

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

Sunderland primary school pupils in Year 4 and Year 6 (ages 8 - 11)

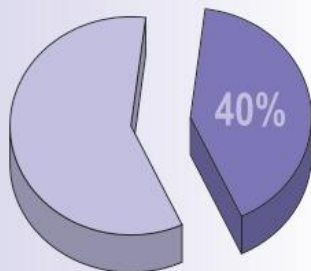
CITIZENSHIP

Background

- 89% (90%) of pupils described themselves as White UK. 4% (4%) described themselves as Asian, 2% (2%) as Mixed.
- 91% (90%) have at least one brother or sister. 36% (39%) were the first child of the family.

SCHOOL

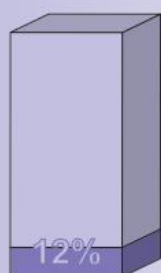
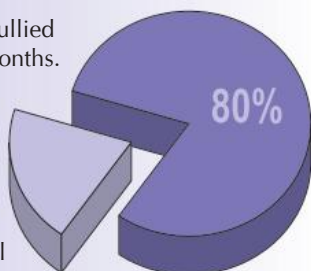
- 40% (45%) of pupils spent time doing homework on the evening before the survey.
- 40% (45%) of pupils read a book for pleasure the night before.
- 96% (94%) of pupils said they spent time chatting/talking during school playtimes. 88% (87%) said they played running/skipping games/tag and 64% (59%) played ball games. 22% (34%) said they read quietly.



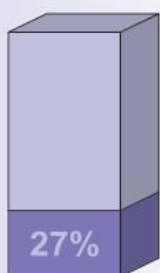
EMOTIONAL HEALTH & WELLBEING

Bullying

- 26% (29%) said they had been bullied at or near school in the last 12 months.
- 80% (85%) of pupils said that they have lessons/assemblies about bullying and how it makes people feel.
- 87% (88%) of pupils said that they know who to go to in school if they are being bullied.
- 14% (11%) said if they had a bullying problem they would keep it to themselves.
- Of those pupils who said that they had been bullied in the month prior to the survey, 32% (34%) said it happened outside at playtime/lunchtime and 24% (24%) said in a classroom at playtime/lunchtime. 9% (12%) reported being bullied during a lesson.
- 12% (12%) of pupils reported that they felt afraid to go to school because of bullying, 'often' or 'very often'. 27% (24%) said 'sometimes'.



Often/very often

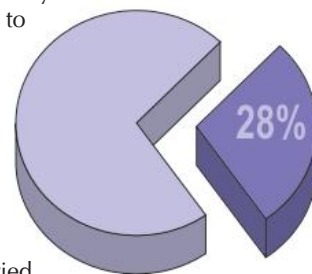


Sometimes

- 30% (24%) of pupils reported that they thought they were bullied because of the way they looked. 22% (18%) said because of their size or weight.
- 7% (10%) thought they were bullied because of their race, colour or religion.
- 4% (4%) of pupils reported that they thought others might fear going to school because of them.

- 28% (29%) of pupils had high self-esteem scores.

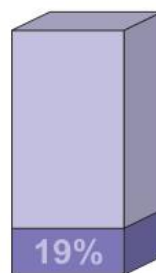
- Not including worries around COVID, 78% (78%) of pupils said they worried about at least one of the items listed in the questionnaire. 32% (39%) worried about SATs/tests, 29% (32%) about family problems and 29% (33%) about crime.



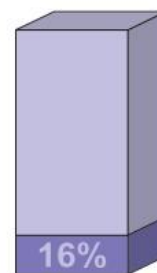
- 21% (17%) of pupils worried about how their body changes as they grow up.
- 24% (21%) of pupils worried about health problems.
- 40% (35%) of Year 6 boys and 46% (42%) of Year 6 girls would like to lose weight.

HEALTHY EATING

- 5% (4%) of pupils had nothing to eat or drink for breakfast on the day of the survey. 35% (37%) of pupils had cereal.
- 50% (52%) of pupils said that they had a drink at breakfast time.
- 28% (25%) of pupils have chips/roast potatoes, 39% (29%) crisps and 34% (32%) sweets and chocolates 'on most days'.
- 47% (46%) eat fresh fruit, 48% (48%) dairy produce and 33% (34%) vegetables 'on most days'.
- 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.



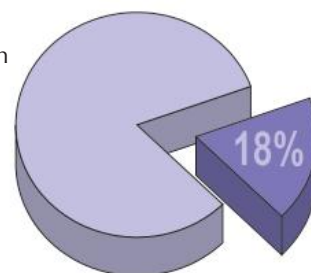
5 + portions



None

Dentist

- 75% (75%) of pupils described cleaned their teeth at least twice the day before; 4% (4%) said none at all.
- 74% (71%) had a check up on their last visit to the dentist, 25% (26%) had fillings and 18% (14%) had a tooth removed.



DRUGS, ALCOHOL AND TOBACCO

Drugs

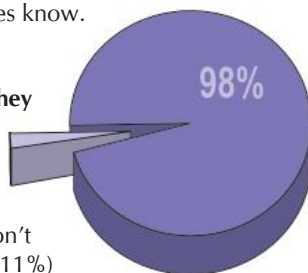
- 46% (58%) of Year 6 pupils reported that their parents had talked with them about illegal drugs. 65% (42%) said their teachers had.
- 12% (13%) of Year 6 pupils said that they know someone personally who uses drugs, not as medicines.
- 1% (2%) of Year 6 pupils said that they had been offered cannabis, and 1% (1%) said other drugs.

Alcohol

- 2% (2%) of Year 6 pupils said they had an alcoholic drink (more than just a sip) in the week before the survey.
- When asked what they had, >1% (>1%) said they had cider, >1% (>1%) said spirits, and 1% (>1%) said beer.
- 91% (90%) of pupils said they do not drink alcohol, 7% (8%) said their parents always know if they do, 2% (1%) said their parents usually/sometimes know.

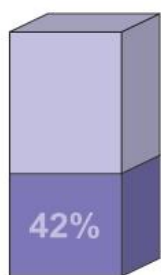
Tobacco

- 98% (97%) of Year 6 pupils said they have never smoked at all.**
- 0% (0%) of pupils had smoked during the last seven days.
- 87% (89%) of pupils think they won't smoke when they are older, 13% (11%) said maybe or yes they will.

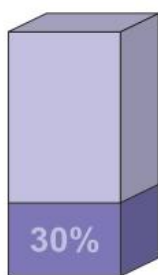


LEISURE AND PHYSICAL ACTIVITY

- 63% (60%) of pupils said they spent time watching television after school on the day before the survey, 55% (53%) listened to music and 61% (55%) played with friends.
- 84% (80%) of Year 6 boys and 46% (38%) of Year 6 girls played computer games the night before.
- 59% (65%) of pupils considered themselves 'fit' or 'very fit', 10% (10%) said they were 'unfit' or 'very unfit'.
- 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.**



Year 6 Boys



Year 6 Girls

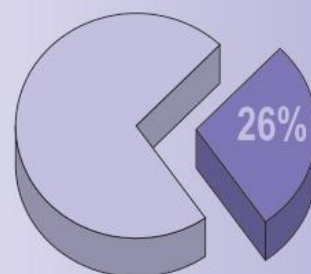
- The top five physical activities in 2019 for Year 6 were:**

Boys	2021	2019	Girls	2021	2019
Running (races or tag)	72%	70%	Running (races or tag)	59%	57%
Football	65%	69%	Going for walks	66%	54%
Going for walks	59%	52%	Dancing/gymnastics	33%	49%
Keep-fit	46%	46%	Keep-fit	44%	45%
Bike riding	46%	40%	Swimming	21%	35%

The table shows the proportion of pupils taking part in the activity at least weekly. 2019 top 5 have been used for 2021 comparison to see any COVID-19 effect

SAFETY

- 27% (32%) of pupils reported that they had an accident in the last twelve months that was treated by a doctor or at a hospital.
- 14% (11%) of pupils said they never did anything to avoid sunburn, 22% (30%) said 'whenever possible'.
- 84% (83%) of pupils reported owning a bike, however, 42% (41%) of pupils said they 'never or almost never' wear a safety helmet when cycling.
- 26% (26%) of pupils reported that they had been approached by an adult who scared or made them upset.**
- 12% (11%) of pupils knew the person.
- When asked what they did when this happened, 14% (14%) ran or walked away, 10% (11%) told an adult straight away and 8% (8%) told an adult afterwards. 7% (6%) said they kept it to themselves.
- 47% (48%) of pupils said that when a friend wants them to do something they don't want to do, they can 'usually or always say no'. 20% (20%) said that can 'rarely' or 'never say no'.

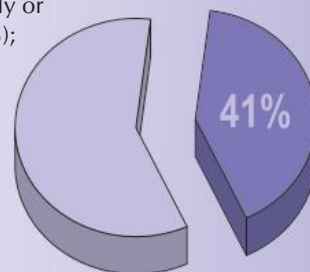


PUBERTY AND GROWING UP

- 78% (80%) of Year 6 pupils said their parents had talked with them about how their body changes as they grow up.
- 63% (64%) of Year 6 pupils said their teachers had talked with them about how their body changes as they grow up.
- 69% (76%) said that they felt they knew enough about how their body changes as they grow up.

COVID-19 (Year 6 only questions)

- 19% of pupils did all of their lessons in school during the last lockdown; 63% did them all at home.
- 9% said they 'never' have anywhere quiet to do schoolwork at home. 66% had a device they could use all of the time at home for doing school work, 12% 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 (27%); having enough money in my family (29%); having enough food to eat (24%); being lonely or not getting enough help (21%); not understanding my school work (33%).
- 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.

Sunderland secondary school pupils in Year 8 and Year 10 (ages 12 - 15)

CITIZENSHIP AND SCHOOL

- 91% (93%) of pupils described themselves as white.
- 60% (58%) live with mother and father together, 16% (17%) said 'mainly or only with mum'.
- 50% (55%) of pupils reported that they enjoyed at least half of their lessons.
- 75% (80%) said they thought it was important to go to school regularly. 23% (26%) said that they felt their views and opinions were listened to in school.

EMOTIONAL HEALTH AND WELLBEING

- 50% (57%) of pupils reported that, in general, they were 'quite a lot' or 'very much' happy with their life.

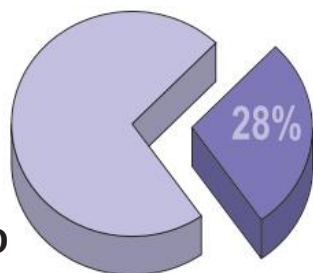
The main worries for Year 8 pupils included:

	Boys		Girls
Future opportunities	32%	The way you look	63%
Exams & tests	26%	Exams & tests	57%
Physical health	26%	Future opportunities	50%
Mental health	24%	Mental health	48%
The way you look	21%	Problems with friends	39%

These changed to the following for Year 10 pupils:

	Boys		Girls
Future opportunities	46%	Exams & tests	71%
Exams & tests	44%	The way you look	69%
Mental health	32%	Future opportunities	62%
Physical health	28%	Mental health	59%
The way you look	26%	Physical health	41%

- 31% (31%) of pupils reported a fear of going to school at least sometimes because of bullying.
- 32% (37%) said they had been bullied at school in the past 12 months.
- 28% (30%) of pupils had high self-esteem scores.



RELATIONSHIPS AND SEXUAL HEALTH

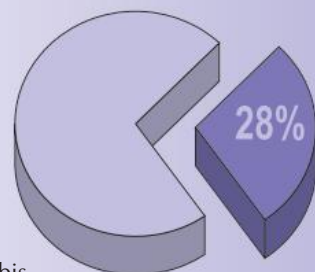
- When a friend wants them to do something they don't want to do, 67% (70%) of pupils said they could 'usually or always' say 'no'. 10% (9%) said they were 'rarely' or 'never' able to say 'no'.
- 18% (18%) of pupils said their friends were their main source of information about relationships and sexual health. 31% (35%) said their parents were, 20% (19%) said school lessons. 28% (27%) of Year 10 boys said the Internet was.
- Year 10 pupils were asked a number of questions around their attitudes towards sex. 32% (31%) agreed that young people should wait until they are 16 before having sex. 25% (26%) disagreed with this.
- 67% (71%) agreed that if a girl is on the pill, a condom should still be used for sexual intercourse.
- 64% (71%) of Year 10 boys and 80% (81%) of Year 10 girls agreed that a condom should always be used for sexual intercourse to protect against sexually transmitted infections.

- 15% (17%) of Year 10 pupils said they have had sexual intercourse, 8% (12%) of pupils preferred not to answer.
- 44% (59%) of pupils [67% (75%) of Year 10] have heard of the C-Card Scheme, 5% (9%) of pupils said that they have accessed the C-card Scheme.
- 30% (47%) of pupils [41% (64%) of Year 10] said that they know where to get condoms free of charge.

DRUGS, ALCOHOL & TOBACCO

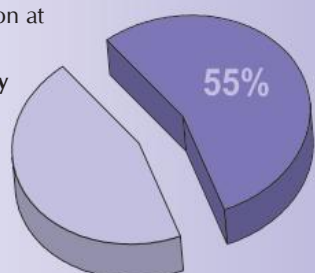
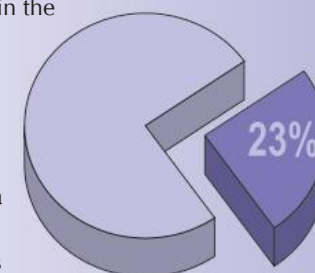
Drugs

- 28% (37%) of Sunderland secondary pupils are 'fairly sure' or 'certain' that they know someone who takes drugs.
- 25% (32%) of Year 10 boys and 28% (28%) of Year 10 girls have been offered cannabis.
- 3% (3%) reported taking an illegal drug in the last month, 6% (6%) said they had taken an illegal drug in the last year. 10% (13%) of Year 10 pupils had taken cannabis at some point.
- 4% (9%) of Year 10 boys and 8% (9%) of Year 10 girls have taken an illegal drug and alcohol on the same occasion.



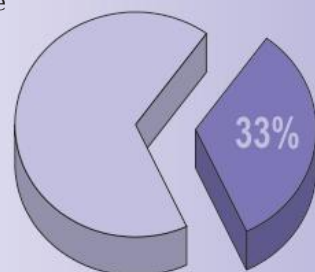
Alcohol

- 9% (12%) of Year 8 and 26% (26%) of Year 10 pupils said that they have drunk alcohol in the last 7 days.
- 25% (23%) of pupils said that they usually drink with their parents.
- 23% (30%) of Year 10 pupils said they usually drink with a large group of friends.
- Boys: 8% (6%) of Year 8 boys and 21% (20%) of Year 10 boys drank one or more unit of alcohol in the seven days before the survey.
- Girls: 10% (10%) of Year 8 girls and 30% (23%) of Year 10 girls drank one or more unit of alcohol in the seven days before the survey.
- 8% (9%) of pupils got drunk on at least one day last week.
- 55% (52%) of pupils said they don't drink alcohol/don't intend to drink alcohol. 9% (11%) said their parents disapprove of them drinking alcohol, 6% (9%) said their parents weren't aware that they drank alcohol.
- 17% (17%) of Year 8 and 36% (32%) of Year 10 pupils said that their parents know they drink alcohol and either don't comment or approve of their drinking alcohol.

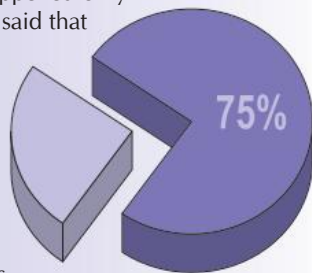


Tobacco

- Boys: 1% (0%) of Year 8 boys and 5% (13%) of Year 10 boys reported that they smoke occasionally or regularly.
- Girls: 3% (6%) of Year 8 girls and 12% (15%) of Year 10 girls reported that they smoke occasionally or regularly.
- 33% (37%) of pupils said that their parents/carers smoke.



- 63% (58%) of pupils said that no-one ever smokes at home. 27% (31%) said if smoking happened it was only outside. 7% (8%) said that smoking happened only in certain rooms but 3% (3%) said that smokers could smoke anywhere in their home.
- 75% (74%) of pupils said they don't smoke/don't intend to smoke.**

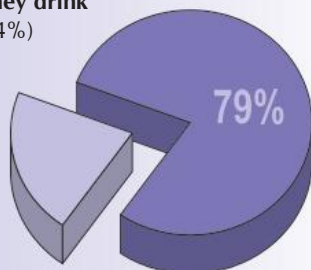


E-Cigarettes

- When asked about e-cigarettes 13% (8%) said that they have never heard of them, 66% (61%) said that they have never used one.
- 16% (23%) said that they have tried using an e-cigarette. 5% (8%) of pupils reported that they used one at least 'occasionally'.

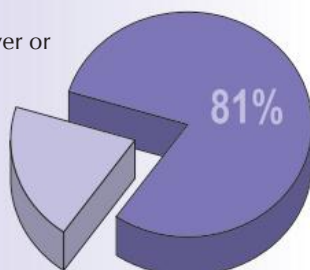
HEALTHY EATING

- 23% (20%) of Year 10 girls had nothing to eat or drink for breakfast on the day of the survey. It is interesting that 65% (63%) of Year 10 girls say that they would like to lose weight. 18% (26%) of the Year 10 girls also reported having no lunch on the day before the survey.
- 13% (14%) of pupils said they 'never' considered their health when choosing what to eat, 15% (15%) said they did 'very often' or 'always'.
- 29% (27%) of pupils said they ate sweets and chocolates 'on most days'. 32% (26%) said they ate crisps 'on most days'.
- 10% (11%) ate salads, 38% (39%) fresh fruit and 39% (35%) vegetables 'on most days'.
- 13% (17%) said they had 5 or more portions of fruit and vegetables the day before, 14% (15%) said 'none'.
- 79% (79%) of pupils said they drink water 'on most days', 5% (4%) said 'rarely or never'.**
- 1% (1%) of pupils went home for lunch the day before, 1% (3%) bought their lunch from a takeaway or shop.



SAFETY

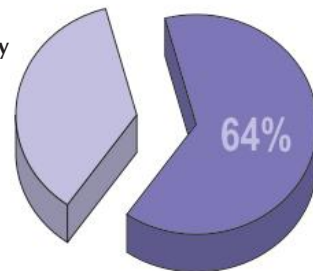
- 24% (35%) said they were treated for an accident by a doctor or at a hospital within the last year. 10% (17%) were due to sporting injuries.
- 31% (29%) of pupils rated the safety of their area, when going out after dark, as 'poor' or 'very poor'. 5% (6%) said this about going out during the day.
- 75% (70%) of pupils rated their safety at school as 'good' or 'very good', 70% (70%) said this about their journey to and from school.
- 7% (9%) said they had been the victim of violence or aggression in the area where they lived in the past 12 months.
- 64% (66%) of pupils said they 'never or almost never' wear a safety helmet when cycling; 19% (16%) said 'whenever possible'.
- 81% (79%) of pupils said that they have been told how to stay safe online, 55% (58%) of pupils said that they always follow the advice they have been given.**



- 28% (25%) of pupils said that they had received a hurtful, nasty or scary message or picture online.
- 21% (19%) of pupils [36% (33%) of Year 10 girls] said that they have been asked to meet someone who they don't know in person. 5% (4%) of pupils [8% (5%) of Year 10 girls] said they they actually met up with them.

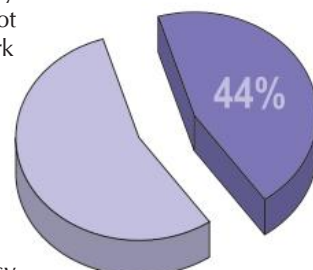
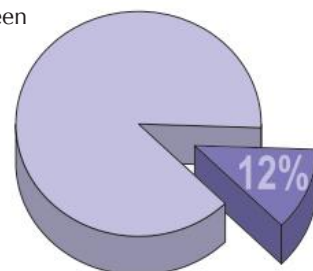
PHYSICAL ACTIVITY

- 64% (65%) of pupils said they enjoyed physical activities 'quite a lot' or 'a lot'.**
- The top 2 reasons given by secondary pupils for doing physical activity were 'Because I want to be physically fit' 51% (51%) and 'Because it's fun' 48% (49%).
- 49% (53%) of boys and 47% (57%) of girls walked/scooted to school on the day of the survey. 37% (31%) of boys and 40% (34%) of girls travelled to school by car.
- 30% (32%) of the Year 10 boys exercised enough to breathe harder and faster on at least 5 occasions in the previous week compared with 14% (11%) of the Year 10 girls.



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..



Pyramid data: Questions included in both the primary and secondary versions of the 2021 questionnaire

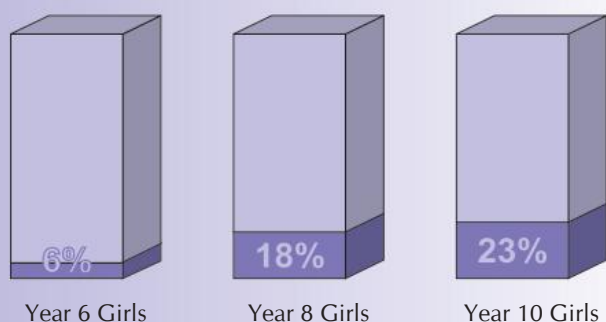
Cross-phase data

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.

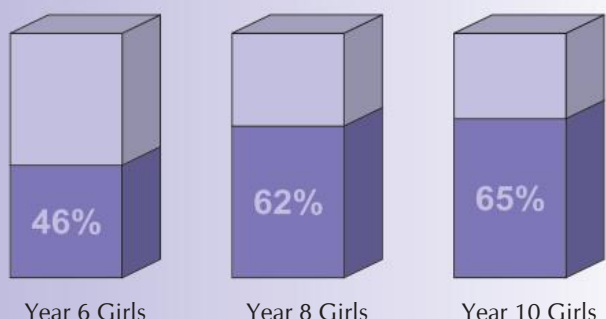
HEALTHY EATING

What did you eat or drink before coming to school today?

- There is an upward trend in the number of girls who report having 'nothing at all' for breakfast, 6% of Year 6 girls, 18% of Year 8 girls and 23% of Year 10 girls.



- The proportion of primary and secondary pupils eating crisps and sweets and chocolates 'on most days' decreases across age groups: 34% of primary pupils eating sweets compares with 29% in the secondary phase.
- The proportion of pupils who eat fresh fruit 'on most days' decreases as they get older: 47% in the primary and 38% in the secondary sample.
- Secondary school pupils are similarly less likely to say that they had 5 or more portions of fruit and vegetables the day before, compared with primary aged pupils who said the same; 13% vs. 19%.
- 46% of Year 6 girls said they would like to lose weight, this rises to 62% of Year 8 and 65% of Year 10 girls.

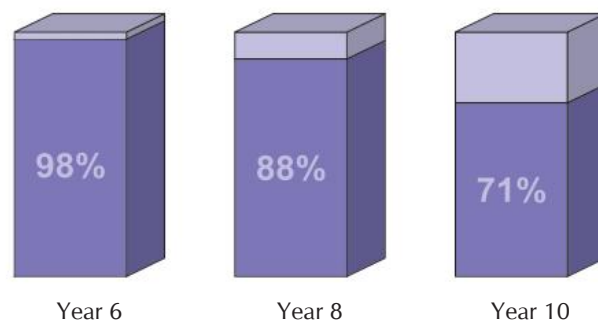


TOBACCO

Did you smoke last week?

- 0% of the primary pupils smoked a cigarette in the week before the survey. 2% of Year 8 pupils and 10% of Year 10 pupils said they had smoked at least one cigarette in the week before the survey.

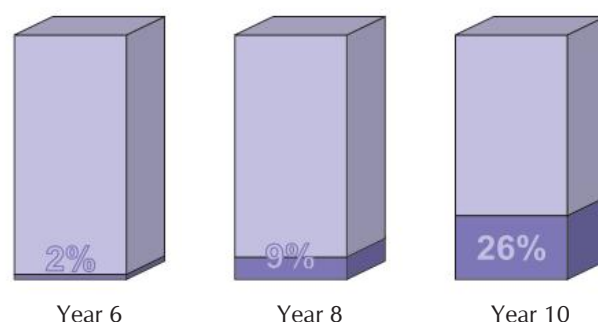
- 98% of Year 6 pupils said that they had 'never smoked at all'. 88% of Year 8 and 71% of Year 10 pupils said the same.



ALCOHOL

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

- 2% of the Year 6 pupils had an alcoholic drink in the week before the survey. 9% of Year 8 pupils and 26% of Year 10 pupils said they had drunk alcohol in the week before the survey.



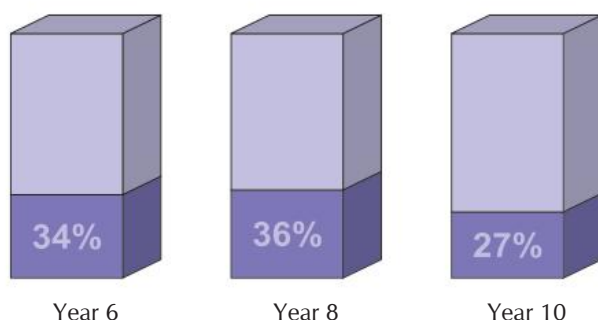
ILLEGAL DRUGS

- 12% of Year 6 pupils said that they knew someone personally who used drugs (not as medicines). 15% said this in Year 8 and in Year 10 it had risen sharply to 40%.
- 1% of Year 6 pupils and 16% of secondary pupils said that they had been offered cannabis. 1% of Year 6 pupils had been offered other drugs. 5% of secondary pupils had been offered cocaine, 4% said they had been offered ecstasy.

EMOTIONAL HEALTH & WELLBEING

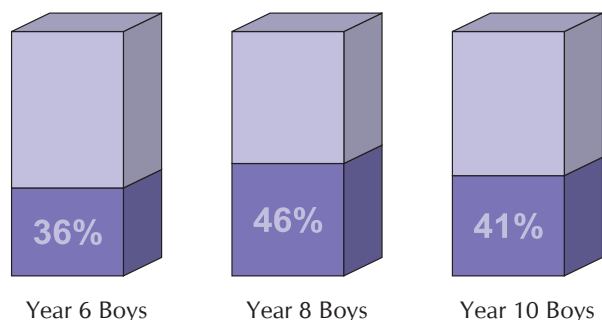
Are you ever afraid of going to school because of bullying?

- 34% of Year 6 pupils said they felt afraid of going to school at least sometimes. 36% of Year 8 pupils and 27% of Year 10 pupils said that they feel afraid of going to school because of bullying at least sometimes.



Self-esteem

- Self-esteem usually appears to increase with age. 36% of Year 6 boys recorded levels of high self-esteem. In Year 8 this increased to 46% for boys but it has fallen to 41% for 10 boys who recorded levels in the highest bracket.



- A clear gender difference is apparent with fewer girls recording levels of high self-esteem compared with boys, for example, 41% of Year 10 boys compared with 20% of Year 10 girls.

How much do you worry about problems?

- The proportions of pupils who said they worried 'quite a lot' or 'a lot' about at least one of the problems listed in the questionnaires were: 78% of primary aged pupils, 78% of Year 8 pupils and 85% of Year 10 pupils.
- 29% of primary aged pupils worried about crime. 12% of secondary pupils said the same. 7% of secondary pupils said that they had been the victims of violence or aggression in the area where they lived in the past 12 months.

PHYSICAL ACTIVITIES

- A clear gender difference becomes apparent as pupils get older, with fewer girls saying they consider themselves fit.
- 38% of primary pupils said that they exercised hard at least 5 times in the previous week, only 22% of secondary pupils said the same, again there were gender differences with the boys being more active than the girls. **Girls figures are: Year 6 – 30%, Year 8 – 18% and Year 10 – 14%.**

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%	↑

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%	↓

KEY: ↑ Good news
 ↑ Not such good news
 ↓ Neutral change

The Way Forward – over to you

This work was funded by public health in Sunderland.

We are grateful to the teachers, schools, 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 all key agencies that support the health needs of young people in Sunderland. The information gathered from this survey will be used by school, public health, Sunderland City Council and local health services to compare adolescent health behaviour to national statistics, prioritising areas of action to develop evidence based programmes, interventions and services.

The findings will be shared with range of multi-agency partnerships focusing on children and young people including the Health and Wellbeing Board and the Starting Well Delivery Board. The report will also be shared with Headteachers, School Nurses, Elected Members and other providers supporting young people. The data will be used by these groups to assess effectiveness of current provision, highlighting any unmet need or gaps in provision, with a view to inform service review and delivery. The results of the survey will also be used to further enhance our Healthy Settings work with schools, so that we can address inequalities promote inclusion and encourage participation, by providing accessible services and equipping young people with the skills to make informed decisions.

Our thanks go to the staff and pupils who took part in the survey:

PRIMARIES

Academy 360
Albany Village Primary School
Barmston Village Primary School
Bexhill Academy
Broadway Junior School
Christ's College
East Rainton Primary School
Eppleton Academy Primary School
Gillas Lane Primary Academy
Hetton Primary School
Hill View Junior Academy
Hudson Road Primary School
Hylton Castle Primary School
Lambton Primary School
Marlborough Primary School
Newbottle Primary Academy
Plains Farm Academy
Richard Avenue Primary School
Rickleton Primary School
Ryhope Junior School
South Hylton Primary Academy
Southwick Community Primary School
St Anne's RC VA Primary School
St Bede's RC VA Primary School
Town End Academy
Usworth Colliery Primary School
Wessington Primary School
Willow Fields Community Primary School

SECONDARIES

Academy 360
Biddick Academy
Castle View Enterprise Academy
Christ's College
Farrington Academy
Hetton School
Kepier
Monkwearmouth Academy
Oxclose Community Academy
Red House Academy
Sandhill View Academy
Southmoor Academy
St Aidan's Catholic Academy
St Anthony's Girls' Catholic Academy
St Robert of Newminster RC School
Thornhill Academy
Venerable Bede CE Academy
Washington Academy

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