

# Supporting the Health of Young People in Bath & NE Somerset (B&NES) Primary Schools

A summary report of the Health Related Behaviour Survey 2015

These results are the compilation of data collected from a sample of primary pupils, aged 8 to 11, in B&NES during the summer term 2015. This work was funded by NHS B&NES Public Health Directorate and co-ordinated by a partnership between Public Health and staff in the Local Authority School Improvement Team as a way of collecting robust information via the Health Related Behaviour Survey.

Teachers were briefed on how to collect the most reliable data and then pupils anonymously completed the questionnaire.

1653 pupils in Years 4 and 6 took part in 29 Primary schools.

A separate secondary school survey was completed in the spring term 2015 for which a report is also available.

## Comparative data

B&NES data have been compared with the SHEU wider database. A selection of some of the statistically significant differences, where the level seen in the B&NES data is either 5% above or below that in the wider SHEU database, are included on page 7. District comparisons have also been noted on page 7.

### 1653 young people aged 8 to 11 were involved in the survey

School Year	Year 4	Year 6	Total
Boys	410	465	875
Girls	368	399	767
Total	*785	*868	*1653

\*11 pupils said not sure/questioning

### Reference sample

B&NES data have been compared with the SHEU wider survey sample consisting of over 25,000 Year 6 pupils.

A selection of some of the differences, where the level seen in the B&NES data is either 5% above or below that seen in the wider SHEU data, are shown on page 7.

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

Physical Activity

Safety

School

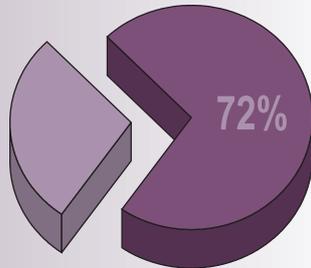
Growing up



# B&NES Primary school pupils in Years 4 and 6 (ages 8-11)

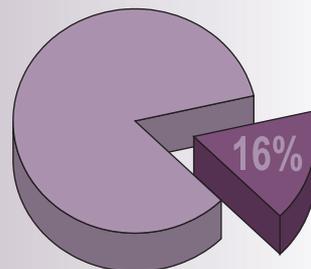
## BACKGROUND

- 87% of pupils described themselves as White British, 4% as other White and 4% mixed.
- 72% of pupils live with mum and dad together.** 13% live with mainly or only mum.
- 10% of pupils have a long standing illness, disability or special need. 8% of pupils said the school supported them at least partly with this.



## SCHOOL

- 59% of pupils enjoy 'most' or 'all' of their lessons at school.
- 16% of pupils spent time doing homework on the after school the day before the survey.**
- Year 6 pupils were asked about how well they thought their school taught them about certain subjects. Internet safety (90%) was rated highest for being taught 'fairly' or 'very' well. Followed closely by physical activity (88%) and personal safety (87%).
- The full list of subjects split into boys and girls (percentage of pupils saying 'fairly' or 'very' well):**

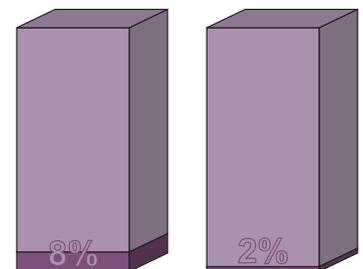
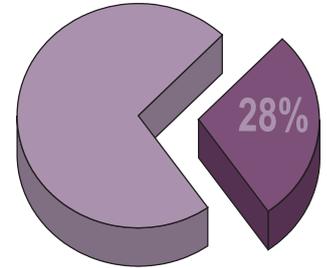


Year 6 ONLY	Boys	Girls
Internet safety	89%	90%
Physical activity	87%	91%
Healthy eating	86%	89%
Personal safety	86%	88%
Puberty & growing up	82%	88%
Emotional health & wellbeing	78%	80%
Bullying	78%	85%
Citizenship	68%	68%
Managing money	63%	68%
Drugs, alcohol & smoking	60%	70%

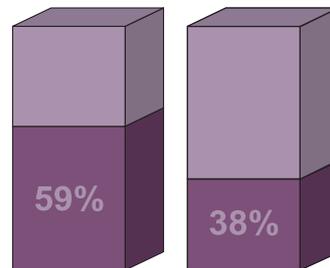
- 60% said that their achievements in school are recognised. 65% of pupils said the same about their achievements outside of school.
- 42% think their views and opinions make a difference to decisions made at school. 45% of pupils said the same about decisions made outside of school.

## HEALTHY EATING

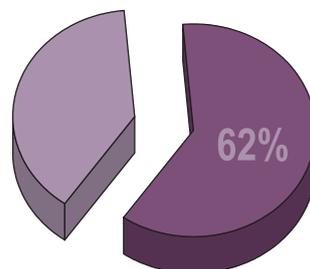
- 28% of pupils had low sugar cereal for breakfast on the day of the survey.** 22% had cereals with sugar.
- 29% of pupils had toast or bread, 11% said they had fruit for breakfast and 6% of pupils had yoghurt.
- 8% said they had nothing to eat or drink before lessons on the day of the survey.**
- 2% said that they had just a drink for breakfast.**



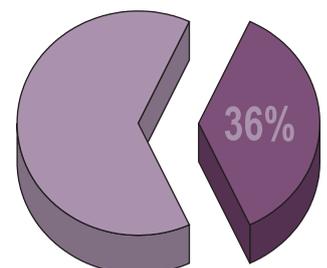
- On the day before the survey 59% of pupils reported having a packed lunch, 38% a school lunch and 1% said they did not have lunch.**



- When asked about free school meals 62% said that they did not have them.** 6% said they have them now, 2% said that they could have them if they wanted.

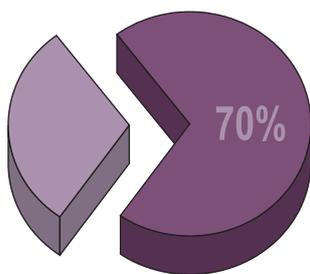


- 36% of pupils had 5 or more portions of fruit or vegetables on the day before the survey.** 4% said they had none.
- 23% of pupils drank 1-3 cups of water the day before, 34% had a litre or more. 3% of pupils had none.



## Weight

- 70% of pupils said that they were happy with their weight.



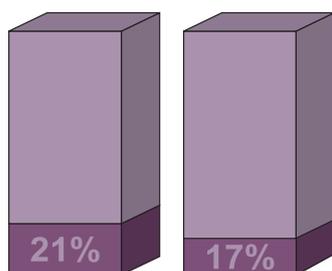
- 78% of pupils said that they feel their weight is about right. 12% of pupils preferred not to say.
- 32% of Year 6 girls would like to lose weight. 3% of Year 6 girls only had a drink for breakfast.
- 21% of Year 4 girls said that they would like to lose weight. 24% of boys said the same.
- Pupils were asked how often they eat certain foods. The most common responses for food eaten 'on most days' were:

Year 4 and 6	Boys	Girls
Vegetables	59%	66%
Fresh fruit	57%	65%
Dairy Produce	54%	57%
White bread	37%	35%
Low sugar cereal	32%	27%

- Responses to 'rarely or never' included:

Year 4 and 6	Boys	Girls
High energy drinks	74%	84%
Fizzy drinks	34%	42%
Sugary cereals	34%	40%
Wholemeal bread	32%	33%
Salads	31%	28%

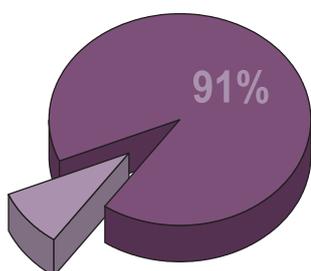
- 21% of pupils said they have crisps 'on most days'.



- 17% of pupils said that they had sweets or chocolate 'on most days'.

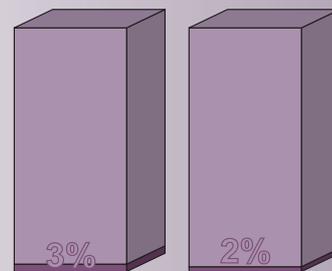
## DRUGS, ALCOHOL AND TOBACCO

### Alcohol



- 91% of Year 6 pupils reported that they have never had an alcoholic drink.

- 3% of boys and 2% of girls in Year 6 said that they drank alcohol (more than just a sip) in the last week.



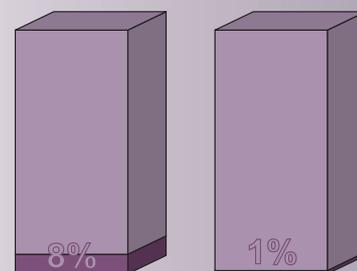
- 9% of Year 6 pupils said they have drunk alcohol. When asked if parents know about this, 2% of pupils said they do not drink alcohol. 6% said their parents 'always' know, 1% said their parents 'usually' know and 0% said their parents only 'sometimes' or 'never' know about it.
- Of those that have drunk alcohol therefore, 67% said their parents 'always' know and 11% said their parents 'usually' know about it.

### Tobacco

- 97% of Year 6 boys and 99% of Year 6 girls said that they have never smoked a cigarette.



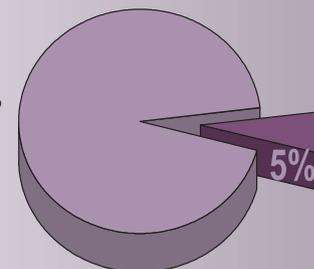
- 8% of Year 6 said they may smoke when they are older; 1% said they will.



- 15% of Year 6 pupils said that someone smokes regularly around them; 6% 'prefer not to say'.
- When asked about electronic cigarettes 3% of Year 6 pupils said that they had tried an electronic cigarette once. 1% said they had tried one more than once.

### Drugs

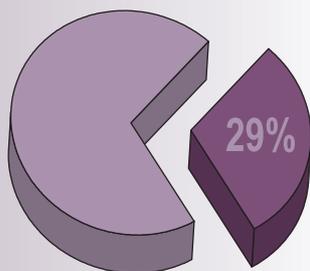
- 5% of Year 6 pupils (7% of boys and 3% of girls) said yes they know someone personally who uses illegal drugs.



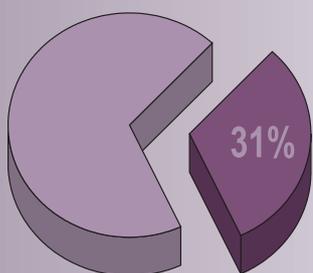
- 2% of boys and 1% of girls in Year 6 pupils have been offered cannabis; 1% of Year 6 boys and 1% of Year 6 girls have been offered other drugs.

## SAFETY including bullying

- 29% of pupils have had a serious injury in the last 12 months that was treated by a doctor or at a hospital.



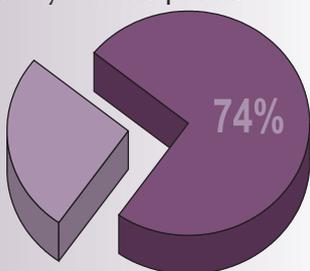
- 10% said they were at home when this accident happened and 6% said at school.
- 17% of Year 6 pupils said that they knew how to contact their school nurse.
- 22% of Year 6 said that if they wanted support, information or advice they would go to the school nurse. 6% said they did not have one.



- 31% of pupils said that they feel afraid to go to school because of bullying at least sometimes.

- 25% of pupils said that they had been bullied at school in the last 12 months. 6% said they had been bullied online or by mobile phone.
- 6% of pupils said they had bullied someone at school in the last 12 months. 2% said they had bullied someone online or by mobile phone.

- 74% of pupils said that they think their school takes bullying seriously (just 10% say no).



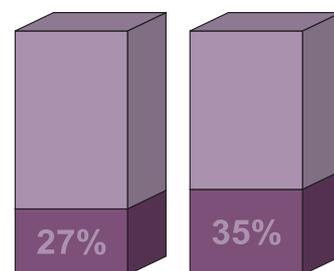
- Top reasons pupils said they were bullied for:

Year 4	Boys	Girls
The way you look	13%	19%
Size or weight	11%	9%
Because you do well in tests	6%	9%
A learning difficulty	6%	8%

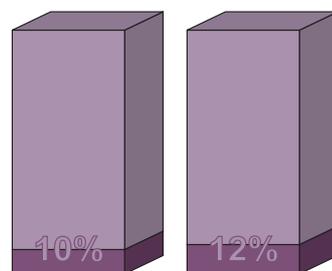
Year 6	Boys	Girls
The way you look	16%	23%
Size or weight	16%	17%
Because you do well in tests	10%	8%
A learning difficulty	5%	7%

- When asked about how safe they feel when going out during the day 92% said 'quite' or 'very' safe. 36% said the same about going out after dark and 80% said the same about using the Internet.
- 47% of pupils said that they use the Internet at least once every day.
- 64% of pupils said they use a home computer or laptop to access the Internet. 53% said they use a personal tablet and 37% said a mobile phone or smart phone.
- Pupils were asked what they used the Internet for, 62% of pupils said they use it for entertainment (e.g. iPlayer, Netflix, YouTube etc.) another 62% said that they use it to play games on their own.

- 27% of boys and 35% of girls in Year 6 use the Internet for social media (Twitter, Facebook, Instagram).



- 27% of Year 6 boys and 20% of Year 6 girls have seen adult-only pictures online. 29% of Year 6 pupils have seen images or videos that upset them.
- 10% of boys and 12% of girls in Year 6 have received a chat message that scared or upset them.

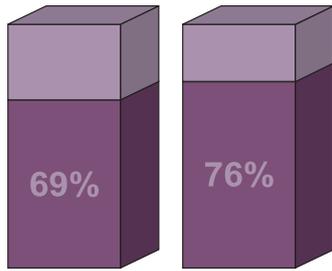


- 11% of Year 6 pupils said that they had text or sent an image that they later wished they hadn't.
- 92% say they have been told how to stay safe online.
- 76% of boys and 78% of girls said this e-safety information came from school, 47% of pupils said from their parents, 12% said from friends and 7% said online advice.
- 83% of pupils said that they had brushed their teeth the day before the survey at least twice. 2% said none.
- 55% of boys and 63% of girls try to avoid sunburn 'most of the time' or 'every time'; 12% of boys and 7% of girls said 'never'.

## EMOTIONAL HEALTH & WELL-BEING

- 72% of pupils reported that they were at least 'quite' happy with life at the moment.

- 69% of boys and 76% of girls reported that they worry about at least one problem 'quite a lot' or 'a lot'.

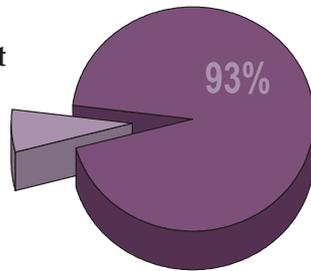


- The most commonly reported problems that pupils worry about 'quite a lot' or 'a lot' were:

Year 4	Boys	Girls	
Family	40%	SATs/tests	50%
SATs/tests	36%	Being bullied	49%
Being bullied	36%	Family	43%
Friends	34%	Friends	41%
Health	27%	Puberty and growing up	32%

Year 6	Boys	Girls	
Family	34%	SATs/tests	40%
SATs/tests	29%	Family	38%
Friends	25%	Friends	34%
Being bullied	25%	The way you look	31%
Health	22%	Being bullied	30%

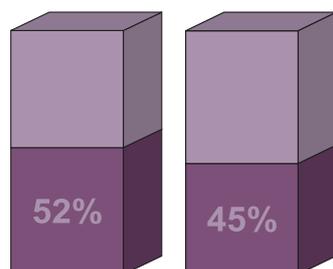
- 93% of pupils reported having at least one adult they can trust.



- Year 6 were asked what they were likely to do if they had a problem that worried them, 77% said that they would talk to an adult, 47% said they would talk to a friend and 10% said they would do nothing or keep it to themselves.

- 44% of pupils said 'When a friend wants me to do something I don't want to do... I can 'usually or always' say no. 21% said they can 'rarely' or 'never' say no.

- 40% of Year 4 boys and 52% of Year 6 boys had high self-esteem scores.



- 32% of Year 4 girls and 45% of Year 6 girls had high self-esteem scores.

## GROWING UP

- 73% of Year 4 and 65% of Year 6 pupils said that parents have talked with them about body changes as you get older.

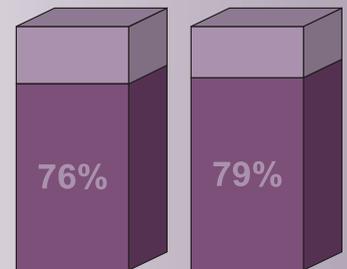
- Other people who have talked with you about body changes:

Year 4	Boys	Girls	
Teachers	24%	Teachers	22%
Other close relatives	16%	Brothers and sisters	15%
Brothers and sisters	15%	Other close relatives	14%
Friends	12%	Friends	10%
Visitors in lessons	5%	School Nurse	5%

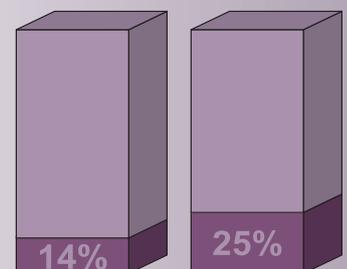
Year 6	Boys	Girls	
School Nurse	64%	School Nurse	74%
Teachers	34%	Teachers	33%
Friends	14%	Friends	17%
Other close relatives	11%	Other close relatives	10%
Brothers and sisters	11%	Brothers and sisters	10%

- 54% of Year 4 boys and 55% of Year 4 girls said that they know enough about how their body changes as they get older. 12% of Year 4 pupils said 'no'.

- 76% of Year 6 boys and 79% of Year 6 girls said that they know enough about how their body changes as they get older. 7% of Year 6 pupils said 'No'.



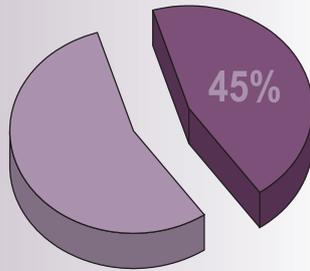
- 14% of boys and 25% of girls in Year 6 pupils said they worry 'quite a lot' or 'a lot' about puberty and growing up.



- 26% of Year 4 boys and 32% of Year 4 girls said that they worry 'quite a lot' or 'a lot' about puberty and growing up.

## LEISURE ACTIVITY

- 45% of pupils reported watching television after school on the day before the survey.

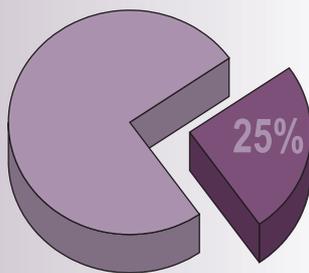


- The most commonly reported leisure activities (other than watching television) were:

Year 4	Boys	Girls
Computer games	49%	Reading a book 41%
Playing sport	41%	Caring for pets 35%
Reading a book	38%	Playing sport 33%
Playing with friends	32%	Playing with friends 31%
Caring for pets	24%	Computer games 26%

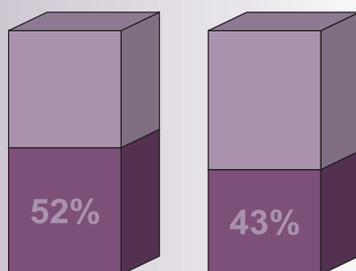
Year 6	Boys	Girls
Computer games	61%	Playing sport 45%
Playing sport	55%	Reading a book 40%
Playing with friends	42%	Playing with friends 36%
Reading a book	34%	Going on the Internet 36%
Going on the internet	30%	Caring for pets 31%

- 10% of pupils said that they spent some time after school yesterday looking after someone at home.
- 20% of pupils went to a club the night before.
- 13% of pupils said that they spent time playing an instrument the night before.
- 25% of pupils said that they spent time on the internet/social media on the night before the survey.

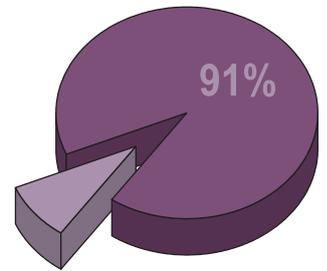


## PHYSICAL ACTIVITY

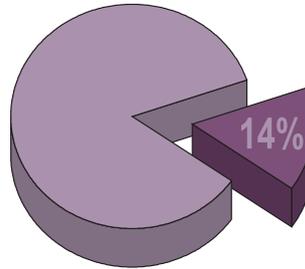
- 52% of pupils walked at least part of the way to school on the day of the survey. 43% came by car/van.



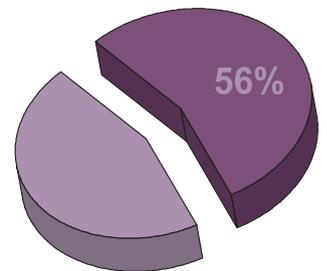
- 91% of pupils have a bike. 5% of pupils said they got to school by bike/scooter on the day of the survey.
- 49% of pupils said they at least sometimes cycle on the road.



- 14% said of pupils said that they can not cycle or are not allowed to cycle on the road.
- 47% of pupils said that they wear a safety helmet 'every time' when cycling, 34% said 'sometimes/most of the time' and 14% said 'never'.

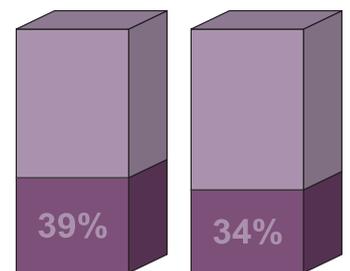


- 56% of boys said that they enjoy physical activities 'a lot'. Girls were less likely to answer positively (39%).

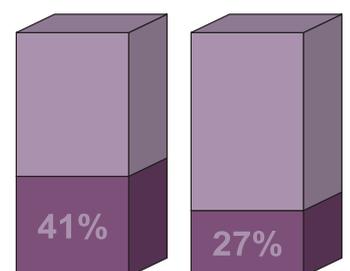


- 59% of Year 4 boys and 51% of Year 4 girls said that they had been active for at least 60 minutes on 5 days or more in the week before the survey. 67% of Year 6 boys and 56% of Year 6 girls said the same.
- 3% of pupils said that there were no days last week where they did exercise for more than 60 minutes.

- 39% of boys and 34% of girls in Year 4 reported exercising enough to make them breathe harder five days or more in the previous week.



- 41% of boys and 27% of girls in Year 6 reported exercising enough to make them breathe harder five days or more in the previous week.



- 6% of pupils said they did no physical activity that made them breathe harder the previous week.

## Locality differences

B&NES data have been broken down into localities: Bath, Keynsham & Chew Valley, and Norton Radstock to look for differences. In most cases, locality data are very similar to the wider B&NES data but the following are a selection of statistically significant differences (B&NES in brackets) :

### BATH LOCALITY

- ↘ 83% (87%) of pupils described themselves as White British.
- ↘ 24% (28%) of pupils responded that their teachers have talked with them in school lessons about how their body changes as they grow up.
- ↘ 39% (43%) of pupils responded that they travelled to school by car or van on the day of the survey.

### KEYNSHAM & CHEW VALLEY

- ↗ 47% (28%) of pupils responded that their teachers have talked with them in school lessons about how their body changes as they grow up.
- ↘ 49% (59%) of pupils responded that they ate a packed lunch on the day before the survey.

- ↗ 47% (38%) of pupils responded that they ate a school lunch on the day before the survey.
- ↗ 93% (87%) of pupils described themselves as White British.
- ↗ 52% (43%) of pupils responded that they travelled to school by car or van on the day of the survey.
- ↘ 44% (52%) of pupils responded that they walked to school on the day of the survey. 79% (72%) of pupils responded that they live with their mum and dad together.
- ↘ 51% (59%) of pupils responded that they were active for at least 60 minutes on five days or more in the week before the survey.
- ↗ 20% (15%) of pupils responded that they feel their views and opinions do not make a difference to decisions at school.

### NORTON RADSTOCK

- ↗ 93% (87%) of pupils described themselves as White British.
- ↗ 79% (68%) of Year 6 pupils responded that their school has taught them about citizenship 'fairly' or 'very' well.
- ↗ 24% (18%) of pupils responded that they cycle on the road 'at least once a week' or 'every day'.
- ↗ 71% (61%) of Year 6 pupils responded that they do not know how to contact the school nurse.
- ↘ 22% (28%) of pupils responded that their teachers have talked with them in school lessons about how their body changes as they grow up.
- ↗ 29% (23%) of pupils responded that they 'rarely or never' eat fish or fish products (e.g. fish fingers).
- ↘ 67% (72%) of pupils responded that they live with their mum and dad together.

## Differences between the B&NES 2015 survey and the SHEU reference sample

In most cases B&NES data are very similar to the wider SHEU data (in brackets) but there are some interesting differences to note:

N.B. Just Year 6 data is used for comparison

69% (54%) of Year 6 pupils said they have vegetables 'on most days'.

35% (27%) of Year 6 pupils said they had at least 5 portions of fruit and vegetables the day before.

29% (23%) of Year 6 pupils had toast or bread for breakfast on the day of the survey; 10% (4%) had fruit.

55% (48%) of Year 6 pupils walked to school on the day of the survey.

63% (51%) of Year 6 pupils said they had a packed lunch the day before.

91% (96%) of Year 6 pupils said they won't smoke when they are older.

5% (13%) of Year 6 pupils said that they know someone who uses illegal drugs.

68% (40%) of Year 6 pupils said that they wear a safety helmet when cycling 'most of the time' or 'every time'.

65% (82%) of Year 6 pupils said that they have talked with their parents about body changes and growing up; 34% (42%) said this of teachers.

96% (83%) of Year 6 pupils said they know how to stay safe online.

88% (77%) of Year 6 pupils described themselves as White British.

5% (11%) of Year 6 pupils said they are a 'young carer'.

49% (40%) of Year 6 pupils recorded levels of high self-esteem.

# The Way Forward - over to you

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 B&NES'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 Director of Public Health Award.

## ***B&NES Schools who took part in the survey:***

Bathampton Primary School  
Bathwick St. Mary CE Primary School  
Bishop Sutton Primary School  
Chandag Junior School  
Chew Stoke Church School  
Combe Down CE Primary School  
East Harptree CE VC Primary School  
Farmborough CE VC Primary School  
Farrington Gurney CE Primary School  
Longvernal Primary School  
Oldfield Park Junior School  
Peasedown St. John Primary School  
Pensford Primary School  
Saltford CE Primary School  
St. John's Catholic Primary School  
St. John's CE Primary School  
St. Julian's CE Primary School  
St. Keyna Primary School  
St. Martin's Garden Primary School  
St. Mary's CE Primary School  
St. Michael's CE Junior School  
St. Philip's CE Primary School  
St. Saviour's CE Junior School  
St. Stephen's CE Primary School  
Stanton Drew Primary School  
Welton Primary School  
Weston All Saints CE Primary School  
Whitchurch Primary School  
Widcombe CE Junior School

## ***For further information about the survey contact:***

### **Jo Lewitt**

Commissioning and Development Manager,  
Children and Young People, Public Health,  
Bath & North East Somerset Council  
Tel: 01225 39 4063  
E-mail Jo\_Lewitt@BATHNES.GOV.UK

### **Kate Murphy**

PSHE & Drug Education Consultant  
Bath & North East Somerset Council  
School Improvement and Achievement Service  
Tel: 01225 394502  
E-mail Kate\_Murphy@BATHNES.GOV.UK

### **Judy Allies**

Director of Public Health Award Coordinator  
Bath & North East Somerset Council  
School Improvement and Achievement Service  
Tel: 01225 394487  
E-mail Judy\_Allies@BATHNES.GOV.UK

**The Schools Health Education Unit**

**Tel: 01392 667272**

**[www.sheu.org.uk](http://www.sheu.org.uk)**

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