

Supporting the Health and Well-being of Young people in Blackpool

A summary report of the Health Related Behaviour Survey 2015

These results were collected from a sample of primary pupils aged 8 to 11 and secondary pupils aged 12 to 15 in Blackpool Spring term 2015.

This survey was undertaken by the Public Health Directorate within Blackpool Council. The survey was co-ordinated by the Healthy Schools Team as a way of collecting robust information about young people's lifestyles.

Teachers were informed on how to collect the most reliable data and then pupils completed an online version of the questionnaire appropriate for their age group. Year 4 and 6 pupils completed the Primary version of the

questionnaire. Pupils in Years 8 - 10 completed the Secondary version of the questionnaire

All were undertaken anonymously. A total of 2402 pupils took part in 13 primary school settings and 7 secondary school settings in Blackpool. Questionnaires were then checked and analysed at SHEU in Exeter. An additional 83 FE students also completed a similar questionnaire but due to the small sample size their results are not shown in this report.

Cross-phase links

Many of the questions in each version of the questionnaire are

identical or very similar. Some of the results of these questions are presented on pages 6 and 7 of this document, so that behaviour can be seen across the age range.

Trend data

The content of the questionnaire has remained very similar as in 2012 to allow for comparisons. 2015 results have also been compared with the previous survey in 2009 and 2007 to look for changes, a selection of these are presented on page 8.

2402 young people were involved in the survey:

School	Year 4	Year 6	Year 8	Year 9	Year 10	Total
Age	8-9	10-11	12-13	13-14	14-15	
Boys	257	281	332	85	249	1204
Girls	229	264	309	114	275	1191
Total	486	545	644	199	528	2402*

*7 pupils didn't tell us their gender

Reference sample

Blackpool data have been compared with the SHEU wider survey sample.

A selection of some of the differences, where the level seen in the Blackpool data is either 5% above or below that in the wider SHEU data, is indicated on pages 3 and 5.

For more details please contact SHEU Tel. (01392 667272)
www.sheu.org.uk

TOPICS INCLUDE:

Background

Drugs, Alcohol and Tobacco

Emotional Health and Wellbeing

Healthy Eating

Leisure and money

Physical Activity

Relationships and sexual health

Safety

School and career

Blackpool Council

PUBLIC HEALTH

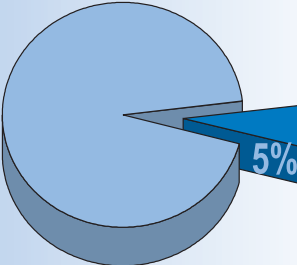
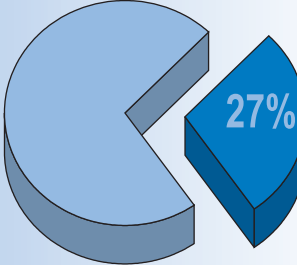
SHEU

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

BACKGROUND

- 88% of pupils describe themselves as 'White UK'.

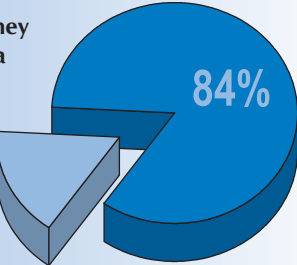
HEALTHY EATING

- 5% of pupils had nothing to eat or drink for breakfast on the day of the survey. 
- 39% of pupils had cereal for breakfast and 26% toast or bread on the morning of the survey. 18% said they had fruit.
- Pupils were asked to identify, from a list, the foods which they ate 'on most days'. 51% of pupils said they have fresh fruit and 37% said vegetables. 28% said crisps and 26% said sweets 'on most days'.
- 42% of pupils said that they 'rarely or never' ate fish or fish fingers. 31% said they 'rarely or never' had salads.
- 27% of pupils had eaten 5 or more portions of fruit and vegetables on the day before the survey, 9% had eaten none. 
- 66% drank between 1 and 5 cups of water on the day before the survey, 23% said they had drank a litre or more while 11% said they had drank none. 96% of pupils said they can get water at school easily.
- 29% of pupils said that they would like to lose weight.

Dental Care

- 80% of pupils reported that they cleaned their teeth at least twice on the day before the survey (the recommended frequency). 4% said they did not clean their teeth at all the day before the survey.
- 28% of pupils had a filling on their last visit to the dentist, 4% had a brace fitted or checked and 9% had other treatment.

PHYSICAL ACTIVITY

- 84% of pupils reported that they enjoy physical activity 'quite a lot' or 'a lot'. 
- 65% describe themselves as 'fit' or 'very fit'.
- 39% reported that they had exercised five times or more, in the week before the survey, which made them breathe harder and faster. 23% said once or twice and 7% said none.

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

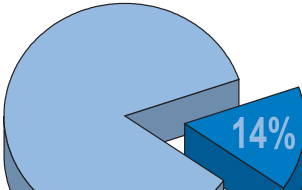
	Boys	Girls
Running races/tag	65%	61%
Football	60%	59%
Going for walks	59%	59%
Keep-fit	48%	43%

(The table shows the percentage of pupils taking part in the sport at least weekly)

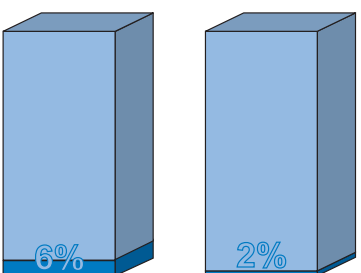
- 45% of pupils walked to school on the day of the survey. 36% came by car.
- 81% of pupils said they have a bicycle. 37% reported that they wear a helmet whenever possible when cycling.

DRUGS, ALCOHOL AND TOBACCO

Drugs

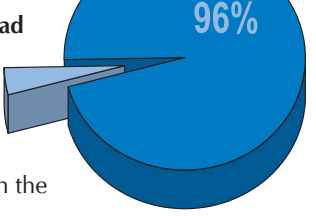
- 46% of Year 6 pupils reported that their parents had talked with them about drugs while 39% said their teachers had. 22% said they had talked with visitors in school lessons about drugs.
- 14% said they were 'fairly sure' or 'certain' they know someone who uses drugs (not as medicines). 

Alcohol

- 6% of boys and 2% of girls in Year 6 said that they they drank an alcoholic drink (more than just a sip) in the week before the survey. 

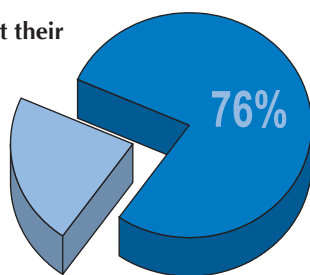
- 87% of pupils say that they don't drink alcohol. 3% of pupils reported that their parents 'never' or only 'sometimes' know if they drink alcohol.
- 1% of pupils drank beer or lager, 2% said wine, 1% said spirits in the week before the survey.

Tobacco

- 96% of pupils said that they had never smoked at all. 3% of pupils said they had tried smoking once or twice. 
- 1% of pupils said they had smoked at least one cigarette in the seven days before the survey.
- 85% of pupils said that they wouldn't smoke when they are older. 12% said 'maybe' and 3% said they will smoke when they are older.

PUBERTY & GROWING UP

- 76% of Year 6 pupils said that their parents had talked with them about how their body changes as they grow up. 35% said this about teachers.
- 49% of pupils said that they felt they know enough about how your body changes as you get older.
- 14% of boys and 31% of girls in Year 6 reported that they worried 'quite a lot' or 'a lot' about the way they looked.
- 10% of boys and 19% of girls in Year 6 said they worried 'quite a lot' or 'a lot' about growing up.

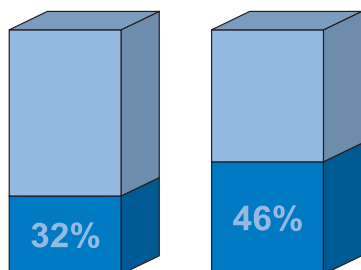


EMOTIONAL HEALTH & WELL-BEING

- 37% of boys and 25% of girls had high self-esteem scores.
- 9% of pupils had low self-esteem scores.
- 72% of pupils said they worried about at least one of the items listed in the questionnaire at least 'quite a lot'.
- The top 5 worries for Year 6 pupils were as follows:**

	Boys		Girls
SATs/tests	41%	SATs/tests	61%
Family	33%	Problems with friends	35%
Crime	30%	Family	34%
Problems with friends	22%	The way you look	31%
Health	19%	Crime	24%

SAFETY

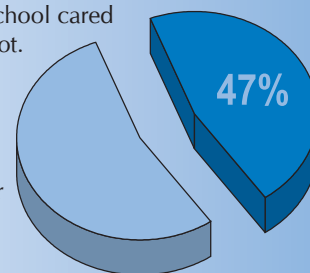


- 32% of boys and 46% of girls in Year 6 reported that they felt afraid of going to school because of bullying at least 'sometimes'.

- 21% of pupils said they had been bullied at or near school in the last 12 months.
- 35% said the bullying happened outside at playtime and 25% said inside a classroom at playtime. 22% said it happened at or near home.
- 24% of pupils reported that they thought they were bullied because of the way they looked and 21% because of their size or weight.
- 69% of pupils said their school takes bullying seriously.
- 36% of pupils reported that they had an accident in the last twelve months that was treated by a doctor or at a hospital.
- 30% of pupils reported that they had been scared or upset by an adult stranger who approached them.
- 13% of pupils said they told an adult straight away while 8% said they kept it to themselves. 6% told the police.
- 85% of pupils reported that they have been told how to stay safe online. 10% said that someone they don't know in person has asked to meet with them.

SCHOOL

- 42% of pupils spent time doing homework on the evening before the survey.
- 68% of pupils said that their school cared whether they were happy or not.
- 47% of pupils said that they views and opinions were asked for in school.
- 56% of pupils said that in their school people with different backgrounds were valued.
- 68% said that their school encouraged everyone to take part in decisions e.g. school council.
- 58% said that their school encouraged them to take part in community events.



LEISURE & MONEY

- After school yesterday, 65% of pupils spent time watching television. 48% played with friends, 49% played computer games and 42% listened to music.
- 47% played sport on the evening before the survey. 29% went to a club and 20% looked after someone at home.
- 58% report getting pocket money at least monthly.
- The main items that Year 6 pupils spent money on were:**

	Boys		Girls
Computer, games etc.	38%	Sweets, Chocolate, etc	32%
Sweets, Chocolate, etc	34%	Books	21%
Fizzy drinks	32%	Fizzy drinks	21%
Snacks	31%	Snacks	21%

(The table shows the percentages of pupils who said they had spent money on these items in the seven days before the survey)

DIFFERENCES BETWEEN THE BLACKPOOL 2015 SURVEY AND THE SHEU YEAR 6 REFERENCE SAMPLE

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

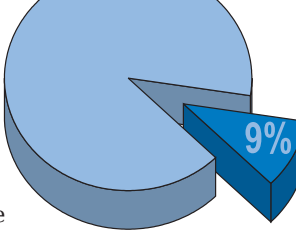
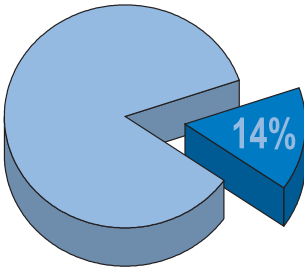
- 22% of Year 6 pupils in Blackpool said they had 5 or more portions of fruit and vegetables the day before compared with 27% of the wider sample.
- 39% of Blackpool Year 6 pupils said that they were afraid of going to school because of bullying at least sometimes compared with 29% of the wider sample. 21% said they had been bullied in the last 12 months however, compared with 25% of the wider sample.
- 63% of Blackpool Year 6 pupils said they were 'fit/very fit'. This compared with 70% saying the same in the wider sample.
- 39% of Year 6 pupils in Blackpool said that their teachers had talked with them about drugs. This compared with 51% of pupils in the wider sample.
- 92% of Year 6 pupils in Blackpool have been told how to stay safe online compared with 84% of pupils in the wider sample.

Blackpool Secondary school pupils in Year 8 - 10 (ages 12 - 15)

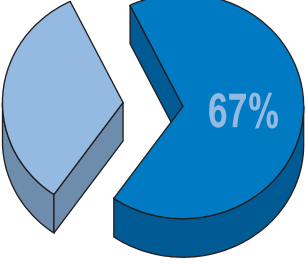
BACKGROUND

- 92% of pupils described themselves as White. 89% said they were White British. 1% described themselves as Asian and 3% as mixed race.
- 8% of pupils describe themselves as a 'young carer'. 1% of pupils reported that it took up more than 2 hours of their time a day.

HEALTHY EATING

- 9% of pupils reported having nothing to eat or drink for breakfast on the day of the survey. 
- 4% of pupils reported having a high energy/caffeine drink before lessons on the day of the survey.
- 17% of pupils reported 'never' considering their health when choosing what to eat. 14% of pupils consider their health 'very often' or 'always'.
- 7% of the pupils would like to put on weight while 48% would like to lose weight (65% of Year 10 girls said this). 45% of pupils are happy with their weight as it is.
- 19% of pupils said they had no lunch on the day before the survey. 39% of pupils ate a packed lunch from home or went home for lunch, 37% had school food and 5% bought lunch from a takeaway or shop.
- 25% of pupils said they eat sweets, chocolates 'on most days'. 29% said they eat crisps 'on most days'. 48% said they eat fruit/vegetables 'on most days'.
- 14% of pupils had eaten 5 or more portions of fruit and vegetables on the day before the survey, 16% had eaten none. 

PHYSICAL ACTIVITY

- 67% of pupils reported that they enjoyed physical activities 'quite a lot' or 'a lot'. 
- 50% of the boys consider themselves as 'fit' or 'very fit' compared with 42% of the girls.
- 56% of pupils reported that they had done some form of physical activity on at least three days in the week before the survey. 10% said they had not do any.
- 24% of pupils had exercised on at least three days in the week before the survey enough to increase breathing rate. 37% said none.

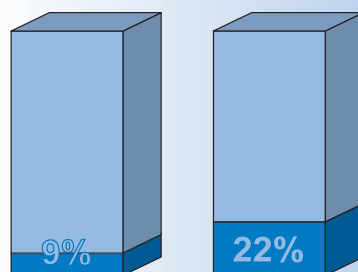
DRUGS, ALCOHOL & TOBACCO

Drugs

- 31% of Year 10 pupils have been offered cannabis. 15% have been offered legal highs. 
- By far the most commonly taken drug is cannabis, with 17% of Year 10 pupils saying that they have taken cannabis.
- 10% of pupils have ever used drugs. 5% of pupils say they have used a drug within the last month.
- 5% of pupils reported taking any of the drugs listed and alcohol on the same occasion. 2% said they had ever taken more than one type of drug on the same occasion.

Alcohol

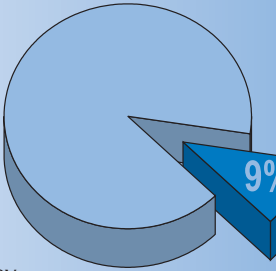
- 1% of Year 10 pupils bought alcohol in the last 7 days from a supermarket and 3% from an off-licence who should only sell to over-eighteens.



- 9% of Year 8 and 22% of Year 10 pupils drank alcohol on at least one day in the week before the survey.

- When asked for their main reasons for drinking alcohol, 77% of drinkers said it was 'often' or 'always' 'to socialise and have fun', 32% of drinkers said 'to get drunk'.
- 11% of pupils reported that in the last year they have been drunk at least 'once or twice a month'.

Tobacco

- 75% of pupils said they had never smoked at all.
- Boys: 6% of Year 8 boys and 13% of Year 10 boys smoke occasionally or regularly.
- Girls: 3% of Year 8 girls and 19% of Year 10 girls smoke occasionally or regularly.
- 4% of Year 8 and 15% of Year 10 said they had smoked at least one cigarette in the seven days before the survey.
- 9% of pupils said that smokers can smoke anywhere in their home, 13% said only in certain rooms. 
- 36% of pupils reported that they had used an electronic cigarette/vaporiser. 7% said that they use an e-cigarette regularly (at least once a week).

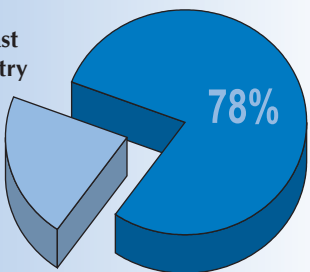
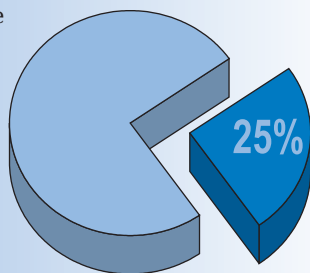
EMOTIONAL HEALTH AND WELL-BEING

- 46% of boys and 25% of girls had high self-esteem scores.
- 7% of pupils had low self-esteem scores.
- 63% of pupils said that they worried about at least one of the items listed in the questionnaire at least 'quite a lot'.
- The top four worries for Year 10 pupils were:**

	Boys		Girls	
Exams and tests	31%	Exams and tests	61%	
Money	15%	The way you look	52%	
Family problems	14%	Your weight	49%	
School work	14%	Family problems	23%	

SAFETY

- 16% of boys and 33% of girls reported that they felt afraid of going to school because of bullying at least said 'sometimes' while 75% said 'never'.
- 25% of pupils said that they had been bullied at or near school in the last 12 months.**
- 38% of pupils think that their school takes bullying seriously.
- 12% reported that they had been a victim of violence or aggression in the area where they live, in the twelve months before the survey.
- 4% of pupils said that their personal safety had been put at risk when drinking alcohol. Pupils who said yes were then asked to estimate on how many occasions. 2% said once and then never again, 1% said regularly/every time I drink alcohol.
- 78% of pupils said they at least 'sometimes' do something to try and avoid sunburn.**
- 10% of secondary pupils in Blackpool use a sun bed. The most likely place for them to report using a sun bed was 4% saying salon or shop, 4% also said at home.
- 3% of pupils said that they have used melonatan.
- 3% of Year 10 pupils report that they have a permanent tattoo. 1% reported this being done in a shop, 1% at home and 1% said at someone else's home.

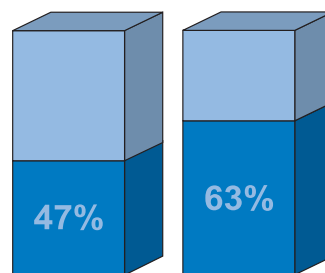


SCHOOL & CAREER

- 37% of pupils said that in their school people with different backgrounds were valued.
- 44% said that their school encouraged everyone to take part in decisions.
- 19% said what pupils say makes a difference to what school decides.
- 22% of pupils said they worry about school-work problems 'quite a lot' or 'a lot'.

RELATIONSHIPS AND SEXUAL HEALTH

- 36% of pupils said that school lessons were their main source of information about sex, 24% said family and 22% said friends were.



- 47% of Year 10 boys and 63% of Year 10 girls said they know how to access contraceptive and sexual health advice.**

- 8% of Year 10 pupils said that they were currently in a sexual relationship. 15% said that had a sexual relationship in the past and 4% said they were currently in a relationship and thinking about having sex.
- 47% of pupils said they have used an Internet chat room.
- 10% of pupils said they have received a chat message that scared them or made them upset.
- 45% of pupils said they have seen images aimed at adults and 30% (63% Year 10 boys) of pupils said they had looked online for pornographic or violent images, games or films.

SIGNIFICANT DIFFERENCES BETWEEN THE BLACKPOOL 2015 SURVEY AND THE SHEU REFERENCE SAMPLE

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

- 14% of Blackpool secondary pupils said that they eat chips/roast potatoes 'on most days' compared with 20% of the wider sample.
- 46% of secondary pupils in Blackpool described themselves as 'fit' or 'very fit' compared with 39% of the wider sample.
- 28% of Year 10 girls in Blackpool said they had nothing for lunch the day before compared with 18% of girls in the wider sample.
- 43% of Blackpool pupils said that they do something to avoid sunburn 'usually' or 'whenever possible' compared with 59% of the wider sample.
- 74% of Blackpool pupils said that they have never smoked at all compared with 79% of the wider sample.
- 42% of Blackpool pupils said that their parents/carers smoke compared with 34% of the wider sample.
- 55% of Year 10 boys in Blackpool had high self-esteem compared with 48% of boys in the wider sample.
- Blackpool pupils were less likely to report worrying about a range of issues including school work, health and the way they look, but more likely to worry about bullying problems when compared with the wider sample.
- 44% of Blackpool pupils said that they have seen images online that were for adults only compared with 37% of the wider sample.

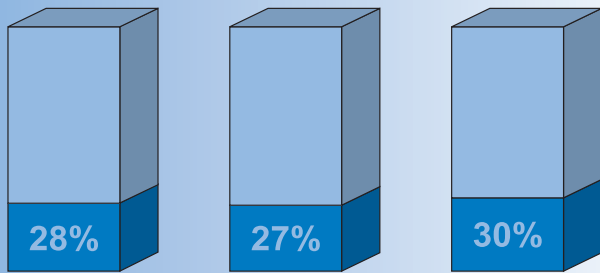
Pyramid data: Questions included in both the primary and secondary versions of the Blackpool 2015 questionnaire

Cross-phase data

The following is a selection of data relating to the set of questions found in the primary and secondary versions of the questionnaire. It is always interesting to see how young people change as they grow up.

HEALTHY EATING

- Primary aged girls were less likely to report having nothing to eat or drink for breakfast: Year 6 girls 8%; Year 8 girls 9% and Year 10 girls 10%.
- There is little difference in pupils having crisps 'on most days' across the age groups. 28% of Year 6 pupils, 27% of Year 8 and 30% of Year 10 pupils said this.

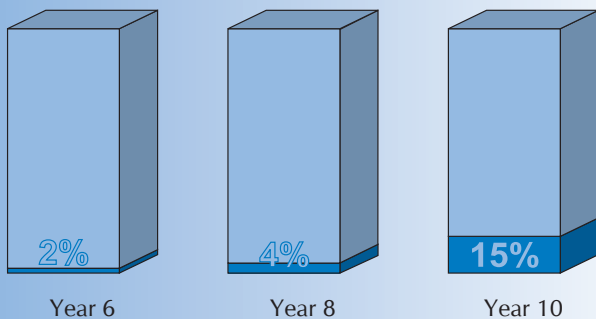


- There is an upward trend in the proportions of girls who say they would like to lose weight. 41% of Year 6 girls, 50% of Year 8 girls and 65% of Year 10 girls said this.

TOBACCO

Did you smoke last week?

- 2% of the Year 6 pupils smoked a cigarette in the week before the survey. 4% of Year 8 pupils and 15% of Year 10 pupils said the same.

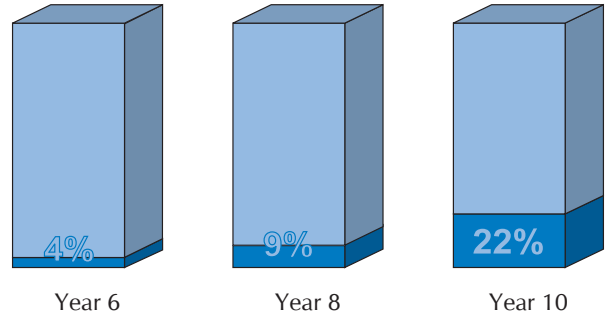


- 96% of primary pupils said that they had 'never smoked at all'. 75% of secondary pupils said the same.
- 11% of Year 6 pupils said that they might or will smoke when they are older.

ALCOHOL

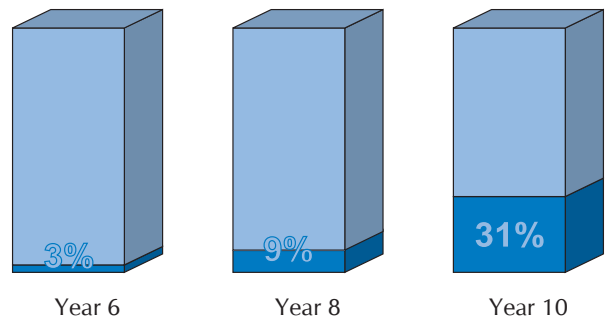
Have you had an alcoholic drink in the week before the survey?

- 4% of the Year 6 pupils had an alcoholic drink on at least one day in the week before the survey. 9% of Year 8 and 22% of Year 10 pupils said the same.



ILLEGAL DRUGS

- 3% of Year 6 pupils said that they have been offered cannabis. 9% of Year 8 and 31% of Year 10 school pupils said the same.

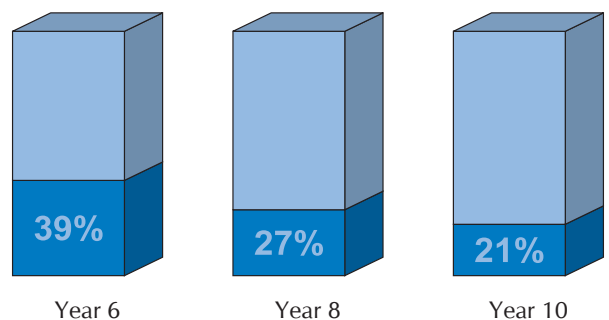


- 3% of Year 8 pupils and 17% of Year 10 pupils said they have taken cannabis.

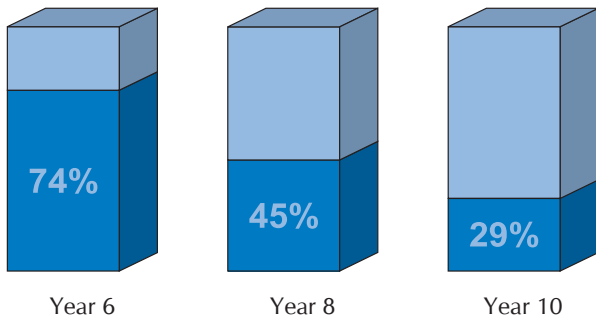
EMOTIONAL HEALTH & WELL-BEING

Are you ever afraid of going to school because of bullying?

- 39% of Year 6 pupils said they felt afraid of going to school at least sometimes. This drops to 27% in Year 8 and 21% in Year 10.

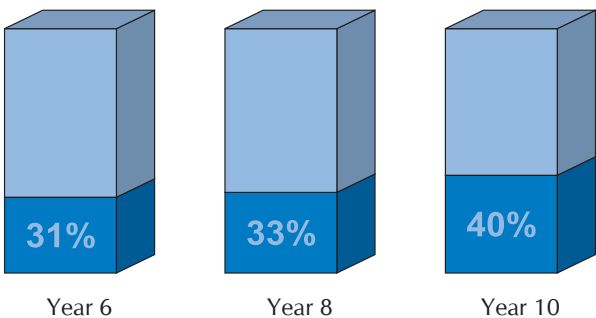


- Our surveys show that the worrying about bullying figures for girls are consistently higher than for boys.
- 21% of Year 6 pupils said they had been bullied in the last 12 months. This rises to 28% of Year 8 and 23% of Year 10.
- 74% of Year 6 said that their school takes bullying seriously. This falls to 45% of Year 8 and 29% of Year 10 pupils in 2015.



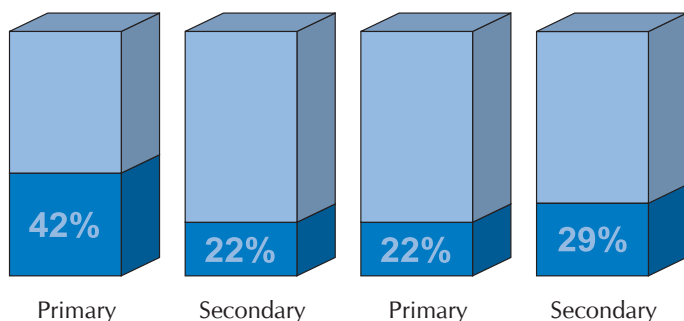
Self-esteem

- 31% of Year 6 pupils, 33% of Year 8 and 40% of Year 10 pupils appear in the highest bracket of the self-esteem scale.



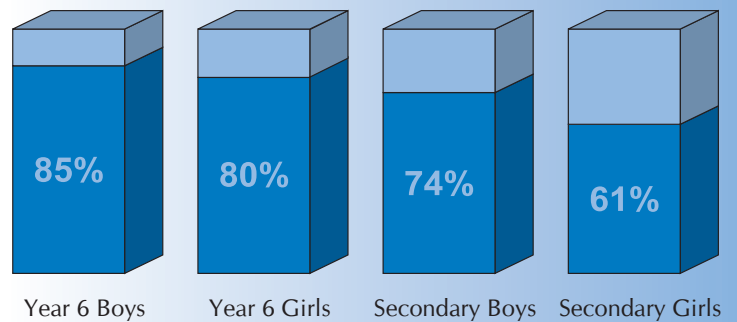
How much do you worry about problems?

- 42% of primary aged pupils said they worried about school tests 'quite a lot' or 'a lot', this falls to 22% of secondary pupils. 29% of secondary pupils worried about the way they looked, only 22% said the same in the primary survey.

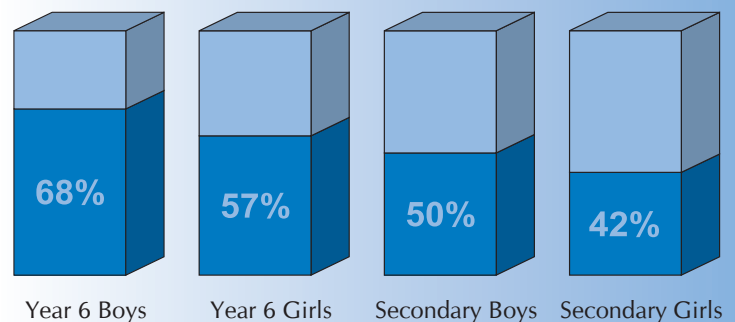


PHYSICAL ACTIVITIES

- 83% of Year 6 pupils said that they enjoy physical activities 'quite a lot' or 'a lot'. 67% of secondary pupils said the same.



- 63% of Year 6 pupils described themselves as 'fit' or 'very fit'. 52% of Year 8 and 42% of Year 10 pupils said the same.



- A clear gender difference becomes apparent as pupils get older, with fewer girls saying that they enjoy physical activities and that they consider themselves as fit.

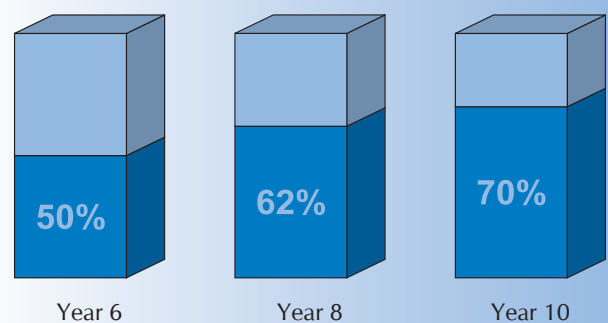
SAFETY

When you cycle do you wear a safety helmet?

- 39% of Year 6 pupils said that they 'never or almost never' wear a safety helmet when cycling. 42% of secondary pupils said that they 'don't cycle'. 16% don't have a safety helmet. 20% said that they 'hardly ever' or 'never' wear theirs.

When a friend wants you to do something you don't want to do...

- 50% of Year 6 pupils said that they could 'usually or always' say no to a friend who was asking them to do something they didn't want to do. 62% of Year 8 and 70% of Year 10 said the same.



TRENDS - changes in the data between 2007 and 2015

Primary

- 27% of Blackpool primary pupils in 2015 and in 2012 said that they had 5 or more portions of fruit and vegetables the day before. This compares with 26% in 2009 and 35% of Blackpool pupils in the 2007 survey who said the same.
- 84% of pupils in 2015 said they enjoyed physical activity 'quite a lot' or 'a lot'. 78% said this in 2012, 86% said this in 2009 compared with 83% in 2007.
- In 2015 of Year 6 pupils said that their teachers had talked with them about drugs. This compared with 33% in 2012, 54% in 2009 and 61% in 2007.
- 14% of pupils in 2015 and 2012 said they knew someone personally who used drugs. This is lower than the 17% in 2009 and the 21% reported in 2007.
- 8% of boys in 2015 said that they drank alcohol on at least one day in the previous week. This compared with 12% in 2012, 13% in 2009 and 18% in 2007.
- 64% 66% of pupils in 2015 said that their parents had talked with them about puberty and growing up. This compared with 66% in 2012, 77% in 2009 and 70% in 2007. 35% in 2015 and 32% in 2012 said teachers had talked with them about this; falling from the 57% seen in 2009 and lower than the 44% seen in 2007.
- 35% of boys and 48% of girls in 2015 said they were afraid to go to school because of bullying at least sometimes compared with 38% of boys and 43% of girls in 2012. This compares with 34% of boys and 45% of girls in 2009 and 25% of boys and 38% of girls who said the same in 2007.
- 37% of boys and 25% of girls in Year 6 in 2015 recorded levels of high self-esteem. This compared with 27% of boys and 24% of girls in 2012, and 23% of boys and 20% of girls in 2009. In 2007, 40% of boys and 28% of girls were in the highest bracket.

Secondary

- 9% of secondary pupils in 2015 said that they had nothing to eat or drink for breakfast on the day of the survey. 13% said this in 2012, 18% in 2009 and 13% in 2007.
- 67% of pupils in 2015 said that they enjoyed physical activity. This compared with 60% in 2012, 84% in 2009 and 72% in 2007.
- 75% of pupils in 2015 said they have never smoked at all. This compared with 66% in 2012, 63% in 2009 and 53% in 2007.
- 18% of pupils in 2015 said they had been offered cannabis compared with 19% in 2012, 20% in 2009 and 26% in 2007.
- 15% of pupils drank alcohol the previous week in 2015 compared with 21% in 2012, 28% in 2009 and 34% in 2007.
- 42% of pupils in 2015 said that someone smokes at home compared with 55% in 2012, 57% in 2009 and 67% saying the same in 2007.
- 16% of boys and 33% of girls in 2015 reported a fear of going to school because of bullying at least sometimes. Compared with 24% of boys and 38% of girls in 2012. In 2009, 23% of boys and 33% of girls said this compared with 32% of boys and 41% of girls in 2007.
- 38% of pupils in 2015 said their school takes bullying seriously compared with 46% in 2012, 51% in 2009 and 48% in 2007.
- 12% of pupils in 2012 reported being a victim of violence or aggression within the past 12 months compared with 14% in 2012. 15% reported this in 2009 and 20% in 2007.

The Way Forward – over to you

This work was funded by the Public Health Directorate within Blackpool Council in order to support planning and evaluation of health focussed initiatives. We are grateful to the teachers, schools, the college 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 and colleges, as well as both statutory and voluntary agencies that support the health of young people in Blackpool. 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. The data will also be used to help support healthy school programme and young people's substance misuse planning.

Blackpool Schools who took part in the survey:

Blackpool primary schools:

Anchorsholme Primary Academy, Christ The King Catholic Academy, Devonshire Primary Academy, Educational Diversity, Marton Primary School and Nursery, Mereside Primary School, Norbreck Primary Academy Park Community Academy, Revoe Learning Academy, St. John Vianney's Catholic Primary School, St. Kentigern's Catholic Primary School, Stanley Primary School and Waterloo Primary School

Blackpool secondary schools:

Blackpool Aspire Academy, Educational Diversity, Montgomery High School, Park Community Academy, South Shore Academy, St. George's School, A CE Academy and St. Mary's Catholic Academy.

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