

Supporting the health and well being of children and young people in **BRADFORD DISTRICT**

A report of the Health and Lifestyle Survey for Children and Young People 2009-10

This report summarises results of a survey about the lifestyle and perceptions of children from primary and secondary schools in Bradford District. It was conducted by SHEU during 2009-2010, was commissioned by NHS Bradford and Airedale and was delivered in partnership with Bradford Metropolitan District Council, Education Bradford, School Nursing Service of Bradford and Airedale Community Health Services and other key partners. The questionnaire was designed by advisers drawn from participating partners, in collaboration with local teachers and SHEU.

All schools were invited to take part in the survey. Each

participating primary school was asked to sample all available children in Year Group 4; each participating secondary school was asked to provide at least 100 young people per year from Year Groups 7 and 10, to make up a representative cross-section of their school population.

The Survey Sample

In total 117 primary schools (75%) and 24 secondary schools (83%) participated. This enabled us to collect completed questionnaires from 3,948 primary school pupils (59% of the target sample) and 6,716 secondary pupils (59% of the sample). The completed sample size in the target year groups (excluding blank returns

and scripts with inappropriate answers) was 10,664. Amongst the participating schools were all of the Pupil Referral Units and three of the Special Schools across the District.

The proportion of children and young people taking part was high and this ensures robustness of the findings and this increases the chance that statistical differences between different populations where present can be identified.

The sample of children and young people that took part was similar to the District's population across the same age ranges and all five area constituencies were well represented.

Over 10,000 young people took part in the survey:

			Males	Females	All
Primary	Year 4	8-9y	2,023	1,925	3,948
Secondary	Year 7	12-13y	1,863	1,784	3,647
	Year 10	14-15y	1,564	1,505	3,069
	All				10,664

Topics include

Be Healthy

Diet, exercise, drugs, sexual health, mental health, smoking

Staying Safe

Accidents, bullying

Enjoy and Achieve

School attendance

Making a Positive Contribution

Local participation

Economic Well-being

Plans after 16

The major headings are taken from *Every Child Matters: Change for Children*, the 2004 national government strategy paper.

NHS

Bradford and Airedale

Bradford District Council

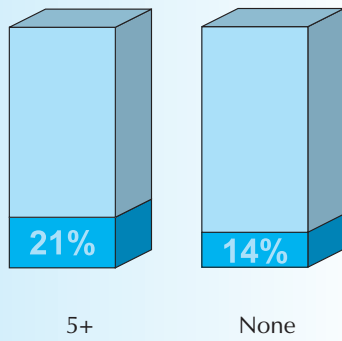
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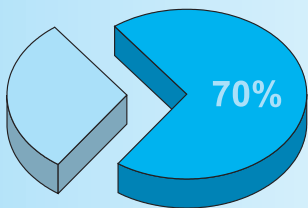
Healthy Schools
BRADFORD

Healthy Eating

About a fifth of pupils surveyed said they had at least five portions of fruit and/or vegetables on the day before the survey, whilst a little over an eighth of them said they had none at all.



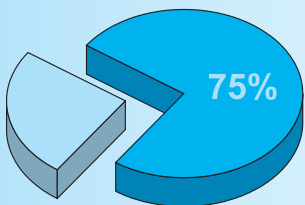
- Compared with an England sample, young people in Bradford were no more or less likely to have eaten at least five portions of fruit and/or vegetables on the day before the survey.
- Over 80% of younger pupils reported having three meals a day. This rate declined as pupils got older.
- About a third of pupils reported that they consumed snacks, sweets and/or fizzy drinks on most days; this proportion increased as they got older.



- Over two-thirds of pupils had breakfast on the day of the survey, consisting of a drink and something high in protein and/or complex carbohydrates. Over 10% of secondary school pupils had only a drink.

- As young people got older, they were more likely to skip breakfast entirely.
- At least three-quarters of pupils reported that their meal last night was cooked at home. A little over 10% had a takeaway. About three-quarters of pupils were confident that they can cook a healthy meal.
- Over a quarter of pupils ate their evening meal in front of the TV on the night before the survey.
- Just over half of Year 10 pupils agreed with the statement "breastfeeding is best for mother and baby", but less than 30% intended that their babies would be breastfed.

Oral health

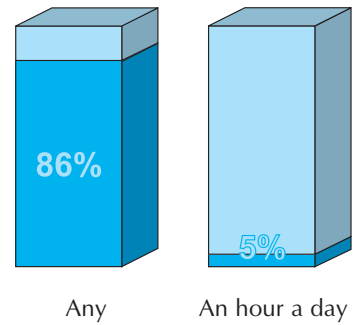


Three-quarters of pupils surveyed said that they had visited a dentist in the last 6 months.

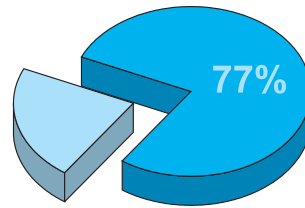
- Compared with an England sample, young people in Bradford were about as likely to have visited the dentist in the last 6 months
- About a quarter of primary school pupils and 14% of secondary school pupils said they last went to the dentist because they were having trouble with their teeth.
- On average, pupils brushed their teeth twice on the day preceding the survey.

Physical Activity

The vast majority of pupils in all year groups (86%) did at least some hard exercise during the week before the survey; however, only 5% did the recommended minimum of an hour of hard exercise every day during that week.



- The average number of days on which pupils did any hard exercise last week was 2.8; if the criterion is that the exercise last at least an hour, then the average number of days was 2.0. Both figures were higher for primary school pupils than for secondary, and were higher for males than females.

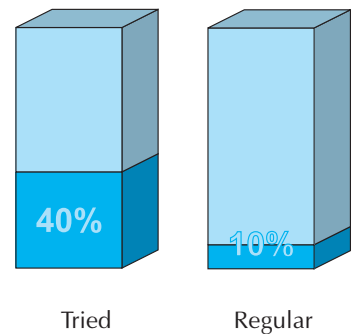


- The majority of pupils said that they enjoyed physical activities at least quite a lot.

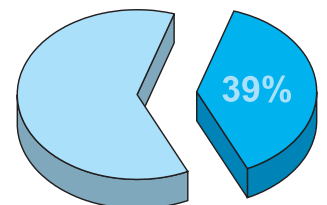
- The most common physical activities that pupils reported taking part in at least weekly were walking, running, football, swimming and keep-fit.

Smoking, Alcohol and Substance Misuse

Smoking experimentation was rare in the younger age with 1% of Year 4 and Year 7 children reporting they were a regular smoker. More than 40% of pupils in Year 10 had tried smoking and 10% reported smoking regularly.

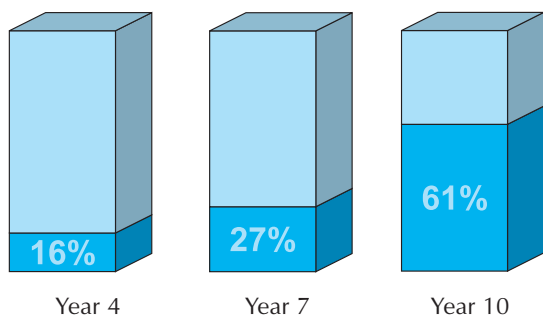


- Compared with an England sample, young people in Bradford were less likely to smoke.
- The most common source of obtaining cigarettes was from a shop, followed by from a friend.
- Most smokers did so only when with friends, rather than when alone or with family.
- Around 40% of pupils reported having a parent or carer who smoked, but the proportion who were exposed to second-hand smoke appeared to be much less than this.



- Year 10 males and females were less likely to have parents/carers who are smokers than were pupils of the same age/sex than in England as a whole.

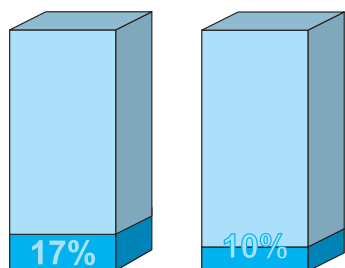
As young people got older they were more likely to say that they had tried alcohol. 61% of Year 10 reported having ever had an alcoholic drink (more than a sip), 27% of Year 7 and 16% of Year 4.



Compared with an England sample young people in Year 10 in Bradford were less likely to drink alcohol in the week preceding the survey

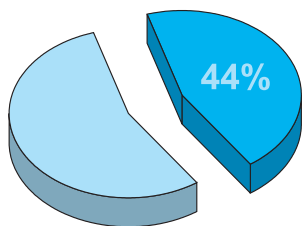
Year 10 males in Bradford were less likely to have drunk alcohol in the week preceding the survey than males of the same age in the reference sample.

Young people in Year 10 who drank in the week preceding the survey were most likely to have obtained their alcohol from their parents or from carers to drink with them at home (17%); the next most common source was a friend who purchased alcohol for them (10%).



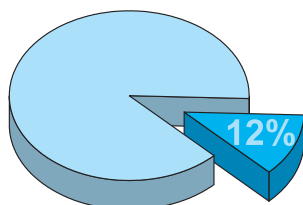
From parents/carers at home A friend bought for them

About 20% of pupils said that their parents/carers always knew when they drank alcohol at home; 8% of Year 10 pupils said their parents/carers never knew, and 30% of them say their parents sometimes did not know.

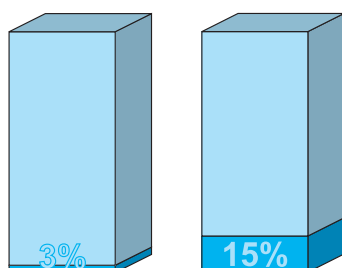


Nearly half of young people in Year 10 say that they were at least fairly sure that they knew a user of drugs (other than alcohol, tobacco or medicines).

Cannabis dominated the picture of young people's drug experience, with 12% of Year 10 pupils having tried it; the next most commonly tried drugs were 'legal highs' (1.8%) and solvents (1.7%).

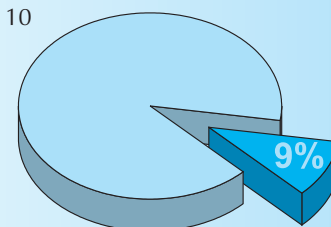


Compared with an England sample, Year 10 pupils in Bradford were less likely to have ever taken drugs.



3% of pupils in Year 7 and 15% in Year 10 reported having taken psychoactive drugs at some time, with 2% and 10% respectively having taken them in the month preceding the survey.

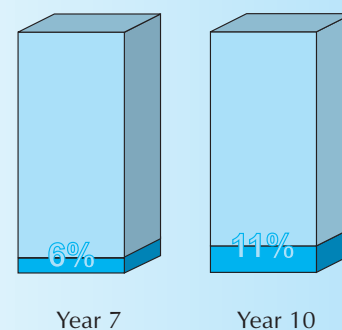
Nearly 10% of pupils in Year 10 reported having ever used psychoactive drugs and alcohol on the same occasion.



Year 10 females were more likely to mix drugs and alcohol than were females of the same age in the reference sample.

Lower levels of drug use in children of South Asian origin may be the cause of the lower than expected level of monthly and lifetime drug use in the most deprived quintile.

6% of pupils in Year 7 and 11% of pupils in Year 10 knew of a special drug and alcohol service for young people available locally.



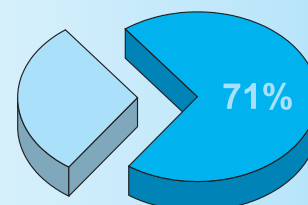
Pupils were more likely to have heard of the FRANK service if they were from the less deprived and/or White community or from Shipley.

Emotional Health and Well Being

Pupils in Year 4 were most likely to score in the highest bracket of self-esteem scores if they were male, White, from Shipley or Keighley and/or in the least deprived quintiles.

Compared with an England sample, Year 4 pupils in Bradford had similar self-esteem scores.

Over 70% of pupils said that they worried about at least one issue at least quite a lot.



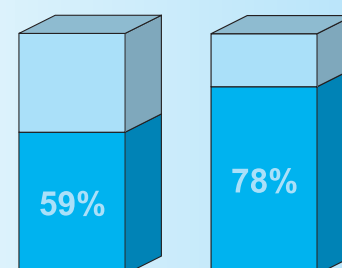
Year 10 males were more likely to worry about something than were males of the same age in the reference sample. Year 10 females in Bradford were less likely to worry about at least one issue at least quite a lot than were females of the same age in the reference sample.

Sexual Health

Just over 10% of Year 10 pupils said they knew of a specialist family planning service for young people available locally but 49% reported that they knew where to get free condoms.

Compared with an England sample, Year 10 pupils in Bradford were less likely to say they know where to get free condoms.

59% of Year 7 pupils and 78% of Year 10 pupils said they would take care not to get infected with a sexually transmitted infection. Half of Year 10 pupils say they knew where to get free condoms.



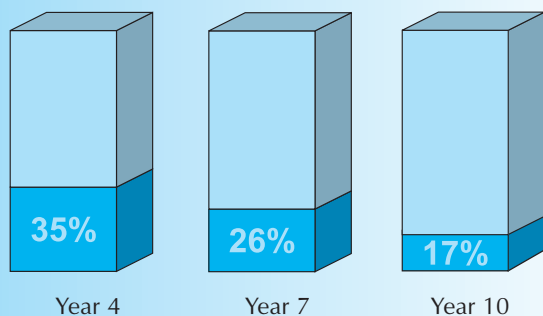
Key figures for Bradford and Airedale with constituency and reference comparisons

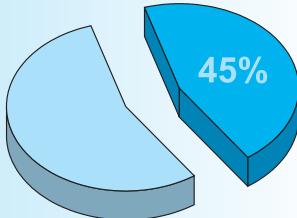
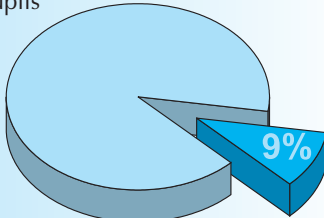
	Reference Sample	Bradford and Airedale DISTRICT	Bradford East	Bradford South	AREAS Bradford West	Shipley	Keighley
Percentage of all pupils eating at least 5 portions of fruit and vegetables yesterday	20	20	20	21	18	20	25
Percentage of all pupils who visited dentist in last 6 months	86 (different question)	49	49	49	41	62	47
Percentage of all pupils who exercised hard for at least an hour every day last week	(no comparable figure)	5	4	6	3	4	6
Percentage of Year 10 pupils smoking regularly	21	10	8	11	8	9	11
Average number of days drinking alcohol last week for Year 10 pupils who drank at all	0.6	0.6	<u>0.5</u>	0.7	<u>0.2</u>	0.6	0.6
Percentage of Year 7 pupils who have ever taken drugs	5 (Year 8)	3	3	6	3	3	4
Percentage of Year 10 pupils who have ever taken drugs	21	10	<u>14</u>	16	16	17	20
Percentage of Year 4 pupils with high self esteem score	25	25	21	21	19	27	31
Percentage of Year 10 pupils that know of a local family planning service for young people	43	11	10	12	6	10	20
Percentage of Year 4 pupils who were bullied at or near school last year	30	35	36	40	34	32	33
Percentage of Year 10 pupils who were bullied at or near school last year	17	17	17	16	19	16	14
Percentage of secondary pupils who think it's important to go to school regularly	87	88	89	86	87	89	89
Percentage of Year 7 pupils who have heard of the Bradford & Keighley Youth Parliament	(no comparable figure)	11	10	11	13	12	10
Percentage of Year 10 pupils who want to continue in full-time education after Year 11	58	63	62	<u>50</u>	73	66	63

Areas with significantly higher results compared to the Bradford sample are **blue** and those with significantly lower results are **blue and underlined**.

Staying Safe

35% of Year 4 pupils said they had been bullied at school in the 12 months preceding the survey; this figure fell to 26% for Year 7 and 17% for Year 10 pupils. The most common perceived reasons for being picked on or bullied were size/weight and appearance.

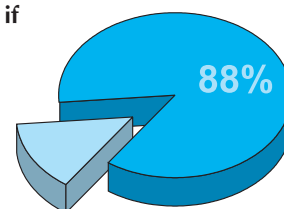


- Compared with an England sample, young people in Bradford were no more or less likely to be bullied.
- The most commonly reported types of bullying or aggressive behaviour were teasing and name-calling, with being pushed or hit for no reason a clear third.
- 45% of Year 4 pupils said they were afraid to go to school because of bullying at least sometimes. Less than 10% of secondary pupils had been the victim of violence or aggression in the area where they live in the last year.
 
- Secondary school pupils were asked if their school took bullying seriously and over half agreed.
- Over 70% of secondary pupils thought that their safety going out during the day was good but when asked about going out after dark, this proportion fell to just over a third.
- Less than 10% of secondary pupils reported ever carry a weapon or something else for protection when going out. Pupils who said they carried a weapon or something else for protection were more likely to be male, from the most deprived quintiles or from ethnic groups other than White or South Asian.
 
- Most secondary pupils had experience of contacting other people over the Internet and more than half said they had received advice on how to stay safe online.
- Over two thirds of pupils said that they always wore a seat belt when travelling in a car or van; Year 10 pupils were less likely to say they always wore a seat belt than the younger pupils.

Enjoy and Achieve

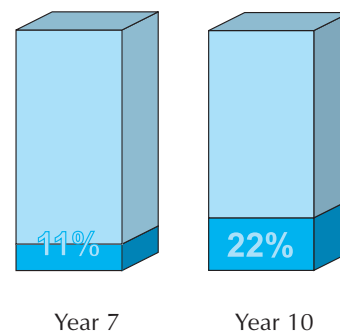
Secondary school pupils were asked if they think it is important to go to school regularly and 88% agreed.

- Pupils were more likely to agree that it is important to go to school regularly if they were female and/or from the least deprived quintile, but the differences were not large.



Making a Positive Contribution

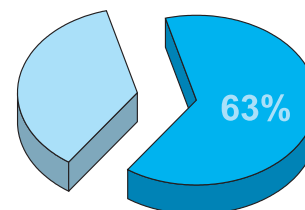
One question was asked about opportunities for participation. 11% of Year 7 pupils and 22% of Year 10 pupils reported having heard of the Bradford and Keighley Youth Parliament.



Economic Well Being

Most Year 10 pupils reported that they intended to continue in full-time education (63%).

- In Bradford District year 10 pupils were more likely to want to continue in full-time education and more likely to want to find a job as soon as they could, than pupils of the same age/sex in an England wide sample.
- Year 10 pupils were less likely to want to take up an apprenticeship than pupils of the same age/sex in the reference sample.



Conclusions

- ❑ Over 10,000 pupils took part in the Bradford district lifestyle survey and 61% of Years 4, 7 and 10 were surveyed. This high response rate means we have a robust statistical sample from which to draw conclusions. The sample was representative of the diversity of Bradford district's neighbourhoods and ethnic mix. In all 117 primary schools (of a total 155), 24 secondary schools (of a total 29), all Pupil Referral Units and three Special Schools took part. This survey provided a rich source of information about children in the district that will be used to inform planning and commissioning services in coming years.
- ❑ Compared with young people completing similar surveys from other parts of England, Year 10 pupils in Bradford were more ethnically diverse and were more deprived. They had a poorer diet, were less likely to drink alcohol, and were more likely to know a drug user and to have heard of the FRANK drugs information service.
- ❑ This snapshot of pupils in Bradford district showed some marked differences between young people of different age groups; with a general increase in higher risk health behaviours and a decline in more positive behaviours as they progressed from Year 4 through Year 7 to Year 10. Most of the significant differences between groups emerged for Year 10 children. In this age group, pupils from the most deprived fifth of the District were less likely to eat breakfast or have three meals a day, to wear a seatbelt in the car or to actively take care to avoid sexually transmitted infections. They were more likely to drink alcohol and to be the victim of aggression or violence. Other factors such as gender and ethnicity also had a significant effect on some specific health and lifestyle behaviours.
- ❑ We hope that this report will help a variety of key strategic groups to plan services and interventions aimed at tackling obesity, smoking, alcohol and substance misuse in young people, as well as improving their emotional health, personal safety and long term outcomes. To support the information in this report we will be disseminating more detailed analysis to a variety of groups. Each participating school will receive a report about the children in their school that took part. Additional data tables summarising questionnaire responses will also be supplied to schools. These reports will help schools to identify their key health priorities, develop the School Health Plan, gather pupil perspectives and undertake pupil health needs assessments. We will also analyse the data further where specific analysis is useful in planning services.
- ❑ Recognising the way in which schools and local services are planned, we have compiled lifestyle information by area and by locality. Reports will be distributed to support the 14 localities and will support the new Enhanced Model for Healthy Schools. Schools are already using the results of the survey to identify priorities for action. Five area reports have also been produced to assist Area Partnerships target interventions at the groups and areas most in need.
- ❑ To find out more about the survey please use the contact details in this report or visit the Bradford Observatory Public Health website www.bradford.nhs.uk/observatory. This summary report, the full district wide report and the five area reports will be available on this website. We aim to repeat the survey every three years allowing us to monitor our public health interventions and to respond to emerging new lifestyle issues.

Credits

We would like to thank all the pupils who took part in the survey and the staff who gave their time and hard work to support this valuable study, including the following schools:

Addingham Primary School, All Saints CE Primary School (Bradford), All Saints' CE Primary School (Ilkley), Allerton Primary School, Appleton Academy, Ashlands Primary School, Atlas Community Primary School, Barkerend Primary School, Beckfoot School, Belle Vue Boys' School, Belle Vue Girls' School, Ben Rhydding Primary School, Bingley Grammar School, Blakehill Primary School, Bowling Park Primary School, Bradford Central PRU, Bradford District PRU, Bradford Moor Community Primary School, Burley and Woodhead CE Primary School, Burley Oaks Primary School, Buttershaw Business and Enterprise College, Buttershaw Primary School, Byron Primary School, Carlton Bolling College, Cavendish Primary School, Challenge College, Chapel Grange School, Clayton Village Primary School, Cottingley Village Primary School, Crossflatts Primary School, Cullingworth Village Primary School, Dixons Allerton Academy, Dixons City Academy, East Morton CE Primary School, Eastburn Junior and Infant School, Eastwood Primary School, Farnham Primary School, Fearnville Primary School, Feversham College, Foxhill Primary School, Girlington Primary School, Glenaire Primary School, Grange Technology College, Green Lane Primary School, Greenfield School, Greenhead High School, Grove House Primary School, Hanson School, Harden Primary School, Heaton Primary School, Heaton St. Barnabas CE Aided Primary School, High Craggs Primary School, Hollingwood Primary School, Holybrook Primary School, Holycroft Primary School, Home Farm Primary School, Horton Grange Primary School, Horton Park Primary School, Hothfield Junior School, Idle CE Primary School, Ilkley Grammar School, Immanuel CE Community College, Iqra Primary School, Keelham Primary School, Keighley St. Andrew's CE Primary School and Nursery, Killinghall Primary School, Knowleswood Primary School,

Lidget Green Primary School, Lilycroft Primary School, Lister Primary School, Low Ash Primary School, Low Moor CE Primary School, Lower Fields Primary School, Margaret McMillan Primary School, Marshfield Primary School, Menston Primary School, Miriam Lord Community Primary School, Myrtle Park Primary School, Nessfield Primary School, Newby Primary School, Oakbank School, Oakworth Primary School, Our Lady and St Brendan's Catholic Primary School, Our Lady of Victories Catholic School, Park Primary PRU, Parkland Primary School, Parkside School, Parkwood Primary School, Peel Park Primary School, Poplars Farm Primary School, Princeville Primary School, Queensbury School, Reevy Hill Primary School, Riddlesden St. Mary's CE Primary School, Saltaire Primary School, Sandal Primary School, Sandy Lane Primary School, Shibden Head Primary School, Shipley CE Primary School, Shirley Manor Primary School, Springwood Community Primary School, St. Anthony's Catholic Primary School, St. Clare's Catholic Primary School, St. Columba's Catholic Primary School, St. Cuthbert and the First Martyrs' Catholic Primary School, St. James' Church Primary School, St. John's CE Primary School, St. Joseph's Catholic Primary School, Bingley, St. Joseph's Catholic Primary School, Bradford, St. Joseph's Catholic Primary School, Keighley, St. Luke's CE Primary School, St. Mary's and St. Peter's Catholic Primary School, St. Matthew's Catholic Primary School, St. Matthew's CE Primary School and Nursery, St. Paul's CE Primary School, St. Philip's CE Primary School, St. Stephen's CE Primary School, St. Winefride's Catholic Primary School, Steeton Primary School, Stocks Lane Primary School, Swain House Primary School, Thackley Primary School, The Sacred Heart Catholic Primary School, Thorn Park School for Deaf Children, Thornton Grammar School, Thornton Primary School, Thorpe Primary School, Titus Salt School, Tong School, Trinity All Saints CE VA Primary School, Victoria Primary School, Westbourne Primary School, Wibsey Primary School, Windhill CE Primary School, Woodlands CE Primary School, Woodside Primary School and Children's Centre, Worth Valley Primary School, Worthinghead Primary School, Wycliffe CE Primary School

The survey was conducted by SHEU



**Schools
Health
Education
Unit**

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SHEU would like to thank in particular Bunny McCullough of NHS Bradford and Airedale, Millie Clare and Maggie Warwick of Education Bradford, and Isabelle MacDougall and her colleagues from the School Nursing Service of Bradford & Airedale Community Health Services, who all worked hard locally to ensure the successful participation of the schools.

Contacts

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and ask for the Observatory team in the Public Health Department

phobservatory@bradford.nhs.uk