

# Supporting the health and wellbeing of Young People in Wiltshire 2011

## A summary report of the Health Related Behaviour Survey

These results are the compilation of data collected from a sample of Wiltshire primary pupils aged 8-11 and secondary pupils aged 12-15 in Wiltshire during late 2011 and early 2012.

This survey was funded by NHS Wiltshire with implementation support for schools from Wiltshire Council's Personal Development Advisers.

Teachers were informed how to collect the most reliable data by Schools Health Education Unit staff. Pupils in Years 4, 5 and 6 in primary schools and Years 8 & 10 in secondary schools anonymously completed the questionnaire. For the first time in Wiltshire most schools completed an online survey.

A total of 2330 pupils took part from 24 primary schools and 8 secondary schools. Completed questionnaires were then returned to the Schools Health Education Unit in Exeter for processing.

### Trends

SHEU surveys have been taking place in Wiltshire for over 10 years, most recently in 2008 and 2006. Some interesting recent changes are noted on page 7.

This year, in order to further analyse local data from young people, additional reports have been produced looking at Wiltshire trends over time around the topics of: Healthy Weight, Emotional Health &

Wellbeing and Smoking, Alcohol and Drug Use.

### Cross-phase links

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

### 2330 young people were involved in the Wiltshire 2011 survey

School Year	Year 5	Year 6	Year 8	Year 10	Total
Age	9-10y	10-11y	12-13y	14-15y	
Boys	196	327	256	268	1047
Girls	196	323	378	386	1283
Total	392	650	634	654	2330

Wiltshire data have been compared with the SHEU wider database. 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 SHEU database, is included on page 8.

For more details please contact the Schools Health Education Unit  
Tel. 01392 66 72 72

### TOPICS INCLUDE:

Citizenship

Drugs, Alcohol and Tobacco

Emotional Health and Wellbeing

Healthy Eating

Homework

Leisure

Physical Activity

Safety

School and Career

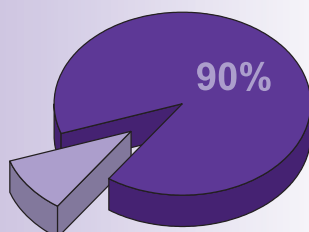
Sex and Relationships

# Wiltshire Primary school pupils in Years 5 and 6 (ages 9 - 11)

## CITIZENSHIP

### Background

- 90% of pupils describe themselves as white UK.
- 3% described themselves as white non-UK.
- 93% have at least one brother or sister.
- 28% of pupils have broadsheet newspapers in their home, 33% popular tabloids.
- 27% say that they don't get pocket money.



### Spending Money

#### The main items pupils spent money on were:

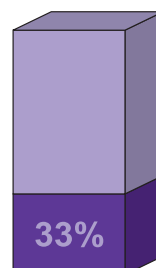
Year 5	Boys	Girls
Toys	37%	Sweets, chocolate, etc 30%
Sweets, chocolate, etc	33%	Toys 27%
Fizzy drinks (not diet )	18%	Books 16%
Comics, magazines	16%	Comics, magazines 12%

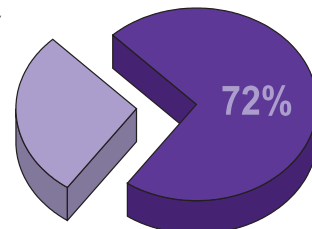
Year 6	Boys	Girls
Sweets, chocolate, etc	32%	Sweets, chocolate, etc 29%
Toys	24%	Books 22%
Fizzy drinks (not diet )	20%	Toys 16%
Snacks (e.g. crisps, chips, etc.)	17%	Comics, magazines 15%

## EMOTIONAL HEALTH AND WELL-BEING

- Behaviour widely reported as causing distress included: being called nasty names, being teased or made fun of and being ganged up on.
- 31% said that they had been bullied, at or near school in the last 12 months, 33% of boys and 30% of girls.



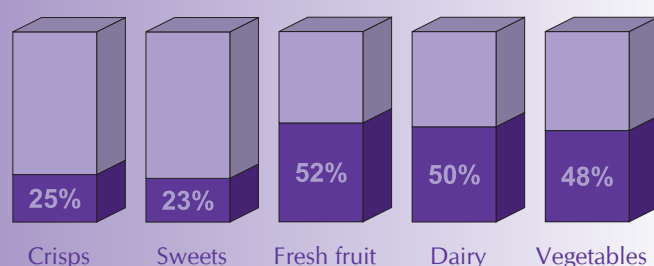
- When asked where it happened, 24% of pupils reported outside at breaktime and 15% in the classroom at breaktime. 5% reported during a lesson.
- 22% of pupils reported that they thought they were bullied because of the way they looked.
- 5% of pupils reported that they thought others might fear going to school because of them.
- 72% of pupils said that they thought their school took bullying seriously.
- 33% of pupils had high self-esteem scores.
- 41% of Year 6 worried about SATs/tests and 32% about family problems.



## HEALTHY EATING

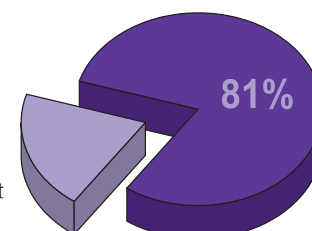
- 30% of pupils had at least 5 portions of fruit and vegetables the day before.
- 4% had nothing to eat for breakfast on the day of the survey.
- 25% of pupils have crisps and 23% sweets and chocolates 'on most days'.
- 52% eat fresh fruit and 50% dairy produce 'on most days'.
- 48% of pupils ate vegetables 'on most days'.

### Percentages eating these foods 'on most days'



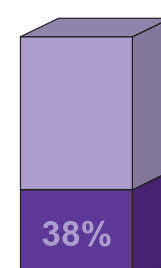
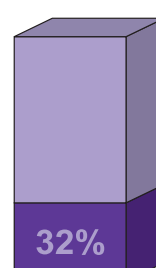
### Dental care

- 81% of pupils reported that they cleaned their teeth at least twice a day (the recommended frequency), however, 16% reported that they had to have a filling last time they visited the dentist.



### Homework

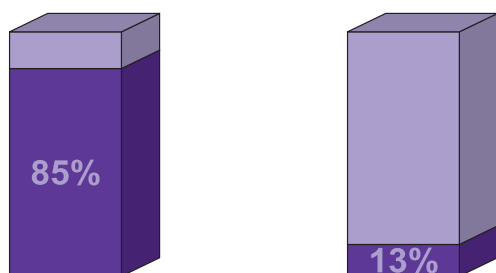
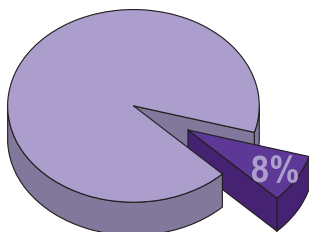
- 32% of Year 5 pupils and 38% of Year 6 pupils spent time doing homework on the evening before the survey.



## DRUGS, ALCOHOL AND TOBACCO

### Alcohol

- 8% of the primary school sample had an alcoholic drink in the last week.
- Of those who said they drank alcohol, 69% said it was on one day, 22% on two days, 9% on more than 2 days.
- The most popular drinks were beer and wine.
- 85% of pupils said that they don't drink alcohol, 13% said if they did, their parents always knew.

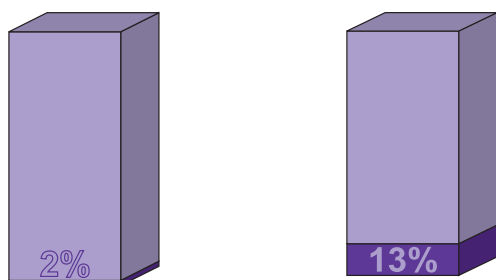
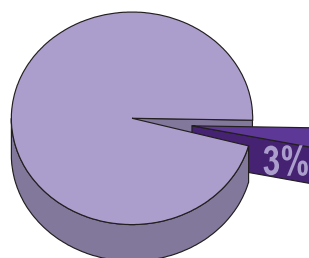


### Drugs

- 40% of Year 6 pupils reported that their parents had talked to them about drugs. 37% said that their teachers had.
- 16% say they are 'fairly sure' or 'certain' they know a user of drugs (not medicines).
- 1% of pupils said that they had been offered cannabis. 3% also said they had been offered other drugs.

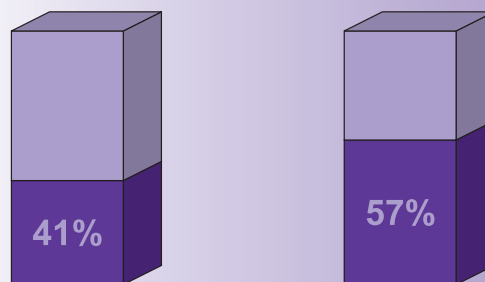
### Tobacco

- 3% of pupils reported that they had tried smoking at least once or twice.
- 1% smoked at least one cigarette during the last 7 days.
- 2% think they will smoke when they are older, 13% said 'maybe'.



## PUBERTY AND GROWING UP

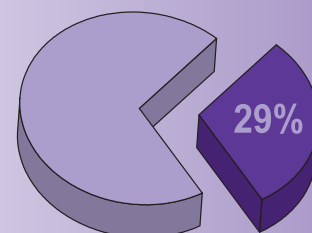
- 51% of pupils said their teachers had talked to them about how their body changes as they grow up, 41% of Year 5 and 57% of Year 6.



- 73% said that their parents had talked to them about body changes.

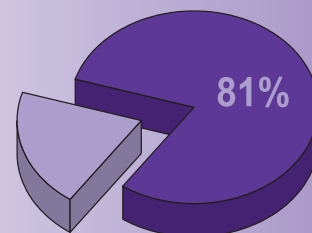
### SAFETY

- 29% 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.
- 24% of pupils reported that they had been approached by an adult who scared or made them upset.



### PHYSICAL ACTIVITY

- 81% of pupils reported that they enjoyed physical activities 'quite a lot' or 'a lot'.
- 69% 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.
- 92% of pupils have a bicycle. 7% cycled to school that morning.
- 48% of pupils walked to school, 42% came by car.
- The activities most recorded as being taken part in regularly were:



Year 5	Boys		Girls
Football	64%	Running (races / games)	55%
Running (races / games)	62%	Dancing/gymnastics	52%
Keep-fit	55%	Swimming	52%
Going for walks	45%	Keep-fit	51%

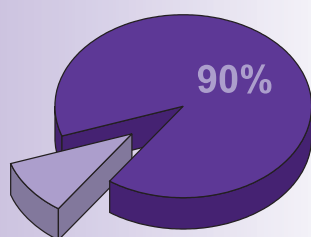
Year 6	Boys		Girls
Football	67%	Going for walks	61%
Running (races / games)	67%	Running (races / games)	57%
Riding your bike	56%	Dancing/gymnastics	54%
Going for walks	53%	Keep-fit	47%

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

## CITIZENSHIP

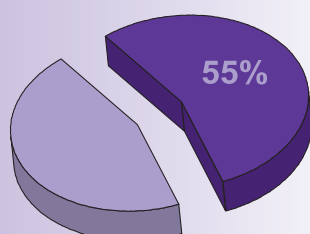
### Background

- 90% of pupils describe themselves as white UK.
- 59% of pupils live with mother and father together.
- 22% of pupils have broadsheet newspapers in their homes, 16% popular tabloids.
- 19% reported that they do not usually get any pocket money.



### SCHOOL AND CAREER

- 70% of pupils reported that they enjoyed at least half of their lessons.
- 55% reported that they expected to take several GCSEs and get good grades (A - C).
- 36% of boys and 66% of girls in Year 10 want to continue in full time education after leaving school. 36% of boys and 33% of girls in Year 10 want to find a job as soon as possible.
- 75% of pupils did homework on the evening before the survey, 32% did over an hour.



### EMOTIONAL HEALTH AND WELL-BEING

- 64% of pupils reported that, in general, they were 'quite a lot' or 'a lot' satisfied with their life.
- 42% of pupils recorded high self esteem scores.

#### The top four worries for Year 8 pupils were:

Year 8	Boys		Girls
Exams and tests	30%	They way you look	41%
Family problems	27%	Exams and tests	38%
Money problems	20%	Problems with friends	30%
Being bullied	18%	Family problems	30%

#### These changed to the following for Year 10 pupils:

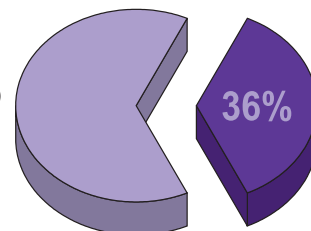
Year 10	Boys		Girls
Exams and tests	33%	Exams and tests	61%
Family problems	19%	They way you look	54%
They way you look	18%	Family problems	38%
Career problems	17%	School-work problems	36%

- 4% of pupils reported that there were no adults they could trust.
- 23% of Wiltshire pupils reported a fear of going to school at least sometimes because of bullying.
- 18% said that they had been bullied at or near school in the last 12 months.
- 58% said that their school took bullying seriously.

## DRUGS, ALCOHOL & TOBACCO

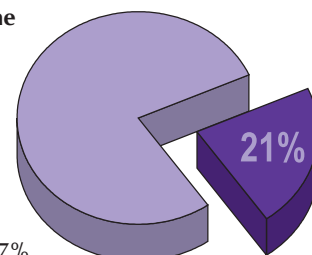
### Smoking

- 36% of pupils reported that there is someone who smokes indoors in their home (including themselves) on most days:
- Boys: 0% of Year 8 boys and 10% of Year 10 boys reported that they smoke occasionally or regularly.
- Girls: 3% of Year 8 girls and 12% of Year 10 girls reported that they smoke occasionally or regularly.
- 9% of boys and 10% of girls in Year 10 had at least 1 cigarette in the last week.
- 1% of Year 10 girls got their last cigarettes from a shop. 12% said they got them from friends.



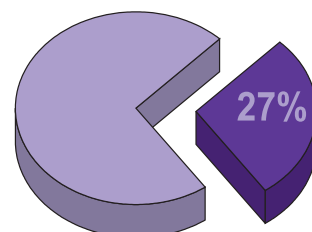
### Alcohol

- 21% of pupils had at least one alcoholic drink in the last week.
- Boys: 2% of Year 8 boys and 7% of Year 10 boys drank 7 or more units of alcohol in the 7 days before the survey.
- Girls: 1% of Year 8 girls and 7% of Year 10 girls drank 7 or more units of alcohol in the 7 days before the survey.
- 1% of secondary pupils bought alcohol from an off-licence that should sell only to over-18s.
- 1% of pupils said that they got drunk on at least one day in the last week (10% of all those drinking any alcohol).



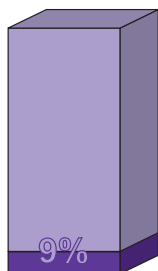
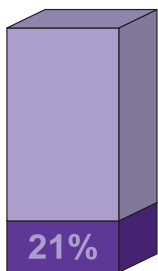
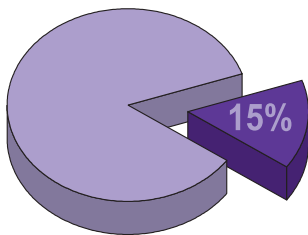
### Other Drugs

- 27% of Wiltshire secondary pupils are 'fairly sure' or 'certain' that they know someone who takes drugs.
- 21% of Year 10 pupils have been offered cannabis. 15% said they had been offered other drugs.
- 4% of pupils reported that they had taken an illegal drug in the last year. 2% had taken one in the last month.
- 7% of Year 10 boys and 6% of Year 10 girls have taken an illegal drug and alcohol on the same occasion.



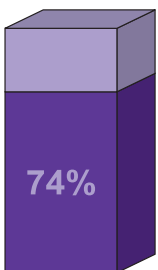
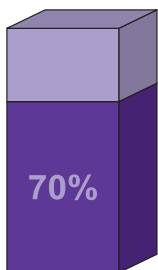
## HEALTHY EATING

- 10% of Year 10 girls had nothing more than a drink for breakfast this morning. 61% of Year 10 girls say that they would like to lose weight.
- 17% of the Year 10 girls also reported having no lunch yesterday.
- 15% of pupils said they never considered their health when choosing what to eat.**
- 21% of pupils reported having at least 5 portions of fruit and vegetables the day before. 9% said they had none.**



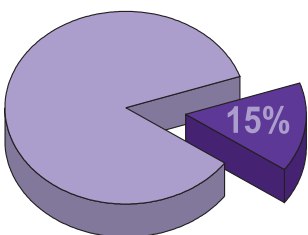
## SEX AND RELATIONSHIPS

- 40% of pupils said that they found school lessons on sex and relationships 'quite' or 'very' useful.
- 26% of pupils said that they knew that there was a special contraception and advice centre available locally for young people.
- 54% of boys and 71% of girls in Year 10 know where to get condoms free of charge.
- 53% of pupils said they either had 'never heard of' *Chlamydia* or 'knew nothing about it'.
- 70% of boys and 74% of girls in Year 10 knew condoms were reliable in stopping infections like HIV.**



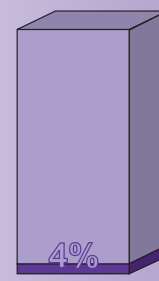
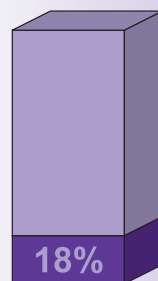
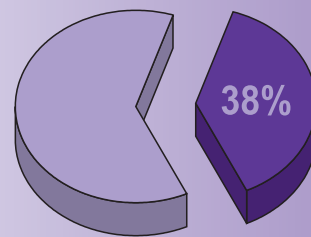
## LEISURE AND WORK

- The most common leisure activities include watching TV, caring for pets and using the Internet for chatting or e-mail.
- 15% of pupils have a regular paid job; the most common forms of work for pupils are paper rounds for boys and babysitting for girls.**



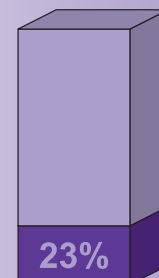
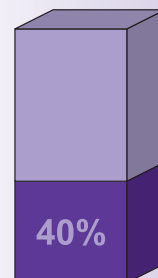
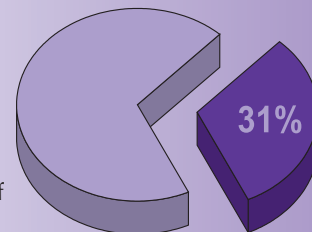
## SAFETY

- 38% said they were treated for an accident by a doctor or at a hospital within the last year.**
- 49% of Year 10 girls took painkillers on at least one day in the previous week. 40% also used remedies for skin problems.
- 9% 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.
- 18% of pupils rated the safety of their area, when going out after dark, as 'poor' or 'very poor'. 4% said this about going out during the day.**



## PHYSICAL ACTIVITY

- 31% 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.
- 40% of the Year 10 boys consider themselves 'fit' or 'very fit' compared with only 23% of the 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.

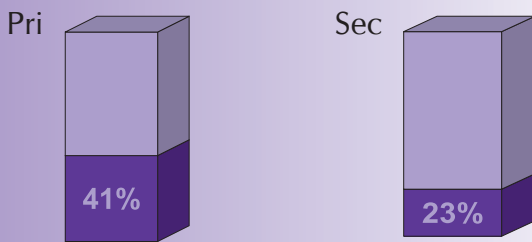
## EMOTIONAL HEALTH & WELL-BEING

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

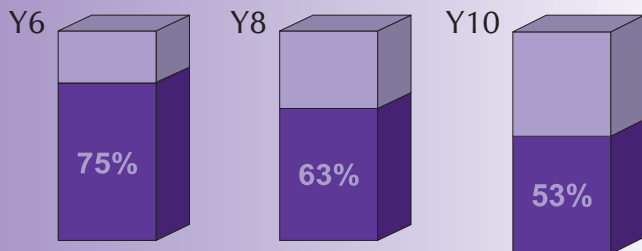
- 31% of primary pupils and 18% of secondary pupils said that they had been bullied at school in the past 12 months.

### Self-esteem scores

- 41% of primary pupils and 23% of secondary pupils say that they feel afraid of going to school because of bullying at least sometimes.



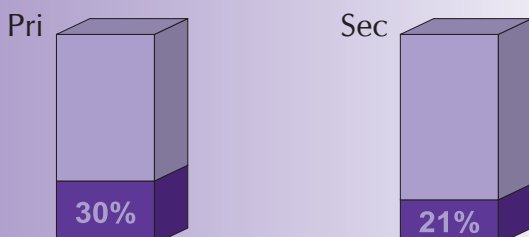
- The proportion of primary pupils with high self-esteem scores is lower than the secondary sample, (33% compared with 42%). Generally, self-esteem increases with age and boys record higher levels than girls. 38% of Year 6 boys, 51% of Year 8 boys and 52% of Year 10 boys had high self-esteem.
- Primary pupils are more likely to say that their school takes bullying seriously compared with secondary pupils. 75% of Year 6 pupils, 63% of Year 8 and 53% of Year 10 pupils said this. The remainder often chose 'don't know' instead.



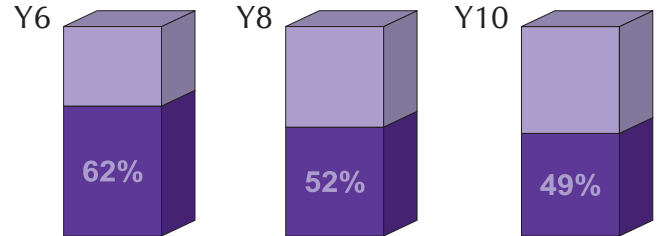
## HEALTHY EATING

### *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: 30% in the primary sample and 21% in the secondary sample.



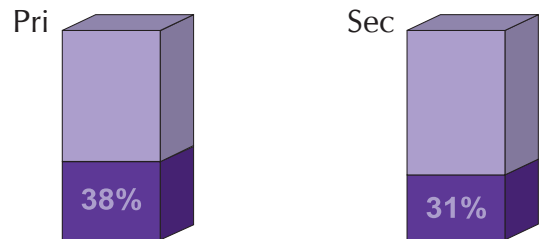
- Girls report having fresh fruit 'on most days' more than boys do. There is a decrease with age though. Year 6 girls 62%, Year 8 girls 52% and lower again for the Year 10 girls at 49%.



- The proportion of pupils eating crisps and sweets and chocolates on most days increases as the pupils get older.

## 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 31% of the secondary aged pupils said the same.



- A clear gender difference occurs in both phases. By Year 10, 33% of the boys and only 23% of the girls exercised hard at least 5 times.

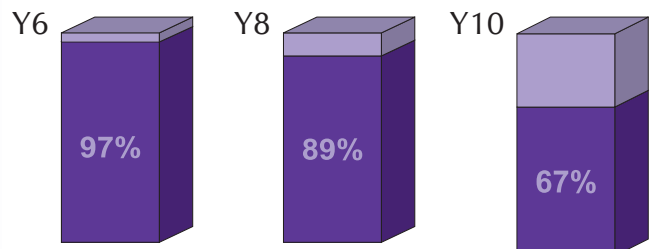
## ALCOHOL AND TOBACCO

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

- 8% of primary pupils had at least one alcoholic drink in the last week, this rose to 22% for secondary pupils.

### *Have you smoked in the past?*

- 97% of primary pupils said they had never smoked at all, this dropped to 89% for Year 8 pupils and 67% in Year 10.



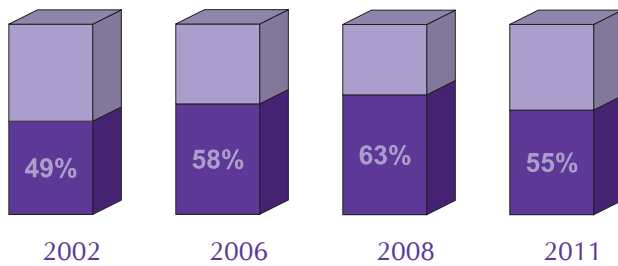
- 2% of primary pupils said they would definitely smoke when older. 13% said maybe.

? What can be done to dissuade these potential smokers?

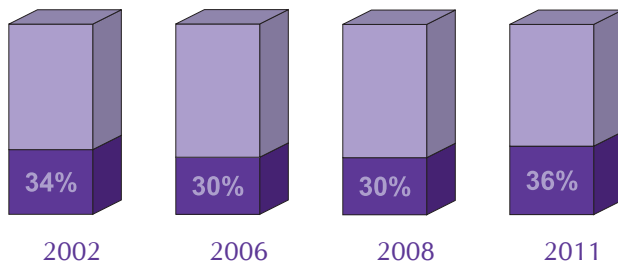
# TRENDS

□ The headline figures for the aggregate data set of secondary schools from 2011 have been compared with those from previous surveys in Wiltshire. It is important to note that the studies engaged different schools in each wave, so that we are not necessarily comparing like with like. On the other hand, there is no obvious bias that can be seen from inspection of the list of schools, drawing on local knowledge of school characteristics.

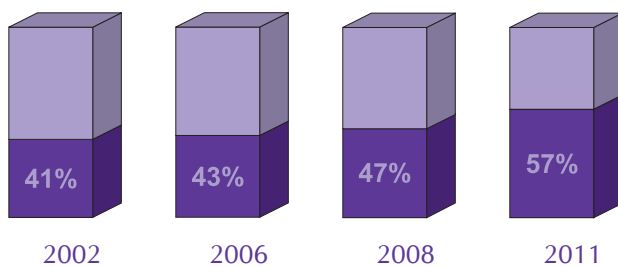
Percentage of Year 6 pupils who eat fresh fruit on most days



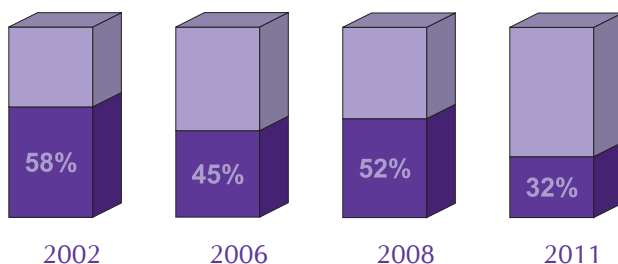
Percentage of Year 6 pupils who are ever afraid to go to school because of bullying



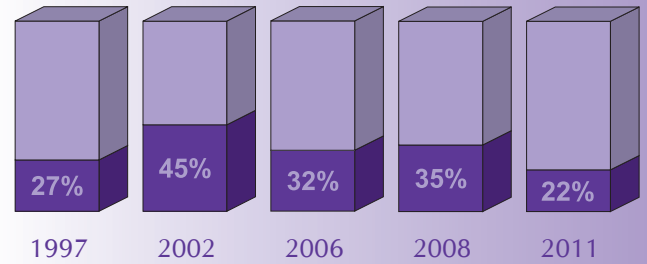
Percentage of Year 6 pupils who have talked with teachers about how your body changes as you grow up



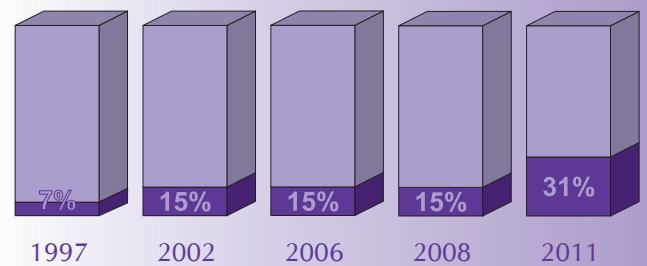
Percentage of Year 6 pupils who wear a cycle helmet when cycling whenever possible



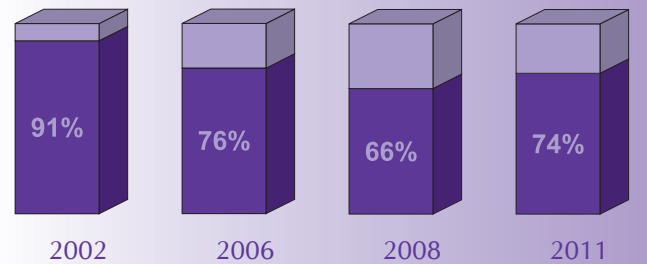
Percentage of all secondary pupils who had an alcoholic drink on at least one day in the week before the survey



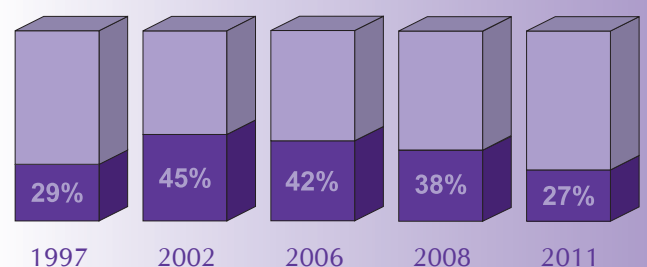
Percentage of Year 8 males who spent more than 3 hours playing computer games last night



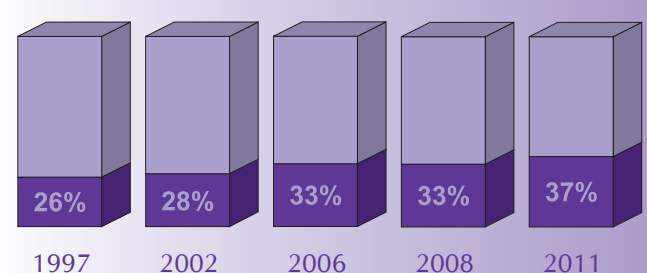
Percentage of Year 10 females who think condoms can protect against sexually transmitted infections



Percentage of all secondary pupils who know a drug user



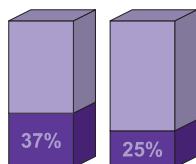
Percentage of Year 8 females who score in the highest bracket of self-esteem



# Significant differences between Wiltshire and a reference sample

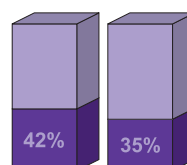
The headline figures from the Wiltshire primary and secondary data sets have been compared with a large aggregate sample of schools completing similar surveys from across the country in 2010, as published in SHEU series *Young People into 2011* (shown below as YP). Not all results could be compared, so absences from this list may not mean anything.

Wilts	YP	Primary survey results (Year 6 only)
89	83	White UK
83	85	Cleaned teeth at least twice yesterday
55	44	Eat fresh fruit on most days
4	12	Nothing to eat for breakfast on day of survey
32	25	Worry about family problems
28	36	Bullied at or near school in last 12 months
88	64	Never drink alcohol
29	34	Had accident needing medical attention in last 12 months



High self-esteem score

Wilts	YP	Secondary survey results
90	83	White UK
55	39	Expect to get 5+ GCSEs at grades A*-C
36	40	Someone smokes at home
10	15	Year 10 females who smoked last week
27	35	Know a drug user
5	20	Year 10 pupils drank 7+ units of alcohol last week
16	31	Y10 females had nothing to eat for breakfast
26	34	Know about a young people's sexual health service near them
70	80	Y10 males believe condoms can protect against sexually transmitted infections
15	23	Have a regular paid job
40	40	Y10 males who consider themselves 'fit' or 'very fit'



High self-esteem scores

## The Way Forward – over to you

We are grateful to teachers, schools and young people for their time and contribution to this survey. As a result of their work we have excellent data to be used by schools and others who support the health of young people in Wiltshire. The results of this survey are used, alongside other local data, to identify local health priorities and inform future planning of local service delivery. We hope schools will share and discuss the data as part of PSHE Education. We aim to continue this survey at regular intervals to assess local trends and monitor progress to improve the health of children and young people. The full dataset, of which this document is a summary, is available at: [www.wiltshirehealthyschools.org](http://www.wiltshirehealthyschools.org)

### Our thanks go to the staff and pupils of the schools that took part in this and previous surveys. The 2011 schools were:

Amesbury CE Primary School  
 Bitham Brook Primary School  
 Bulford St Leonard's CE (VA) Primary School  
 Christ Church CE Controlled Primary School  
 Churchfields, the Village School  
 Clarendon Junior School  
 Colerne Primary School  
 Corsham Regis Primary School  
 Frogwell Primary School  
 Greentrees Primary School  
 Holbrook Primary School  
 Holt VC Primary School  
 Ivy Lane Primary School  
 Longleaze Primary School  
 Ludgershall Castle Primary School

Lydiard Millicent Primary School  
 Lyneham Primary School  
 Malmesbury CE Primary School  
 Ogbourne St. George and St. Andrew CE Controlled Primary School  
 St. Bartholomew's Primary School  
 Staverton CE VC Primary School  
 Urchfont CE Primary School  
 West Ashton CE VA Primary School  
 Zouch Primary School

Abbeyfield School  
 Bradon Forest School  
 Devizes School  
 Sarum Academy  
 South Wilts Grammar School for Girls  
 The John of Gaunt School  
 Matravers School  
 The Trafalgar School At Downton

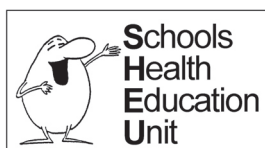
For further information about the survey contact:

**Nick Bolton & Sarah King**  
**Personal Development Education Advisers**

Teaching and Learning Team  
 Wiltshire Council  
 Melksham Professional Development Centre  
 3 Lancaster Park  
 Bowerhill  
 Melksham  
 SN12 6TT

Telephone 01225 793349

[sarah.king@wiltshire.gov.uk](mailto:sarah.king@wiltshire.gov.uk)  
[nick.bolton@wiltshire.gov.uk](mailto:nick.bolton@wiltshire.gov.uk)



SHEU  
 Schools Health Education Unit

Tel. 01392 66 72 72

[www.sheu.org.uk](http://www.sheu.org.uk)