



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

A summary report of the 2017 Health Related Behaviour Survey of 10 and 11 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, growing up, 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 with secondary schools in 2004, 2007, and 2012.

For the first time in East Sussex, surveys were undertaken in primary schools. A total of 3260 Year 6 pupils (10 and 11 year-olds) from nearly-three quarters of state funded primary schools took part in the survey (107 out of 150 schools). There were 5276 Year 6 pupils according to the January 2017 School Census giving a survey participation rate of 62% of pupils on the school roll (or 86% of pupils in the participating schools only).

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 with SHEU’s wider data set from surveys 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 is the first of its kind carried out with 10 and 11 year-olds in East Sussex and provides a wealth of useful insight into the lives of our children and young people. The findings 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."*

Year 10 pupils from all state funded secondary schools in East Sussex also participated in a version of the survey designed for 14 and 15 year-olds. A separate summary report with the findings is available via the East Sussex Joint Strategic Needs and Assets Assessment website (www.eastsussexjsna.org.uk).

3260 children took part in the 2017 survey.

Sample	East Sussex
Year 6 (Age 10-11)	2017
Boys	1545
Girls	1520
Total	3260**

**195 pupils 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

School

Growing up

Tobacco, alcohol and drugs

Safety

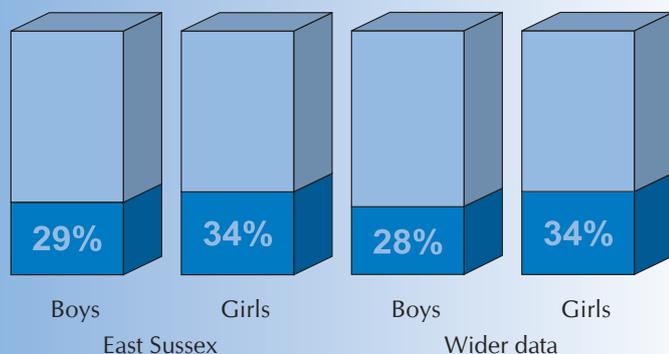
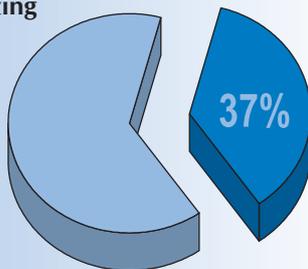
EAST SUSSEX

Findings for Year 6 primary school pupils (aged 10-11 years)

- 82% of pupils describe themselves as White British.
- 64% of pupils report that they live with both parents. This compares with 68% in the wider data.

HEALTHY EATING

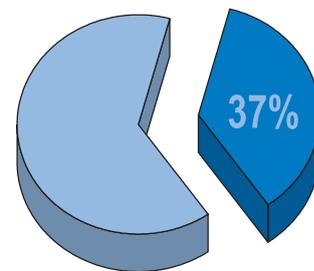
- 37% of pupils reported eating five or more portions of fruit and vegetables the previous day. This is higher than the wider data (29%). 7% of pupils said they had none.
- 5% of pupils said that they did not eat anything before lessons on the day of the survey.
- 48% of pupils said that they had cereals, 30% had toast, bread or croissants and 16% said that they had fruit before lessons on the day of the survey.
- 64% of pupils said that they eat fresh fruit, vegetables or salad 'on most days'; 5% however, said 'rarely or never'.
- 2% of boys and 1% of girls responded that they had no lunch on the day before the survey. 29% had a school meal, 64% had a packed lunch, 3% went home for lunch and 2% bought lunch from a takeaway or shop.
- 81% (79% of boys and 85% of girls) of pupils responded that they cleaned their teeth at least twice on the day before the survey.
- 29% of boys and 34% of girls said they would like to lose weight. This is similar to the wider data.



- 67% of boys and 64% of girls said they are happy with their weight as it is.
- 84% of pupils said that they drank water on the day before the survey, with 42% responding that they had drunk a litre or more.

PHYSICAL ACTIVITY

- 37% of pupils said that they were active for at least 60 minutes on all seven days in the week before the survey (44% of boys and 30% of girls).
- 13% of pupils said that they exercised enough to breathe harder and faster on all seven days in the week before the survey. 7% 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:

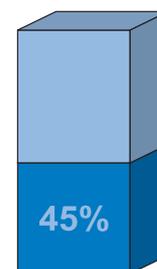


	Boys	Girls
Football	69%	65%
Running	66%	61%
Going for walks	59%	59%
Keep-fit	52%	45%
Scotering	40%	44%

- 50% of pupils said that they travelled to school by car or van on the day of the survey.
- 44% of pupils said that they walked to school on the day of the survey. This is similar to the wider data (45%).



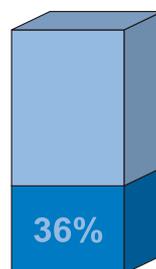
East Sussex



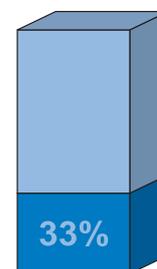
Wider data

EMOTIONAL HEALTH AND WELLBEING

- 36% of boys and 33% of girls recorded levels of high or maximum wellbeing for the 'Stirling Children's Wellbeing Scale'.

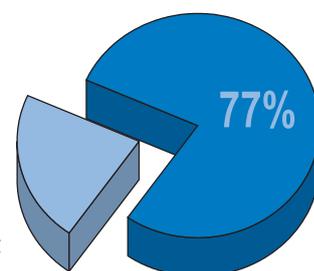


Boys

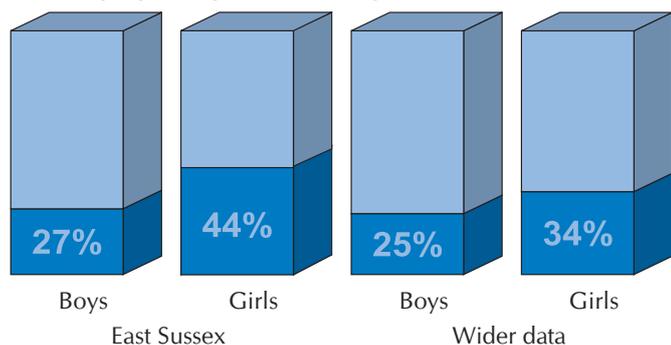


Girls

- 77% of pupils said they were 'quite' or 'very' happy with their life at the moment.
- 8% of pupils said they were 'not at all happy' or 'unhappy' with their life at the moment.

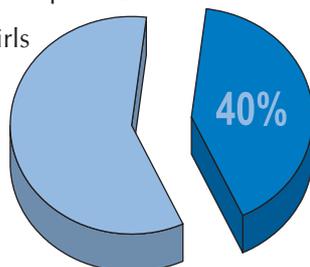


- 27% of boys and 44% of girls said that they are at least sometimes afraid of going to school because of bullying. For girls, this is higher than the wider data.



- 24% of boys and 27% of girls said that they had been bullied at or near school in the past 12 months.

- 21% of boys and 31% of girls said that they had been bullied because of the way they look.

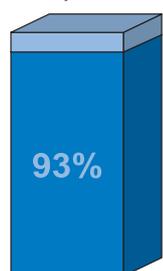


- 40% of pupils think that their school deals with bullying well.

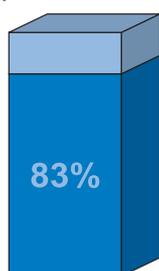
- Pupils were asked how much they worry about a range of different issues. The top four issues that pupils worry about 'quite a lot' or 'a lot' were:

Boys	Girls
Crime 32%	SATs/tests 36%
Environment 29%	Being bullied 32%
SATs/tests 27%	Crime 32%
Family problems 23%	Problems with friends 31%

- Pupils were asked what they do when they have a problem that worries them. The main coping strategies reported by pupils were to 'talk to an adult about the problem' (93%), and to 'think carefully about the problem by yourself' (83%).

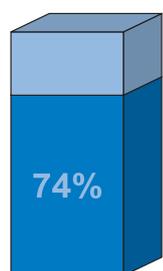


Talk to an adult

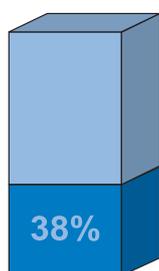


Think carefully

- When comparing boys and girls, the greatest difference was seen in the percentage who reported 'playing with computer games' as a coping mechanism.



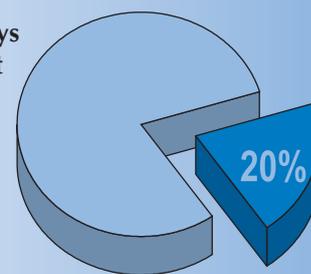
Boys



Girls

- Other coping strategies include listening to music (82%), watching TV (80%) and going out and socialising with friends (75%).

- 20% of pupils (21% of boys and 17% of girls) said that they had found it hard to concentrate at school because they felt tired or sleepy on at least 3 days in the week before the survey.



SCHOOL

- 54% of pupils said 'yes' when asked if they feel that their views and opinions are listened to in their school. 13% said 'no'.

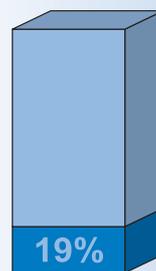
- 26% of pupils said 'yes' when asked if they feel that their views and opinions make a difference to how their school is run. 27% said 'no'.

- 54% of pupils said that their school teaches them how to deal with my feelings positively.

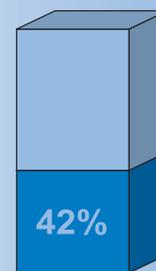
- 83% of pupils said that their school prepares them for when they leave primary school.

- 61% of pupils said that they feel happy about going to secondary school.

- 31% of pupils said that they are worried about going to secondary school.



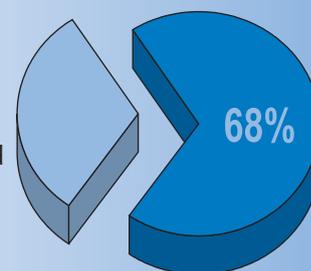
Boys



Girls

GROWING UP

- 68% of pupils said that they know enough about how their body changes as they grow up. 27% said they weren't sure and 5% said they didn't know enough.



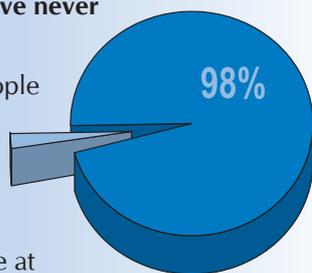
- Pupils were asked whether someone had talked to them about how their body changes as they grow up:

	Boys	Girls
Teachers in school lessons	73%	78%
Parents/carers	63%	79%
Friends	18%	24%
Brothers or sisters	14%	16%

TOBACCO, ALCOHOL and DRUGS

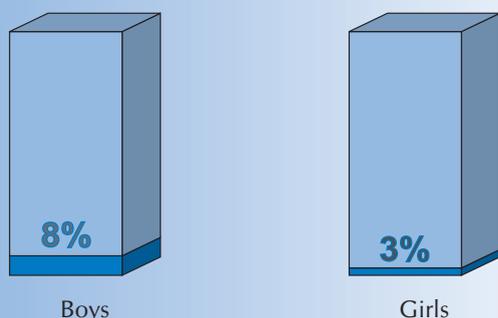
Tobacco

- 98% of pupils said they have never smoked at all.
- 15% of pupils said that people regularly smoke around them e.g. at home or in a car, 12% preferred not to say.
- 5% of pupils said they have at least tried an e-cigarette.



Alcohol

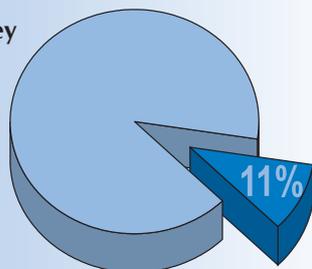
- 6% of pupils (8% of boys and 3% of girls) said that they had an alcoholic drink (not just a sip) in the last 7 days.



- 4% of pupils said they had been given the alcohol by a parent or carer. 1% of boys said by another adult they know.

Drugs

- 11% of pupils said that they were 'fairly sure' or 'certain' that they know someone who uses illegal drugs.
- 2% of pupils said they have been offered cannabis.
- Pupils were asked whether someone had talked to them about illegal drugs. 65% of pupils said their teachers had. These are the top answers reported:

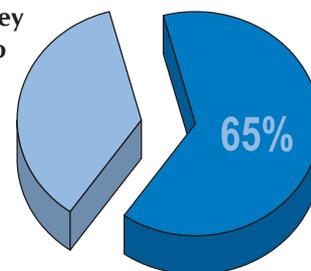


	Boys	Girls
Teachers in school lessons	50%	57%
Parents/carers	46%	46%
Friends	23%	15%
Visitors in school lessons	19%	22%

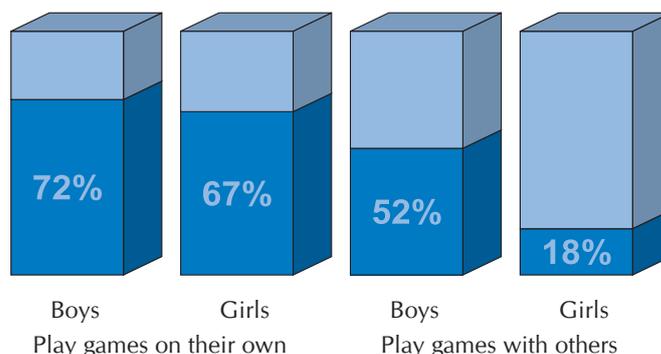
SAFETY

- 66% of pupils said that they go online via a smartphone, 50% said via a tablet and 5% said they do not go online.
- 75% of pupils said that they use the Internet or apps for watching videos.

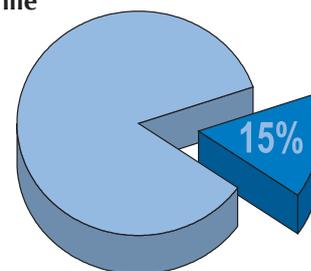
- 65% of pupils said that they use the Internet or apps to message family/friends. 42% of pupils said they use the Internet or apps to access social networking sites like Facebook, Snapchat or Instagram.



- 69% of pupils said they use the Internet or apps to play games on their own, with 35% playing games with other people over the Internet.

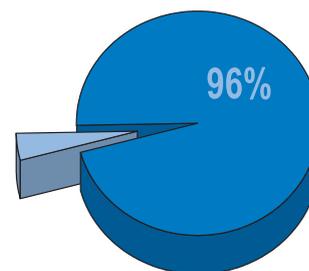


- 15% of pupils said that while using the Internet or apps they have chatted to someone they do not know in real life. 3% of pupils said that they have been asked to meet someone who they don't know in real life.



- 7% of pupils said that they have seen images or videos that were for adults-only.

- 96% of pupils said that they have been told how to stay safe while using the Internet.



- 70% of pupils said they were given advice on how to stay safe online from their parents and 63% of pupils said from their teachers/school.

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