

SUNDERLAND HEALTH AND WELLBEING BOARD

18th March 2022

HEALTH RELATED BEHAVIOUR SURVEY – ACADEMIC YEAR 2020/21

Report of the Executive Director of Public Health and Integrated Commissioning

1.0 Purpose of the Report

- 1.1** The December Health and Wellbeing Board received a paper outlining findings from the Health Related Behaviour Survey (HRBS) 2020/21, conducted in the summer term of 2021, along with a supporting summary presentation. Due to staff absence discussion on this item was deferred from December to this meeting.
- 1.2** The purpose of this report is to verbally present the findings of the survey and seek discussion and approval from the Health and Wellbeing Board on the priorities and proposed work programmes which will take forward the findings of the HRBS.

2.0 Background

- 2.1** The HRBS provides an excellent baseline for schools about the health-related behaviour of their children and young people. It provides ideal needs analysis for Healthy School work and strong evaluation of existing Relationship and Sex Education and Health programme (RSHE).
- 2.2** The survey in 2020/21 saw the highest number of schools and pupils participate in the survey since it commenced in Sunderland in 2006, with 5726 young people participating across 28 primary schools and 18 secondary schools.
- 2.3** The 2020/21 survey included Covid related questions in an attempt to understand the impact Covid-19 has had on our children and young people, as well as inform any planning and delivery around Covid recovery.

3.0 Primary School

3.1 Summary of Primary School Key Findings (figures in brackets show 2019 data)

- 40% (45%) of pupils spent time doing homework on the evening before the survey. Physical Activity and Active Travel
- 80% (85%) of pupils said that they have lessons/assemblies about bullying and how it makes people feel
- 12% (12%) of pupils reported that they felt afraid to go to school because of bullying, 'often' or 'very often'. 27% (24%) said 'sometimes'
- 28% (29%) of pupils had high self-esteem scores

- 19% (20%) of pupils had eaten 5 or more portions of fruit and vegetables on the day before the survey. 16% (15%) had eaten none
- 18% (14%) had a tooth removed
- 42% (40%) of Year 6 boys and 30% (30%) of Year 6 girls reported that they took part in hard exercise on at least 5 occasions in the previous week
- 26% (26%) of pupils reported that they had been approached by an adult who scared or made them upset.

3.2 COVID-19 (Year 6 only questions)

When asked about worries, the following were selected as 'quite a lot' or 'a lot':

- catching COVID-19 yourself (27%); this was highest in Sunderland North 32%
- having enough money in my family (29%); this was highest in Sunderland North 35%
- having enough food to eat (24%); this was highest in Sunderland North 33%
- being lonely or not getting enough help (21%); this was highest in Sunderland North and Coalfields 23%
- not understanding my school work (33%); this was highest in Washington 36%

3.3 Additional Covid related data:

- 41% of pupils said that having to stay at home more has improved their relationship with their family
- 69% said they have found easy ways of communicating with people (such as video calls)
- 25% said they have generally felt happier than before but 29% said they have generally felt sadder than before
- 59% said that they followed the rules about not going into other people's homes. 84% said they were careful when they coughed or sneezed
- 55% said they had been looking after themselves by being active, 52% said they had been keeping busy with hobbies, learning new skills etc.

4.0 Secondary School

4.1 Summary of Secondary School Key Findings (figures in brackets show 2019 data)

- 28% (30%) of pupils had high self-esteem scores
- 18% (18%) of pupils said their friends were their main source of information about relationships and sexual health. 31% (35%) said their parents were, 20% (19%) said school lessons. 28% (27%) of Year 10 boys said the Internet was
- 28% (37%) of Sunderland secondary pupils are 'fairly sure' or 'certain' that they know someone who takes drugs

- 55% (52%) of pupils said they don't drink alcohol/don't intend to drink alcohol
- 75% (74%) of pupils said they don't smoke/don't intend to smoke
- 64% (65%) of pupils said they enjoyed physical activities 'quite a lot' or 'a lot'
- 36% (33%) of Year 10 girls said that they have been asked to meet someone who they don't know in person with 8% (5%) stating they actually met up with them.

4.2 COVID-19

When asked about worries, the following were selected as 'quite a lot' or 'a lot':

- catching COVID-19 yourself (15%); this was highest in Washington locality 21% (30% at a ward level Washington Central)
- having enough money in my family (19%); this was highest in Washington locality 24% (ward level 33% St Chads, 30% Washington Central and 29% Washington North)
- having enough food to eat (15%); this was highest in Sunderland North 16% (ward level 23% Washington Central and Millfield)
- being lonely or not getting enough help (20%); this was highest in Washington locality 23% (ward level Washington Central 28% and 29% Washington West)
- not understanding my school work (34%). This was highest in Sunderland East 39% (ward level 46% Millfield and 47% Ryhope)

4.3 Additional Covid related data:

- 44% of pupils said that having to stay at home more has improved their relationship with their family
- 64% said they have found easy ways of communicating with people (such as video calls)
- 19% said they have generally felt happier than before but 31% said they have generally felt sadder than before
- 45% said that they followed the rules about not going into other people's homes. 69% said they were careful when they coughed or sneezed
- 41% said they had been looking after themselves by being active, 48% said they had been keeping busy with hobbies, learning new skills etc.

5.0 Actions to date

- ### **5.1**
- Schools have received their individual reports, the findings of which in confirmed issues already prevalent in school in some instances, particularly in relation to drugs and mental health. A targeted offer of support via the 'healthy settings approach' can be taken forward at a school level to respond to the identified need. This would require leadership from the school, working with public health, key services and partners to further understand need and deliver a programme of work, supported by a small amount of public health funding.

- 5.2** Growing Healthy Sunderland has used the survey findings to update school health profiles, which are used to support and target the service offer from school nursing.
- 5.3** The report has been shared with key stakeholders as well as being presented at partnership groups including Starting Well Delivery Board, Teenage Pregnancy Action Group and Healthy Weight Alliance.
- 5.4** Initial discussions have taken place on how to feedback the survey results to young people, using a social marketing approach, which would also provide the opportunity to promote general health and encourage behaviour change, underpinned by a social norms approach.

6.0 Priorities

- 6.1** The following key priorities were identified and shared with the Members of the Health and Wellbeing Board in December:
- a.** Update relevant Joint Strategic Needs Assessments to include the appropriate data.
 - b.** Develop a communication toolkit that will support the delivery of social norms messages e.g. 85% of year 10 have not had sex, 55% of young people don't drink alcohol. This aspect will be developed with young people.
 - c.** Review Condom Card provision to ensure equitable spread in areas of highest need. The Condom Card scheme provides confidential sexual health advice and free condoms to anyone aged 13-24 years.
 - d.** Ensure the school health profiles are updated and the full health offer is available.
 - e.** Continue to share the intelligence as it is crucial to refine the city's offer to young people, particularly those who are not accessing services currently.
 - f.** Consider National Child Measurement Programme (NCMP) output data for 2021.

7.0 Recommendations

- 7.1** The Board is recommended to:
- i.** agree and endorse the key priorities highlighted, to be further developed as programmes of work; and
 - ii.** agree to the Starting Well Delivery Board leading the response to the findings of the survey and delivery of the agreed programmes of work, including providing further updates on progress.