

Supporting the Health of Young People in Sunderland

A summary report of the Health Related Behaviour Survey 2021

These results were collected from a sample of primary pupils aged 8 to 11 and secondary pupils aged 12 to 15 in Sunderland in the summer term 2021. This work was co-ordinated by Sunderland City Councils Public Health Team as a way of collecting robust information about young people's lifestyles and will be used to inform the Health City Plan and work to improve health outcomes for Children and Young People in Sunderland.

Teachers were informed on how to collect the most reliable data and then pupils completed a

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 and 10 completed the secondary version of the questionnaire. All were undertaken anonymously.

Schools were given the choice of using online or paper-based questionnaires.

COVID-19

Comparisons have been made between the Sunderland 2021 results and the previous 2019 sample as it provides an

interesting 'before and after' view of young people in Sunderland with regard to COVID-19. Shown as (%) through the report are the figures for 2019. In 2021 a total of 5726 pupils took part in 28 primary schools and 18 secondary schools in Sunderland.

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.

5726 young people 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	483	489	887	829	2688
Girls	540	469	855	898	2762
Total	1023	964*	1901*	1838*	5726*

*276 pupils didn't select male or female.

A selection of statistically significant differences between the 2021 and pre-COVID-19, 2019 results have been shown on page 7.

For more details please contact The Schools Health Education Unit Tel. (01392 667272).

Topics include

Citizenship
COVID-19
Drugs, Alcohol and Tobacco
Emotional Health and Wellbeing
Healthy Eating
Leisure
Physical Activity
Puberty and Growing Up
Safety
School
Relationships and sexual health

Health Related Behaviour Survey 2020/21

Health and Wellbeing Board Scrutiny

10th December 2021

Wendy Mitchell, Public Health Lead

Context

- The health related behaviour survey is a way of collecting information from children and young people about their own health and behaviours.
- It is carried out within the academic year with children in Primary school aged 8 to 11 years and children in Secondary school aged 12 to 15 years.
- The summer of 2021 saw an increase in participation with 5726 participants across 28 primary schools and all secondary schools.

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Comparisons between 2019 and 2021 – Primary

Statistically significant differences for primary pupils comparing pre-COVID-19 results with those in 2021	2021	2019	% point difference	
Washed their hands before lunch on the day before the survey.	81%	57%	+ 24%	↑
Go swimming at least 'once a week'.	24%	41%	- 17%	↓
Year 6 pupils said that a School Nurse has talked with them about how their body changes as they grow up.	27%	50%	- 23%	↓
Year 6 pupils responded their teacher has talked with them about illegal drugs in school lessons.	65%	42%	+ 23%	↑
Can get water from the canteen/dinner room at school.	29%	41%	- 12%	↓
Do something to avoid sunburn 'usually' or 'whenever possible'.	49%	60%	- 11%	↓
Go for walks at least 'once a week'.	57%	47%	+ 10%	↑
Went to the dentist to have tooth removed/taken out.	18%	14%	+ 4%	↑
Worry 'quite a lot' or 'a lot' about SATs/tests.	32%	39%	- 7%	↓
Have been 'picked on' or bullied because of the way they look.	30%	24%	+ 6%	↑

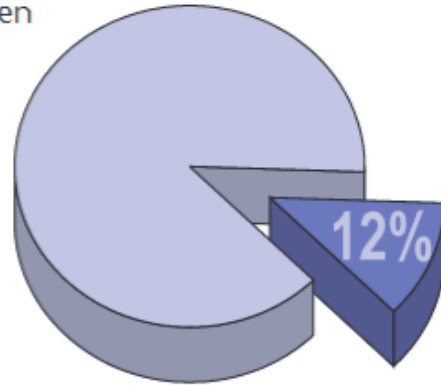
Comparisons between 2019 and 2021 – Secondary

Statistically significant differences for secondary pupils comparing pre-COVID-19 results with those in 2021	2021	2019	% point difference	
Have visited the doctor in the last 6 months.	47%	71%	- 24%	↓
Think 0-10% of people in their class at school smoke regularly.	66%	49%	+ 17%	↑
Know where they can get condoms free of charge.	30%	47%	- 17%	↓
Have been to the hospital due to a serious accident or injury at least once in the last 12 months.	24%	35%	- 11%	↓
Think more than half of the pupils in their class at school smoke regularly.	5%	11%	- 6%	↓
Think 0-10% of people in their class drink alcohol regularly.	47%	36%	+ 11%	↑
Chat online to people who they don't know.	39%	28%	+ 11%	↑
Are 'fairly sure' or 'certain' that they know someone personally who uses drugs listed in the questionnaire.	28%	37%	- 9%	↓
'Usually' or 'always' talk to someone when they have a problem that worries them or are feeling stressed.	29%	38%	- 9%	↓
Of year 10 pupils responded that they are straight/heterosexual.	77%	87%	- 10%	↓
Didn't have anything for breakfast before lessons on the day of the survey.	18%	14%	+ 4%	↑
Exercised enough to breathe harder and faster at least three times last week.	58%	63%	- 5%	↓
Have smoked cigarettes in the past or smoke now.	20%	24%	- 4%	↓
Eat vegetables 'on most days'.	39%	35%	+ 4%	↑
Of pupils responded that their parents/carers smoke.	33%	37%	- 4%	↓
Had at least 5 portions of fruit and vegetables to eat on the day before the survey.	14%	17%	- 3%	↓

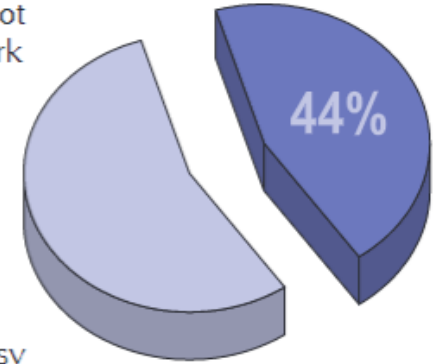
COVID-19

COVID-19

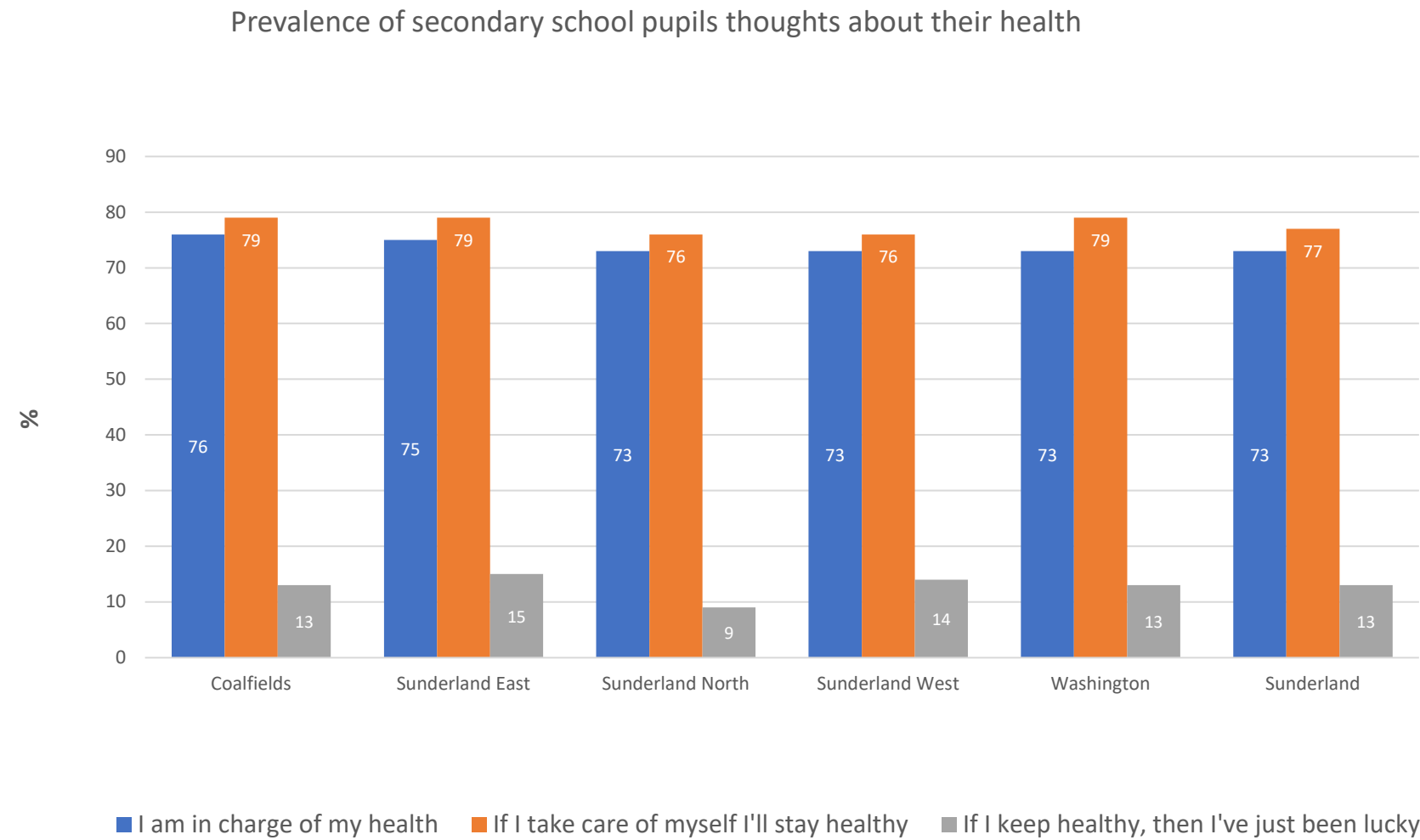
- 77% of pupils know someone personally who has caught/been diagnosed with COVID-19.
- 88% said that their household had been able to get enough food for everyone (everyday/almost every day); 12% didn't say this.**
- 10% of pupils did all of their lessons in school during the last lockdown; 76% did them all at home.
- 6% said they 'never' have anywhere quiet to do schoolwork at home. 71% had a device they could use all of the time at home for doing school work, 13% said some of the time but 2% said 'never'.



- When asked about worries, the following were selected as 'quite a lot' or 'a lot': catching COVID-19 yourself (15%); having enough money in my family (19%); having enough food to eat (15%); being lonely or not getting enough help (20%); not understanding my school work (34%).
- 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..



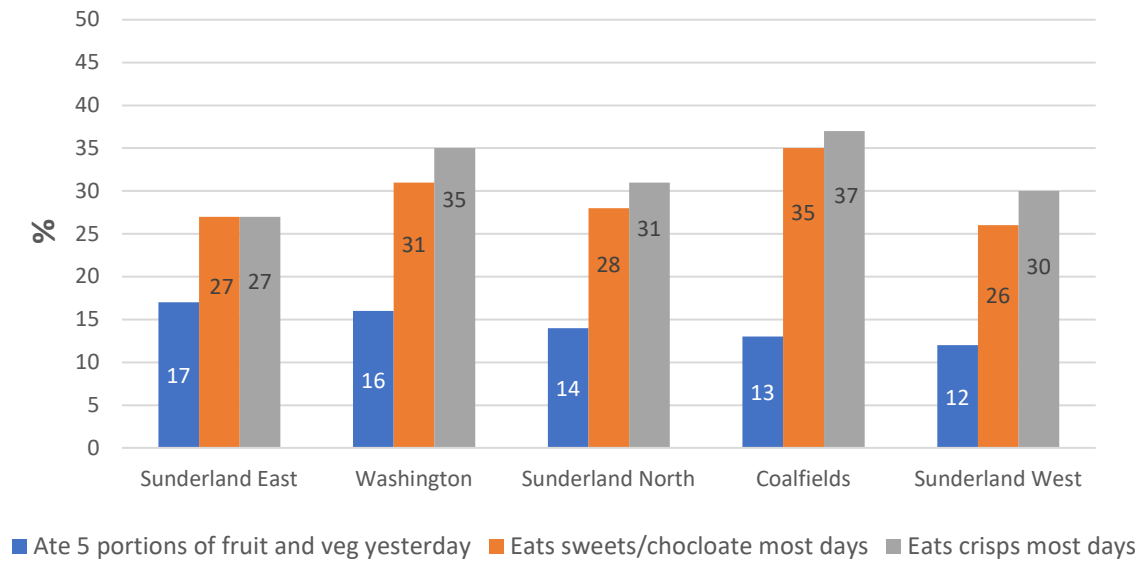
Health Locus of Control (HLOC)



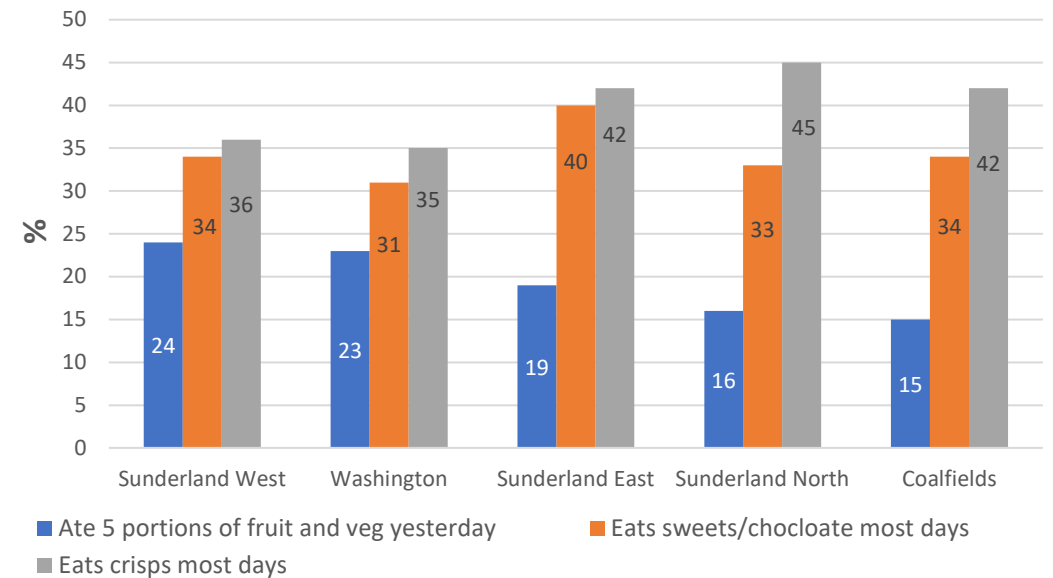
Over three quarters of secondary school pupils understood the importance of looking after their own health

Healthy/Unhealthy eating behaviours

Prevalence of healthy/unhealthy eating behaviours in secondary school



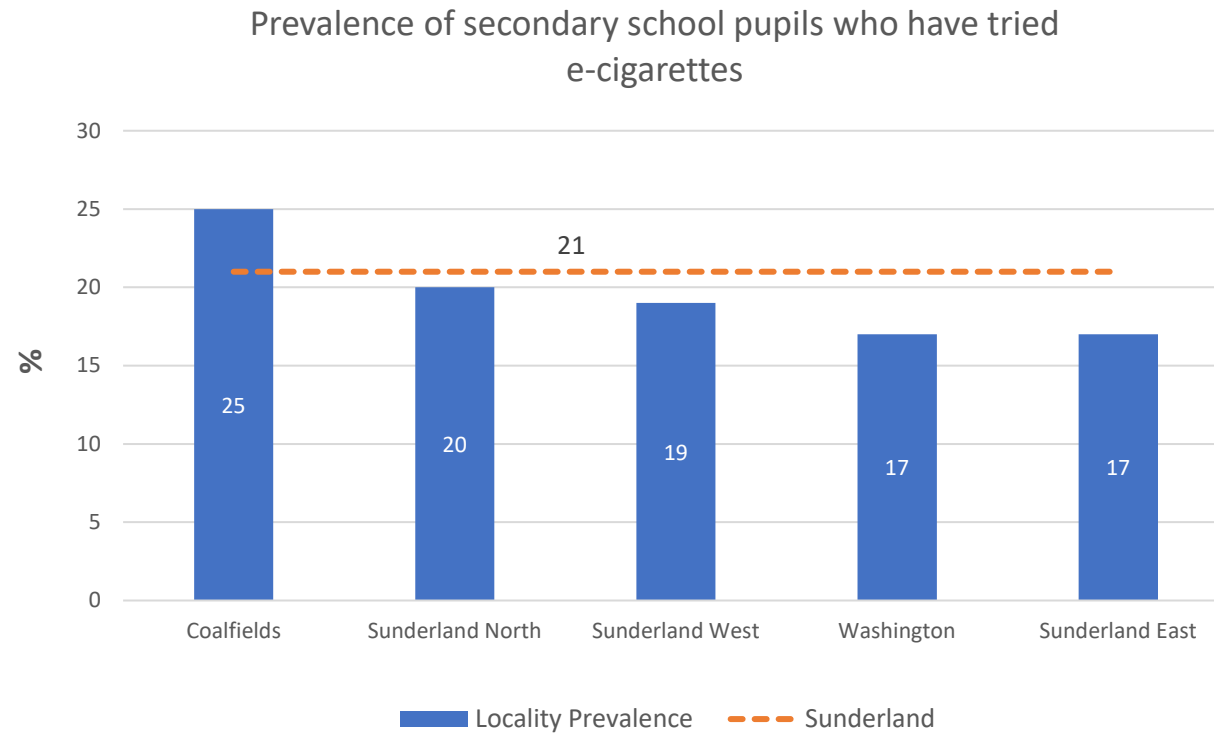
Prevalence of healthy/unhealthy eating behaviours in primary school



Primary school children tend to eat more portions of fruit and veg each day, they also however tend to eat more sweets and crisps

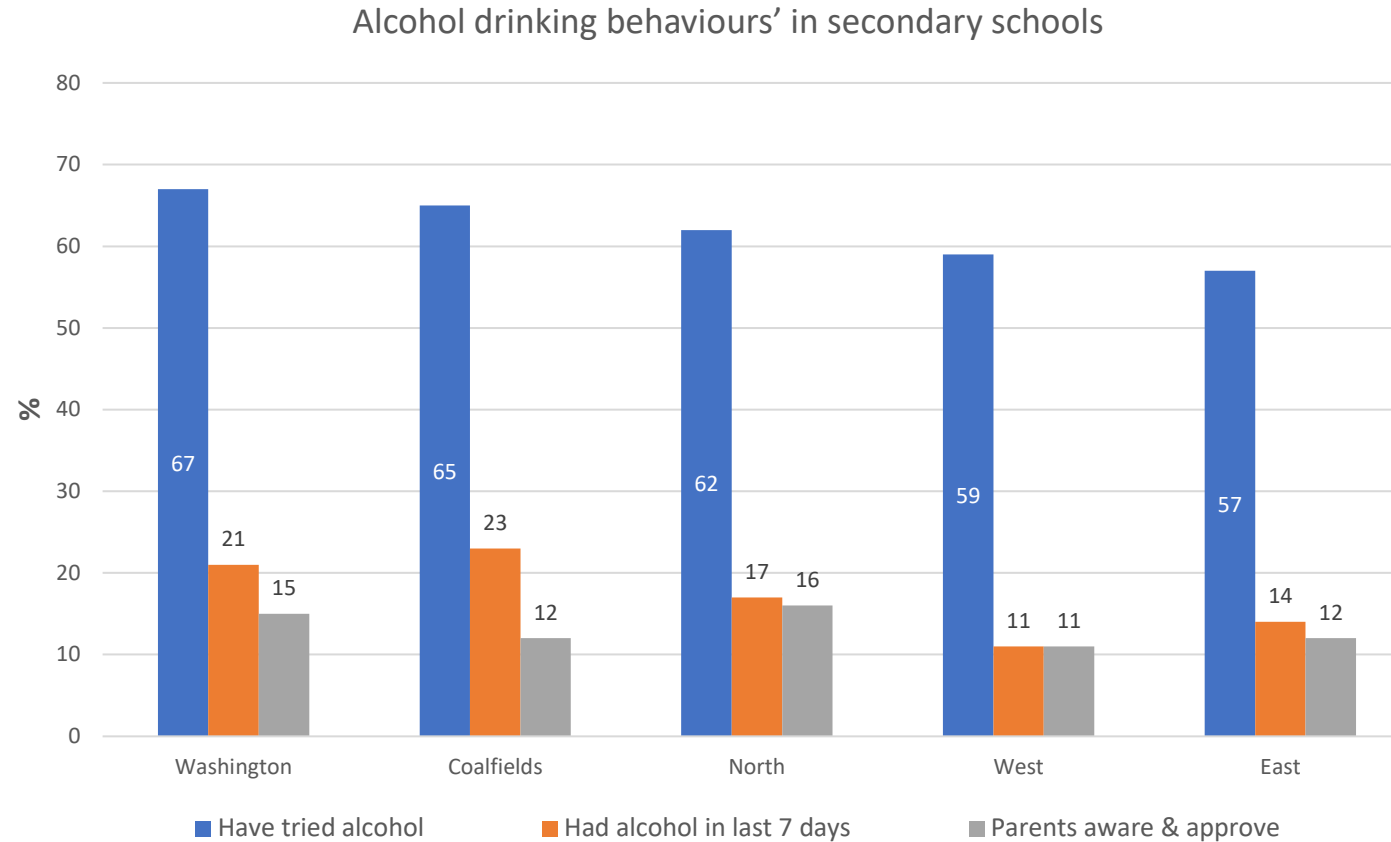
E-cigarettes

Secondary school pupils and e-cigarettes



E-cigarette use is highest in the Coalfields locality at 25%. It is higher than the Sunderland average at 21%

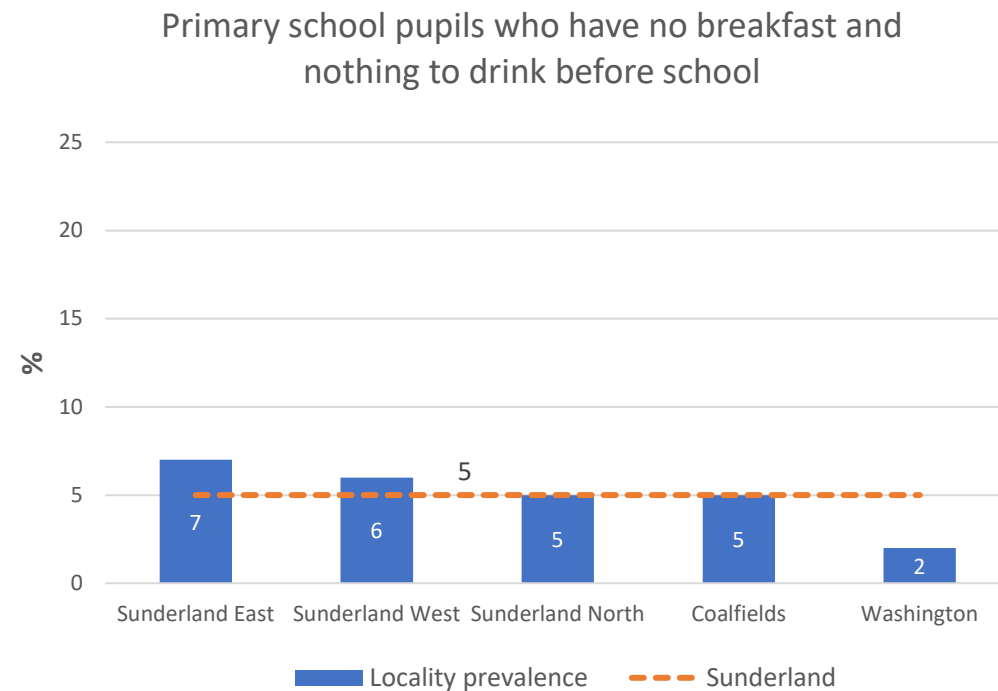
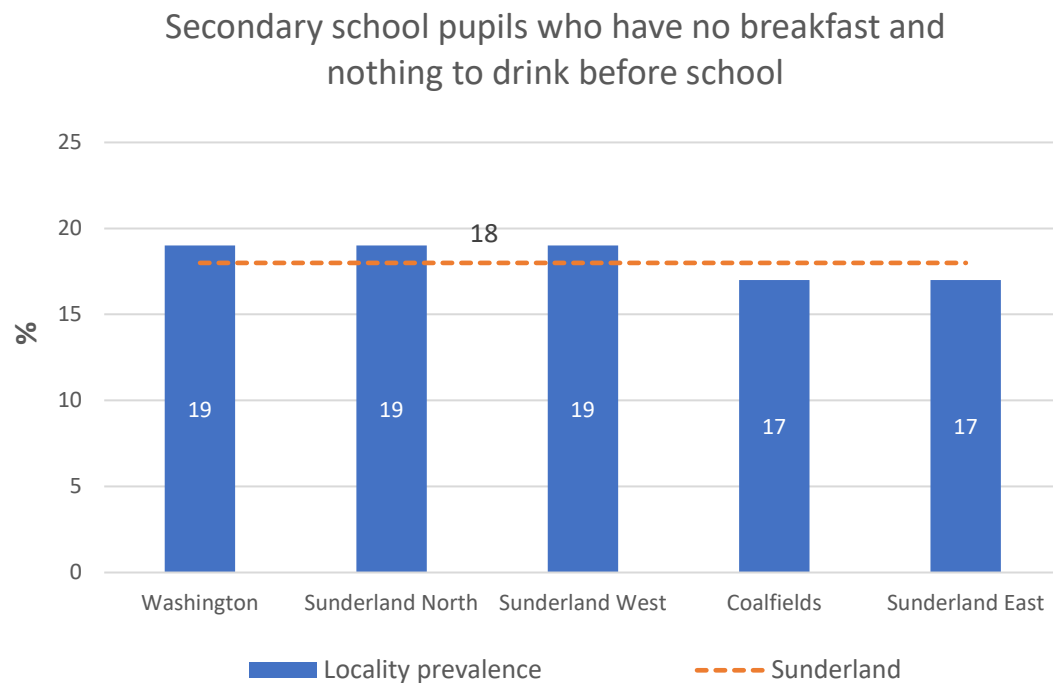
Drinking Prevalence in Secondary Schools



Washington pupils were slightly more likely to have tried alcohol with almost around two thirds of *all* secondary school pupils having tried alcohol

Healthy Eating – start to the day

Primary and secondary schools and breakfast:

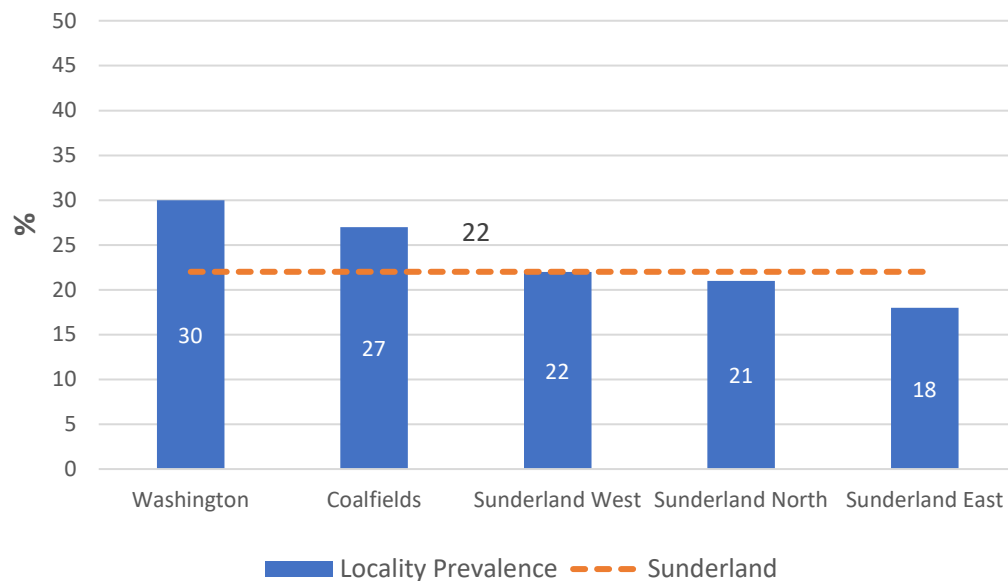


Secondary school pupils are *generally* around 3 times more likely to skip breakfast than primary school pupils
The biggest difference is seen in Washington, where primary misses breakfast the least, and in secondary (one of) the most

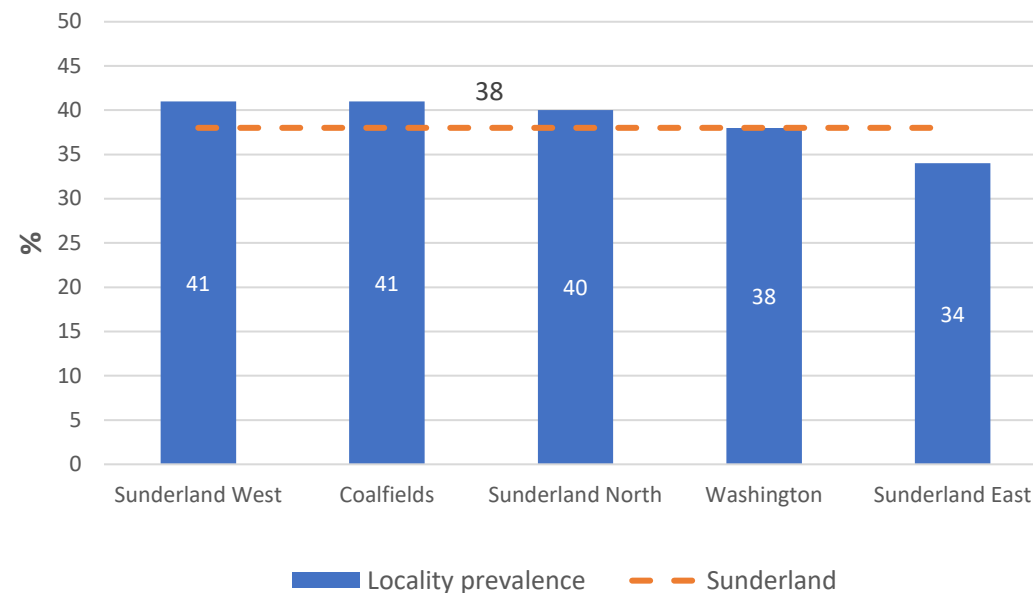
Physical Activity

Primary and secondary schools and exercise:

Secondary school pupils who exercise vigorously
5 times or more each week



Primary school pupils who exercise vigorously
5 times or more each week

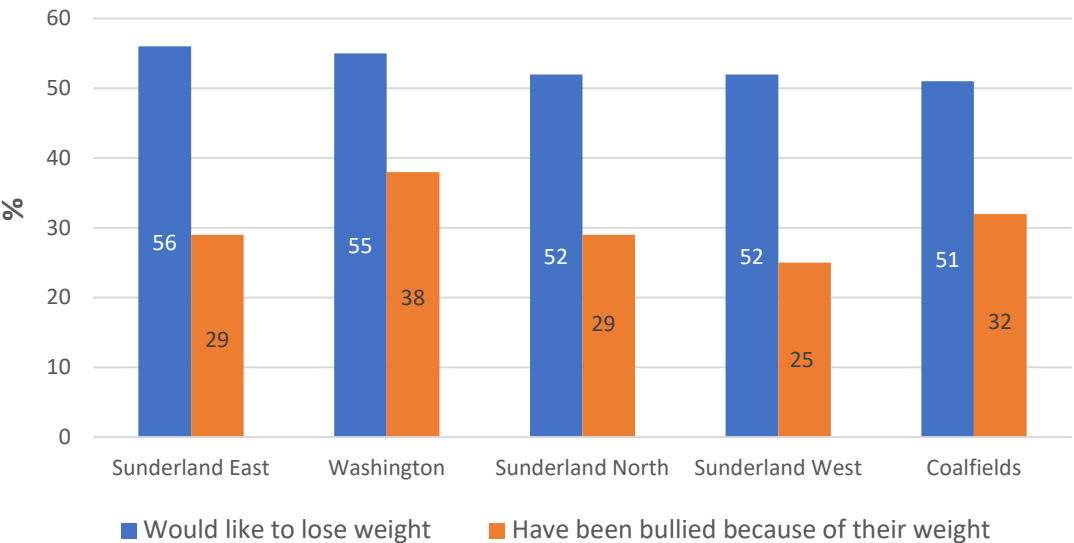


Physical exercise is more prevalent in primary school pupils than in secondary, with 38% of primary pupils exercising 5 times a week or more compared to only 22% of secondary pupils.

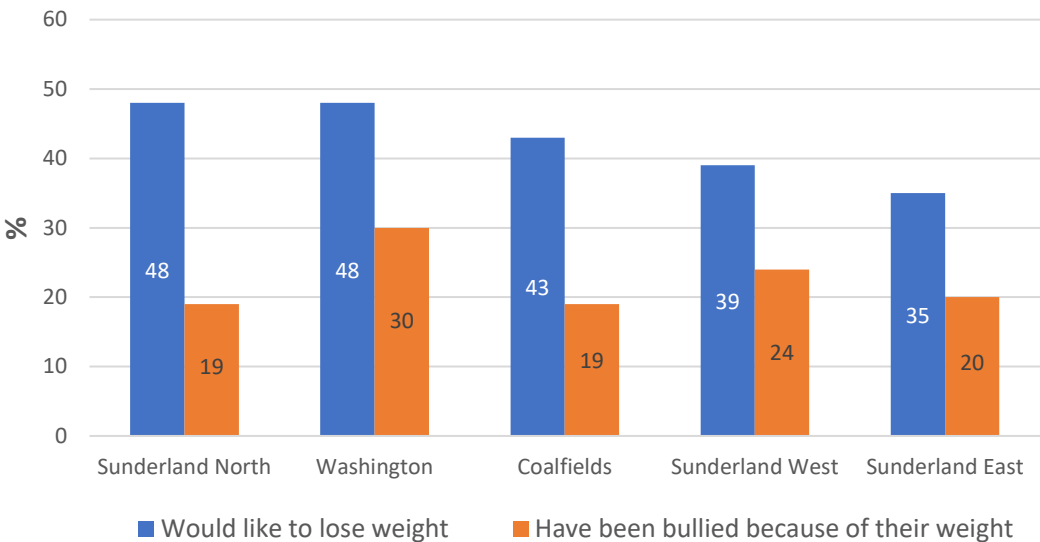
Healthy Weight

Primary and secondary school pupils and their weight:

Secondary school pupils who want to lose weight and have been bullied because of their weight



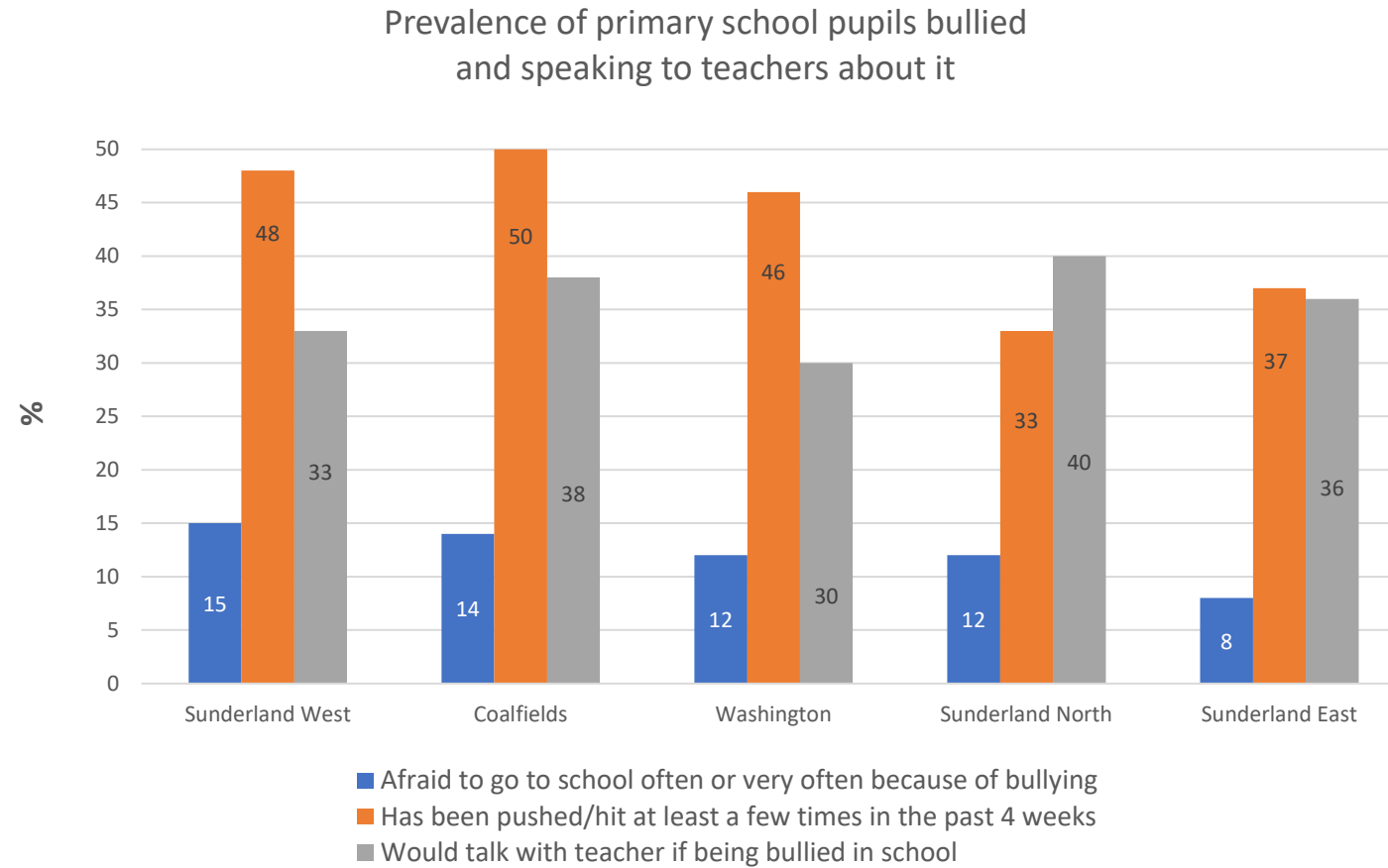
Primary school pupils who want to lose weight and have been bullied because of their weight



More than half of secondary school pupils would like to lose weight, and almost two thirds have been bullied because of their weight

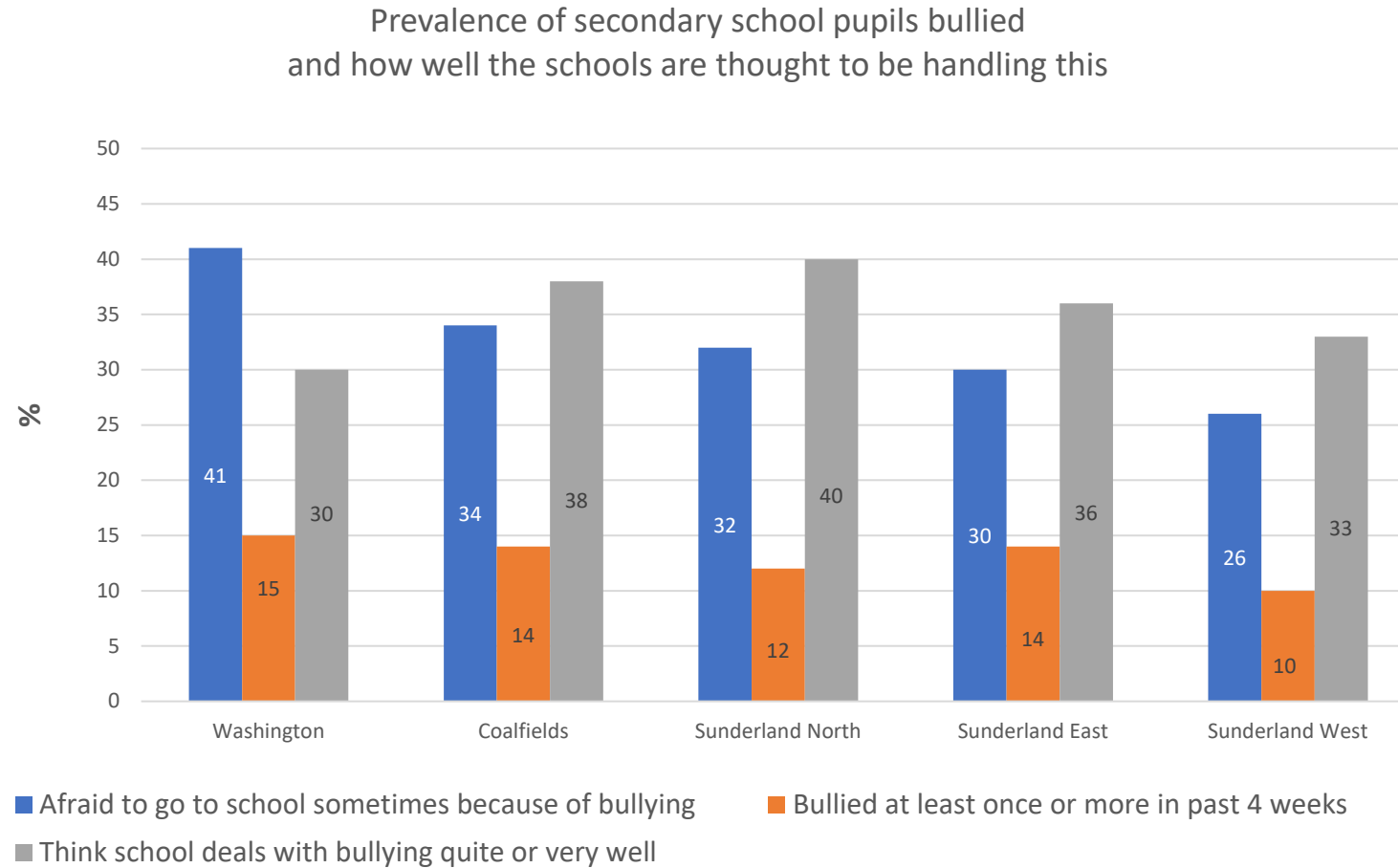
Staying Safe

Primary school pupils and bullying:



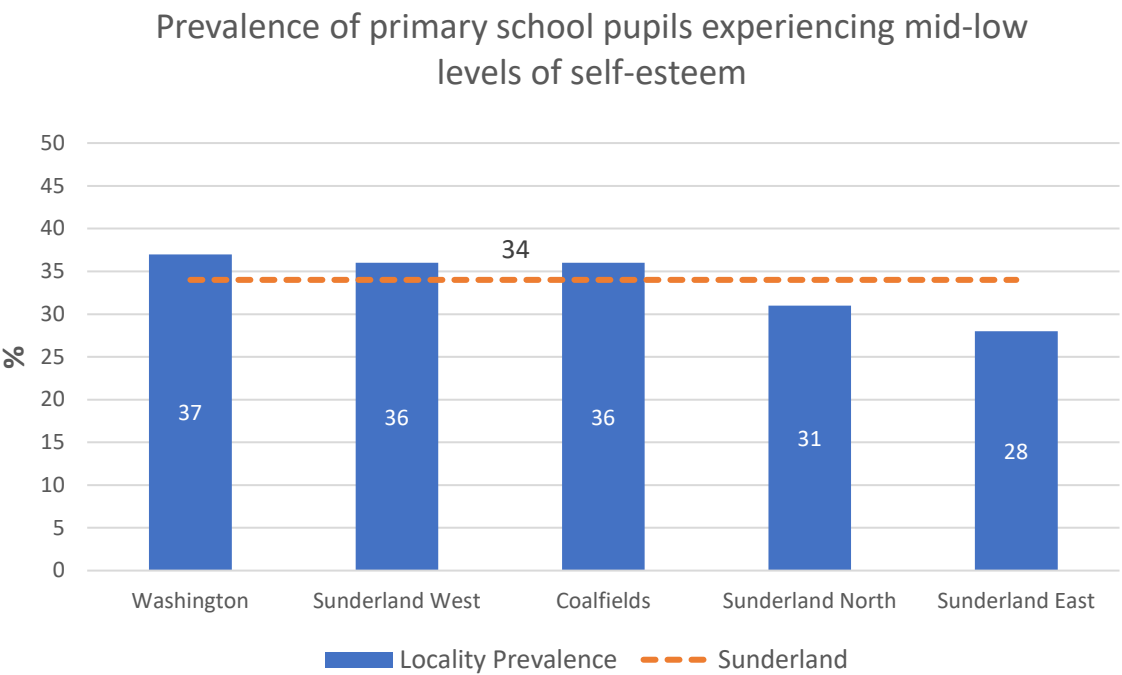
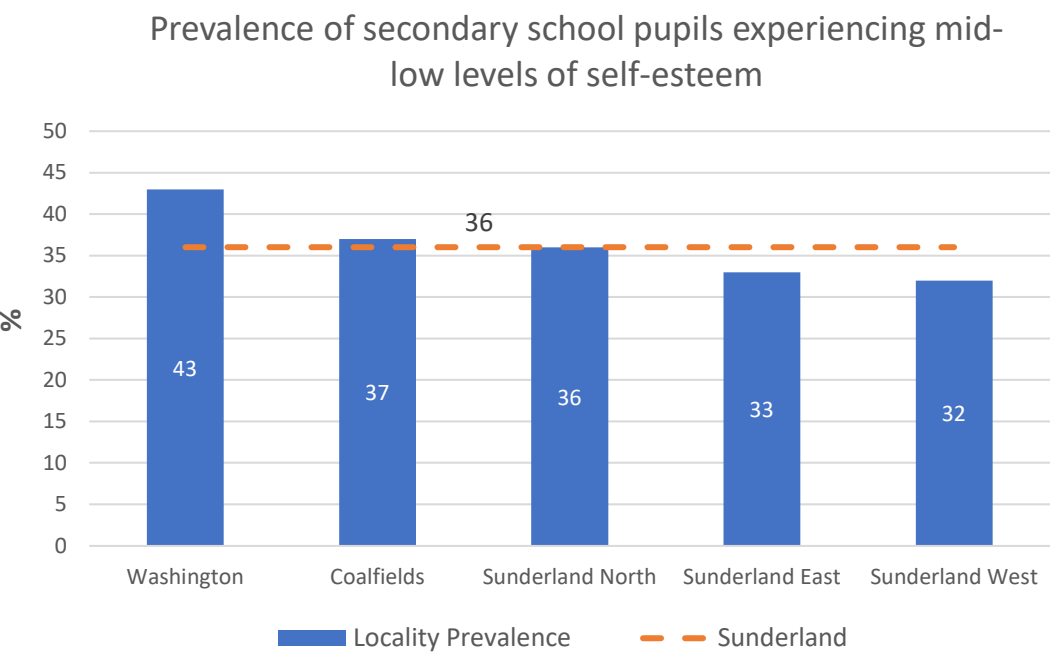
Staying Safe

Secondary school pupils and bullying:



Mental Wellbeing

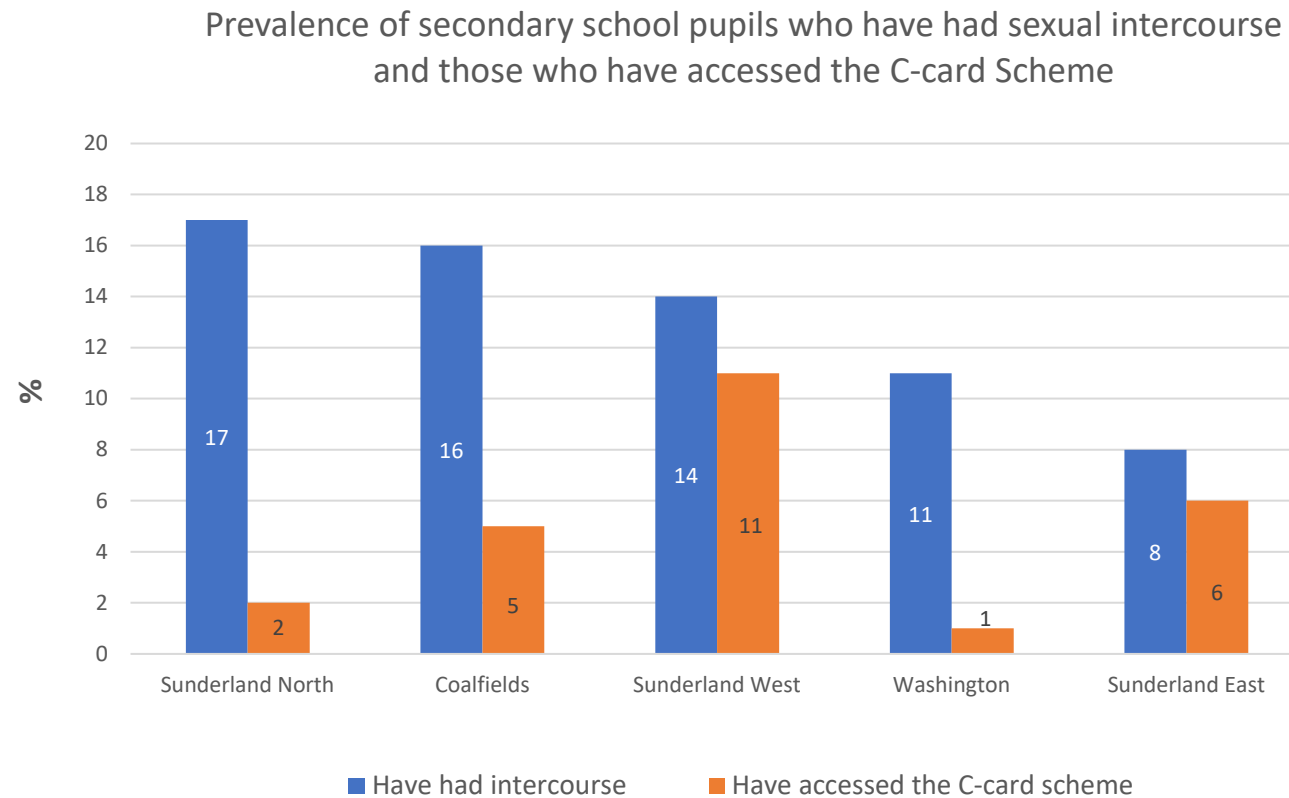
Primary and secondary school pupils and self esteem:



Over two thirds of all school pupils stated they have mid to low self-esteem with the highest levels in both primary and secondary schools in Washington

Sexual Health

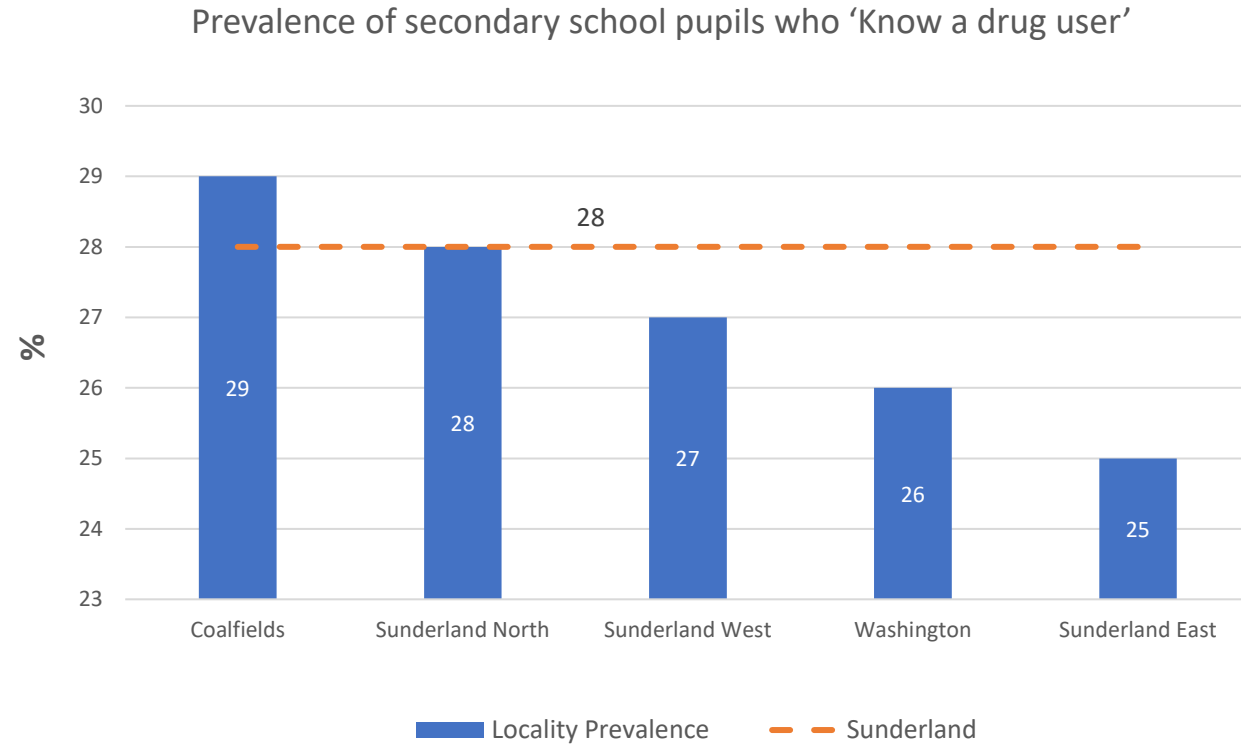
Secondary school pupils who have sexual intercourse, and those who have accessed the C-card scheme



Sunderland North pupils show the highest levels of sexual activity, but show a very low comparative use of the C-card scheme

Drugs

Secondary school pupils and drugs



Almost 1 in 3 Coalfields secondary school pupils said they 'know a drug user'
At least 1 in 4 of *all* secondary school pupils said they know a drug user

Priorities

- 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
- Review C Card provision to ensure equitable spread in areas of highest need
- Ensure the school health profiles are updated and the full health offer is available
- Share the intelligence as it is crucial to refine our offer to young people, particularly those who are not accessing services currently
- Consider NCMP output data for 2021
- Update relevant JSNA's to inform strategic approaches

Recommendations

- Receive the update, published report and presentation on the findings of the health related behaviour survey.
- Endorse the key priorities identified.
- Endorse the ongoing work of sharing information with key stakeholders to inform and influence our approaches and plans to improve the health and wellbeing of children and young people in Sunderland.

