

Teenage Lifestyle Survey – October 2006

Information for the Community Safety & Drugs Partnership

Background

No surveys had been carried out in Herefordshire to collect data about young people's health and lifestyles since 2000. Data is required to provide a better understanding of teenage lifestyles and for a range of performance indicators.

A working group was established with representatives from a wide range of services within the Council & PCT: Smoking Cessation, Public Health, Healthy Schools, Environmental Health & Trading Standards, Community Safety & Drugs Action, Sports Development, HP Support, Research Team.

The Schools Health Education Unit (SHEU) from Exeter was commissioned to carry out the survey; benefits were: expertise, educational materials for schools and comparisons with other areas.

Nearly 4000 pupils from year groups 7, 8, 9 & 10 (ie 11-15 year olds) from almost all maintained schools in Herefordshire took part, only Aylestone & John Masefield declined.

Topics covered included: drugs, alcohol & tobacco, citizenship, school & career, leisure & work, emotional health & wellbeing, healthy eating, relationships & sexual health, health & safety and physical activity.

SHEU produced individual reports for schools (including comparative results for the county) and a summary report for Herefordshire. Reports on specific topics, incorporating some additional analysis have been produced by Herefordshire Council Research Team.

Results

Overall figures stated below are for young people aged 11-15 (i.e. all 4 year groups) Tables show detailed figures for males and females separately in each year group.

Smoking

- 44% live in homes where at least one person smokes most days
- 7% had smoked at least 1 cigarette in the last 7 days

DETAIL	YR 7	YR 8	YR 9	YR 10
MALE	1%	4%	5%	10%
FEMALE	0%	3%	11%	25%

- 4% had smoked 6 or more cigarettes in the last 7 days
YR 10: males – 8%, females – 16%
- 72% had never smoked
- 17% tried smoking once or twice

- 4% used to smoke but don't now
- 2% smoke occasionally
- 4% smoke regularly and would like to give it up
- 2% smoke regularly and don't want to give it up

- 31% obtained their last cigarettes from a shop
YR 10: males – 49%, females – 36%
YR 9: males – 13%, females – 23%

- 47% obtained their last cigarettes from a friend
YR 10: males – 28%, females – 48%
YR 9: males – 67%, females – 42%

- 7% obtained their last cigarettes from their parents
YR 10: males – 6%, females – 6%
YR 9: males – 0%, females – 15%

Alcohol

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

DETAIL	YR 7	YR 8	YR 9	YR 10
MALE	11%	22%	30%	42%
FEMALE	7%	16%	29%	48%

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

DETAIL	YR 7	YR 8	YR 9	YR 10
MALE	3%	4%	9%	16%
FEMALE	1%	3%	10%	25%

- 5% had drunk alcohol in the last week at a pub or bar
(Yr 10: males – 9%, females – 10%)
- 5% had drunk alcohol in the last week at a disco, club or party
(Yr 10: males – 8%, females – 13%)
- 7% had drunk alcohol outside in a public place
(Yr 10: males – 9%, females – 21%)

- Yr 10 males were most likely to say that they'd drunk beer/lager or cider
- Yr 10 females were most likely to say that they'd drunk pre-mixed spirits, wine or spirits

Drugs

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

DETAIL	YR 7	YR 8	YR 9	YR 10
MALE	14%	18%	35%	48%
FEMALE	10%	19%	39%	57%

- 14% had been offered cannabis

DETAIL	YR 7	YR 8	YR 9	YR 10
MALE	5%	8%	15%	29%
FEMALE	2%	4%	13%	33%

- 9% had been offered other drugs

DETAIL	YR 7	YR 8	YR 9	YR 10
MALE	3%	5%	9%	17%
FEMALE	2%	5%	10%	20%

- 3% had taken some form of illegal drug within the last month

DETAIL	YR 7	YR 8	YR 9	YR 10
MALE	1%	2%	3%	6%
FEMALE	0%	1%	2%	12%

- 6% had taken some form of drug in the last year

DETAIL	YR 7	YR 8	YR 9	YR 10
MALE	2%	3%	5%	13%
FEMALE	0%	15	5%	18%

- Illegal drugs most commonly ever taken by YR 10 males were: cannabis (14%); poppers (4%); hallucinogens (4%)
- Illegal drugs most commonly ever taken by YR 10 females were: cannabis (18%); poppers (6%); solvents (4%); cocaine (3%); ecstasy (3%)

Safety

- 18% rate the safety of their neighbourhood when going out after dark as 'poor' or 'very poor'

DETAIL	YR 7	YR 8	YR 9	YR 10
MALE	22%	15%	16%	18%
FEMALE	17%	21%	18%	18%

- 14% had been a victim of violence or aggression in the area where they live in the last 12 months

DETAIL	YR 7	YR 8	YR 9	YR 10
MALE	14%	14%	16%	21%
FEMALE	7%	8%	11%	17%

- 8% were 'fairly sure' or 'certain' they had friends or they themselves carried weapons or other things for protection when they went out. Items most frequently mentioned were: knife (174), baseball bat or similar (17), BB gun (14), spray (9), metal bar/chain (9) and knuckle duster (9).