Supporting the Health of Young People in Lambeth

A summary report of the Health Related Behaviour Survey 2014

These results are the compilation of data collected from a sample of primary and secondary pupils aged 8 to 15 in Lambeth during the summer term 2014.

This work was commissioned by the Lambeth Healthy Schools Strategic Group on behalf of the London Borough of Lambeth as a way of collecting robust information about young people's lifestyles.

Teachers were briefed on how to collect the most reliable data and then pupils in Years 4 and 6 in the primary schools and Years 8 and 10 in the secondary schools anonymously completed the questionnaire. A total of 2411 pupils took part in 26 schools. Completed questionnaires were then returned to SHEU in Exeter for processing.

Trend data

This survey was also undertaken in 2004, 2006, 2008, 2010 and 2012. On page 8, where appropriate, comparisons have been made between the 2014 data and those from previous surveys.

Comparison to Wider Data

Lambeth data have been compared with the Unit's wider database. This includes the results of surveys from areas such as Bristol, Camden, Cornwall, Ealing, Essex, Oldham, Rochdale and Wakefield.

A selection of some of the differences, where the level seen in the Lambeth data is either 5% above or below that in the wider reference data, is indicated by the symbol > on pages 4 and 7.

2411 young people aged 9 to 15 were involved in the survey:

School Year	Year 4	Year 6	Year 8	Year 10	Total
Age	8-9	10-11	12-13	14-15	
Boys	334	339	343	206	1222
Girls	355	374	273	187	1189
Total	689	713	616	393	2411



SHEU is an independent research unit specialising in health related questionnaire surveys of children and young people for Local Authorities, Public Health Teams, voluntary agencies, charities, schools and colleges and other partnerships. The Unit is also able to undertake consultation, monitoring and evaluation and bespoke research projects.

For more details please contact the Schools Health Education Unit Tel. 01392 667272. www.sheu.org.uk

TOPICS INCLUDE:

Citizenship

Drugs, Alcohol and Tobacco

Emotional Health and Wellbeing

Healthy Eating

Lifestyle

Physical Activity

Safety

Relationships and Sexual Health





Lambeth Primary school pupils in Years 4 and 6 (ages 8 - 11)

BACKGROUND

- 18% of pupils describe themselves as White British. 20% describe themselves as Black British/ Black Caribbean.
 17% describe themselves as Black British/ Black African.
 8% said White European.
- 61% of pupils said that they were a practising member of a religion; 57% said they were Christian and 17% Muslim.

Spending Money

☐ The main items Year 6 pupils spent money on were:

Year 6	Boys		Girls
Sweets, chocolate etc.	45%	Sweets, chocolate etc.	43%
Snacks e.g crisps, chips	44%	Snacks e.g crisps, chips	43%
Computer games etc.	41%	Books	38%
Fizzy drinks	34%	School equipment	32%

EMOTIONAL HEALTH & WELL-BEING

- 33% of boys and 27% of girls in the Year 4 sample had high self-esteem scores. In the Year 6 sample, 42% of boys and 27% of girls recorded levels of high self-esteem.
- 4% of pupils overall had low self-esteem scores.
- 44% of boys and 55% of girls in Year 6 pupils said that they worried 'quite a lot' or 'a lot' about SATs /tests.
- Other worries for the Year 6 pupils included:

Year 6	Boys		Girls
Crime	27%	Crime	32%
Family problems	24%	Family problems	29%
Health problems	19%	Problems with friends	22%
The environment	18%	The way you look	18%

37% of pupils overall reported that they felt afraid to go to school because

of bullying, at least

sometimes.

6% of pupils overall said

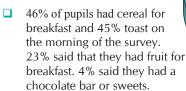
they felt afraid to go to school because of bullying 'very often'.

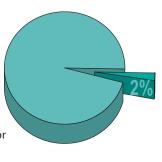
Behaviour widely reported as causing distress included being called nasty names, being pushed or hit for no reason and being teased or made fun of.

- 22% of pupils reported that they thought they were bullied because of the way they looked and 17% thought because of their size or weight.
- 5% of pupils reported that they thought others might fear going to school because of them.

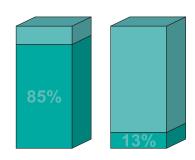
HEALTHY EATING

2% had nothing to eat or drink for breakfast on the day of the survey.





- 8% said that they had no portions of fruit or vegetables the day before the survey. 35% said 5 or more portions.
- 4% of pupils said that they had no water to drink the day before the survey. 18% said that they drank 2 or more litres.



85% said that they could get water at school easily, 13% said that they could get water, but 'not easily'.

- Pupils were asked to identify, from a list, the foods/drinks they had 'on most days'. 59% said fresh fruit, 45% said dairy produce, 75% said water, 45% said vegetables. 20% said that they had crisps, 19% sweets and chocolates and 13% 'non diet' fizzy drinks 'on most days'.
- 24% said they 'rarely' or 'never' ate any fish/fish fingers. 13% said they 'rarely' or 'never' ate salads and 7% said they 'rarely' or 'never' ate vegetables.

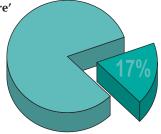
Dentists

- □ 15% of pupils said that they had never been to the dentist or had been more than a year ago.
- On their last visit, 67% had a check up, 25% had fillings and 5% said they had a brace fitted or checked.
- 91% of pupils said that they cleaned their teeth at least twice the day before the survey.

DRUGS, ALCOHOL AND TOBACCO

Drugs

- 51% of Year 6 pupils and 40% of Year 4 pupils reported that their parents had talked with them about drugs.
- 56% of Year 6 said that their teachers had talked to them about drugs, 30% of Year 4 pupils said the same.
- 23% of Year 6 and 15% of Year 4 said that they had talked with visitors in school lessons, e.g. the police about drugs.
- 17% say they are 'fairly sure' or 'certain' they know someone who uses drugs (not medicines).



Alcohol

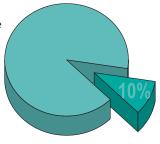
- 5% of pupils said that they had at least one alcoholic drink (more than just a sip) in the past seven days.
- ☐ 1% said they had wine and 1% beer.
- Alcohol tasted by Year 6 pupils included:

Year 6	Boys		Girls
Wine	20%	Wine	25%
Beer or lager	14%	Beer or lager	10%
Spirits	7%	Spirits	9%
Cider	5%	Cider	3%

■ 80% of pupils said that they don't drink alcohol; 16% of pupils said that they drank alcohol but their parents 'always' knew when they drank alcohol. 2% of pupils said that when they drink alcohol their parents 'never' or only 'sometimes' know about it.



- 98% of pupils said they had never tried smoking. 2% said that they had only tried smoking once or twice.
- 0% of said they had smoked at least one cigarette during the last seven days.
- 78% said 'NO!' they wouldn't smoke when they are older, 12% said 'no', 9% said maybe and 1% think they will smoke when they are older.
- 10% say they 'will' or 'may' smoke when they are older.

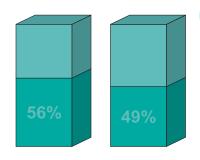


98%

LEISURE

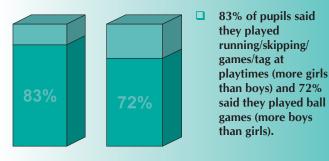
After school activities

47% of the Year 6 boys and 61% of the Year 6 girls read a book for pleasure. 62% of the Year 6 boys and 30% of the Year 6 girls played computer games.



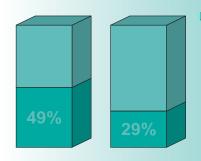
- 56% of Year 6 and 49% of Year 4 spent time doing homework on the evening before the survey.
- □ 71% of all pupils overall watched TV, 30% watched videos or DVDs.
- 15% of pupils looked after someone at home during the evening before the survey.
- 37% of pupils spent time playing with friends the evening before.

Playtime



- □ 35% said they read quietly at playtimes or spend time in the library, at least sometimes.
- 76% of pupils said that they 'often' felt safe during school playtimes, 5% said 'never or hardly ever'.
- □ 70% of pupils said that they 'often' felt happy during playtimes, 3% said 'never or hardly ever'.

PHYSICAL ACTIVITY



49% of the boys and 29% of the girls played sport the previous evening.

- 80% of pupils reported that they enjoyed physical activities 'quite a lot' or 'a lot'.
- → 74% considered themselves 'fit' or 'very fit'. 4% said they considered themselves 'unfit' or 'very unfit'. 21% said that they weren't sure.
- □ 67% of pupils reported that they had exercised hard enough to make them breathe harder three

times or more in the last week; 9% said not once.

21% of pupils spent more than 2 hours doing PE/Games last week at school.



☐ The top four physical activities for Year 6 pupils were:

Year 6	Boys		Girls
Football	64%	Running (races or tag)	53%
Running (races or tag)	58%	Keep fit	45%
Keep fit	54%	Going for walks	47%
Going for walks	38%	Dancing/gymnastics	44%

(The table shows the proportion of pupils who said they did these activities at least weekly).

SAFETY

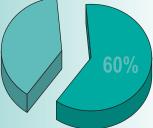
- 80% of pupils said they have a bike. 33% said that they wore a safety helmet when cycling 'whenever possible'.
 29% said that they wore one 'sometimes' and 38% said 'never or almost never'.
- 39% of pupils reported that they had an accident in the last twelve months that was treated by a doctor or at a hospital.
- The main injuries sustained were cuts, bruises or sprains.9% had broken bones.
- The most common situations in which accidents happened were in the home, at school, playing sport and running or walking outside.
- 58% said that they 'usually' or 'whenever possible' do something to avoid sunburn e.g. put on sunscreen.
- 61% of pupils said that they washed their hands before lunch the day before.
- 91% of pupils said that they washed their hands 'whenever possible' after visiting the toilet.
- 32% of pupils reported that they had been approached by an adult who scared or made them upset.
- When asked if they knew the person, 17% said that they did not know the person, 6% said that they weren't sure and 17% said that they did know the person.
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- When asked what they did when this happened, 13% said that they ran or walked away, 12% of pupils said they told an adult straightaway, 8% said that they told an adult afterwards, 11% told a friend but 10% said they kept it to themselves.
- When a friend wanted them to do something that they didn't want to do, 37% of Year 4 pupils and 48% of Year 6 pupils said that they could 'usually or always' say 'no'. 17% of Year 6 pupils and 31% of Year 4 pupils said that they could 'rarely' or 'never' say 'no'.
- ☐ When they wanted a friend to do something 48% of pupils said that they usually or always knew what to say. 16% of pupils said that they 'never' or 'hardly ever' know what to say.

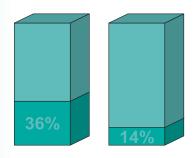
PUBERTY & GROWING UP

- 78% of Year 6 girls and 64% of Year 6 boys said their parents had talked with them about how their body changes as they grow up. 17% Year 6 pupils said that the school nurse had talked with them about how their body changes as they grow up, 7% of Year 4 pupils said the same.
- 69% of Year 6 and 48% of Year 4 pupils said that they felt that they knew enough about how their bodies change as they grow up. 8% of Year 6 and

15% of Year 4 said that they didn't know enough. 29% overall said that they weren't sure that they knew enough.

60% said that they knew enough about how their feelings and emotions change as they get older.





36% of Year 6 and 14% of Year 4 said they knew about AIDS (HIV).

- 22% of Year 6 pupils and 14% of Year 4 pupils said their parents had talked with them about AIDS/HIV.
- □ 13% of Year 6 and 5% of Year 4 said that their teachers had talked with them about AIDS/HIV.
- 9% of Year 6 boys and 18% of Year 6 girls reported that they worried 'quite a lot' or 'a lot' about the way they looked.
- 9% of Year 6 boys and 18% of girls said they worried 'quite a lot' or 'a lot' about how their body changes as they grow up.

DIFFERENCES BETWEEN THE LAMBETH 2014 SURVEY AND THE SHEU REFERENCE SAMPLE FOR YEAR 6 PUPILS

For most of the questions in the questionnaire, Lambeth Year 6 pupils give similar responses to the wider SHEU data. Some differences (more than 5%) include:

- 60% of Lambeth pupils said that they live with both parents together. This is lower than the 71% seen in the wider SHEU reference sample.
- 35% of Lambeth pupils reporting having 5 portions of fruit and vegetables the day before compared with 29% in the wider sample.
- 15% of Lambeth pupils said that they have sweets and chocolate 'on most days' compared with 25% of the wider sample.
- 18% of Lambeth pupils said that they have crisps 'on most days' this is lower than the 25% seen in the wider sample.
- 21% of Lambeth pupils said that they cleaned their teeth3 or more times the previous day. This compared with14% of the wider sample.
- 21% of Lambeth pupils had been a filling the last time they visited the dentist compared with 16% of the wider sample.
- 35% of Lambeth pupils recorded levels of high selfesteem compared with 42% of the wider sample.
- 18% of Lambeth pupils said that they know someone personally who uses drugs (not as medicines). This is higher than the 11% of pupils in the wider sample.
- 24% of Lambeth pupils said they had been bullied for the way they look This is higher than the 19% seen in the wider sample.
- 74% of pupils in Lambeth described themselves as 'fit' or 'very fit' compared with 69% of pupils in the wider sample.

Lambeth Secondary school pupils in Years 8 & 10 (ages 12-15)

BACKGROUND

- 12% of pupils describe themselves as White British, 22% as Black British/ Black Caribbean and 22% as Black British/ Black African.
- 61% said that they are a practising member of a religion. 50% of pupils said they were Christian, 18% were Muslim and 1% Buddhist.
- 57% reported that got spending money/allowance regularly, 25% said they got money as they needed it. 4% said they had another system and 13% said they didn't usually get
- 57% of pupils spent some of their own money on sweets and chocolates in the seven days before the survey. Other popular items of expenditure were soft drinks 55%, fast food 50%, clothes and footwear 45%, crisps 45%, and mobile phones 27%.

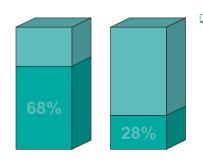
SCHOOL AND CAREER

- 68% of pupils reported that they enjoyed at least half of their lessons.
- 8% reported that they didn't know if they would take any GCSEs. 54% reported that they expected to take several GCSEs and achieve good grades.

55% of pupils said they wanted to continue in full time education after leaving school.

44% of pupils want to find a job as soon as possible, 15% of pupils said that they wanted to stay in the neighbourhood where they lived after the end of Year 11.

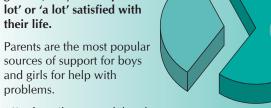
55% said they want to get training for a skilled job after Year 11.



68% of pupils did homework on the evening before the survey and 28% did over an hour.

EMOTIONAL HEALTH & WELL-BEING

67% of pupils reported that, in general, they were 'quite a lot' or 'a lot' satisfied with their life.



- 8% of pupils reported that there were no adults they could trust.
- 49% of boys and 33% of girls had high self-esteem scores.
- 18% of pupils had medium low self-esteem scores.
- The top three worries were:

Year 8	Boys		Girls
Career	31%	Exams and tests	55%
Exams and tests	31%	The way you look	45%
Family	27%	Career	41%

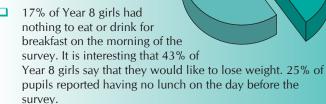
Year 10	Boys		Girls
Exams and tests	50%	Exams and tests	73%
Career	39%	Career	63%
Health	28%	The way you look	50%

(The table shows the proportion of pupils who said they worried about the problems 'quite a lot' or 'a lot'.)

22% of pupils reported a fear of going to school at least sometimes because of bullying. 5% thought others may fear going to school because of them, 22% said they didn't know.

HEALTHY EATING

☐ 21% of Year 10 girls reported having nothing to eat or drink for breakfast on the day of the survey.



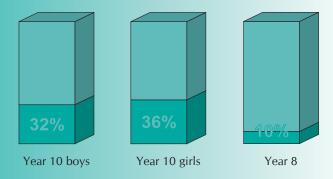
When asked what might encourage them to eat school

- lunch more often, 67% said better food and 66% said a longer lunchbreak. Pupils were asked to identify from a list the foods they ate 'on most days'. 49% said meat, 35% said fresh fruit and
- 32% said vegetables. 16% of pupils have chips, 22% crisps, 28% sweets and chocolates and 24% 'non diet' fizzy drinks 'on most days'.
- 33% said they 'rarely' or 'never' ate any fish. 44% said they 'rarely' or 'never' ate high-fibre cereals, muesli and 20% said they 'rarely' or 'never' ate salads.
- 13% of pupils said they never considered their health when choosing what to eat.

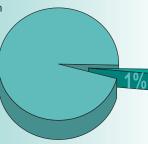
DRUGS, ALCOHOL & TOBACCO

DRUGS

- 28% of pupils are 'fairly sure' or 'certain' that they know someone who takes drugs.
 - eported that they llegal drug in the
- □ 3% of pupils reported that they had taken an illegal drug in the last month. 6% had taken one in the last year.
- 32% of Year 10 boys and 36% of Year 10 girls have been offered cannabis. 10% of the Year 8 pupils have been offered cannabis.

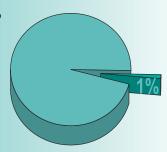


- □ 10% of Year 10 girls have taken an illegal drug and alcohol on the same occasion.
- 1% of Year 10 pupils said they had taken more than one type of drug on the same occasion.



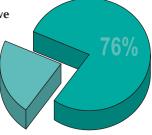
Alcohol

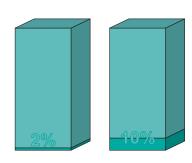
- 9% of pupils had at least one alcoholic drink in the week before the survey.
- Spirits, wine beer and premixed spirits were the most popular drinks.
- 5% of pupils said that they drank alcohol at home during the last seven days, 4% at a friends or relations house, 4% at a party or club, 0% at a pub or bar and 2% outside in a public place.
- 1% of pupils were able to buy alcohol from an offlicence that should sell only to over-eighteens.



Tobacco

- 76% of pupils say that they have never smoked at all.
- Boys: 3% of Year 8 boys and 3% of Year 10 boys reported that they smoke 'occasionally' or 'regularly'.

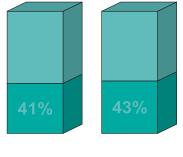




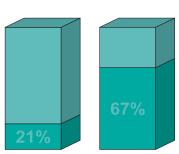
- Girls: 2% of Year 8 girls and 10% of Year 10 girls reported that they smoke 'occasionally' or 'regularly'.
- □ 50% of regular smokers said that would like to give up smoking.
- □ 15% of pupils said that their mother smoked on most days, 24% of pupils said that their father did. 20% said that they had a close friend that smokes on most days.
- 43% of pupils said that they had used a shisha, 14% in the last month.

SEX AND RELATIONSHIPS

When asked what was their main source of information about sex and relationships, 30% of Year 8 boys and 37% of Year 8 girls said school lessons. 34% of pupils said their parents and 30% said their friends.

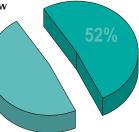


41% of pupils said that someone who has a sexually transmitted infection may not notice if there was anything wrong with them.
43% said that they didn't know if this was true.



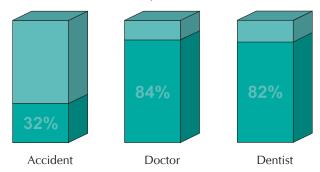
21% said they believed there was a special contraception and advice service for young people available locally 67% said they didn't know.

52% of pupils said that they know where to get condoms free of charge.



SAFETY

32% of pupils said they were treated for an accident by a doctor or at a hospital within the year before the survey. 84% visited the doctor and 82% the dentist in the twelve months before the survey.



- □ 30% of pupils said they had taken painkillers once or more in the seven days before the survey. 32% said they had used treatments for skin problems.
- 20% of pupils rated the safety of their area, when going out after dark, as 'poor' or 'very poor'. 7% said this about going out during the day.
- 12% of pupils reported that they were 'fairly sure' or 'certain' that they or their friends carried weapons or other things for protection when going out.
- 8% of pupils said that they had been the victim of violence or aggression in the area where they lived in the past 12 months.
- 47% of pupils said that they thought groups of people hanging around in public places was a problem in their area.

LEISURE AND WORK

- ☐ The most common after school leisure activities on the day before the survey were watching television, playing computer games and doing homework.
- □ 77% of pupils had used the Internet at home in the last month and 64% at school.
- ☐ 72% said they have been told how to stay safe while chatting online.
- 15% of pupils said that someone had shared an image of them via social media that had made them feel unhappy.
- 16% of pupils said that they have a regular paid job during term time. The most common forms of work for pupils are babysitting, working in a shop, hotel, bar or cafe.

PHYSICAL ACTIVITY

- 49% of pupils said they they exercised hard three or more days in the week before the survey; 10% said not once.
- 23% said that they spent more than 2 hours doing PE/Games in school last week.
- Outside school, football and 5 a side football were the most common activity for boys. For the girls, walking and dancing were most common.
- When asked if there was anything they wanted to start doing, swimming and football were the top answers.

DIFFERENCES BETWEEN THE LAMBETH 2014 SURVEY AND THE SHEU REFERENCE SAMPLE

For most of the questions in the questionnaire, Lambeth secondary pupils give similar responses to the wider SHEU data. Some differences (more than 5%) include:

- 42% of secondary pupils in Lambeth said that they live with both parents together. This is lower than the 62% seen in the wider reference sample.
- 22% of pupils in Lambeth said they feel afraid to go to school because of bullying at least 'sometimes'. This is lower than the 32% of pupils who said the same in the wider sample.
- 76% of Lambeth Year pupils said that they had never even tried smoking. This compared with 63% of pupils in the wider sample.
- 18% of Lambeth pupils said they had no portions of fruit or vegetables the day before. This is higher than the 9% seen in the wider sample.
- 32% of Lambeth pupils said they have vegetables to eat 'on most days' compared with 45% of the wider sample.
- 38% of Lambeth pupils said that they wanted to lose weight. This is lower than the 44% seen in the wider sample.
- 9% of Lambeth pupils said they had an alcoholic drink the week before the survey. This compared with 21% saying this in the wider sample.
- 46% of Lambeth pupils had a school lunch the day before. This is lower than the 54% seen in the wider sample.
- 69% of Lambeth pupils said they had visited the dentist in the past 6 months. This compared with 84% of boys in the wider sample.
- 32% of Lambeth pupils said that their lessons on drug education were 'quite' or 'very useful'. This compared with 40% of pupils in the wider sample.
- 68% of Lambeth pupils said that they can 'usually or always' say no when a friend asks them to do something they don't want to do. This is higher than the 63% of the wider sample.

Trends

- № 13% of primary pupils said they drink non-diet fizzy drinks 'on most days'. This is a fall from the 17% seen in 2012 and 24% seen in 2010. It is also lower than the 19% seen in 2008 and 18% in 2006.
- \$\psi\$ 35% of primary pupils in 2014 said that they had five or more portions of fruit and vegetables the day before. 31% said this in 2012, 33% in 2010 and 30% in 2008; all are still lower than the 36% who said the same in 2006.
- 80% of primary pupils in 2014 said that they do not drink alcohol. This is higher than the 76% and 70% seen in 2012 and 2010. 67% said this in 2008 and 61% in 2006.
- \$\frac{1}{22\%}\$ of Year 6 pupils in 2014 said their teachers had talked with them about AIDS/HIV. This is lower than the 29\% and 37\% seen in 2012 and 2010. 31\% said this in 2008 and 21\% in 2006.
- № There has been a fall in the proportions of Lambeth primary pupils who report drinking alcohol the previous week. 5% of pupils said they had an alcoholic drink in 2014 compared with 6% and 11% in 2012 and 2010, 8% said this in 2008 and 11% in 2008.
- ➢ There has been a rise in the proportions of primary pupils in Lambeth who said they have never smoked at all. 98% said this in 2014 compared with 96% in 2012 and 94% in 2010, 93% said this in both 2008 and 2006.

- № 9% of secondary pupils in 2014 said that they drank alcohol the previous week. This has fallen from 15% in 2012 and 22% in 2010. 17% said this in 2008 and 19% in 2006.
- 76% of secondary pupils in 2014 said they have never even tried smoking. This compared with 72% who said this in 2012 and 73% in 2010. 67% said this in 2008 and 61% in 2006.
- № 28% of secondary pupils in 2014 said they knew someone personally who used drugs not as medicines. This compared with 34% who said this in 2012 and 30% in 2010. 38% said this in 2008 and 41% in 2006.
- ⇒ 17% of secondary pupils in 2014 said they knew had at least 5 postions of fruit and vegetables the day before.
 This compared with 19% who said this in 2012 and 18% in 2010. 18% said this in 2008 and 19% in 2006.
- № 78% of secondary pupils in 2014 said they are never afraid of going to school because of bullying. This compared with 83% who said this in 2012 and 83% in 2010. 83% said this in 2008 and 85% in 2006.
- ⇔ 15% of secondary pupils in 2014 said they had nothing for breakfast that morning. This compared with 13% who said this in 2012 and 17% in 2010. 17% said this in 2008 and 17% in 2006.

The Way Forward - over to you

The work was commissioned by the Lambeth Healthy Schools Strategic Group on behalf of the London Borough of Lambeth. We are grateful to the teachers, schools, and young people for their time and contributions to this survey. As a result of their work we have excellent data to be used by schools, the Local Authority as well as other statutory and voluntary agencies that support the health of young people in Lambeth. This work will inform action plans for joint working between and within organisations involved in improving the health and well being of pupils in schools.

Lambeth Schools who took part in the survey: Primaries

Bonneville Primary School, Christ Church (Streatham) CE Primary School, Christ Church CE Primary School, Crown Lane Primary School, Durand Academy, Henry Cavendish Primary School, Herbert Morrison Primary School, Julian's Primary School, Reay Primary School, St. Andrew's CE Primary School, St. John's Angell Town CE Primary School, St. Luke's CE Primary School, St. Mary's RC Primary School, St. Stephen's CE Primary School, Telferscot Primary School, Vauxhall Primary School, Woodmansterne Primary School and Wyvil Primary School.

Secondaries

Archbishop Tenisons CE School, Dunraven School, Durand Academy, Lambeth Academy, Lilian Baylis Technology School, The Norwood School, The Park Campus and St.Martin in the Fields CE School.

For further information about the survey contact:

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