Item No. 6

SUNDERLAND HEALTH AND WELLBEING BOARD 10 December 2021

HEALTH RELATED BEHAVIOUR SURVEY FINDINGS – ACADEMIC YEAR 2020/21

Report of the Executive Director of Public Health and Integrated Commissioning

1.0 Purpose of the Report

1.1 The purpose of the report is to share an overview of the findings of the recent Health Related Behaviour Survey conducted in the summer term of 2021.

1.2 The published survey along with a supporting presentation is appended to this report.

2.0 Background

2.1 The Health Related Behaviour Survey (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, Sex, Health and Education programme (RSHE).

2.2 In 2020/21 we had the highest number of schools and pupils participate in the survey since it commenced in Sunderland in 2006 with 5726 young people participating, 28 primary schools and 18 secondary schools took part in the survey.

2.3 The survey methodology is a school-based questionnaire developed by the Schools Health Education Unit (SHEU) at Exeter University, which has over 30 years' experience in this field of work. The quality of the data collected is considered very robust and the history of its use by individual schools, local authorities and health bodies is extensive.

2.4 The survey is targeted at specific year groups, providing a rich source of data at key points of development for children and young people across a range of themes. Trend data analysis from the local sample and comparison with the wider SHEU sample is also provided for core questions.

2.5 This year public health 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.

2.6 All pupils in Year 4 and Year 6 are surveyed across the following themes:

- you and your home
- the food you eat
- your money
- bullies
- stranger danger
- leisure time
- feelings
- hygiene
- smoking
- alcohol
- growing up
- health

2.7 Approximately 100 pupils (4 classes/forms) from each of Year 8 and Year 10 are asked to complete the questionnaire. Themes covered in the survey are:

- personal background
- drugs
- hygiene
- medication
- dental
- relationships
- mental wellbeing
- HIV
- sexual health
- leisure and money
- nutrition
- exercise

2.8 The survey results are processed by SHEU and each school participating in the survey will receive (free of charge):

- their own school results in tabular form;
- a report containing a summary of key aspects of the data; and
- guidance on using the data.

2.9 Sunderland City Council receive the combined results of all schools, with national comparisons for core questions which are shared with other teams and services as appropriate to support a greater understanding of local health needs, influence commissioning intentions and inform service planning.

2.10 If school and pupil participation is at a sufficient level additional ward level analysis is available on some of the themes covered in the survey, to provide further insight in relation to health inequalities. This academic year it was only available for secondary schools at ward level.

3.0 Summary of Primary School Key Findings (figures in brackets show 2019 data for comparison)

- 40% (45%) of pupils spent time doing homework on the evening before the survey.
- 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 Summary of Secondary School Key Findings (figures in brackets show 2019 data for comparison)

- 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%) said 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 The schools have received their individual reports, which in some instances confirmed issues already prevalent in school, particularly in relation to drugs and mental health. Schools are offered support via the healthy settings approach to be able to respond to the identified need. School health profiles are also updated using this information to enhance the support from Growing Healthy Sunderland (school nursing services).

5.2 The report has been shared with relevant stakeholders as well as being presented at key groups including Starting Well Delivery Board, Teenage Pregnancy Action Group and Healthy Weight Alliance.

6.0 Priorities

6.1 Update relevant Joint Strategic Needs Assessments to include the appropriate data.

6.2 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.

6.3 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. This will also consider a planned refresh of the health equity audit on the Condom Card scheme.

6.4 Ensure the school health profiles are updated and the full health offer is available.

6.5 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.

6.6 Consider National Child Measurement Programme (NCMP) output data for 2021.

7.0 Recommendations

7.1 The Health and Wellbeing Board is recommended to:

i. receive the update, published report and presentation on the findings of the health-related behaviour survey;

ii. endorse the key priorities identified; and

iii. 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.