

# Supporting the health of YOUNG PEOPLE IN WEALDEN DISTRICT

## A summary report of the Health Related Behaviour Survey 2012

The NHS in East Sussex and East Sussex County Council worked together to commission a Health Related Behaviour Survey to take place during the spring term 2012. The survey has taken place on three previous occasions with 2007 being the most recent.

The management of the survey was co-ordinated by the Personal, Social and Health Education (PSHE) and Healthy Schools Team and was overseen by the Public Health Team and the Children's Services Department at the County Council.

A total of 4526 Year 10 students from all of the secondary schools and the Pupil Referral Unit took part in the survey. There were a total of 5303 Year 10 pupils according to the January School Census giving a participation rate of 85% of pupils on the school roll.

Schools anonymously completed the questionnaires (for the first time they were given the option of completing them on paper or online) which were returned to the Schools Health Education Unit in Exeter for analysis. This summary report presents an overview of the data collected in 2012. Some comparison is made to 2007 data from East Sussex as well as with wider data from across England in 2011.

The Health Related Behaviour Survey reflects the current picture of local young people and their behaviour, lifestyles and aspirations. The Schools Health Education

Unit are nationally recognised as the specialist provider of reliable local survey data for schools and colleges and they have undertaken similar surveys across England for the last 35 years.

Matt Dunkley, Director of Children's Services, said:

"I am delighted to share with you the results of this highly regarded survey which provides a wealth of useful insights into the lives of our local young people. The results will be used to develop services to more adequately meet the needs of our children and young people in East Sussex".

Diana Grice, Director of Public Health and Medical Director, NHS East Sussex and East Sussex County Council, said:

"The health and well-being of young people is a key priority for the County Council. This is an important survey that has helped us, schools and the public health team gain some really useful information about the health of our young people and some of the issues they are facing."

It should be noted that this survey took place in the spring term, whereas the previous 2007 survey took place earlier in the school year, in the autumn term. This means that pupils were slightly younger in the 2007 survey and this should be taken into account when comparing the results across time.

**4526 young people were involved in the 2012 survey, 1095 of these were in Wealden**

### Sample

Year 10 (Age 14-15)	Wealden	East Sussex
Boys	540	2227
Girls	555	2299
Total	1095	4526

### Reference Sample

Wealden data have been compared with the wider East Sussex survey sample for 2012 and for some questions the SHEU wider dataset.

### TOPICS INCLUDE:

Tobacco, Alcohol and Drugs

Relationships and Sexual Health

Emotional Health and Well-being

Healthy Lifestyles



For more details please  
telephone: 01392 66 72 72  
[www.sheu.org.uk](http://www.sheu.org.uk)



Sussex

East Sussex  
County Council



# WEALDEN

## Secondary school students in Year 10 (ages 14-15 years) said:

- 91% of students describe themselves as White British.
- 60% of students report that they live with both parents. This compares with 54% in East Sussex.

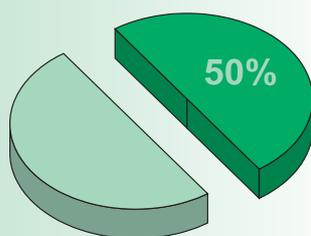
### TOBACCO, ALCOHOL and DRUGS

#### Tobacco

- 17% students in the Wealden survey smoked at least one cigarette during the last 7 days:

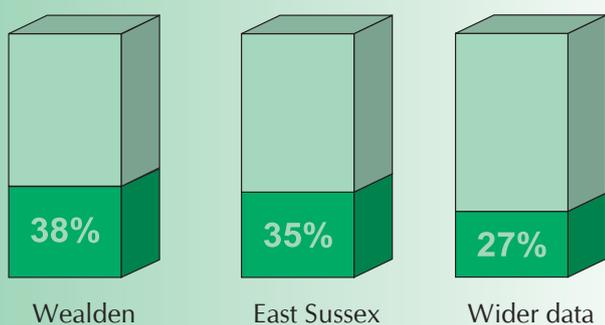
	Wealden	East Sussex	Wider data
Boys	13%	12%	13%
Girls	21%	21%	17%
Total	17%	17%	15%

- 50%\* of regular smokers say they would like to give up smoking.
- 54% of students said they have never smoked at all.

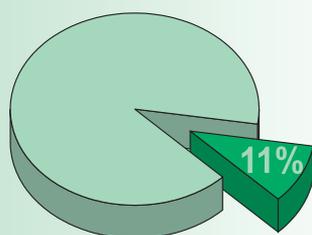


#### Alcohol

- 38% of students in Wealden said they drank alcohol on at least one day in the last week, this compares with the 35% saying this in East Sussex and the 27% seen in the SHEU wider data.



- 10% of students said they drink alcohol regularly.
- 26% of students said they have only had alcohol a few times.
- 11% of students said that they never drink alcohol.
- 83% boys and 83% of girls said they did not get drunk in the previous week. This compares with 86% and 84% respectively in East Sussex.



- 13% of students reported getting drunk on at least one occasion in the previous week, 3% said they did so on more than one day.
- When asked 'If you drink alcohol at home do your parents know about it?', 15% of students said they never drink alcohol, 12% said they don't drink at home, 45% of students said their parents always know. 9% said their parents sometimes know but 4% said their parents never know about it.

- Students were asked where they accessed their alcohol in the last week:

	Boys	Girls
Given it by a family member	18%	18%
Given it by a friend	11%	12%
Got someone else to buy it for me	10%	10%
Took it from home	6%	4%

- 12% of students reported drinking outside in a public place in the last week. 8% of students drank alcohol at a nightclub or party. 23% of boys and 19% of girls said they drank alcohol at home.

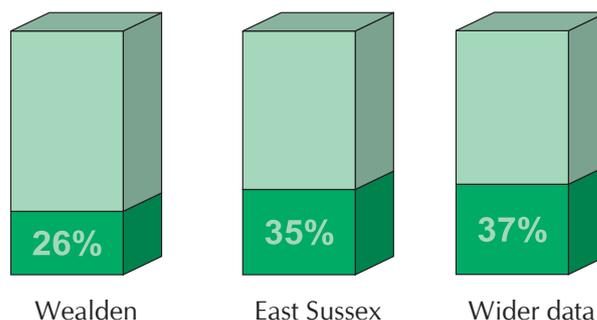
#### Drugs

- 34% of students said they had been offered drugs. 19% of students said that they had ever taken any of the drugs listed.
- 17% of students said that they had used cannabis, other drug use included the following:

	Wealden		East Sussex		Wider data	
	Boys	Girls	Boys	Girls	Boys	Girls
Cannabis	20%	15%	17%	18%	11%	10%
Amphetamines	2%	1%	2%	2%	1%	1%
Ecstasy	3%	1%	3%	3%	1%	1%
Cocaine	4%	3%	3%	3%	1%	1%
Poppers	2%	1%	1%	2%	1%	2%
Ketamine	1%	1%	2%	2%		

- 44% of students said they think cannabis is 'always unsafe', 33% thought it was safe if used properly.

- For those taking illegal drugs, 26% said they first tried a drug when they were thirteen or younger (35% in East Sussex and 37% in the SHEU wider data) the average age that they first tried an illegal drug was 14 (14 in East Sussex and the wider data).

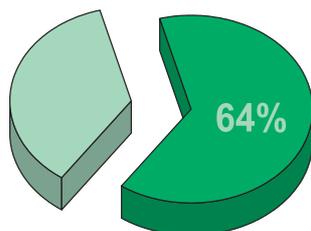


- 23% of students said there is a special drug and alcohol advice and support service for young people locally, 17% said this in the East Sussex sample.
- 53% of students said that they found school lessons about drug education 'quite' or 'very' useful.

## RELATIONSHIPS AND SEXUAL HEALTH

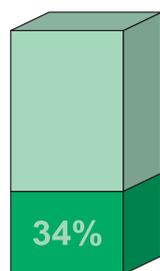
- 19% of girls and 16% of boys said they currently are in a sexual relationship, or have been in the past.
- 90% of students described themselves as heterosexual. 2% said they were bisexual, 1% said they were gay/lesbian. 3% said they weren't sure and 2% preferred not to say.

- 64% of students say they know where they can get condoms free of charge.**

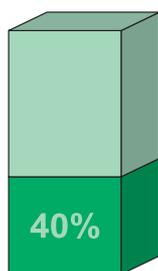


- 73% of students said that they think condoms are reliable at preventing pregnancy and STIs.

- 34% of boys and 40% of girls know there is a special contraception and advice centre for young people available locally. 33% of boys and 40% of girls said this in East Sussex.**



Boys



Girls

- Overall, 40% of boys and 32% of girls said school lessons were their main source of information about relationships and sexual health.**

Boys	Wealden	E. Sussex	Girls	Wealden	E. Sussex
Parents	15%	18%	Parents	17%	19%
Lessons	40%	31%	Lessons	32%	24%
Friends	22%	23%	Friends	29%	33%
Internet	10%	13%	Siblings	8%	7%

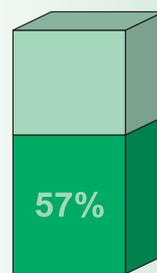
- Overall 43% of students thought their school should be the main source.**

Boys	Wealden	E. Sussex	Girls	Wealden	E. Sussex
Parents	25%	30%	Parents	33%	38%
Lessons	44%	36%	Lessons	42%	32%
Friends	10%	9%	Friends	9%	9%
Internet	6%	7%	Internet	2%	2%

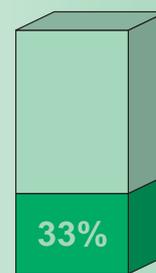
- 5% of students said they had never heard of Chlamydia, 19% said they knew nothing about it. 23% thought it could be treated but not cured and 48% said it could be treated and cured.

## EMOTIONAL HEALTH & WELL-BEING

- 57% of boys and 33% of girls recorded levels of high self-esteem.**



Boys



Girls

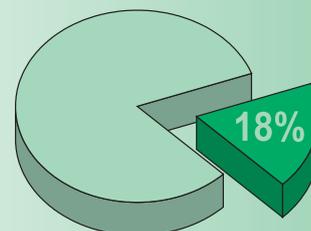
- 13% of boys and 18% of girls said they were 'quite' or 'very' unhappy with their life at the moment.
- 15% of boys and 18% of girls said that they had been bullied at school in the past 12 months. 16% of boys and 18% of girls said this in East Sussex.
- 10% of boys and 4% of girls said that they had bullied someone else in the last 12 months.

- The top four worries for students were:**

Boys	Wealden	E. Sussex	Girls	Wealden	E. Sussex
Exams & tests	46%	42%	Exams & tests	65%	66%
Career	21%	23%	Their looks	61%	59%
Their looks	21%	20%	Family problems	40%	38%
Family problems	18%	18%	Career	31%	35%

- For most problems students said that they would look to their family for support.
- When asked if there was someone they could talk to about their worries, 8% of students said there was usually no-one they could talk to. 45% said there was someone I can talk with about almost anything.

- 18% of students said that they looked after someone in their family on at least one day in the previous week who had an illness or disability.**



- 21% of boys and 23% of girls said that the amount of sleep they usually get is not enough to stay alert and concentrate at school.

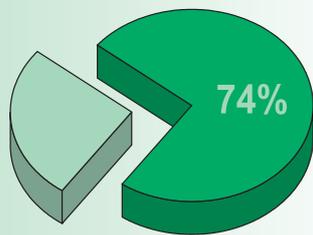
## SAFETY

- 10% of the boys and 10% of the girls say that they have been the victim of violence or aggression in the area where they live in the last 12 months.**

	Wealden	East sussex	Wider data
Boys	10%	12%	9%
Girls	10%	8%	6%

- 60% of boys and 53% of girls rate the safety of their area when going out after dark as 'good' or 'very good'.
- 7% of students said they were fairly sure or certain that they, or a friend carried a weapon or something else for protection when going out.

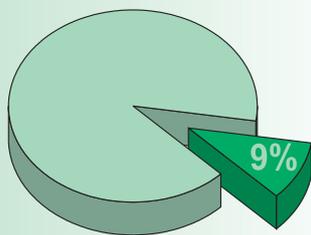
- 74% of students use Internet chat rooms or social networking sites 'often', 'very often/every day'.**



- 89% of students said that they have been told how to stay safe while using the Internet.

- 23% of students said that they have met someone in real life who they first met online.

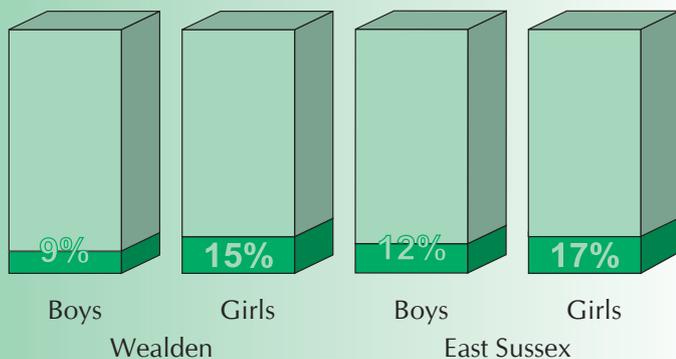
- 75% of boys and 13% of girls said they have looked online for pornographic or violent images, films or games.



- 9% of students said that they have seen images online that upset them.**

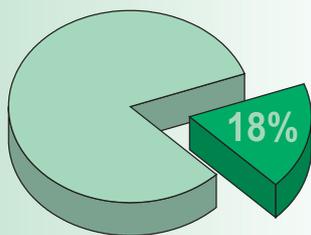
## HEALTHY EATING

- 9% of boys and 15% of the girls in the survey had nothing for breakfast on the day of the survey. This appears lower than the figures seen in East Sussex:**



- 6% of students said that they had breakfast on the way to school. 8% said they had breakfast at school.

- 18% of students reported eating five or more portions of fruit and vegetables the previous day. 17% said this in East Sussex.**

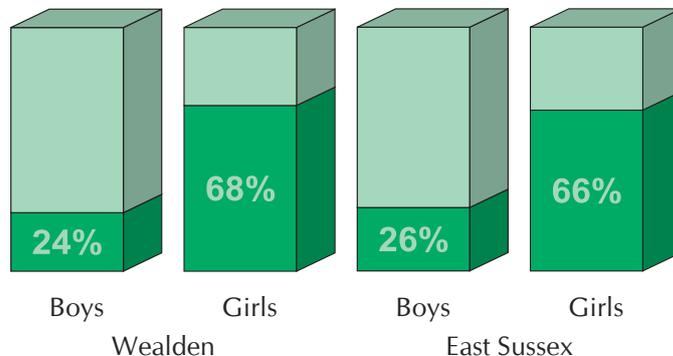


- 9% of students said they had none.

- 40% of students said that they eat fresh fruit 'on most days'. 10% however, said they 'rarely or never' eat fresh fruit.

- 10% of boys and 24% of girls in the survey had no lunch yesterday. 24% had a school meal, 55% had a packed lunch, 1% went home for lunch and 3% bought lunch from a takeaway or shop.

- 24% of boys and 68% of the girls in Wealden survey said they would like to lose weight, these figures appear slightly higher for girls but lower for boys than those seen in East Sussex:**



- 16% of boys and 30% of girls regarded themselves as 'a little' or 'very overweight'.

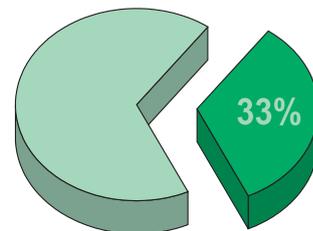
- 14% of boys and 5% of girls said they would like to put on weight.

- 17% of boys and 10% of girls regarded themselves as underweight.

- 86% say that they drank water during the day before the survey. 41% of students said they drank a litre or more.

## PHYSICAL ACTIVITY

- 33% of students exercised five times or more last week.** (43% of boys and 22% of girls).



- 4% of students said none.

- 73% of students said they enjoy physical activities 'quite a lot' or 'a lot'. There is a gender difference here with 83% of boys saying this compared with 64% of girls.

- The top five physical activities were:**

	Boys	Girls
Soccer	54%	60%
Jogging	38%	36%
Riding a bicycle	36%	29%
Going for walks	32%	24%
Weight training	31%	20%

**For further information about the survey results, please contact:**

The Public Health Department on 01273 336036 or visit the Joint Strategic Needs Assessment website at [www.eastsussexjsna.org.uk/index.aspx](http://www.eastsussexjsna.org.uk/index.aspx)