

# Teenage Lifestyle Survey – October 2006

## Information on Health and Safety

### 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 & Primary Care Trust (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 (i.e. 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

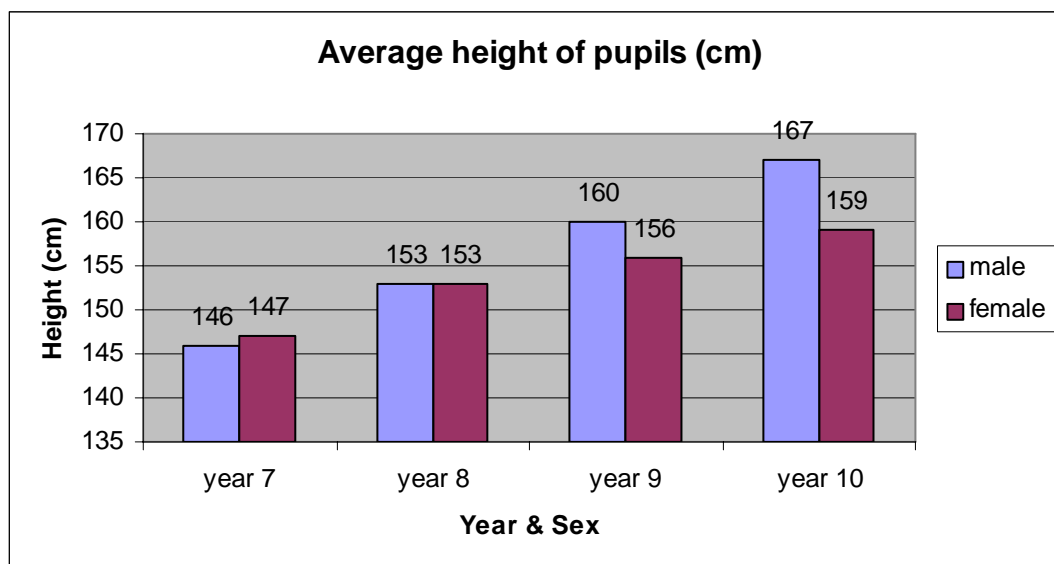
Five specific areas are covered in this report: Personal Background, Food and Diet, Smoking and Drinking, Health and Safety and Accidents. Overall figures stated below are for young people aged 11-15 (i.e. all 4 year groups). Tables show detailed figures for males and females separately in each year group.

## 1) Personal Background

The following data relates to questions 14, 15 & 16

### Q14. Do you know your height in cm?

**Chart 1.1: The average height of pupils in years 7 – 10**



- On average year 10 males were the tallest (167 cm) and year 7 males were the shortest (146 cm)
- As would be expected the average height of both males and females increases each year (with males increasing by an average of 7cm in height every year)
- Only from year 9 onwards is there any noticeable difference in the average height of males and females, with the biggest difference (8cm) in year 10

### Q15. How recently have you checked your height?

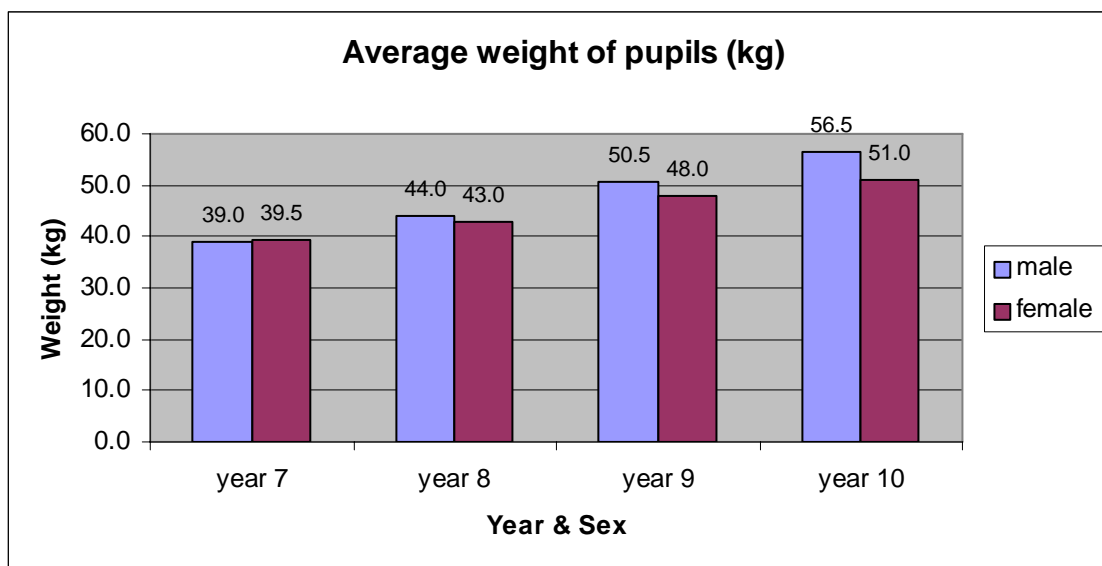
**Table 1.1: How recently pupils have checked their height**

	Year 7		Year 8		Year 9		Year 10		All
	Male	Female	Male	Female	Male	Female	Male	Female	
<b>This week</b>	37%	35%	26%	30%	27%	27%	26%	26%	29%
<b>This month</b>	18%	22%	23%	23%	21%	21%	24%	24%	22%
<b>In the last 6 months</b>	24%	28%	27%	31%	29%	28%	29%	30%	28%
<b>Longer than 6 months ago</b>	20%	14%	24%	17%	23%	24%	22%	20%	20%

- 51% of pupils checked their height at least this month
- 20% of year 7 males and 24% of year 8 males have not checked their height in the last 6 months, compared to 14% of year 7 females and 17% of year 8 females. This is the only marked difference between males and females in each year
- A higher proportion of both males (37%) and females (35%) in year 7 checked their height this week compared to males (26%) and females (26%) in year 10

**Q16. Do you know your weight in kg?**

**Chart 1.2: The average weight of pupils in years 7 – 10**



- On average year 10 males were heaviest (56.5kg) and year 7 males were lightest (39 kg)
- As would be expected the average weight of both males and females increases each year
- The largest difference in weight between males and females of the same year (5.5kg) is in year 10

**Q17. How recently have you checked your weight?**

**Table 1.2: How recently pupils have checked their weight**

	Year 7		Year 8		Year 9		Year 10		All
	Male	Female	Male	Female	Male	Female	Male	Female	
<b>This week</b>	37%	39%	36%	38%	35%	34%	34%	34%	36%
<b>This month</b>	26%	29%	31%	29%	26%	29%	28%	26%	28%
<b>In the last 6 months</b>	23%	20%	21%	23%	23%	24%	21%	26%	23%
<b>Longer than 6 months ago</b>	13%	12%	12%	10%	17%	13%	17%	14%	13%

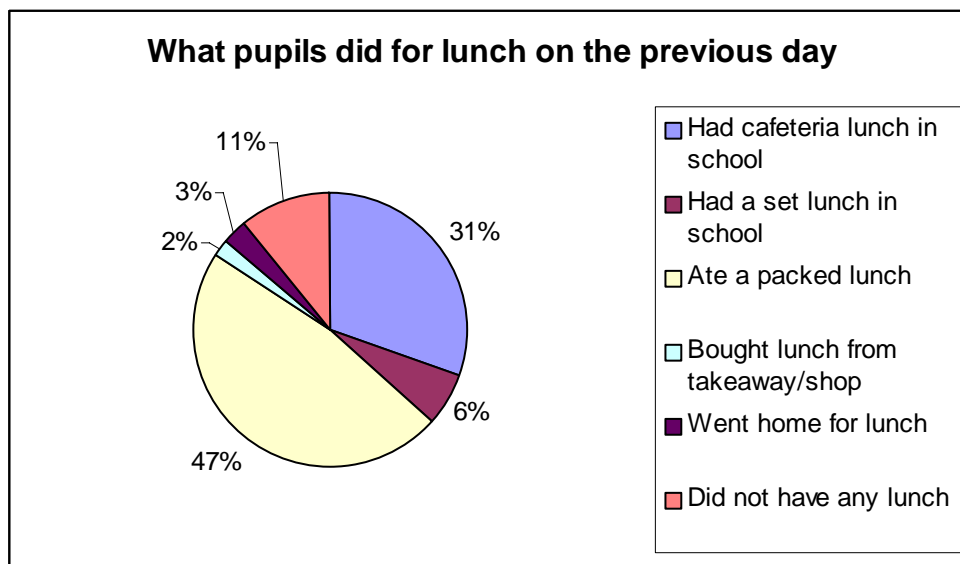
- At least 54% of pupils checked their weight this month
- Over a third of pupils (36%) checked their weight this week
- There is no marked difference between males and females overall in the frequency that pupils check their weight
- More than 1 in 10 (13%) of pupils had not checked their weight in the last 6 months

## 2) Food and Diet

The following data relates to questions 19 - 25

### Q19. What did you do for lunch yesterday?

**Chart 2.1: What pupils did for lunch on the previous day**



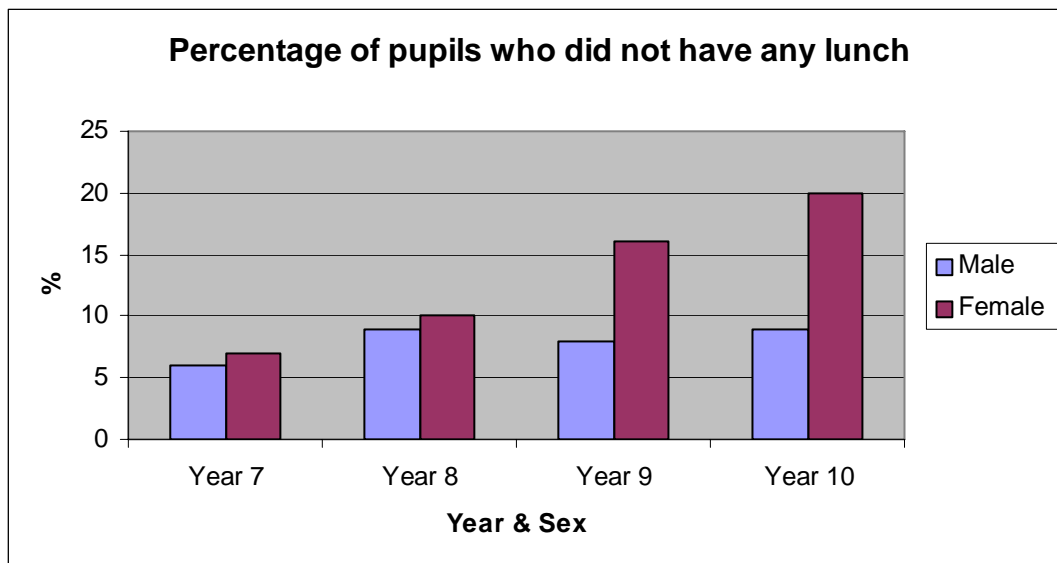
- 1 in 10 pupils did not have lunch at all on the previous day
- Almost half (47%) of all pupils ate a packed lunch

**Table 2.1: What pupils did for lunch on the previous day**

	Year 7		Year 8		Year 9		Year 10	
	Male	Female	Male	Female	Male	Female	Male	Female
<b>Had cafeteria lunch in school</b>	49%	35%	30%	28%	31%	25%	29%	25%
<b>Had a set lunch in school</b>	7%	7%	8%	5%	9%	5%	5%	4%
<b>Ate a packed lunch</b>	35%	49%	51%	55%	47%	52%	48%	43%
<b>Bought lunch from takeaway/shop</b>	1%	0%	1%	1%	3%	1%	4%	5%
<b>Went home for lunch</b>	3%	2%	2%	1%	2%	2%	5%	3%
<b>Did not have any lunch</b>	6%	7%	9%	10%	8%	16%	9%	20%

- 49% of males in year 7 had a cafeteria lunch in school, compared to 29% of year 10 males
- Out of the pupils who did not have any lunch the previous day 61% were female and 39% were male

**Chart 2.2: The percentage of pupils who did not have any lunch the previous day**



- 1 in 5 females in year 10 did not have any lunch the previous day
- The proportion of females who did not have any lunch increases each year (7% in year 7, 10% in year 8, 16% in year 9 and 20% in year 10)
- The proportion of males who did not have any lunch is lowest in year 7 (6%) and highest in years 8 and 10 (9%)

**Q20. Did you eat or drink anything before lessons this morning?**

**Table 2.2: Whether or not pupils ate or drank anything before lessons on the day of the survey**

	Year 7		Year 8		Year 9		Year 10	
	Male	Female	Male	Female	Male	Female	Male	Female
<b>No, nothing at all</b>	7%	6%	5%	7%	6%	10%	9%	17%
<b>Yes, something at school</b>	26%	22%	20%	17%	21%	14%	14%	12%
<b>Yes, something at home</b>	73%	78%	79%	74%	76%	69%	77%	67%
<b>Yes, something on the way to school</b>	16%	14%	11%	12%	10%	10%	14%	8%

- Of the pupils that had nothing to eat or drink before lessons on the day of the survey, 59% were female (with proportions ranging from 6% for year 7 females to 17% for year 10 females)
- 74% of pupils had something to eat or drink at home before they came to school (with proportions ranging from 67% for year 10 females to 79% for year 8 males)

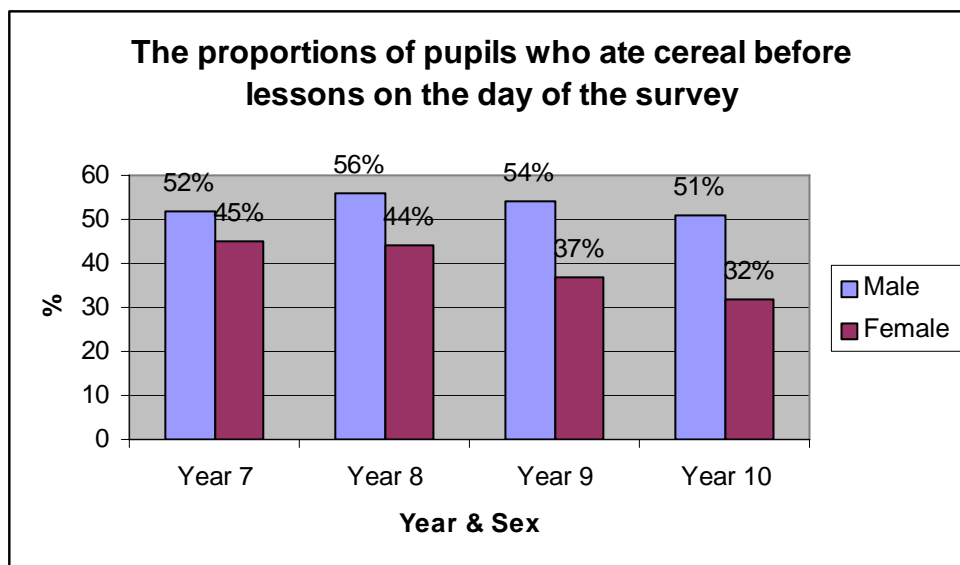
**Q21. What did you have to eat or drink before lessons this morning?**

**Table 2.3: What pupils had to eat and drink before lessons on the day of the survey**

	Year 7		Year 8		Year 9		Year 10	
	Male	Female	Male	Female	Male	Female	Male	Female
<b>Something to drink</b>	72%	74%	75%	72%	77%	73%	74%	67%
<b>Cereal</b>	52%	45%	56%	44%	54%	37%	51%	32%
<b>Porridge/ Readybrek)</b>	6%	9%	7%	8%	7%	4%	6%	6%
<b>Toast or bread</b>	32%	27%	30%	28%	28%	29%	25%	23%
<b>Fruit</b>	18%	25%	20%	20%	23%	18%	16%	14%
<b>Yoghurt</b>	4%	9%	7%	8%	6%	6%	7%	6%
<b>Crisp-type packet snack</b>	5%	2%	3%	3%	5%	2%	3%	5%
<b>Chocolate bar, sweets</b>	9%	5%	11%	7%	7%	5%	8%	7%
<b>Breakfast bar</b>	9%	6%	8%	7%	6%	6%	6%	4%
<b>Pop tarts, cakes, muffins</b>	4%	2%	4%	2%	2%	1%	2%	2%
<b>Cooked breakfast</b>	5%	5%	5%	3%	4%	4%	4%	1%
<b>Something else</b>	2%	2%	1%	2%	1%	2%	0%	1%

- 73% of pupils had something to drink before lessons (ranging from 67% for year 10 females to 77% for year 9 males)
- 19% of pupils had fruit before lessons (ranging from 14% for year 10 females to 25% for year 7 females)
- 7% of pupils had a chocolate bar or sweets before lessons (ranging from 5% for year 7 and year 9 females to 11% for year 8 males)

**Chart 2.3: The proportions of pupils who had cereal before lessons on the day of the survey**



- 46% of pupils had cereal before lessons on the day of the survey (ranging from 32% for year 10 females to 56% of year 8 males)
- The proportions of females who ate cereal decreases each year from a high of 45% for year 7 to a low of 32% for year 10

**Q23. How much water did you drink yesterday?**

**Table 2.4: The amount of water pupils drank on the previous day**

	Year 7		Year 8		Year 9		Year 10		All
	Male	Female	Male	Female	Male	Female	Male	Female	
<b>Nothing</b>	14%	12%	11%	16%	13%	15%	13%	20%	14%
<b>1 or 2 cups</b>	27%	34%	27%	31%	27%	37%	27%	33%	30%
<b>3-5 cups</b>	25%	27%	31%	27%	27%	29%	29%	29%	28%
<b>About a litre</b>	18%	17%	21%	19%	21%	14%	18%	13%	18%
<b>About 2 litres</b>	9%	5%	6%	4%	7%	3%	8%	4%	6%
<b>More than 2 litres</b>	6%	5%	4%	4%	5%	1%	5%	1%	4%

- 14% of pupils didn't drink any water yesterday (ranging from 11% of year 8 males to 20% of year 10 females)
- 4% of pupils had more than 2 litres of water on the previous day (ranging from 1% for year 9 and year 10 females to 6% for year 7 males)

### 3) Smoking and Drinking

The following data relates to questions 26 – 36

#### Q26. How many cigarettes have you smoked during the last 7 days?

**Table 3.1: The amount of cigarettes smoked by all pupils during the last 7 days**

<b>None</b>	<b>92%</b>
<b>1-5 cigarettes</b>	<b>3%</b>
<b>6-10 cigarettes</b>	<b>1%</b>
<b>11-15 cigarettes</b>	<b>1%</b>
<b>16-25 cigarettes</b>	<b>1%</b>
<b>26-35 cigarettes</b>	<b>1%</b>
<b>36-45 cigarettes</b>	<b>0%</b>
<b>46-55 cigarettes</b>	<b>0%</b>
<b>56-65 cigarettes</b>	<b>0%</b>
<b>66+ cigarettes</b>	<b>1%</b>

- 7% of pupils smoked at least 1 cigarette during the past 7 days
- 5% of pupils smoked at least 6 cigarettes or more during the past 7 days

**Table 3.2: The number of cigarettes smoked by different year groups during the last 7 days**

	Year 7		Year 8		Year 9		Year 10	
	Male	Female	Male	Female	Male	Female	Male	Female
<b>None</b>	99%	100%	96%	97%	95%	89%	90%	75%
<b>1-5 cigarettes</b>	1%	0%	3%	2%	3%	4%	2%	9%
<b>6-10 cigarettes</b>	0%	0%	0%	0%	1%	1%	0%	2%
<b>11-15 cigarettes</b>	0%	0%	0%	0%	0%	1%	0%	3%
<b>16-25 cigarettes</b>	0%	0%	0%	1%	1%	2%	3%	3%
<b>26-35 cigarettes</b>	0%	0%	0%	0%	0%	1%	1%	2%
<b>36-45 cigarettes</b>	0%	0%	0%	0%	0%	0%	0%	3%
<b>46-55 cigarettes</b>	0%	0%	0%	0%	0%	0%	1%	1%
<b>56-65 cigarettes</b>	0%	0%	0%	0%	0%	0%	0%	1%
<b>66+ cigarettes</b>	0%	0%	0%	0%	0%	1%	2%	1%

- The only group to have not smoked a cigarette in the past 7 days was year 7 females
- Overall a higher proportion of females (65%) than males (35%) smoked in the last 7 days
- 1 in 4 year 10 females (25%) smoked in the last 7 days

#### 4) Health and Safety

The following data relates to part (b) of question 51:

**‘During the last 7 days, on how many days have you used medicine for asthma (pills, inhaler)?’**

**Table 4.1: The proportions of pupils who took medicine for asthma on one or more days during the last 7 days**

Year 7		Year 8		Year 9		Year 10		All
Male	Female	Male	Female	Male	Female	Male	Female	
10%	11%	9%	14%	11%	12%	11%	11%	11%

- 1 in 10 pupils (11%) took medicine for asthma on one or more days during the last 7 days
- Overall, slightly more females (53%) than males (47%) took medicine for asthma
- There was no marked difference between different years in the proportions of pupils who took medicine for asthma

The following data relates to the answers given in question 53:

**‘How do you rate the following in the area where you live?’**

- a) Your safety when going out after dark
- b) Your safety when going out during the day
- c) You safety at school
- d) Your safety when going to and from school

**Table 4.2: How pupils rate their safety when going out after dark**

	Year 7		Year 8		Year 9		Year 10		All
	Male	Female	Male	Female	Male	Female	Male	Female	
<b>Very poor</b>	11%	8%	6%	9%	7%	5%	7%	8%	7%
<b>Poor</b>	11%	9%	9%	13%	9%	13%	11%	10%	11%
<b>OK</b>	32%	35%	35%	32%	29%	36%	32%	40%	34%
<b>Good</b>	25%	30%	30%	27%	28%	31%	29%	26%	28%
<b>Very good</b>	21%	18%	20%	19%	26%	15%	21%	16%	20%

- Nearly 1 in 5 (18%) pupils rated safety after dark in the area where they lived as poor or very poor
- A higher proportion of males (57%) than females (43%) rated safety after dark in the area where they live as very good

**Table 4.3: How pupils rate their safety when going out during the day**

	Year 7		Year 8		Year 9		Year 10		All
	Male	Female	Male	Female	Male	Female	Male	Female	
<b>Very poor</b>	3%	0%	2%	2%	3%	1%	2%	1%	2%
<b>Poor</b>	2%	2%	3%	2%	1%	1%	2%	2%	2%
<b>OK</b>	15%	13%	10%	13%	8%	15%	13%	15%	13%
<b>Good</b>	26%	29%	32%	32%	28%	34%	29%	36%	31%
<b>Very good</b>	55%	56%	53%	51%	60%	49%	54%	45%	53%

- 84% of pupils rated their safety when going out during the day as good or very good
- Of the pupils who rated their safety, when going out during the day, as very poor, 69% were male and 31% were female
- 56% of year 7 females rated their safety, when going out during the day, as very good, compared to 45% of year 10 females

**Table 4.4: How pupils rate their safety at school**

	Year 7		Year 8		Year 9		Year 10		All
	Male	Female	Male	Female	Male	Female	Male	Female	
<b>Very poor</b>	3%	1%	3%	3%	3%	1%	3%	3%	3%
<b>Poor</b>	2%	2%	3%	3%	2%	2%	3%	4%	3%
<b>OK</b>	12%	10%	15%	14%	14%	15%	16%	18%	14%
<b>Good</b>	28%	30%	35%	35%	35%	40%	35%	39%	35%
<b>Very good</b>	56%	56%	44%	46%	45%	42%	43%	36%	46%

- 81% of pupils rated their safety at school as good or very good
- Of the pupils who rated their safety as very poor, 60% were male and 40% were female
- 86% of year 7 females rated their safety at school as good or very good, compared to 75% of year 10 females

**Table 4.5: How pupils rate their safety going to and from school**

	Year 7		Year 8		Year 9		Year 10		All
	Male	Female	Male	Female	Male	Female	Male	Female	
<b>Very poor</b>	2%	1%	3%	2%	2%	1%	3%	3%	2%
<b>Poor</b>	3%	3%	3%	3%	4%	2%	4%	4%	3%
<b>OK</b>	19%	19%	12%	19%	18%	21%	16%	25%	19%
<b>Good</b>	33%	37%	41%	38%	32%	42%	33%	34%	36%
<b>Very good</b>	42%	40%	41%	37%	45%	34%	45%	33%	40%

- 76% of pupils rate their safety going to and from school as good or very good
- Of the pupils who rated their safety, going to and from school, as very good, 55% were male and 45% were female

Tables 4.6 and 4.7 relate to the answers given to question 54: ‘**In the last 12 months have you been the victim of violence or aggression in the area where you live?**’ and question 55: ‘**Do you or your friends carry weapons or other things for protection when going out?**’

**Table 4.6: Proportions of pupils who have been the victim of violence or aggression**

	Year 7		Year 8		Year 9		Year 10		All
	Male	Female	Male	Female	Male	Female	Male	Female	
<b>No</b>	78%	85%	75%	80%	73%	80%	70%	76%	77%
<b>Not sure</b>	8%	8%	11%	12%	11%	9%	9%	7%	9%
<b>Yes</b>	14%	7%	14%	8%	16%	11%	21%	17%	14%

- 14% of pupils said that they had been the victim of violence or aggression in the area where they live in the last 12 months
- Over 1 in 5 males (21%) in year 10 said that they had been the victim of violence or aggression
- For each year group males are more likely than females to state that they were the victim of violence or aggression in the area where they live in the last 12 months, 60% overall
- The proportions of males and females reporting that they were a victim of violence or aggression increases with age (ranging from 14% for year 7 & 8 males to 21% for year 10 males and from 7% for year 7 females to 17% for year 10 females)

**Table 4.7: Proportions of pupils who carry weapons or other things for protection, or who have friends who carry weapons, for protection when going out**

	Year 7		Year 8		Year 9		Year 10		All
	Male	Female	Male	Female	Male	Female	Male	Female	
<b>No</b>	80%	87%	73%	83%	75%	80%	70%	78%	78%
<b>Not sure</b>	11%	10%	17%	11%	13%	16%	15%	12%	13%
<b>Fairly sure</b>	4%	2%	5%	3%	7%	3%	6%	5%	4%
<b>Certain</b>	4%	2%	5%	2%	6%	2%	9%	5%	4%

- 8% of all pupils were fairly sure or certain that they or their friends carried weapons or other things for protection
- Almost 1 in 10 (9%) of year 10 males are certain that they or their friends carry weapons or other things for protection when going out, compared to 4% of year 7 males
- Of the pupils who were certain that either they or their friends carry a weapon or other things for protection when going out, 69% were male
- Out of the pupils carrying, or having a friend that carried a weapon or other things for protection, 268 specified what it was. Knives (174 responses) were most commonly reported. Other items included: Mobile phone (7), Sound alarm (3), Spray (9), Baseball bat or similar (17), knuckle-dusters (9), metal bars/chains (9), BB gun (14), other items (26).

**Chart 4.1: The number of pupils who carry, or have a friend who carries, a knife for protection when going out**



- For both males and females, the numbers of pupils who carry, or know of someone who carries, a knife increases from year 7 to year 10 (ranging from 4 year 7 females to 41 year 10 males)
- 69% of pupils who carry, or know of someone who carries, a knife are male
- Out of the female pupils that carry, or have a friend who carries a knife, 44% are in year 10

Table 4.8 below relates to the answers given to question 57: ‘Where would you go first for help or information about the following?’

**Table 4.8: Where pupils would go first for help or information about healthy eating**

	Year 7		Year 8		Year 9		Year 10	
	Male	Female	Male	Female	Male	Female	Male	Female
<b>My family</b>	65%	67%	67%	66%	71%	62%	61%	55%
<b>Friends</b>	3%	6%	4%	8%	5%	9%	7%	14%
<b>Someone at school</b>	2%	3	3%	2%	2%	4%	2%	2%
<b>Connexions personal advisor</b>	0%	1%	2%	1%	0%	0%	0%	0%
<b>Doctor, nurse or other health worker</b>	12%	11%	10%	9%	12%	17%	12%	12%
<b>Local advice centre</b>	1%	1%	1%	1%	1%	0%	2%	1%
<b>Books, magazines</b>	2%	2%	1%	1%	1%	2%	1%	3%
<b>Internet, e.g. web pages</b>	2%	0%	1%	0%	2%	1%	4%	4%
<b>Herefordshire sexfaqs or drugsfaqs</b>	1%	0%	0%	0%	0%	0%	1%	0%
<b>Missing</b>	11%	10%	12%	10%	6%	4%	11%	8%
<b>Telephone helpline</b>	1%	0%	1%	0%	1%	0%	1%	1%

- Pupils were most likely to go to their family first for help or information about healthy eating (64% overall and ranging from 55% for year 10 females to 71% for year 9 males)
- 12% of all pupils would go to a doctor, nurse or other health worker first for help or information about healthy eating, with year 9 females being most likely to do so (17%)
- 7% of all pupils would go to their friends first for help or information about healthy eating, with year 10 females being most likely to do so (14%)
- Only 3% of pupils would go to someone at school first for help or information about healthy eating

**Table 4.9: Where pupils would go first for help or information about money problems**

	Year 7		Year 8		Year 9		Year 10	
	Male	Female	Male	Female	Male	Female	Male	Female
<b>My family</b>	71%	76%	73%	78%	79%	79%	75%	75%
<b>Friends</b>	6%	5%	6%	9%	7%	11%	8%	11%
<b>Someone at school</b>	2%	2%	0%	0%	1%	1%	1%	0%
<b>Connexions personal advisor</b>	2%	2%	1%	1%	1%	1%	0%	1%
<b>Doctor, nurse or other health worker</b>	0%	0%	0%	0%	0%	0%	0%	0%
<b>Local advice centre</b>	3%	2%	4%	1%	4%	4%	2%	1%
<b>Books, magazines</b>	0%	0%	1%	0%	0%	0%	0%	1%
<b>Internet, e.g. web pages</b>	1%	1%	1%	0%	1%	1%	1%	1%
<b>Herefordshire sexfaqs or drugsfaqs</b>	0%	0%	0%	0%	0%	0%	0%	0%
<b>Missing</b>	12%	10%	13%	9%	5%	2%	11%	8%
<b>Telephone helpline</b>	2%	2%	2%	1%	2%	1%	1%	2%

- 76% of all pupils would go to their family first for help or information about money problems, with little variation between year groups and sexes

- 8% of pupils would go to their friends first for help or information about money problems, with year 9 and year 10 females being most likely to do so (11% in both cases)
- Only 1% of pupils would go to someone at school first for help or information about money problems

Tables 4.10, 4.11 & 4.12 relate to the answers given in question 76: ‘**How much pocket money did you get last time?**’ and question 78: ‘**How much of your own money (say from your wages or pocket money) have you spent during the last 7 days?**’

**Table 4.10: Amount of pocket money received last time**

	Year 7		Year 8		Year 9		Year 10		All
	Male	Female	Male	Female	Male	Female	Male	Female	
<b>Nothing</b>	18%	18%	17%	14%	18%	12%	22%	17%	17%
<b>0 to 5 pounds</b>	61%	63%	54%	58%	40%	44%	32%	31%	47%
<b>5 to 10 pounds</b>	13%	11%	15%	17%	27%	24%	22%	29%	20%
<b>10 to 20 pounds</b>	4%	4%	9%	8%	9%	12%	16%	16%	10%
<b>20 to 30 pounds</b>	2%	2%	3%	1%	2%	5%	4%	4%	3%
<b>30 to 40 pounds</b>	1%	0%	1%	1%	2%	2%	1%	2%	1%
<b>Over 40 pounds</b>	2%	1%	1%	1%	1%	1%	4%	1%	2%

- 17% of pupils didn’t receive any pocket money last time
- 3% of pupils received £30 or more pocket money last time
- Of those pupils who didn’t receive any pocket money, 54% were male and 46% female

**Table 4.11: The amount of their own money pupils have spent during the last 7 days**

	Year 7		Year 8		Year 9		Year 10		All
	Male	Female	Male	Female	Male	Female	Male	Female	
<b>Nothing</b>	36%	39%	39%	30%	27%	30%	26%	20%	30%
<b>0 to 5 pounds</b>	38%	37%	31%	36%	22%	21%	15%	22%	27%
<b>5 to 10 pounds</b>	11%	10%	15%	18%	18%	19%	16%	18%	16%
<b>10 to 20 pounds</b>	8%	9%	6%	10%	21%	19%	26%	26%	17%
<b>20 to 30 pounds</b>	3%	2%	3%	2%	6%	5%	7%	5%	4%
<b>30 to 40 pounds</b>	2%	0%	1%	1%	2%	3%	2%	4%	2%
<b>Over 40 pounds</b>	2%	2%	4%	2%	4%	3%	8%	6%	4%

- 1 in 10 pupils (10%) spent £20 or more during the last 7 days
- Of those pupils who spent £20 or more during the last 7 days, 56% were male
- 30% of pupils didn't spend any of their own money in the last 7 days

**Table 4.12: The proportions of pupils who have spent their own money on cigarettes, the National Lottery and alcoholic drinks during the last 7 days**

	Year 7		Year 8		Year 9		Year 10		All
	Male	Female	Male	Female	Male	Female	Male	Female	
<b>Cigarettes</b>	0%	0%	0%	1%	3%	5%	7%	13%	4%
<b>National lottery</b>	3%	2%	1%	0%	3%	1%	4%	2%	2%
<b>Alcoholic drinks</b>	1%	0%	1%	2%	5%	5%	7%	13%	4%

- Out of the females in year 10, 13% spent their own money on cigarettes and 13% on alcoholic drinks in the last 7 days, compared to 7% of males in year 10 for both cigarettes and alcohol
- For both alcoholic drinks and cigarettes there was a marked increase between year 9 and year 10 in the proportions of females spending their money on these items (from 5% to 13% in both cases)

## 5) Accidents

The following data relates to questions 89 – 93

**Q89. In the past 12 months, how many accidents have you had that were treated by a doctor or at a hospital?**

**Table 5.1: The number of times pupils required treatment by a doctor or at a hospital for an accident in the last 12 months**

	Year 7		Year 8		Year 9		Year 10		All
	Male	Female	Male	Female	Male	Female	Male	Female	
<b>None</b>	68%	71%	55%	69%	56%	68%	56%	67%	63%
<b>One</b>	12%	15%	18%	12%	18%	15%	15%	19%	16%
<b>Two</b>	7%	6%	13%	9%	11%	8%	11%	6%	9%
<b>Three</b>	5%	3%	6%	5%	5%	5%	9%	4%	5%
<b>Four</b>	4%	4%	3%	2%	4%	1%	2%	2%	3%
<b>Five</b>	2%	1%	2%	2%	3%	1%	4%	1%	2%
<b>Six</b>	1%	0%	1%	1%	1%	1%	1%	0%	1%
<b>Seven</b>	1%	0%	1%	0%	0%	0%	0%	0%	0%
<b>Eight or more</b>	1%	1%	2%	1%	3%	2%	1%	1%	1%

- 37% of pupils had at least one accident or more that was treated by a doctor or at a hospital in the past 12 months
- 7% of pupils had four or more accidents that were treated by a doctor or at a hospital in the past 12 months
- In each year a larger proportion of males than females had at least one accident, with 57% of all pupils having at least one accident being males

**Q90. Please think about your most recent accident within the last 12 months. What sort of accident was it?**

**Table 5.2: The most recent accidents had by pupils within the last 12 months**

	Year 7		Year 8		Year 9		Year 10		All
	Male	Female	Male	Female	Male	Female	Male	Female	
<b>Burn or scald</b>	5%	4%	11%	10%	3%	7%	4%	5%	6%
<b>Cut</b>	20%	20%	18%	14%	16%	16%	20%	9%	17%
<b>Broken bone</b>	11%	11%	18%	21%	28%	24%	30%	18%	22%
<b>Bruise, graze, sprain</b>	29%	34%	25%	23%	26%	26%	17%	36%	26%
<b>Breathing problems</b>	1%	4%	4%	4%	2%	3%	1%	7%	3%
<b>Swallowed something</b>	2%	1%	0%	0%	1%	1%	1%	2%	1%
<b>Injured teeth/mouth/jaw</b>	5%	1%	2%	3%	5%	2%	4%	5%	4%
<b>Hurt my head</b>	13%	9%	8%	10%	12%	6%	10%	6%	9%
<b>Other</b>	14%	16%	13%	16%	8%	15%	14%	12%	13%

- The most common accident experienced by pupils over the last 12 months was a bruise/graze/sprain (29% overall, but ranging from 17% for year 10 males to 36% for year 10 females)
- Over 1 in 5 (22%) of pupils broke a bone in their most recent accident within the last 12 months (ranging from 11% for both year 7 males and females to 30% for year 10 males)
- Of those pupils that had breathing problems 65% were females, with 45% of those females being in year 10

**Q91. What were you doing?**

**Table 5.3: What pupils were doing when they had their most recent accident**

	Year 7		Year 8		Year 9		Year 10		All
	Male	Female	Male	Female	Male	Female	Male	Female	
<b>Walking or running</b>	20%	28%	12%	25%	9%	27%	12%	21%	18%
<b>Swimming or near water</b>	4%	7%	6%	6%	5%	3%	2%	2%	4%
<b>Playing sport</b>	46%	33%	50%	28%	57%	19%	58%	43%	44%
<b>Doing my paid job</b>	2%	2%	3%	2%	5%	6%	6%	4%	4%
<b>Other</b>	28%	30%	29%	39%	24%	45%	23%	30%	30%

- Pupils were most likely to be playing sport when they had their most recent accident (44% overall but ranging from 19% for year 9 females to 58% for year 10 males)

- 43% of females in year 10 had their most recent accident whilst playing sport compared to 19% of females in year 9

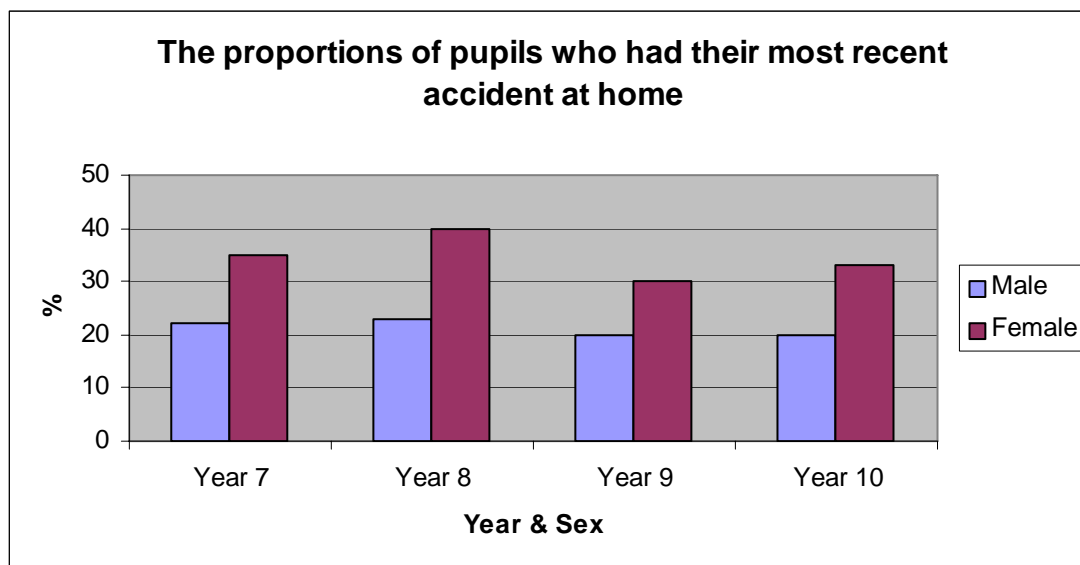
## Q92. Where were you?

**Table 5.4: Location of pupils when they had their accident**

	Year 7		Year 8		Year 9		Year 10		All
	Male	Female	Male	Female	Male	Female	Male	Female	
<b>In a car</b>	6%	3%	4%	3%	2%	1%	2%	1%	3%
<b>On a bike</b>	26%	6%	17%	6%	13%	5%	8%	3%	10%
<b>At home</b>	22%	35%	23%	40%	20%	30%	20%	33%	27%
<b>At school</b>	11%	23%	23%	21%	22%	25%	28%	23%	23%
<b>Other</b>	35%	33%	34%	30%	43%	39%	42%	40%	38%

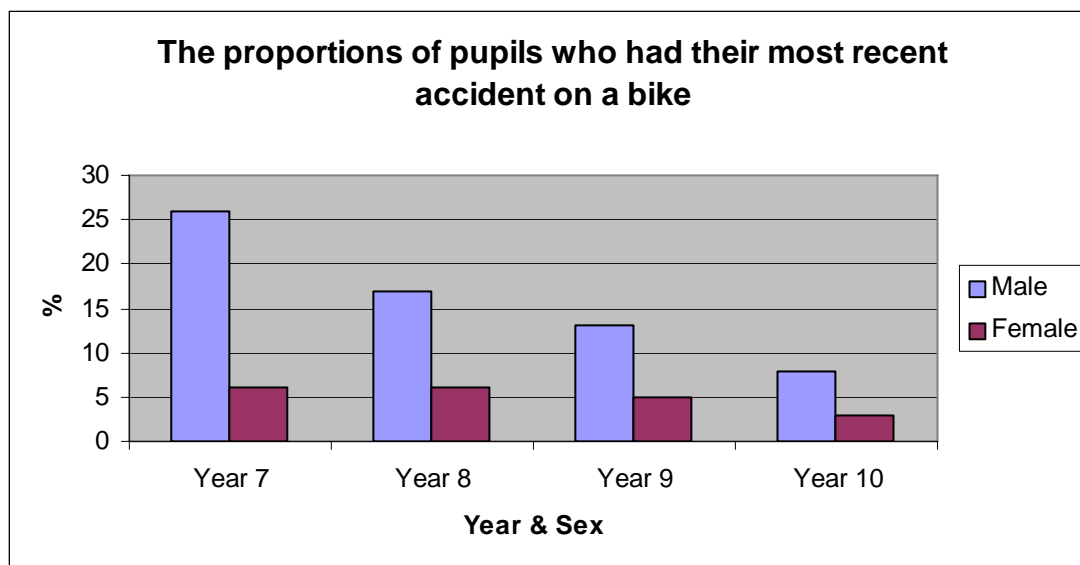
- 27% of pupils had their most recent accident at home (with variation between males and females highlighted in chart 5.1 below)
- 23% had their most recent accident at school
- 11% of year 7 males had their most recent accident at school, compared to 28% of year 10 males

**Chart 5.1: The proportions of pupils who had their most recent accident at home**



- A higher proportion of females than males in all year groups had their most recent accident at home, with proportions for females ranging from 30% for year 9 to 40% for year 8

**Chart 5.2: The proportions of pupils who had their most recent accident on a bike**



- Of those pupils who had their most recent accident on a bike 79% were male, with proportions for males ranging from 8% for year 10 to 26% for year 7

The following data relates to the answers given to question 93: ‘When you cycle, do you wear a safety helmet?’

**Table 5.5: The proportions of pupils who don’t cycle**

	Year 7		Year 8		Year 9		Year 10		All
	Male	Female	Male	Female	Male	Female	Male	Female	
Don't cycle	8%	11%	8%	14%	11%	16%	15%	32%	15%

- 15% of pupils don’t cycle
- 32% of year 10 females don’t cycle compared to 11% of year 7 females

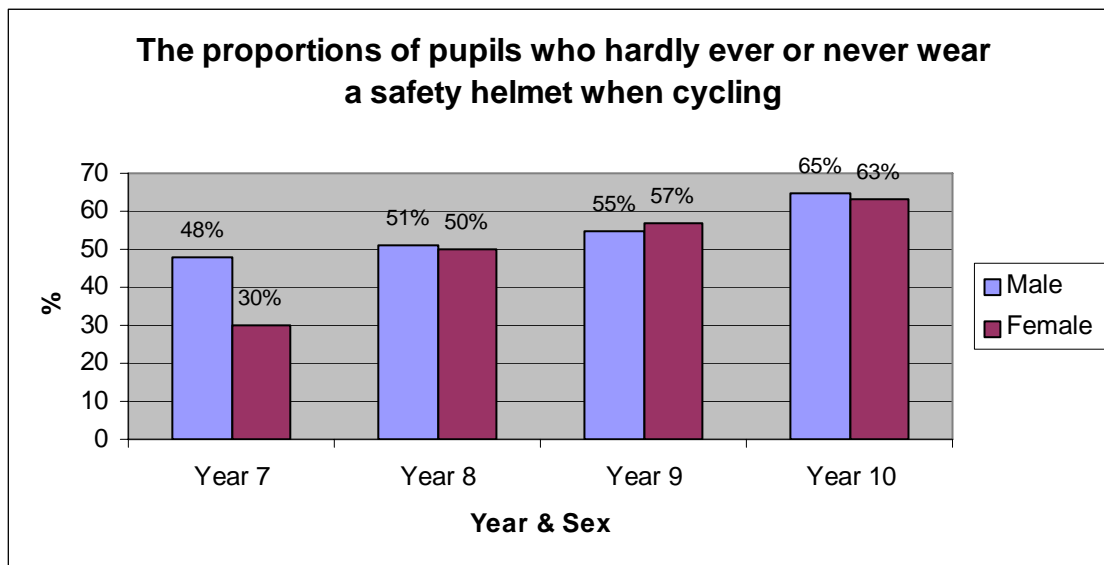
**Table 5.6: Percentage of pupils who wear a safety helmet when cycling**

	Year 7		Year 8		Year 9		Year 10		All
	Male	Female	Male	Female	Male	Female	Male	Female	
Don't have a safety helmet	25%	12%	24%	20%	24%	25%	34%	31%	25%
Hardly ever or never	23%	18%	27%	30%	31%	32%	31%	32%	28%
Sometimes	17%	19%	23%	17%	18%	22%	18%	21%	19%
Most times	11%	24%	10%	17%	14%	10%	8%	11%	13%
Always	24%	27%	15%	16%	13%	11%	9%	5%	15%

- Of the pupils who cycle, 25% don’t have a safety helmet and a further 28% hardly ever or never wear a safety helmet

- Of those pupils who don't have a helmet 57% are male

**Chart 5.3: The proportions of pupils who hardly ever or never wear a safety helmet when cycling**



- The proportions of males and females who hardly ever or never wear a safety helmet increases each year from year 7 to 10 (ranging from 30% for year 7 females to 65% for year 10 males)

## List of Tables

- 1.1 How recently pupils have checked their height
- 1.2 How recently pupils have checked their weight
- 2.1 What pupils did for lunch on the previous day
- 2.2 Whether or not pupils ate or drank anything before lessons on the day of the survey
- 2.3 What pupils had to eat and drink before lessons on the day of the survey
- 2.4 The amount of water pupils drank on the previous day
- 3.1 The amount of cigarettes smoked by all pupils during the last 7 days
- 3.2 The number of cigarettes smoked by different year groups during the last 7 days
- 4.1 The proportions of pupils who took medicine for asthma on one or more days during the last 7 days
- 4.2 How pupils rate their safety when going out after dark
- 4.3 How pupils rate their safety when going out during the day
- 4.4 How pupils rate their safety at school
- 4.5 How pupils rate their safety going to and from school
- 4.6 Proportions of pupils who have been the victim of violence or aggression
- 4.7 Proportions of pupils who carry weapons or other things for protection, or who have friends who carry weapons, for protection when going out
- 4.8 Where pupils would go first for help or information about healthy eating
- 4.9 Where pupils would go first for help or information about money problems
- 4.10 Amount of pocket money received last time
- 4.11 The amount of their own money pupils have spent during the last 7 days
- 4.12 The proportions of pupils who have spent their own money on cigarettes, the National Lottery and alcoholic drinks during the last 7 days
- 5.1 The number of times pupils required treatment by a doctor or at a hospital for an accident in the last 12 months
- 5.2 The most recent accidents had by pupils within the last 12 months
- 5.3 What pupils were doing when they had their most recent accident
- 5.4 Location of pupils when they had their accident
- 5.5 The proportion of pupils who don't cycle
- 5.6 Percentage of pupils who wear a safety helmet when cycling

## List of Charts

- 1.1 The average height of pupils in years 7 - 10**
- 1.2 The average weight of pupils in years 7 – 10**
  
- 2.1 What pupils did for lunch on the previous day**
- 2.2 The percentage of pupils who did not have any lunch the previous day**
- 2.3 The proportions of pupils who had cereal before lessons on the day of the survey**
  
- 4.1 The number of pupils who carry, or have a friend who carries, a knife for protection when going out**
  
- 5.1 The proportion of pupils who had their most recent accident at home**
- 5.2 The proportion of pupils who had their most recent accident on a bike**
- 5.3 The proportions of pupils who hardly ever or never wear a safety helmet when cycling**