

# A focus on Healthy Weight among Young People in Wiltshire 2011

## A summary report of the Health Related Behaviour Survey

This is an additional report, designed to be read alongside the main summary report "Supporting the health and wellbeing of Young People in Wiltshire 2011". The main summary report also includes additional data on this topic, alongside others.

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.

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.

### TOPICS INCLUDE:

Citizenship

Drugs, Alcohol and Tobacco

Emotional Health and Wellbeing

Healthy Eating

Homework

Leisure

Physical Activity

Safety

School and Career

Sex and Relationships

### 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

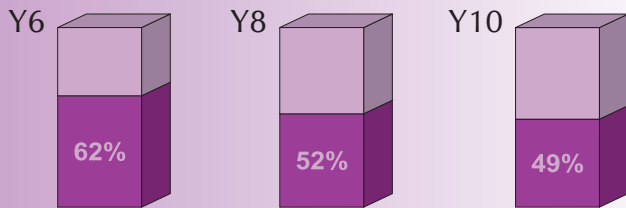
Wiltshire data have been compared with the SHEU wider database. A selection of some of the statistically significant differences, where the level seen in the Wiltshire data is either 5% above or below that in the wider SHEU database, is included on page 8 of the main summary report.

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

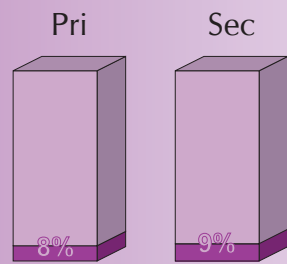
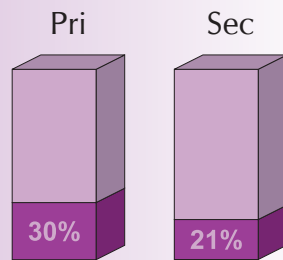
# Growing up in Wiltshire

## HEALTHY EATING

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

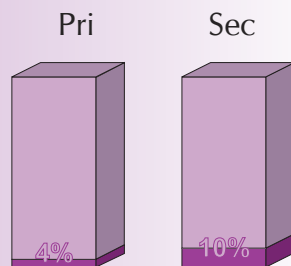


- Those pupils reporting having at least 5 portions of fruit/vegetables the day before decreased with age: 30% in the primary sample and 21% in the secondary sample.



- 8% of primary school pupils said they had no portions of fruit or vegetables at all yesterday (with the possible exception of potatoes which are not included in the 5-a-day target). The secondary figure was 9%.

- 4% of primary school pupils had nothing to eat or drink before school on the day of the survey while 10% of secondary school pupils had nothing for breakfast.



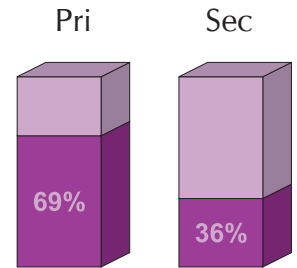
- We can see some shifts in dietary habits between primary and secondary schools

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

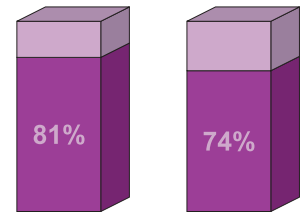
	Crisps	Sweets	Fresh fruit	Dairy	Veg
①	25	23	52	50	48
②	30	27	44	56	54

## PHYSICAL ACTIVITY

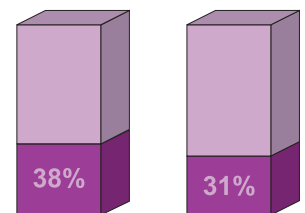
- 69% of primary pupils considered themselves fit or very fit; the figure for secondary pupils was 36%.



- 81% of pupils reported that they enjoyed physical activities 'quite a lot' or 'a lot'; the figure for secondary pupils was 74%.



- 38% of primary pupils reported that they had exercised five times or more, in the last week, which made them breathe harder.



- 31% of secondary pupils reported that they had exercised five times or more, in the last week, which made them breathe harder.

- The activities most recorded as being taken part in regularly were:

Year	Boys	Girls
Year 5	Football	64%
	Running (races / games)	62%
	Keep-fit	55%
	Going for walks	45%
	Running (races / games)	55%
Year 6	Football	67%
	Running (races / games)	67%
	Riding your bike	56%
	Going for walks	53%
	Running (races / games)	57%
Year 8	Riding a bike	51%
	Football	50%
	Jogging	37%
	Basketball	34%
	Walking	34%
Year 10	Football	46%
	Riding a bike	42%
	Jogging	27%
	Rugby	27%
	Walking	33%

## Other headline results

### Primary schools

- ① 92% of pupils have a bicycle. 7% cycled to school that morning.
- ① 48% of pupils walked to school, 42% came by car.

### Secondary schools

- ② 61% of Year 10 girls say that they would like to lose weight.
- ② 60% had a packed lunch yesterday and 22% a school lunch; 17% of the Year 10 girls also reported having no lunch yesterday.

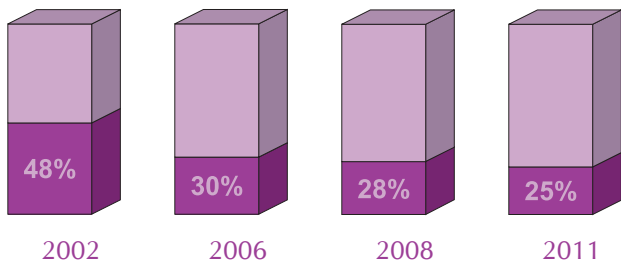
- ② 15% of pupils said they never considered their health when choosing what to eat.
- ② 40% of pupils thought that their school lessons about healthy eating were at least quite useful.
- ② Outside school hours soccer was the most popular form of physical activity for the boys and going for walks for girls.
- ② 40% of the Year 10 boys consider themselves 'fit' or 'very fit' compared with only 23% of the girls.

# TRENDS

- The headline figures for the aggregate data set of 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.
- The Wiltshire figures have been compared where possible with the very large samples from SHEU's annual data sets from the equivalent years; the 2011 figures are provisional.

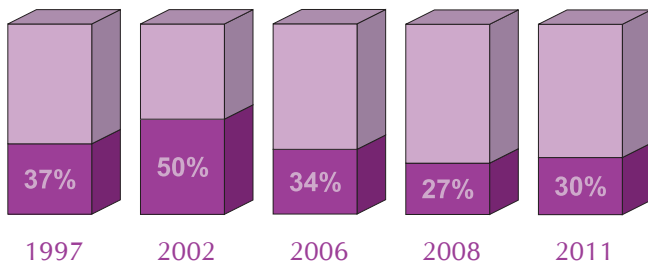
## HEALTHY EATING

Percentage of Year 6 pupils who eat crisps on most days



The comparable figures seen in SHEU's large reference samples were: 2002: 49%, 2006: 29%, 2008: 28%, 2011: 20%.

Percentage of secondary school pupils who eat crisps on most days



The comparable figures seen in SHEU's large reference samples were: 1997: 45%, 2002: 43%, 2006: 30%, 2008: 27%, 2011: 28%.

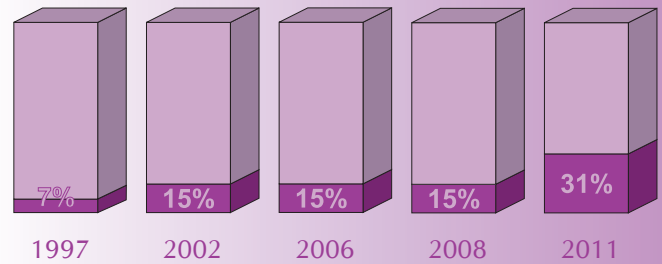
Percentage of Year 10 females pupils who had nothing to eat or drink for breakfast on the day of the survey



The comparable figures seen in SHEU's large reference samples were: 1997: 20%, 2002: 20%, 2006: 14%, 2008: 14%, 2011: 16%.

## PHYSICAL ACTIVITIES

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



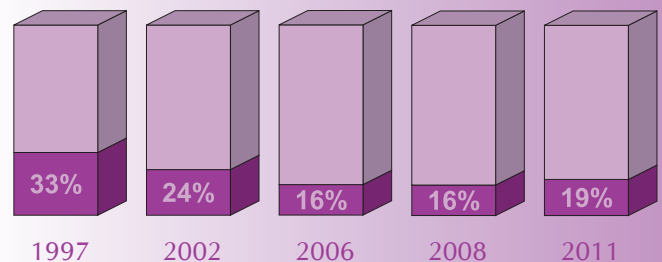
The comparable figures seen in SHEU's large reference samples were: 1997: 10%, 2002: 16%, 2006: 16%, 2008: 19%, 2011: 19%.

Percentage of Year 6 pupils who go swimming at least weekly



The comparable figures seen in SHEU's large reference samples were: 1997: 39%, 2002: 38%, 2006: 38%, 2008: 28%, 2011: 37%.

Percentage of Secondary school pupils who go swimming at least weekly



The comparable figures seen in SHEU's large reference samples were: 1997: 31%, 2002: 23%, 2006: 19%, 2008: 18%, 2011: 13%.

# LINKS

## PHYSICAL ACTIVITY

There is a lot of interest at the moment in the links between exercise and achievement. Among Year 10 students, the average days taking hard exercise goes up with GCSE expectations:

I don't know what GCSEs I'm going to take, if any	2.4
I don't expect to take any GCSEs	2.3
I expect to take a few GCSEs (1 to 4)	3.0
I expect to take several GCSEs (5+)	3.0
I expect to take several GCSEs at grades (A to C)	3.5

## HEALTHY EATING

We can see that young people who want to lose weight are more likely to skip meals, but this is not a good way of losing weight:

### Year 10 females skipping meals by attitude to weight

	Want to lose weight	Happy with weight
Skip breakfast	20	9
Skip lunch	20	10

# 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 the 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. **Significant differences are shown in bold type.**

Wilts	YP	Primary survey results (Year 6 only)
<b>55</b>	<b>44</b>	<b>Eat fresh fruit on most days</b>
<b>4</b>	<b>12</b>	<b>Nothing to eat for breakfast on day of survey</b>
28	28	5+ portions of fruit or veg yesterday
8	6	No portions at all
66	68	Perceive themselves as 'fit' or 'very fit'
83	85	Enjoy physical activities at least 'quite a lot'

Wilts	YP	Secondary survey results
<b>16</b>	<b>31</b>	<b>Y10 females had nothing to eat for breakfast</b>
40	40	Y10 males who consider themselves 'fit' or 'very fit'
61	60	Year 10 females who want to lose weight
15	13	Never think about their health when choosing food
74	74	Enjoy physical activities
36	43	Perceive themselves as 'fit' or 'very fit'
40	45	Think their lessons about healthy eating were at least quite useful
60	25	Packed lunch yesterday

## 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

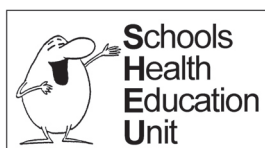
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