Supporting the Health of Young People in Rochdale

A summary report of the Health Related Behaviour Survey 2013

These results were collected from a sample of primary pupils aged 9 to 11 and secondary pupils aged 12 to 15 in the Summer term 2013. The survey was coordinated by the Healthy Schools Team as a way of collecting robust information about young people’s lifestyles. 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 Year 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. A total of 2306 pupils took part in 20 primary and 6 secondary school settings in Rochdale.

Completed questionnaires were then returned to SHEU in Exeter for processing.

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 page 6 of this document, so that behaviour can be seen across the age range.

Trend data
The 2013 results have also been compared with previous surveys to look for trends. A selection of these are presented on page 7.

<table>
<thead>
<tr>
<th>School Year</th>
<th>Year 4</th>
<th>Year 6</th>
<th>Year 8</th>
<th>Year 10</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boys</td>
<td>362</td>
<td>317</td>
<td>238</td>
<td>217</td>
<td>1134</td>
</tr>
<tr>
<td>Girls</td>
<td>359</td>
<td>306</td>
<td>257</td>
<td>250</td>
<td>1172</td>
</tr>
<tr>
<td>Total</td>
<td>721</td>
<td>623</td>
<td>495</td>
<td>467</td>
<td>2306</td>
</tr>
</tbody>
</table>

Reference sample
Rochdale data have been compared with the SHEU wider survey sample.

A selection of some of the differences, where the level seen in the Rochdale data is either 5% above or below that seen in the wider SHEU data, is indicated by the symbol \( \triangle \).

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

TOPICS INCLUDE:

- Citizenship
- Drugs, Alcohol and Tobacco
- Emotional Health and Wellbeing
- Healthy Eating
- Leisure
- Money
- Physical Activity
- Safety
- School and Career
- Relationships and Sexual Health

Heywood, Middleton and Rochdale
Background

- 80% of pupils described themselves as white. 77% describe themselves as White British. 17% describe themselves as Asian and 2% describe themselves as Black British.

Healthy Eating

- 3% of pupils in the survey had nothing for breakfast; while another 3% had at most a drink for breakfast. 7% had a cooked breakfast on the day of the survey.
- 47% of pupils had cereal for breakfast and 34% had toast or bread on the morning of the survey. 3% had a chocolate bar or sweets.
- Pupils were asked to identify, from a list, the foods which they ate ‘on most days’. 49% of pupils said they have fresh fruit and 34% said vegetables. 24% said crisps and 31% said sweets ‘on most days’.
- 28% of pupils said that they ‘rarely or never’ ate fish or fish fingers. 28% said they ‘rarely or never’ had salads.
- 9% said that they had no water to drink during the day yesterday. 27% said that they had at least a litre of water to drink yesterday.

Hygiene

- 18% of boys and 14% of girls didn’t wash their hands before lunch on the day before the survey.
- 3% of pupils ‘never or almost never’ wash their hands after visiting the toilet.
- 83% of boys and 87% of girls cleaned their teeth at least twice the day before the survey (the recommended frequency).

Physical Activity

- 81% of pupils said they enjoyed physical activities ‘quite a lot’ or ‘a lot’.
- 72% of boys and 67% of girls thought they were ‘fit’ or ‘very fit’.
- 43% of boys and 43% of girls walked to school on the day of the survey, whereas 55% of boys and 59% of girls travelled by car at least part of the way.

Puberty and Growing Up

- When asked who had talked with them about growing up and body changes, the responses included:
  - 13% of boys and 17% of girls reported that they worried ‘quite a lot’ or ‘a lot’ about the way they look.
  - 10% of boys and 16% of girls said they worried ‘quite a lot’ or ‘a lot’ about growing up.
  - 57% feel that they know enough, 29% are not sure and 14% said they don’t know enough about how their body changes as they get older.

Drugs, Alcohol and Tobacco

Drugs

- 44% in the survey said they have talked with their parents about drugs.
- 15% reported they were ‘fairly sure’ or ‘certain’ that they knew someone who used drugs that were not medicines.
- 2% of pupils said they have been offered cannabis. 2% have been offered other drugs.

Alcohol

- 6% of boys and 4% of girls reported drinking alcohol on at least one day in the week leading up to the survey.
- 2% of pupils reported drinking alcohol on more than one day in the week leading up to the survey.
- 1% of pupils drank beer or lager and 1% said they drank alcopops/pre-mixed spirit drinks in the week before the survey.

Tobacco

- 4% of boys and 2% of girls said they have tried smoking in the past or smoke now.
- 0% in the survey smoked at least one cigarette during the last 7 days.
- 90% in the survey think they will not smoke when they are older. 10% in the survey said they may or will smoke when they are older.
EMOTIONAL HEALTH & WELL-BEING

- 3% of pupils had low self-esteem scores.
- 65% of pupils said they worried ‘quite a lot’ or ‘a lot’ about at least one of the items listed in the questionnaire.

SAFETY

- 6% of pupils reported that they felt afraid of going to school because of bullying ‘often’ or ‘very often’. 28% said ‘sometimes’ while 66% said ‘never’.
- 31% of boys and 30% of girls reported they had been bullied at or near school in the last 12 months.
- 82% of pupils said that their school dealt with bullying ‘quite’ or ‘very’ well; 5% said ‘quite’ or ‘very’ badly.
- 23% of pupils reported that they thought they were bullied because of the way they looked and 18% because of their size or weight.
- 8% thought they were bullied because of their race, colour or religion.
- 19% of pupils thought that vandalism and graffiti were a problem in the area where they live.
- 37% said there was too much litter in the area where they live and 22% said that the police needed to be around more.
- 28% of pupils said they had been approached by an adult who scared or made them upset; 15% said they knew this person.

INTERNET

- 32% of boys and 25% of girls in Year 6 said they had a Facebook account; 16% have a Twitter account.
- 49% of pupils said they have a Moshi Monsters account.
- 30% of boys have a gaming account (WWC, Second Life).
- 74% of pupils said that they have lessons in school that help them stay safe online. 42% of pupils said that their school sends things home to show parents how to help you stay safe online.
- 30% of pupils said they set up accounts/passwords on their own to use sites; 47% said yes with parents help.
- 22% of pupils said that they had seen/received something online that has made them scared/upset or angry. When asked what they did about this, 7% said they deleted it without showing anyone, 12% told their parents.

DIFFERENCES BETWEEN THE ROCHDALE 2013 SURVEY AND THE SHEU REFERENCE SAMPLE

For most of the questions in the questionnaire, Rochdale primary pupils give similar responses to the wider SHEU data. Some differences (more than 5%) include:

- Pupils in Rochdale were more likely to say that their school cares whether they are happy or not. 83% of Year 6 compared with 73% of the wider sample. They were also more likely to say that their work is marked so they can see how to improve it.
- 63% of Year 6 girls said they were happy with their weight. This is higher than the 58% seen in the wider sample.
- 20% of Year 6 boys said they had at least 5 portions of fruit and vegetables the day before. This is lower than the 26% seen in the wider sample.
- 30% of Year 6 boys report eating sweets/chocolate ‘on most days’ compared with 22% of the wider sample.
- 50% of Year 6 pupils report eating fresh fruit ‘on most days’ compared with 56% of the wider sample.
- 81% of Year 6 boys said their school takes bullying seriously compared with 76% of the wider sample.
- 30% of Year 6 boys said they had been scared by an adult compared with 24% of boys in the wider sample. 13% of Rochdale boys kept this to themselves compared with 7% of boys in the wider sample.

SCHOOL

- 78% of boys and 85% of girls said that their school cared whether they were happy or not.
- 84% of pupils said that their school encourages everyone to take part in decisions e.g. class discussion or school council.
- 51% of pupils said they did homework after school yesterday.
- 73% of pupils would share a bullying problem with their parent(s) or a teacher first; 9% would keep the problem to themselves.

LEISURE AND LOCAL AREA

- 87% of pupils like the area where they live.
- 82% of pupils said they have somewhere safe to play outside.
- 10% of pupils consider racism a problem in the area where they live.
- 54% however, said that people from different backgrounds get on well together.
- 51% of pupils said they played computer games (including consoles) after school yesterday.
- 58% of pupils said they are a member of a sports or activity club.
- 49% of the pupils in the survey said there were clubs and activities for children to go to nearby.
Rochdale Secondary school pupils in Years 8-10 (ages 12-15)

BACKGROUND
- 62% of all pupils in the survey live with both parents. 18% said mainly or only mum.
- 13% live in a home with 5 or more bedrooms.
- 66% of pupils described themselves as white. 24% said Asian and 7% described themselves as black.

HEALTHY EATING
- 9% of pupils (7% of boys and 10% of girls) said they had nothing to eat or drink for breakfast.
- 10% of boys and 9% of girls in the survey would like to put on weight.
- 29% of boys and 51% of girls said they would like to lose weight.
- 20% of pupils in the survey had no lunch the day before. 42% had a school lunch and 2% bought lunch from a takeaway or shop. 34% said they had a packed lunch.
- 11% said that they had at least 5 portions of fruit or vegetables the day before, while 16% had none at all.
- 13% of boys and 10% of girls said they ‘rarely or never’ eat vegetables.
- 15% said that they drank no water the day before. 25% said that they drank at least a litre of water the day before.

PHYSICAL ACTIVITY
- 80% of boys and 65% of girls said they enjoy physical activities ‘quite a lot’ or ‘a lot’.
- 43% thought they were ‘fit’ or ‘very fit’.
- 95% of boys and 93% of girls exercised on at least one day last week hard enough to increase breathing rate. 70% exercised on three or more days last week hard enough to increase breathing rate, 30% said five days or more.
- 41% of boys and 37% of girls walked to school on the day of the survey, whereas 39% of boys and 42% of girls travelled by car.
- 55% of boys and 33% of girls played sport the night before the survey.

RELATIONSHIPS AND SEXUAL HEALTH
- 17% believe there is a special contraception and advice service for young people available locally.
- 36% of young people in the survey said they know where they can get condoms free of charge (52% of Year 10 pupils).

DRUGS, ALCOHOL & TOBACCO

Drugs
- 36% reported they were ‘fairly sure’ or ‘certain’ that they knew someone who used drugs that were not medicines.
- 19% of pupils have been offered cannabis.
- 13% of pupils have been offered other drugs.
- 3% of Year 8 and 13% of Year 10 pupils said they have taken some form of illegal drug themselves.
- 1% of Year 8 and 3% of Year 10 pupils said they have taken some form of illegal drug within the last month.
- 0% of Year 8 and 2% of Year 10 pupils said they have taken more than one type of drug on the same occasion.
- 1% of Year 8 and 7% of Year 10 pupils said they have taken an illegal drug and alcohol on the same occasion.
- Of the 3 most common drugs, the percentage of pupils saying they had taken them were:

<table>
<thead>
<tr>
<th>Drug</th>
<th>Year 8</th>
<th>Year 10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cannabis</td>
<td>1%</td>
<td>9%</td>
</tr>
<tr>
<td>Poppers</td>
<td>0%</td>
<td>2%</td>
</tr>
<tr>
<td>Cocaine</td>
<td>0%</td>
<td>2%</td>
</tr>
</tbody>
</table>

Alcohol
- 8% of Year 8 and 25% of Year 10 pupils drank alcohol on at least one day in the last week.
- 2% of pupils drank over the advised weekly limit for adult females of 14 units.
- 69% of pupils who drink at home said it always took place with their parents’ knowledge. 7% said they do not drink alcohol at home.

Tobacco
- 75% of pupils said that they have never smoked at all.
- 7% in the survey smoked at least one cigarette during the last 7 days.
- 6% said they smoke ‘regularly’ or ‘occasionally’.
- 75% of regular smokers would like to give up smoking.
- 39% said that they have at least one person who regularly smokes at home.
EMOTIONAL HEALTH & WELL-BEING

- 69% of pupils reported they are, in general, ‘quite a lot’ or ‘a lot’ satisfied with their life at the moment.
- 52% of boys and 39% of girls had high self-esteem scores. 2% of pupils had low self-esteem scores.
- 64% of boys and 57% of girls in Year 8 said they had a MSN account. 41% of boys have a Twitter account. 14% of pupils have a regular gaming account (WWC, Second Life).

Responses to individual items were as follows:

<table>
<thead>
<tr>
<th></th>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exams and tests</td>
<td>45%</td>
<td>61%</td>
</tr>
<tr>
<td>Career/future plans</td>
<td>36%</td>
<td>43%</td>
</tr>
<tr>
<td>Family</td>
<td>24%</td>
<td>39%</td>
</tr>
</tbody>
</table>

(The table shows the proportion of pupils worrying about listed problems ‘quite a lot’ or ‘a lot’)

SAFETY

- 20% of boys and 25% of girls reported they felt afraid of going to school because of bullying at least ‘sometimes’.
- 18% of pupils, 17% of boys and 19% of girls, reported they had been bullied at or near school in the last 12 months.
- 11% of boys and 6% of girls reported they had bullied someone else at school in the last 12 months.
- 57% of pupils reported they think their school takes bullying seriously.
- 53% of pupils reported at least a ‘few times’ to at least one of the items about experiencing bullying behaviour.
- 31% of pupils thought that vandalism and graffiti were a problem in the area where they live.
- 35% said there was too much litter in the area where they live and 19% said that the police needed to be around more.
- 25% of pupils rate the safety of their area when going out after dark as poor or very poor. 5% of pupils said this about going out during the day.
- 11% said that they knew someone who carries weapons, or other things for protection when going out.

INTERNET

- 64% of boys and 57% of girls in Year 8 said they had a Facebook account; 50% of pupils have a Twitter account.
- 46% of pupils said they have a MSN account. 41% of boys have a gaming account (WWC, Second Life).
- 64% of pupils said they have lessons in school that help them stay safe online.
- 82% of pupils said that they know what to do to make their profile safe online. 67% said they keep their profile secure, 26% said ‘a bit’ and 7% said ‘not at all’.
- 50% of pupils said their parents know everything they do online.
- 26% of pupils said that they had seen/received something online that has made them scared/upset or angry. When asked what they did about this, 9% said they deleted it without showing anyone, 7% told their parents.

SCHOOL AND CAREER

- 35% of boys and 39% of girls enjoy ‘all’ or ‘most’ lessons at school.
- 53% of pupils said that in their school people with different backgrounds were valued.
- 56% said that their school encouraged everyone to take part in decisions. 37% said that their school encouraged them to take part in community events.
- 60% of pupils said that they would like to stay on in full-time education after Year 11. 56% of pupils said that they would like to get training for a skilled job after Year 11.
- 19% of pupils reported reading a book for pleasure for at least part of the evening before the survey.
- 14% of pupils have a regular paid job. The most common jobs for girls included babysitting and shop work, for boys, manual work, paper rounds and babysitting were most common.
- 41% of pupils said they had put some of their own money into a savings scheme in the last 7 days.

DIFFERENCES BETWEEN THE ROCHDALE 2013 SURVEY AND THE SHEU REFERENCE SAMPLE

For most of the questions in the questionnaire, Rochdale secondary pupils give similar responses to the wider SHEU data. Some differences (more than 5%) include:

- 60% of Rochdale pupils said they want to stay on in full-time education after Year 11 compared with 54% of the wider sample.
- 35% of pupils in Rochdale said that they enjoy most or all of their lessons. This is lower than the 41% of boys saying this in the wider sample.
- 40% of pupils in Rochdale came to school by car that day compared with 26% in the wider sample.
- 20% of Rochdale pupils said they had no lunch the day before compared with 14% of pupils in the wider sample.
- 11% of Rochdale pupils had 8 or more hours of sleep the night before compared with 15% of girls in the wider sample.
- 66% of Rochdale pupils reported having 5 or more portions of fruit and vegetables the day before compared with 18% in the wider sample.
- 11% of Year 10 girls said they smoked the previous week compared with 18% of the wider sample.
- 10% of Year 10 girls said they had used any of the illegal drugs listed compared with 15% in the wider sample.
- 36% of Rochdale pupils have had 8 or more hours of sleep the night before compared with 72% of the wider sample.
- 11% of Rochdale pupils said they or their friends carried weapons or other things for protection when going out compared with 4% of the wider sample.
- 61% of Year 10 boys said that their school takes bullying seriously compared with 54% of boys in the wider sample.
Questions included in both the primary and secondary versions of the 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
Five a day?
- Secondary school pupils are less likely to say that they had at least 5 portions of fruit and vegetables on the day before the survey, compared with primary aged pupils. 22% of Year 6 pupils compared with 15% of Year 8 and 8% of Year 10 pupils.
- Primary aged girls were less likely to report having nothing to eat or drink for breakfast: Year 6 girls 3%; Year 8 girls 9% and 11% Year 10 girls.
- There is an increase in pupils having crisps ‘on most days’ with age. 22% of Year 6 pupils, 27% of Year 8 and 29% of Year 10 pupils.

TOBACCO
Did you smoke last week?
- 0% of the Year 6 pupils smoked a cigarette in the week before the survey. 3% of Year 8 pupils and 11% of Year 10 pupils said the same.
- 97% of primary pupils said that they had ‘never smoked at all’. 75% of secondary pupils said the same.

ALCOHOL
Have you had an alcoholic drink in the week before the survey?
- 5% of the Year 6 pupils had an alcoholic drink on at least one day in the week before the survey. 8% of Year 8 and 25% of Year 10 pupils said the same.

ILLEGAL DRUGS
- 15% of Year 6 pupils said that they were ‘fairly sure’ or ‘certain’ that they knew someone personally who used drugs (not as medicines). 21% of Year 8 and 52% of Year 10 pupils said the same.

EMOTIONAL HEALTH & WELL BEING
Are you ever afraid of going to school because of bullying?
- 31% of Year 6 pupils said they felt afraid of going to school at least sometimes. This falls to 28% in Year 8 and again significantly to 17% in Year 10.

How much do you worry about problems?
- 46% of Year 6 pupils pupils said they worried about school tests ‘quite a lot’ or ‘a lot’, this rises to 53% of secondary pupils. 29% of secondary pupils worried about the way they looked, only 15% said the same in the primary survey.
**Primary Activity**

- 60% of primary aged boys and 39% of primary aged girls played sport last night. This falls to 54% of secondary aged boys and 33% of secondary aged girls who said the same.
- 81% of primary pupils said that they enjoy physical activities ‘quite a lot’ or ‘a lot’. 72% of secondary pupils said the same.

**Trend Data**

Rochdale schools have also surveyed in 2012, 2011, 2009, 2006 and 2001. Although different schools were involved in each survey so some caution must be taken in interpreting the findings, there are some interesting trends emerging.

**Primary**

- In 2006, 27% of primary pupils said that they had 5 or more portions of fruit and vegetables the day before. This compares with 32% of pupils in 2009 and 26% of pupils in 2011. 25% of pupils said this in 2012 and 2013.
- In 2006, 26% of pupils said that they had chips or roast potatoes ‘on most days’. In 2009, this fell to 26%. In 2011, 21% said this. It fell again to 20% in 2012 but has risen to 23% in 2013.
- Overall, Rochdale primary pupils consider themselves fitter in recent years than those responding to the same question in 2009 or 2006. 70% said this in 2013, 68% said this in 2012 and 69% in 2011 compared with 67% in 2009, and 59% in 2006 who responded that they were ‘fit’ or ‘very fit’.
- In 2006, 90% of pupils said that they had never tried smoking. In 2009, 95% said this and 98% said the same in 2009. It fell slightly to 96% in 2012 but is at 97% in 2013.

**Secondary**

- There has been a slow upward trend for pupils having chocolate or sweets ‘on most days’ until this year. In 2006 the figure was 32%, in 2009, 34% and 35% in 2011. It rose again to 37% in 2012 but has fallen back to 33% in 2013.
- In 2006, 28% said they drank alcohol on at least one day in the previous week. In 2009, this fell slightly to 28% and again to 21% in 2011 and 2012. 17% of pupils said this in 2013, continuing the downward trend.
- Smoking levels have been fairly low since 2001 when 18% reported smoking the previous week. 12% said this in 2006 and 2009. 9% said this in 2011 and 10% in 2012. 7% of pupils in 2013 said they smoked a cigarette the previous week. These figures are also in line with those who report never having smoked at all:
- 54% of pupils in 2006 said that they had never tried smoking. This rose to 61% in 2009 and again to 68% in 2011 but fell back slightly to 67% in 2012. In 2013, 75% of pupils said they have never even tried smoking.

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70% of primary pupils consider themselves ‘fit’ or ‘very fit’, 43% of secondary pupils said the same.
Thank you to all the Headteachers, staff and young people for their time and contributions to this survey. The Health Related Behaviour Survey has been an integral piece of work in providing information that will assist schools and the local authority in managing the outcomes and impact of Rochdale’s Children and Young People’s Plan. It will also act as a resource to help schools establish appropriate curriculum development particularly in PSHE and provide data to support the Healthy Schools Programme.

Rochdale Schools who took part in the survey:

Belfield Community School
Cardinal Langley RC High School
Brimrod Community Primary School
Caldershaw Primary School
Elm Wood Primary School
Falinge Park High School
Healey Foundation Primary School
Heap Bridge Village Primary School
Hollingworth Business and Enterprise College
Kingsway Park High School
Littleborough Community Primary School
Milnrow Parish CE Primary School
Newhey Community Primary School
Norden Community Primary School
Oulder Hill Community School and Language College
Sandbrook Community Primary School
Shawclough Community Primary School
Smithy Bridge Foundation Primary School
St. Andrew’s CE Primary School
St. Cuthbert’s RC Business and Enterprise College
St. Edward’s CE Primary School
St. Luke’s CE Primary School
St. Margaret’s CE Primary School
St. Michael’s CE Primary School
St. Thomas’ CE Primary School
Whittaker Moss Primary School

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