

# Wiltshire Children and Young People's Health and Wellbeing Survey 2015: Healthy Lifestyles

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## Part of the JSA family



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## Background

The Wiltshire Children and Young People's Health and Wellbeing Survey aims to develop a better understanding of Wiltshire's children and young people's experiences of life, both inside and outside school. The survey helps schools to identify areas for improvement and address particular issues raised by their own pupils and to provide evidence to influence future services provided by Wiltshire Council and their partners that improve the health and wellbeing of our young people. It was commissioned by Wiltshire Council and carried out by Foster and Brown Research Limited.

All schools in Wiltshire were invited to take part in the voluntary survey, which was carried out from January to April 2015. The questionnaire was completed online by pupils in year groups 4, 5, 6, 8, 10 and 12. There were three versions of questionnaire designed separately for primary, secondary and Year 12/FE college pupils, plus a version for children and young people with special educational needs. The questions covered a wide range of aspects of young people's lives, these were healthy lifestyles, learning experience, relationships, wellbeing, safety, aspirations and support requirements. The survey was carried out in 64 schools and colleges across Wiltshire in 19 of the 20 community areas, and 6,912 pupils completed the survey.

The large number of children and young people involved means that we can have confidence that the responses are representative of Wiltshire's children and young people. The survey was designed online and took advantage of the additional capabilities online surveys bring including accurate sliding response questions and presenting questions to a respondent based on their previous answers. It is planned that the survey will be repeated in 2017 and it will be run as an on-going partnership project every 2 years. This approach allows us to track how behaviours are changing over time. Schools have been given access to their own data, which they can compare to a County average. This means that they can make informed decisions about how to support the health and wellbeing needs of their pupils, and also use the data to monitor the impact of interventions.

This report provides detailed findings surrounding healthy lifestyles from the survey. Where possible comparisons have been made based on the results from the Wiltshire survey to two recent national reports that consider similar themes providing a useful benchmark. A number of other topic reports based on survey findings have been published surrounding emotional health and wellbeing, risky behaviours, and feelings of safety.

The report starts by providing a single page summary of the results. After which detail is given about the demographic of the respondents and then all questions directly relating to Healthy Lifestyle are presented graphical and with short descriptive text.

## Summary

### Physical activity

NHS guidelines advise at least 60 minutes of exercise a day for people between the ages of 5 and 18 years old. The results from the survey show that [46% of primary school respondents, 52% of secondary school respondents and 32% of post-secondary school respondents reported being physically active 6 or more hours a week](#). Males in all school phases undertake more physical activity than the females.

[60% of secondary school respondents and 43% of post-secondary school respondents felt they do enough exercise quite often or always to keep themselves healthy](#). A higher proportion of males than females in both the secondary and post-secondary school sample felt they do enough exercise.

[Around a third of respondents from both the secondary school \(34%\) and post-secondary school \(29%\) suggested that they felt there was something that could help them do more exercise](#). The most prominent theme was a desire for a more varied selection of clubs and activities outside and inside the school setting. More local facilities such as an athletics pitch, climbing wall, tennis courts or gym were often requested. The cost of exercise was often given as a barrier to exercise. Additionally, pupils often reported that they lacked the time to undertake additional exercise and that school work is too much of a burden for them to undertake additional exercise.

### Diet

[Breakfast consumption appears to reduce with school phase. 75% of primary school respondents had breakfast every morning](#). This fell to 50% of the secondary school sample and 33% of the post-secondary school sample. A higher percentage of males reported eating breakfast every morning than females across all school phases. All the vulnerable groups in the secondary school sample had lower proportions of respondents than the Wiltshire average. This is also true for the post-secondary school sample except for those from families with a parent/carer who is in the military (military carer).

[The mean fruit and vegetable consumption per day was reported as 3.6 in primary school, 3.4 in secondary school and 2.8 in post-secondary school, implying a reduction in consumption with the progression of school phases](#). A smaller proportion of males appear to eat fruit and vegetables than females. All vulnerable groups in the post-secondary school sample have a slightly smaller proportion of those who eat portions of fruit and vegetables 3 or 4 times a week than the Wiltshire average.

[A large proportion of respondents from primary school and secondary school reported eating snacks once a day \(39% and 43%\)](#). In the post-secondary school sample 38% of the respondents reported eating a snack 3 times a day. A larger proportion of males than females reported eating snacks 3 or more times a day in all the school phases. Most vulnerable groups (except for those with a military carer) appear to have a higher proportion of those who eat snacks more often than the Wiltshire average.

[Nearly 50% of primary school and secondary school respondents reported drinking fizzy drinks once a week](#). In the post-secondary school sample this falls to 39% and more frequent options such as 3 times a day and 5 or more times a day increase. 24% of the post-secondary sample reported drinking fizzy drinks 3 or more times a day.

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## Response demographic

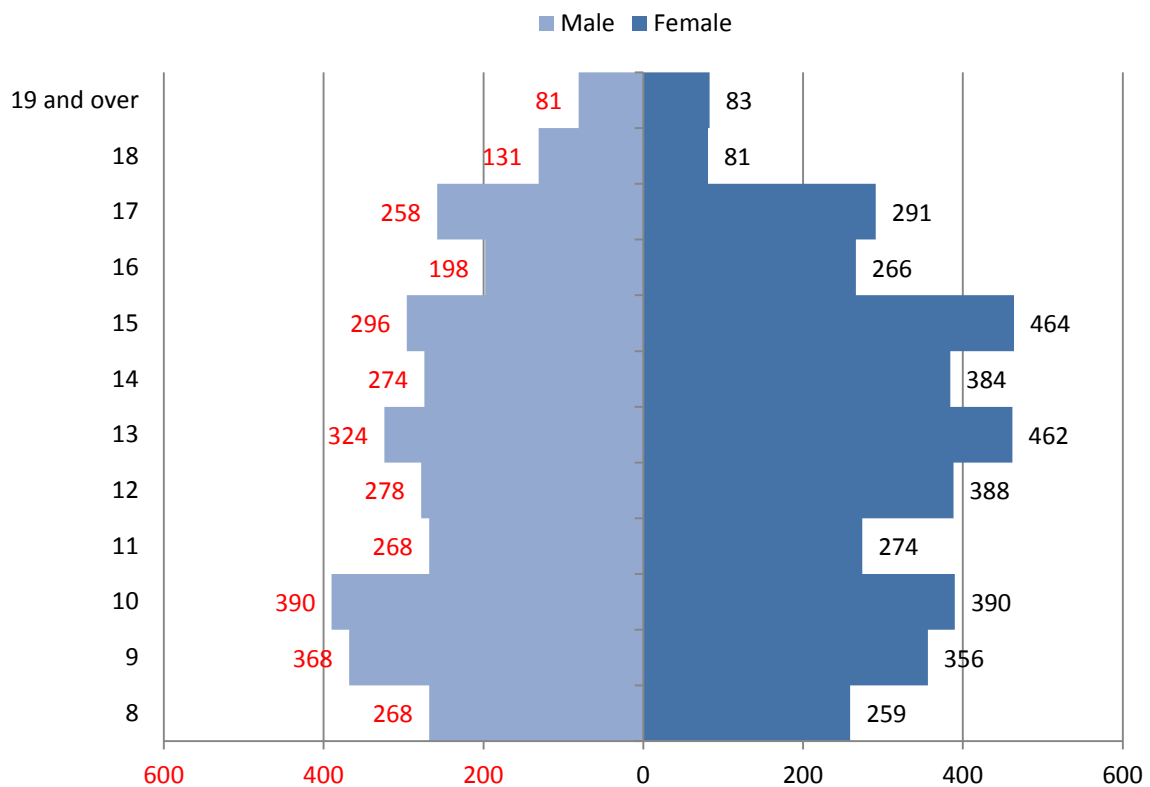
Nearly 7,000 respondents completed the survey. Table 1 provides a breakdown of what year groups these respondents came from.

**Table 1: Overall response**

Education level	Primary school				Secondary school			Post-secondary school	Total
	Year 4	Year 5	Year 6	Total	Year 8	Year 10	Total		
Number	1073	445	1098	2616	1462	1444	2906	1390	6912

Age and gender information was collected from the respondents and this has been presented in a population pyramid in figure 1.

**Figure 1: Survey response population pyramid**



The vast majority of responses in all school types were White British. Of the minority groups no single category was large enough to be representative. When compared to the most recent ethnicity information from the 2011 census the survey has a lower proportion of respondents claiming to be white British (92% of 0-19 year olds reporting being White British in the 2011 census). This could be a reflection of a more diverse ethnic group responding to the survey or an impact of the non-respondents to the question potentially being White British.

**Table 2: Ethnicity**

	Primary school		Secondary school		Post-secondary school	
White British	2245	86%	2471	85%	1238	89%
Refused/non response	180	7%	87	3%	27	2%
Other	191	7%	348	12%	125	9%

The vast majority of respondents lived with their parents (95%). The percentage does drop with school type with 98% of primary school respondents living with their parents and 91% of post-secondary school adults living with their parents.

In the 2015 Wiltshire school census 10% of primary school, 6% of secondary school and 7% of post-secondary school pupils reported having a carer in the military. Similar proportions were seen in the survey respondents. A decreasing trend could be seen in the percentage of children with military parents and the school type as seen in table 3. 12% of Primary school children had military parents, this fell to 9% in secondary school and 6% in post-secondary school. This could be a sign that the carer has exited the forces by this time or that less children with a military carer go onto post-secondary school education.

**Table 3: Military carers**

	Primary school		Secondary school		Post-Secondary school	
Military carer	301	12%	246	9%	89	6%
Non-military carer	2299	88%	2641	91%	1288	94%

Few respondents reported having a social worker (table 4). The highest proportion of children with a social worker was in Primary school 6.4%.

**Table 4: Social worker involved**

	Primary school		Secondary school		Post-secondary school	
Have a social worker	165	6.4%	114	3.9%	52	3.8%
No social worker	2421	93.6%	2774	96.1%	1330	96.2%

Very few respondents (1.4%) reported being a child in care or a looked after child or a fostered child.

In the 2015 Wiltshire school census 17% of pupils in primary school, 17% of secondary school and 6% of post-secondary school pupils are classified as having a special education need or disability. 11% of primary school pupils, 9% of secondary school pupils and 12% of post-secondary school pupils from the survey reported having a disability or SEN classification.

**Table 5: Special Educational Needs and/or disabled**

	Primary school		Secondary school		Post-secondary school	
<b>SEN&amp;D</b>	293	11%	262	9%	165	12%
<b>Non-SEN&amp;D</b>	2323	89%	2644	91%	1225	88%

In the 2015 Wiltshire school census 9% of pupils in primary school, 8% of secondary school and 2% of post-secondary school pupils are offered free school meals. 10% of primary school pupils, 8% of secondary school pupils and 9% of post-secondary school pupils knew they were eligible for free school meals in the survey sample.

**Table 6: Free School Meals**

	Primary school		Secondary school		Post-secondary school	
<b>Eligible</b>	245	10%	235	8%	122	9%
<b>Not eligible</b>	1842	74%	2232	78%	1019	79%
<b>Didn't know</b>	418	17%	380	13%	149	12%

Supporting young carers is important. To help understand a young carers needs respondents were asked whether they were young carers. In the survey there were over 200 young carers (table 7). When compared to the most recent information from the 2011 census a much larger proportion of respondents from the survey reported providing unpaid care. The 2011 census reports that 1% of 0-15 year olds and 4% of 16 to 24 year olds provide unpaid care.

**Table 7: Young carer**

	Secondary school		Post-secondary school	
<b>Yes</b>	181	7%	64	5%
<b>No</b>	2533	93%	1272	95%
<b>Total</b>	2714		1336	



## Results

30 figures are presented on the following pages describing the results of over 12 questions. All results are broken into school phase; primary, secondary or post-secondary. For many of the questions gender and vulnerable groups comparisons are presented. The data is broken down into certain groups of people as there is evidence to show that these groups are more likely to experience health inequalities than others. A health inequality is generally regarded as being the health outcome difference observed between and within communities. The differences are not inevitable, but things we can work to change (Marmot, 2005). The vulnerable groups included in this report are those reportedly receiving free school meals, those with a parent or carer in the military, those reportedly caring for someone and those reporting to have a special education need or disability. The questions have been broken down into two sections physical activity and diet.

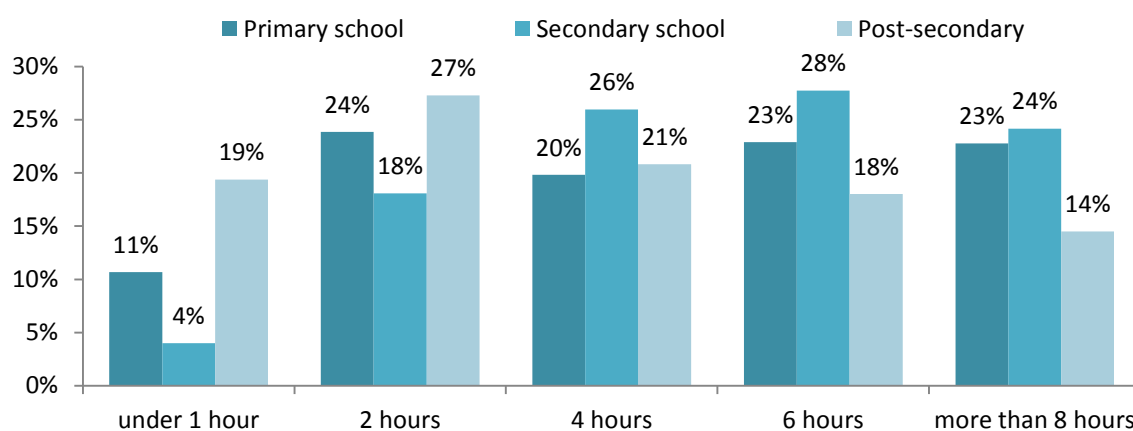
Throughout this document we have highlighted findings from National reports that have asked similar questions. Caution must be used when comparing to other sources of data as subtle difference in the questions, choices for answers and populations who answered, can lead to comparisons that are misleading.

### Physical Activity

It is recommended that children between 5 and 18 years old exercise for at least 60 minutes every day. Figure 2 shows the reported hours of physical activity performed by respondents. 46% of primary school respondents, 52% of secondary school respondents and 32% of post-secondary school respondents reported being physically active 6 or more hours a week.

What about YOUth? is a national survey collecting health behaviours of 15 year olds across England<sup>1</sup>. Nationally 13.9% of 15 year olds reported being physically active for at least one hour per day seven days a week. The question asked in the local survey does not perfectly reflect that asked by the national survey but 24% of secondary school respondents did more than 8 hours of activity a week.

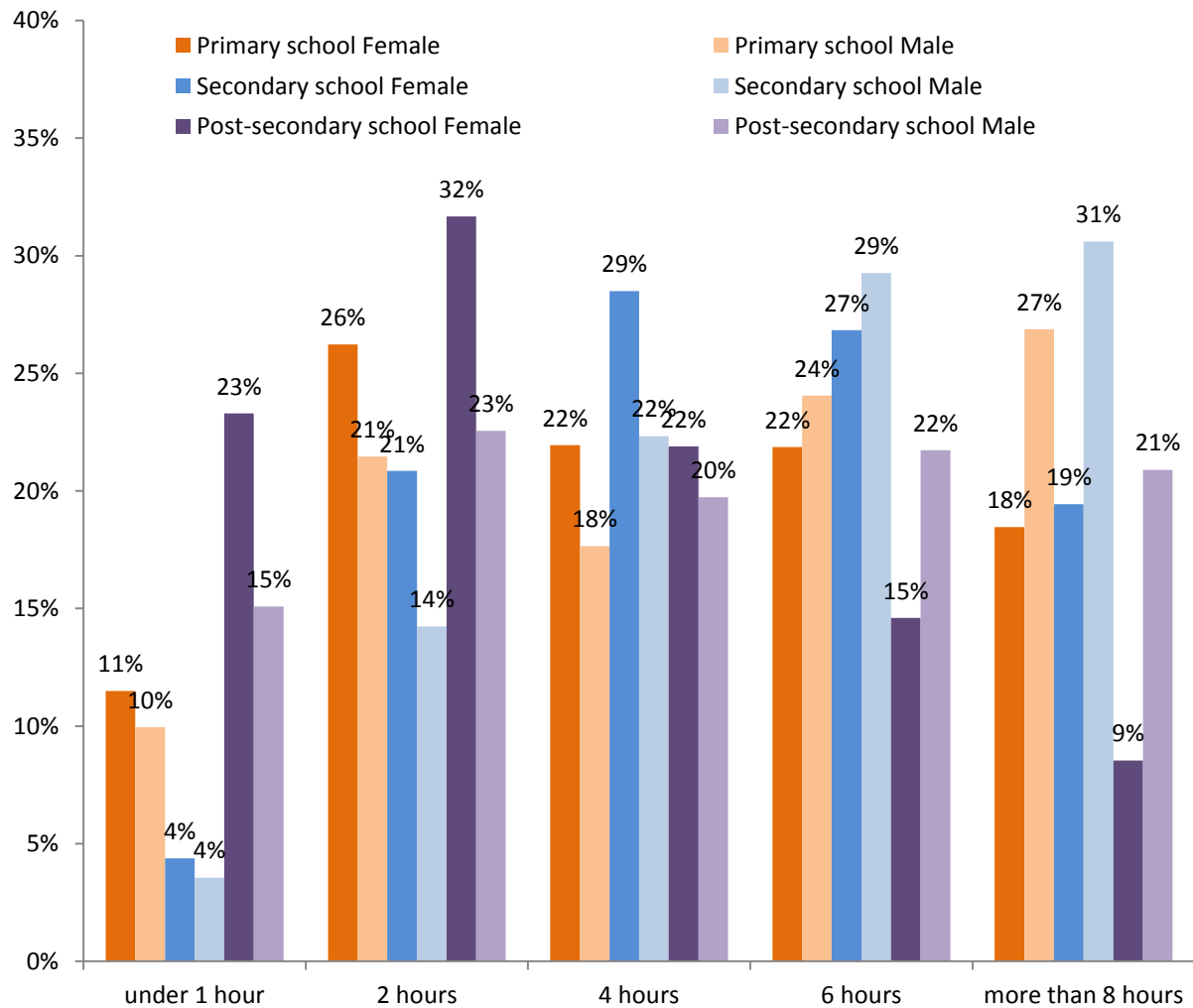
**Figure 2: Q2.1 About how much physical activity or play do you do over the week (in and out of school)**



<sup>1</sup> <http://fingertips.phe.org.uk/profile/what-about-youth>

Figure 3 shows some dramatic differences in the amount of physical activity undertaken between the genders. Males in all school settings undertake more physical activity than the females. For example, 19% of secondary school females reported that they did 8 hours or more of exercise a week compared to 31% of males.

**Figure 3: Q2.1 About how much physical activity or play do you do over the week (in and out of school) BY GENDER**



In the primary school sample the vulnerable groups appear to take part in physical activity for a shorter duration per week than the Wiltshire average (figure 4). Less than 40% of the SEN&D, military and FSM pupils reported performing physical activity for 6 hours or more whereas the Wiltshire average was 46%. The SEN&D and FSM pupils in the secondary school sample also appeared to have meaningfully lower proportions of those who took part in physical activity (48% and 46% compared to 52%). In the post-secondary school sample FSM pupils are the only vulnerable group with a meaningfully lower percentage of physical active respondents (28% compared to 33%). The post-secondary sample also saw the pupils with a military carer being more active than the Wiltshire average (39% compared to 33%).

**Figure 4: Q2.1 About how much physical activity or play do you do over the week (in and out of school) Vulnerable groups**

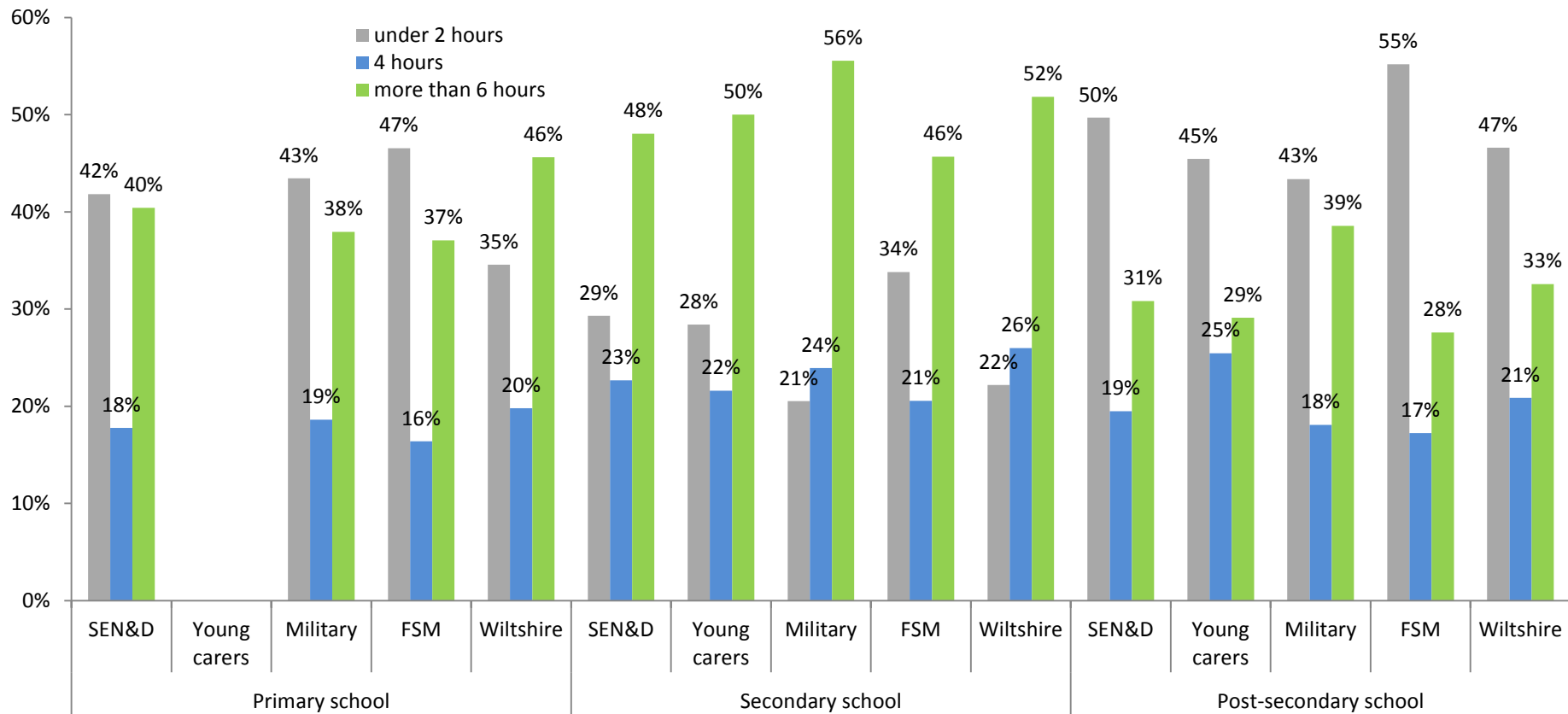
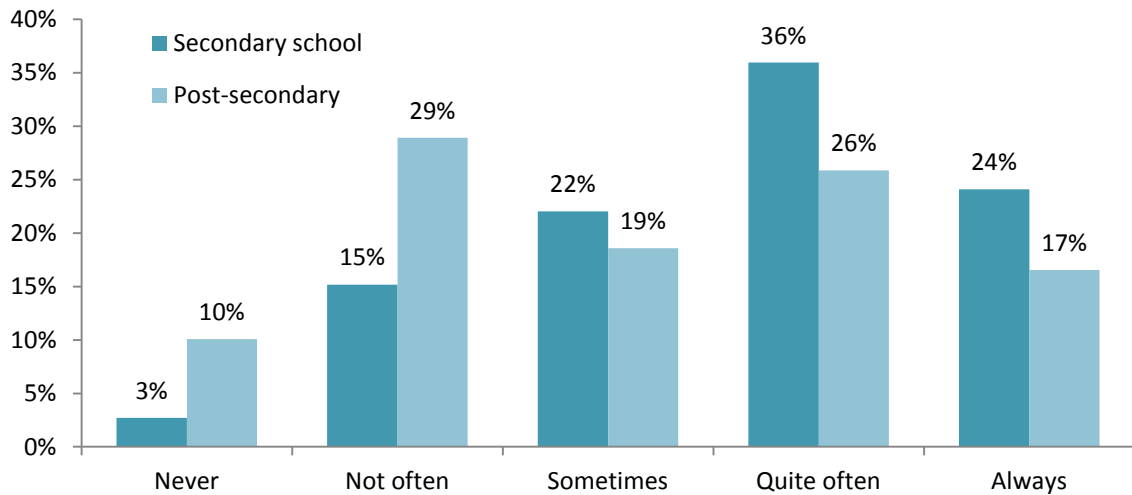


Figure 5 shows that 60% of secondary school respondents and 43% of post-secondary school respondents felt they do enough exercise quite often or always to keep themselves healthy. When combined with the results from figure 2 and the recommendations, it would appear that at least an additional 8% of secondary school respondents and 11% of post-secondary school respondents feel they are exercising enough to be healthy than the recommendations would suggest.

**Figure 5: Q2.6; Do you feel you do enough exercise to keep you healthy?**



A higher proportion of males than females in both the secondary and post-secondary school sample felt they do enough exercise (figure 6). 69% of secondary school and 54% of post-secondary school males felt they did enough exercise compared to 56% and 29% females. This is understandable when compared to figure 3.

**Figure 6: Q2.6; Do you feel you do enough exercise to keep you healthy? By Gender**

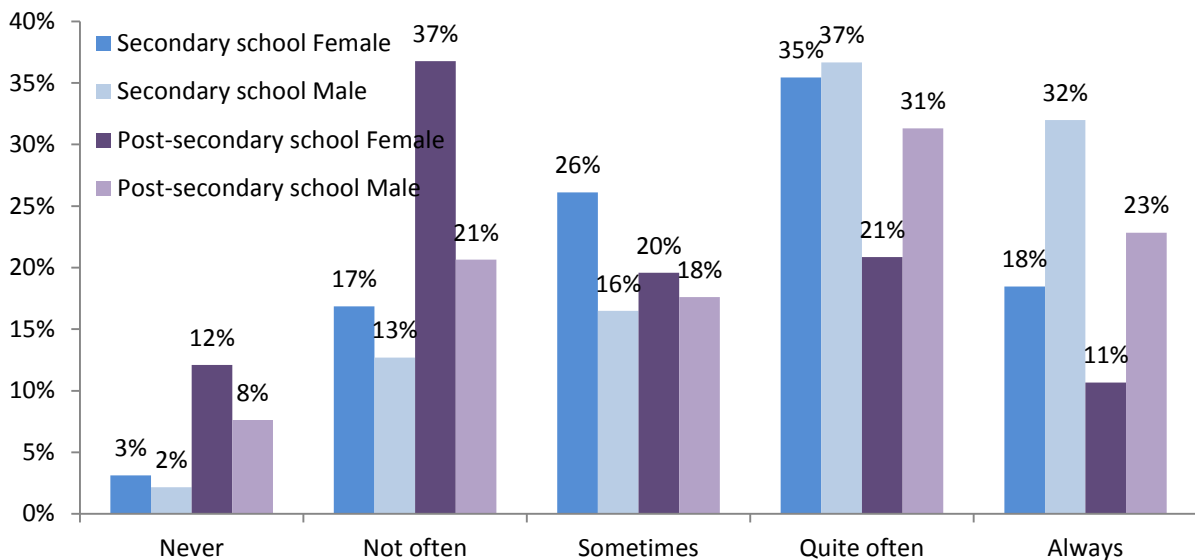
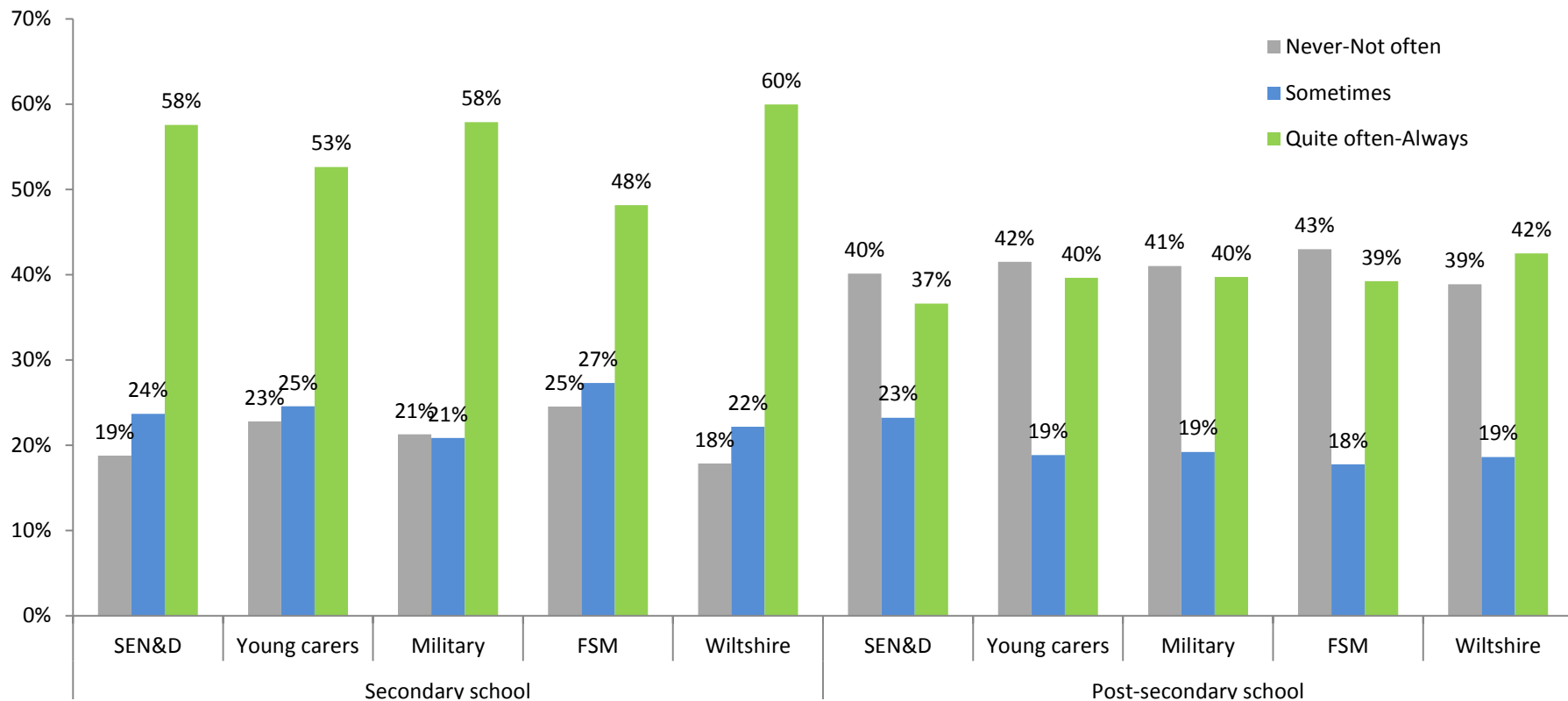


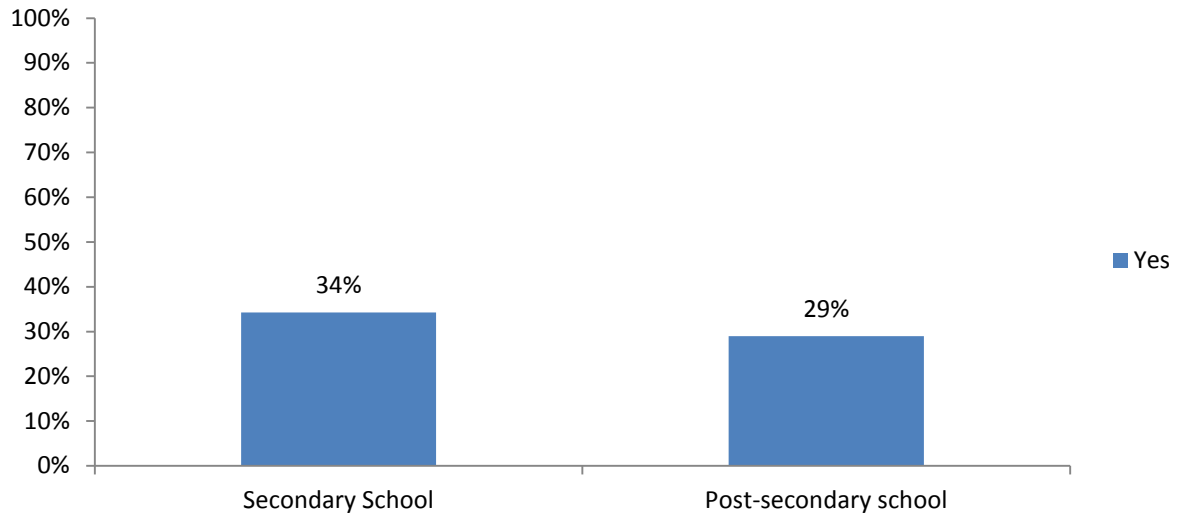
Figure 7 shows that differences between the vulnerable groups and the Wiltshire average do exist. In secondary school a smaller proportion of young carers and the FSM respondents felt they did enough exercise to keep them healthy than the Wiltshire average (53% and 48% compared to 60%). In the post-secondary school sample SEN&D respondents less frequently reported feeling they did enough exercise to keep them healthy than the Wiltshire average (37% compared to 42%). When comparing the results to figure 4 a larger proportion of secondary school SEN&D pupils feel they do enough exercise than recommendations would suggest (10%). Similarly, an additional 11% of the young carers and free school meal respondents reported feeling they did enough exercise than recommendations would suggest.

**Figure 7: Q2.6; Do you feel you do enough exercise to keep you healthy? Vulnerable groups**



Around a third of respondents from both the secondary school (34%) and post-secondary school (29%) suggested that they felt there was something that could help them do more exercise (figure 8).

**Figure 8: Q2.7; Is there anything that would help you do more exercise?**



Over 1000 pupils provided additional text answering the question **2.8 (Please tell us what would help you do more exercise)**. The most prominent theme from the responses was a desire for a more varied selection of clubs and activities outside and inside the school setting. Some went as far as to say there should be more time in school dedicated to PE and that PE should be offered in post-secondary school. More local facilities such as an athletics pitch, climbing wall, tennis courts or gym was often requested. The cost of exercise was often given as a barrier to exercise. Additionally, pupils often reported that they lacked the time to undertake additional exercise and that school work is too much of a burden for them to undertake additional exercise.

## Diet

Breakfast consumption appears to reduce with school phase (figure 9). 75% of primary school respondents had breakfast every morning. This fell to 50% of the secondary school sample and 33% of the post-secondary school sample.

The British Nutrition Foundation conducted a survey in 2015<sup>2</sup> that found that 24% of secondary school children did not have breakfast on the day of the survey. The question asked in the local survey does not perfectly reflect that asked by the national survey making a direct comparison of the results difficult.

**Figure 9: Q1.1; Do you usually eat Breakfast?**

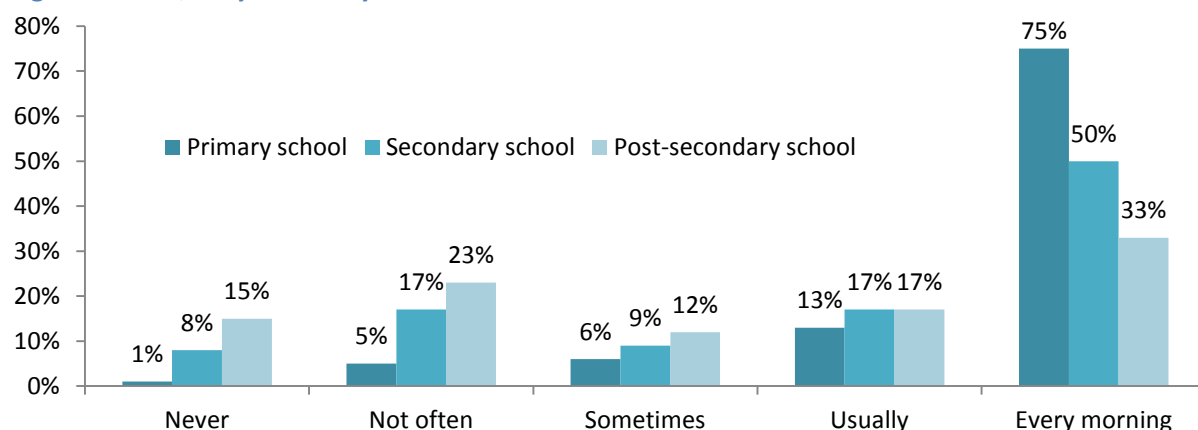
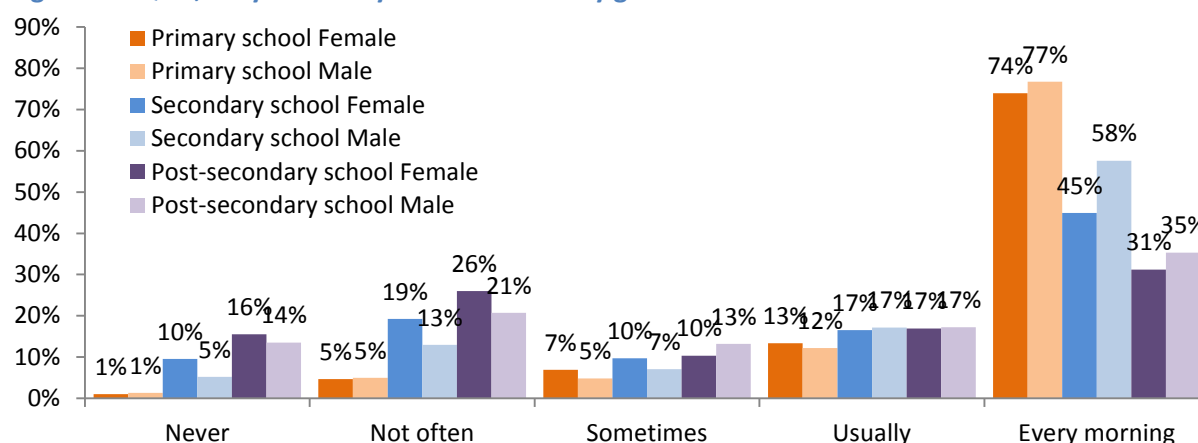


Figure 10 appears to show a slight gender difference as a higher percentage of males reported eating breakfast every morning than females across all school phases. The difference is most prominent in the secondary school sample with 58% of males compared to 45% of females having breakfast every morning.

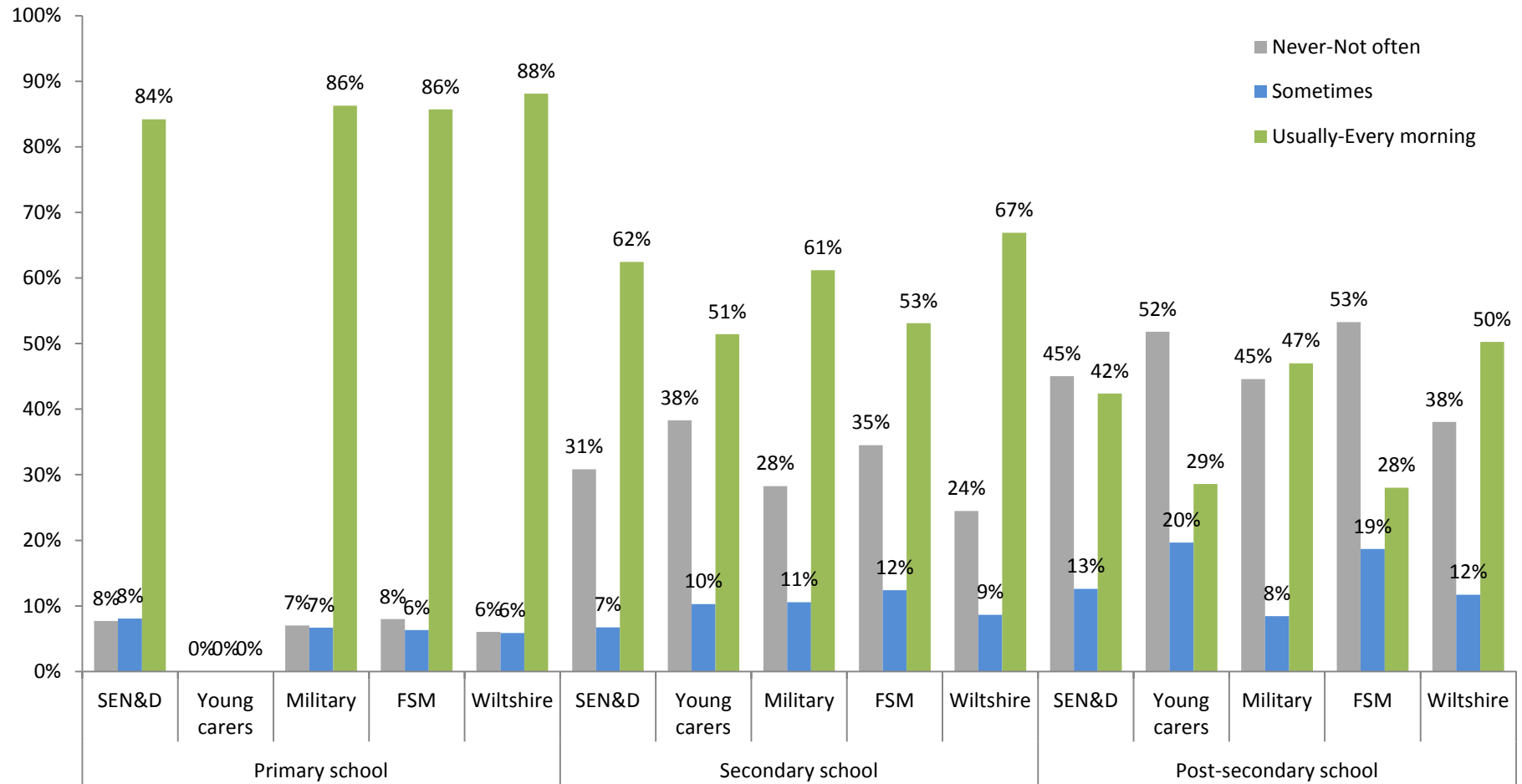
**Figure 10: Q1.1; Do you usually eat Breakfast? By gender**



<sup>2</sup> <https://www.nutrition.org.uk/nutritioninthenews/pressreleases/a-quarter-of-uk-secondary-school-children-have-no-breakfast.html>

Vulnerable groups in primary school did not have meaningfully lower proportions of respondents who usually or every morning had breakfast (figure 11). However, all the vulnerable groups in the secondary school sample had lower proportions of respondents than the Wiltshire average. This is also true for the post-secondary school sample except for those with a military carer.

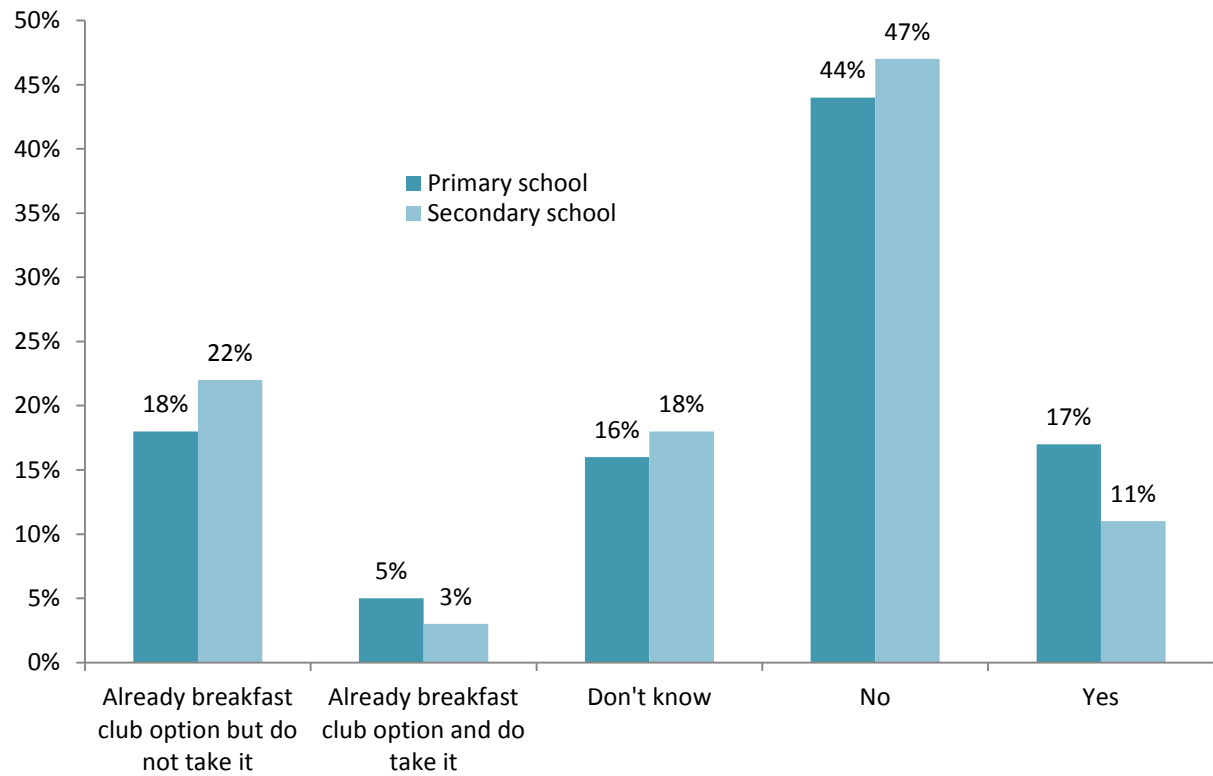
**Figure 11: Q1.1; Do you usually eat Breakfast? Vulnerable groups**





Nearly 1 in 5 primary school respondents and 1 in 10 secondary school respondents would be interested in eating breakfast at school if it was provided (figure 12).

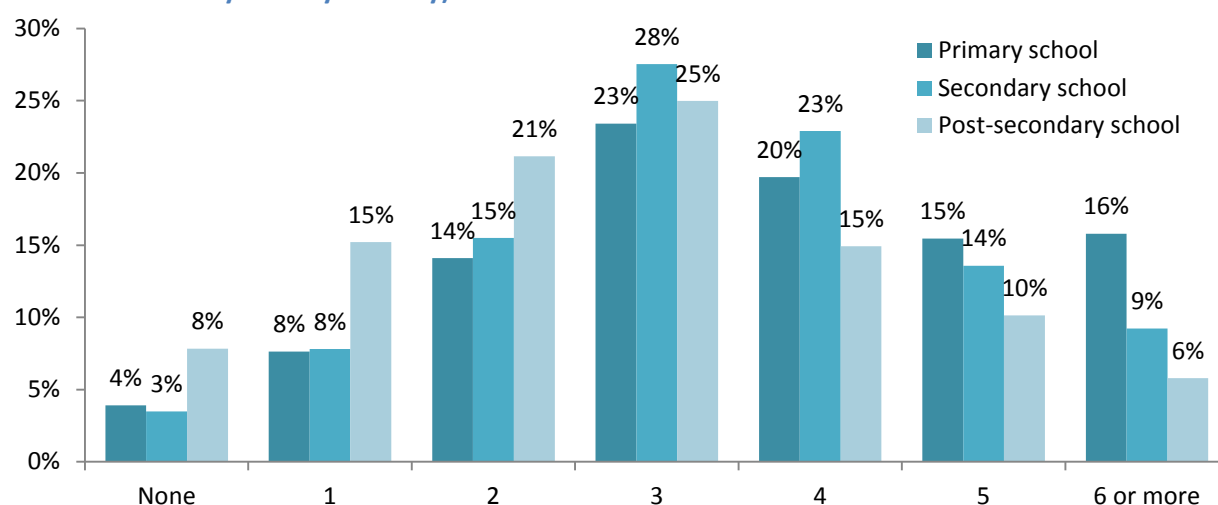
**Figure 12: Q1.1; Would you be interested in eating breakfast at school if it was provided?**



It was common for respondents from each of the school samples to report having 3 fruits and vegetables a day (figure 13, 23% in primary, 28% in secondary and 25% in post-secondary). The mean fruit and vegetable consumption per day was reported as 3.6 in primary school, 3.4 in secondary school and 2.8 in post-secondary school, implying a reduction in consumption with the progression of school phases.

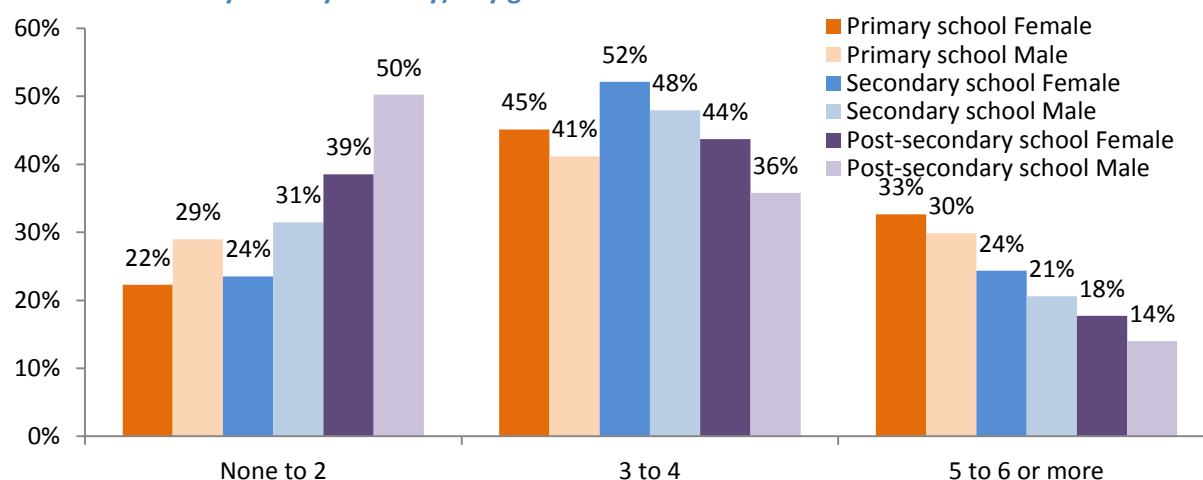
What about YOUth? is a national survey collecting health behaviours of 15 year olds across England<sup>3</sup>. Nationally 52.4% of 15 year olds eat 5 portions or more of fruit and vegetables per day. The question asked in the local survey does not perfectly reflect that asked by the national survey that being said the local results show that 23% of secondary school respondents ate 5 or more portions of fruit and vegetables a week.

**Figure 13: Q1.2; How many portions of fruit and vegetables do you generally eat a day (think about how much you ate yesterday)?**



A smaller proportion of males appear to eat fruit and vegetables than females (figure 14). For example, 71% of the male primary school sample eats 3 or more portions of fruit and vegetables compared to 78% of females.

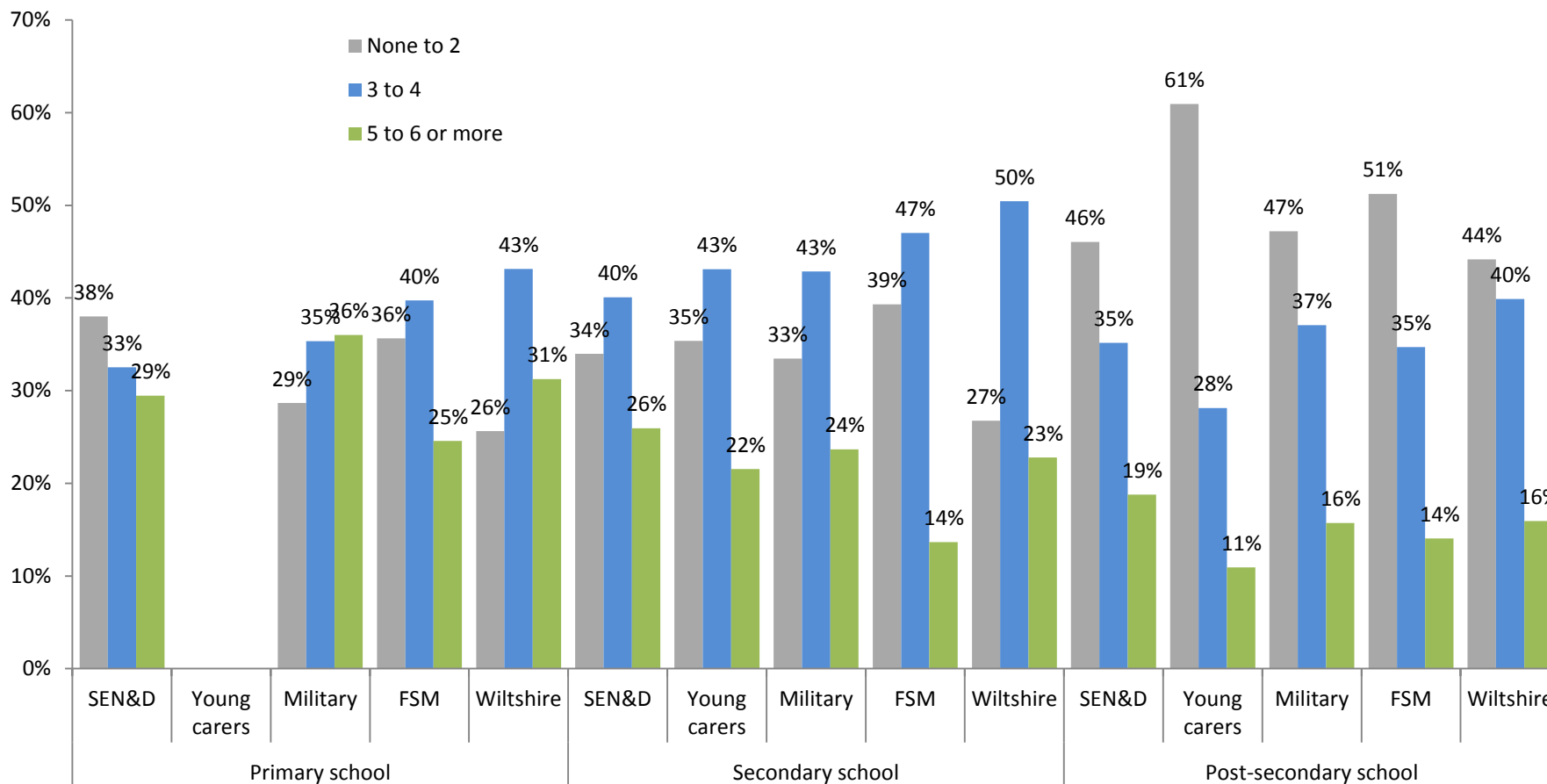
**Figure 14: Q1.2; How many portions of fruit and vegetables do you generally eat a day (think about how much you ate yesterday)? By gender**



<sup>3</sup> <http://fingertips.phe.org.uk/profile/what-about-youth>

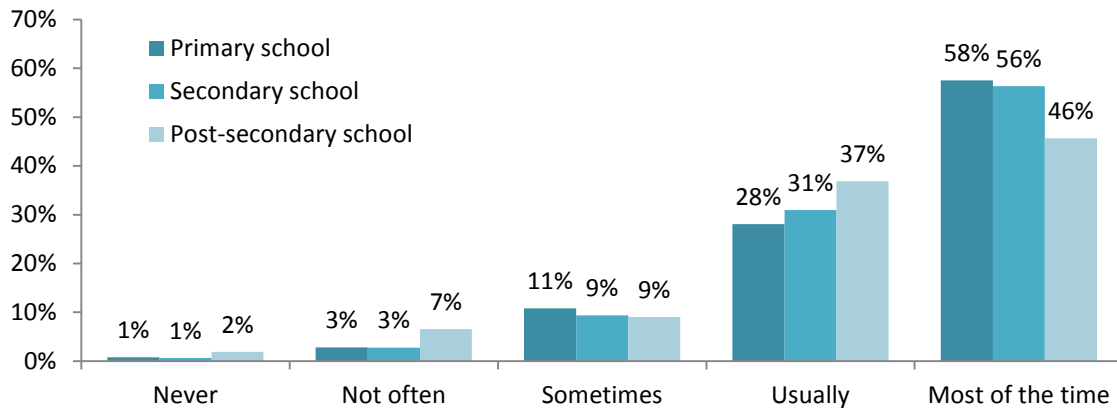
In the primary school sample there is not a great deal of difference between the vulnerable groups and the Wiltshire average (figure 15). The free school meal pupils in secondary school appear to have a smaller proportion of those who eat fruit and vegetables than the Wiltshire average (66% compared to 73% have 3 or more portions). All vulnerable groups in the post-secondary school sample have a slightly smaller proportion of those who eat portions of fruit and vegetables 3 or more times a week than the Wiltshire average.

**Figure 15: Q1.2; How many portions of fruit and vegetables do you generally eat a day (think about how much you ate yesterday)? Vulnerable groups**



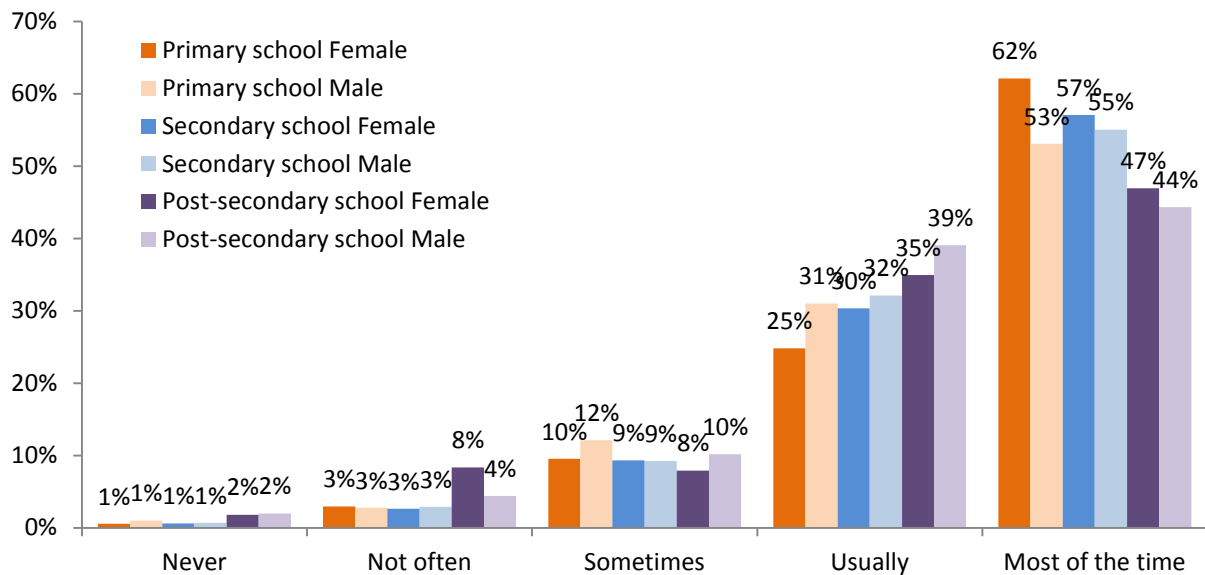
Over 50% of the primary school and secondary school respondents feel the food on offer at home is healthy most of the time (figure 16). However, only 46% of post-secondary school respondents feel this way.

**Figure 16: Q1.5; Do you feel that the food on offer at home or in the place you live allows you to eat healthily?**



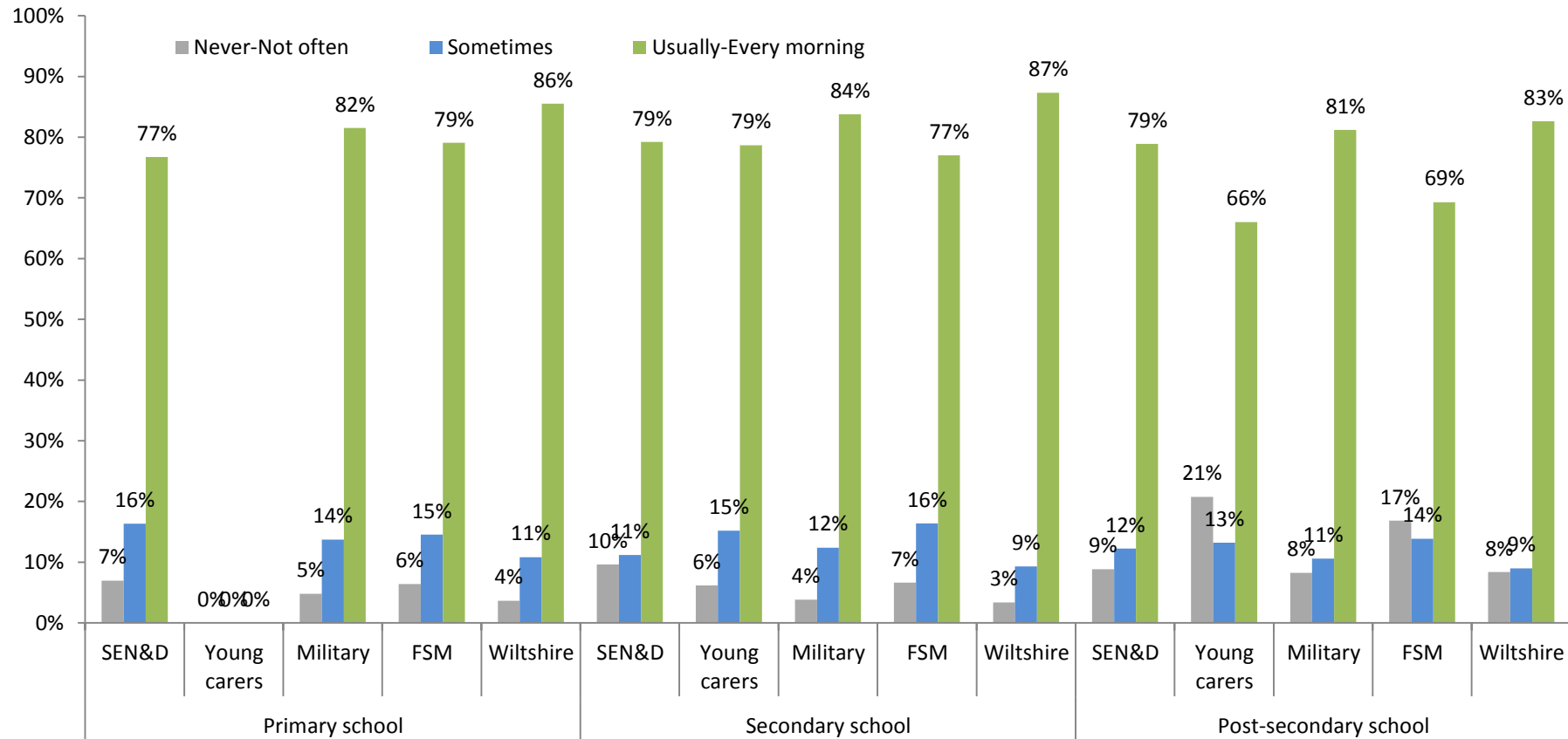
There was a slight difference between genders regarding feelings that healthy food is available at home (figure 17). A higher proportion of females than males felt healthy food was available most of the time instead of usually. For example, in primary school 62% of females reported feeling healthy food was available most of the time at home where as 53% of males thought so.

**Figure 17: Q1.5; Do you feel that the food on offer at home or in the place you live allows you to eat healthily? By gender**



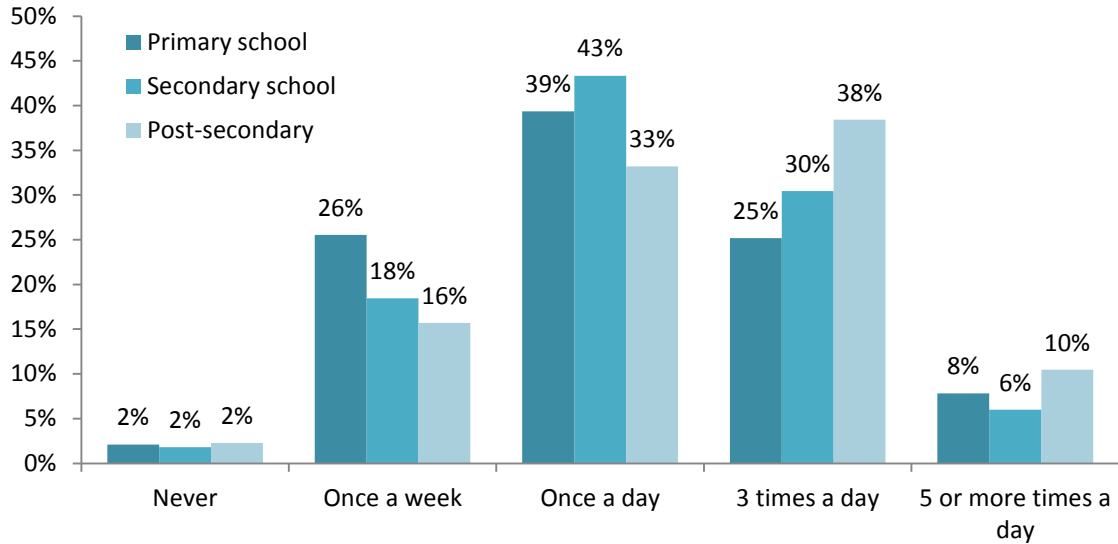
All vulnerable groups in all school phases had a lower proportion of those who felt the home environment offered healthy food usually or most days than the Wiltshire average, the exception being the respondents with military carers who had a similar proportion to the Wiltshire average (figure 18).

**Figure 18: Q1.5; Do you feel that the food on offer at home or in the place you live allows you to eat healthily? Vulnerable groups**



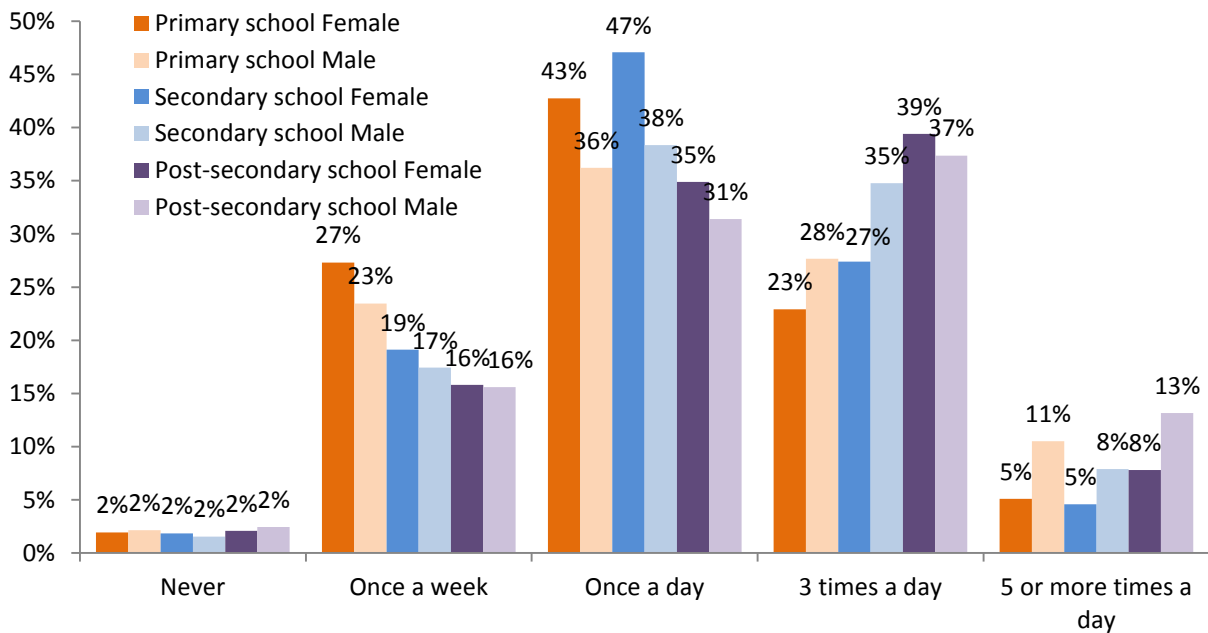
A large proportion of respondents from primary school and secondary school reported eating snacks once a day (figure 19, 39% and 43%). In the post-secondary school sample 38% of the respondents reported eating a snack 3 times a day.

**Figure 19: Q1.17; How often do you eat snacks such as sweets, chocolate, biscuits and crisps?**



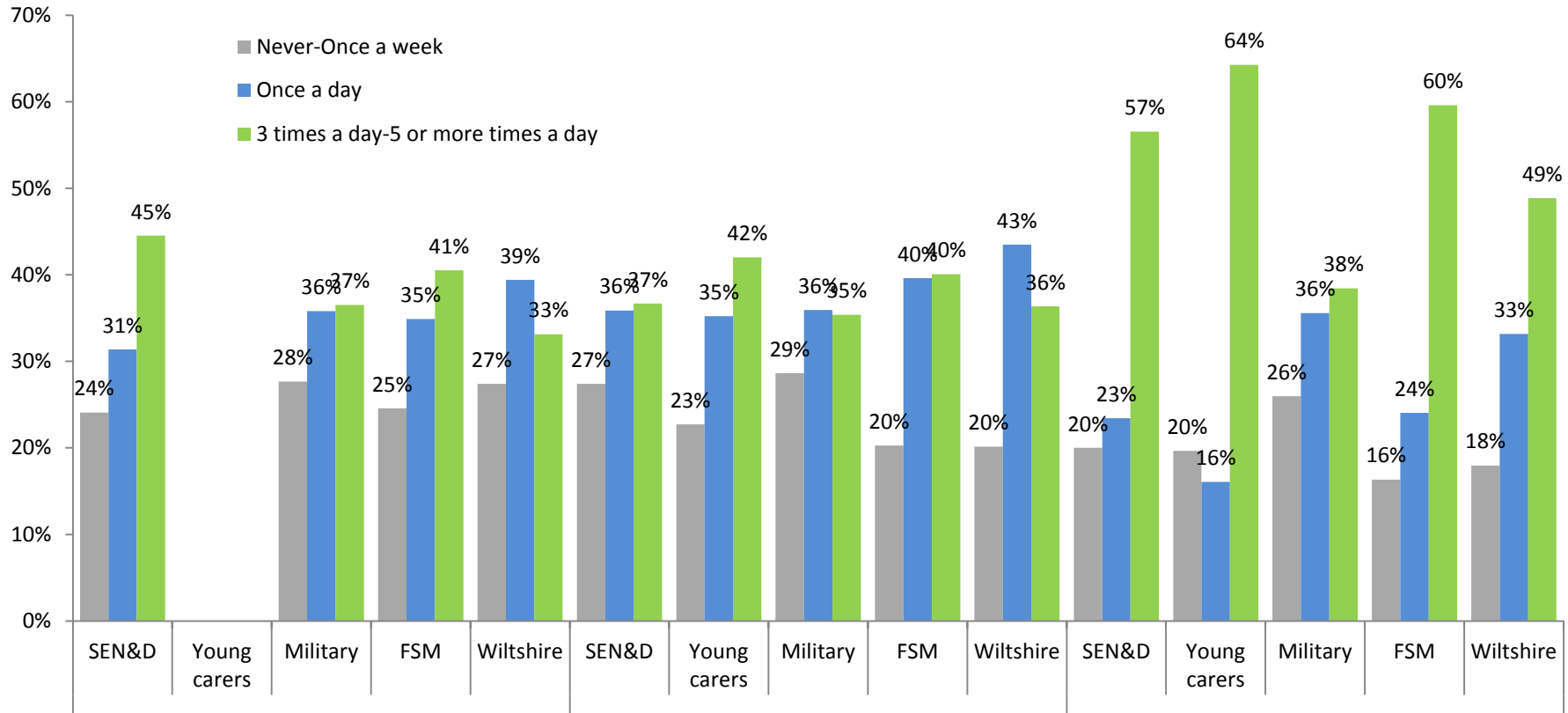
Snack consumption appears to be slightly higher in males than females (figure 20). A larger proportion of males than females reported eating snacks 3 times a day and 5 or more times a day in all the school phases. For example, in the secondary school sample 43% of male respondents reported having snacks 3 or more times a day compared to 32% of females.

**Figure 20: Q1.17; How often do you eat snacks such as sweets, chocolate, biscuits and crisps? By gender**



Most vulnerable groups (except for those with a military carer) appear to have a higher proportion of those who eat snacks more often than the Wiltshire average (figure 21). For example, in the post-secondary school sample around 60% of SEN&D, young carers and FSM respondents reported eating snacks 3 or more times a day compared to 49% of all post-secondary school respondents and 38% of those with a military carer.

**Figure 21: Q1.17; How often do you eat snacks such as sweets, chocolate, biscuits and crisps? Vulnerable groups**



Nearly 50% of primary school and secondary school respondents reported drinking fizzy drinks once a week (figure 22). In the post-secondary school sample this falls to 39% and more frequent options such as 3 times a day and 5 or more times a day increase. In fact 24% of the post-secondary sample reported drinking fizzy drinks 3 or more times a day.

**Figure 22: Q1.18; How often do you drink fizzy drinks (not including water)?**

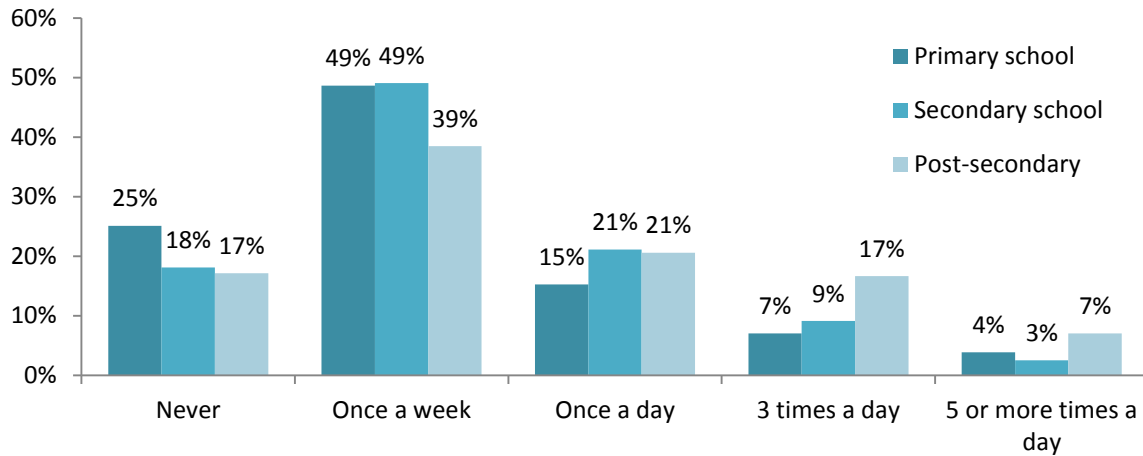
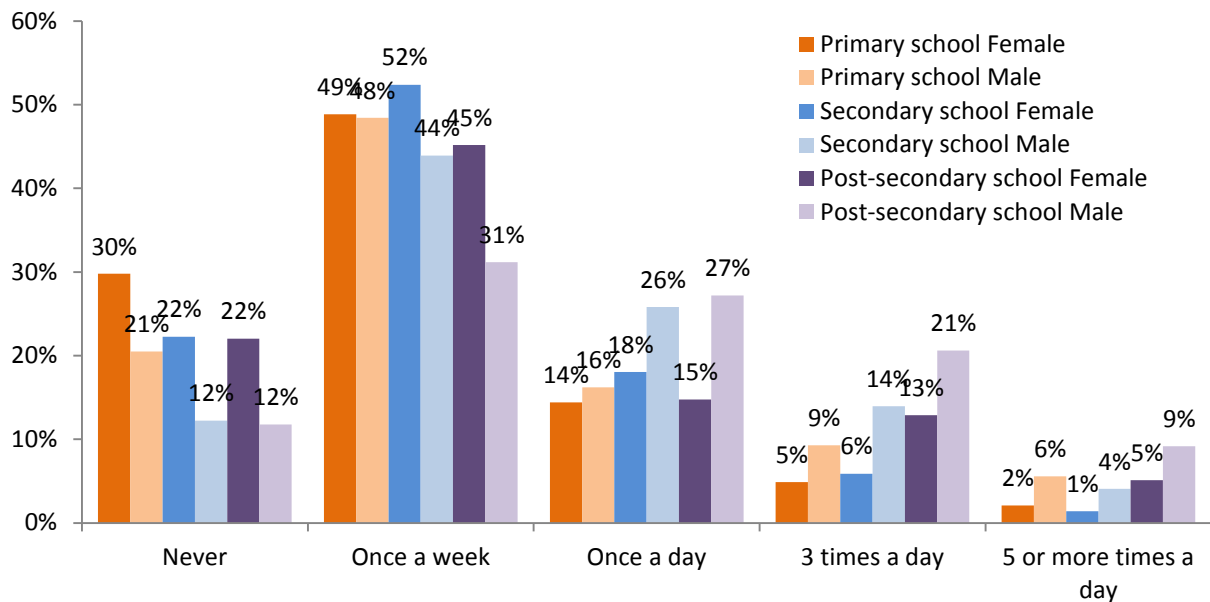


Figure 23 appears to show that a slightly larger proportion of males drink fizzy drinks more frequently than females. For example, 18% of male secondary school respondents reported drinking fizzy drinks 3 or more times a day compared to 7% of females.

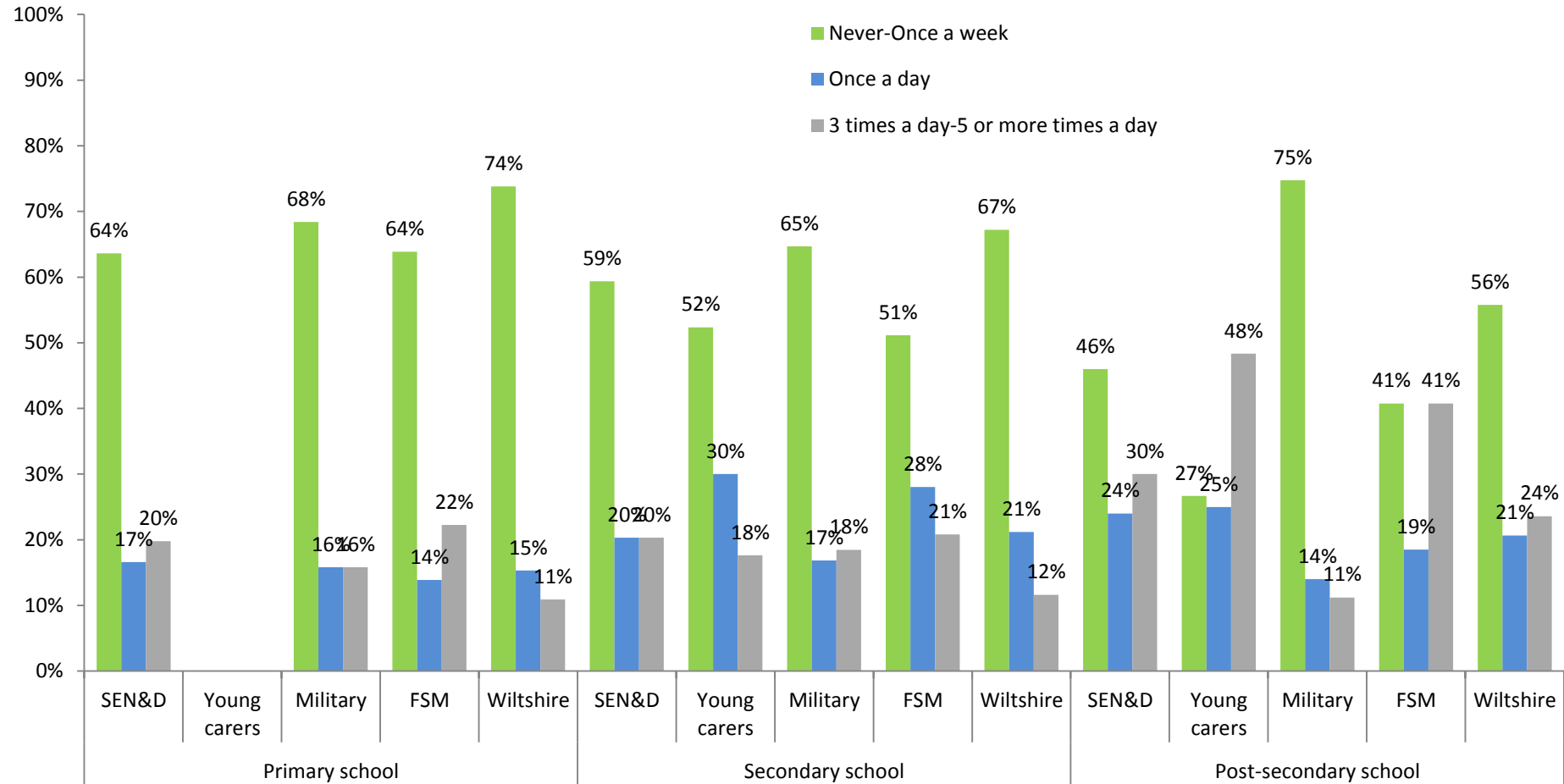
**Figure 23: Q1.18; How often do you drink fizzy drinks (not including water)? By Gender**





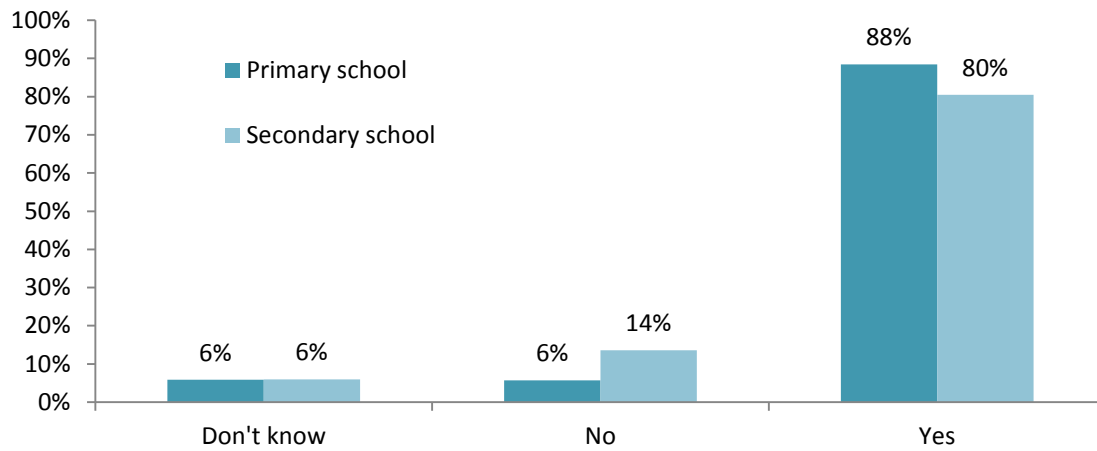
In the primary school and secondary school sample all vulnerable groups had a larger proportion of respondents who drank fizzy drinks 3 or more times a day compared to the Wiltshire average (figure 24). In the post-secondary school sample all vulnerable groups except those with a military carer had a larger proportion that drank fizzy drinks 3 or more times a day compared to the Wiltshire average.

**Figure 24: Q1.18; How often do you drink fizzy drinks (not including water)? Vulnerable groups**



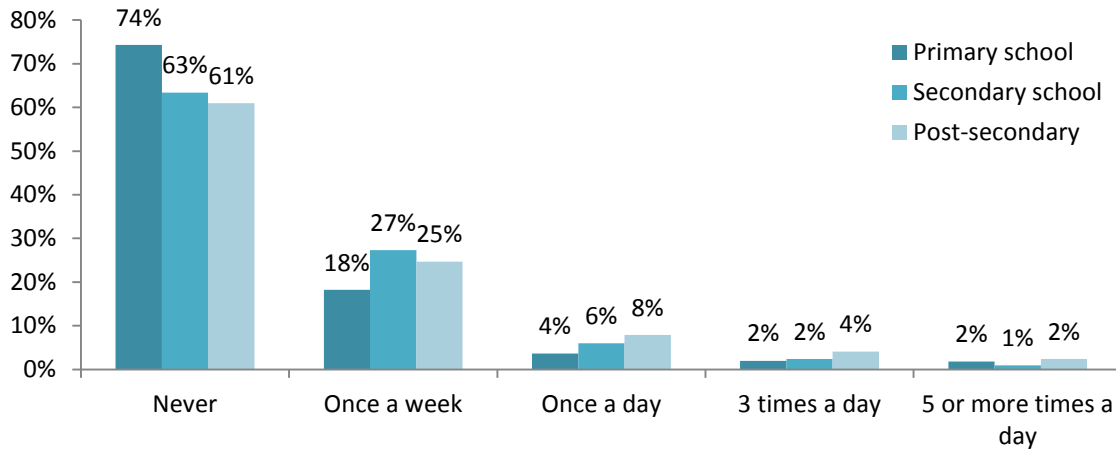
Nearly 9 in 10 primary school respondents reported that drinking water was easily available at their school. This fell to 8 in 10 respondents in the secondary school sample (figure 25).

**Figure 25: Q1.26 Is drinking water easily available at your school?**



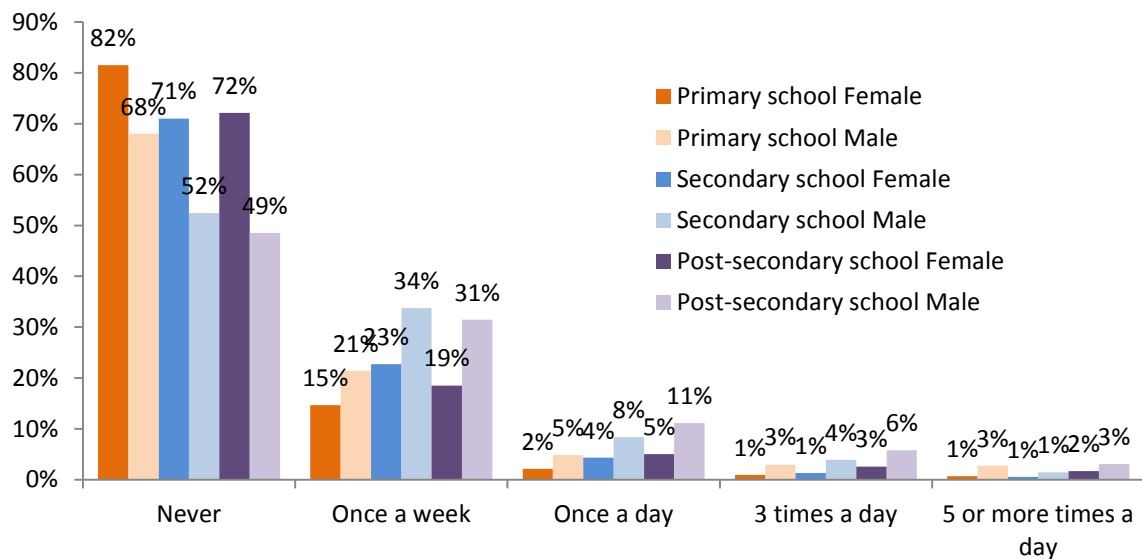
Over 60% of secondary school and post-secondary school and 74% of primary school respondents reported never having drunk an energy drink (figure 26).

**Figure 26: Q1.19; How often do you drink energy drinks? (e.g. Red Bull, Monster, NOS, Rockstar etc)**



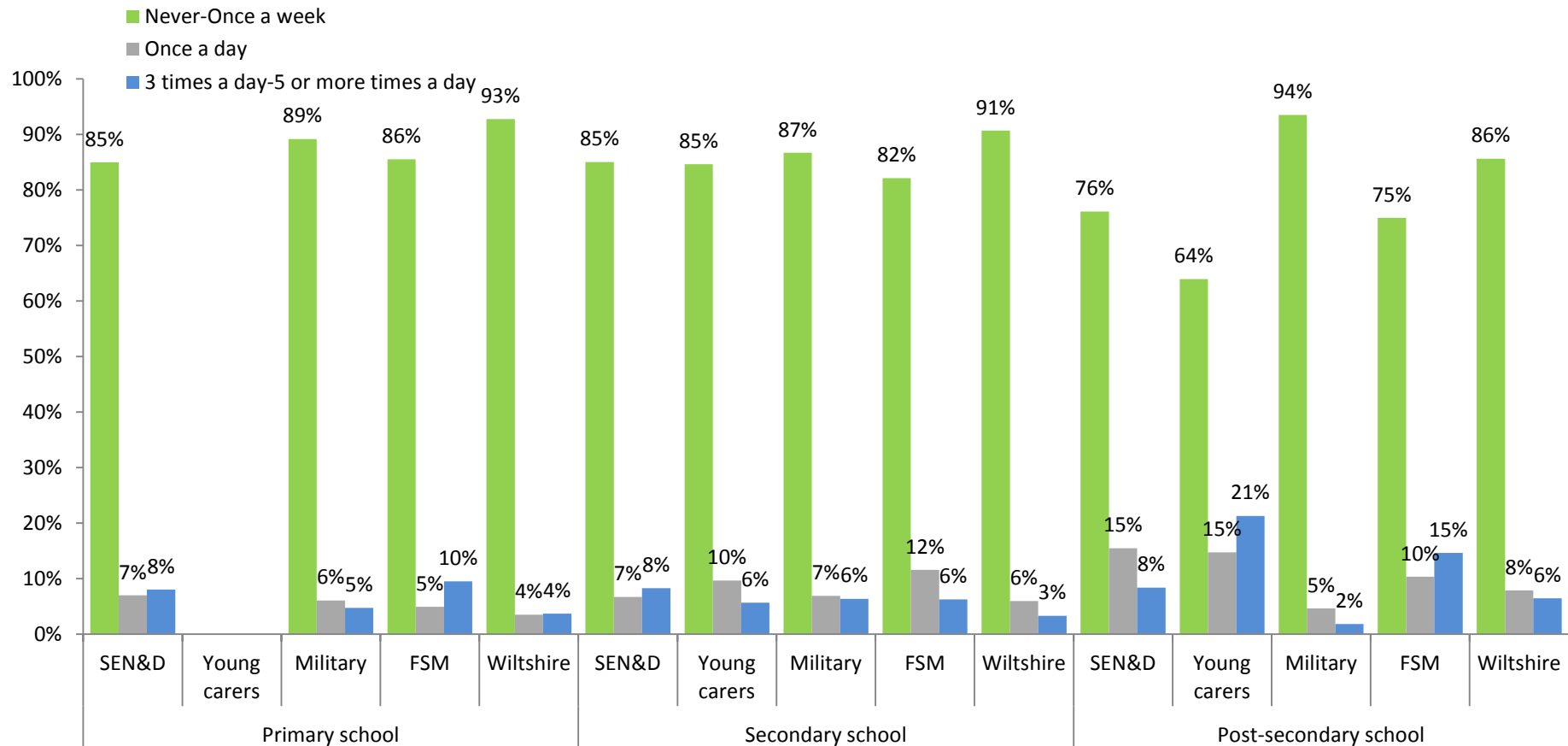
A lower proportion of males report never having drunk an energy drink than females in all school phases (figure 27). For example, in the secondary school sample 52% of males had never had an energy drink compared to 71% of females.

**Figure 27: Q1.19; How often do you drink energy drinks? (e.g. Red Bull, Monster, NOS, Rockstar etc) By gender**



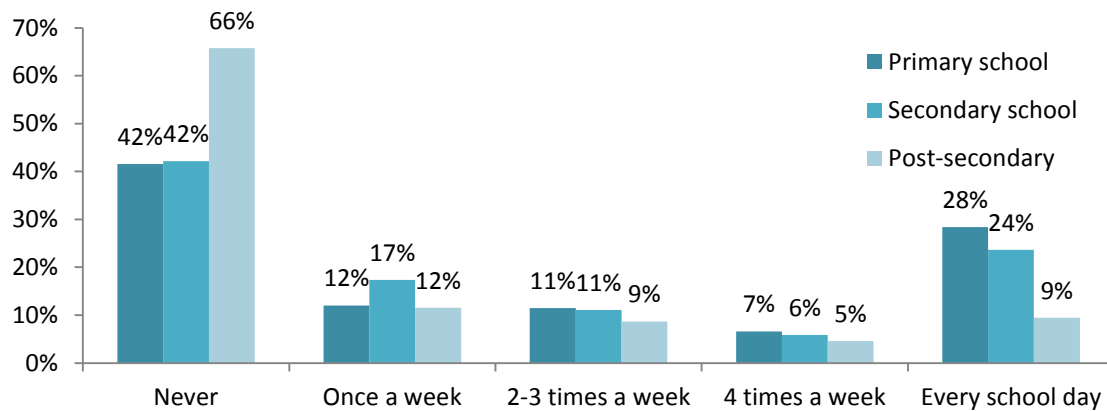
In the primary school sample the free school meal sample reported never or once a week drinking energy drinks meaningfully less often than the Wiltshire average (85% compared to 93%; figure 28). In the secondary school sample this was the case for all vulnerable groups. This was also true in the post-secondary school sample though the respondents with a carer in the military seemed to drink energy drinks much less often than the Wiltshire average.

**Figure 28: Q1.19; How often do you drink energy drinks? (e.g. Red Bull, Monster, NOS, Rockstar etc) Vulnerable groups**



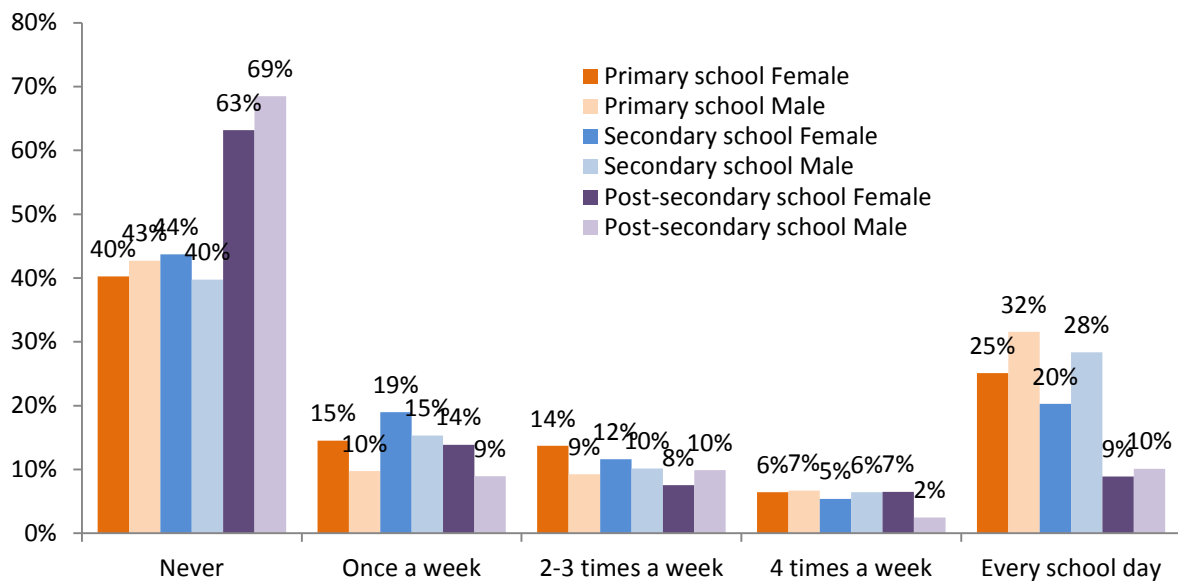
28% of primary school respondents and 24% of secondary school respondents reported having school lunches every day (figure 29). In the post-secondary school sample this falls to 9%.

**Figure 29: Q1.15; How often do you have a school lunch?**



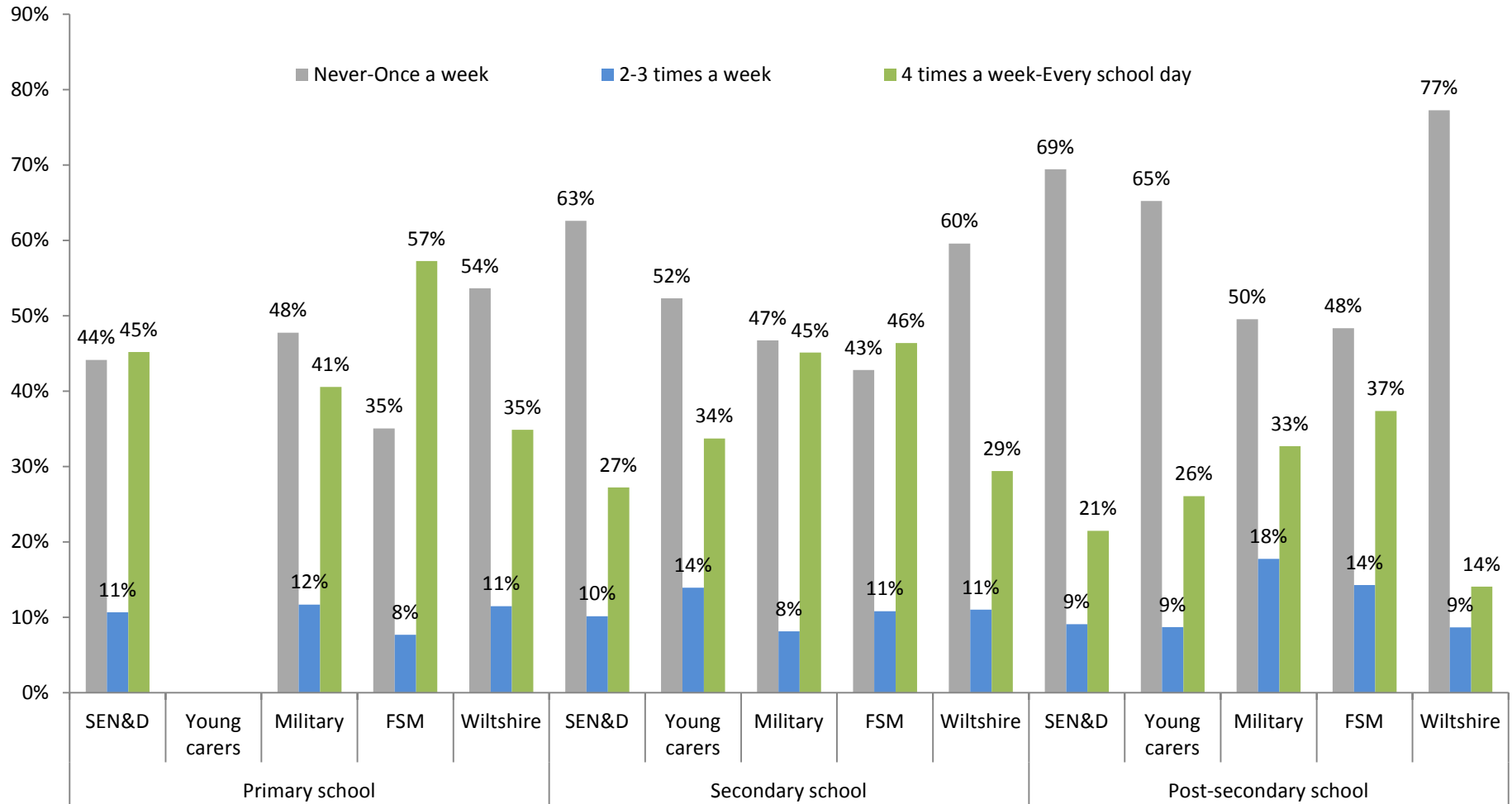
In regards to this question, there is very little difference between the genders (figure 30). However, a larger proportion of males reported eating school lunches in both the primary school and secondary school samples compared to females. For example, 32% of primary school males compared to 25% of primary school females reported having school meals every day.

**Figure 30: Q1.15; How often do you have a school lunch? By gender**



All vulnerable groups in all school phases have a larger proportion of respondents having school lunch than the Wiltshire average (figure 31).

**Figure 31: Q1.15; How often do you have a school lunch? Vulnerable groups**



## Next steps

The data from this report and the 3 other reports based on the Wiltshire Children and Young People's Health and Wellbeing Survey will help schools to identify areas for improvement and address particular issues raised by their own pupils and provide evidence to influence future services provided by Wiltshire Council and their partners that improve the health and wellbeing of our young people. The survey will be replicated in 2017 and comparisons will then be drawn to this report in future reports.

If you wish to discuss the data in this report or the other reports please contact the Public health team at Wiltshire Council.

## Contact Information

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