



Improving the health and wellbeing of children and young people in East Sussex

A summary report of the 2017 Health Related Behaviour Survey of 14 and 15 year olds

The East Sussex Health Related Behaviour Survey provides a unique local picture of the behaviour, lifestyles and aspirations of children and young people attending schools across the county. The findings enable those working with, or planning services for, children and young people to better understand their health and wellbeing needs and assets. The survey includes robust and validated questions on a range of topics, such as healthy eating, physical activity, emotional wellbeing, sex, smoking, drugs, and safety.

Information from the survey can be used to help plan, commission and deliver appropriate services and activities for – and with – children and young people. It also provides an ideal opportunity for young people to engage in and become involved in addressing health improvement issues through participation in the survey and discovery of the findings.

The survey was commissioned by East Sussex Public Health as part of a transformational change project which supports schools to develop school health profiles and whole-school health improvement action plans with the aim of promoting health and wellbeing through every aspect of school life. The work is part of a comprehensive programme of activity to improve health through the Personal and Community Resilience work stream of East Sussex Better Together; and as part of Connecting 4 You in the west of the county.

East Sussex Public Health commissioned the Schools Health Education Unit (SHEU) to undertake age appropriate Health Related Behaviour Surveys with East Sussex primary, secondary and special schools during the 2017 summer term. SHEU are nationally recognised as a specialist provider of reliable local survey data for schools and colleges and they have undertaken similar surveys in East Sussex in 2004, 2007, and 2012.

A total of 3089 Year 10 pupils (14 and 15 year-olds) from all state funded secondary schools in East Sussex and the Pupil Referral Unit took part in the survey. There were 4765 Year 10 pupils according to the January 2017 School Census, giving a survey participation rate of 65% of pupils on the school roll. Pupils anonymously completed the survey either online or on paper and responses were returned to SHEU for analysis. This summary report presents an overview of the data collected in 2017. Some comparison is made to 2012, 2007 and 2004 data from East Sussex* as well as with SHEU's wider data set from surveys they have undertaken in schools across England in 2016.

Victoria Spencer-Hughes, Consultant in Public Health, East Sussex County Council, said: *"The health and wellbeing of children and young people is a key priority. This important survey provides a wealth of useful insight into the lives of our children and young people and will be used to inform, influence and support effective planning to improve health and wellbeing outcomes for our children and young people in East Sussex."*

For the first time in East Sussex, Year 6 pupils from nearly three quarters of state funded primary schools also completed a version of the Health Related Behaviour Survey designed for children aged 10 and 11 years. A separate summary report with the findings is available via the East Sussex Joint Strategic Needs and Assets Assessment website (www.eastsussexjsna.org.uk).

**It should be noted that this survey took place during the summer term, whereas the previous 2012, 2007 and 2004 surveys took place in the spring term. This means that pupils were slightly younger in the earlier surveys and this should be taken into account when comparing the results across time.*

3089 young people took part in the 2017 survey

Sample

| Year 10 (Age 14-15) | East Sussex |
|---------------------|-------------|
| Boys | 1505 |
| Girls | 1463 |
| Total | 3089** |

**121 students didn't say boy/girl

Reference Sample

East Sussex data have been compared with the wider SHEU data set.

These areas include Cambridgeshire, Devon, Hertfordshire, Plymouth, Somerset, Stockton and Wolverhampton.

Where findings within this summary are described as higher or lower than the wider data, these findings are statistically significant i.e. unlikely to be due to chance. The main East Sussex report provides further comparisons to the wider data.

TOPICS INCLUDE:

Healthy eating

Physical activity

Emotional health and wellbeing

Safety

Relationships and sexual health

School

Tobacco, alcohol and drugs

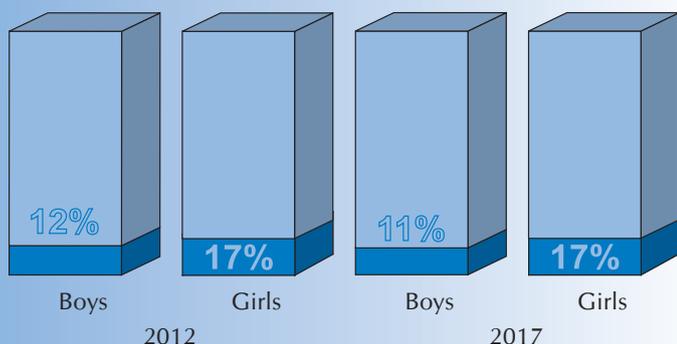
EAST SUSSEX

Findings for Year 10 secondary school pupils (aged 14-15 years)

- 84% of pupils describe themselves as White British.
- 59% of pupils report that they live with both parents. This is similar to the wider data (62%).

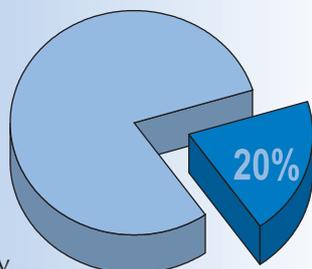
HEALTHY EATING

- 11% of boys and 17% of girls said they had nothing for breakfast on the day of the survey. This is similar to East Sussex 2012.**

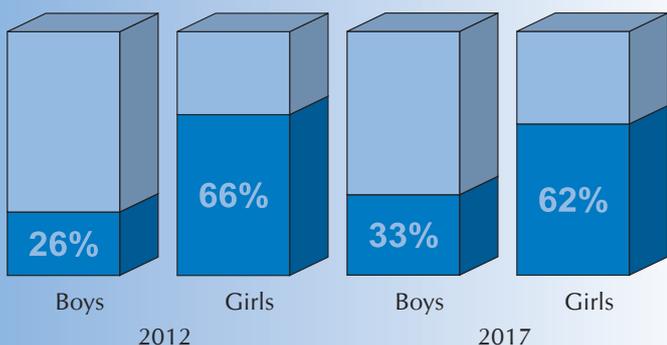


- 6% of pupils said that they had breakfast on the way to school. 11% said they had breakfast at school.

- 20% of pupils reported eating five or more portions of fruit and vegetables the previous day. This is similar to East Sussex 2012 (17%). 8% of pupils said they had none.**



- 61% of pupils said that they eat fresh fruit, vegetables or salad 'on most days'; 4% however, said 'rarely or never'.
- 12% of boys and 16% of girls said that they had no lunch on the day before the survey. 31% had a school meal, 49% had a packed lunch, 2% went home for lunch and 4% bought lunch from a takeaway or shop.
- 33% of boys and 62% of girls said they would like to lose weight, this is higher for boys compared with 2012:**

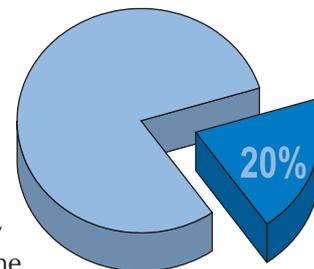


- 23% of boys and 32% of girls regarded themselves as 'a little' or 'very' overweight.
- 17% of boys and 5% of girls said they would like to put on weight.

- 19% of boys and 10% of girls regarded themselves as 'underweight'.
- 95% of pupils said that they drank water on the day before the survey, with 55% responding that they had drunk a litre or more.

PHYSICAL ACTIVITY

- 20% of pupils said that they were active for at least 60 minutes on all seven days in the week before the survey.**



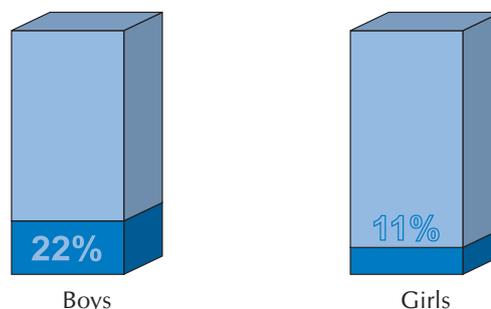
- 9% of pupils said that they exercised enough to breathe harder and faster on all seven days in the week before the survey. 10% of pupils said none.

- The top five physical activities that pupils reported taking part in during their own time at least 'once a week' were:**

| | Boys | Girls |
|------------------|------|----------------------|
| Going for walks | 57% | 76% |
| Jogging | 45% | 35% |
| Football | 37% | Fitness/aerobics 33% |
| Riding a bicycle | 37% | Rounders 18% |
| Weight training | 30% | Swimming 15% |

EMOTIONAL HEALTH AND WELLBEING

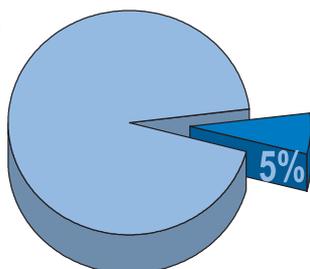
- 22% of boys and 11% of girls recorded levels of high or maximum (28-35) wellbeing on the short Warwick - Edinburgh Mental wellbeing scale.**



- 13% of boys and 21% of girls said they were 'quite' or 'very' unhappy with their life at the moment.
- 19% of boys and 19% of girls said that they had been bullied at or near school in the past 12 months. This compares with 16% of boys and 18% of girls in East Sussex 2012.
- 23% of boys and 38% of girls said that they had been bullied because of the way they look.
- Pupils were asked how much they worry about a range of different issues. The top four issues that pupils worry about 'quite a lot' or 'a lot' were:**

| | Boys | 2012 | 2017 | Girls | 2012 | 2017 |
|-----------------|------|------|-----------------|-------|------|------|
| Exams & tests | 42% | 43% | Exams & tests | 66% | 69% | |
| School work | 19% | 28% | Their looks | 59% | 56% | |
| Their looks | 20% | 23% | School work | 38% | 55% | |
| Family problems | 18% | 19% | Family problems | 38% | 37% | |

- ❑ Pupils were asked what they do when they have a problem that worries them/makes them feel stressed? The main coping strategies reported by pupils were to ‘think carefully about the problem by yourself’ (85%), ‘talk to someone about it’ (79%), and ‘socialise with friends’ (76%).
- ❑ Other coping strategies included ‘gaming’ (84% of boys said they did this at least ‘sometimes’) and ‘listening to music’ (93% of girls said they did this at least ‘sometimes’). 29% said they would ‘post something on social media’ and 16% said they would cut or hurt themselves at least ‘sometimes’ when they have a problem that worries them.
- ❑ **5% of pupils said that they were a young carer**, 6% weren’t sure if they were.
- ❑ 32% of boys and 43% of girls said that the amount of sleep they usually get is not enough to stay alert and concentrate at school.



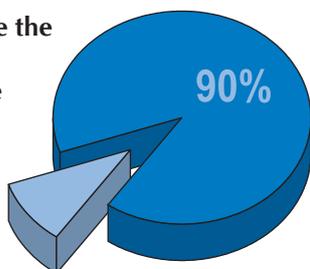
SAFETY

- ❑ **14% of boys and 19% of girls rated their safety going out in their local area after dark as ‘poor’ or ‘very poor’.**

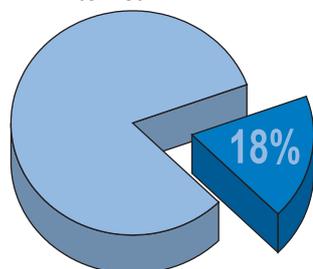
| | East Sussex 2012 | East Sussex 2017 | Wider data |
|-------|------------------|------------------|------------|
| Boys | 12% | 14% | 19% |
| Girls | 18% | 19% | 24% |

- ❑ 78% of pupils said that their safety at school was ‘good’ or ‘very good’; 5% said it was ‘poor’ or ‘very poor’.

- ❑ **90% of pupils said they use the internet or apps to access social networking sites like Facebook, Snapchat and Instagram.**



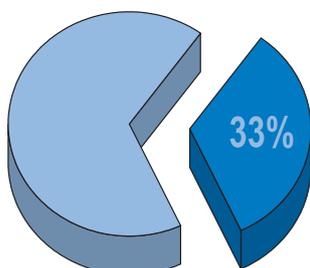
- ❑ 97% of pupils said that they have been told how to stay safe while using the Internet.



- ❑ **18% of pupils said that they have met someone in real life who they first met online or via smartphone apps.**

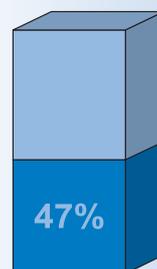
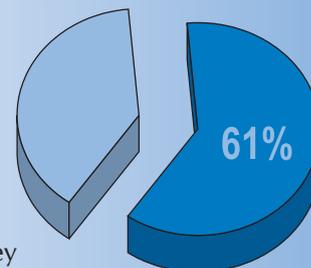
- ❑ 45% of boys and 9% of girls said they have looked online for pornographic or violent images, films or games.

- ❑ **33% of pupils said that they have seen images online that have upset them.**

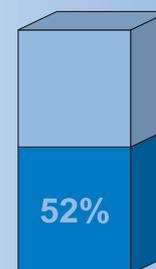


RELATIONSHIPS AND SEXUAL HEALTH

- ❑ 87% of pupils described themselves as heterosexual. 6% said they were bisexual, 2% said they were gay/lesbian. 4% said they weren’t sure and 2% preferred not to say.
- ❑ 17% of pupils said they have had sex.
- ❑ **61% of pupils said they know where they can get condoms free of charge.**
- ❑ 76% of pupils said that they think condoms are reliable at preventing pregnancy and STIs.
- ❑ **50% of pupils said they would know where to go to get information or support about relationships or sexual health:**



Boys



Girls

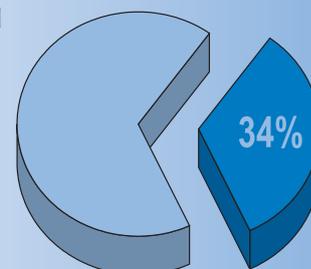
- ❑ **28% of boys and 25% of girls said school lessons were their main source of information about relationships and sexual health.**

| Boys | 2012 | 2017 | Girls | 2012 | 2017 |
|-----------------|------|------|-----------------|------|------|
| Parents/ carers | 18% | 24% | Parents/ Carers | 19% | 26% |
| Lessons | 31% | 28% | Lessons | 24% | 25% |
| Friends | 23% | 20% | Friends | 33% | 24% |
| Internet | 13% | 18% | Internet | 6% | 15% |

- ❑ **32% of pupils thought their school should be the main source.**

| Boys | 2012 | 2017 | Girls | 2012 | 2017 |
|-----------------|------|------|-----------------|------|------|
| Parents/ carers | 30% | 38% | Parents/ Carers | 38% | 42% |
| Lessons | 36% | 32% | Lessons | 32% | 31% |
| Friends | 9% | 6% | Friends | 9% | 4% |
| Internet | 7% | 6% | Internet | 2% | 3% |

- ❑ 6% of pupils said they had never heard of Chlamydia, 34% said they knew nothing about it. 24% thought it could be treated but not cured and **34% said it could be treated and cured.**



SCHOOL

- ❑ 28% of pupils said ‘yes’ when asked if they feel that their views and opinions are asked for in their school. 41% said ‘no’.
- ❑ 12% of pupils said ‘yes’ when asked if they feel that their views and opinions make a difference to the decisions taken in school. 58% said ‘no’.

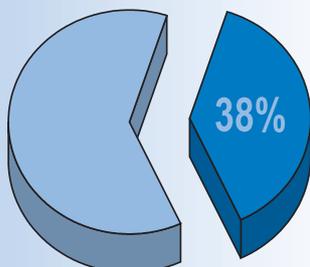
TOBACCO, ALCOHOL and DRUGS

Tobacco

- 9% of pupils said that they had smoked at least one cigarette during the last 7 days:

| | 2004 | 2007 | 2012 | 2017 |
|-------|------|------|------|------|
| Boys | 16% | 12% | 12% | 8% |
| Girls | 27% | 18% | 21% | 11% |
| Total | 22% | 15% | 17% | 9% |

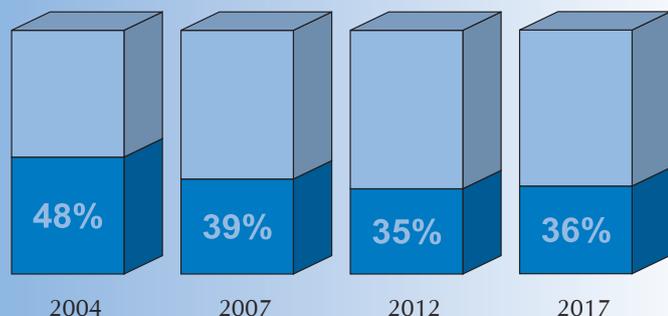
- 38% of regular smokers said they would like to give up smoking.



- 65% of pupils said they have never smoked at all.

Alcohol

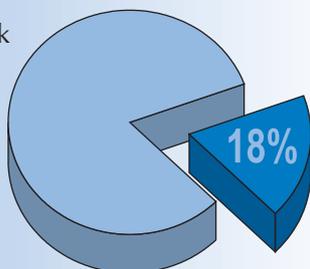
- 36% of pupils said they drank alcohol in the last week. This is higher than the wider data (22%).



- 6% of pupils said they drink alcohol regularly.

- 27% of pupils said they have only had alcohol a few times.

- 18% of pupils said that they never drink alcohol.



- 89% boys and 87% of girls said they did not get drunk in the previous week. This compares with 93% of both boys and girls in wider data.

- 12% of pupils reported getting drunk last week.

- When asked 'if you ever drink alcohol, do your parents/carers know about it?', 37% said their parents/carers 'always know', 21% said they 'usually know', 13% said they 'sometimes know' and 5% said they 'never know'.

- Pupils were asked 'if you drink alcohol, where do you usually buy or get it from?'. The top answers reported were:

| | Boys | Girls |
|----------------------------------|------|-------|
| Given it by parents/carers | 26% | 33% |
| At parties | 22% | 29% |
| Given it by a friend or relative | 20% | 29% |
| From someone else | 9% | 12% |

- 21% of pupils reported drinking outside in a public place at some point.

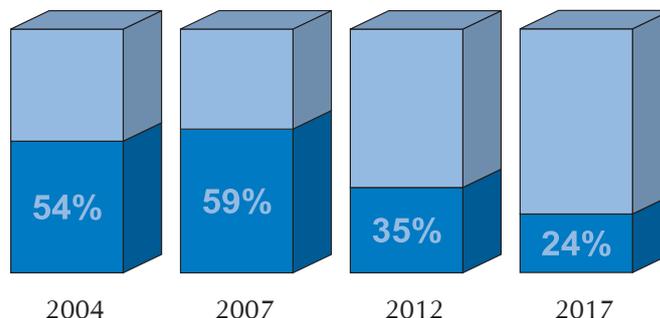
Drugs

- 41% of pupils said they had been offered cannabis. 25% said they had been offered other illegal drugs or substances.
- 21% of pupils said that they had ever taken any of the drugs listed in the survey.
- 19% of pupils said that they had used cannabis, other drug use included the following:

| | 2004 | 2007 | 2012 | 2017 | |
|---------------|------|------|------|------|-------|
| | All | All | All | Boys | Girls |
| Cannabis | 30% | 16% | 18% | 20% | 18% |
| Amphetamines | 3% | 2% | 2% | 2% | 1% |
| Ecstasy | 3% | 1% | 3% | 3% | 4% |
| Cocaine | 3% | 2% | 3% | 2% | 2% |
| Poppers | 7% | 5% | 2% | 1% | 1% |
| Ketamine | | | 2% | 1% | 1% |
| Nitrous Oxide | | | | 4% | 4% |

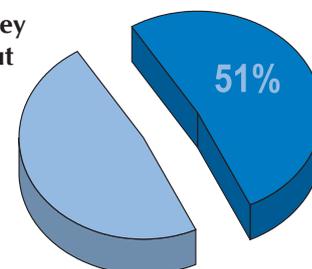
- 20% of pupils said they think cannabis is 'always unsafe', 51% thought it was 'safe if used properly'.

- For those taking illegal drugs, 24% in 2017 said they first tried a drug when they were thirteen or younger. This is lower than the wider data (38%). The average age in which pupils reported first trying an illegal drug was 14 years. This is similar to the wider data (13 years).



- 48% of pupils said if they wanted information or support for alcohol or drugs, they would know where to go.

- 51% of pupils said that they found school lessons about drug education 'quite' or 'very' useful.



A main East Sussex report is available via the East Sussex Joint Strategic Needs and Assets Assessment website (www.eastsussexjsna.org.uk).