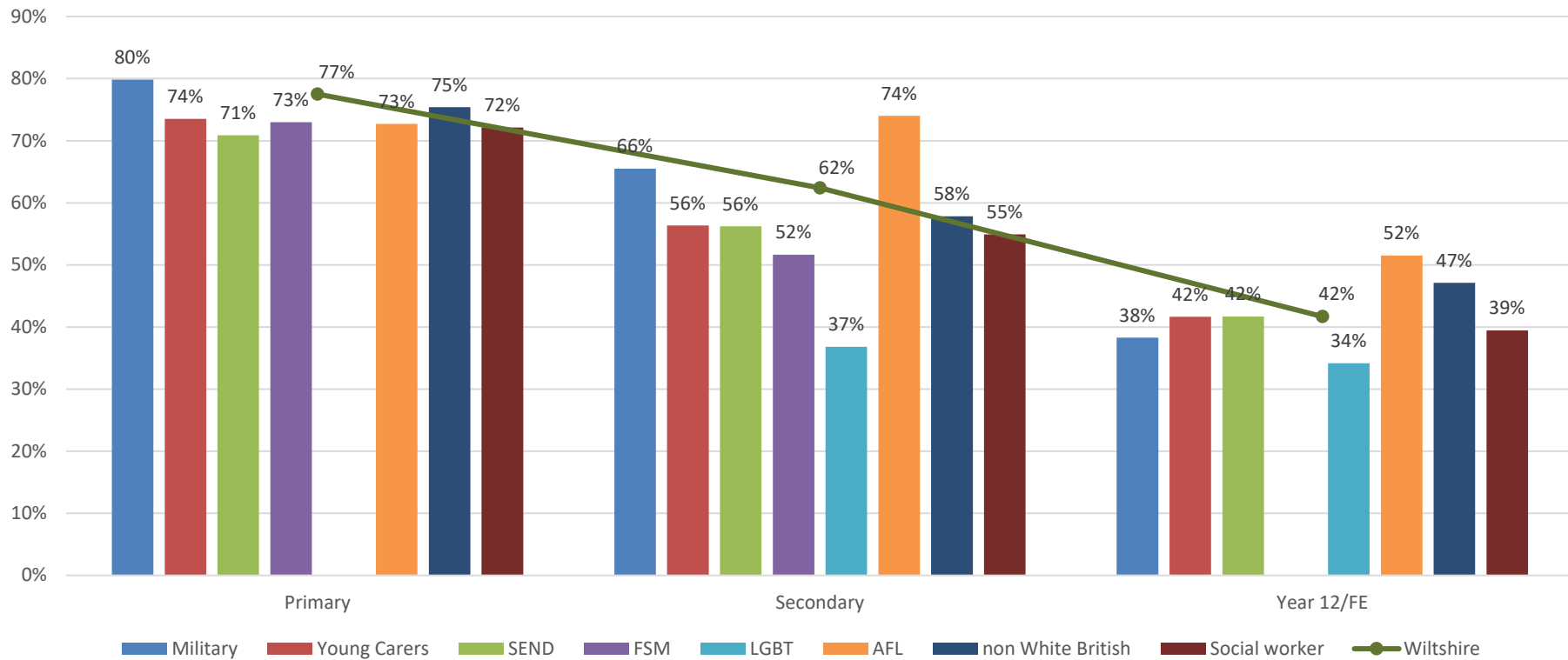


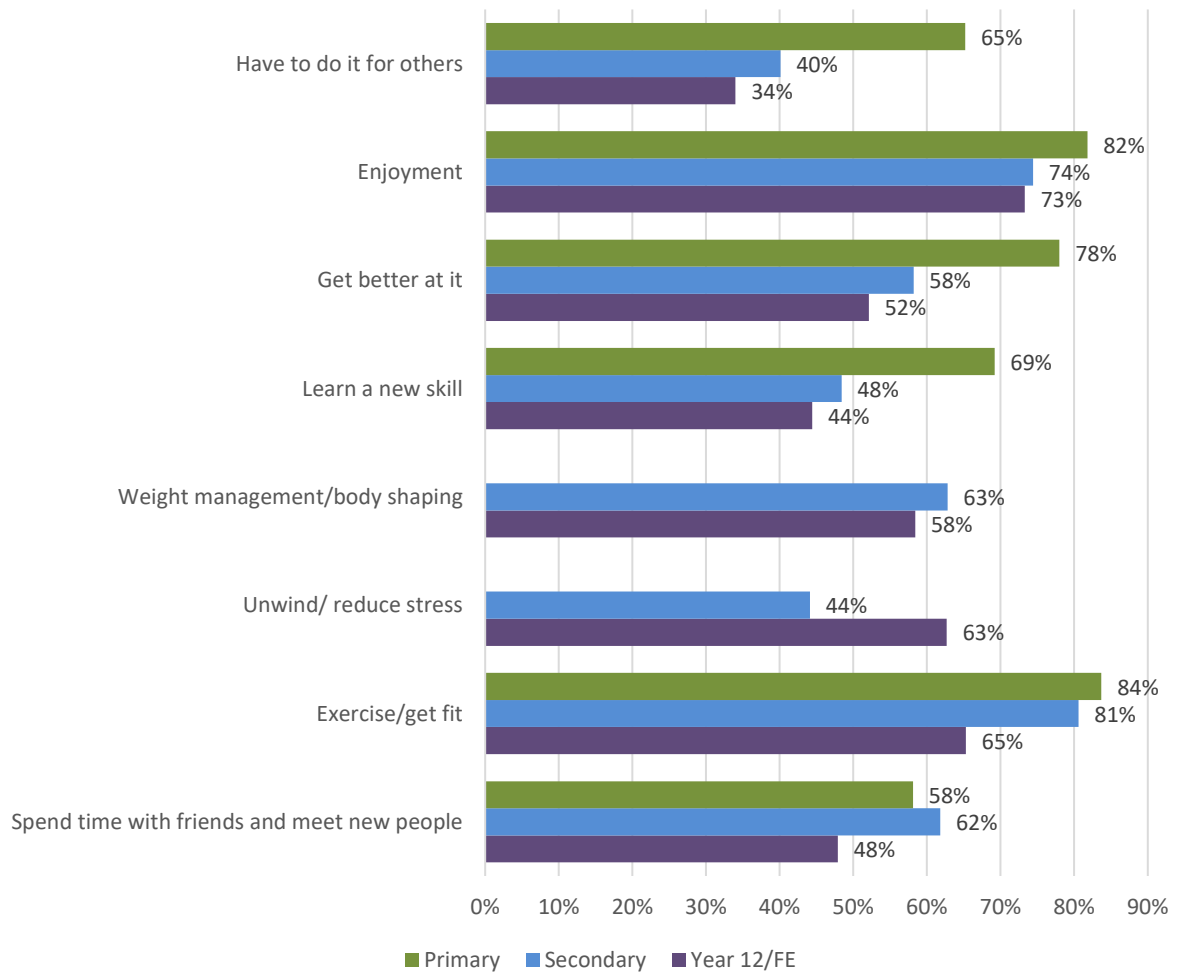
Figure 9 shows the differences in the vulnerable groups and whether they feel they do enough exercise. In primary school the SEND group and the children with a social worker both had lower percentages who felt they did enough exercise. In secondary school most of the vulnerable groups had smaller proportions of those who felt they did enough exercise to keep them healthy than the Wiltshire average. In the year 12/FE sample the LGBT respondents less frequently reported feeling they did enough exercise to keep them healthy than the Wiltshire average.

Figure 9: Q2.6; Do you feel you do enough exercise to keep you healthy? Always/Quite often Vulnerable groups



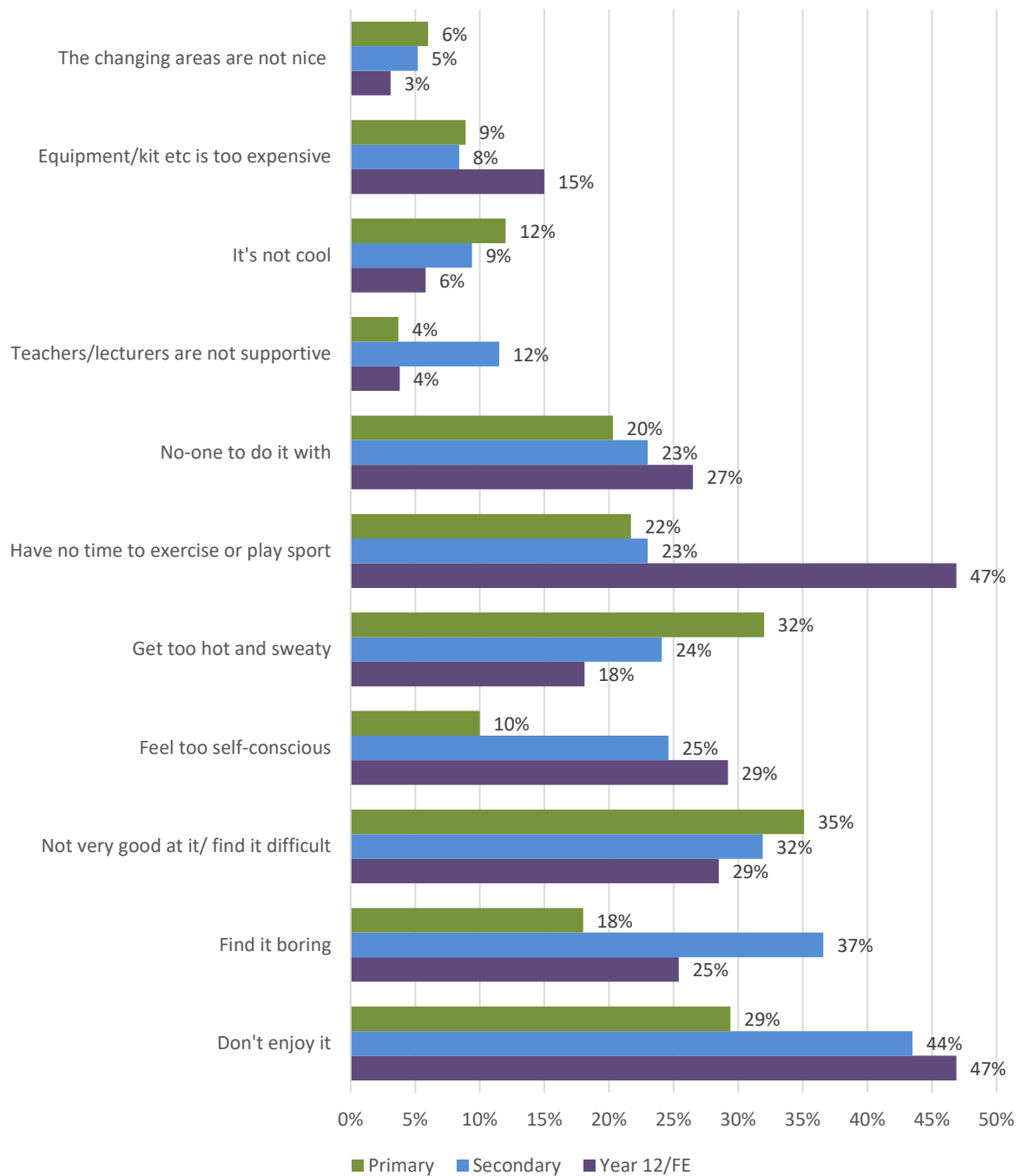
In the 2017 survey respondents were asked how important a number of reasons were in the decision to do physical activity. Figure 10 provides the results. In primary school the top 3 reasons were to exercise/get fit (84%), enjoyment (82%) and get better at it (78%). In secondary school the top 3 reasons were to exercise/get fit (81%), enjoyment (74%) and weight management/body shaping (63%). In the year 12/FE sample the top 3 reasons were enjoyment (73%), exercise/get fit (65%) and unwind/reduce stress (63%).

Figure 10: Q2.17; How important are the following in your decision to do sport or physical activity?



Also new to the 2017 survey, respondents were asked why don't they do much sport or physical activity. Figure 11 provides the results. In the primary school sample the top 3 reasons are not very good at it/find it too difficult (35%), get too hot and sweaty (32%) and don't enjoy it (29%). In secondary school the top 3 reasons were don't enjoy it (44%), find it boring (37%) and not very good at it/find it difficult (32%). In the year 12/FE sample the top 3 reasons were have no time to exercise or play sport (47%), don't enjoy it (47%) and not very good at it/find it difficult and feel too self-conscious (both reasons had 29%).

Figure 11: Q2.18; Why don't you do much sport or physical activity?



Diet

Breakfast consumption reduces with school phase (figure 12). 87% of primary school respondents had breakfast most days or quite often. This fell to 64% of the secondary school sample and 47% of the year 12/FE school sample. These are similar results to the 2015 report.

The British Nutrition Foundation conducted a survey in 2015² that found that 24% of secondary school children did not have breakfast on the day of the survey. The question asked in the local survey does not perfectly reflect that asked by the national survey making a direct comparison of the results difficult.

Figure 12: Q1.1; Do you usually eat Breakfast?

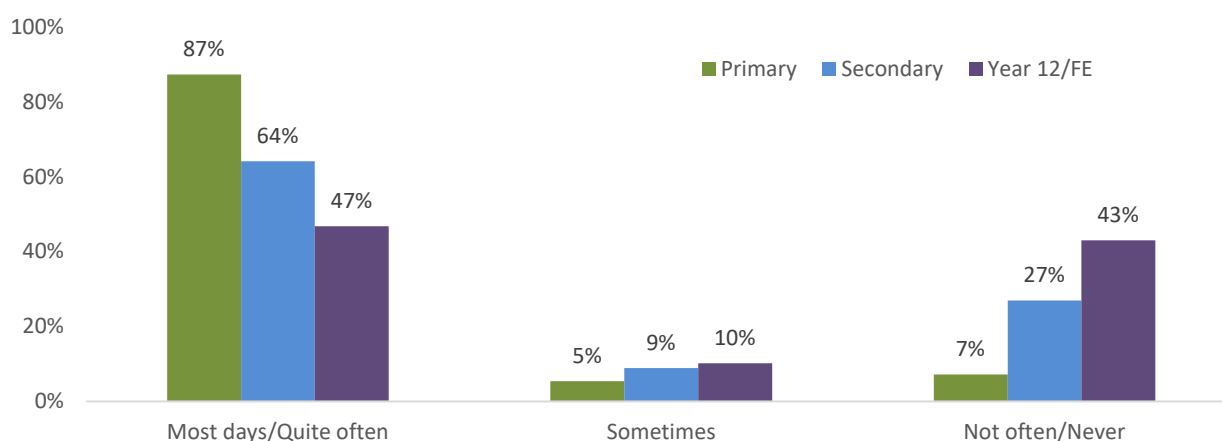
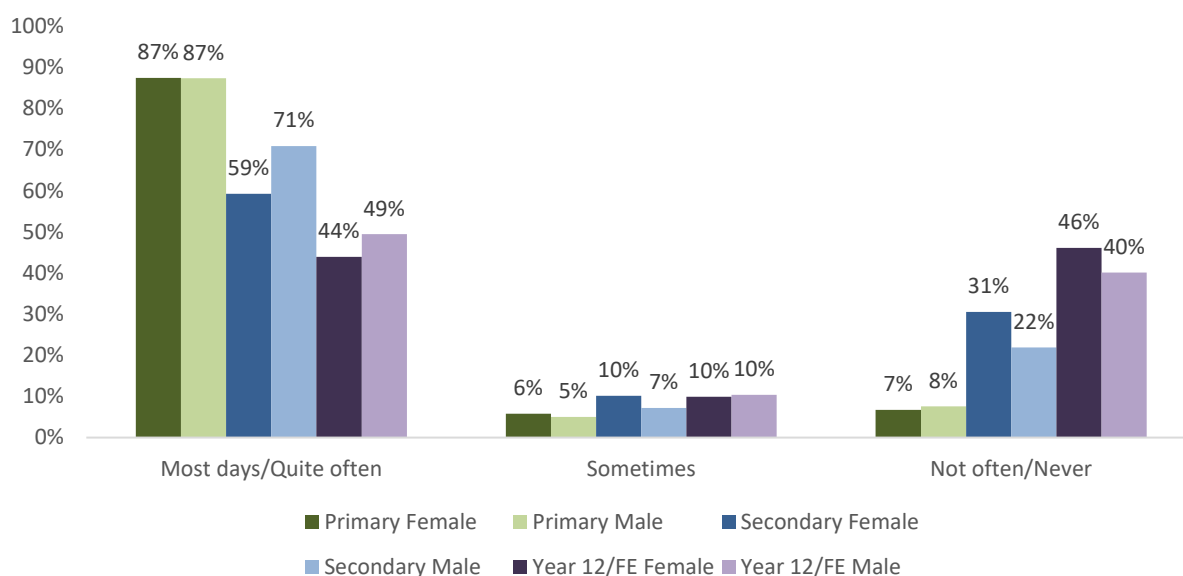


Figure 13 appears to show a slight gender difference in secondary and year 12/FE as a higher percentage of males reported eating breakfast every morning than females. The difference is most prominent in the secondary school sample with 71% of males compared to 59% of females having breakfast most days or quite often.

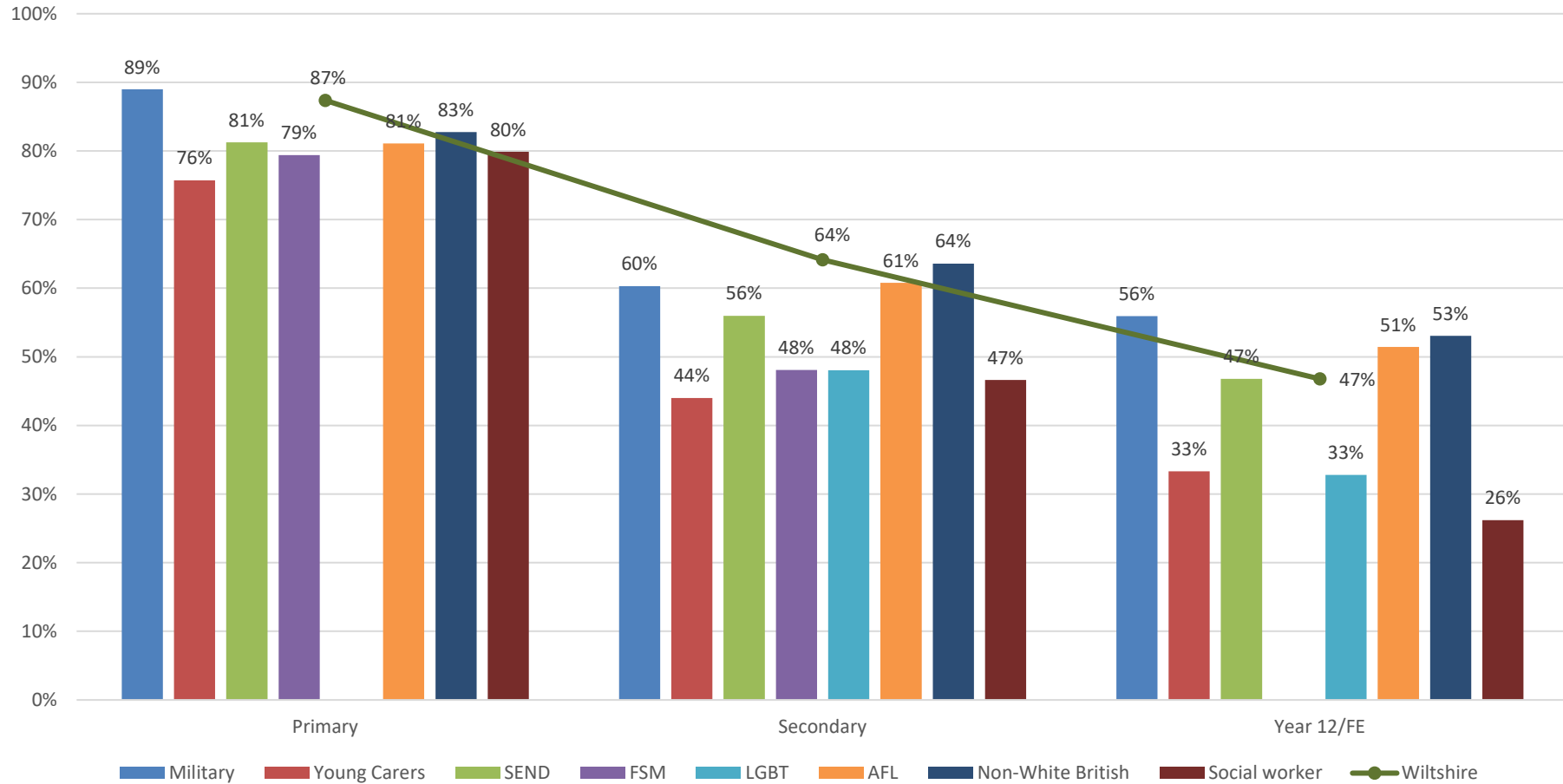
Figure 13: Q1.1; Do you usually eat Breakfast? By gender



² <https://www.nutrition.org.uk/nutritioninthenews/pressreleases/a-quarter-of-uk-secondary-school-children-have-no-breakfast.html>

All vulnerable groups except military and non-white British had meaningfully lower proportions of respondents who had breakfast most days or quite often (figure 14). A similar pattern was seen in the secondary school sample except the AFL group also had a similar result to the Wiltshire average. In the year 12/FE sample the young carers, LGBT and the children with a social worker all had lower percentages than the Wiltshire average.

Figure 14: Q1.1; Do you usually eat Breakfast? Most days or quite often. Vulnerable groups



Two questions were compared to breakfast consumption, energy drink consumption and unhealthy snack consumption. Neither found a strong relationship ($r^2=-0.22$ and $r^2=-0.07$). However, energy drink consumption did appear to decrease with the frequency of breakfast consumption (figure 15). The reasons this did not provide a strong correlation is likely due to the multiple factors that are likely to be involved in energy drink and breakfast consumption. No pattern could be seen regarding breakfast consumption and unhealthy snack consumption (figure 16).

Figure 15: Q1.1; Do you usually eat Breakfast? And Q1.19; How often do you drink energy drinks? (e.g. Red Bull, Monster, NOS, Rockstar etc)

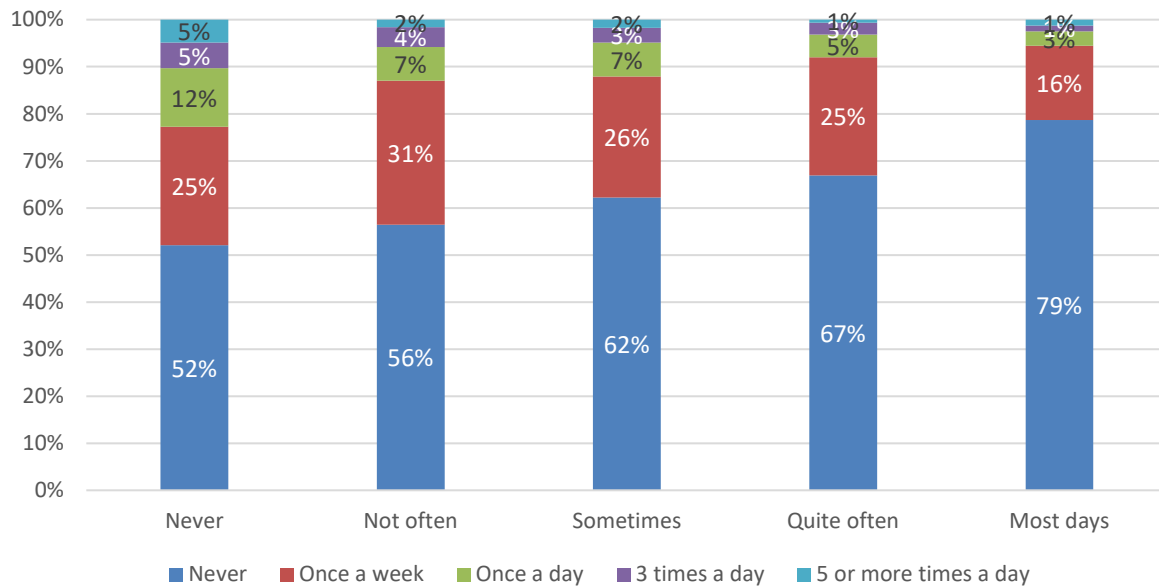
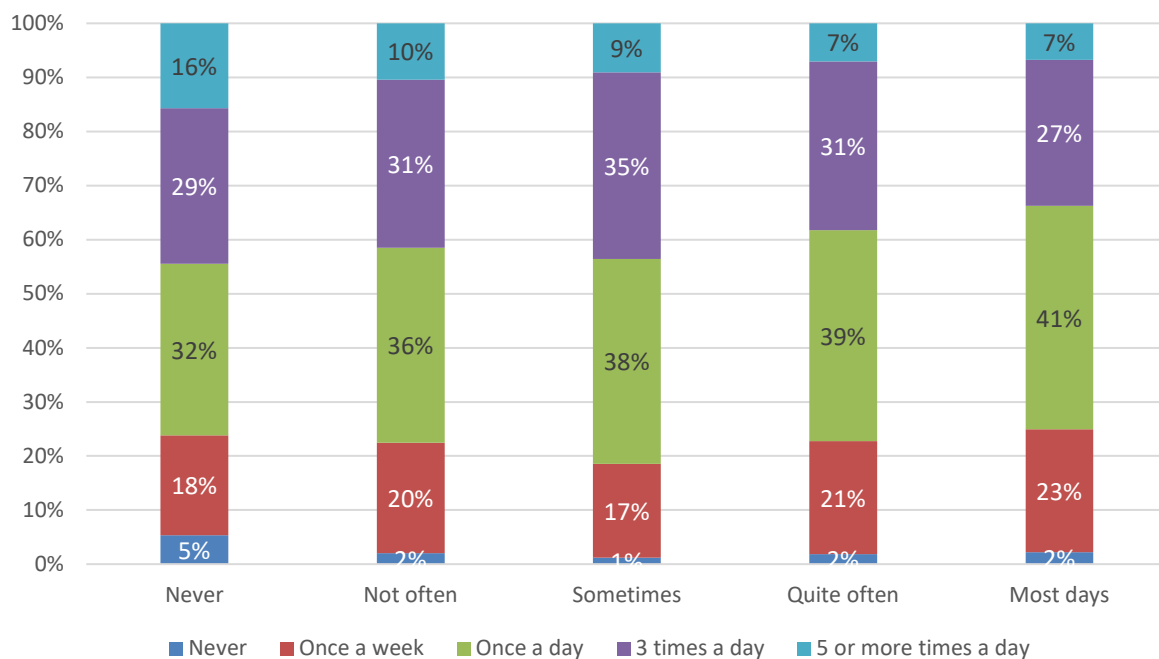


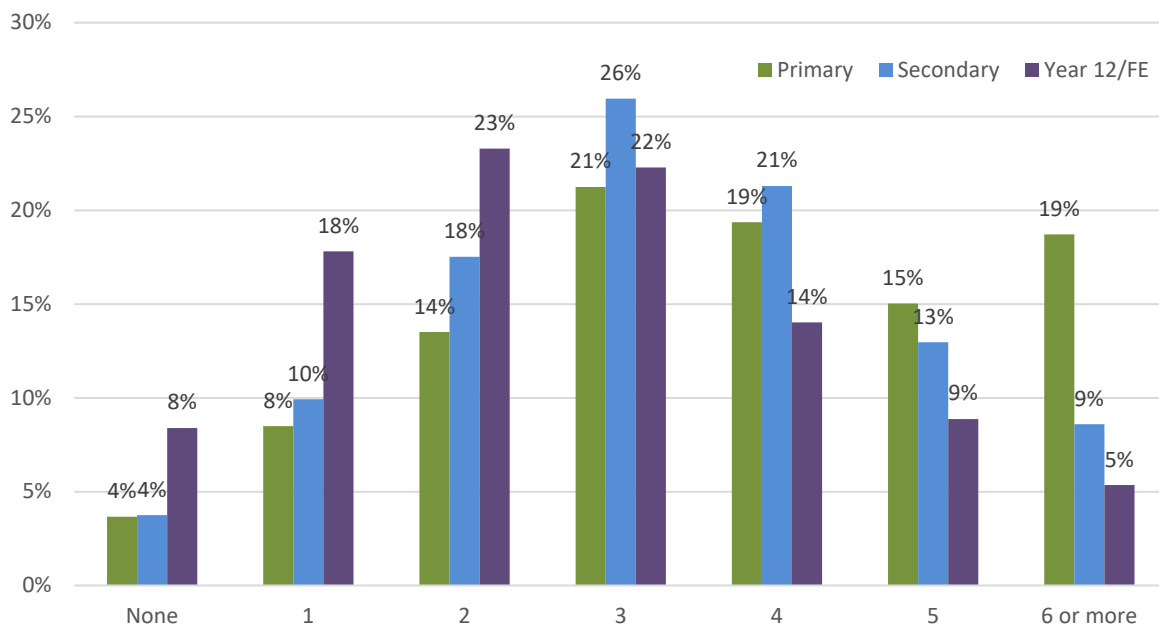
Figure 16: Q1.1; Do you usually eat Breakfast? And Q1.17; How often do you eat snacks such as sweets, chocolate, biscuits and crisps?



The majority of respondents do not eat the recommended 5 portions of fruits and vegetables a day. 66% of primary school respondents, 78% of secondary school respondents and 86% of year 12/FE respondents ate less than 5 portions of fruit and vegetables a day. There does appear to be a reduction in the reported consumption of fruits and vegetables with the progressing school phases. Figure 17 presents the results. Similar findings were seen in the 2015 results.

What about YOUth? is a national survey collecting health behaviours of 15 year olds across England³. Nationally 52.4% of 15 year olds eat 5 portions or more of fruit and vegetables per day. The question asked in the local survey does not perfectly reflect that asked by the national survey that being said the local results show that 22% of secondary school respondents ate 5 or more portions of fruit and vegetables a week.

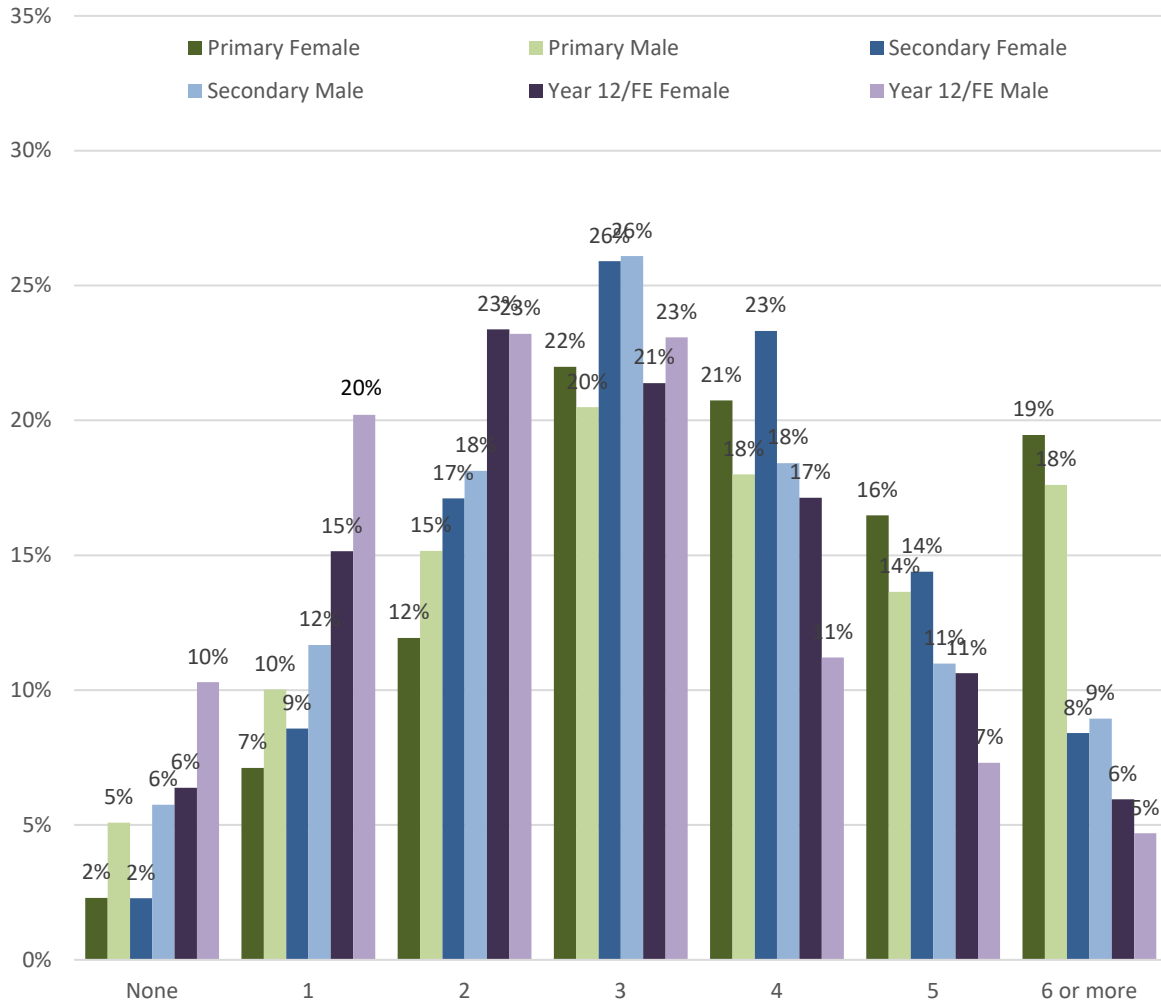
Figure 17: Q1.2; How many portions of fruit and vegetables do you generally eat a day (think about how much you ate yesterday)?



³ What About YOUth (WAY) survey, 2014/15

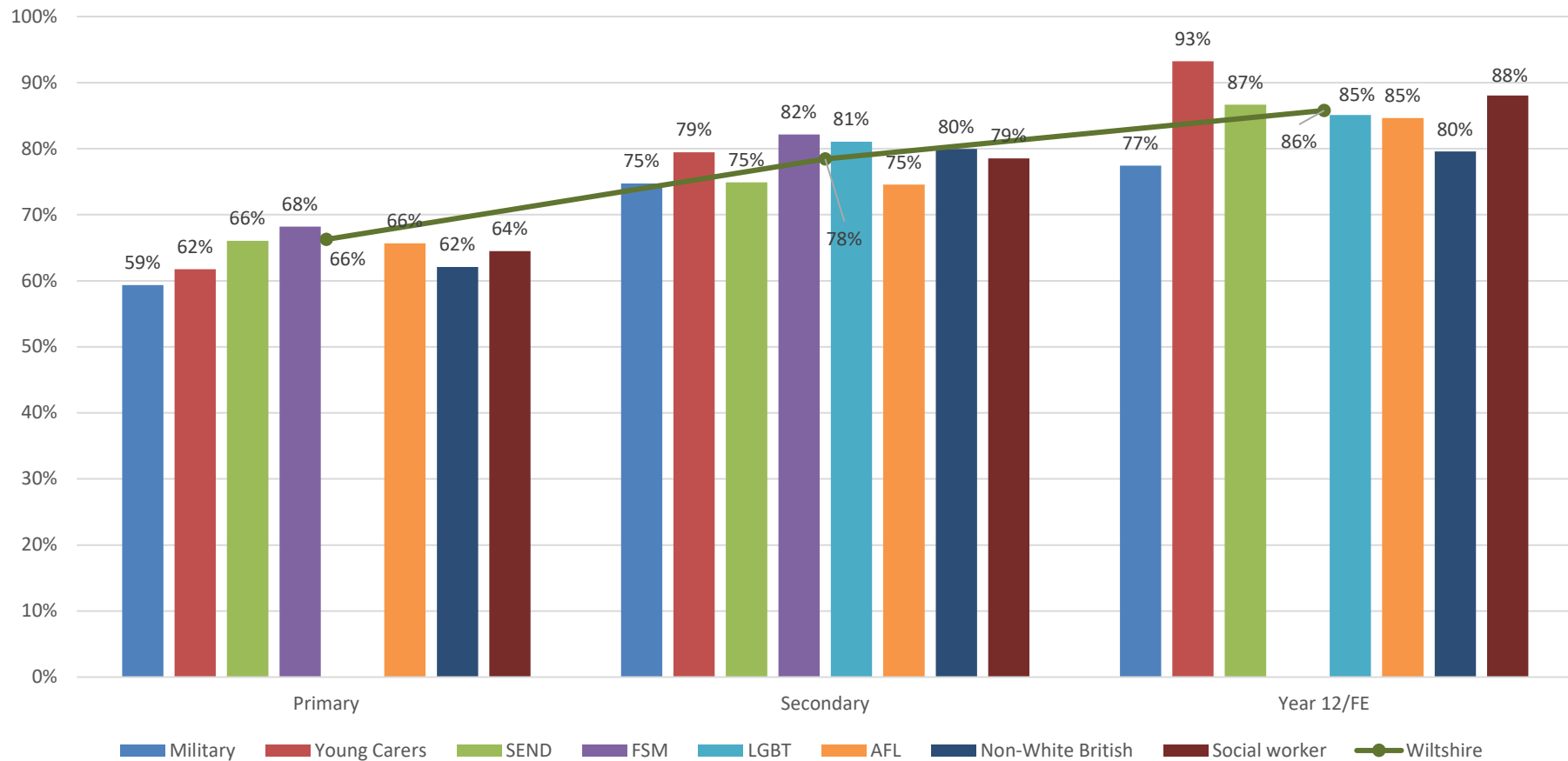
A smaller proportion of males appear to eat fruit and vegetables than females (figure 18). For example, 5% of the male primary school sample eat no portions compared to 2% of females.

Figure 18: Q1.2; How many portions of fruit and vegetables do you generally eat a day (think about how much you ate yesterday)? By gender



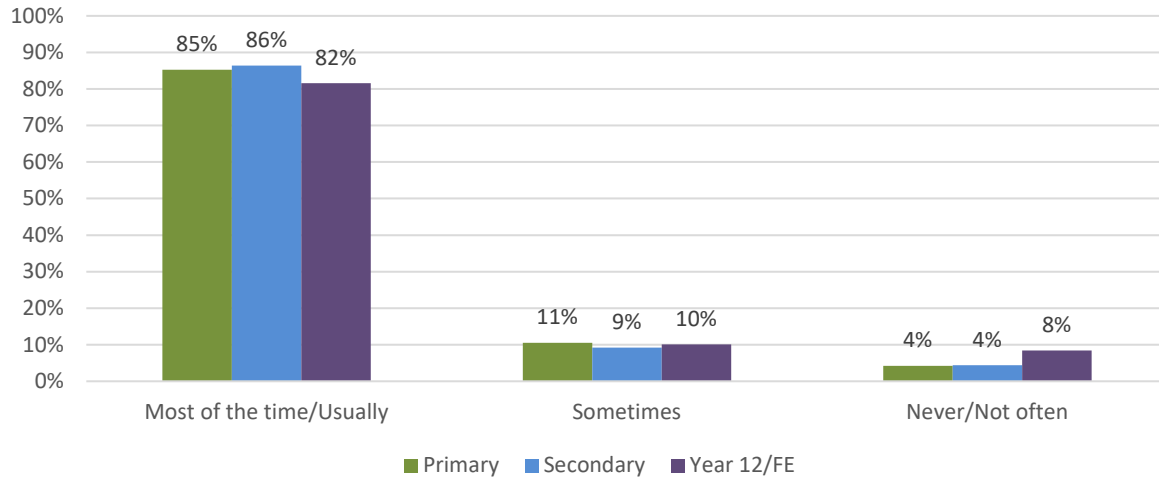
In the primary school sample there is not a great deal of difference between the vulnerable groups and the Wiltshire average (figure 19). No vulnerable group in secondary school appeared to have a meaningful difference to the Wiltshire average. Young carers in year 12/FE had a higher portions of those having less than 5 portions of fruit and vegetables than the Wiltshire average.

Figure 19: Q1.2; How many portions of fruit and vegetables do you generally eat a day (think about how much you ate yesterday)? Less than 5 portions of fruit and vegetables. Vulnerable groups



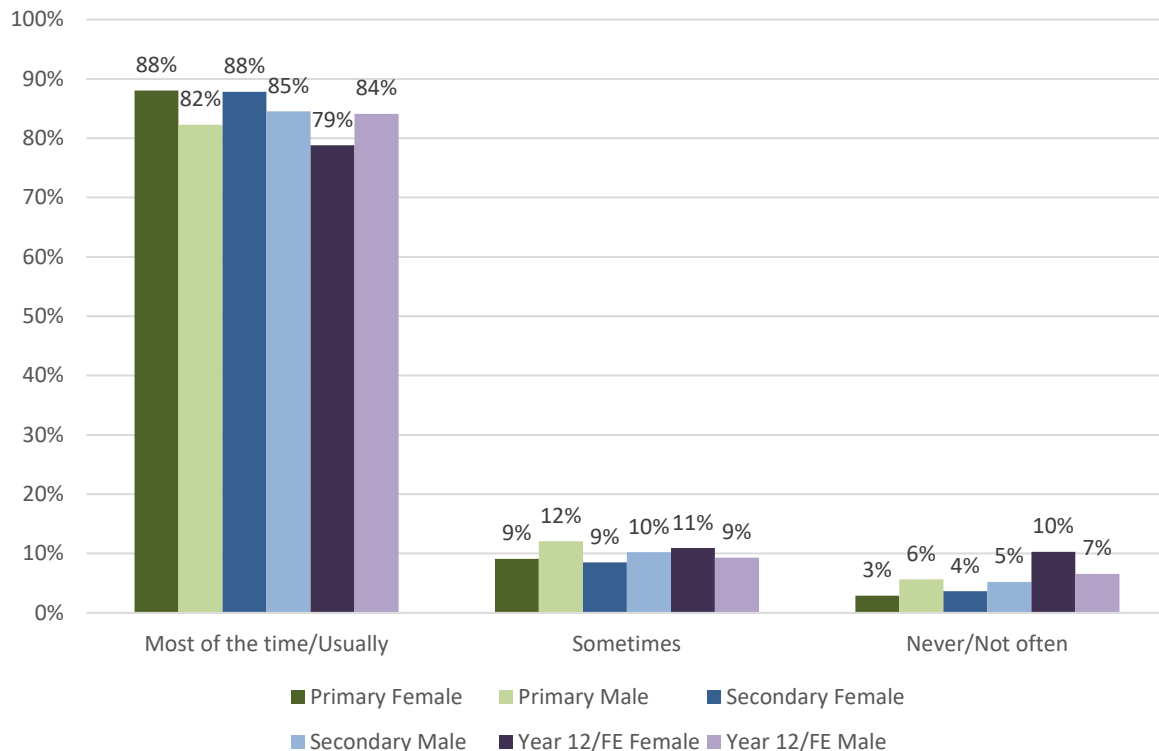
Over 80% of every school phase felt the food on offer at home is healthy most of the time or usually (figure 20). This is similar to the 2015 results.

Figure 20: Q1.5; Do you feel that the food on offer at home or in the place you live allows you to eat healthily?



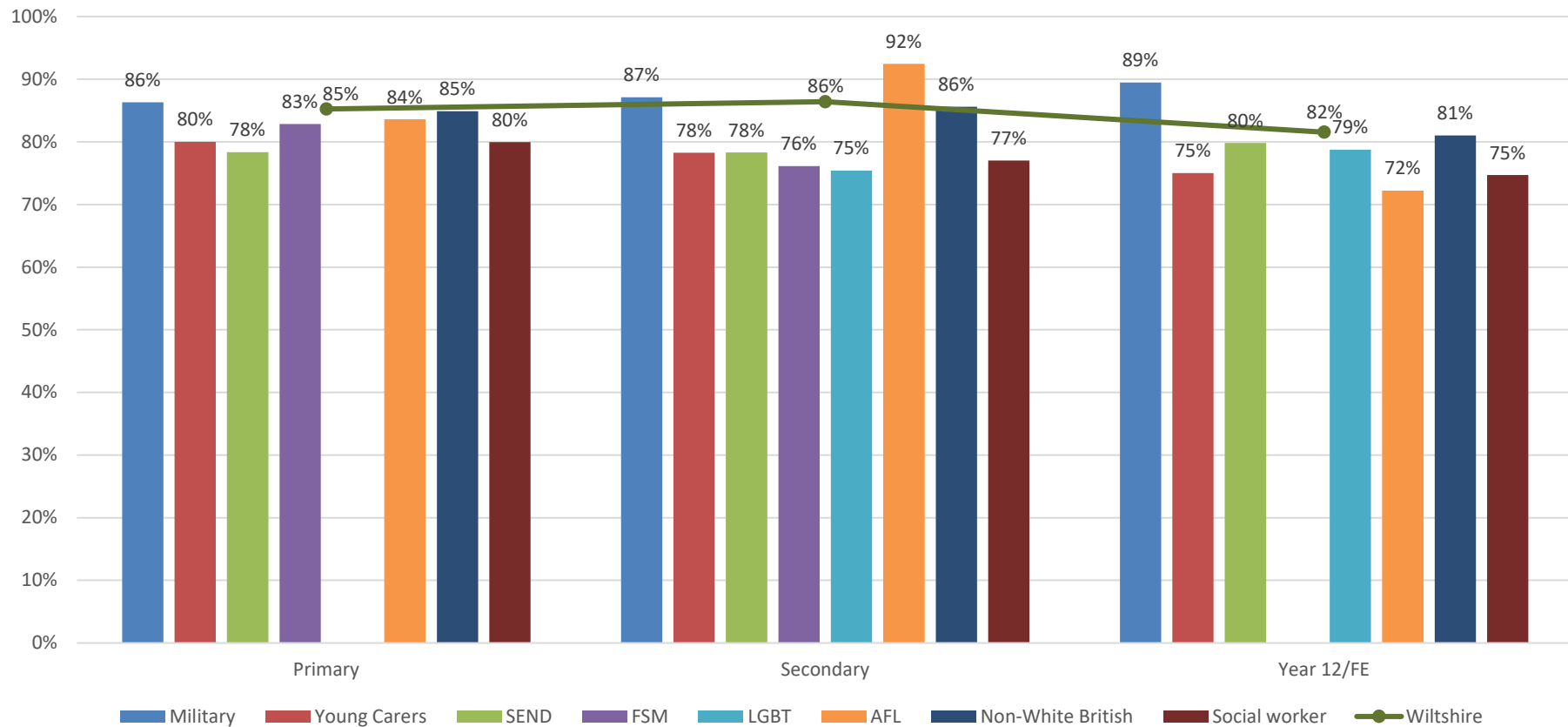
There was a slight difference between genders regarding feelings that healthy food is available at home (figure 21). A higher proportion of females than males felt healthy food was available most of the time or usually in primary and secondary but the reverse was seen in the year 12/FE sample.

Figure 21: Q1.5; Do you feel that the food on offer at home or in the place you live allows you to eat healthily? By gender



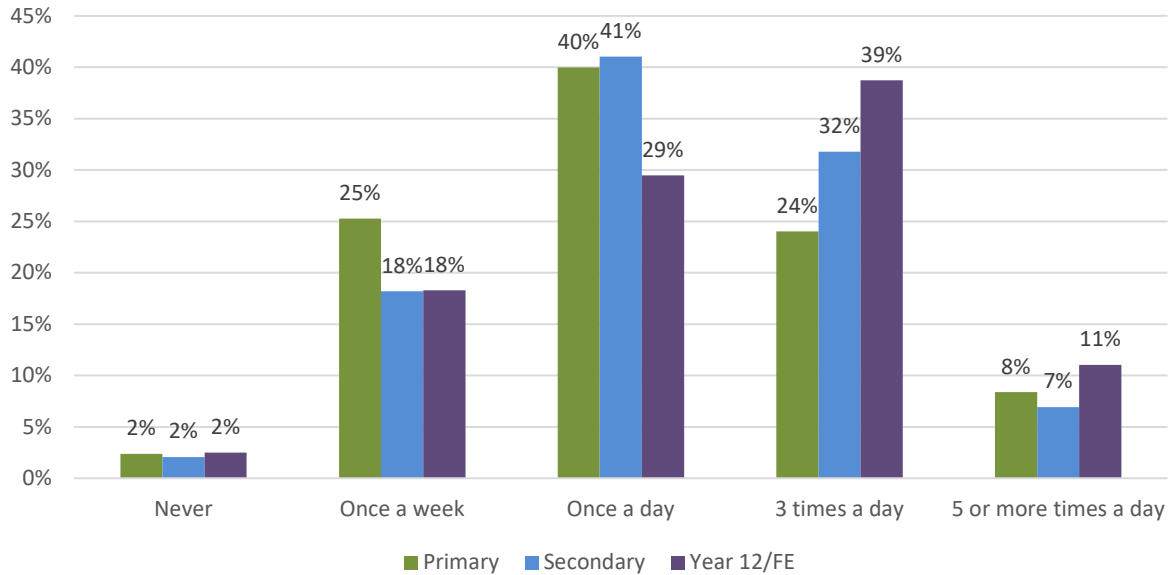
In the primary school sample few vulnerable groups (young carers, SEND and children with a social worker) had a lower proportion of those who felt the home environment offered healthy food usually or most days than the Wiltshire average (figure 22). In the secondary school sample this increased to include all groups except military, AFL and non-white British. In the year 12/FE sample young carers, AFL and children with a social worker had lower percentages than the Wiltshire average.

Figure 22: Q1.5; Do you feel that the food on offer at home or in the place you live allows you to eat healthily? Vulnerable groups



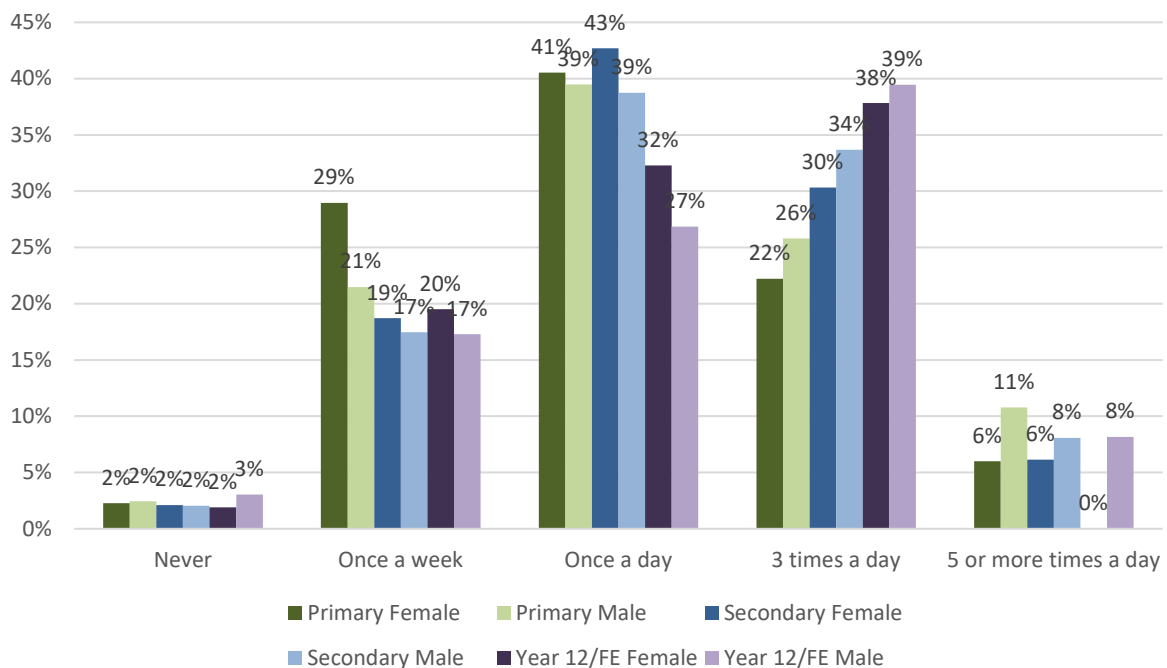
A large proportion of respondents from primary school and secondary school reported eating snacks once a day (figure 23, 40% and 41%). In the post-secondary school sample 39% of the respondents reported eating a snack 3 times a day. This is very similar to the 2015 results.

Figure 23: Q1.17; How often do you eat snacks such as sweets, chocolate, biscuits and crisps?



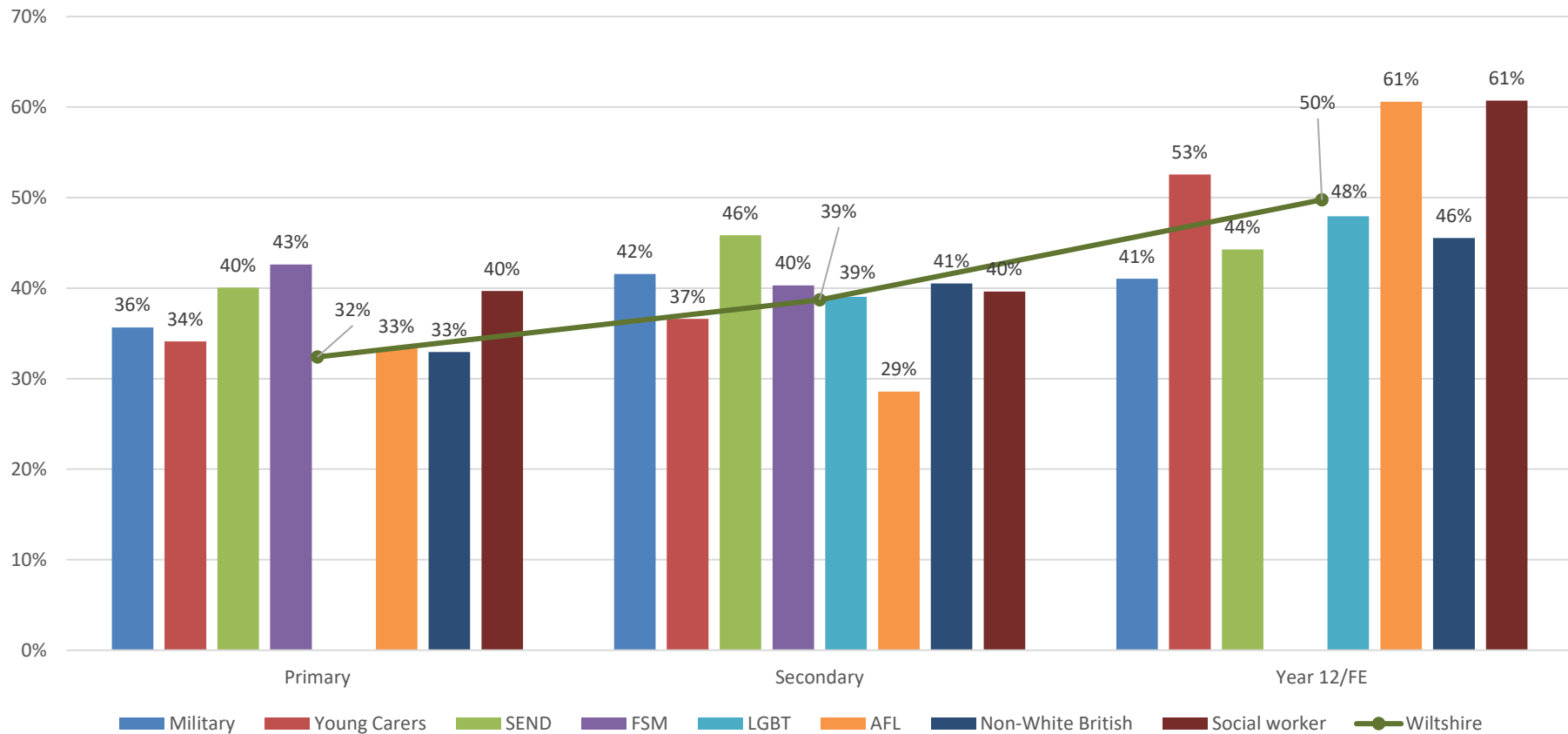
Snack consumption appears to be slightly higher in males than females (figure 24). A larger proportion of males than females reported eating snacks 3 times a day and 5 or more times a day in all the school phases. For example, in the primary school sample 11% of male respondents reported having snacks 5 or more times a day compared to 6% of females.

Figure 24: Q1.17; How often do you eat snacks such as sweets, chocolate, biscuits and crisps? By gender



In primary school the SEND, FSM and children with a social worker had higher percentages of those eating snacks 3 or more times a day. In secondary school only the SEND children had a meaningfully higher proportion of those eating snacks 3 or more times a day (figure 25). The adopted, fostered and looked after group had a very low percentage of those eating snacks 3 or more times a day. However, in the year 12/FE sample the adopted, fostered and looked after group had a higher percentage of those eating snacks 3 or more times a day along with the children with a social worker.

Figure 25: Q1.17; How often do you eat snacks such as sweets, chocolate, biscuits and crisps? 3 or more times a day Vulnerable groups



Nearly 50% of primary school and secondary school respondents reported drinking fizzy drinks once a week (figure 26). In the year 12/FE sample this falls to 38% and more frequent options such as 3 times a day and 5 or more times a day increase. In fact, 25% of the year 12/FE sample reported drinking fizzy drinks 3 or more times a day. These results are very similar to the 2015 results.

Figure 26: Q1.18; How often do you drink fizzy drinks (not including water)?

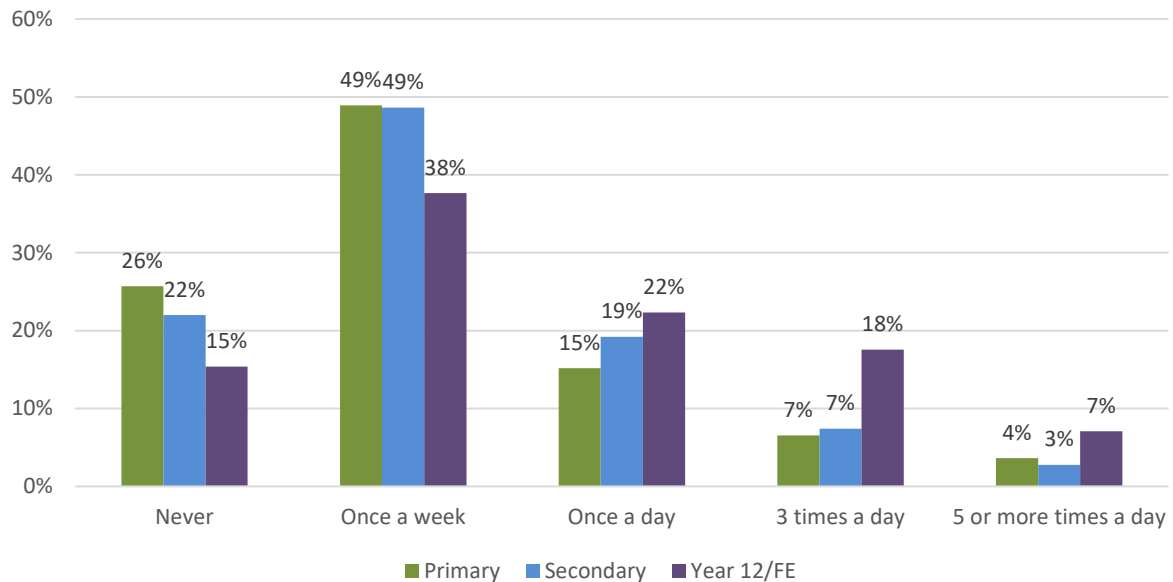
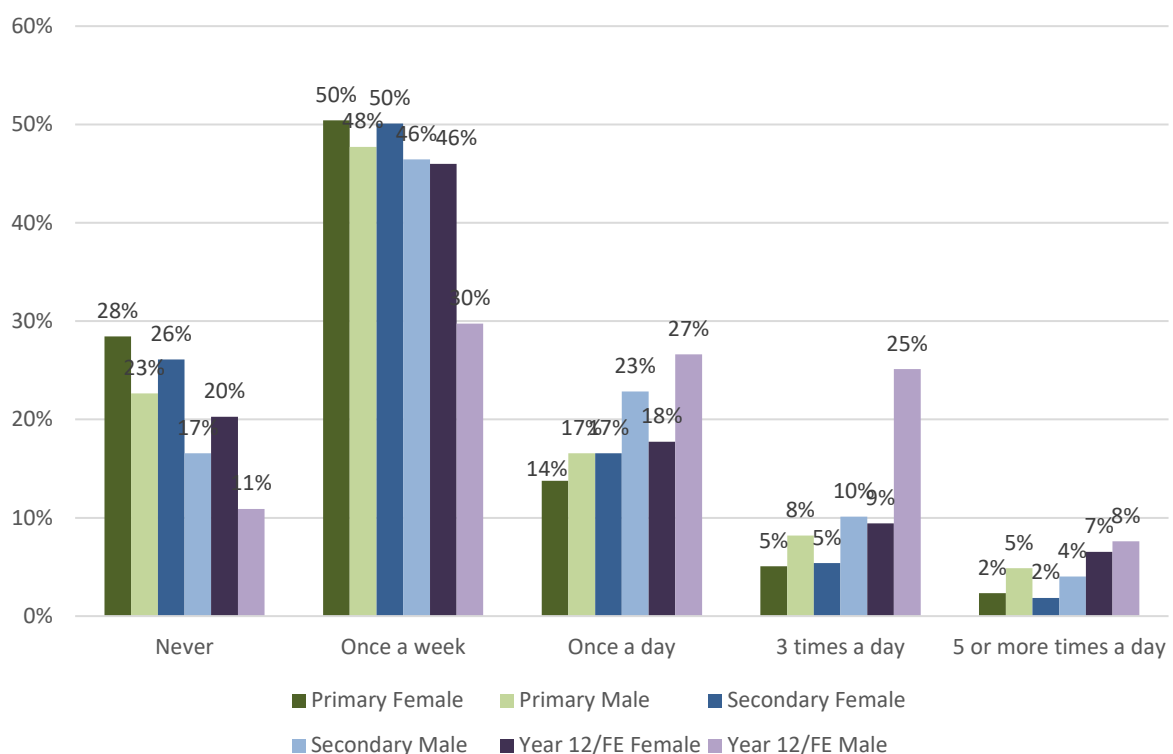


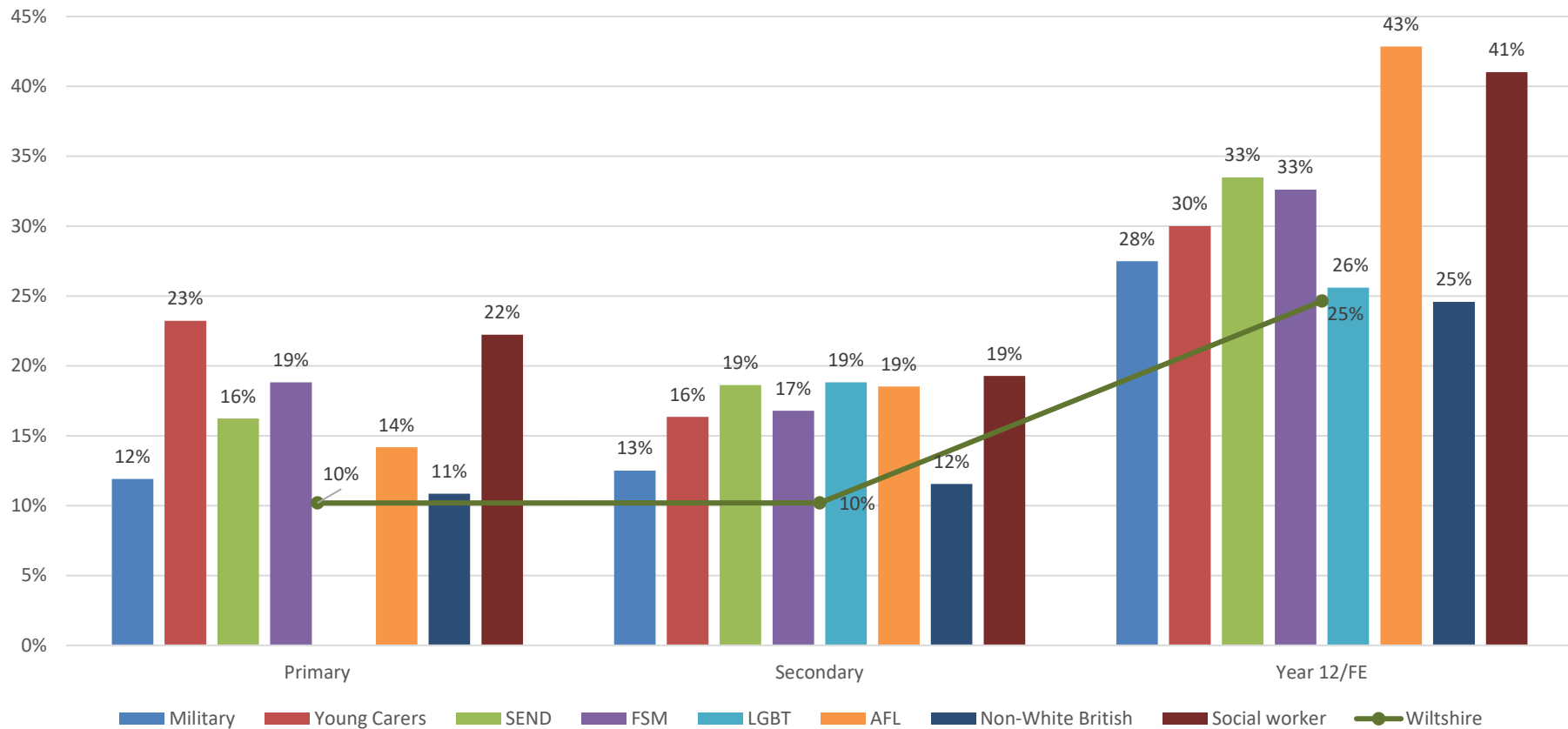
Figure 27 appears to show that a slightly larger proportion of males drink fizzy drinks more frequently than females. For example, 14% of the male secondary school respondents reported drinking fizzy drinks 3 or more times a day compared to 7% of females.

Figure 27: Q1.18; How often do you drink fizzy drinks (not including water)? By Gender



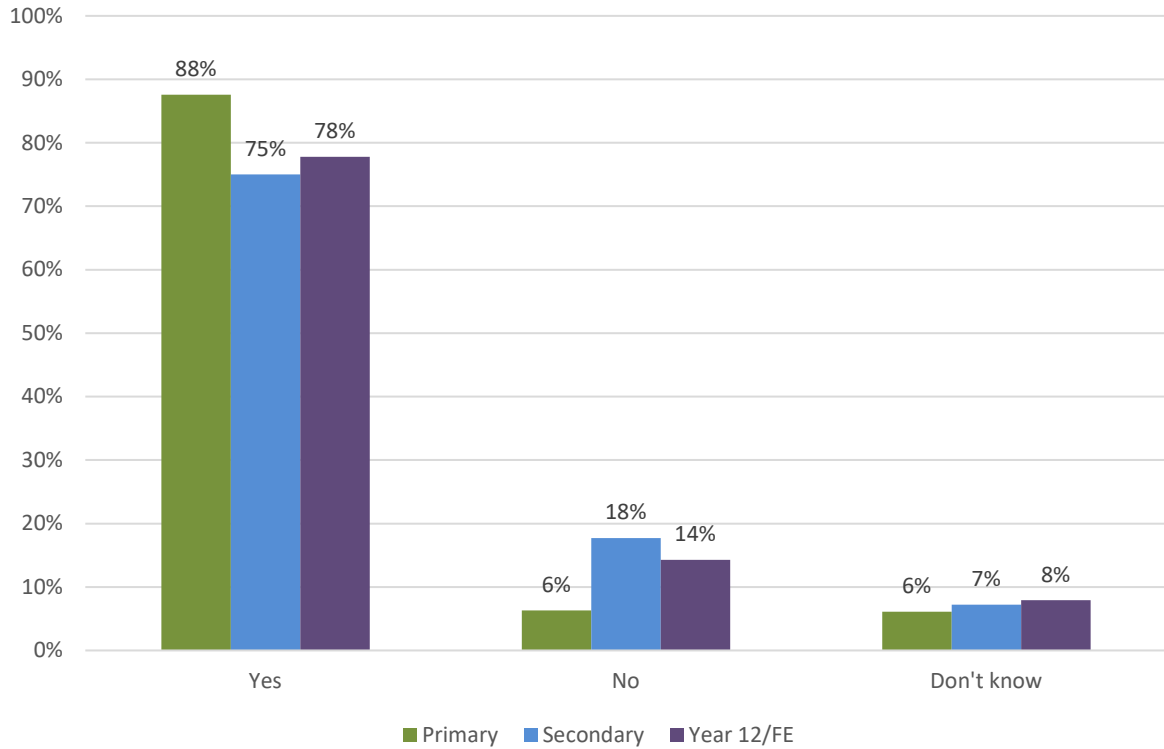
Many of the vulnerable groups had a larger proportion of respondents who drank fizzy drinks 3 or more times a day compared to the Wiltshire average (figure 28). In the primary and secondary school sample only the children with a military carer or are non-white British had similar percentages to the Wiltshire average. In the year 12/FE sample the LGBT group, children with a military carer or are not white British had similar percentages to the Wiltshire average.

Figure 28: Q1.18; How often do you drink fizzy drinks (not including water)? 3 or more times a day Vulnerable groups



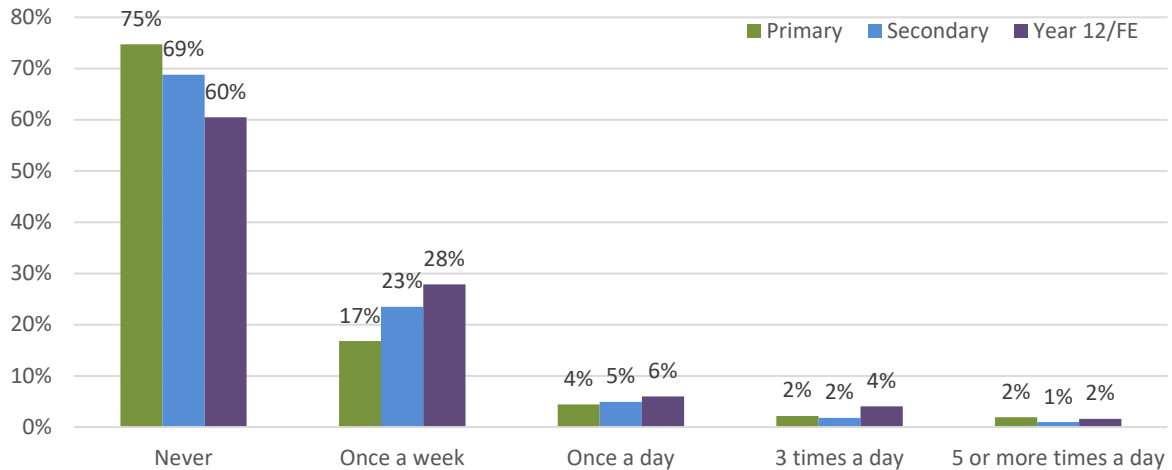
Nearly 9 in 10 primary school respondents reported that drinking water was easily available at their school. This fell to 3 in 4 respondents in the secondary school sample (figure 29). This is similar to the 2015 results.

Figure 29: Q1.26 Is drinking water easily available at your school?



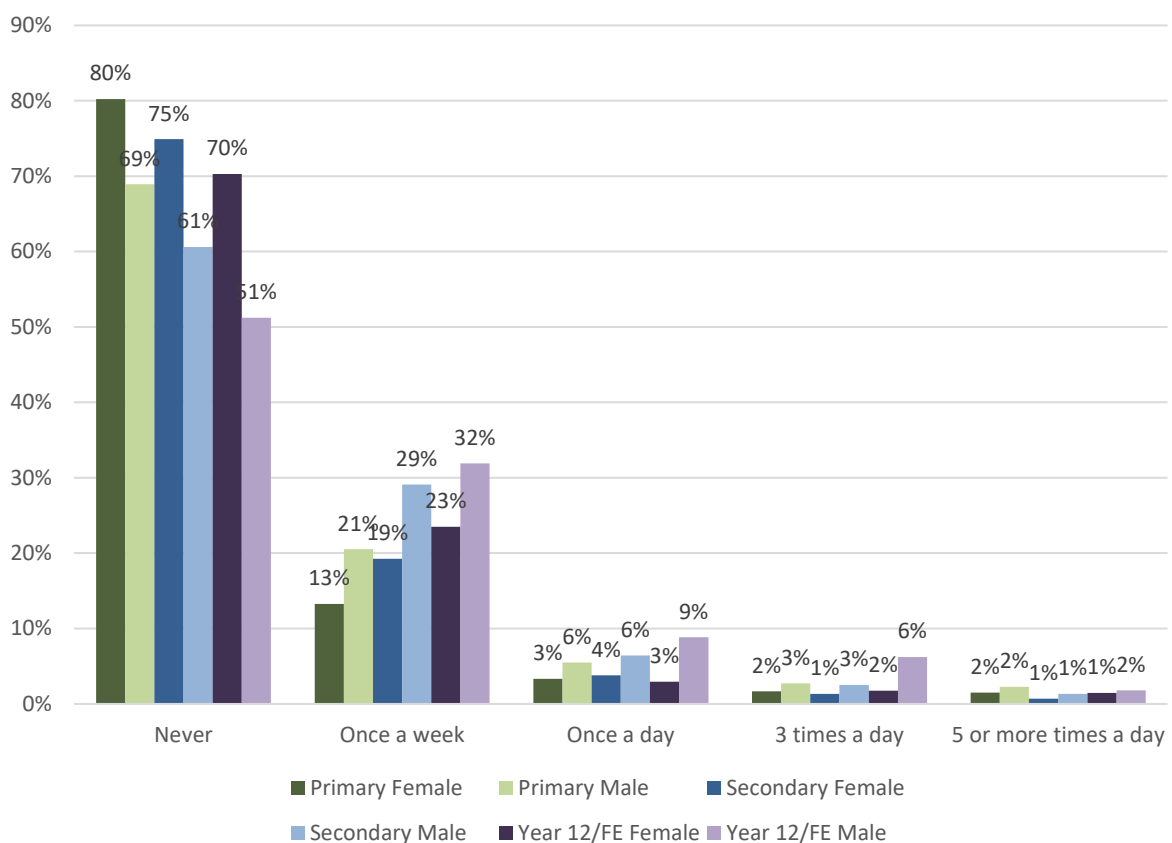
Nearly 70% of secondary school, 60% of year 12/FE pupils and 75% of primary school respondents reported never having drunk an energy drink (figure 30). These results are similar to the 2015 results.

Figure 30: Q1.19; How often do you drink energy drinks? (e.g. Red Bull, Monster, NOS, Rockstar etc)



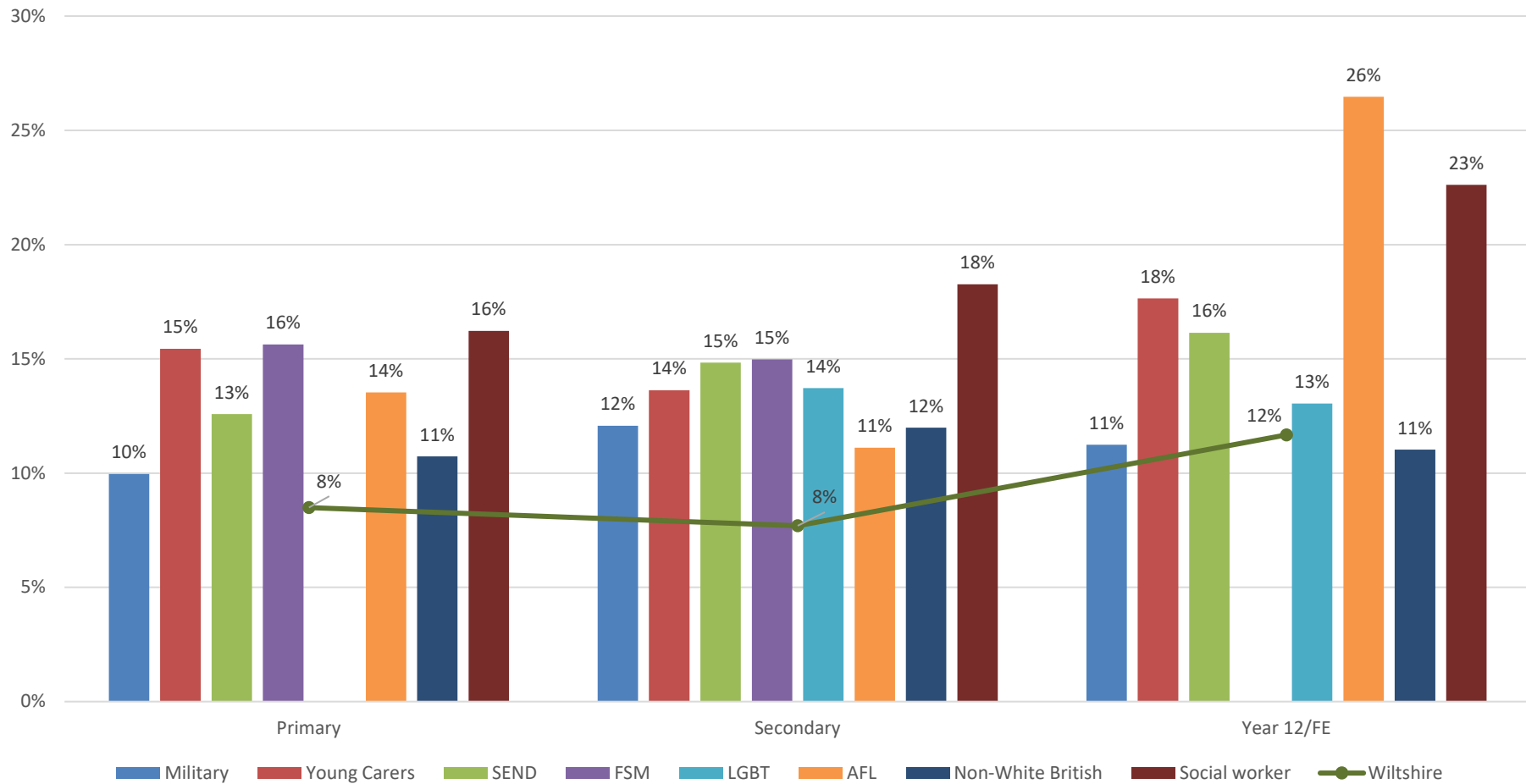
A higher proportion of females report never having drunk an energy drink than males in all school phases (figure 31). For example, in the secondary school sample 61% of males had never had an energy drink compared to 75% of females.

Figure 31: Q1.19; How often do you drink energy drinks? (e.g. Red Bull, Monster, NOS, Rockstar etc) By gender



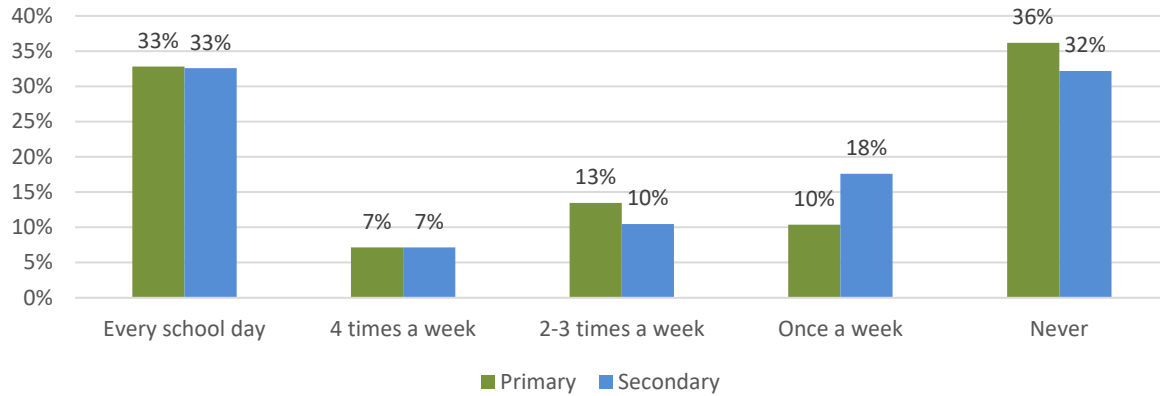
In the primary school sample only the children with a military carer and those who were not white British had similar percentages of energy drink consumption to the Wiltshire average (figure 32). In the secondary school sample all vulnerable groups had a higher percentage of energy drink consumption than the Wiltshire average. In the year 12/FE sample the young carers, SEND, AFL and children with a social worker groups all had higher percentage of energy drink consumption than the Wiltshire average.

Figure 32: Q1.19; How often do you drink energy drinks? (e.g. Red Bull, Monster, NOS, Rockstar etc) Once a day or more frequently Vulnerable groups



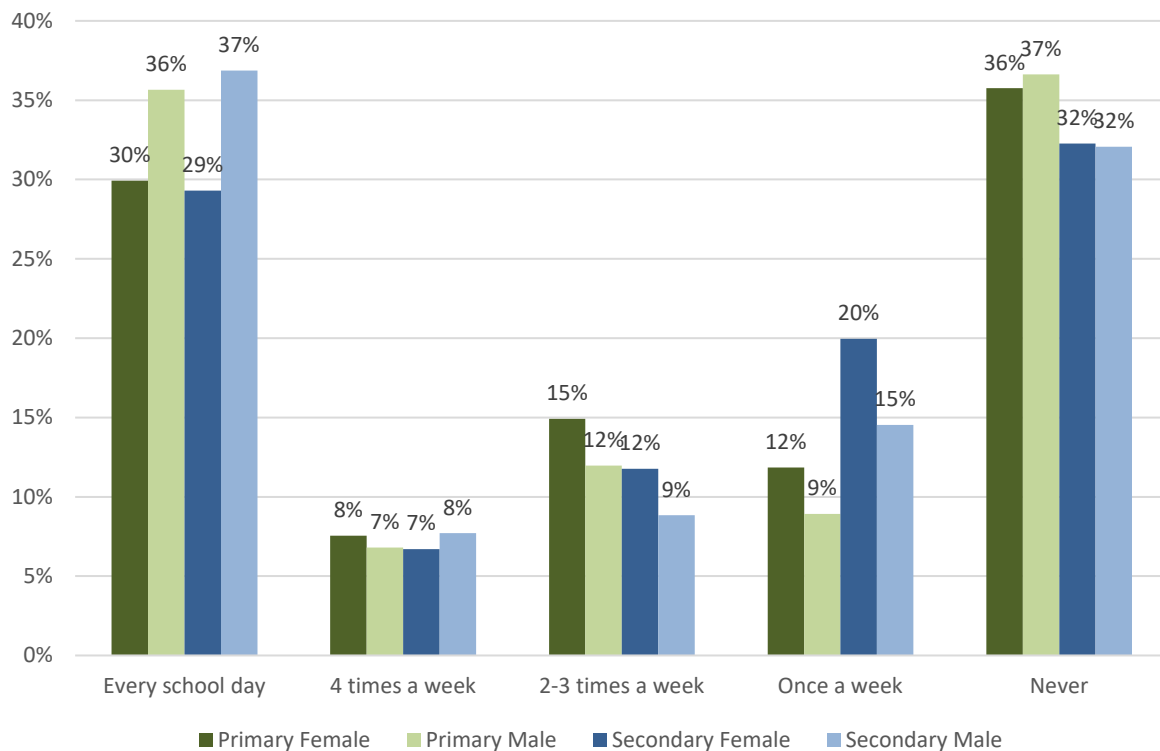
33% of primary and secondary school respondents reported having school lunches every day (figure 33). The proportion eating school lunches for both samples has increased from the 2015 results (28% and 24%).

Figure 33: Q1.15; How often do you have a school lunch?



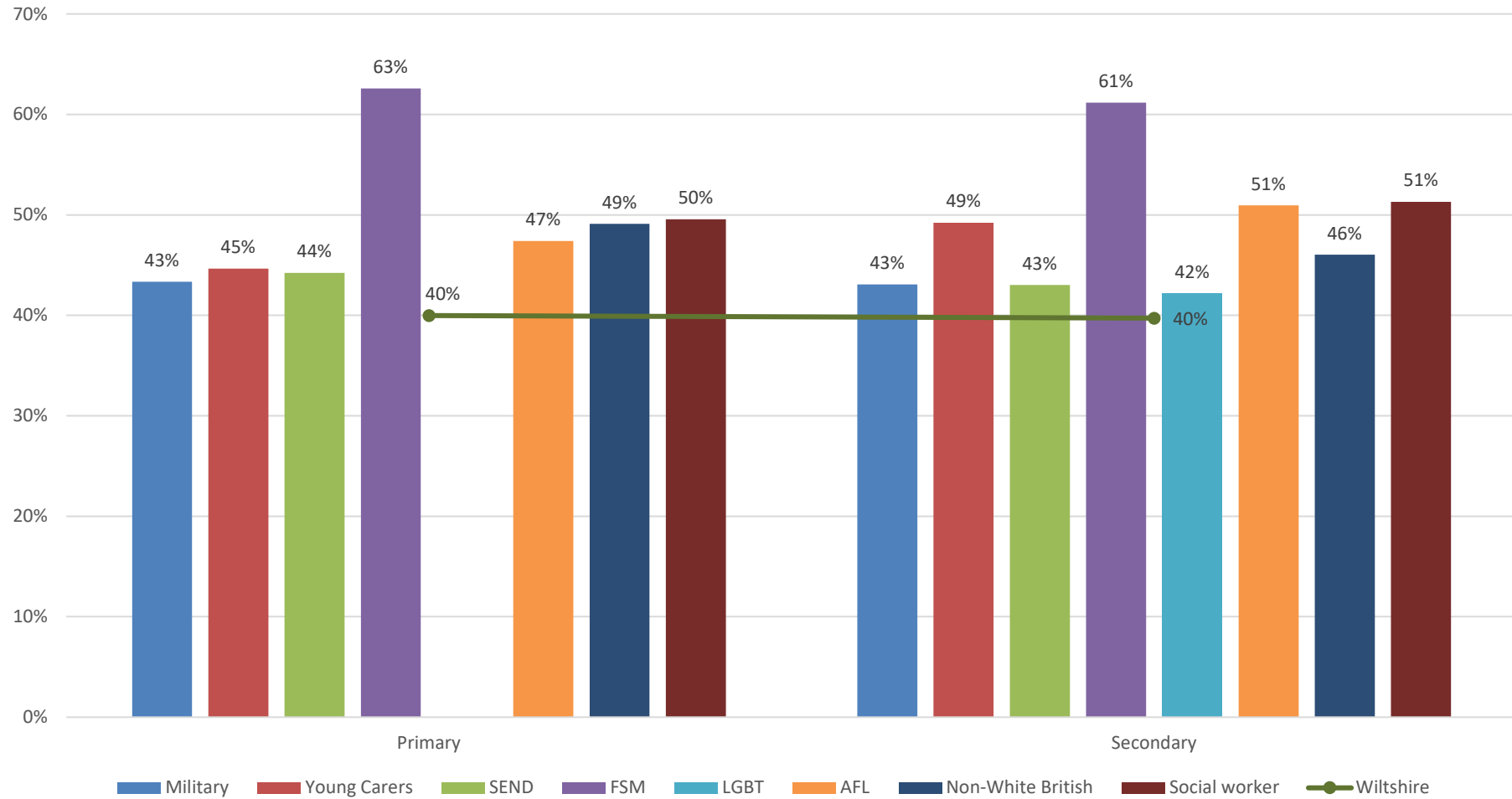
A larger proportion of males reported eating school lunches in both the primary school and secondary school samples compared to females (figure 34). For example, 36% of primary school males compared to 30% of primary school females reported having school meals every day.

Figure 34: Q1.15; How often do you have a school lunch? By gender



Many of the vulnerable groups in both school phases have a larger proportion of respondents having school lunches every day or 4 times a week compared to the Wiltshire average (figure 35).

Figure 35: Q1.15; How often do you have a school lunch? Every day or 4 times a week Vulnerable groups



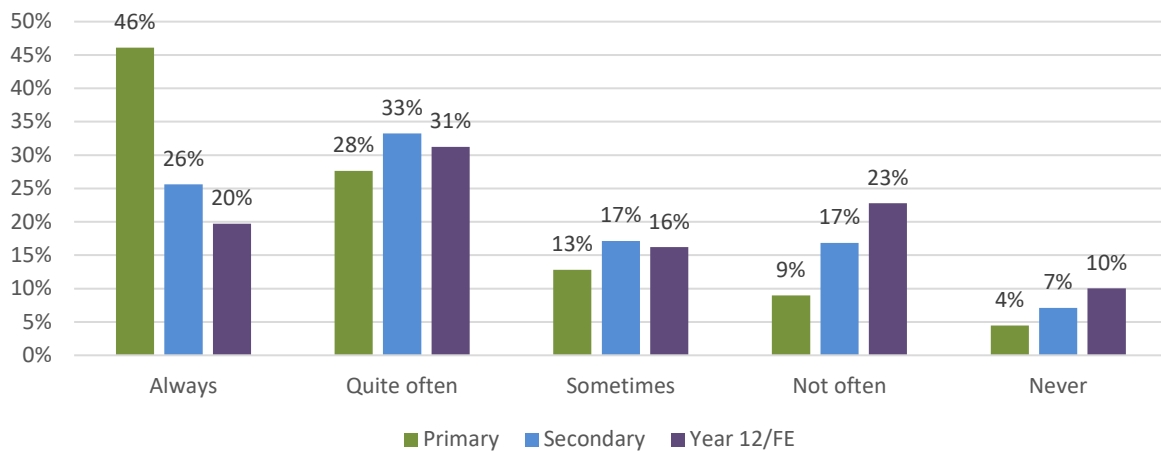
Hygiene

Sun protection

In 2017 a question about protection from the sun was added.

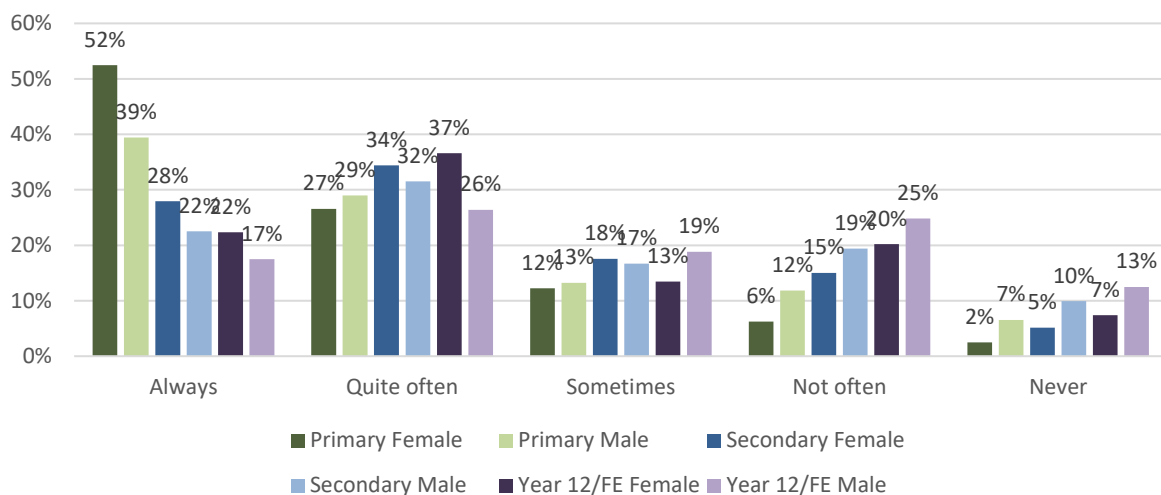
The proportion of primary school children always taking care to protect their skin is much higher than the other school phases (figure 36). Further, the percentage of the year 12/FE respondents taking care of their skin was also lower than the secondary school sample.

Figure 36: Q5.10; Do you take care to protect yourself against sunburn when necessary? (e.g. use sun screen, cover up, wear a hat etc)



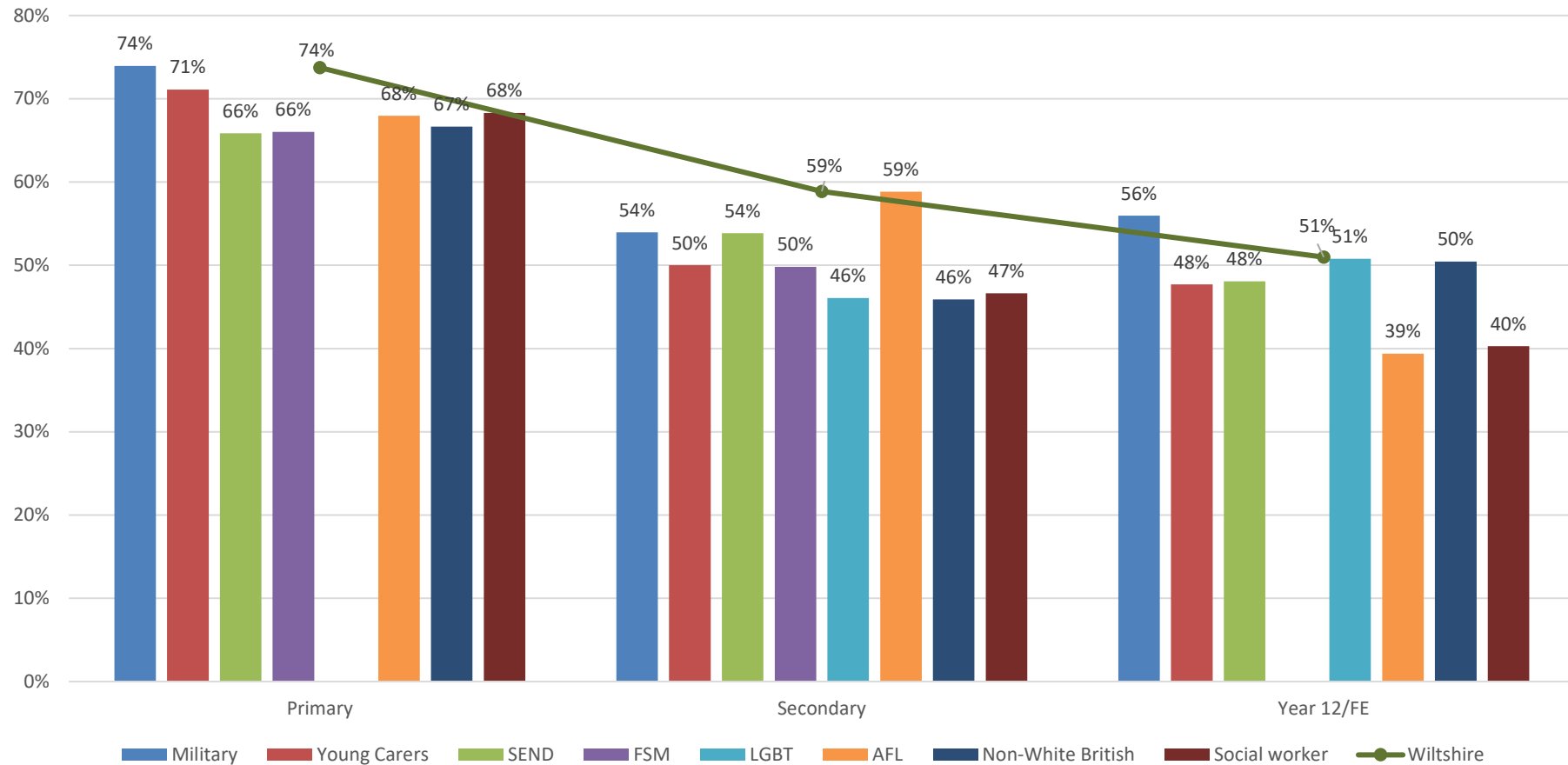
In all school settings a larger proportion of females protect themselves against sunburn than males (figure 37).

Figure 37: Q5.10; Do you take care to protect yourself against sunburn when necessary? (e.g. use sun screen, cover up, wear a hat etc)



The vulnerable groups show different patterns of behaviour between the school phases (figure 38). In primary school and secondary school nearly all vulnerable groups had a lower percentage of respondents who were always or quite often taking care to protect themselves from the sun than the Wiltshire average. But in the year 12/FE sample only a few of the vulnerable groups had lower percentages than the Wiltshire average.

Figure 38: Q5.10; Do you take care to protect yourself against sunburn when necessary? (e.g. use sun screen, cover up, wear a hat etc)



Hand washing

In the 2017 survey primary school children were asked about their hand washing habits after going to the toilet and before eating a meal. 71% always wash their hands after going to the toilet and 34% always wash their hands before eating a meal (figures 39 and 40).

Figure 39: Q2.09; Do you wash your hands after going to the toilet?

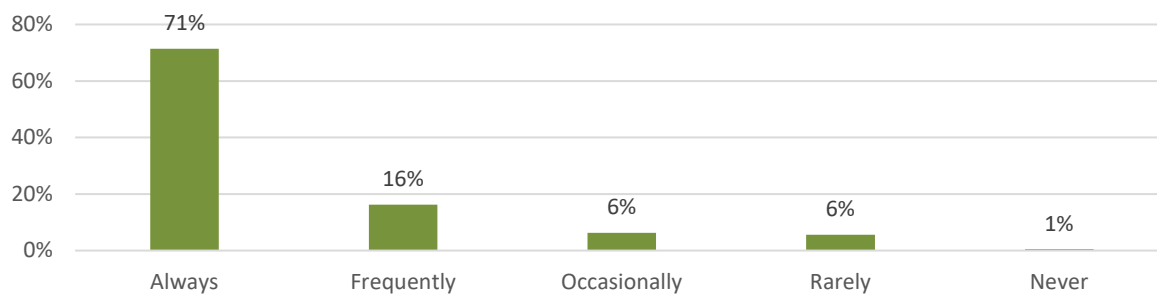
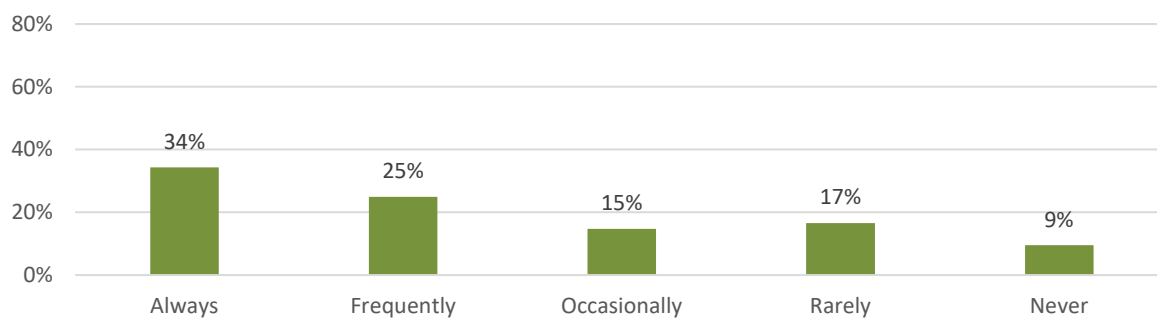


Figure 40: Q2.10; Do you wash your hands before eating a meal?



There appeared to be a gender difference in hand washing habits for both situations. The proportion of females reporting to wash their hands was higher than the proportion for males (figures 41 and 42).

Figure 41: Q2.09; Do you wash your hands after going to the toilet? By gender

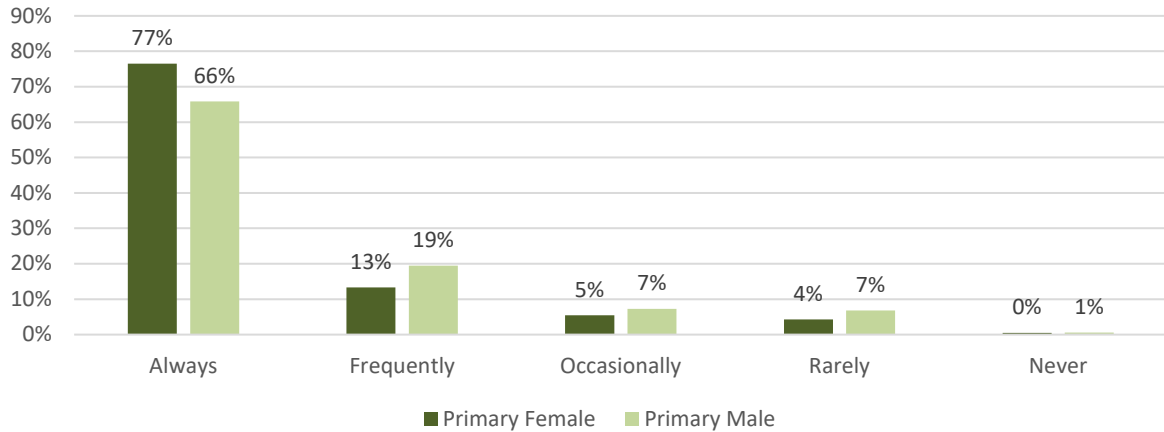
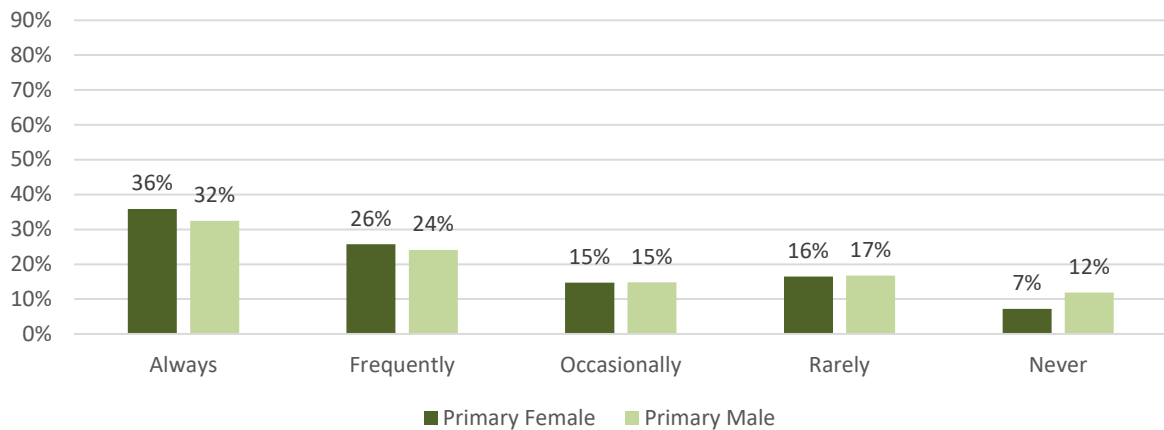
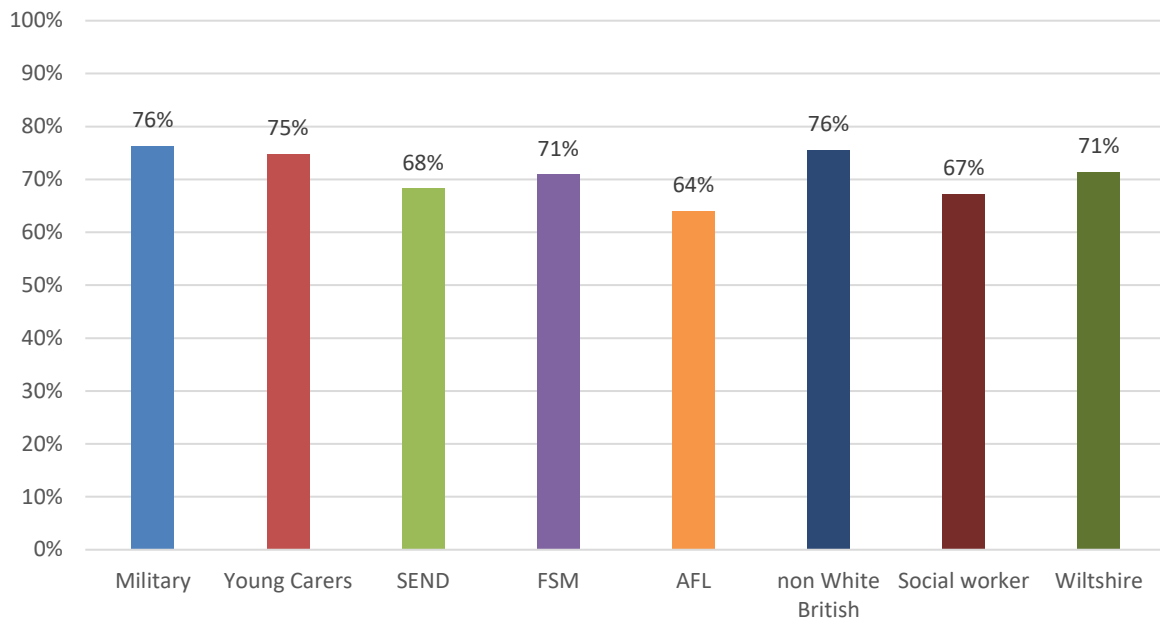


Figure 42: Q2.10; Do you wash your hands before eating a meal? By gender



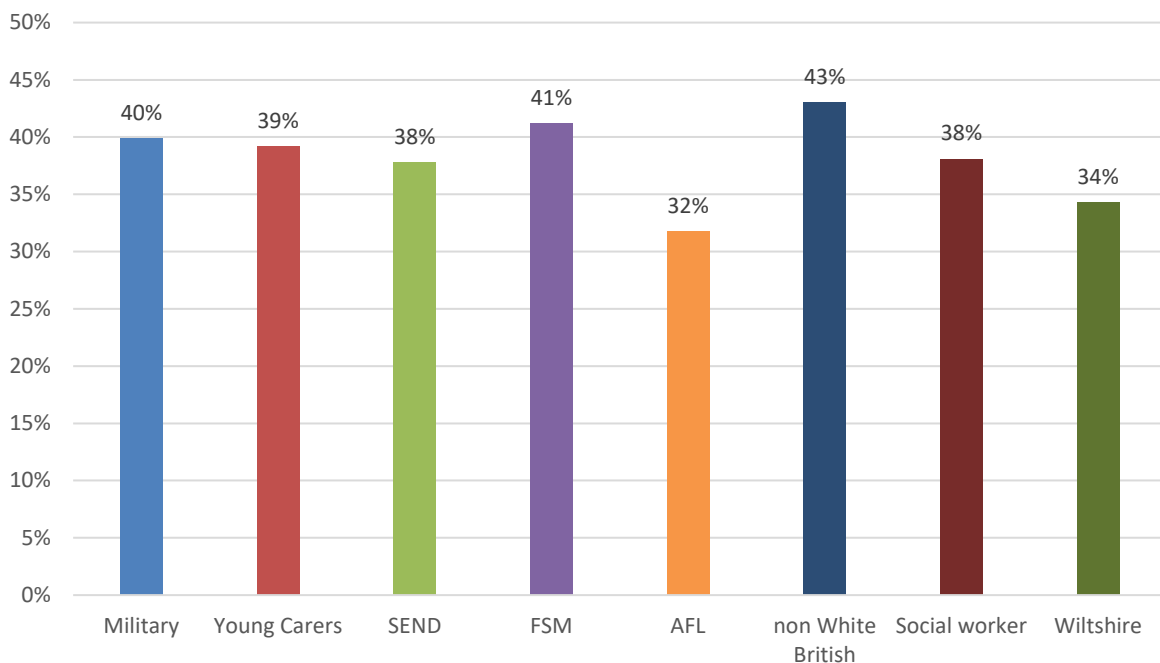
The children with a social worker, SEND children and the children who have been adopted, fostered or looked after had lower percentages of respondents who always washed their hands (figure 43).

Figure 43: Q2.09; Do you wash your hands after going to the toilet? Always Vulnerable groups



Many of the vulnerable groups had higher percentages of respondents how always washed their hands before a meal than the Wiltshire average (figure 44).

Figure 44: Q2.10; Do you wash your hands before eating a meal? Always Vulnerable groups

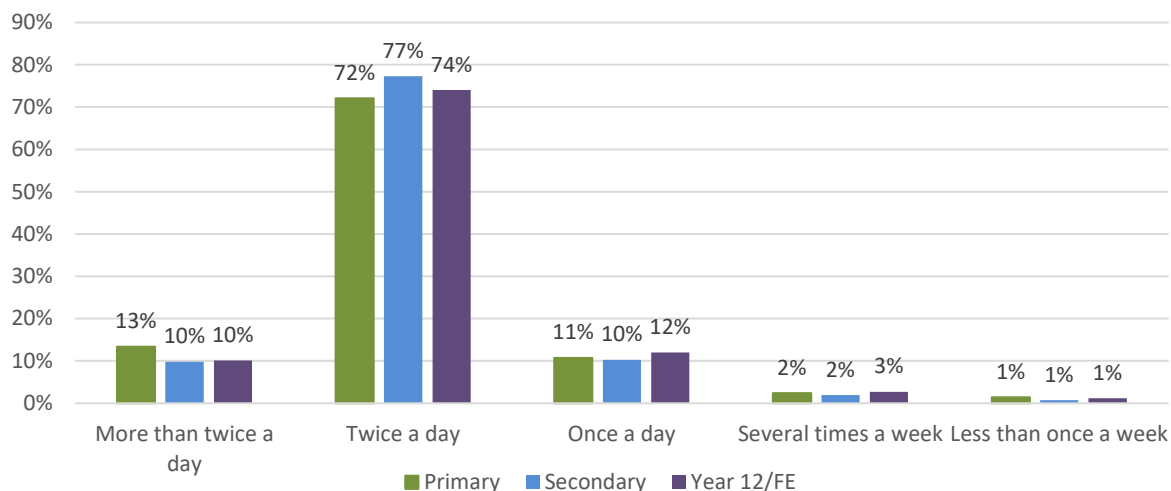


Oral health

In 2017 two questions surrounding oral health were added

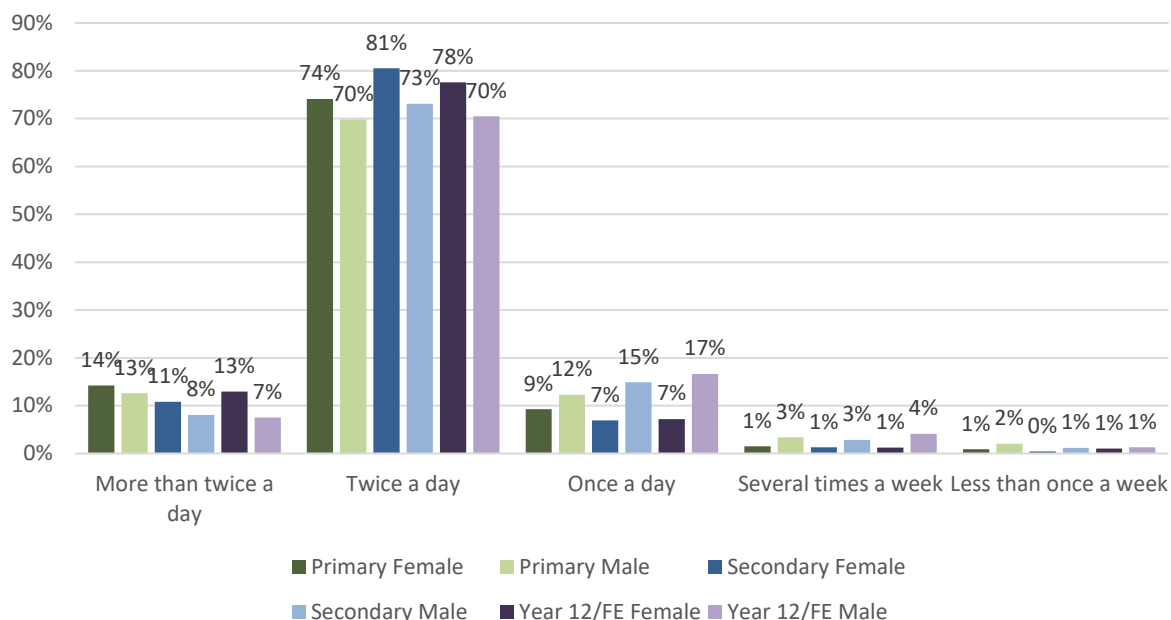
Most of the respondents reported brushing their teeth at least twice a day (figure 45). Further, there was very little difference between the school phases.

Figure 45: Q2.11; How often do you brush your teeth?



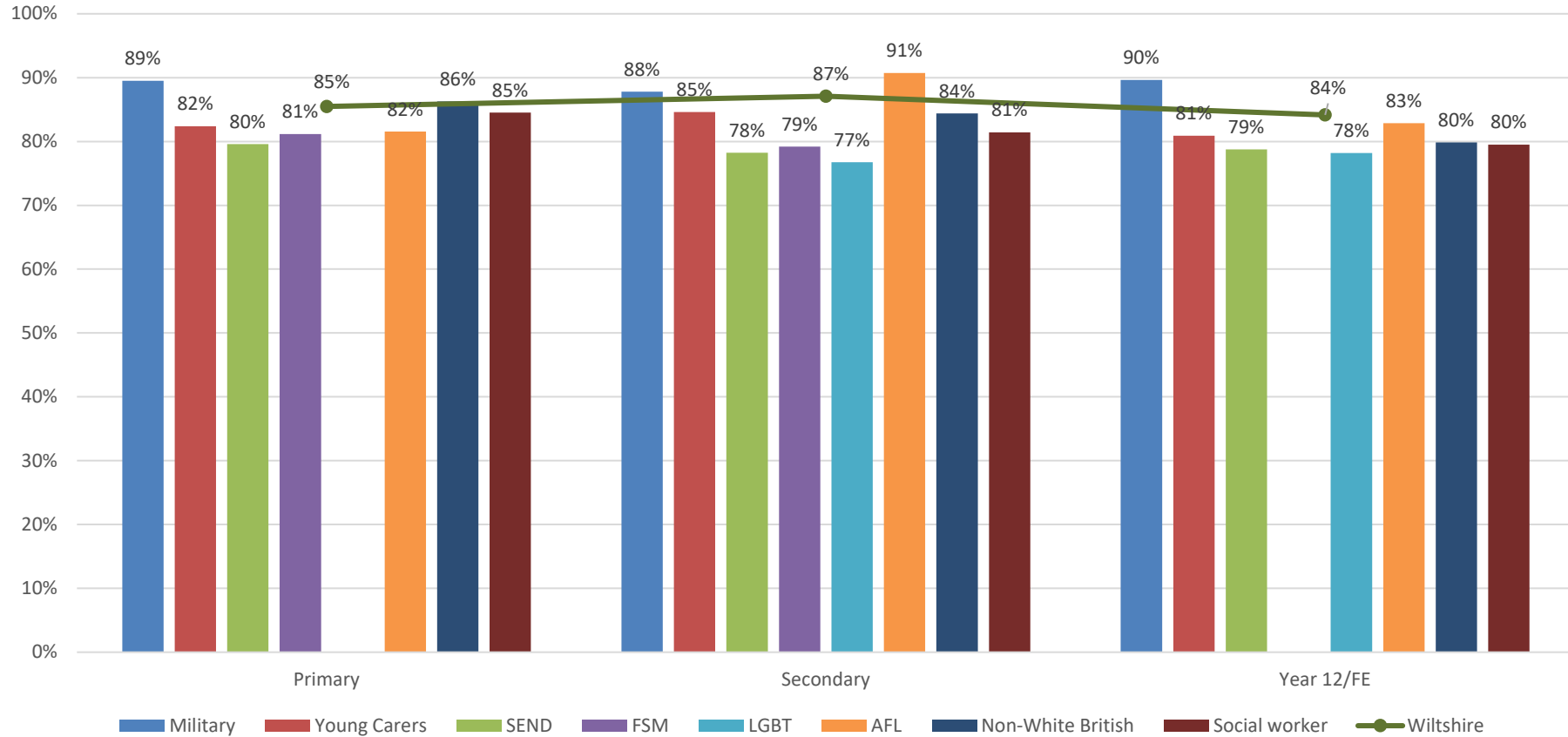
A higher percentage of females in all school phases were found to brush their teeth more frequently than males (Figure 46).

Figure 46: Q2.11; How often do you brush your teeth? By gender



In primary school only the SEND respondents showed a meaningfully lower percentage of those cleaning their teeth twice or more a day than the Wiltshire average (figure 47). In the secondary school sample the SEND, FSM, LGBT groups and children with a social worker had lower percentages of the higher frequency teeth cleaning behaviour than the Wiltshire average. In year 12/FE the SEND and LGBT groups had lower percentages.

Figure 47: Q2.11; How often do you brush your teeth? By vulnerable group



Three questions were compared to frequency of teeth brushing, unhealthy snack consumption, fizzy drink consumption and breakfast consumption. No correlation was found between any of these questions (r^2 between -0.12 and 0.09). However, this might be in part due to the wording of question 2.11. The group that brushed their teeth less than once a week did appear to have a larger proportion who eat 5 or more unhealthy snacks a week (figure 48). Further, the group that brushed their teeth twice a day had the least unhealthy snack consumption. This pattern is also seen in fizzy drink consumption (figure 49). Breakfast consumption was highest for those who brushed their teeth twice a day and lowest for those who brushed their teeth once a week or less (figure 50).

Figure 48: Q2.11 How often do you brush your teeth? And Q1.17; How often do you eat snacks such as sweets, chocolate, biscuits and crisps?

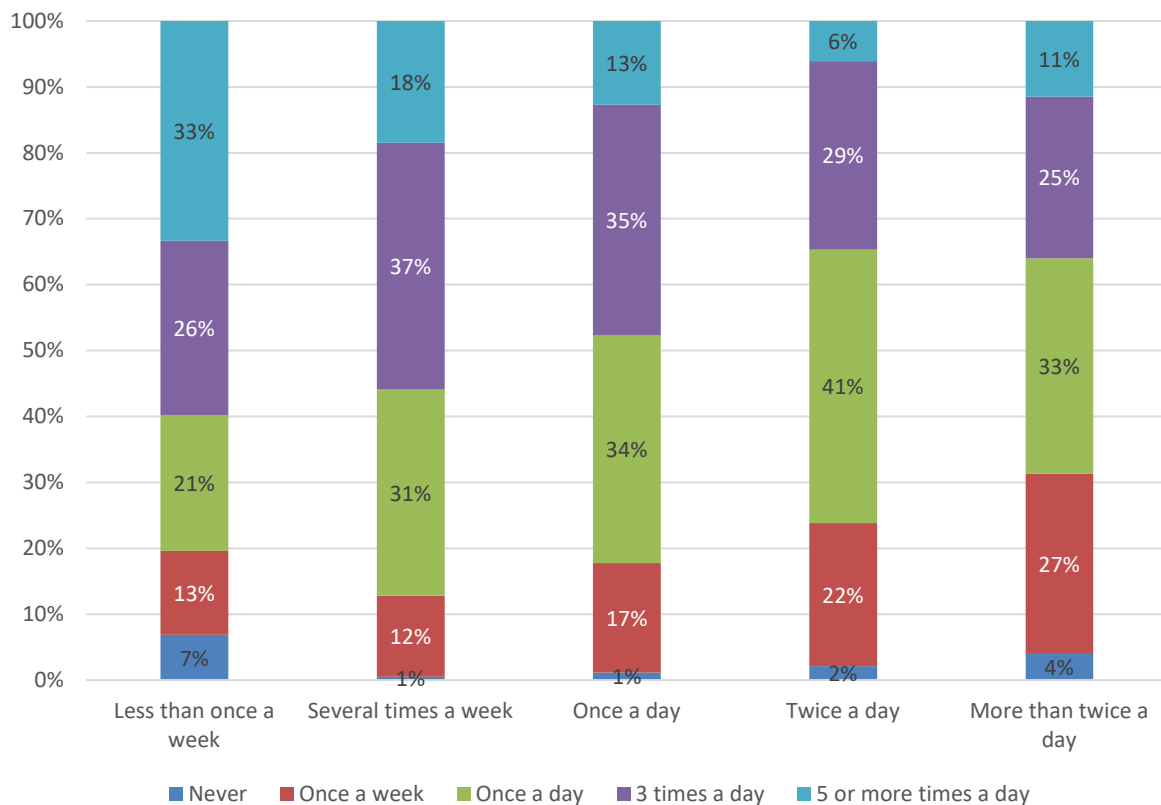


Figure 49: Q2.11 How often do you brush your teeth? And Q1.18; How often do you drink fizzy drinks (not including water)?

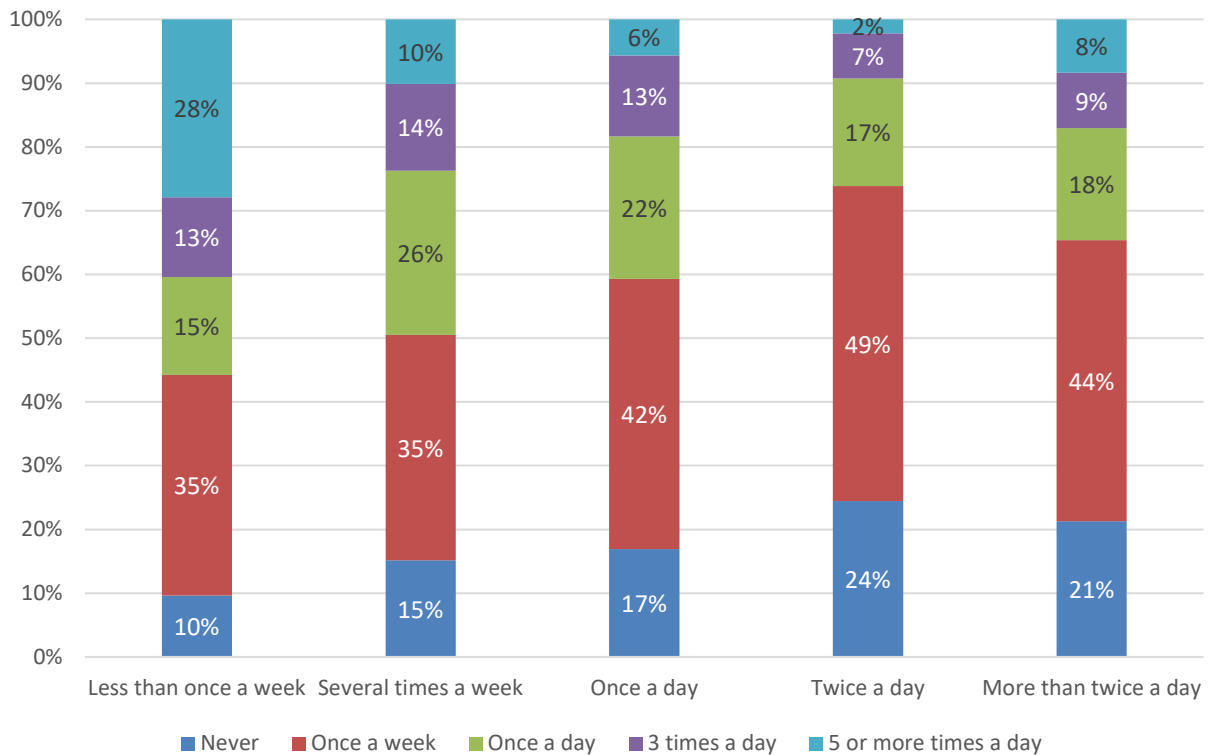
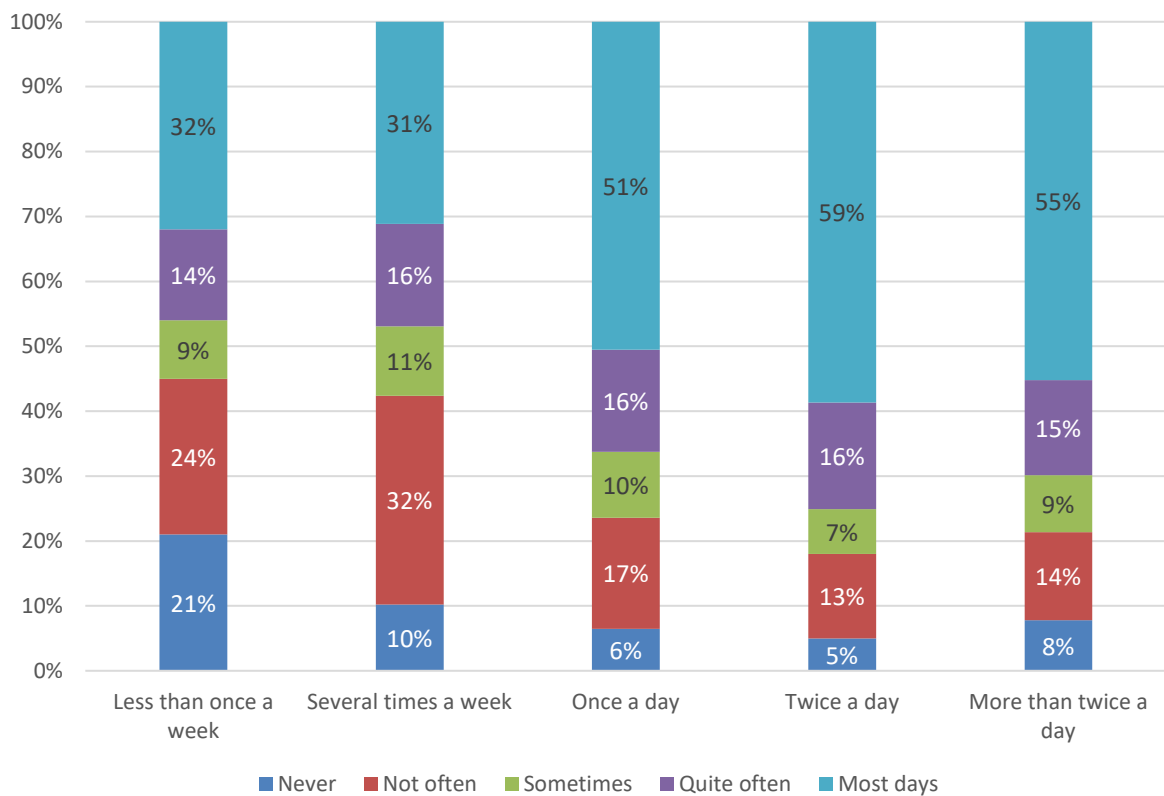
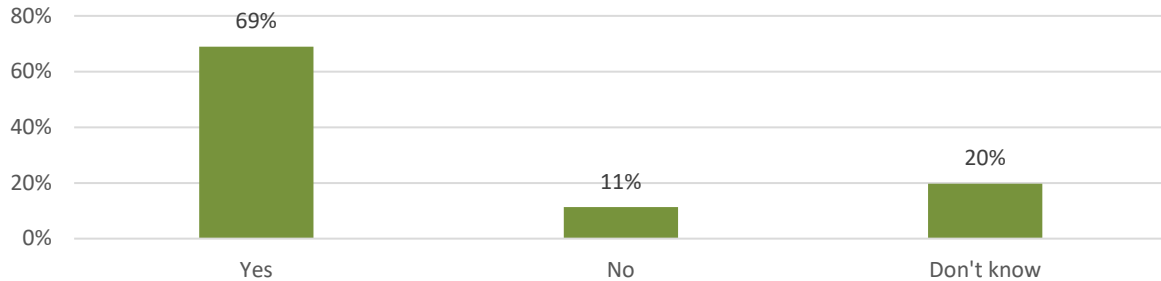


Figure 50: Q2.11 How often do you brush your teeth? And Q1.1; Do you usually eat Breakfast?



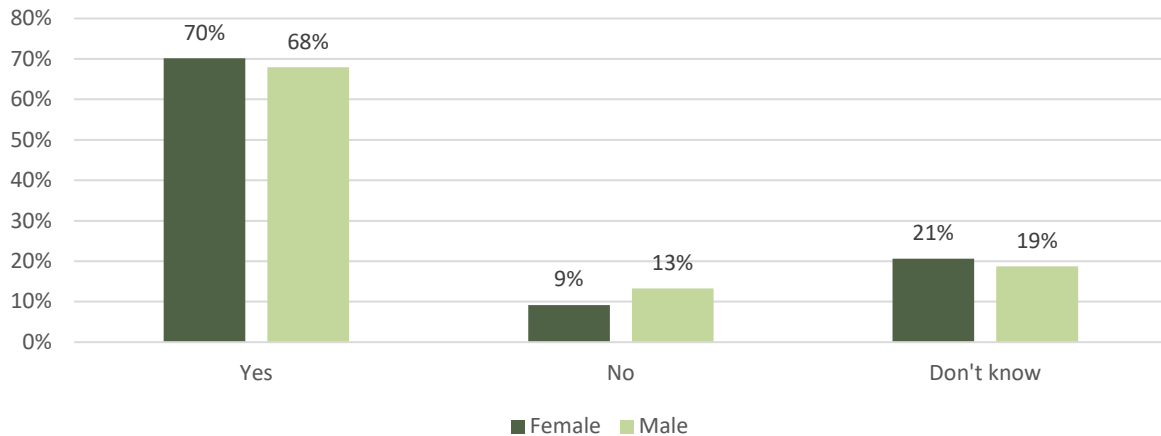
Nearly 7 in 10 primary school respondents were certain they had been to a dentist in the last 12 months. A further 20% did not know (figure 51). This question was only asked of primary school children.

Figure 51: Q2.12 Have you been to the dentist in the last 12 months?



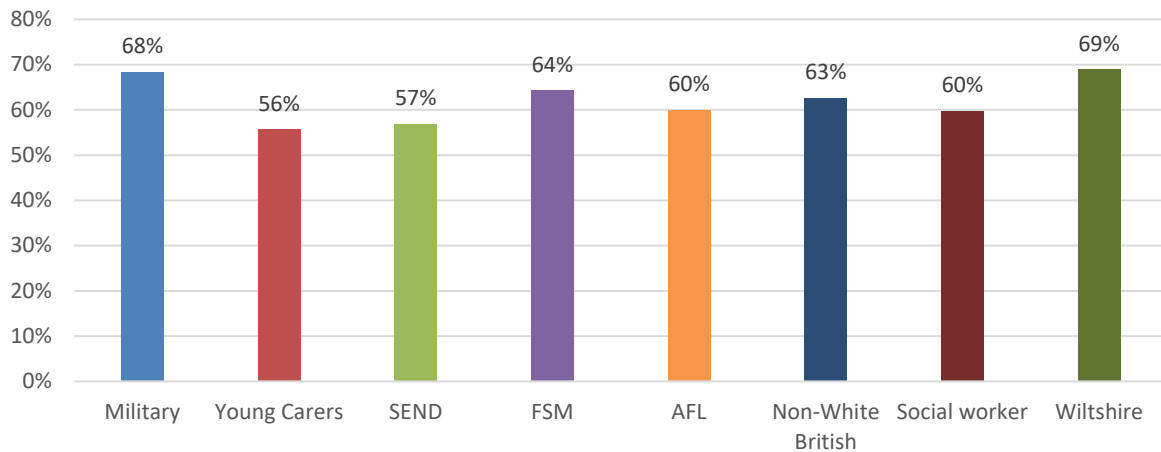
There was little difference between the genders when looking at visits to the dentists in the last year (figure 52).

Figure 52: Q2.12 Have you been to the dentist in the last 12 months? By gender



Most of the vulnerable groups had lower percentages of children who reported that they had seen a dentist in the last 12 months compared to the Wiltshire average (figure 53).

Figure 53: Q2.12 Have you been to the dentist in the last 12 months? Vulnerable groups



Healthy lifestyles effect on sleep

Two healthy lifestyle questions were compared to the question ‘How long did it take you to get to sleep last night’, how much physical activity and energy drink consumption. Neither questions were found to correlate with length of getting to sleep ($r^2 = -0.02$ and $r^2 = 0.17$). Very little difference can be seen between the groups for getting to sleep and the amount of physical activity they are doing (figure 54). There seems to be a pattern between the groups getting to sleep and the consumption of energy drinks (figure 55). With those taking 4 hours or more to get to sleep having a higher percentage of frequent energy drink consumption.

Figure 54: Q1.21; How long did it take you to get to sleep last night? and Q2.1 About how much physical activity or play do you do over the week (in and out of school)?

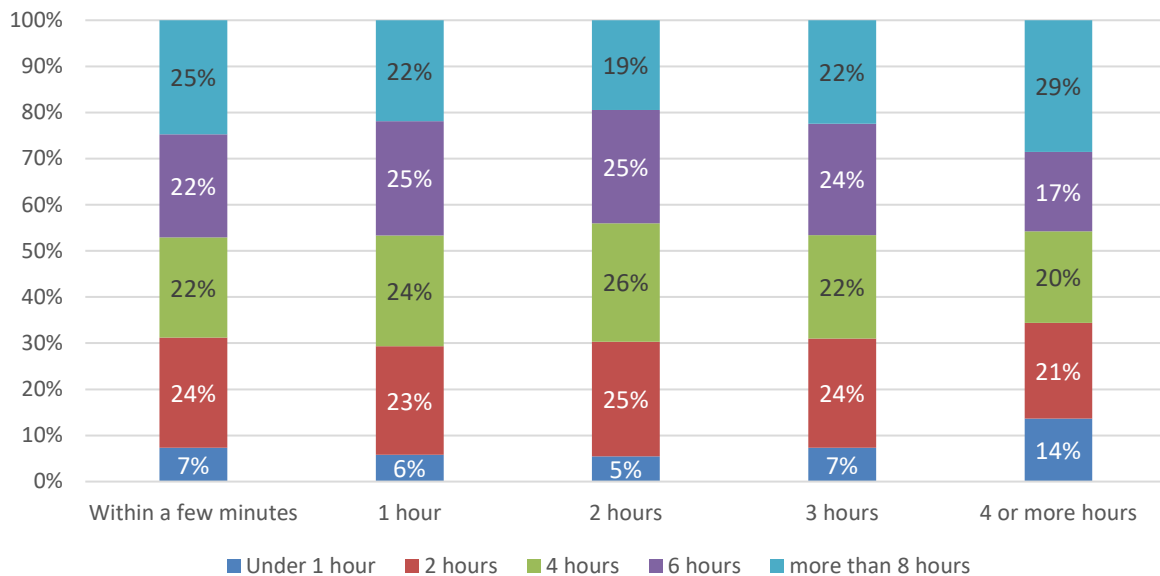
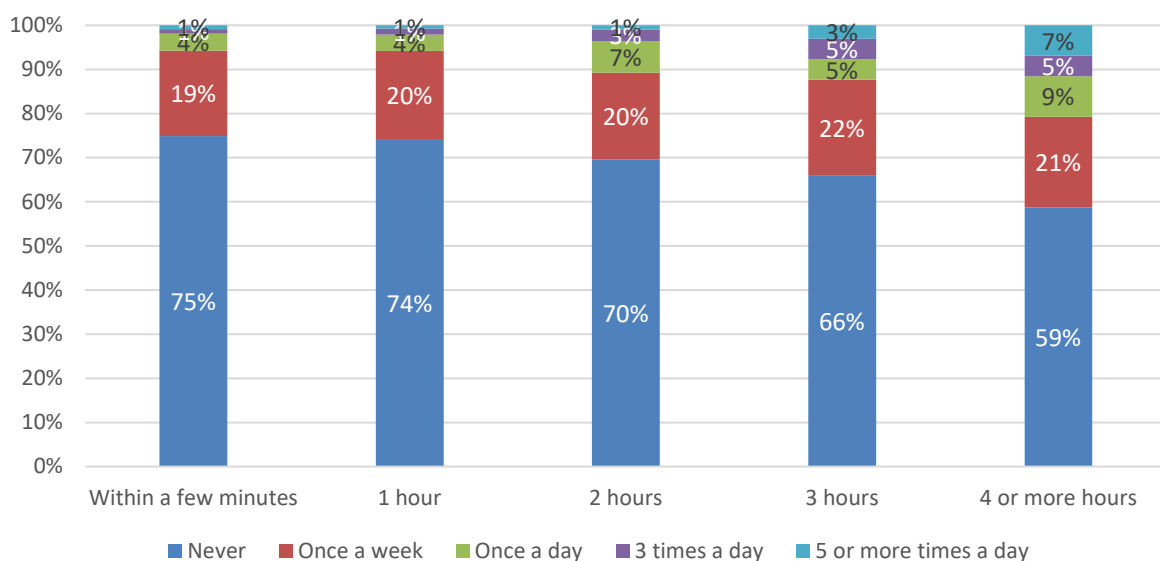


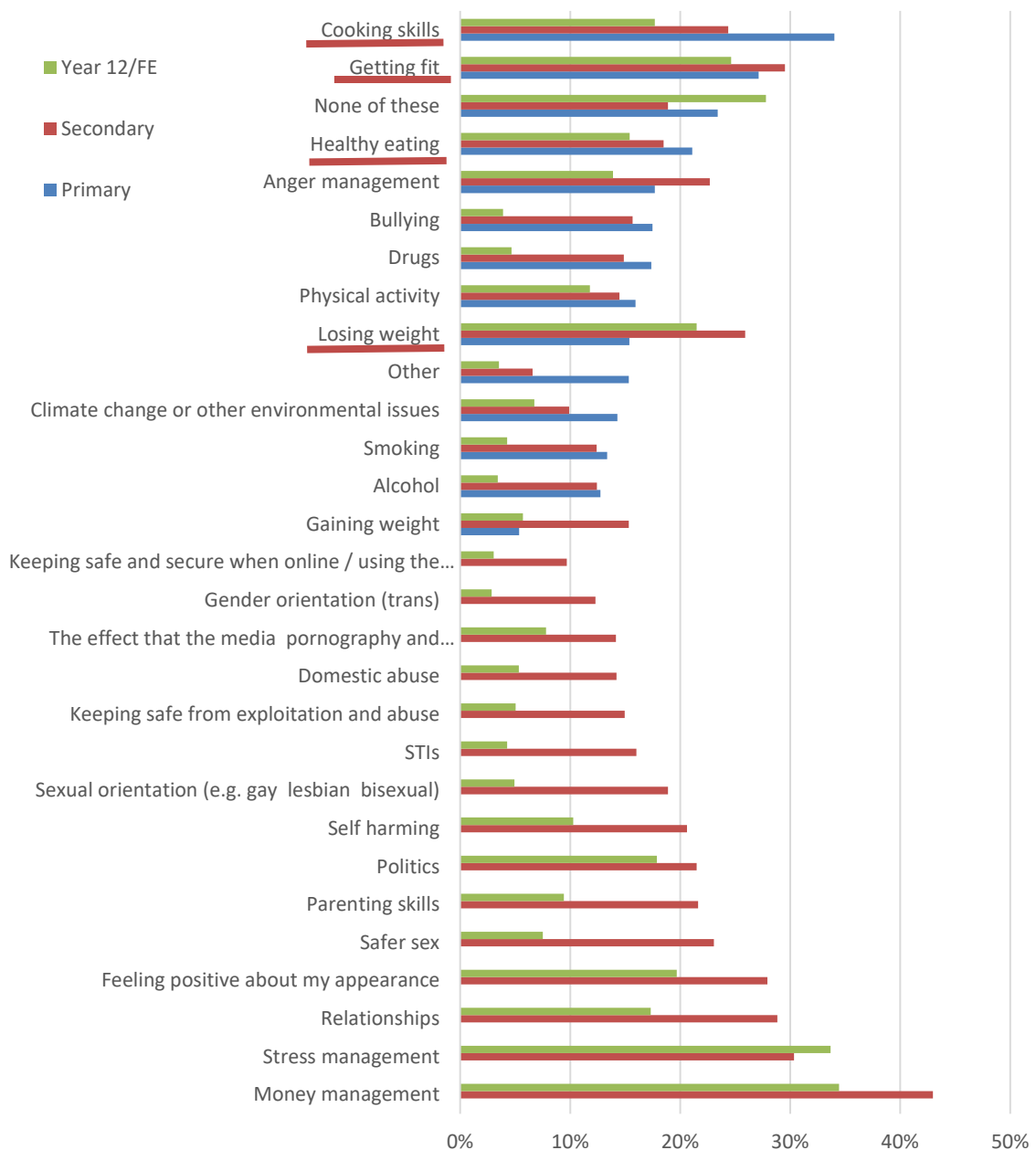
Figure 55: Q1.21: How long did it take you to get to sleep last night? and Q1.19; How often do you drink energy drinks? (e.g. Red Bull, Monster, NOS, Rockstar etc)



Education and Support

Cooking skills was the main area primary school children wanted to know more about (figure 56; 34%). It was less common in the secondary school and year 12/FE sample. Getting fit was the 2nd highest area of support for primary school children and Healthy eating was the 4th highest area of support for primary school children. Losing weight was very low down on the primary school samples list of areas for support. For the secondary school respondents getting fit and losing weight were high on their list for support (3rd and 6th). Cooking skills was 7th and healthy eating was much further down their list (15th). The year 12/FE sample placed getting fit at 4th losing weight at 5th and cooking skills and healthy eating much lower down (8th and 10th).

Figure 56: Q6.14; Are there any areas in your life that you feel you need more support or knowledge in?



The results for those who wanted help losing weight were explored against 3 other questions, how much physical activity they did, how frequently they had breakfast and how frequently they ate snacks. In the year 12/FE sample of those who were interested in losing weight a higher percentage were from the under 1 hour and 2 hour activity group than compared to the physical activity question alone (57% compared to 48%). No noticeable difference was found between those who wanted to lose weight and the average population for primary and secondary for physical activity or for snack consumption. In the year 12/FE sample of those who were interested in losing weight a smaller percentage were from those who ate 3 or more times a day compared to the snack question alone (42% compared to 50%). In all the school phases the respondents that said yes to losing weight advice had a smaller proportion of respondents who ate breakfast quite often/most days (between 5-11% lower).

Next steps

The data from this report will influence future services provided by Wiltshire Council and their partners that improve the health and wellbeing of children and young people. The data has also been provided to the schools that took part in the survey to help schools to identify areas for improvement and address particular issues raised by their own pupils.

If you wish to discuss the data in this report or the other reports please contact the Public health team at Wiltshire Council.

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