

Report To:	Education & Communities Committee	Date:	9 Sept 2014
Report By:	Patricia Cassidy Corporate Director Education, Communities & OD	Report No:	EDUCOM/61/14/AE
Contact Officer:	Angela Edwards Head of Inclusive Education, Culture & Corporate Policy	Contact No:	01475 712850
Subject:	Inverclyde Children and Young People Health and Well-being Survey 2013		

1.0 PURPOSE

1.1 The purpose of this report is to –

- a) outline the methodological approaches employed to carry out the research undertaken in all Inverclyde secondary schools.
- b) provide an initial report with a summary of the findings and key indicators
- c) provide suggested directions of travel indicated by the findings and aligned outcomes.

2.0 SUMMARY

2.1 All schools in Inverclyde became Health Promoting Schools in 2007. This accreditation was valuable and a real measure of success in Health & Well-being (H&WB) for our establishments. However, the sustainability of H&WB beyond merely the accreditation for an award has been even more vital since that time. It has become increasingly important that, both in terms of curricular delivery and the ethos/values of our schools, H&WB truly is embraced as the 'Responsibility of All'. Through the Community Planning Partnership, a piece of research was commissioned in 2013 to gather an up-to-date evidence base, directly expressing the views of children and young people from our secondary schools, around their own health and well-being.

2.2 Education Services, in collaboration with Inverclyde CHCP, NHS Greater Glasgow & Clyde (Public Health Resource Unit) commissioned Traci Leven Research to carry out the fieldwork and report writing.

2.3 This is the first survey of its kind in Inverclyde and provides useful baseline data for future surveys, which will monitor progress and trends for key health and well-being indicators. It is expected that the survey findings will help to inform priorities for action among key planning partners at Community Planning level and in individual schools. In addition, the data reported will allow for comparative investigations to be made with Glasgow City and Renfrewshire, where similar surveys have been completed. Some of the data can also be correlated with other national surveys, such as the Scottish Schools Adolescent Lifestyle and Substance Use Survey (SALSUS).

2.4 The survey was a proactive means of engaging with the young people who took part, which ensures they have a voice and are able to influence future service delivery that will be based on their needs, attitudes and behaviours, through this self-reporting.

2.5 Of particular note is the achieved sample total of 3,606 complete questionnaires. The 2013-14 census roll of the secondary school population was 4,362. Thus the achieved sample is approximately 83% of the secondary roll. This is an

unprecedented return, for which everyone who was involved in the research should be acknowledged.

3.0 RECOMMENDATIONS

- 3.1 The Education & Communities Committee notes this report and approves the publication of the research findings, including further circulation to the wider locality planning structures, such as SOA4, SOA6 and Inverclyde Alliance Board.
- 3.2 The Education & Communities Committee agrees to the further work required, in the analysis of the findings, through engaging with the young people, schools and their communities plus partner agencies to take forward agreed and appropriate actions.
- 3.3 The Education & Communities Committee gives approval to the continuing work required in the dissemination of the research findings, in partnership with Inverclyde CHCP.
- 3.4 It is proposed that the Education & Communities Committee accepts an invitation to be an integral part of the ongoing work and developments and agree to actively participate in the seminars/ summits mentioned in 5.2.
- 3.5 The Education & Communities Committee agrees to receive a further report, including a detailed analysis of the findings, in comparison to other data sources such as the surveys of neighbouring authorities, SALSUS and the WHO's Health Behaviours In School Age Children Survey, and be kept apprised of developments

Patricia Cassidy
Corporate Director
Education, Communities & Organisational Development

4.0 BACKGROUND

Methodology:

- 4.1 The aim of the research was to gather the views of secondary school young people regarding their health and well-being. Moreover, the outcomes of the research were to be used to assess progress in health and well-being and be used to inform the work of Education, the CHCP, other Community Planning Partners and individual schools.
- 4.2 In the developing stages of the project, a range of key stakeholders and partners were invited to a number of meetings, in order to ensure full consultation of the questionnaire. The commitment from partners cannot be underestimated and is a true reflection of the locality's efforts to work collaboratively.
- 4.3 With regard to point 4.2 above and to respond to these aims, a structured, self-completion questionnaire was developed and approved by the stakeholder group mentioned in 4.1. It explored the issues concerned with:
- Demographics including age, gender, deprivation category (using postcode as a proxy measure), ethnicity, feeder primary, carer or guardian with whom pupils have main residence.
 - Mental health, self-esteem, worry.
 - Bullying, racism, accidents, illness and disability.
 - Oral health, diet, exercise and travel.
 - Smoking, alcohol, drugs.
 - Awareness and use of health services, youth clubs etc.
 - Social and anti-social behaviour, carer status and future hopes.
- 4.4 In the development of the structured questionnaire, a 24-page booklet as a paper version was developed. Concurrently, an online version using SurveyMonkey was created and reflected the paper version, with modifications to suit completing online (e.g. where the paper questionnaire stated 'please write in', the online version instructed 'please type in'). On the same theme, two paper versions were developed - one for S1-S2 pupils and one for S3-S6 pupils. The versions were the same but with three additional questions for S3-S6 pupils on sexual relationships. The online version automatically generated these three questions for S3-S6 pupils. The two paper versions were printed on different coloured paper (green for S1-S2 and white for S3-S6 pupils).
- 4.5 To provide validation and reliability to the research, a pilot questionnaire was undertaken (September 2013) at one of the Inverclyde mainstream secondary schools with a mix of pupils across all year groups and chosen to represent a mix of boys and girls and a mix of abilities. This resulted in a number of questions which required minor amendments to instructions/questions/response options to ensure clarity for pupils. Final versions of the questionnaire were developed in light of these findings.
- 4.6 To augment the methodology and data collection processes, the following was implemented:
- **Liaison with Schools:** the lead researcher met with the head teacher and/or other designated staff member(s) at the school to discuss arrangements and logistics for the survey at each school. These discussions centred on suitable dates/times to suit each of the schools; survey method(s); means of grouping pupils; pupil support required; timetabling; letters to parents and contact details for key school staff for further liaison.
 - **School-Specific Arrangements:** fieldwork took place between 7th October and 28th November 2013 and differed slightly, based on the individual requirements of each of the schools.
 - **Pupil Instructions and Information:** for both online and paper surveys, all pupils were given an information note which included an explanation of the purpose of the survey and how data would be used, assurances that participation was voluntary and data would be anonymous. Pupils were given contact information in case of further query or support. Before beginning

the survey, pupils were also given verbal instructions by the researcher.

- **Pupil Support:** all schools were offered the option of the researchers providing one-to-one support and/or small supported groups for pupils with learning support needs. However, all mainstream schools opted to have all pupils included in class groups to complete the survey, with support provided by the researcher or learning/behaviour support staff as required.

4.7 In terms of the report analysis that was completed, following data cleaning processes and removal of incomplete responses (n=42), the achieved sample was a total of 3,606 complete questionnaires. The most recently available estimate of the secondary school roll across Inverclyde is 4,362. Thus the achieved sample is approximately 83% of the known school roll.

4.8 The Analysis was conducted in two stages:

1. Compute basic frequencies for each question in the questionnaire.
2. Establish whether there were significant differences between groups for three key independent variables (using the 99% confidence level; $p < 0.01$).

The three key independent variables used for analysis are shown below together with the number and percentage of pupils in each group:

Key Variables	Description	Numbers and (%):		
Stage	Lower school (S1-S2)/Middle school/(S3-S4)/ Upper School (S3-S4)	Lower school:	1,364	37.8%
		Middle school:	1,290	35.8%
		Upper school:	952	26.4%
		Total:	3,606	100.0%
Gender	Boys/Girls	Boys:	1,786	49.5%
		Girls:	1,819	50.5%
		Total:	3,605	100.0%

4.9 Summary Findings

The following summary provides information on topic results of the findings and key indicators. Where possible, comparisons with the latest Glasgow Schools Survey (2010) and the latest Scottish Schools Adolescent Lifestyle and Substance Use Survey (SALSUS), also 2010, have been noted.

4.9.1 Diet (Key Indicators):

70% ate breakfast

33% met the target for fruit/veg consumption

29% bought lunch from a shop/van

44% ate sweets/chocolate twice or more per day

- 70% of pupils said that they ate breakfast on the morning of the survey. This varied across schools, with the proportion of pupils who had eaten breakfast ranging from 63% to 74% across the six mainstream schools. In Glasgow, This compares with a figure of 74% for Glasgow pupils in 2010.
- One in eight (12%) did not eat any fruit or vegetables. A third (33%) met the target of consuming five or more portions of fruit and/or vegetables per day. The proportion who met this target ranged from 25% to 39% across mainstream schools. 35% of the pupils in Glasgow's schools achieved the "5 a day" target.
- During the previous lunchtime, 38% of pupils had a school lunch, 29% bought lunch from a shop/van, 24% had taken a packed lunch and 3% went home for lunch. Six percent of pupils said they did not have any lunch. Patterns of lunchtime practices varied considerably. For example in mainstream schools, the proportion of pupils who bought lunch from a shop/van ranged from 13% to 48%.
- Pupils were also asked how many times in the previous day they had consumed sweets/chocolate, chips/fried potatoes and diet fizzy drinks. 79% had eaten crisps/sweets (and 44% had done so twice or more), 52% had eaten chips/fried potatoes and 54% had

consumed diet fizzy drinks.

4.9.2

▪ **Physical Activity (Key Indicators):**

35% met the target for physical activity
82% took part in sports clubs at least once a week
34% used active travel for the journey to school

- Just over a third (35%) of pupils met the target of taking 60 minutes or more of physical activity on five or more days per week. This is very similar to the Glasgow figure, which was 36%. Three in five (58%) were active, but not enough to meet the target. A further 7% were not active at all. The proportion who met the target for physical activity ranged from 29% to 40% across the six mainstream schools.
- Four in five (82%) pupils said they took part in sports/activity clubs at least once a week. Again, this is broadly similar to Glasgow's figures, where weekly participation levels were reported at 81%.
- A third (34%) of pupils used active travel methods (walking/cycling/skating) for their journey to school, 41% used public transport and 25% used private personal transport. This varied considerably across mainstream schools, with the proportion using active travel ranging from 23% to 53%. The Glasgow percentage for Active Travel to School was 48%.

4.9.3

▪ **Drugs (Key Indicators):**

9% had ever used drugs
8% had used drugs in the last year

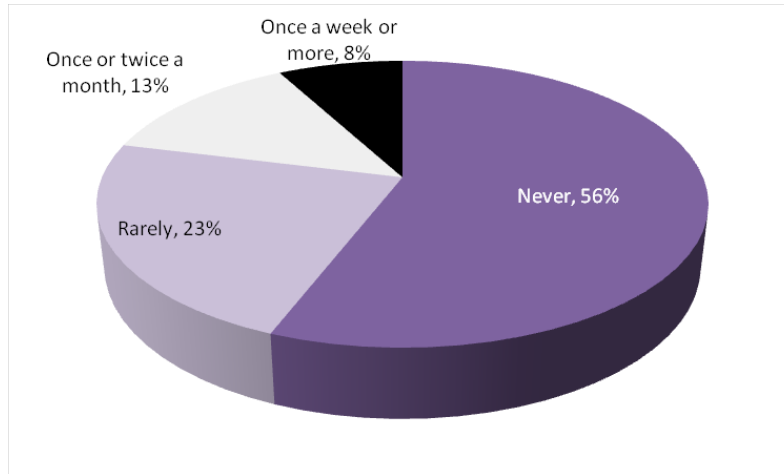
- One in 11 pupils (9%) said that they had ever used drugs or legal highs. This ranged from 7% to 12% across the mainstream schools. The 9% figure for Inverclyde is exactly the same overall percentage as the Glasgow survey; however the 2010 SALSUS figure for this question (in Inverclyde) was 12%. The national figure from SALSUS was 13%.
- Those who had ever used drugs were given a list of drugs and asked whether they had taken any of these in the last year. Overall, of those who had ever used drugs, 97% had used at least one of the listed drugs in the last year. This equates to 8% of all pupils. (9% equivalent response from the SALSUS survey). The most commonly used drug was cannabis (89%) followed by ecstasy (15%) and cocaine (14%). The order of drugs used are mirrored by Glasgow's findings and also the SALSUS figures for Inverclyde and nationally.

4.9.4

Alcohol (Key Indicator):

44% ever drank alcohol

- More than half (56%) of pupils said that they never drank alcohol. The figure from Glasgow for this question was 61% and the 2010 SALSUS figure for Inverclyde was 44%. Eight percent of pupils said that they drank alcohol once a week or more. (7% Glasgow, 3% SALSUS – Inverclyde)

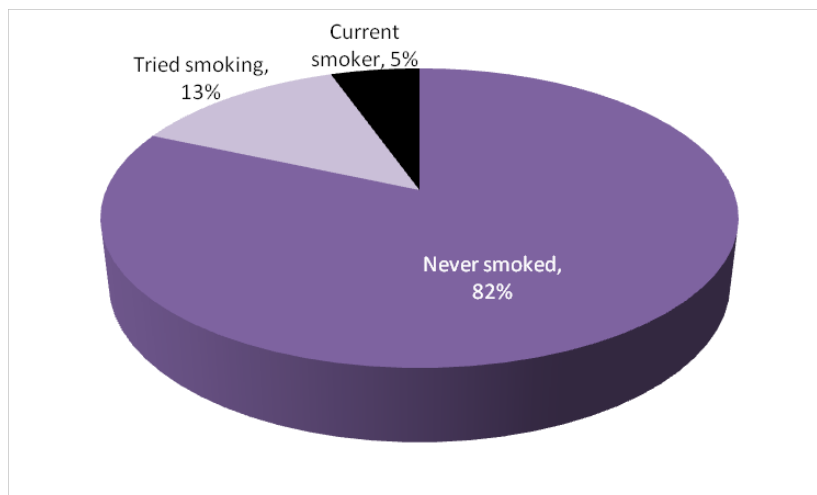


4.9.5

Smoking (Key Indicators):

5% were current smokers

- Four in five pupils (82%) said they had never tried smoking. In Glasgow, this figure was 75%. From SALSUS in 2010, the Inverclyde figure was 74% and the national total was 67%.
- One in 20 (5%) were current smokers. (8% for Glasgow, 6% from SALSUS 2010 for Inverclyde and 8% from SALSUS nationally. The proportion of current smokers ranged from 3% to 8% across mainstream schools.



Environmental Tobacco (Key Indicators):

42% lived with a smoker

78% were ever exposed to environmental tobacco

- Two in five (42%) pupils said that someone else smoked at their home. In Glasgow, this figure was 57%.
- All pupils were asked how often they have to breathe in second hand smoke. Seven percent said this happened every day; 14% said 'often'; 56% said 'rarely' and 22% said 'never'. Thus, overall 78% were ever exposed to environmental tobacco. The proportion of pupils ever exposed ranged from 71% to 85% across mainstream schools. The

equivalent percentage from the Glasgow survey was 74%.

- 4.9.6 ▪ **Oral Health (Key Indicators):**
85% met the target for teeth brushing
85% visited the dentist within last 6 months
- More than four in five (85%) pupils met the target of brushing their teeth twice or more per day. In Glasgow, the response was 80%. Just 1% had not brushed their teeth at all on the previous day. The proportion who met the target ranged from 79% to 88% across mainstream schools.
 - Of those who knew, 99% were registered with a dentist. (97% in Glasgow) Of those who could remember, 85% had visited the dentist within the last six months and 97% had done so within the last year.
- 4.9.7 ▪ **Sleep (Key Indicator):**
55% got 8+ hours sleep per night
- Just over half (55%) of pupils said that they got at least eight hours sleep the previous night. The mean response was 7.61 hours. The proportion who met the target of getting eight or more hours sleep per night ranged from 44% to 61% across the mainstream schools. The response for this question in Glasgow was 69%.
- 4.9.8 ▪ **Illness and Disability (Key Indicator):**
10% had a limiting illness or disability
- One in three (34%) pupils has at least one physical illness or disability. The most commonly reported conditions were asthma (reported by 16% of all pupils) and eczema/psoriasis/skin condition (10%). One in five (19%) pupils had at least one mental health problem, emotional illness or learning disability. The most common was dyslexia which was reported by 11% of all pupils.
 - One in ten pupils (10%) had an illness or disability that limits what they can do.
- 4.9.9 ▪ **Young Carers (Key Indicator):**
14% were carers for family members
- One in five (22%) pupils had someone in their family household with a disability, long-term illness, drug/alcohol problem or mental health issue. Among these pupils, 62% said that they looked after or cared for their family member. Thus, overall, 14% of pupils were carers for someone in their household. The equivalent figure for Glasgow was 17%. The proportion of pupils who were young carers ranged from 8% to 18% across mainstream schools.
- 4.9.10 ▪ **Relationships and Sexual Health (Key Indicators):**
89% had someone to talk to about relationships/sexual health
22% of S3-S6 pupils had been sexually active in past month
- Nine in ten (89%) pupils said there was someone they could talk to about relationships, sexual health, etc. The most common people they could talk to were parents/carers (60%) and friends (55%). In Glasgow, the overall percentage was 89% also, with parents being the most common response (61%), followed, similarly by friends (52%).
 - Among S3-S6 pupils, half (49%) said that a parent/carer had talked to them about sexual health and relationship issues. Just over one in five (22%) S3-S6 pupils had been sexually active in the past month. Among these, 58% said they always used contraception/protection.
- 4.9.11 ▪ **Bullying (Key Indicators):**

20% had been bullied in the last year
 14% admitted to bullying others at school

- Sixteen percent of pupils said they had been bullied at school in the last year, 6% had been bullied somewhere else and 6% had been bullied online. Overall, one in five (20%) pupils had been bullied anywhere in the last year. The equivalent overall figure for Glasgow was 15%. Across mainstream schools, the proportion of pupils who had been bullied anywhere in the last year ranged from 14% to 29%.
- Among those who had been bullied, 57% had reported the bullying to school staff. Where bullying had been reported, just over half (53%) of pupils said it made the situation better.
- One in seven (14%) pupils admitted to having been a bully at their school in the last year. This ranged from 11% to 20% across all mainstream schools, and the Glasgow figure was 20%.

4.9.12 ■ **Post-School Aspirations (Key Indicator):**

72% would like to go to further education after school

- Of those who were able to say, 72% of pupils said they would like to go to further education after school, 23% said they would like to go into employment and 5% said something else.
- One in five (20%) said they would like to live in Inverclyde as an adult while 45% said they would not and 35% said they did not know.

4.9.13 ■ **Key Gender Differences**

- The table, detailed overleaf, and taking into consideration the indicators reported in the preceding sections, the following showed significant differences for local boys and girls.

Indicators Where Girls Compared More Favourably to Boys:	Indicators Where Boys Compared More Favourably to Girls:
<p>Compared to boys, girls were:</p> <ul style="list-style-type: none"> ○ Less likely to get lunch from a shop/van (18% girls; 39% boys) ○ More likely to meet the target for teeth brushing (90% girls; 79% boys) ○ Less likely to have ever taken drugs (7% girls; 12% boys) ○ More likely to have someone to talk to about relationships/sexual health (93% girls; 85% boys) - including being more likely to talk to a parent/carer (63% girls; 57% boys) or a friend (63% girls; 46% boys) ○ More likely to say a parent/carer had talked to them about sexual health/relationships (57% girls; 40% boys) ○ Less likely to have bullied others in the last year (12% girls; 17% boys) ○ More likely to want to go to further education after school (80% girls; 64% boys) 	<p>Compared to girls, boys were:</p> <ul style="list-style-type: none"> ○ More likely to eat breakfast (76% boys; 67% girls) ○ More likely to eat lunch (96% boys; 91% girls) ○ More likely to meet the target for physical activity (42% boys; 28% girls) ○ Less likely to have eczema/psoriasis/skin condition (5% boys; 14% girls) ○ Less likely to have a limiting illness or disability (9% boys; 11% girls) ○ Less likely to have a household family member with a disability, long-term illness, drug/alcohol problem or mental health issue (20% boys; 24% girls) ○ Less likely to have been bullied in the last year (15% boys; 24% girls)

4.10 Summary

4.10.1 The survey has provided illuminating findings about the health and lifestyles of the secondary school aged population in Inverclyde, including indicators relating to national targets and recommendations. These include the findings that:

- Overall only a third of pupils consumed the recommended amount of fruit/vegetables, and only a quarter of upper school pupils did so.
- Just over a third of pupils met the target for physical activity levels. Again only a quarter of upper school pupils met the target. Girls were less likely than boys to be achieving the recommended levels for physical activity.
- Just over half of pupils (55%) got the recommended eight hours or more of sleep per night and only two in five upper school pupils did so.
- Most pupils (85%) met the target for brushing their teeth twice or more per day and also most (85%) had visited a dentist within the last six months.

The survey also highlighted key findings for smoking, alcohol and drugs:

- Although only a small minority of pupils (5%) were smokers, 42% of pupils lived with a smoker and overall more than three in four pupils were ever exposed to environmental smoke.
- While overall 44% of pupils said they ever drank alcohol, this rose considerably with age, from 19% of lower school pupils to 71% of upper school pupils. Most alcohol consumption was occasional or infrequent, but a small minority (8%) of pupils drank alcohol once a week or more.
- Overall, one in eleven pupils had ever tried drugs, although this rose from 2% among lower school pupils to 16% among upper school pupils.

One in five pupils responded that they had been bullied in the last year.

5.0 PROPOSALS

5.1 It is proposed that the Education & Communities Committee notes the contents of this report and approves the publication of the research findings.

5.2 In light of the findings and concurrent with the actions identified in 3.2 (above), the Education & Communities Committee agrees to further engagement with the young people, schools and their communities plus partner agencies to take forward agreed and appropriate actions. This will be carried out in discussion with the schools and partners, through seminars/summits.

5.3 It is proposed that the Education & Communities Committee accept an invitation to be an integral part of the ongoing work and developments and agree to actively participate in the seminars/summits mentioned in 5.2.

5.4 The Education & Communities Committee agree to receive a further report, including a detailed analysis of the findings, in comparison to other data sources such as the surveys of neighbouring authorities, SALSUS and the WHO's Health Behaviours In School Age Children Survey, and be kept apprised of developments

5.5 It is proposed that the Education & Communities Committee approves the further circulation of the report findings to the wider locality planning structures, such as SOA4, SOA6 and Inverclyde Alliance Board.

6.0 IMPLICATIONS

6.1 Legal: None at the time of this report

6.2 None at the time of this report. Spend was contained within budget commitments for 2013/14.

Financial Implications:

One off Costs

Cost Centre	Budget Heading	Budget Years	Proposed Spend this Report £000	Virement From	Other Comments
N/A					

Annually Recurring Costs/ (Savings)

Cost Centre	Budget Heading	With Effect from	Annual Net Impact £000	Virement From (If Applicable)	Other Comments
N/A					

6.3 Personnel: None at this time of this report.

6.4 Equalities: There are no foreseen negative equalities implications. There are key actions in the recommendation that have been designed to impact favourably on people with protected characteristics, and to address the inequalities that persist in Inverclyde.

6.5 Repopulation: None at this time of this report, however, within the full report there is data gathered that will be shared with the SOA1 Outcome Delivery Group.

7.0 CONSULTATION

7.1 A series of meetings have been held in the development of the project with associated strategic planning structures, such as SOA4 and SOA6.

7.2 Stakeholder meetings have been convened in the development of the structured questionnaire.

7.3 A pilot questionnaire was undertaken (September 2013) at one of the secondary schools, in order to test and consult on the survey. This was conducted with a mix of pupils across all year groups with a mix of boys and girls and a mix of abilities.

8.0 LIST OF BACKGROUND PAPERS

8.1 A copy of the Procurement information is available on request.

8.2 The full local authority report, once approved by the CHCP Sub-Committee, is available on request.