

Supporting the health of YOUNG PEOPLE IN EAST SUSSEX

A summary report of the Health Related Behaviour Survey 2007

East Sussex Healthy Schools Programme commissioned the Health Related Behaviour survey to take place during Autumn term 2007. The survey has taken place on three previous occasions with 2004 being the most recent.

The management of the survey was co-ordinated by the PSHE (Personal, Social & Health Education) and Healthy Schools Team with input from the PCTs, schools and other partner agencies.

A total of 3906 Year 10 students from, Pupil Referral Units, secondary schools and special schools took part in the survey. For the first time, every mainstream secondary school participated.

Students anonymously completed the questionnaires which were returned to the Schools Health Education Unit in Exeter for analysis. This summary report presents an overview of the data collected this year. The information is organised within the four themes of the National Healthy schools Programme. Some comparison is made to 2004 data from East Sussex as well as with wider data from across England in 2007.

Beverley Hughes, Minister of State for Children, Young People and Families spoke at the **Engaging young people** conference on 18 June 2007.

"Many young people I've spoken to say they feel let down by the constant negative portrayals of young people both in the press and among older generations. Every time we fail to listen to young people, or to take what they tell us seriously, we reaffirm these misconceptions when it is our duty to challenge them.

Young people have unfortunately become one of those categories of people, of whom for many people, somehow, it's acceptable to make gross generalisations about. I'd like to make it very clear today, that this neither acceptable, nor helpful, nor right".

The HRBS reflects the current picture of local young people and their behaviour, lifestyles and aspirations. The normative data can be used to support the breaking down of unrealistic stereotypes and the development of an understanding of students in East Sussex.

3906 young people were involved in the survey

Sample	East Sussex		Wider Data
	2004	2007	
Year 10 (Age 14-15)			
Boys	1570	1925	4903
Girls	1711	1981	5161
	3281	3906	10064

Reference Sample

East Sussex data have been compared with the wider SHEU survey sample.

Themes

PSHE and Citizenship
(Including tobacco, alcohol, drugs and sex & relationships)

Emotional Health and Well-being

Healthy Eating

Physical Activity

For more information
telephone
01392 667272
www.sheu.org.uk



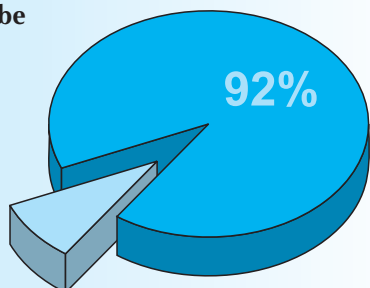
Healthy Schools
EAST SUSSEX

EAST SUSSEX

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

PSHE and CITIZENSHIP

- 92% of students describe themselves as White UK.
- 57% of students report that they live with both parents. This compares with 61% in the wider data.
- When asked what they wanted to do after Year 11, 47% of boys and 55% of girls wanted to continue full-time education. These figures are lower than the wider data at 53% and 65% respectively.
- 52% of the boys and 48% of the girls say that they want to get training for a skilled job. 39% overall want to find a job as soon as they can. These figures are higher than those seen in the wider data.
- 57% used the Internet for chat or email after school the day before the survey.
- 67% of students did homework on the evening before the survey, 24% did over an hour. In the Wider data 66% did homework the night before.

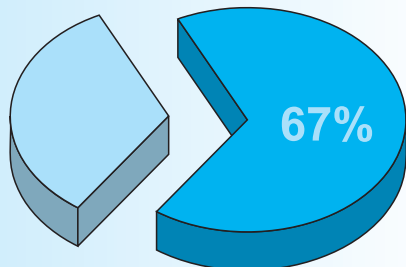


Tobacco

- 15% students in the East Sussex survey smoked at least one cigarette during the last 7 days.

	East Sussex 2004	2007	Wider data
Boys	16%	12%	13%
Girls	27%	18%	21%

- 67% of regular smokers say they would like to give up smoking.



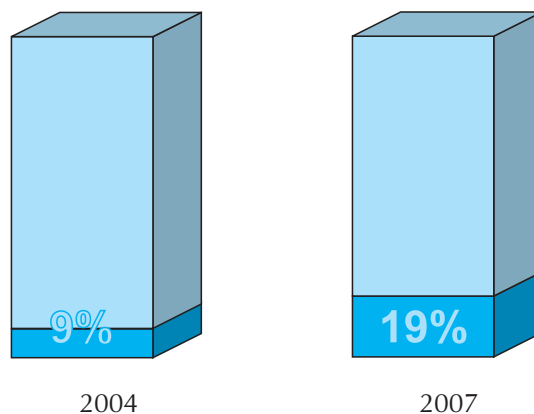
Alcohol

- 63% of students did not drink alcohol in the past 7 days.
- Units of alcohol drunk over past 7 days:

	East Sussex 2004		2007		Wider data	
	Boys	Girls	Boys	Girls	Boys	Girls
0 units	56%	52%	65%	62%	58%	53%
> 14 units	10%	6%	8%	6%	12%	8%

- 14 units is the recommended upper limit for women, 21 units for men.

- 19% of students reported never drinking alcohol at all up from 9% in 2004.

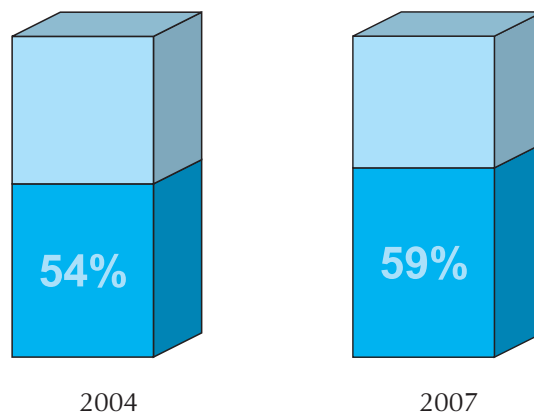


- 84% boys and 79% of girls said they did not get drunk in the previous week. This compares with 75% and 68% respectively in the wider data.
- Of those who reported drinking in the past 7 days, 19% reported getting drunk on at least one occasion
- 42% of students say if drinking was ever done at home it always took place with their parents knowledge.
- During the past 7 days before the survey 75 students (2%) had bought alcohol from an off-licence. 458 (12%) said that they got someone else to buy alcohol for them.
- 599 (15%) reported drinking outside in a public place.

Drugs

Have ever used	East Sussex				SHEU Wider data	
	2004		2007		Boys	Girls
Cannabis leaf or resin	29%	30%	16%	16%	16%	15%
Amphetamines	2%	3%	1%	2%	3%	3%
Ecstasy	2%	3%	2%	1%	3%	3%
Cocaine	2%	3%	2%	2%	3%	3%
Poppers	7%	6%	4%	5%	6%	8%

- For those taking illegal drugs, 59% said they first tried a drug when they were thirteen or younger (54% in 2004) the average age that they first tried an illegal drug was 13.



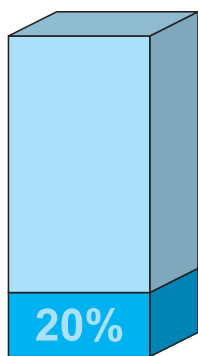
- 4% of students said that they had taken more than one type of drug on the same occasion, 10% of the boys and 12% of the girls said that they had taken an illegal drug and alcohol on the same occasion.

Sex and Relationships

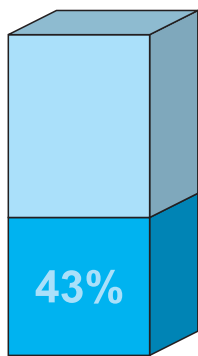
- 75% of students said that they had not had a sexual relationship. 6% said that they were currently in a sexual relationship. 11% had had a sexual relationship in the past.
- 50% of students say they know where they can get condoms free of charge.

	East Sussex 2004	2007	Wider data
Boys	52%	47%	55%
Girls	67%	52%	68%

- 32% of students (20% of boys and 43% of girls) know where they can get emergency contraception free of charge.



Boys



Girls

- 65% of students did not know if there was a special contraception and advice centre locally
- Overall, 32% of boys and 27% of girls said school lessons were their main source of information about sex.

Boys	2004	2007	Girls	2004	2007
Parents	12%	17%	Parents	22%	21%
Lessons	31%	32%	Lessons	19%	27%
Friends	25%	26%	Friends	32%	33%
Internet	9%	9%	Internet	1%	2%

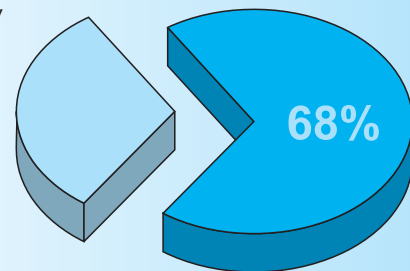
- Overall 35% of students thought their school should be the main source.

Boys	2004	2007	Girls	2004	2007
Parents	24%	28%	Parents	35%	35%
Lessons	40%	38%	Lessons	36%	32%
Friends	7%	11%	Friends	8%	12%
Internet	5%	5%	Internet	0%	1%

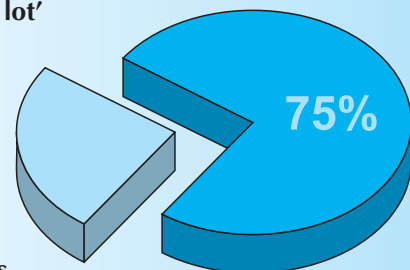
- 87% of boys and 94% of girls said that they knew about Chlamydia with 23% of boys and 29% of girls also saying that they know where to go to get a test for it.

EMOTIONAL HEALTH & WELL-BEING

- 53% of boys and 40% of girls recorded levels of high self-esteem.
- 68% of students say that in general they are satisfied with their life 'quite a lot' or 'a lot'.



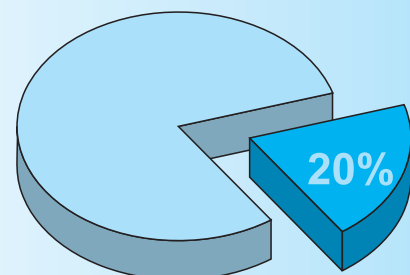
- 68% of students agreed with the statement "I am in charge of my health".
- 21% of boys and 22% of girls said that they had been bullied at school in the past 12 months.
- 9% of boys and 6% of girls said that they had bullied someone else in the last 12 months.
- 75% worry 'quite a lot' or 'a lot' about at least one of the problems listed.



- The top four worries for students were:

	Boys	East Sussex	Wider data	Girls	East Sussex	Wider data
Exams & tests	39%	39%		Their looks	57%	54%
Career	26%	28%		Exams & tests	54%	55%
Family problems	26%	26%		Family problems	42%	38%
Their looks	23%	25%		Friendships	36%	34%

- For most problems students said that they would look to their family for support.
- 20% 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.



- 79% of boys and 77% of girls rate the safety of their area when going out after dark as ok, good or very good.

	East Sussex	Wider Data
Boys	79%	80%
Girls	77%	76%

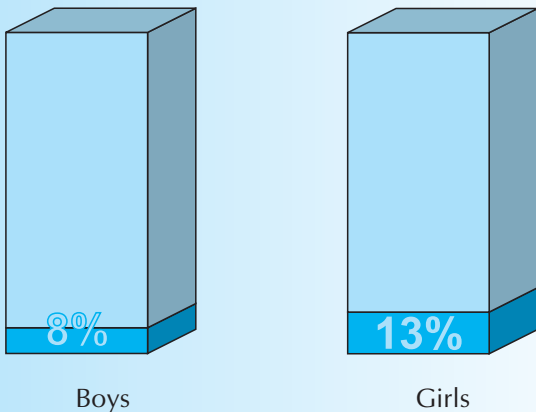
- 319 (18%) of the boys and 253 (13%) of the girls say that they have been the victim of violence or aggression in the area where they live in the last 12 months.
- 96% of students said they had one or more adults they could really trust with 76% trusting three or more.

HEALTHY EATING

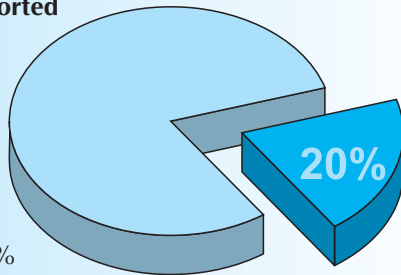
Trend data on "food eaten on most days"

	2004		2007	
	Boys	Girls	Boys	Girls
Fresh fruit	32%	42%	39%	52%
Salads	18%	24%	19%	28%
Vegetables	48%	56%	52%	62%
Wholemeal bread	25%	24%	30%	31%
Fizzy drinks	28%	18%	18%	11%
Sweets/choc	42%	42%	31%	31%

- 8% of boys and 13% of the girls in the survey had nothing for breakfast.



- 15% of students said that they had breakfast at school.
- 58% of the girls and 29% of the boys say they would like to lose weight. This compares with 58% and 27% respectively in the wider data.
- 20% of students reported eating five or more portions of fruit and vegetables the previous day



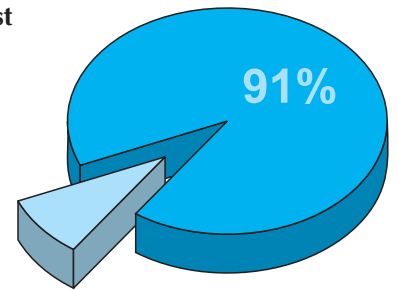
- 13% of boys and 23% of girls in the survey had no lunch yesterday. 20% had a school meal and 4% bought lunch from a takeaway or shop.
- 89% say that they drank water during the day before the survey. Up from 72% in 2004

PHYSICAL ACTIVITY

- 47% of students walked at least part of the way to school (42% in 2004).
- Car travel to school dropped from 34% in 2004 to 29%
- 44% of students consider themselves 'fit' or 'very fit'

	2004	2007
Boys	50%	55%
Girls	27%	35%

- 91% exercised at least once last week hard enough to increase breathing rate.



- 40% of boys and 20% of girls exercised **five times** or more last week.

- The top five physical activities were:

	Boys	Girls
Soccer	45%	Going for walks 40%
Riding a bicycle	39%	Dancing 27%
Jogging	22%	Swimming 19%
Going for walks	19%	Jogging 19%
Weight training	16%	Riding a bicycle 15%

Our thanks go to the staff and students of the schools that took part:

Beacon Community College, Bexhill High School, Chailey School, Claverham Community College, Eastbourne Pupil Referral Unit, Eastbourne Technology College, Filsham Valley School, Hailsham Community College, Heathfield Community College, Helenswood School, Hillcrest School, Lewes Pupil Referral Unit, New Horizons School, Peacehaven Community School, Priory School, Ratton School, Ringmer Community College, Robertsbridge Community College, Seaford Head Community College, St. Mary's School, St. Richard's Catholic College, The Bishop Bell CE School, The Causeway School, The Cavendish School, The Grove College, The Lindfield School, Thomas Peacocke Community College, Tideway School, Uckfield Community Technology College, Uplands Community College, William Parker Sports College and Willingdon School.

For further information about the survey contact:

Marilyn Stephens
 Advisor for PSHE & Healthy Schools
 PSHE & Healthy Schools Team
 East Sussex County Council
 Telephone 01323 432220