

YOUNG PEOPLE IN GATESHEAD 2004

A summary report of the Health Related Behaviour Survey

These results are the compilation of data collected from a sample of primary and secondary pupils in Gateshead. The work was funded by the Department of Health through the Shared Priority Fund with support of the Local Government Office and the Health Development Agency.

Collecting the figures

Teachers were

briefed on how to collect the most reliable data and then students and pupils anonymously completed the questionnaire. The sample sizes are shown in the table below. Completed questionnaires were then returned to SHEU in Exeter for processing.

Cross-phase links

Many of the questions in the primary and secondary versions of the questionnaire are identical or very similar. Some of these questions are presented on page 7 of this document so that

behaviour can be seen across the age range.

Trends

The survey was also undertaken in Gateshead during 1995 and 2001. Where appropriate, statistically significant differences (when the figure seen in the 2004 data is either 5% above or below the level from the 2001 data) are shown below.

Different schools took part in the two surveys, however, and the results should therefore be treated with a degree of caution.

Comparisons

Comparisons have been made with large samples of primary and secondary school pupils from other areas across the UK. Where appropriate, statistically significant differences (when the figure seen in the Gateshead data is either 5% above or below the level from the wider data) are shown below. The areas represented in the reference sample include Bradford, Caerphilly, Camden & Islington, Hertfordshire, Lanarkshire, Knowsley and Swindon

Over 1555 young people took part in the survey

Phase	Primary		Secondary		Total
	Year 5	Year 6	Year 8	Year 10	Total
Year group	Year 5	Year 6	Year 8	Year 10	Total
Age	9-10	10-11	12-13	14-15	
Boys	249	276	136	118	779
Girls	233	250	153	140	776
Total	482	526	289	258	1555



**Schools
Health
Education
Unit**

**SHEU
The Schools Health Education Unit
Tel: 01392 66 72 72
www.sheu.org.uk**

The Unit specialises in questionnaire surveys of children and young people for Local Authorities, PCTs, voluntary agencies, charities, schools and colleges and other partnerships. SHEU is also able to undertake consultation, monitoring and evaluation exercises, and bespoke research.

Topics include

Citizenship

Emotional Health and Well-being

Healthy Eating

Puberty and growing up

Drugs, Alcohol and Tobacco

Sex and Relationships

Safety

Homework

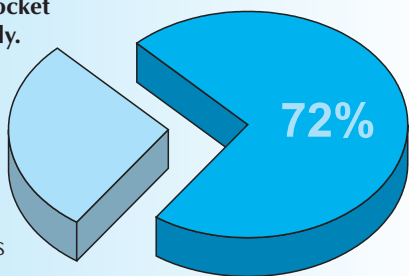
Leisure and Physical Activity

School and Career

Gateshead Primary school pupils in Year 6 (ages 10 to 11 years)

CITIZENSHIP

- 96% of pupils describe themselves as white.
- 89% have at least one brother or sister.
- 7% of pupils have broadsheet newspapers in their home, 38% have popular tabloids only.
- 72% report getting pocket money at least monthly.**



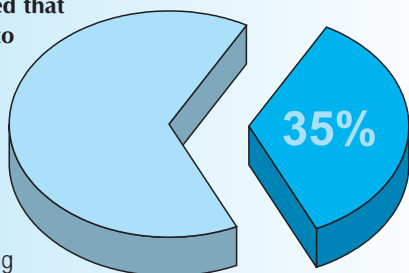
- 69% of the pupils surveyed received more than two pounds the last time they had pocket money

- The top three items that pupils spent money on were:

Years 5 & 6	Boys	Girls
Sweets, chocolate etc.	55%	Sweets, chocolate etc. 53%
Computer equipment	46%	Records, tapes, CDs 39%
Fizzy drinks	45%	Comics, magazines 37%

EMOTIONAL HEALTH & WELL-BEING

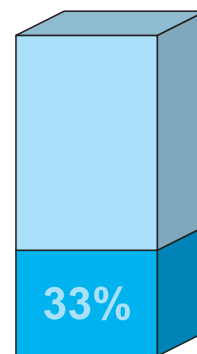
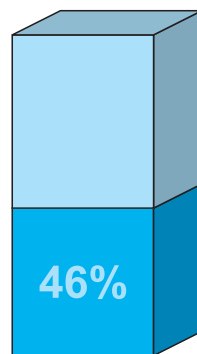
- 53% reported that they worried about SATs. This may have been associated with the time of year.
- 34% of pupils had high self-esteem scores.
- 35% of pupils reported that they felt afraid to go to school because of bullying, at least sometimes.**



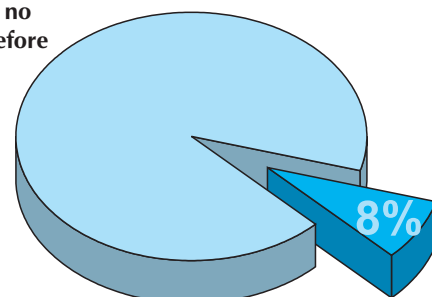
- Behaviour widely reported as causing distress included: being called nasty names, being teased or made fun of and being pushed or hit for no reason.
- When asked where these events occurred happened, 33% of all pupils reported *outside at breaktime* and 25% *in a classroom at breaktime*. 14% reported *during a lesson*.
- 24% of pupils reported that they thought they were bullied because of the way they looked and 19% thought because of their size or weight.
- Just 3% of pupils reported that they thought others might fear going to school because of them.
- 43% of pupils said they could *usually* or *always* say no if a friend wanted them to do something they didn't want to do. 8% said they could *never* say no.
- 44% of pupils said they *usually* or *always* knew what to say when they wanted a friend to do something. 9% said they *never* knew what to say.

HEALTHY EATING

- 6% had nothing to eat or drink for breakfast on the day of the survey, while 6% had at most a drink.
- 46% eat fresh fruit and 46% dairy produce on most days. 33% of pupils eat vegetables on most days.**



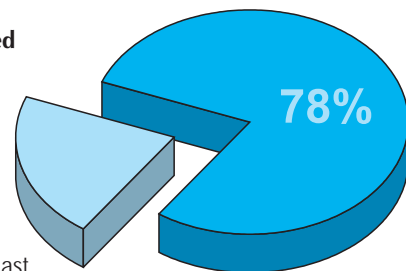
- 37% of pupils have crisps, 39% sweets and chocolates and 35% 'non diet' fizzy drinks on most days.
- 33% said they rarely or never ate any fish/fish fingers.
- 8% of pupils drank no water on the day before the survey.**



- 64% drank between 1 and 5 cups and 27% about a litre or more.
- 93% of pupils said they were able to get water at school.

Dental care

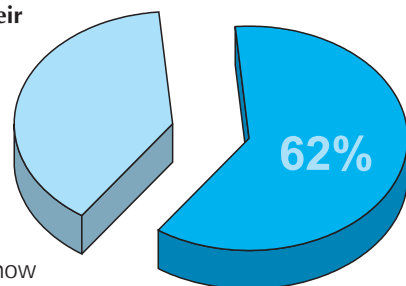
- 78% of pupils reported that they cleaned their teeth at least twice a day (the recommended frequency).**



- 21% had a filling the last time they visited the dentist.

PUBERTY AND GROWING UP

- 62% of pupils said their parents had talked to them about how their body changes as they grow up.**

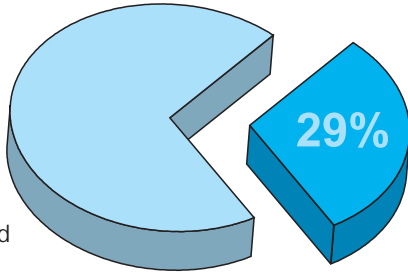


- 32% of pupils said their teachers had talked to them about how their body changes as they grow up.
- 27% said their parents had talked to them about AIDS/HIV and 6% said that their teachers had.
- 16% reported that they worried about the way they looked and 14% said they worried about body changes as they grew up.

DRUGS, ALCOHOL AND TOBACCO

Illegal Drugs

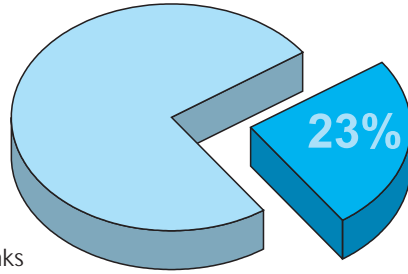
- 29% say they are 'fairly sure' or 'certain' they know a user of drugs (not medicines).



- 59% of pupils reported that their parents had talked to them about illegal drugs while 49% said their teachers had.

Alcohol

- 23% of the primary school sample had at least one alcoholic drink (more than just a sip) in the last week.



- The most popular drinks were beer and pre-mixed spirits and alcopops.
- A greater proportion of the drinkers were boys.
- 6% of pupils reported that they did sometimes drink alcohol without their parents knowing.

Tobacco

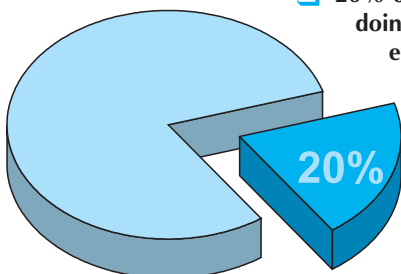
- 14% of pupils reported that they had tried smoking once or twice.
- 84% said they wouldn't smoke when older, 14% said maybe and 2% think they will smoke when they are older.
- 1% of Year 6 pupils said they had smoked at least one cigarette during the last 7 days. Of these smokers, none smoked 5 or more cigarettes

SAFETY

- 42% of pupils reported that they had an accident in the last 12 months that was treated by a doctor or at a hospital.
- The main injuries sustained were cuts, bruises, grazes or sprains. 8% had broken bones. The most common situations in which accidents happened were *playing sport* for Year 6 boys and *outside* for Year 6 girls.
- 92% of pupils have a bicycle, while 16% of pupils 'never' or 'almost never' wear a safety helmet when cycling.
- 26% of pupils reported that an adult stranger, who scared or made them upset, had approached them at some time.

HOMEWORK

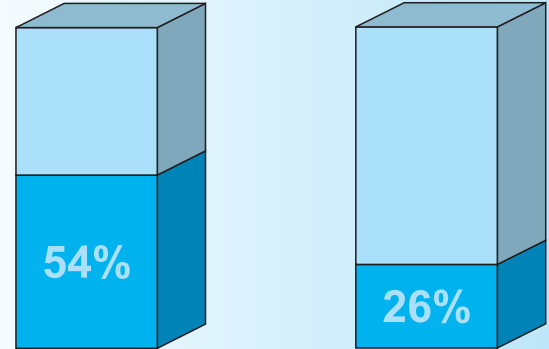
- 20% of Year 6 pupils spent time doing homework on the evening before the survey.



- 49% said they worried about school work/homework.

LEISURE AND PHYSICAL ACTIVITY

- 81% of pupils said they spent time watching television, after school, on the day before the survey.
- 69% played with friends and 56% played sport, on the evening before the survey.
- Over half of the boys played computer games, on the evening before the survey.
- 37% exercised three times or more last week hard enough to increase breathing rate (54% of Year 8 boys, 26% of Year 10 girls)



- 43% considered themselves 'fit' or 'very fit'.
- 78% of pupils reported that they enjoyed physical activities 'quite a lot' or 'a lot' (66% of Year 10 females). During school playtimes, at least 80% of pupils do physically active games of some sort.

Significant differences between Gateshead pupils and a reference sample of schools across England and Wales

- The Gateshead sample had a greater proportion of pupils who were ethnically White than did the reference sample.
- Gateshead pupils are more likely to have tabloid newspapers at home to read than are the pupils in the reference sample.
- Gateshead pupils are more likely to get regular pocket money than are pupils in the reference sample. They are also more likely to spend money on sweets.
- Self-reported fitness was higher among Gateshead pupils than among the reference sample.
- Reports of asthma were higher in Gateshead primary boys than in the reference sample.
- Reports of smoking and of drinking alcohol last week were a little higher in Gateshead than in the reference sample. The Gateshead pupils were also more likely to know someone who uses drugs.
- Pupils in Gateshead reported watching videos and playing with friends more often than did pupils in the reference sample.
- Pupils in Gateshead primary schools were less likely to report doing homework last night than were pupils in the reference sample.
- The awareness of HIV/AIDS seems lower among primary schools in Gateshead than in the reference sample.

Gateshead Secondary school pupils in Year 8 & Year 10 (ages 12-13 and 14-15)

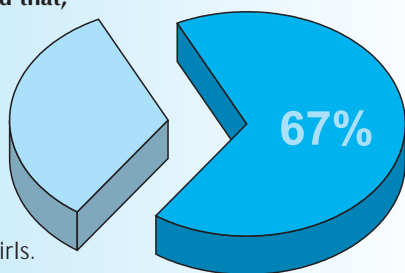
CITIZENSHIP

- 98% of pupils describe themselves as white.
- 85% have at least one brother or sister.
- Just 7% of all pupils have broadsheet newspapers in their homes, 45% have popular tabloids only.
- 60% reported that got pocket money regularly, 28% said they got money as they needed it, 4% said they had another system and 8% said they didn't usually get any.
- 38% of pupils spent some of their own money on sweets in the seven days before the survey. Other popular items of expenditure were soft drinks (36%), mobile phones (24%) and fast food (27%).

EMOTIONAL HEALTH & WELL-BEING

- 53% of pupils had high self-esteem scores (more males than females score in this bracket).
- 28% of pupils reported a fear of going to school at least sometimes because of bullying. 3% thought others may fear going to school because of them.

- 67% of pupils reported that, in general, they were 'quite a lot' or 'a lot' satisfied with their life:**



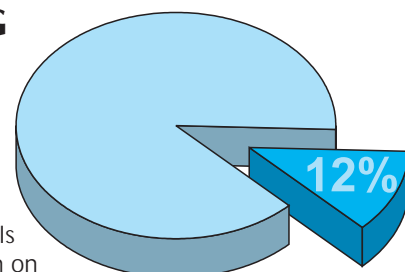
- Parents are the most popular sources of support for boys and girls.
- 3% of pupils reported that there were no adults they could trust.
- 56% of pupils reported that they worried about at least one of the problems listed in the questionnaire 'quite a lot' or 'a lot'. (The complete list included *School-work, Exams & tests, Health, Career, friends, Family, Money, The way you look, Puberty and growing up, Being bullied* and *Thinking you are gay, lesbian or bisexual*)
- The table below shows the proportion of pupils who said they worried about the problems 'quite a lot' or 'a lot'.
- The top four worries were:**

Year 8	Boys	Girls
Exams and tests	17%	Their looks 50%
Family problems	13%	Exams and tests 20%
Their looks	17%	Problems with friends 29%
Career problems	13%	Family problems 29%

Year 10	Boys	Girls
Exams and tests	26%	Their looks 46%
Career problems	22%	Exams and tests 46%
Family problems	19%	Family problems 32%
Money problems	19%	Career problems 27%

HEALTHY EATING

- 12% of pupils reported having nothing to eat or drink for breakfast on the day of the survey.**



- Similarly, 9% of the pupils reported having no lunch on the day before the survey.
- 19% of Year 10 girls had nothing to eat or drink for breakfast on the morning of the survey, more than any other group. It is interesting to note that 57% of Year 10 girls say that they would like to lose weight, and again Year 10 girls are among the highest of all groups.
- 16% of pupils had no water to drink on the day before the survey. 23% had about a litre or more.

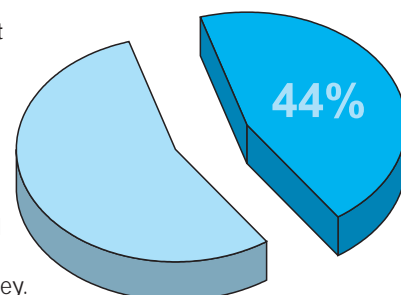
DRUGS, ALCOHOL & TOBACCO

Illegal Drugs

- 44% of pupils are 'fairly sure' or 'certain' that they know someone who takes illegal drugs.
- 50% of Year 10 boys and 46% of Year 10 girls have been offered cannabis. 16% of pupils reported that they had taken an illegal drug in the last year. 10% had taken one in the last month.
- 6% of Year 10 pupils have taken an illegal drug and alcohol on the same occasion.
- 20% of Year 10 boys and 23% of Year 10 girls said they had taken more than one type of drug on the same occasion.

Alcohol

- 44% of pupils had at least one alcoholic drink in the week before the survey.**



- Boys: 24% of Year 8 boys and 31% of Year 10 boys drank between 4 and 20 units of alcohol in the seven days before the survey.
- Girls: 19% of Year 8 girls and 38% of Year 10 girls drank between 4 and 20 units of alcohol in the seven days before the survey.
- 77% of Year 10 pupils said they drank 21 or more units of alcohol in the seven days before the survey.
- 22% of Year 10 pupils were able to buy alcohol from an off-licence that should sell only to over-eighteens.
- Pre-mixed spirits and wine were the most popular drinks.

Tobacco

- 57% of pupils reported that there is someone who smokes indoors in their home (including themselves) most days
- Boys: 4% of Year 8 boys and 17% of Year 10 boys reported that they smoke occasionally or regularly.
- Girls: 10% of Year 8 girls and 32% of Year 10 girls reported that they smoke occasionally or regularly.
- The greater percentage of female smokers in Year 10 is also reflected in the reference samples.

SEX AND RELATIONSHIPS

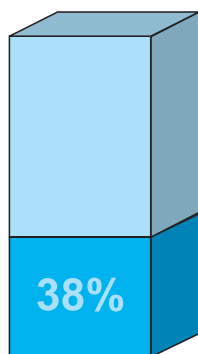
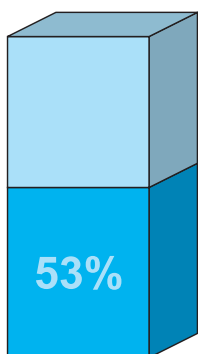
- When asked what was their main source of information about sex, 23% of Year 8 boys said *parents* and 34% of Year 8 girls *parents*. 20% of Year 10 boys and 30% of Year 10 girls said their *friends*.
- When asked what should be their main source of information only 6% of pupils said their friends. 33% said it should be school lessons and 41% said their parents.
- 44% of Year 10 boys and 63% of Year 10 girls said they believed there was a special contraception and advice service for young people available locally.
- 69% of boys and 78% of girls in Year 10 said they knew where to get free condoms.
- In 2001, over 80% of all respondents thought they would take precautions against HIV infection.

SAFETY

- 35% of pupils said they were treated for an accident by a doctor or at a hospital within the last year.
- 85% visited the doctor and 90% the dentist in the twelve months before the survey; the figures for the last 6 months are 70% and 83% respectively.
- 38% of pupils said they had taken painkillers once or more in the seven days before the survey (55% of Year 10 girls). 27% said they had used treatments for skin problems.
- 20% of pupils rated the safety of their Gateshead, when going out after dark, as 'poor' or 'very poor'. 3% said this about going out during the day.
- 15% said they had been the victim of violence or aggression in the area where they live.
- 12% of pupils reported that they were fairly sure or certain that they or their friends carried weapons for protection when going out.

LEISURE AND PHYSICAL ACTIVITY

- The most common after school leisure activities on the day before the survey were watching television (75%), meeting with friends (56%), homework (49%) and computer games (48%).
- 29% of Year 8 boys and 28% of Year 10 boys spent more than 2 hours playing computer games after school on the evening before the survey.
- 55% had used the Internet at home in the last month and 65% at school. 67% say they are never supervised.
- 28% of pupils have a regular paid job. The most common form of work for boys is a paper/milk round, for Year 8 girls, babysitting and, for Year 10 girls, work in a hotel, bar or café.
- **53% of the boys consider themselves 'fit' or 'very fit' compared with only 38% of the girls.**



- 37% of pupils reported that they had exercised three times or more, in the week before the survey, which made them breathe harder; again there is a majority of boys. When asked what sports they would like to start doing (or do more of), boys voted for soccer, scrambling and weight training while the girls expressed particular interest in swimming and dancing.

SCHOOL AND CAREER

- 66% of pupils reported that they enjoyed at least half of their lessons.
- 9% reported that they didn't know if they would take any GCSEs while no-one said they didn't expect to take any.
- 44% reported that they expected to take several GCSEs and achieve good grades.
- 36% of boys and 50% of girls want to continue in full time education after leaving school.
- 29% of boys and 31% of girls from Year 10 want to find a job as soon as possible.
- 59% of pupils did homework on the evening before the survey and 18% did over an hour.
- 62% of pupils walked to school at least part of the way, 10% used a school bus and 17% travelled by car.

Significant differences between Gateshead pupils and a reference sample of schools

- ⬆ The Gateshead sample had a greater proportion of pupils who were ethnically White than did the reference sample.
- ⬆ Gateshead pupils are more likely to have tabloid newspapers at home to read than are the pupils in the reference sample.
- ⬆ More pupils from Year 10 in Gateshead score high for self-esteem than we would expect from the reference sample; they also have a greater sense of being in control of their health.
- ⬆ Smoking levels are higher among Year 10 pupils in Gateshead than among their peers in the reference sample.
- ⬆ Pupils in Year 10 in Gateshead report purchasing alcohol from an off-licence rather more often than to pupils in the reference sample, and were also more likely to drink outside. Both differences might be traced to the late time of the year that the survey was conducted.
- ⬆ Drugs education and sex and relationship education are reported as being useful by Gateshead pupils more often than in the reference sample.
- ⬆ Year 8 boys in Gateshead are more likely than their counterparts in the reference sample to report exercising hard last week and to think they are fit. This difference is not found in other year/sex groups.
- ⬆ Fewer of the homes of the Gateshead pupils have four or more bedrooms, compared with the reference sample.
- ⬆ A smaller proportion of Gateshead secondary pupils say they had at least a litre of water to drink yesterday than in the reference sample.
- ⬆ Girls in Gateshead seem less at ease with the doctor than are girls in the reference sample.
- ⬆ Boys in Gateshead are much less likely to report worrying 'a lot' about any of the problems in the list than are boys from the reference sample.

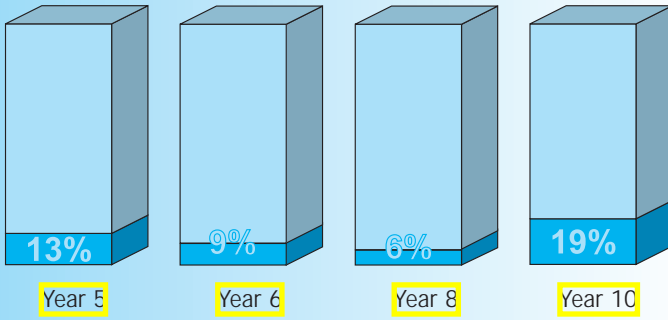
Growing up in Gateshead

Questions included in more than one phase of the survey

- These charts are just a selection of data relating to topics found in all phases and versions of the questionnaire.
- It is always interesting to see how young people change as they grow up but this analysis is also useful because it can raise some important questions for local discussion.

EMOTIONAL HEALTH & WELL-BEING

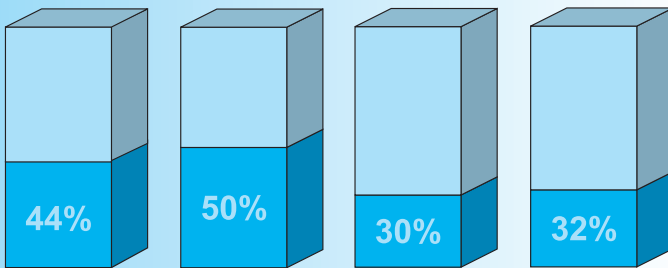
- Worry about studies 'quite a lot' or 'a lot'



Worrying about studies is highest in Year 10. This may vary at different times of year

HEALTHY EATING

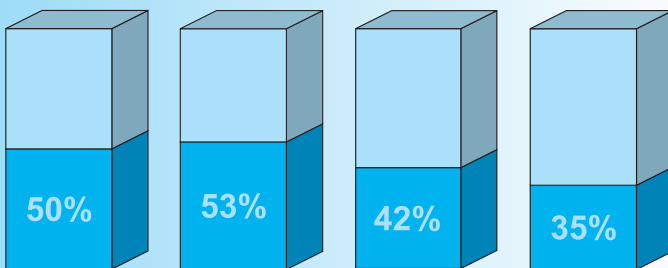
- Eat fresh fruit 'most days'



Secondary school pupils seem to eat fresh fruit less often than they did when in primary school

PHYSICAL ACTIVITIES

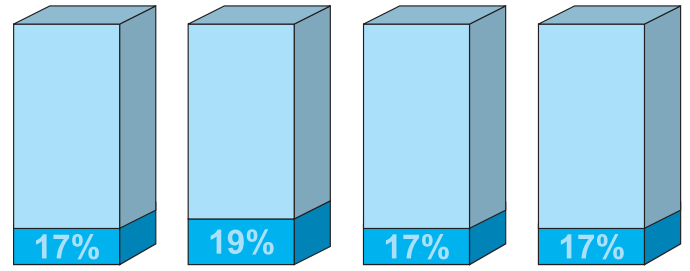
- Exercised hard last week three times or more



Vigorous exercise declines in secondary schools

SAFETY

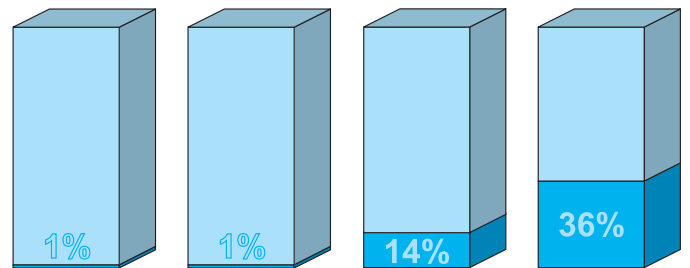
- Reports of having asthma



Asthma is reported with a fairly even frequency in all ages examined

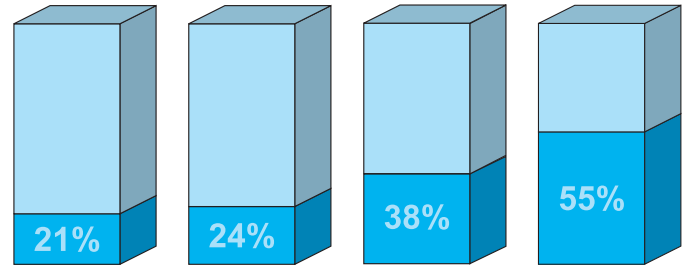
DRUGS, ALCOHOL AND TOBACCO

- GIRLS who smoked last week



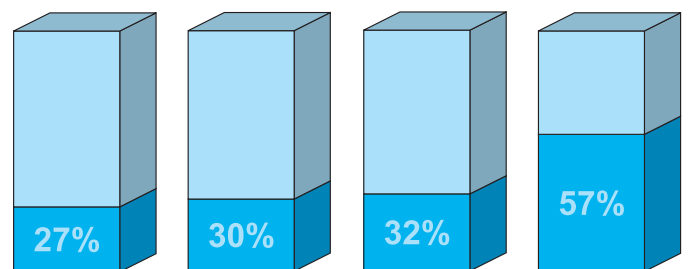
The onset of smoking is restricted largely to the secondary school age range.

- Drank last week



Drinking exceeds 50% of the sample in Year 10.

- Know a drug user



Even primary school pupils may know someone who uses drugs, but there is a jump in responses in the older secondary group.

Gateshead Pupils in 2001 and 2004

Trends

The HRBQ survey was also undertaken in Gateshead during 2001. Where appropriate, statistically significant differences are shown below (where the levels seen in the 2004 data are either 5% above or below those in the 2001 data). Different schools took part in different years however and the data should therefore be treated with a degree of caution.

PRIMARY

- ✦ Spending on snacks has risen from 31% to 38%
- ✦ The proportion of pupils who were certain they knew a drug user rose from 15% to 21%
- ✦ Self-esteem scores have gone up on average for some groups.
- ✦ There has been quite a jump in the proportion of primary school pupils who say they exercised last week three times or more: from 38% to 52%
- ✦ Playing ball games at playtime was reported by 69% of 2001 and 78% in 2004.
- ✦ A variety of common sports were reported as being practised *weekly* more often in 2004.
- ✦ Reports of accidents last year has risen from 37% to 42%.
- ✦ Talking about body changes with teachers rose from 21% to 32%, with an even more marked increase among Year 5 pupils. Contrastingly, awareness of HIV/AIDS in the primary schools has apparently fallen.
- ✦ In 2004, the pupils reported more often having talked about drugs with teachers (29% to 49%), but with parents less often (69% to 59%) ☹
- ✦ Watching videos and DVDs after school last night has risen from 28% to 43%, to some extent replacing TV and listening to music
- ✦ Doing homework last night was reported by 45% of pupils in 2001 and 20% of pupils in 2004. If SATs were looming, perhaps homework was not set so often.

SECONDARY

- ✦ More pupils score in the highest bracket of self-esteem in 2001; this is particularly true of Year 10 girls (45% vs. 36%).
- ✦ Pupils in 2004 indicate that they feel more in control of their health, with now 16% of Year 8 girls scoring in the highest bracket, compared with 9% in 2001.
- ✦ Overall, drinking prevalence is no different but there seems to be a marked increase in drinking in older girls: 63% from 51% in 2001.
- ✦ Reported use of painkillers in the last week has risen in all groups since 2001, especially Year 8 males, whose figures rose from 18% to 28%.
- ✦ There has been a marked increase from 39% to 49%, in the proportion of pupils who say they get on best with 'both mother and father' (while, if anything, the proportion who live with both mother and father has fallen).
- ✦ Perhaps unsurprisingly, the use of the Internet in various settings has gone up since 2001, and so has unsupervised use.
- ✦ The proportion of pupils getting more than £10 pocket money has risen from 15% to 26%. Perhaps as a result of this, the proportion putting money into savings has increased from 35% to 42%.
- ✦ Pupils in year 8 seem to enjoy physical activities more now: Year 8 males in 2004 who say they enjoy them 'a lot' form 67% of the group, while in 2001 the equivalent figure was 60%; the figure for girls of the same age has risen from 35% to 45%.
- ✦ The proportion of pupils who do not cycle at all has risen from 32% to 38% (year 8 girls from 26% to 39%).
- ✦ Fewer pupils currently express general dissatisfaction of their life in 2004 compared with 2001 (10% vs. 17%).
- ✦ The reported levels of worry are lower in 2004 than 2001 for a number of items in the list.
- ✦ TV watching is still popular in 2004 but the proportion reporting watching more than three hours last night has dropped from 22% to 15%.

The Way Forward – over to you

The work will be used in collaboration with our partners in:

Gateshead Council Raising Achievement
~~Gateshead Council~~ Education Development Team
Gateshead Health Improvement Plans
Health Action Zone Plans
Drug Action Team Plan
Teenage Pregnancy Action Plan
Tyne and Wear Fire and Rescue Service
Northumberland Police and the ~~Gateshead Behaviour~~
~~and Education Support Team~~
Gateshead Primary Care Trust, Health Promotion
Service
Child Health and Safety Accident prevention Strategy

Gateshead Mental Health Promotion Strategy
Gateshead Nutrition and Obesity Strategy
~~Gateshead Primary School/Primary Care Group~~
~~Initiative~~
Gateshead Physical Activity Strategy
Gateshead Healthy School Core Team, a multi-agency
group

We also hope the report will assist everyone who has contact with young people as professionals or at home by providing an up-to-date profile of the lifestyles of school pupils in Gateshead.

CREDITS

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 both statutory and voluntary agencies that support the health of young people in Gateshead.

Schools participating in 2004 included:

Bill Quay Primary School, Blaydon West Primary School, Brighton Avenue Primary School, Chopwell Primary School, Clover Hill Primary School, Fell Dyke Primary School, Greenside Primary School, Harlow Green Junior School, Heworth Grange School, Kelvin Grove Primary School, Kibblesworth Primary School, Kingsmeadow Community School, Lingey House Primary School, Marley Hill Primary School, Ravensworth Terrace Primary School, Ryton Community Junior School, South Street Primary School, St. Anne's Primary School, St. Edmund Campion RC School, St. Joseph's RC VA Primary School, St. Peter's Primary School, St. Wilfrid's RC Primary School, Swalwell Primary School, Thomas Hepburn Community School, Washingwell Primary School, Whickham School, Windmill Hills Primary School, Windy Nook Primary School, Winlaton West Lane Primary School.

CONTACT

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