

Supporting the Health of Young People in Brighton & Hove

A summary report of the Health Related Behaviour Survey 2007

Brighton and Hove CYPT commissioned the Health Related Behaviour Survey (HRBS) to take place during Spring term 2007. The survey has taken place in the city on three previous occasions with 2004 being the most recent.

The management of the survey was co-ordinated by the Healthy Schools Team with input from the PCT, schools and other partner agencies.

A total of 1834 Year 10 pupils from all secondary schools and ACE took part in the survey.

Pupils anonymously completed the questionnaires which were returned to the Schools Health Education Unit in Exeter for analysis.

This summary report presents an overview of the data collected this year. The information is organised within the four themes of the National Healthy Schools Programme. Some comparison is made to 2004 data from Brighton and Hove as well as with wider data from across England in 2006. This year there has also been analysis of several questions by ethnicity and the significant findings form part of this summary.

1834 young people were involved in the survey

Year 10 (Age 14-15)

Sample	Brighton & Hove	Wider Data
Boys	878	11987
Girls	956	12644
Total	1834	24631

Reference sample

Brighton & Hove data have been compared with the wider SHEU survey sample.

Beverley Hughes, Minister of State for Children, Young People and Families spoke at the **Engaging young people** conference on 18 June 2007.

"Many young people I've spoken to say they feel let down by the constant negative portrayals of young people both in the press and among older generations. Every time we fail to listen to young people, or to take what they tell us seriously, we reaffirm these misconceptions when it is our duty to challenge them.

Young people have unfortunately become one of those categories of people, of whom for many people, somehow, it's acceptable to make gross generalisations about. I'd like to make it very clear today, that this neither acceptable, nor helpful, nor right".

The HRBS gives an informative picture of local young people and their behaviour, lifestyles and aspirations. The normative presentation of data can be used to support the breaking down of unrealistic stereotypes and the development of an understanding of teenagers in Brighton and Hove.

Themes

PSHE and Citizenship

Emotional Health and Well-being

Healthy Eating

Physical Activity



BRIGHTON & HOVE

Secondary school pupils in Year 10 (ages 14-15 years) said:

PSHE AND CITIZENSHIP

- 86% of pupils describe themselves as White UK.
- 54% of pupils report that they live with both parents. This compares with 63% in the wider data.
- When asked what they wanted to do after Year 11, 58% of boys and 66% of girls wanted to continue full-time education. The boys' data is significantly higher than that seen in the wider data at 51%.
- 42% of the boys and 40% of the girls say that they want to get training for a skilled job. 36% overall want to find a job as soon as they can.
- 34% say they want to stay in the neighbourhood where they live. This is higher than the 23% seen in the wider data.
- 58% of pupils did homework on the evening before the survey, 23% did over an hour. In the wider data 63% did homework the night before.

Smoking

- 80% of pupils do not smoke.
- 15% of the boys and 25% of the girls in the Brighton & Hove survey smoked at least one cigarette during the last 7 days:

	Brighton & Hove 2007	BME 2007	Wider data	Brighton & Hove 2004
Boys	15%	15%	13%	14%
Girls	25%	18%	20%	24%

- 74% of regular smokers say they would like to give up smoking.

Alcohol

- Over half of pupils did not drink alcohol in the past 7 days.
- Units of alcohol drunk over past 7 days:

Units of alcohol last week	2007		2004		BME 2007	
	Boys	Girls	Boys	Girls	Boys	Girls
0 units	58%	51%	57%	53%	70%	60%
> 14 units	13%	9%	10%	6%	12%	8%

- 76% boys and 64% of girls said they did not get drunk in the previous week.
- The majority of pupils that reported drinking on one or more occasion drank on Friday (28%) or Saturday (32%).
- Fewer than 10% of pupils reported drinking outside in a public place over the past week.
- During the past 7 days before the survey 11% of boys and 14% of girls had bought alcohol from an off-licence.

Drugs

- 66% of pupils have never taken illegal drugs.
- These are drugs experienced 'ever':

Have ever tried	Brighton & Hove 2007		Brighton & Hove 2004	
	Boys	Girls	Boys	Girls
Cannabis leaf or resin	30%	30%	34%	33%
Amphetamines	4%	5%	3%	4%
Ecstasy	4%	5%	3%	4%
Cocaine	4%	5%	3%	2%
Poppers	8%	11%	5%	7%

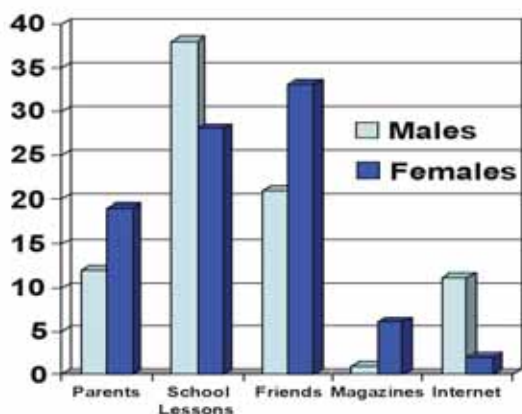
- For those taking illegal drugs, 50% said they first tried a drug when they were thirteen or younger (57% in 2004) the average age that they first tried an illegal drug was 13.
- 7% of pupils said that they had taken more than one type of drug on the same occasion, 22% of the boys and 23% of the girls said that they had taken an illegal drug and alcohol on the same occasion.

Sex and relationships

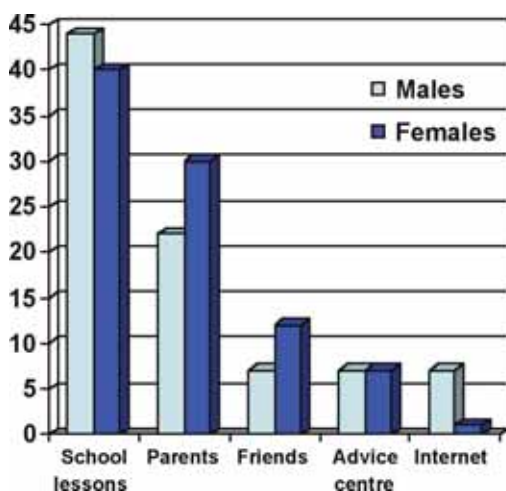
- 77% of pupils said that they had not had a sexual relationship. 9% said that they were currently in a sexual relationship. 14% had had a sexual relationship in the past. (BME 84% had not had a sexual relationship).
- 54% of pupils say they know where they can get condoms free of charge:

	Brighton & Hove 2007	BME 2007	Wider data	Brighton & Hove 2004
Boys	45%	34%	52%	42%
Girls	62%	39%	63%	63%

- 38% of pupils (23% of boys and 52% of girls) know where they can get emergency contraception free of charge.
- Overall, 38% of boys and 28% of girls said school lessons were their main source of information about sex.



- Overall 42% of pupils thought their school *should* be the main source.



- 79% of boys and 85% of girls said that they knew about chlamydia with 25% of boys and 33% of girls also saying that they know where to go to get a test for it.

EMOTIONAL HEALTH & WELL-BEING

- 59% of boys and 45% of girls recorded levels of high self-esteem. In 2004 rates were 55% of boys and 38% of girls.
- 66% of pupils say that in general they are satisfied with their life 'quite a lot' or 'a lot'.
- 18% of boys and 20% of girls said that they had been bullied at school in the past 12 months.
- 12% of boys and 5% of girls said that they had bullied someone else in the last 12 months.
- 78% worry 'quite a lot' or 'a lot' about at least one of the problems listed.
- The top four worries for pupils were:

Boys	Brighton & Hove	Wider data	Girls	Brighton & Hove	Wider data
Exams & tests	42%	49%	Exams & tests	61%	61%
School work	27%	28%	Their looks	58%	54%
Career	27%	23%	Family problems	40%	35%
Their looks	22%	22%	School work	39%	39%

- For most problems pupils said that they would look to their family for support.
- 21% of pupils said that they looked after someone in their family in the previous week who had an illness or disability.
- 82% of boys and 83% of girls rate the safety of their area when going out after dark as ok, good or very good.

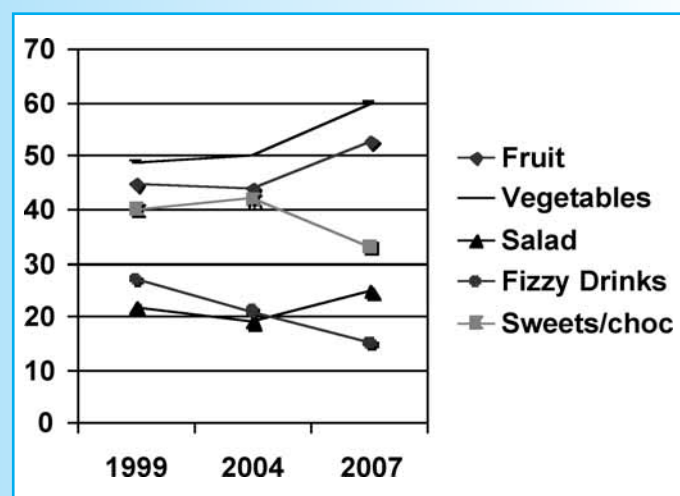
	Brighton & Hove	Wider Data
Boys	82%	78%
Girls	83%	75%

- 25% of the boys and 13% of the girls say that they have been the victim of violence or aggression in the area where they live in the last 12 months (BME 19% boys, 10% girls).
- 95% of pupils said they had one or more adults they could really trust with 70% trusting three or more.

HEALTHY EATING

- Consumption of healthier foods has markedly increased and fizzy drinks and sweets/chocolate decreased.
- Trend data on "food eaten on most days"

	2007		2004	
	Boys	Girls	Boys	Girls
Fresh fruit	46%	60%	37%	49%
Salads	20%	30%	15%	24%
Vegetables	53%	63%	43%	53%
Wholemeal bread	32%	40%	29%	29%
Fizzy drinks	19%	11%	28%	17%
Sweets/choc	37%	29%	45%	41%



- 8% of boys and 13% of the girls in the survey had nothing for breakfast.
- 15% of pupils said that they had breakfast at school.
- 63% of the girls and 24% of the boys say they would like to lose weight. This compares with 57% and 28% respectively in the wider data.
- 17% of pupils in the survey had no lunch yesterday. 18% had a school meal and 9% bought lunch from a takeaway or shop.

Our thanks go to the staff and pupils of the schools that took part:

Blatchington Mill School
 Dorothy Stringer High School
 Cardinal Newman Catholic School
 Falmer High School
 Hove Park School
 Longhill High School
 Patcham High School
 Portslade Community College
 Varndean School
 ACE

- 87% say that they drank water during the day.

PHYSICAL ACTIVITY

- 49% of pupils walked at least part of the way to school (an increase from 46% in 2004).
- 41% of pupils consider themselves physically 'fit' or 'very fit'

	2007	BME 2007	2004
Boys	57%	51%	50%
Girls	27%	40%	28%

- 92% exercised at least once last week hard enough to increase breathing rate.
- 37% of boys and 16% of girls exercised *five times* or more last week.
- The top five physical activities were:

	Boys	Girls
Football	45%	34%
Riding a bicycle	24%	29%
5-a-side football	20%	18%
Jogging	19%	18%
Weight training	18%	13%

- The top five physical activities pupils would like to start doing or do more of:

	Boys	Girls
Football	6%	20%
Swimming	6%	15%
Tennis	5%	14%
Basketball	4%	9%
Badminton	4%	9%

For further information about the survey contact:

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