

Supporting the Health of Young People in Herefordshire

A summary report of the Health Related Behaviour Survey

These results are the compilation of data collected from a sample of secondary school pupils in Herefordshire during Autumn 2006. This work was commissioned and funded by Herefordshire County Council to collect reliable information about young people's lifestyles. The survey was co-ordinated by the Herefordshire Youth service.

Collecting the figures

Schools were recruited from across the county and asked to sample sufficient numbers of pupils to give a representative picture of the school.

Teachers were briefed on how to collect the most reliable data and then pupils anonymously completed the questionnaire. The sample sizes are shown in the table below.

Completed questionnaires were then returned to SHEU in Exeter for processing.

The sample

The study was designed to give robust information for the whole of Herefordshire, as well as a service for the schools involved. The overall figures in this report were obtained by weighting to correct for over- and under-

representation of year groups in the sample compared to total numbers at maintained schools in the county. However, it should be noted that, due to good representation being achieved within the sample, the weighting only led to very minor changes in figures.

↑ Comparisons ↓

Comparisons have been made with samples of Year 8 and Year 10 pupils from other areas: a large sample of pupils from schools across the UK. Differences that reach 5% or more are listed on page 7.

3853 young people were involved in the survey:

School year	Year 7	Year 8	Year 9	Year 10
Age	11-12	12-13	13-14	14-15
Boys	449	483	526	454
Girls	463	488	456	449

... plus some additional pupils from year 11

Topics include

Drugs, Alcohol and Tobacco

Citizenship

School and Career

Leisure and Work

Emotional Health and Well-being

Healthy Eating

Relationships and Sexual Health

Health and Safety

Physical Activity



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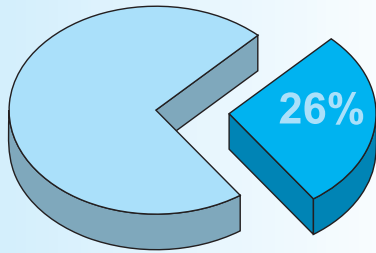
The Unit specialises in questionnaire surveys of children and young people for Local Authorities, PCTs, voluntary agencies, charities, schools and colleges and other partnerships. The Unit is also able to undertake consultation, monitoring and evaluation exercises, and bespoke research.

Headline Statistics

DRUGS, ALCOHOL & TOBACCO

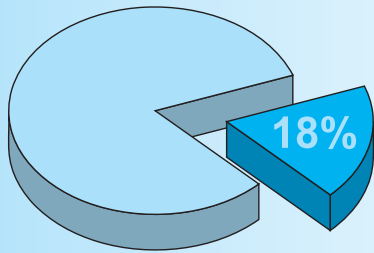
ALCOHOL

- 26% had at least one alcoholic drink in the week before the survey.



DETAIL	Y7	Y8	Y9	Y10
Male	11%	22%	30%	42%
Female	7%	16%	29%	48%

- 2% of pupils bought alcohol from an off-licence that should only sell to over-eighteens.



- 18% of pupils had 2 or more units of alcohol the previous week.

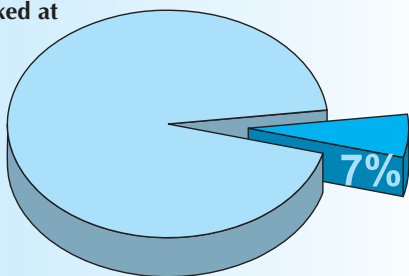
DETAIL	Y7	Y8	Y9	Y10
Male	4%	13%	21%	35%
Female	3%	9%	21%	37%

- 9% of pupils said that they got drunk on at least one day in the previous week

DETAIL	Y7	Y8	Y9	Y10
Male	3%	4%	9%	16%
Female	1%	3%	10%	25%

TOBACCO

- 28% say they have ever tried smoking in the past or smoke now.
- 7% in the survey smoked at least one cigarette during the last 7 days.

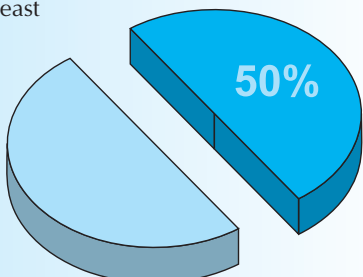


DETAIL	Y7	Y8	Y9	Y10
Male	1%	4%	5%	10%
Female	0%	3%	11%	25%

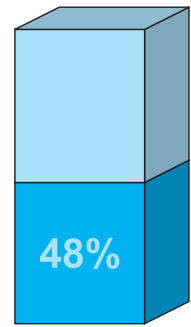
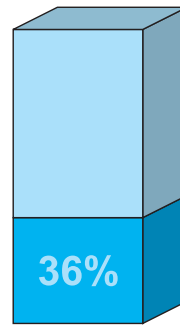
- 8% say they smoke 'regularly' or 'occasionally'.

- 44% say that they have at least one person who regularly smokes at home; we do not know if they do so in the same room as the pupil.

- 50% of all smokers would like to give up smoking.



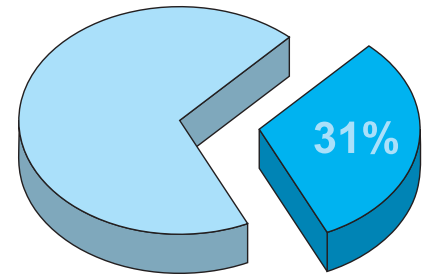
- 36% of Year 10 female smokers bought their last cigarettes from a shop. 48% were given them by friends.



- Research has shown that the best single predictor of young people's smoking is whether their best friend smokes.

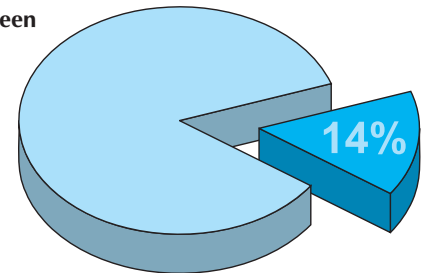
DRUGS

- 31% reported they were 'fairly sure' or 'certain' that they knew someone who used drugs that were not medicines.



DETAIL	Y7	Y8	Y9	Y10
Male	14%	18%	35%	48%
Female	10%	19%	39%	57%

- 14% of pupils have been offered cannabis. 9% of pupils have been offered other drugs.



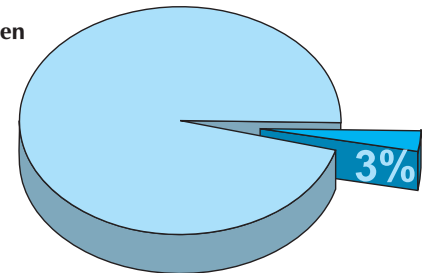
Cannabis

DETAIL	Y7	Y8	Y9	Y10
Male	5%	8%	15%	29%
Female	2%	4%	13%	33%

Other drugs

DETAIL	Y7	Y8	Y9	Y10
Male	3%	5%	9%	17%
Female	2%	5%	10%	20%

- 3% say they have taken some form of illegal drug within the last month. 6% had taken an illegal drug within the last year.



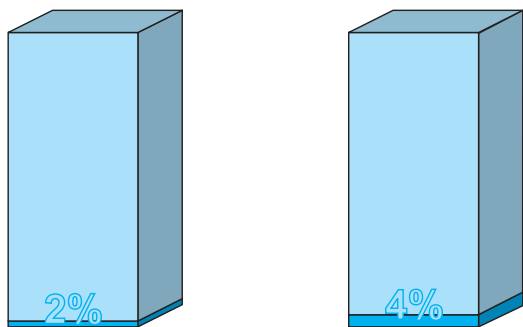
Last month

DETAIL	Y7	Y8	Y9	Y10
Male	1%	2%	3%	6%
Female	0%	1%	2%	12%

Last year

DETAIL	Y7	Y8	Y9	Y10
Male	2%	3%	5%	13%
Female	0%	1%	5%	18%

- 2% of pupils said they have taken more than one type of illegal drug at the same time. 4% reported taking an illegal drug and alcohol on the same occasion.



- The three most commonly taken drugs were:

Year 10	Boys	Girls
Cannabis	14%	18%
Poppers	3%	6%
Hallucinogens	3%	4%



ALCOHOL: Children and young people make a very fast transition between drinking very little under adult supervision to drinking independently as adults by the time they are about 16. In recent years the amount they drink has doubled. Almost a third of 15- to 16-year-olds binge drink (drink more than five units in one session) and get drunk at least three times a month. This is higher than most other European countries.



TOBACCO: Cigarette smoking kills more than 120,000 people in Britain every year. Smoking is highly addictive and many of those who take up smoking regularly carry on until the day they die even though they have tried to stop many times. Most smokers take up smoking in their school years. This places schools in the front line of the battle to reduce the massive toll of death and illness caused by this addiction.

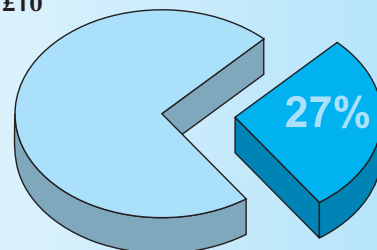


ILLEGAL DRUGS: Each drug carries its own *short and long term risks* whether legally or illegally produced, but the following are particular risk factors involved in using any illicitly manufactured drug: (1) Users can never be sure of exactly what they are taking, (2) Not knowing the strength of what has been bought could lead to an accidental overdose (which may be life-threatening) (3) Users can't be precisely sure of the effect the drug will have, even if they have taken it before.

CITIZENSHIP

Background

- 97% of pupils described themselves as white
- 64% of the pupils in the survey live with mother and father together; 14% live with just mother.
- 21% of pupils have broadsheet newspapers in their homes, 18% popular tabloids.
- 55% reported getting pocket money regularly. 22% said they got money when they needed it, 5% said they had another system while 18% said they don't usually get any.
- 27% of pupils spent over £10 in the week before the survey.

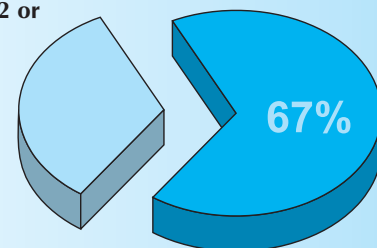


- The 5 main items Year 10 pupils spent money on were:

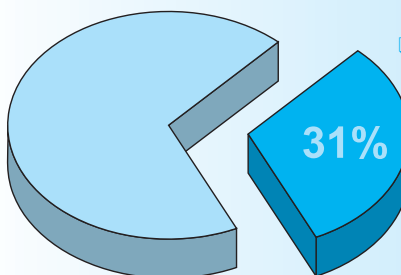
	Boys	Girls
Sweets	29%	36%
Soft drinks	27%	33%
CDs, tapes etc	20%	33%
Mobile phone	20%	26%
Clothes & footwear	19%	26%

The pupils had a longer list from which they could choose as many items as appropriate.

- 67% of households have 2 or more cars. This is higher than in the reference sample but probably reflects the rural nature of the county rather than affluence.



- 15% live in a home with 5 or more bedrooms.

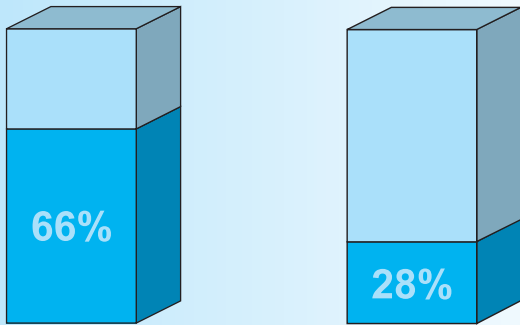
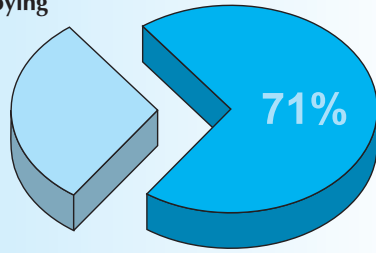


- 31% of pupils said that they regularly (at least once a month) care for younger family members.

- 18% said they help others at least once a month informally e.g. a neighbour; 7% said they did this more formally e.g. Duke of Edinburgh scheme.
- 12% said they take part in local youth council/forum activities or serve on a local club committee.
- 13% said they helped fundraise for local causes, 14% said they did this for national charities at least once a month.

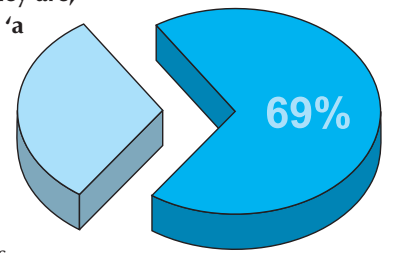
SCHOOL and CAREER

- 71% of pupils report enjoying at least half of their school lessons.
- 2% said they didn't expect to take any GCSEs. 48% said they expect to take several GCSEs and achieve good grades.
- 41% of boys and 51% of girls in Year 10 said they want to continue in full time education after leaving school.
- 35% of boys and 33% of girls in Year 10 said they wanted to find a job as soon as possible.
- 66% of pupils did homework on the previous evening. 28% reported they did more than an hour.



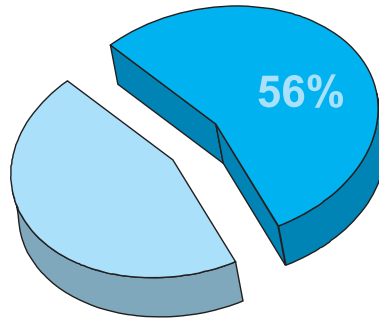
EMOTIONAL HEALTH & WELL-BEING

- 69% of pupils reported they are, in general, 'quite a lot' or 'a lot' satisfied with their life.
- 39% of pupils had high self-esteem scores. 17% had low self-esteem scores.
- 4% in the survey think there are no adults they can trust.



DETAIL	Y7	Y8	Y9	Y10
Male	36%	43%	43%	54%
Female	33%	34%	32%	33%

- 56% of the pupils said 'When a friend wants me to do something I don't want to do... I can usually or always say no' (boys seem a little more confident about this)



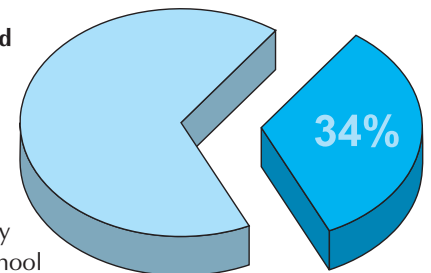
DETAIL	Y7	Y8	Y9	Y10
Male	59%	53%	63%	60%
Female	57%	48%	53%	51%

- 71% of pupils in the survey worry about at least one problem 'Quite a lot' or 'A lot'.
- The three most common worries were:

Year 10	Boys	Girls
Exams & tests	38%	51%
Family problems	36%	51%
Career problems	31%	47%

Top 3 from a longer list.

- 34% of pupils reported that they felt afraid of going to school because of bullying at least sometimes.
- 24% of pupils said they had been bullied at school in the last 12 months.



DETAIL	Y7	Y8	Y9	Y10
Male	25%	25%	25%	19%
Female	21%	24%	28%	28%

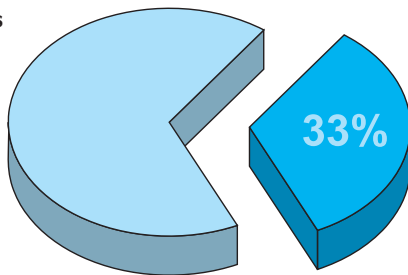
- 8% of pupils reported that they had bullied others at school in the past 12 months.

DETAIL	Y7	Y8	Y9	Y10
Male	8%	8%	9%	13%
Female	3%	6%	7%	9%

For the purpose of this survey, bullying is defined as a deliberate intention to harm (either physically, emotionally or psychologically) an individual or a group of people.

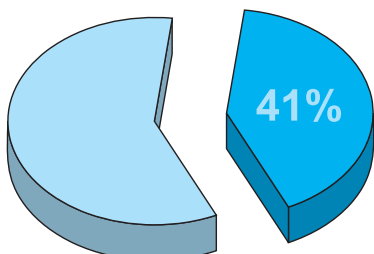
LEISURE and WORK

- 26% of pupils reported reading a book for pleasure for at least part of the evening before the survey while 88% watched some TV the previous night and 13% watched for over 3 hours.
- 33% of the pupils have a regular paid job.



DETAIL	Y7	Y8	Y9	Y10
Male	27%	32%	37%	43%
Female	18%	27%	31%	43%

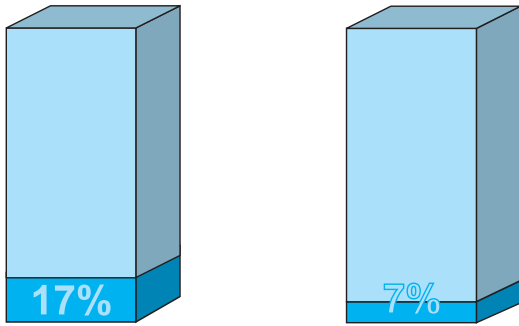
- The most common forms of work were paid housework, babysitting or paper/milk rounds.
- Total income exceeded £10 last week for 29% in the survey.



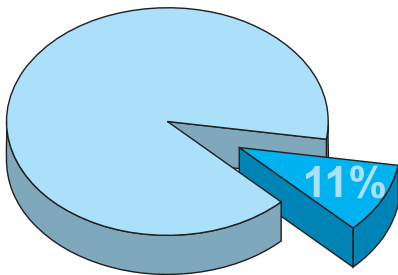
- 41% of pupils said they had put some of their own money into a savings scheme in the last 7 days.

HEALTHY EATING

- 17% of pupils reported having nothing to eat or drink for breakfast on the day of the survey. 7% had sweets or chocolate.



- 9% reported 'never' considering their health when choosing what to eat.
- 6% of the pupils would like to put on weight while 43% would like to lose weight.
- There is a marked difference between boys and girls in this regard: 56% of Year 10 girls want to lose weight compared with 28% of Year 10 boys.



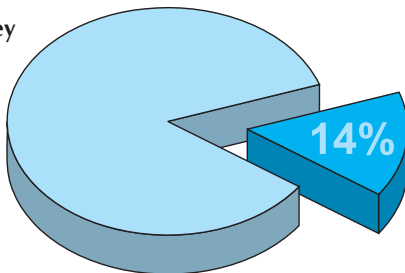
- 11% of pupils had no lunch yesterday. 37% had a school lunch and 2% bought lunch from a takeaway or shop.

- The top three foods most commonly reported eaten ON MOST DAYS were:

Year 10	Boys	Girls
Any dairy	65%	64%
Vegetables	47%	60%
Any meat	45%	51%

Top 3 from a longer list.

- 14% reported that they had no plain water to drink the day before the survey; 28% said that they had at least a litre.

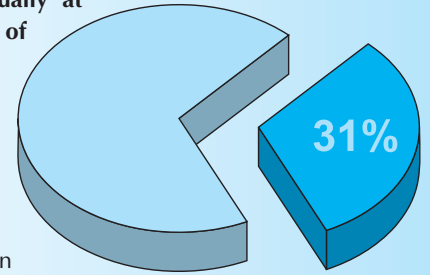


- 24% of pupils had at least 5 portions of fruit or vegetables the day before the survey, while 8% had none at all.

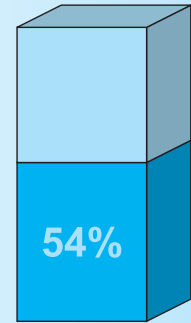
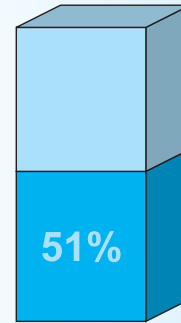
DETAIL	Y7	Y8	Y9	Y10
Male	24%	19%	27%	22%
Female	32%	23%	24%	20%

RELATIONSHIPS and SEXUAL HEALTH

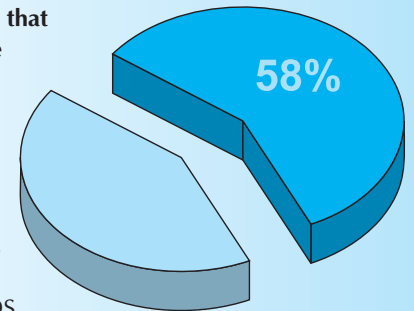
- 31% of pupils are usually 'at ease' meeting people of their own age.



- 23% of pupils said that they knew there was a young person's contraception and advice service available locally.
- 51% of boys in Year 10 and 54% of girls in Year 10 said that they knew where to get condoms free of charge.



- 58% of pupils thought that condoms were reliable methods of preventing pregnancy.



- 37% of pupils thought condoms were reliable in stopping infections like HIV/AIDS.



The *Sex and Relationship Education Guidance (0116/2000)* states that sex and relationship education (SRE) should be firmly rooted within the framework for **personal, social and health education (PSHE)** and **citizenship**. The most crucial factor in the delivery of effective SRE is how it is done.



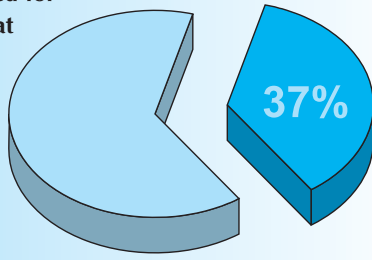
A **PSHE and Citizenship Framework** was published in 1999 and is taught alongside the revised National Curriculum. It has four broad themes, and aims to support the personal and social development of children and young people: (1) To develop confidence and making the most of their abilities; (2) To prepare to play an active role as citizens; (3) To develop a healthy, safer lifestyle; and (4) To develop good relationships and respect differences between people.



The Government is running a 5-a-day campaign to encourage everyone to eat at least 5 portions of fruit and vegetables each day.

HEALTH and SAFETY

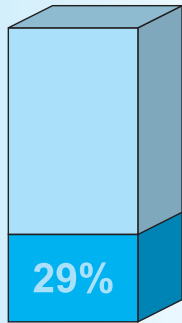
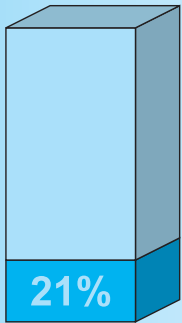
- 37% said they were treated for an accident by doctor or at a hospital within the last year.



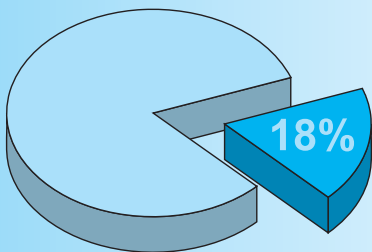
- 11% reported that they had taken medicine for asthma in the last 7 days.

- 25% of pupils said that 'whenever possible' they took measures to avoid sunburn.

- 21% of pupils said that they had taken vitamin tablets in the past 7 days. 29% had taken painkillers.



- 71% of pupils said that they got enough sleep to concentrate on their studies; 20% said they didn't know.
- 78% of pupils cleaned their teeth at least twice the day before. 84% of pupils had been to the dentist within the past 6 months.

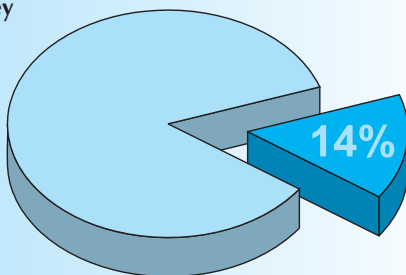


- 18% of pupils rate the safety of their neighbourhood when going out after dark as 'poor' or 'very poor'. 4% said this about going out during the day.

DETAIL	Y7	Y8	Y9	Y10
Male	22%	15%	16%	18%
Female	17%	21%	18%	18%

- 8% of pupils reported that they were 'fairly sure' or 'certain' they had friends or they themselves carried weapons for protection when going out.

- 14% reported that they had been a victim of violence or aggression in the area where they live, in the last twelve months.

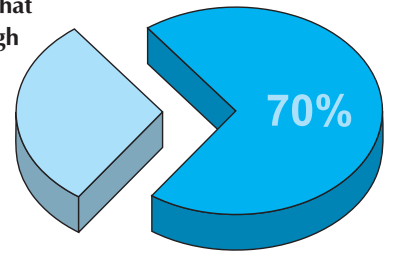


DETAIL	Y7	Y8	Y9	Y10
Male	14%	14%	16%	21%
Female	7%	8%	11%	17%

PHYSICAL ACTIVITY

- 83% say they enjoy physical activities 'quite a lot' or 'a lot'.

- 70% of pupils reported that they had exercised enough to increase breathing rate three times or more in the week before the survey. 8% said once and 6% said never.

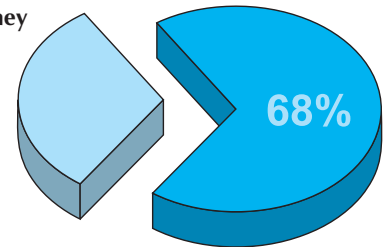


DETAIL	Y7	Y8	Y9	Y10
Male	77%	76%	77%	78%
Female	68%	65%	62%	60%

- 50% thought they were 'fit' or 'very fit' while 13% thought they were 'unfit' or 'very unfit'. 37% thought they were 'moderately fit'.

DETAIL	Y7	Y8	Y9	Y10
Male	61%	54%	56%	58%
Female	51%	49%	41%	32%

- 68% of pupils said that they spent one or more hours doing physical activities the day before (both inside and outside school).



DETAIL	Y7	Y8	Y9	Y10
Male	72%	73%	72%	76%
Female	65%	65%	62%	62%

- The three most popular physical activities were:

Year 9	Boys	Girls
Riding a bike	44%	36%
Soccer	43%	30%
Rugby	33%	25%

Top 3 from a longer list.

- The three physical activities that young people said they would like to start doing (or do more of) were:

Year 9	Boys	Girls
Rugby	9%	14%
Soccer	8%	13%
Scrambling	7%	13%



Participation in regular moderate physical activity is now widely recognised as a major component of health promotion and disease prevention. In 1997 the Health Education Authority (HEA) drew together scientific evidence and international opinion on young people and health-enhancing physical activity which led to the following recommendations:

- (1) All young people should participate in one hour per day of moderate physical activity
- (2) Young people who currently do little activity should participate in physical activity of at least moderate intensity for at least half an hour per day.

Significant differences between Herefordshire pupils and a reference sample of schools across England and Wales

TOPICS (>5% differences only) comparisons made for Year 8 and Year 10 data. SHEU have large comparative sample sizes for these Year groups but not for Years 7 or 9.

- ❑ 41% of boys and 51% of girls in Year 10 said that after Year 11 they would like to stay on in full-time education. In the reference sample, the figures were 50% and 62% respectively. Herefordshire pupils were more likely, than were pupils in the reference sample, to say that they wanted to get training for a skilled job after Year 11.
- ❑ 33% of Year 10 girls recorded levels of high self-esteem. This was lower than the 40% seen in the Year 10 girls in the reference sample.
- ❑ Herefordshire Year 8 pupils were less likely to say that they had nothing at all for breakfast. 7% of Herefordshire girls compared with 15% in the wider sample.
- ❑ Herefordshire pupils were more likely than pupils in the reference sample to say that they ate fresh fruit and vegetables 'on most days'. 60% of Year 10 girls for example said they eat vegetables compared with only 51% in the reference sample.
- ❑ 41% of boys and 55% of girls in Year 8 said that they eat fruit 'on most days'. This compares with 28% and 36% respectively in the reference sample.
- ❑ Year 10 girls are more likely to say that they had drunk alcohol the previous week 48% said they had drunk alcohol on at least 1 day compared with 43% in the reference sample. Year 8 girls however, are less likely to have drunk alcohol compared with the reference sample.
- ❑ Year 10 girls were more likely to have drunk alcohol at home, but less likely to have bought alcohol from an off-licence when compared with the wider group.
- ❑ Year 10 boys are less likely to say that they got drunk the previous week compared with boys in the reference sample. 16% compared with 24%.
- ❑ Year 8 pupils in Herefordshire were less likely than pupils were in the reference sample to say that they knew someone personally who uses drugs; 19% compared with 25%.
- ❑ Herefordshire boys were less likely to have been offered drugs than boys in the wider reference sample were.
- ❑ More Herefordshire pupils reported being 'at ease' with their doctor on their last visit compared with pupils saying the same in the reference sample. 57% of boys and 39% of girls in Year 10 compared with 40% and 29% respectively.
- ❑ 26% of boys and 52% of girls in Year 10 took painkillers the week before the survey. These figures were higher than the 20% and 34% seen in the reference sample.
- ❑ 19% of boys and 28% of girls in Year 10 said that they had been bullied in the past 12 months. This compares with 15% and 19% respectively of the wider reference sample. Herefordshire pupils were more likely however to say that their school took bullying seriously, when compared with pupils saying the same in the reference sample. The definition of bullying used in the Herefordshire survey but not the wider sample survey may have had some influence over the results.
- ❑ 50% of Year 8 and 55% of Year 10 pupils said that they could usually or always say 'no' when a friend asked them to do something that they didn't want to do. In the reference sample, the figures were 60% of Year 8 and 63% of Year 10 for this question.
- ❑ Herefordshire pupils were more likely to worry about exams and tests compared with pupils in the wider sample. They are also more likely to have spent time doing homework the night before, and longer hours.
- ❑ Boys in Herefordshire were more likely than boys in the wider sample were to rate their fitness as 'fit' or 'very fit'. 49% of Year 8 and 58% of Year 10 said this compared with 42% and 52% respectively.

The Way Forward – over to you

As a result of their work we have excellent data to be used by schools, the Local Education Authority, the Young People's Substance Misuse Network, the local Primary Care Trust as well as other statutory and voluntary agencies that 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.

This report just gives a summary of the key results from the survey. The Herefordshire Council Research Team has the full data set.

CREDITS

We are grateful to the teachers, schools, and young people for their time and contributions to this survey. Our thanks go to the staff and pupils that took part.

Barrs Court School

Bishop of Hereford's Blue Coat School

Fairfield High School

Kingstone High School

Lady Hawkins' School

Queen Elizabeth High School

St. David's Centre

St. Mary's RC High School

The Brookfield School

The John Kyrle High School

The Minster College

The Priory Centre

Weobley High School

Whitecross High School

Wigmore High School

Wyebridge College

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