

Health Related Behaviour Questionnaire

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About the questionnaire

- Over 3300 young people were involved
 - 21 primary schools (Year 6 and Year 5)
 - 10 secondary schools (Year 8 and 10); one secondary school Year 9
- Commissioned by Public Health to collect robust information about children and young people's lifestyles
- Carried out in Spring and Summer terms 2017 – repeated every two years

Key messages

- High rates of obesity: some successes re healthy eating (e.g. 5-a-day consumption), some concerns; low rates of physical activity
- Mental health and resilience: resilience and self-esteem higher than wider sample. Primary and secondary pupils worrying about mental health of someone in their family and secondary pupils about themselves
- Sense of safety going to and from and in school; concerns about violence in local area and knowledge of others that carry a weapon
- Improvement in smoking (cigarette) levels despite high levels of smoking in homes; vaping, shisha, alcohol, cannabis
- Primary schools main source of info about puberty; fewer secondary pupils had sex and relationship education in previous six months (but quality of learning improved?)
- Usefulness of PSHE – between 60% - 70% at least ‘quite’ useful – varies between topics and schools

Healthy Weight Healthy Lives

23% of reception and 37% of Year 6 children are overweight or obese

- Islington pupils less likely to have eaten breakfast than wider sample:
 - 7% of primary (3% in 2015; 4% wider sample); further 6% have snack or chocolate
 - 19% of secondary pupils (16% in 2015; 13% wider sample); further 3% have snack
- 5-a-day fruit and veg the previous day
 - 36% of primary (29% wider sample)
 - 23% of secondary (20%)

Energy drinks (most / every day)

- 15% of boys (primary and secondary)
- 6% Year 6; 10% secondary girls

Fizzy drinks (most / every day)

- 18% primary (11% in wider sample)
- 22% secondary (12% in wider sample)

Healthy Weight Healthy Lives

All CYP should be physically active for at least 60 minutes every day

- 30% of primary pupils said they spent 60 minutes or more on physical activity on 5 or more days a week.
- 15% of secondary pupils did

	60 minutes on at least three days		No 60 minutes at all	
	Boys	Girls	Boys	Girls
Year 6	52%	40%	27%	34%
Year 8	51%	24%	19%	32%
Year 10	42%	16%	23%	34%

- 76% of primary and 68% of secondary pupils said PE lessons were 'quite' or 'very useful'

Mental health and resilience

Resilience Score		Year 6	Year 8	Year 10
Med-high	Boys	73%	60%	59%
	Girls	71%	49%	33%

- 46% of Year 6 pupils recorded a 'high' resilience score compared to 37% of the wider sample
- 39% of Year 6, 43% of Year 8 and 46% of Year 10 pupils had high self-esteem scores.
- More than 25% of primary pupils and just under half of all secondary pupils would keep their worries to themselves.
- 28% of primary and 20% of secondary pupils said they were worried about a family member's mental health; 20% of secondary pupils worried about their own mental health
- 69% of primary and 46% of secondary pupils thought that emotional health and wellbeing education is useful

Safety

- 96% of pupils feel safe in school and 94% of primary and 96% of secondary pupils feel safe going to and from school
- 67% of primary and 70% of secondary pupils feel safe going out after dark
- 13% of secondary age pupils ‘certainly’ know someone who carries a weapon

Fairly sure or certain	Year 8	Year 10
Boys	24%	36%
Girls	16%	26%

- 11% of Year 8 pupils and 18% of Year 10 pupils said that they had been attacked or someone had tried to attack them.
- 75% of Year 6 said that their lessons about safety and crime were ‘quite useful’ or ‘very useful’. 65% of Year 8 and 52% of Year 10 said the same.

Smoking, alcohol and drugs

- 97% of primary and 85% of secondary pupils said they had never smoked
- Fewer regular smokers:
 - smoked in the last week – down from 7% to 3%
 - smoked in the past or now – down from 24% to 15%
- 26% of Islington secondary pupils said they had tried vaping compared to 15% in the wider sample
- 5% of Year 6 and 34% of secondary pupils said that they have smoked shisha.
- 10% of Year 8 and 33% of Year 10 pupils have been offered cannabis; 12% of Year 10 boys and 15% of Year 10 girls said they have used cannabis
- 2% of Year 6, 5% of Year 8 and 15% of Year 10 said that they had (at least) one alcoholic drink in the last 7 days.

	Lessons at least quite useful		
	Year 6	Year 8	Year 10
Tobacco	63%	53%	43%
Alcohol	59%	53%	43%
Drugs	66%	63%	52%



Sex and relationship education (SRE/RSE)

- 69% of Islington pupils said parents and 80% said teachers had talked to them about growing up compared with 78% and 52% in the wider sample.
- 55% of secondary pupils said parents/carers were their main source of information about relationships and sexual health. 54% said school lessons and 52% said friends.
- 59% of secondary pupils responded that they have had SRE lessons in the last 6 months - significantly down from 66% in 2015.
- Pupils responded that their SRE lessons had helped them understand the following 'quite a lot' or 'a lot' (*improving since 2015*)

	Boys	Girls
Sexually transmitted infections	61%	70%
Contraception	6%	63%
Consent	61%	60%
Sex and the law	37%	52%
Healthy positive relationships	52%	58%
Sexuality	44%	41%
Sexual exploitation	48%	39%