

A focus on Smoking, Alcohol and other Drug Use 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 |

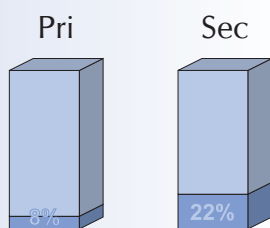
Wiltshire data have been compared with the SHEU wider database. A selection of some of the statistically significant differences, where the level seen in the Wiltshire data is either 5% above or below that in the wider SHEU database, is included on page 8 of the main summary report.

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

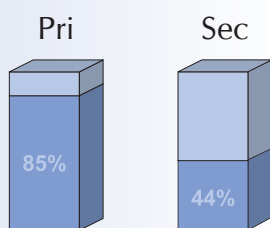


Growing up in Wiltshire

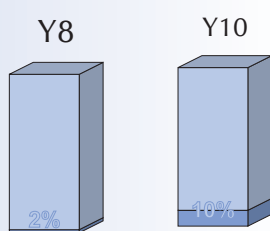
- 8% of the primary school sample had an alcoholic drink in the last week; 22% of secondary pupils had at least one alcoholic drink in the last week.



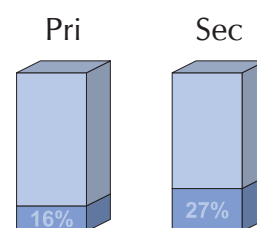
- 85% of primary pupils said that they don't drink alcohol; among the rest, 13% said if they did, their parents always knew. The secondary figures were 44% and 35%



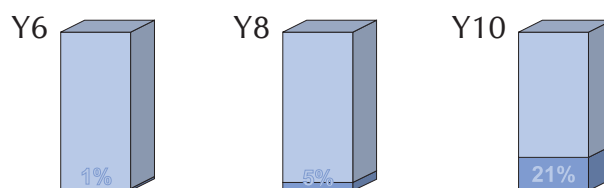
- 1% of primary pupils smoked at least one cigarette during the last 7 days; the figures for secondary schools were 2% in Year 8 and 10% in Year 10



- 16% of primary pupils say they are 'fairly sure' or 'certain' they know a user of drugs (not medicines); while 27% of Wiltshire secondary pupils are 'fairly sure' or 'certain' that they know someone who takes drugs.



- 1% of primary pupils said that they had been offered cannabis. 3% also said they had been offered other drugs; in Year 8 the figures were 5% and 5%. 21% of Year 10 pupils have been offered cannabis. 15% said they had been offered other drugs.



Other headline results

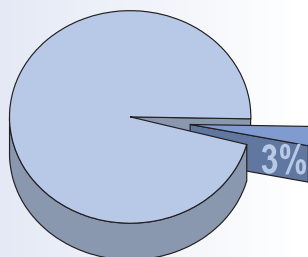
Primary findings

Alcohol

- Of those who said they drank alcohol in the last seven days, 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.

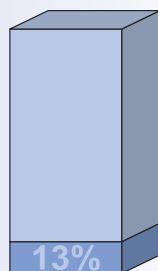
Tobacco

- 3% of pupils reported that they had tried smoking at least once.



Drugs

- 2% think they will smoke when they are older, 13% said 'maybe'.



- 40% of Year 6 pupils reported that their parents had talked to them about drugs. 37% said that their teachers had.

Secondary Findings

Alcohol

- 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; 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.
- Among Year 10 pupils who drank at all last week, 10% said that they got drunk on at least one day.
- The most common drinks consumed were spirits.

Tobacco

- 36% of pupils reported that there is someone who smokes indoors in their home (including themselves) on most days.
- 9% of boys and 10% of girls in Year 10 had at least 1 cigarette in the last week.
- 11% of female Year 10 smokers got their last cigarettes from a shop. 46% said they got them from friends.

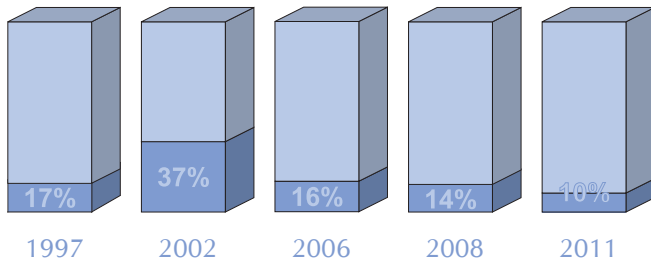
Other Drugs

- 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.
- Cannabis is the drug most commonly reported as used. 8% of Year 10 pupils used any drug in the last year while 8% had used cannabis in the last year. The proportions using ecstasy, solvents or hallucinogens were 1% for each substance.

TRENDS

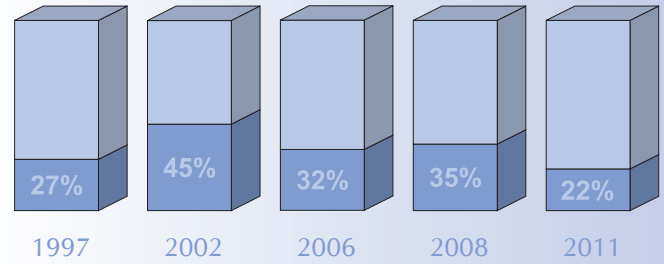
- The headline figures for the aggregate data set of schools from 2011 have been compared with those from previous surveys in Wiltshire. It is important to note that the studies engaged different schools in each wave, so that we are not necessarily comparing like with like. On the other hand, there is 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

Percentage of Year 10 females who smoked last week



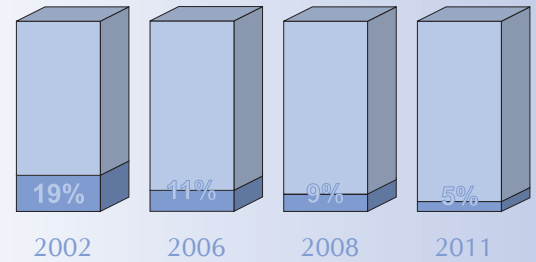
The comparable figures seen in SHEU's large reference samples were: 1997: 28%, 2002: 27%, 2006: 20%, 2008: 21%, 2011: 15%.

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



The comparable figures seen in SHEU's large reference samples were: 1997: 41%, 2002: 37%, 2006: 33%, 2008: 32%, 2011: 24%.

Percentage of secondary pupils who have used cannabis



The comparable figures seen in SHEU's large reference samples were: 1997: 13%, 2002: 18%, 2006: 10%, 2008: 8%, 2011: 6%.

LINKS

- 🔗 We can see a strong link between attitudes towards drugs and experience of drugs. What we cannot show, is which is cause and which is effect. We can suggest that attitudes lead to differences in behaviour:

Cannabis use by attitudes to cannabis

| | Never heard of it | Know nothing about it | Safe if used properly | Always unsafe |
|------------------------|-------------------|-----------------------|-----------------------|---------------|
| Never used | 100% | 98% | 68% | 96% |
| Use more than year ago | | 1% | 2% | 0% |
| Used in last year | | | 14% | 3% |
| Used in last month | | 1% | 15% | 1% |
| | 100% | 100% | 100% | 100% |

- 🔗 However, it may be that experience is what leads to the formation of attitudes, and the data can be analysed assuming this sequence:

Attitudes to cannabis by cannabis use

| | Never heard of it | Know nothing about it | Safe if used properly | Always unsafe |
|------------------------|-------------------|-----------------------|-----------------------|---------------|
| Never used | 5% | 25% | 15% | 54% |
| Use more than year ago | | 20% | 60% | 20% |
| Used in last year | | | 69% | 31% |
| Used in last month | | 8% | 79% | 13% |
| | | | | 100% |

- 🔗 So, we can't tell from the figures what might be cause, and which is the effect, or if both patterns are associated with some third underlying feature.

- 🔗 There is an association seen among Year 10 pupils, where there are lower reports of cannabis experience among pupils who think they have had useful drug lessons at school:

Can't remember any: 12% ever used cannabis
 Not at all useful: 16%
 Useful: 8%

- 🔗 The three different areas of substance use (tobacco, alcohol, cannabis) are all linked with each other.

Links between substance use behaviours Year 10 males

| | If non-smoker last week | If smoked last week |
|----------------------|--------------------------|---------------------|
| % Drank last week | 24% | 73% |
| % Ever used cannabis | 4% | 39% |
| | If non-drinker last week | If drank last week |
| % Smoked last week | 4% | 26% |
| % Ever used cannabis | 2% | 23% |
| | If never used drugs | If ever used drugs |
| % Smoked last week | 7% | 50% |
| % Drank last week | 24% | 83% |

- 🔗 We also see a link between cannabis use and attitudes to school in Year 10 students:

Enjoy hardly any school lessons: 14%
 Enjoy less than half: 12%
 About half of them: 8%
 Most of them: 6%

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) |
|-----------|-----------|---|
| 85 | 64 | Never drink alcohol |
| 39 | 66 | Parents had talked with them about drugs |
| 8 | 8 | Drank alcohol last week |
| 16 | 15 | Know a drug user |
| 3 | 4 | Have tried smoking |
| 15 | 13 | Will or might smoke when older |

| Wilts | YP | Secondary survey results |
|-----------|-----------|---|
| 36 | 40 | Someone smokes at home |
| 10 | 15 | Year 10 females smoked last week |
| 27 | 35 | Know a drug user |
| 10 | 27 | Year 10 pupils who got drunk last week (% of those drinking any alcohol) |
| 9 | 15 | Year 10 pupils who have used drugs |
| 7 | 10 | Year 10 boys who have used drugs and alcohol on the same occasion |
| 44 | 46 | Never drink alcohol |

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

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

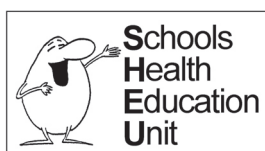
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