

Every Child Matters in Herefordshire

A summary report of the Health Related Behaviour Survey 2009

These results were collected from a sample of primary pupils aged 5 to 11 and secondary pupils aged 11 to 15 in Herefordshire between Spring and Summer 2009. This work was commissioned and funded by Herefordshire Council to collect robust information about young people's lifestyles.

Collecting the figures

Teachers were informed on how to collect the most reliable data and then pupils completed a version of the questionnaire appropriate for their age group.

Year 1-3 pupils completed a questionnaire designed for pupils in 'Early Years'. Year 4-6 pupils

completed the Primary version of the questionnaire. Pupils in Years 7-10 completed the Secondary version of the questionnaire, Year 11+ students in the FE sector and other Young people aged 15-18 contacted via a postcard to their homes completed an online survey. All were undertaken anonymously.

Approximately 6500 pupils took part in 23 primary schools and 10 secondary schools in Herefordshire. Over 500 young people took part in the online survey.

Completed questionnaires were then returned to SHEU in Exeter for processing

Cross-phase links

Many of the questions in the primary and secondary questionnaire are identical or very similar. Some of the results of these questions are presented on pages 10 and 11 of this document, so that behaviour of school aged pupils can be seen across the age range.

Trend data


The 2009 results have also been compared with the previous secondary survey in 2006 to look for changes, a selection of these are presented on page 7.

Over 7000 young people aged 5 to 18 were involved in the survey:

School year	1-3	4-6	7-10	11+	Total
Age	5-8	8-11	11-15	15-18	
Boys	756	819	1743	196	3514
Girls	722	764	1694	346	3526
Total	1478	1583	3437	542	7040

Reference sample

Where possible, Herefordshire data have been compared with the SHEU wider survey sample of other areas in the country.

A selection of some of the differences, where the level seen in the Herefordshire data is either 5% above or below that in the wider SHEU data, is indicated on page 4 and 7 by the symbol 

For more details please contact SHEU Tel. (01392 667272) www.sheu.org.uk

Topics include

Being Healthy

Diet, exercise, drugs, mental health, sexual health

Staying Safe

Bullying, experience of crime

Enjoying and Achieving

Satisfaction, GCSE expectations, enjoyment of lessons, useful lessons

Making a Positive Contribution

Leisure activities, volunteering, children's voice in school

Economic Well-being

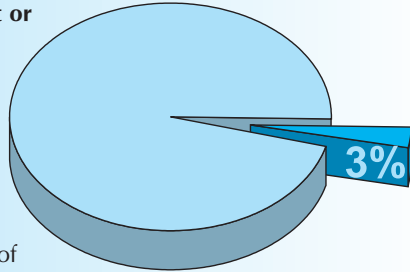
Money, work, spending, plans after 16

Herefordshire Early Primary school pupils in Years 1 to 3 (ages 5-8)

BEING HEALTHY

HEALTHY EATING

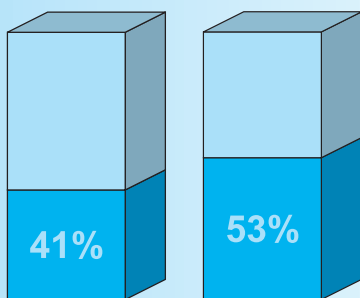
- 3% had nothing to eat or drink for breakfast on the day of the survey.
- 61% of pupils had cereal for breakfast and 36% toast or bread on the morning of the survey. 17% said they had fruit.
- Pupils were asked to identify, from a list, the foods which they ate 'a lot'. 62% of pupils said they have fresh fruit and 50% said vegetables. 38% said crisps and 40% said sweets 'a lot'.
- 71% of pupils said they had a packed lunch at school the day before.
- 51% said they had water to drink at school the day before, 25% said they had milk to drink. 4% said they had a fizzy drink.
- 17% of pupils said that they 'never' ate fish or fish fingers. 10% said they 'never' had vegetables.
- 86% of pupils said that they have fruit as a snack.



Dental care

- 74% of pupils reported that they cleaned their teeth at least twice on the day before the survey (the recommended frequency). 5% said they did not clean their teeth at all the day before the survey.
- 64% of pupils said they had been to the dentist within the past 12 months, 19% said they hadn't and 17% didn't know.

PHYSICAL ACTIVITY



- 41% of pupils walked to school the day of the survey. 53% came by car.
- 49% said that they 'often' play running and chasing games at playtimes.

- 40% of boys and 10% of girls said they often play ball games like football or netball at playtime at school.

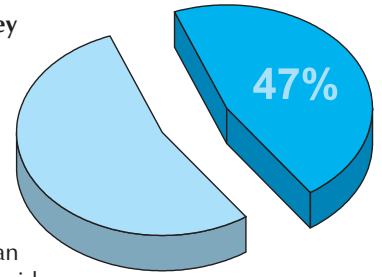
The top four physical activities outside school were:

	Boys	Girls
Football	55%	Swimming 47%
Running (races or tag)	49%	Dancing / gymnastics 39%
Bike riding	42%	Running (races or tag) 38%
Swimming	39%	Going for a walk 33%

ALCOHOL AND TOBACCO

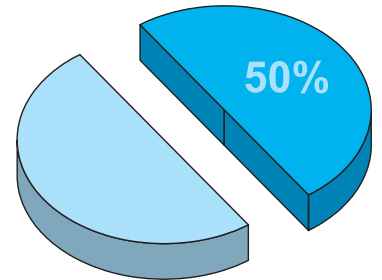
Alcohol

- 47% of pupils said that they had 'ever' tasted alcohol.
- 15% of pupils said that they had drunk alcohol in the past week.
- When asked what they had drunk, 10% provided an answer: 4% said beer, 4% said wine, 1% cider and 1% spirits.

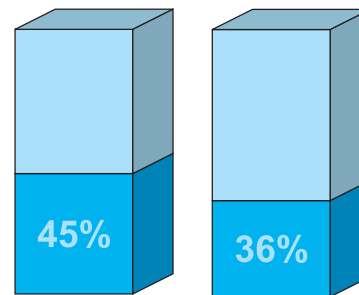


Tobacco

- 50% said that someone in their family smoked.
- 81% of pupils said that they wouldn't smoke when they are older. 13% said 'maybe' and 6% said they will smoke when they are older.

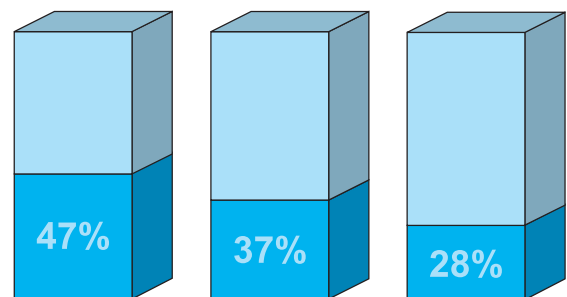


EMOTIONAL HEALTH & WELL-BEING



- 45% of boys and 36% of girls had high self-esteem scores.

- 47% of pupils said that they worry about their family 'a lot'. 37% said that worry about being ill and 28% said that they worry about friendships 'a lot'.



STAYING SAFE

- 39% of pupils said that they worried about going to school because of other children at least sometimes.
- 78% said that they 'always' wash their hands after going to the toilet.
- 11% said that they have asthma.
- 95% of pupils said that they think it is important to go to school regularly.

Herefordshire Primary school pupils in Years 4 to 6 (ages 8-11)

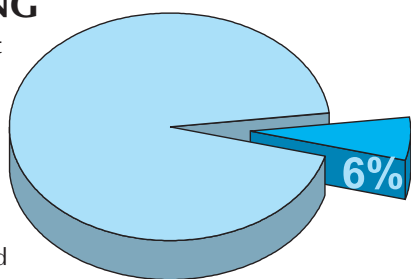
BACKGROUND

- 5% of pupils describe themselves as non 'White UK'.
- 9% said that they had some type of special need or disability.

BEING HEALTHY

HEALTHY EATING

- 6% had nothing to eat or drink for breakfast on the day of the survey.
- 38% of pupils had cereal for breakfast and 29% toast or bread on the morning of the survey. 12% said they had fruit.
- Pupils were asked to identify, from a list, the foods which they ate 'on most days'. 55% of pupils said they have fresh fruit and 48% said vegetables. 32% said crisps and 29% said sweets 'on most days'.
- 29% of pupils said that they 'rarely' or 'never' ate fish or fish fingers. 28% said they 'rarely' or 'never' had salads.
- 31% of pupils had eaten 5 or more portions of fruit and vegetables on the day before the survey, 6% had eaten none.
- 61% drank between 1 and 5 cups of water on the day before the survey, 25% said they had drunk a litre or more while 14% said they had drunk none. 96% of pupils said they can get water at school easily.
- 33% of pupils (43% of Year 6 girls) said that they would like to lose weight.

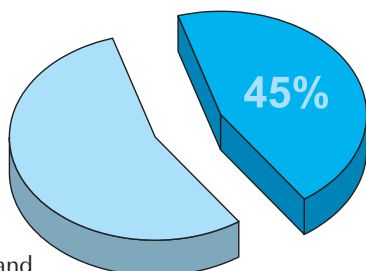


Dental care

- 80% of pupils reported that they cleaned their teeth at least twice on the day before the survey (the recommended frequency). 3% said they did not clean their teeth at all the day before the survey.
- 21% said they 'never' consider the health of their teeth when considering what to eat or drink. 16% said 'always'.
- 98% of pupils said they had been to the dentist within the past 6 months.

PHYSICAL ACTIVITY

- 45% of pupils walked to school on the day of the survey, 52% came by car.
- 30% reported that they had exercised on five days or more, in the last week for at least an hour, which made them breathe harder and faster. 34% said one or two days and 6% said none.



- The top four physical activities were:

	Boys		Girls
Football	65%	Running for exercise	55%
Running for exercise	58%	Going for walks	54%
Bike riding	53%	Dancing	50%
Going for walks	49%	Bike riding	50%

(The table shows the percentage of pupils taking part at least weekly)

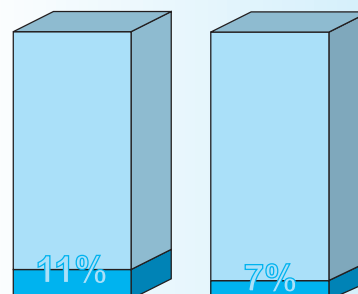
- In the past 4 weeks, 77% of pupils said that they had participated in a group activity led by an adult outside school. The top activities for boys were football, swimming and rugby. For girls, they included dancing, swimming and football.
- 41% of pupils said that they would like to have other activities offered by Herefordshire Council. The range of activities asked for included ice skating, basketball, football and golf.

DRUGS, ALCOHOL AND TOBACCO

Drugs

- 55% of pupils reported that their parents had talked with them about drugs while 38% said their teachers had. 16% said they had talked with visitors in school lessons about drugs.
- 15% said they were 'fairly sure' or 'certain' they know someone who uses drugs (not as medicines).
- 1% of pupils said that they had been offered cannabis, 2% said other drugs.

Alcohol

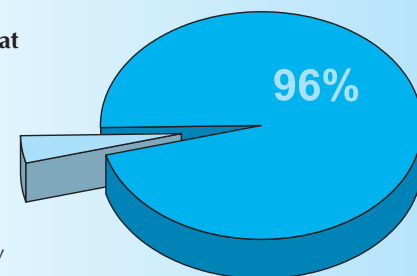


- 9% (11% of boys and 7% of girls) said that they they drank an alcoholic drink on at least one day in the week before the survey.

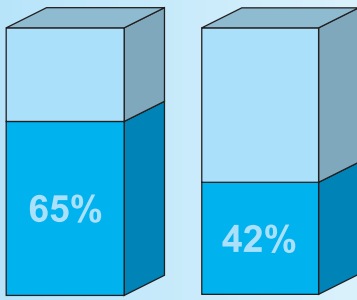
- 80% of pupils say that they don't drink alcohol. 3% of pupils reported that their parents 'never' or only 'sometimes' know if they drink alcohol.
- 3% of pupils drank beer or lager, 2% said wine, 2% said cider in the week before the survey.

Tobacco

- 96% of pupils said that they had never smoked at all. 4% of pupils said they had tried smoking once or twice.
- 1% of pupils said they had smoked at least one cigarette in the seven days before the survey.
- 86% of pupils said that they wouldn't smoke when they are older. 11% said 'maybe' and 3% said they will smoke when they are older.



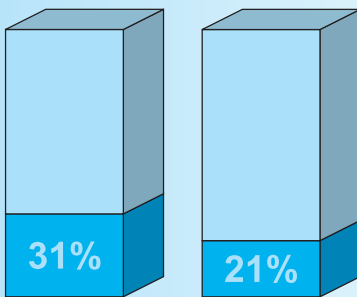
PUBERTY AND GROWING UP



- 65% of pupils said that their parents had talked with them about how their body changes as they grow up. 42% said this about teachers.

- 45% said that they felt they knew enough about how their body changes as they get older. 17% said no and 38% weren't sure.
- 17% of boys and 28% of girls reported that they worried 'quite a lot' or 'a lot' about the way they looked.
- 15% of boys and 25% of girls said they worried 'quite a lot' or 'a lot' about growing up.

EMOTIONAL HEALTH & WELL-BEING

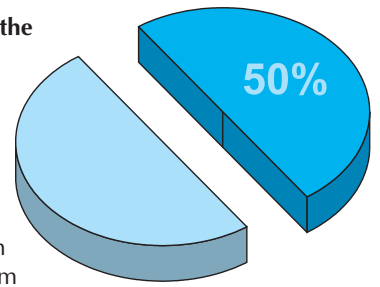


- 31% of boys and 21% of girls had high self-esteem scores.
- 7% of pupils had low self-esteem scores.
- 76% of pupils said they worried about at least one of the items listed in the questionnaire.

- The top 5 worries were as follows:

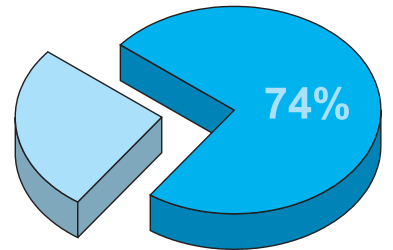
	Boys		Girls
SATs/ tests	39%	SATs/ tests	49%
Crime	31%	Problems with friends	35%
Family	24%	Crime	36%
School work	24%	Family	34%
Health	24%	The way you look	28%

- 26% said the officer was giving a talk in school, 10% said they were telling the officer about a crime and 8% said they were looking for help.
- 50% of pupils said that in the area where they live, groups of teenagers hanging around was a problem.
- 29% said that drunk people causing problems in public places was a problem and 21% said that vandalism or graffiti was a problem in their area.



MAKING A POSITIVE CONTRIBUTION

- 74% said that they 'sometimes' or 'often' helped others.
- 69% said that they help to raise money for national charities and 43% for local causes.
- 34% said they had taken part in a school council.
- 66% said that they care for someone in their family 'sometimes' or 'often'.



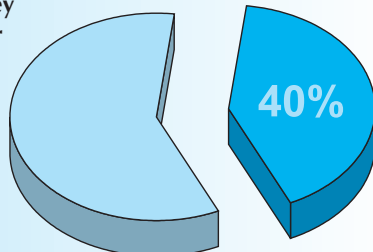
DIFFERENCES BETWEEN THE HEREFORDSHIRE 2009 SURVEY AND THE SHEU REFERENCE SAMPLE

For most of the questions in the questionnaire, Herefordshire primary pupils give similar responses to the wider SHEU data. Some differences (more than 5%) include:

- 12% of Year 6 pupils in Herefordshire said that they had fruit for breakfast. This compares with 18% saying the same in the wider sample.
- Herefordshire pupils are more likely to say they eat vegetables 'on most days', 54% compared with 47% of the wider sample.
- 16% of Year 6 Herefordshire boys said that they eat chips or roast potatoes 'on most days'. 10% of the boys in the wider sample said the same.
- Year 4 Herefordshire pupils were more likely to say that they could get water at school. 96% compared with 90% saying the same in the wider sample.
- Herefordshire pupils are more likely to ride their bike, go for walks, and play football and rugby, compared with pupils in the wider sample.
- 96% of Herefordshire Year 6 boys said that they have never smoked a cigarette compared with 91% of boys in the wider sample. Herefordshire pupils were less likely to say they will smoke when they are older.
- Herefordshire pupils are more likely to say that they had been bullied in the last 12 months. 38% of Herefordshire pupils compared with 29% in the wider sample.

STAYING SAFE

- 40% of pupils said that they had been bullied at or near school in the last 12 months.



- 10% said they had bullied someone else in the last 12 months, 15% didn't know if they had.
- 12% reported teasing, name calling and threats, 9% said they had been left out or ignored and 8% reported being shoved, kicked or had belongings taken.
- 17% of pupils said bullying wasn't a problem in their school. Another 51% of pupils said bullying was dealt with well in their school, 16% said 'badly' or 'not at all'.
- 43% of pupils said they had met or spoken to a police officer or community support officer in the last 12 months.

Herefordshire Secondary school pupils in Years 7-10 (ages 11-15)

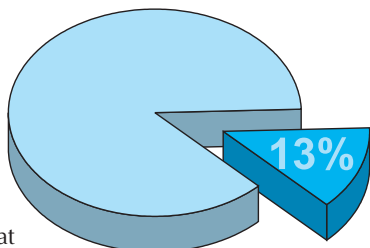
BACKGROUND

- 5% describe themselves as non 'White UK'.
- 9% said that they had some type of special need or disability.

BEING HEALTHY

HEALTHY EATING

- 13% of pupils reported having nothing to eat or drink for breakfast on the day of the survey.



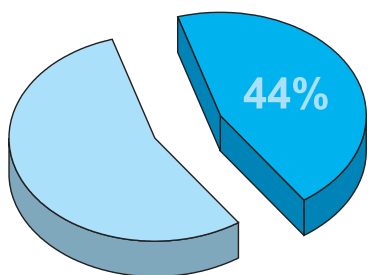
- 8% of pupils reported 'never' considering their health when choosing what to eat. 21% of pupils consider their health 'very often' or 'always'.
- 7% of the pupils would like to put on weight while 43% would like to lose weight (65% of Year 10 girls said this). 49% of pupils are happy with their weight as it is.
- 13% of pupils said they had no lunch on the day before the survey. 55% of pupils ate a packed lunch from home or went home for lunch, 29% had school food and 2% bought lunch from a takeaway or shop.
- 30% of pupils said they eat sweets and chocolates 'on most days'. 29% said they eat crisps 'on most days'. 46% said they eat fresh fruit and 51% vegetables 'on most days'.
- 33% said they rarely or never ate fish.
- 23% of pupils had eaten 5 or more portions of fruit and vegetables on the day before the survey, 6% had eaten none.
- 15% had no water to drink on the day before the survey, 29% said they had a litre or more.

Dental care

- 79% of pupils reported that they cleaned their teeth at least twice on the day before the survey (the recommended frequency). 2% said they did not clean their teeth at all the day before the survey.
- 21% said they 'never' consider the health of their teeth when considering what to eat or drink. 10% said 'always'.
- 87% of pupils said they had been to the dentist within the past 6 months.

PHYSICAL ACTIVITY

- 44% of pupils walked to school on the day of the survey, 31% came by car and 35% by bus.



- 30% reported that they had exercised on five days or more, in the last week for at least an hour, which made them breathe harder and faster. 26% said one or two days and 5% said none.

- The top four physical activities were:

	Boys		Girls
Bike riding	51%	Going for walks	58%
Football	46%	Jogging	35%
Going for walks	36%	Bike riding	32%
Jogging	32%	Dancing	31%

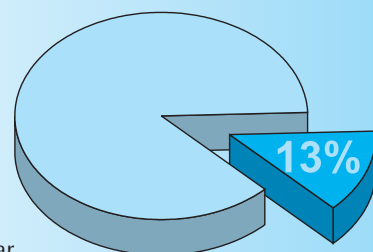
(The table shows the percentage of pupils taking part at least weekly)

- In the past 4 weeks, 63% of pupils said that they had participated in a group activity led by an adult outside school. The top activities for boys were football and rugby. For girls, they included dancing, netball and swimming.
- 22% of pupils said that they would like to have other activities offered by Herefordshire Council. The range of activities asked for included ice skating, outdoor adventure activities, dancing and swimming.

DRUGS, ALCOHOL & TOBACCO

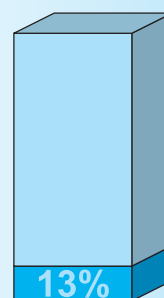
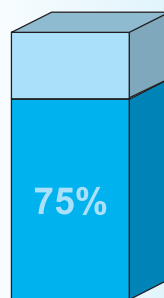
Drugs

- 13% of pupils have been offered cannabis. 7% have been offered other drugs.



- By far the most commonly taken drug is cannabis, with 11% of Year 10 pupils saying that they have taken cannabis in the last 11 months.
- 8% of pupils have 'ever' taken an illegal drug. 6% of pupils say they have taken an illegal drug within the last 12 months.
- 5% said they had been offered drugs on the street, 3% said at a friend's house, 2% said at school.

Alcohol



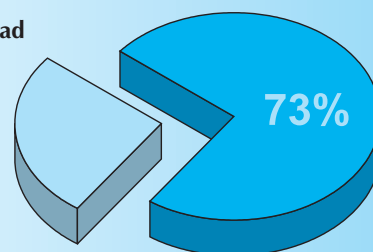
- 75% of pupils said that they had never had an alcoholic drink. 13% said that they had been drunk at least once in the past 4 weeks.

- 13% (15% of boys and 12% of girls) drank two or more units of alcohol in the last week.

- 2% of pupils said a friend bought alcohol from a supermarket for them. 4% said they took the alcohol from home.
- 14% said they drank alcohol at home in the past 7 days. 9% said at a friend or relation's home and 6% said outside in a public place.

Tobacco

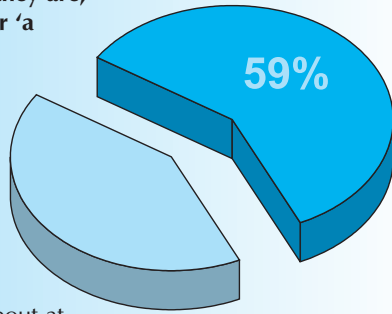
- 73% of pupils said they had never smoked at all.



- 6% of pupils (14% of Year 10 pupils) said they had smoked at least one cigarette in the seven days before the survey.
- 8% of pupils (16% of Year 10 pupils) describe themselves as occasional or regular smokers.

EMOTIONAL HEALTH & WELL-BEING

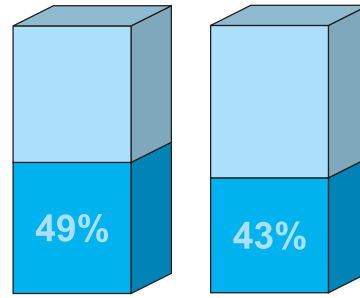
- 59% of pupils reported they are, in general, 'quite a lot' or 'a lot' satisfied with their life at the moment.
- 44% of boys and 28% of girls had high self-esteem scores.
- 4% of pupils had low self-esteem scores.
- 75% of pupils worried about at least one problem 'quite a lot' or 'a lot'.
- The top four worries for pupils were:



	Boys		Girls
Exams and tests	37%	The way you look	54%
Family problems	26%	Exams and tests	54%
Career problems	25%	Family problems	37%
The way you look	23%	Health problems	31%

(The table shows the proportion of pupils worrying about listed problems 'quite a lot' or 'a lot')

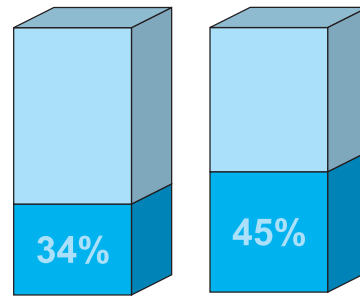
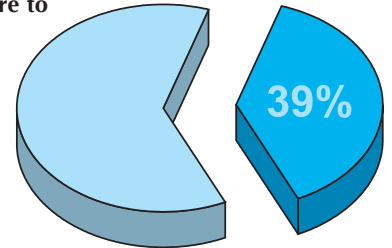
- 53% of pupils said that in the area where they live, groups of people hanging around was a problem.



- 49% said that under-age drinking was a problem and 43% said that people using drugs was a problem in their area.

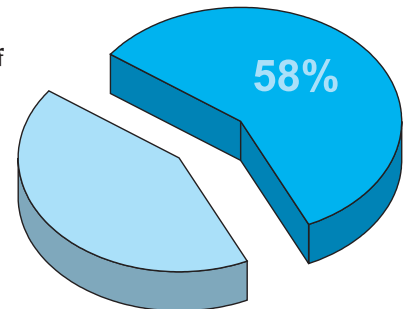
SEX AND RELATIONSHIPS

- 39% said they knew where to get contraception free of charge. 9% said from the school/college nurse, 8% said from the doctor or health clinic.

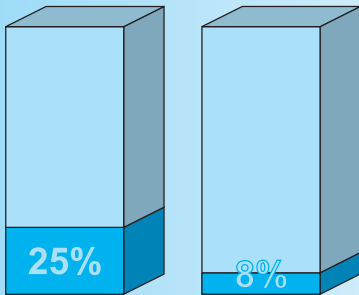


- 34% of Year 10 girls knew where to get the morning after pill free of charge. 45% of Year 10 boys knew where to get condoms free of charge.

- 51% of pupils said that condoms were reliable in stopping infections like HIV/AIDS.
- 85% of Year 10 boys said that condoms were reliable to stop pregnancy.
- 58% of pupils said that they had never heard of or know nothing about Chlamydia.

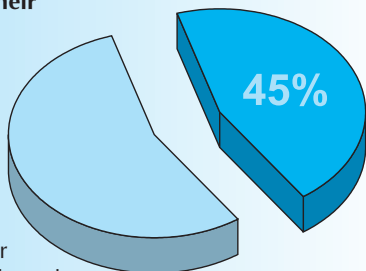


STAYING SAFE



- 25% of pupils said that they had been bullied at or near school in the last 12 months. 8% said that they had bullied someone else in the past 12 months.

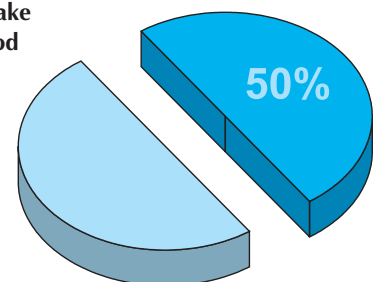
- 45% of pupils think that their school deals with bullying at least 'quite well'. 7% said that bullying wasn't a problem in their school.



- 6% of pupils reported that they were fairly sure or certain that they had friends or they themselves carried weapons or other things for protection when they went out.
- 18% reported that they had been a victim of crime in the area where they live or go to school, in the last twelve months.
- 37% of pupils said they had met or spoken to a police officer or community support officer in the last 12 months.
- 15% said the officer was giving a talk in school, 6% said they were telling the officer about a crime and 7% said they were being told to move on.

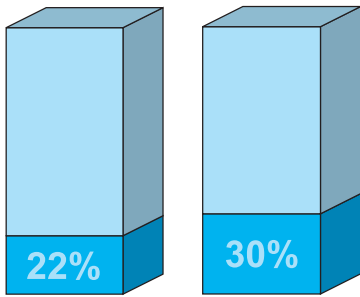
ENJOYING AND ACHIEVING

- 50% of pupils expect to take several GCSEs and get good grades.



- 7% of pupils said that they didn't know if they were going to take any GCSEs. 6% said they expect to gain a qualification e.g. ASDAN.
- 49% of pupils said that they needed more information to help them plan their future.

MAKING A POSITIVE CONTRIBUTION

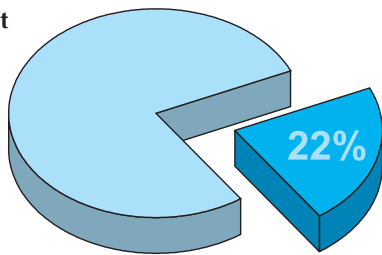


22% of pupils agreed that they could influence important local decisions, 30% disagreed with this.

- 24% agreed that Herefordshire Council gives young people enough opportunity to influence important decisions about local services, 39% disagreed with this.
- 43% of pupils said that they regularly care for family members (at least once a month). 15% said that they regularly help fundraise for national charities or causes. 12% said they did this for local causes.
- 7% said that they helped others as part of an organised programme. 26% said that they regularly helped others (arranged by themselves).

ECONOMIC WELL-BEING

- 22% said that they didn't have enough choice about what lessons to take in order to decide what they wanted to do after leaving school.



- After Year 11, 36% want to stay on on full time education, 44% want training for a skilled job.

DIFFERENCES BETWEEN THE HEREFORDSHIRE 2009 SURVEY AND THE SHEU REFERENCE SAMPLE

Where the questions are the same, some comparison has been possible between the Herefordshire data and the SHEU wider database. For most of these questions Herefordshire pupils give similar responses to the wider SHEU data. Some differences (more than 5%) include:

- 65% of Herefordshire Year 10 girls said that they would like to lose weight. This is higher than the 60% seen in the wider data.
- Herefordshire pupils are more likely to say that they had no lunch on the day of the survey; 23% of Year 10 girls compared with 13% in the wider data. 15% of Year 10 boys compared with 9% in the wider data.
- Herefordshire boys are less likely to have 5 portions of fruit and vegetables than are boys in the wider data (13% vs. 13% for Year 10).
- Girls in Herefordshire are less likely to have drunk alcohol in the last 7 days. 88% of Year 8 and 70% of Year 10 said they had none compared with 79% and 55% respectively in the wider sample.
- They were also less likely to say that they got drunk in the previous week.
- 83% of Year 8 girls and 54% of Year 10 girls said that they had never smoked at all. This is higher than the 76% and 48% respectively seen in the wider data.
- Boys in Herefordshire were less likely to say that they were satisfied with their lives compared with boys in the wider sample.
- Herefordshire pupils were more likely to worry about exams and tests, career problems and family problems compared with pupils in the wider sample.

TRENDS – changes in the data between 2006 and 2009

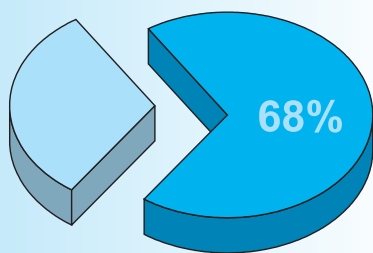
Herefordshire secondary schools were also surveyed in 2006. For those schools that took part in both surveys, the data has been compared to look for changes. A selection of these differences include the following:

- 54% of pupils in 2009 said that they had a packed lunch for dinner on the day of the survey. 47% said this in 2006.
- 22% of pupils in 2009 said that they were satisfied with their lives. This is lower than the 29% who said the same in 2006.
- This may be linked to a slightly lower proportion of pupils in 2009 recording levels of high self-esteem. Girls in particular in Year 7 and 9 in 2009 had lower scores than girls in 2006.
- Pupils in 2009 were more likely to say that they had never smoked at all. 57% of Year 10 girls said this compared with 48% saying the same in 2006. For the Year 8 girls there is a similar change, 87% in 2009 compared with 78% in 2006.
- 12% of Year 10 girls smoked a cigarette in the previous week. 27% said this in 2006.
- Herefordshire pupils in 2009 were less likely to say they drank alcohol the previous week. 32% of Year 10 girls said this in 2009 compared with 46% in 2006. 18% of Year 8 boys drank alcohol in 2009 compared with 23% in 2006.
- Herefordshire pupils in 2009 were more likely to say that cannabis and solvents used as drugs were 'always unsafe' compared with pupils saying the same in 2006.
- Pupils in 2009 were less likely to say that they had never heard of Chlamydia compared with pupils in 2006.
- Pupils in 2009 were less likely to say that they worried about family problems or problems with friends but they were more likely to say that they worried about their looks when compared with pupils in 2006.

Herefordshire Young people online survey results for ages 15+

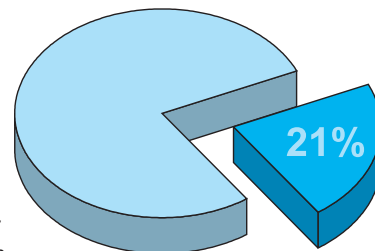
BACKGROUND

- 4% describe themselves as non 'White UK'.
- 9% said that they had some type of special need or disability.
- 64% were female and 61% were 16-18 year olds.
- 44% were still at school, 37% were at college.
- For those who said that they weren't in education, employment or training, young people said they couldn't find work or training, they were looking for work or they didn't know what they wanted to do yet.
- 68% of young people had used Connexions within the past 12 months.**



PHYSICAL ACTIVITY

- 21% of young people reported that they spent at least 60 minutes doing sports or other active things on at least five days in the previous week.** 21% said none, 30% said on one or two days and 28% said on three or four days.



- 43% of young people said that they had participated in a group activity led by an adult in the last 4 weeks.
- The top physical activities at least 'weekly' for young people were:**

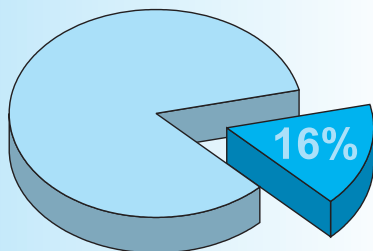
	Boys	Girls
Going for walks	46%	62%
Bike riding	42%	23%
Football	38%	21%
Jogging	35%	18%

- When asked what activities they would like to start doing or do more of, girls said dancing, swimming and badminton. Boys said swimming, weight training, badminton and canoeing.
- 69% of young people asked for new activities to be available Monday - Thursday, 31% said Friday - Sunday.

BEING HEALTHY

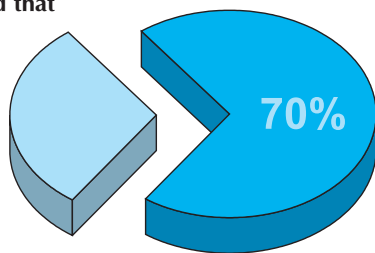
HEALTHY EATING

- 16% of young people reported having nothing to eat or drink for breakfast on the day of the survey.**
- 16% of boys and 3% of girls reported 'never' considering their health when choosing what to eat. 23% of these young people consider their health 'very often' or 'always'.



SEX AND RELATIONSHIPS

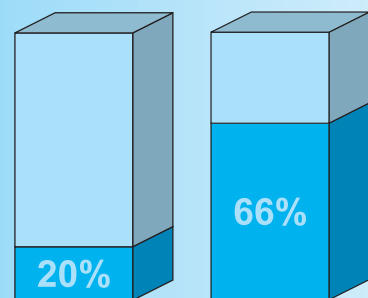
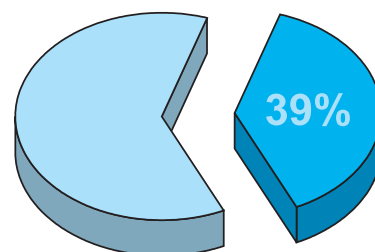
- 70% of young people said that they know where to get contraception free of charge.**
- Of those who said yes, 96% said they could get condoms, 71% said the pill and 67% said the morning-after pill.
- 82% of young people said that condoms were reliable to stop pregnancy; 66% said this about the morning-after pill.
- 98% of pupils said that condoms were reliable to stop infections like HIV/AIDS.



DRUGS, ALCOHOL & TOBACCO

Drugs

- 39% of Herefordshire young people said they had been offered cannabis.**
- 24% said they had been offered other drugs.
- By far the most commonly taken drug is cannabis, with 22% of young people saying that they have taken cannabis. 5% said they had taken cocaine, 4% amphetamines and 4% ecstasy.
- 23% of young people said that they had 'ever' taken drugs.



- 20% of the boys would like to put on weight while 66% of the girls would like to lose weight.** 39% overall were happy with their weight as it is.

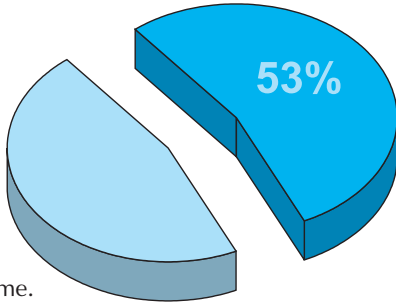
- 13% of young people said they had no lunch on the day before the survey. 38% of young people ate a packed lunch from home, 26% had lunch at home and 11% bought lunch from a takeaway or shop.
- 33% of young people said they eat sweets and chocolates 'on most days'. 24% said they eat crisps 'on most days'. 50% said they eat fresh fruit and 56% vegetables 'on most days'.
- 32% said they rarely or never ate fish.
- 18% of young people had eaten 5 or more portions of fruit and vegetables on the day before the survey, 8% had eaten none.
- 17% had no water to drink on the day before the survey, 30% said they had a litre or more.

Alcohol

- 46% of young people drank alcohol on at least one day in the week before the survey. 6% of young people said that they have never had an alcoholic drink.
- 42% of young people said that they had been drunk at least once in the past four weeks.
- Of those who had drunk alcohol, 59% drank at home, 56% drank in a pub or bar, 18% said outside in a public place.

Tobacco

- 53% of young people said they had never smoked at all.
- 19% of boys said they smoke occasionally or regularly.
- 20% of girls said the same.
- 54% of regular smokers said that they would like to give up.



EMOTIONAL HEALTH & WELL-BEING

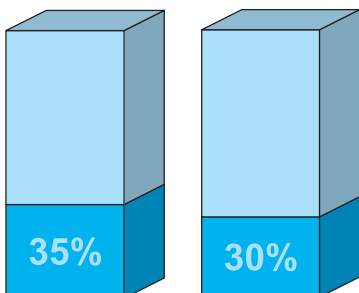
- 56% of young people reported they are, in general, 'quite a lot' or 'very much' satisfied with their life at the moment.
- 48% of boys and 40% of girls had high self-esteem scores.
- 4% of young people had low self-esteem scores.
- The top four worries for young people were:

	Boys		Girls
Exams and tests	46%	Exams and tests	62%
Sex & relationships	34%	Their looks	56%
Money problems	33%	School or work problems	48%
Their looks	31%	Money problems	46%

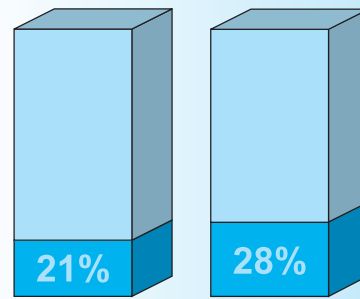
(The table shows the proportion of young people worrying about listed problems 'quite a lot' or 'a lot')

STAYING SAFE

- 19% said that they had been bullied in the last 12 months.
- When asked where the bullying had take place 45% said at school/college/work.
- 6% said that they had bullied someone else in the past 12 months.
- 16% said that they had experienced cyber bullying at least once in the past 12 months.
- 3% of young people reported that had experienced a break in at home in the last 12 months. 10% said that someone had damaged their belongings on purpose.
- 18% said that they had been threatened or hit in the past 12 months and 2% said they had their mobile phone stolen.



- When asked about the type of anti-social behaviour that existed in the area where they live, 35% agreed 'a lot' that under age drinking was a problem and 30% said that groups of people hanging around was a problem.

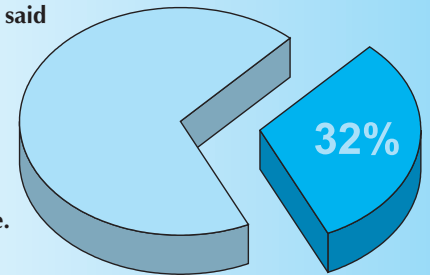


- 21% agreed 'a lot' that people dealing drugs was a problem. 28% said that people using drugs was a problem.

- 5% said that they knew someone who carried weapons or other things for protection when they went out.
- 36% of young people had met or spoken to a police officer or community support officer in the last 12 months. 29% said they had given a talk in school, 10% said they were asking them to move on.
- 11% were very unhappy with the number of times they see a member of the police in the area where they live. 61% said they were 'happy' or 'very happy'. 42% of young people said that they didn't see the police enough. 6% said 'I see them too often'.
- 21% of young people thought the police did a poor job in their local area, 31% said they did a good job.

ENJOYING AND ACHIEVING

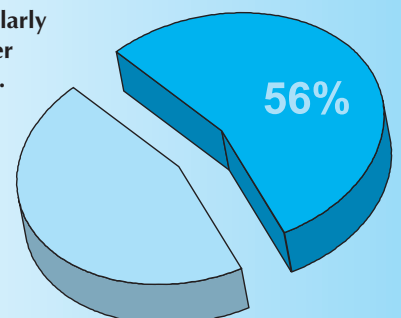
- 32% of young people said that they didn't have enough choice about what lessons they took in order to decide what they would do after leaving school/college.



- 13% said they didn't have enough help choosing subjects.
- 39% plan to go to college, 33% said to university. 13% said that they wanted to get a job with training next. 7% want to find an apprenticeship.

MAKING A POSITIVE CONTRIBUTION

- 52% of young people disagreed with the statement 'I feel that I can influence important local decisions'.
- 51% of young people disagreed with the statement 'Herefordshire Coucil gives young people opportunity to influence important local decisions about local services'.
- 15% of young people regularly help others as part of an organised programme, e.g. Duke of Edinburgh Award Scheme. 15% said that they regularly help other people e.g. elderly neighbours.
- 56% said that they regularly care for older or younger members of their family.
- 13% said that they regularly help organise events for young people.



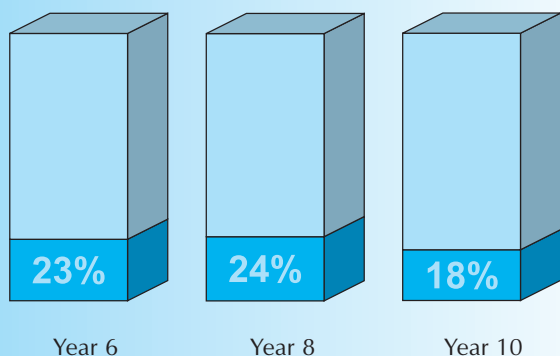
Questions included in both the primary and secondary versions of the Herefordshire 2009 questionnaire

The following is a selection of data relating to the set of questions found in the primary and secondary versions of the questionnaire. It is always interesting to see how young people change as they grow up.

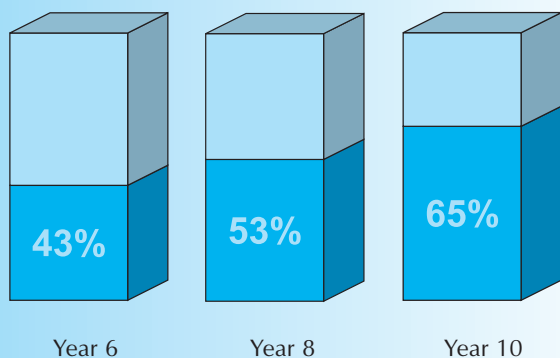
HEALTHY EATING

Five a day?

- Older secondary school pupils are less likely to say that they had at least 5 portions of fruit and vegetables on the day before the survey. 23% of Year 6 pupils compared with 24% of Year 8 and 18% of Year 10 pupils.



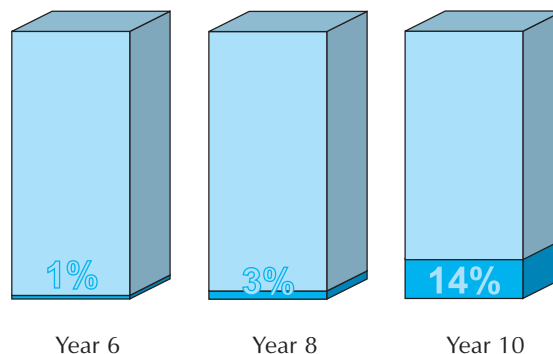
- Primary aged girls were less likely to report having nothing to eat or drink for breakfast: Year 6 girls 6%; Year 8 girls 16% and Year 10 girls 15%.
- There is little difference in pupils having crisps 'on most days' across the age groups. 30% of Year 6 pupils, 29% of Year 8 and 35% of Year 10 pupils said this.
- There is an upward trend in the proportions of girls who say they would like to lose weight. 43% of Year 6 girls, 53% of Year 8 girls and 65% of Year 10 girls said this.



TOBACCO

Did you smoke last week?

- 1% of the Year 6 pupils smoked a cigarette in the week before the survey. 3% of Year 8 pupils and 14% of Year 10 pupils said the same.

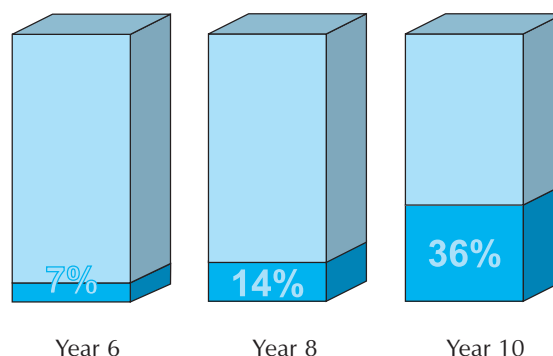


- 96% of primary pupils said that they had 'never smoked at all'. 73% of secondary pupils said the same.
- 9% of Year 6 pupils said that they might or will smoke when they are older (question not asked of older pupils).

ALCOHOL

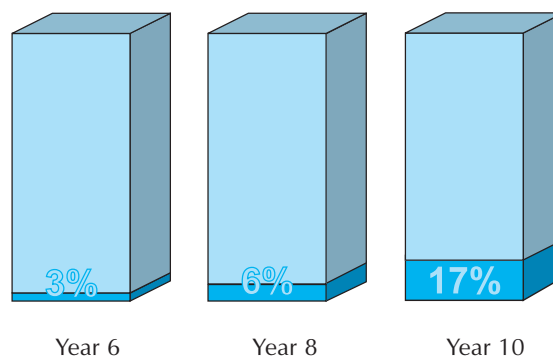
Have you had an alcoholic drink in the week before the survey?

- 7% of the Year 6 pupils had an alcoholic drink on at least one day in the week before the survey. 14% of Year 8 and 36% of Year 10 pupils said the same.



ILLEGAL DRUGS

- 3% of Year 6 pupils have been offered cannabis; this rose to 6% of Year 8 and 17% of Year 10 pupils.

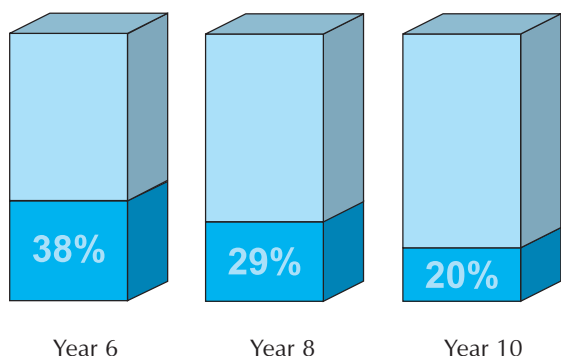


- 17% of Year 6 pupils said that they were 'fairly sure' or 'certain' that they knew someone personally who used drugs (not as medicines). 3% of Year 8 and 16% of Year 10 school pupils said that they had used drugs themselves at some point.

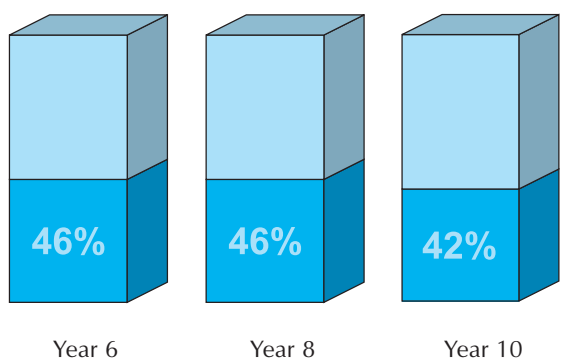
EMOTIONAL HEALTH & WELL-BEING

Bullying

- 38% of Year 6 pupils said they had been bullied in the last 12 months. This drops to 29% of Year 8 and 20% of Year 10.

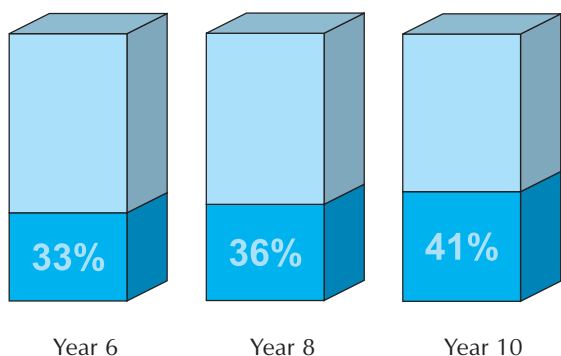


- 46% of Year 6 pupils said that their school dealt with bullying well. This is also 46% for Year 8 but drops slightly to 42% of Year 10 pupils.



Self-esteem

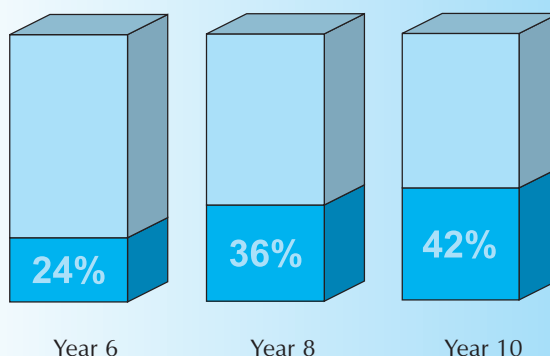
- 33% of Year 6 pupils, 36% of Year 8 and 41% of Year 10 pupils appear in the highest bracket of the self-esteem scale.



How much do you worry about problems?

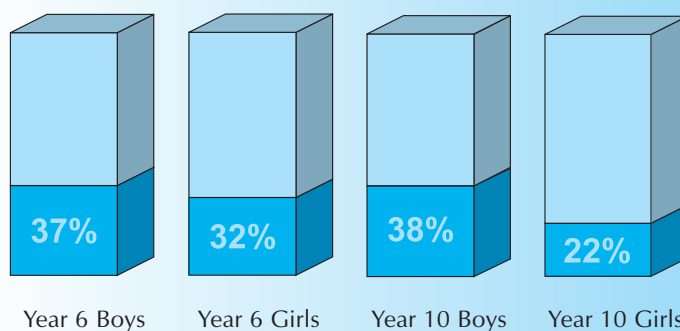
- 43% of primary aged pupils said they worried about school tests 'quite a lot' or 'a lot', this is similar to the 45% of secondary pupils.

- 38% of secondary pupils worried about the way they looked (36% Year 8 and 42% Year 10), only 24% of Year 6 said the same in the primary survey.



PHYSICAL ACTIVITIES

- 37% of Year 6 boys and 32% of Year 6 girls spent at least an hour being active on at least 5 days in the previous week. This compares with 38% of Year 10 boys and 22% of Year 10 girls who said the same.



- A clear gender difference becomes apparent as pupils get older, with fewer girls reporting physical activity.

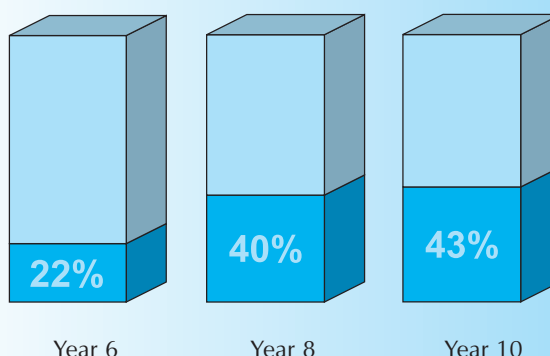
SAFETY

Have any of the following happened to you?

- 30% of Year 6 pupils said that they had been threatened or hit in the area where they live and go to school. 11% of Year 8 and 10 pupils said the same.

Are any of the following a problem in the area where you live and go to school?

- 54% of Year 6 pupils thought that groups of teenagers hanging around in public places was a problem in their area. 52% of Year 8 and 58% of Year 10 pupils said that groups of people hanging around was a problem.
- 22% of Year 6 pupils thought that vandalism or graffiti was a problem in their area. 40% of Year 8 and 43% of Year 10 pupils said the same.



The Way Forward – over to you

This work was funded by Herefordshire Council in order to support planning and evaluation of health focussed initiatives. We are grateful to the teachers, schools, the college and young people for their time and contributions to this survey. As a result of their work we have excellent data to be used by schools and colleges, the local authority, and partners in the Children's Trust from statutory and voluntary organisations (NHS Herefordshire, West Mercia Constabulary, Connexions, LSC and others), who support the health and education of young people in Herefordshire. This work will inform the development of action plans across organisations involved in improving the health and well-being of young people in Herefordshire. The data will also be used to help support healthy school programme planning. This report just gives a summary of the key results from the survey. The Herefordshire Council Research Team has the full data set (see contact details below). Our thanks go to the staff and pupils that took part.

Herefordshire Schools who took part in the survey:

Herefordshire primary schools:

Brampton Abbots CE Primary School, Brockhampton Primary School, Burghill CP School, Clehonger CE Primary School, Clifford Primary School, Cradley CE Primary School, Dilwyn CE Primary School, Hampton Dene Primary School, Kingstone and Thruxton Primary School, Ledbury Primary School, Leintwardine Endowed Primary School, Little Dewchurch CE Primary School, Lord Scudamore Primary School (Hereford), Marden Primary School, Michaelchurch Esley Primary School, Peterchurch Primary School, Riverside Primary School (Hereford), St. James CE Primary School, St. Peter's Primary School (Bromyard), St. Weonards Primary School, Staunton-On-Wye Endowed Primary School, Stretton Sugwas CE Primary School and Trinity Primary School (Hereford)

Herefordshire secondary schools:

Aylestone High School, Bishop of Hereford's Blue Coat School, Fairfield High School, Lady Hawkins' School (Kington), Queen Elizabeth Humanities College (Bromyard), The John Kyrle High School (Ross-on-Wye), The John Masefield High School (Ledbury), The Minster College (Leominster), Weobley High School and Whitecross High School.

For more information about the survey please contact:

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