

Children & Young People Health & Wellbeing Survey 2015 (SHEU)



SHEU Health & Well-being Survey

- Schools Health Education Unit
- Public Health funded
- Information /evidence about pupil health and well-being outcomes
- Compares schools with local B&NES and national data
- Free School Meal comparative data
- Trend data

SHEU in B&NES (2015)

- 29 Primary Schools
- 1653 pupils from years 4 (77% participation rate) and 6 (87%)
- 12 Secondary Schools
- 3048 pupils from years 8 (88% participation rate)and 10 (81%)

Asked questions about



- Healthy Eating
- Physical Activity
- Relationships
- Mental Health
- Smoking, Alcohol, Drugs
- Staying safe
- Enjoying and achieving
- Views and opinions

B&NES Primary sample sizes

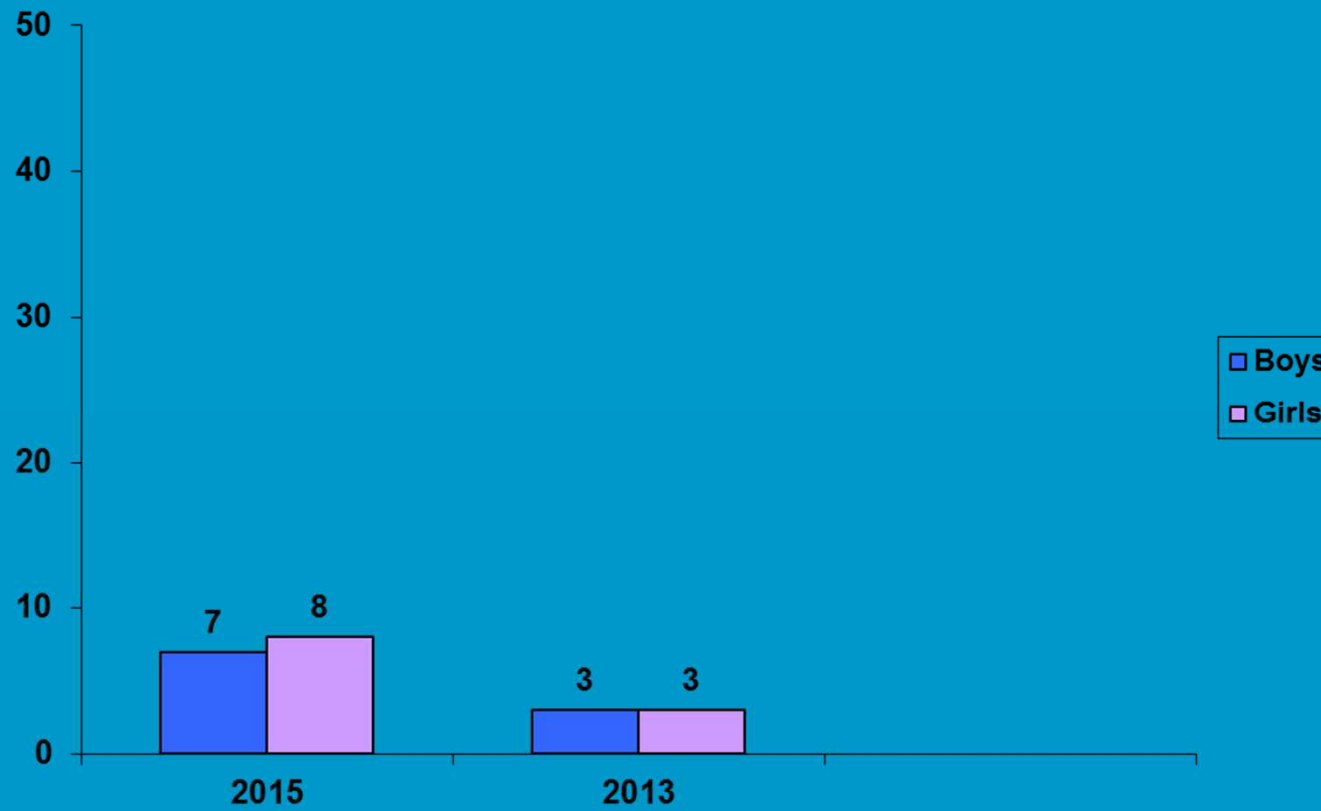
School Year	2015	2013	2011
Boys	875	633	687
Girls	767	589	672
Total	1653	1222	1359

Food and drink Primary



- 8 % didn't eat or drink anything before lessons

Nothing for Breakfast (%)

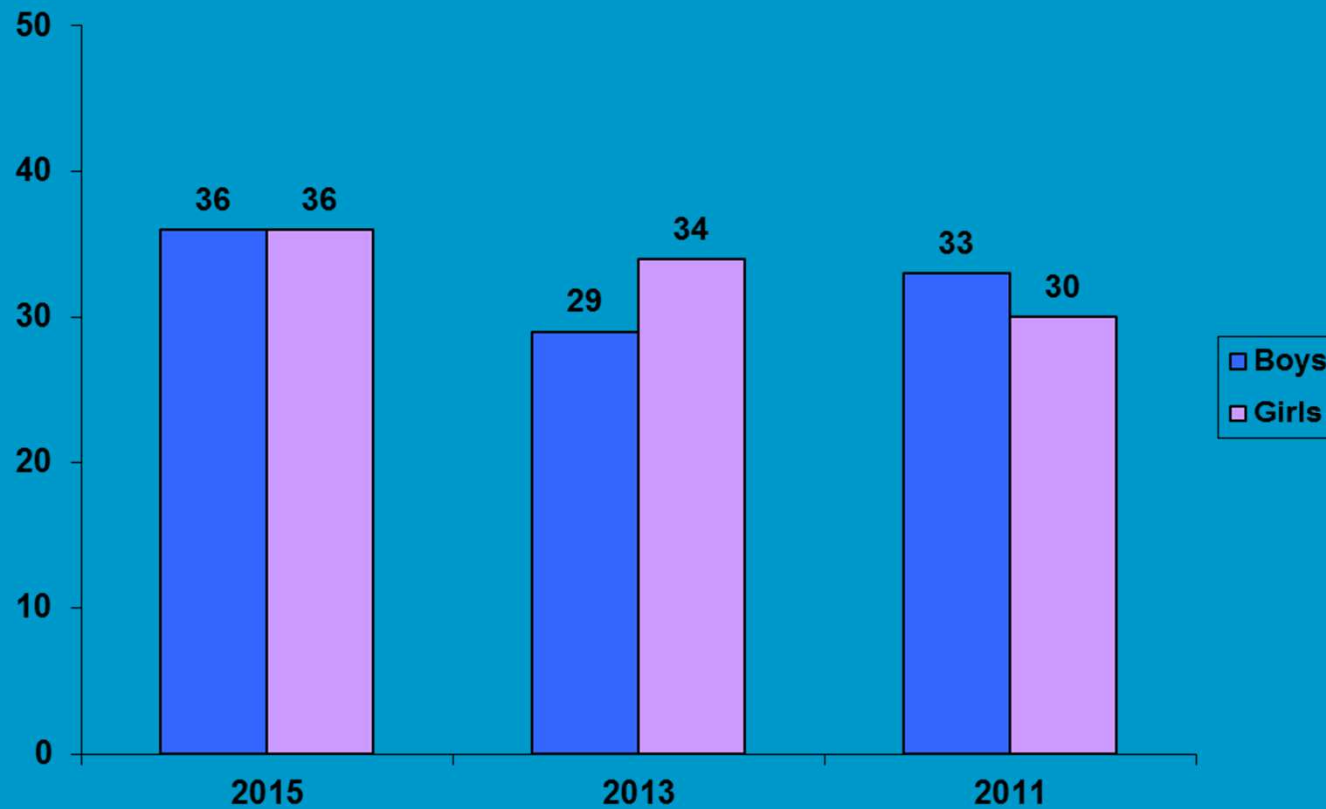


Food and Drink Primary



- **36** % ate at least 5 portions of fruit and veg the day before

At least five-a-day (%)

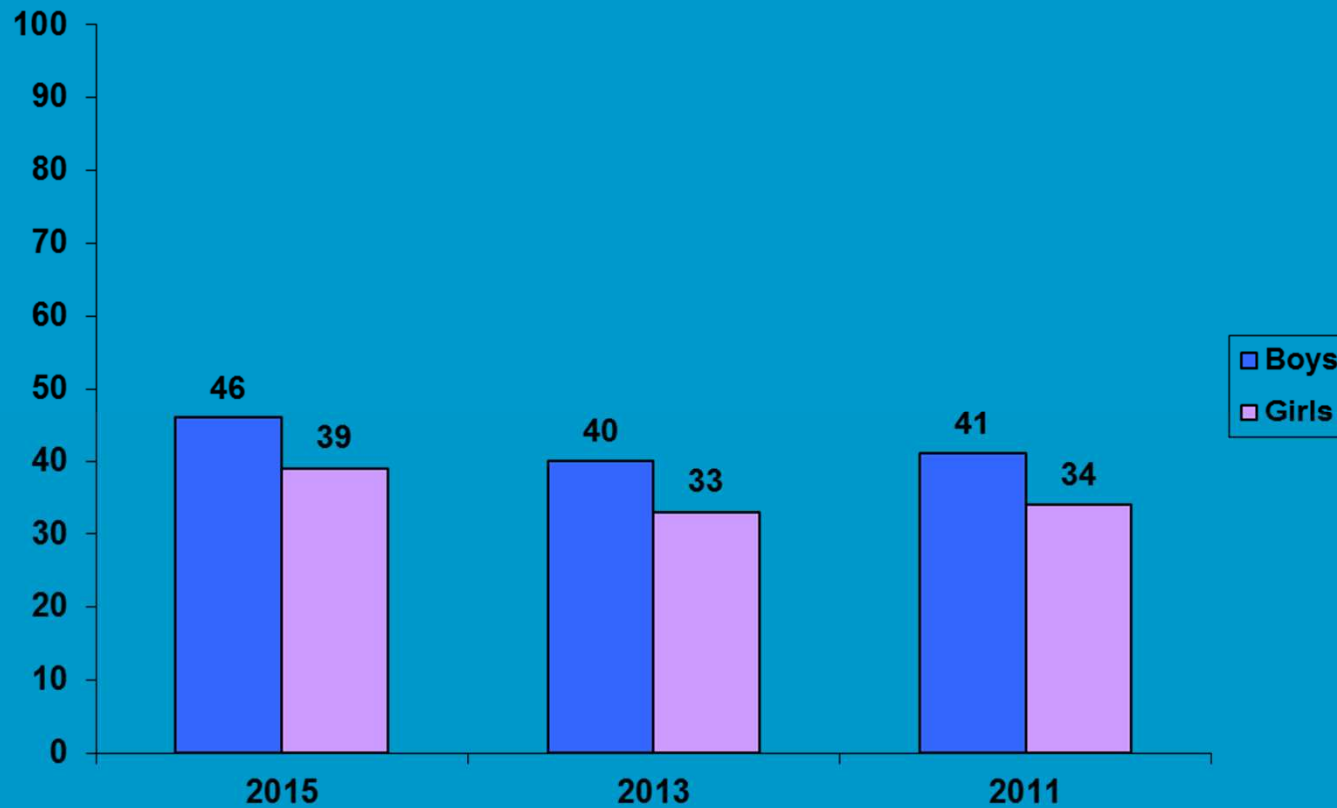


Self-esteem Primary



- **43** % had a high self esteem score

High self-esteem (%)

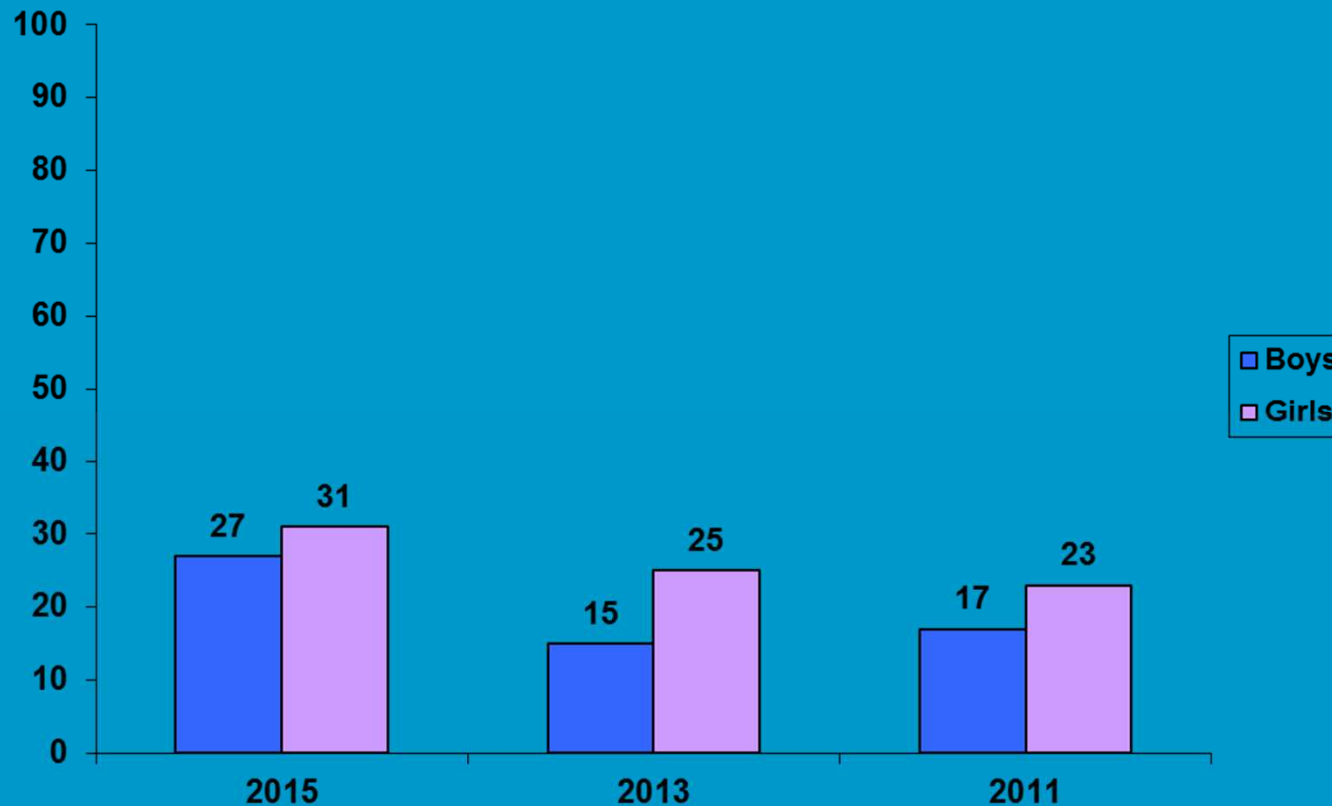


Internet Safety Primary



- **29** % of year 6 pupils saying they have seen upsetting images on-line

Seen upsetting images online (%)



B&NES Secondary sample sizes

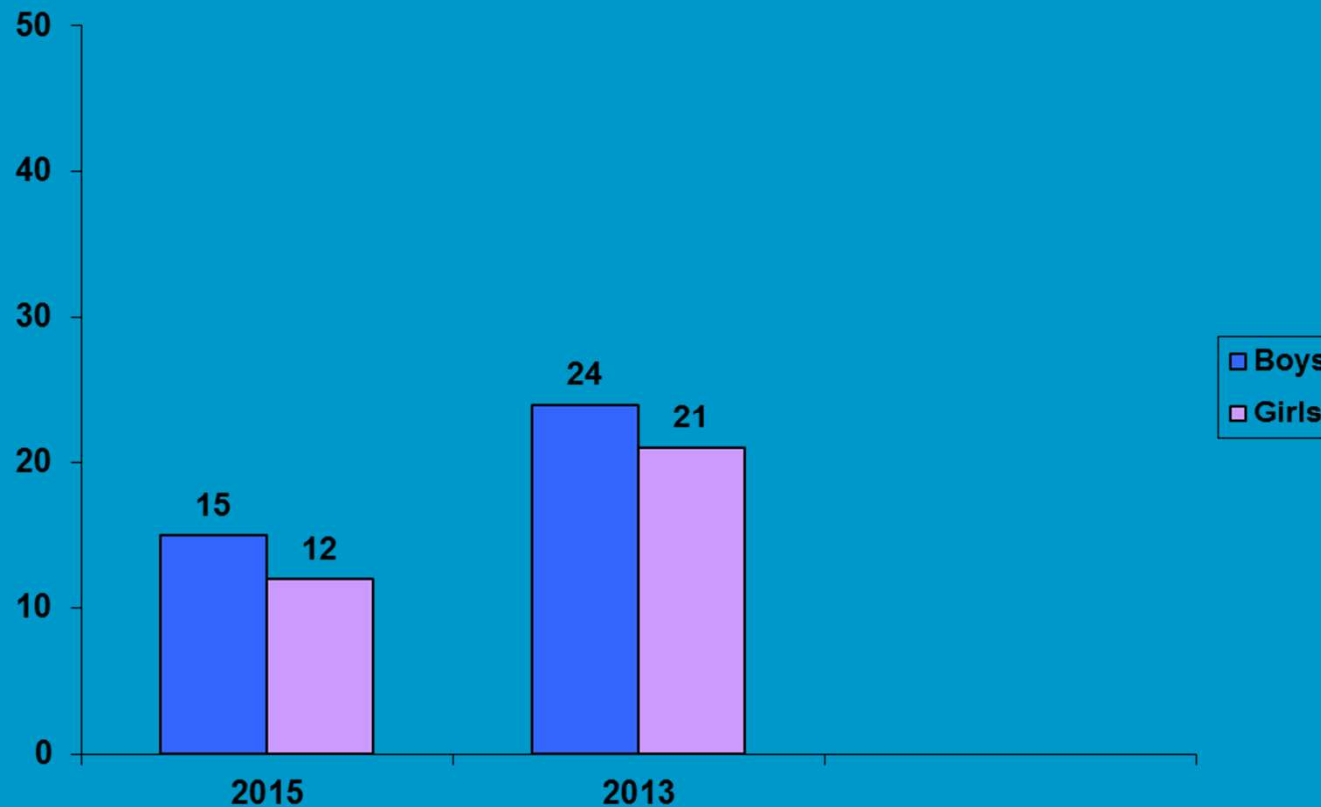
School Year	2015	2013	2011
Boys	1472	1351	1264
Girls	1576	1266	905
Total	3130	2617	2169

Drinking Secondary



- **13** % who drank alcohol in the last week

Drank alcohol last week (%)

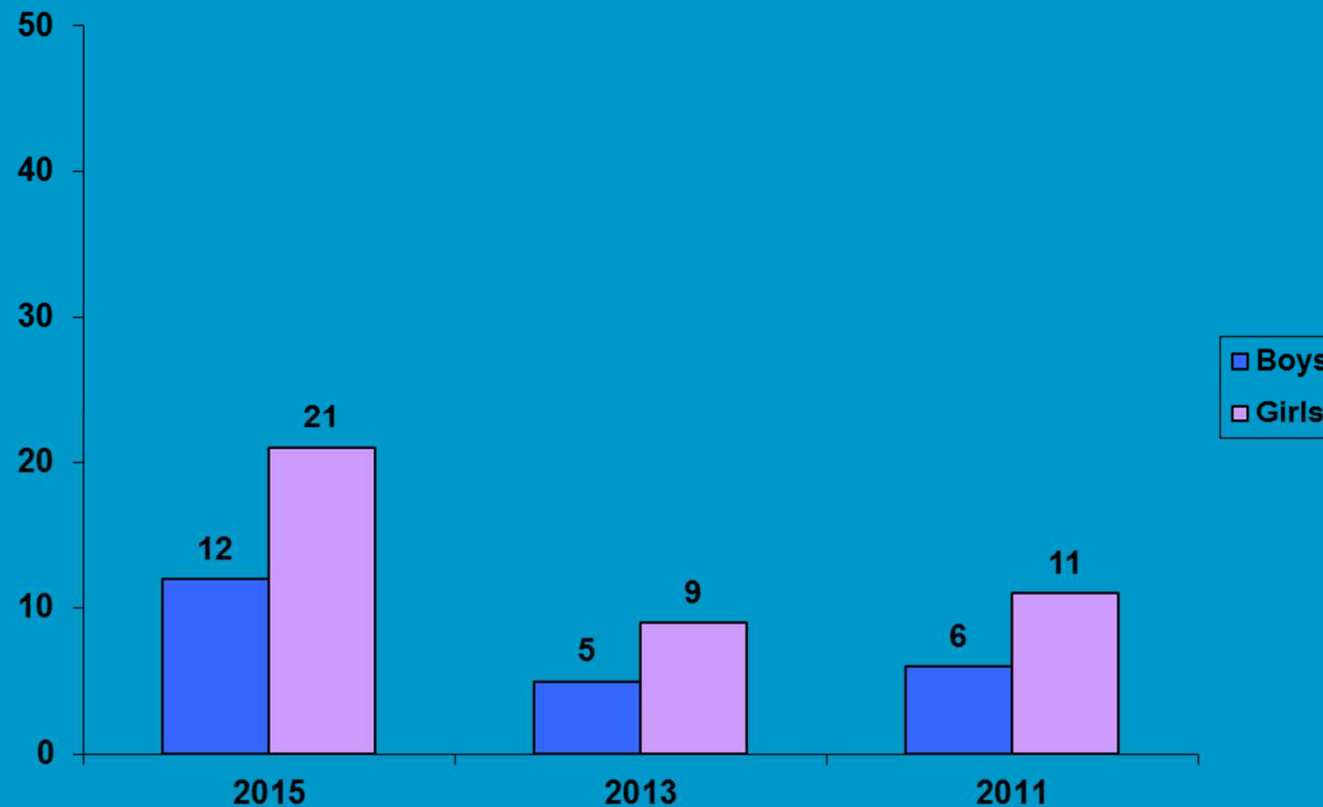


Breakfast Secondary



- 17 % didn't eat or drink anything before lessons

Nothing for Breakfast (%)

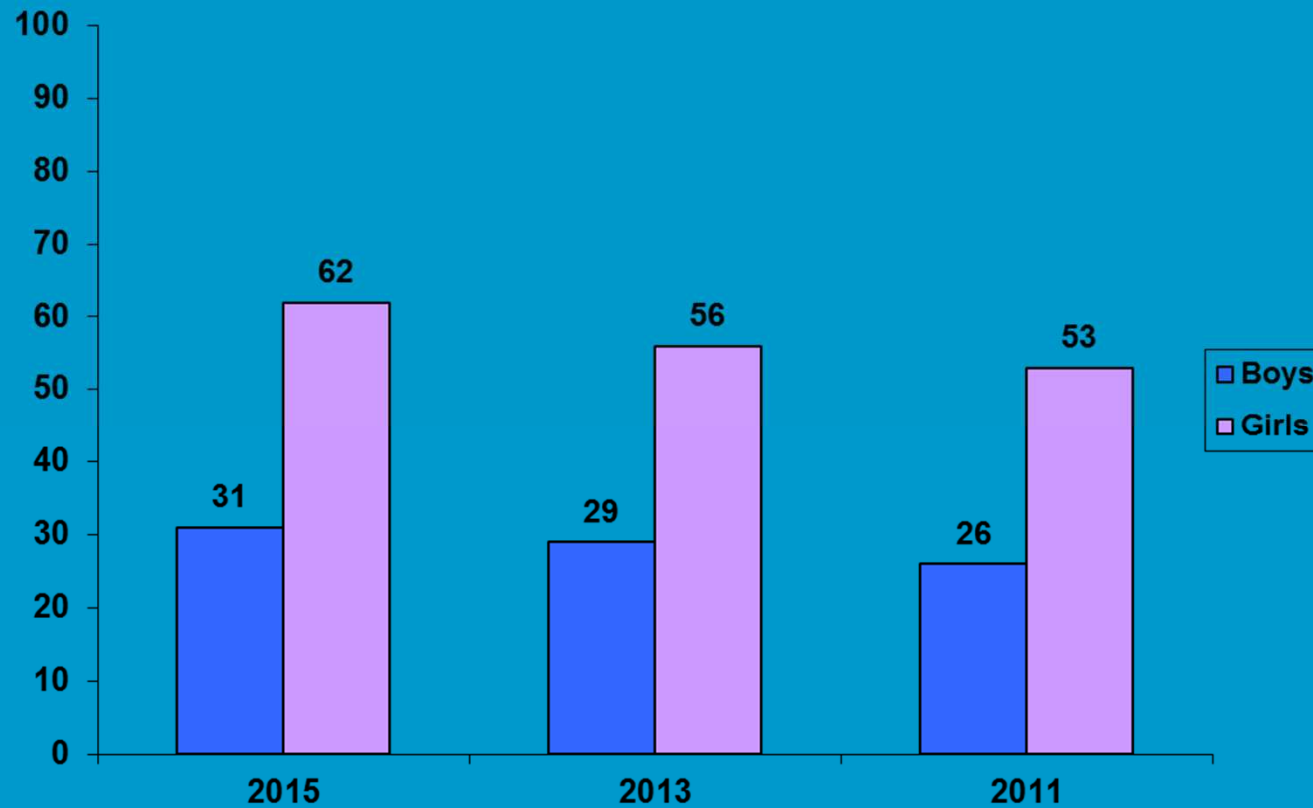


Losing Weight Secondary



- 47 % saying they would like to lose weight

Want to lose weight (%)

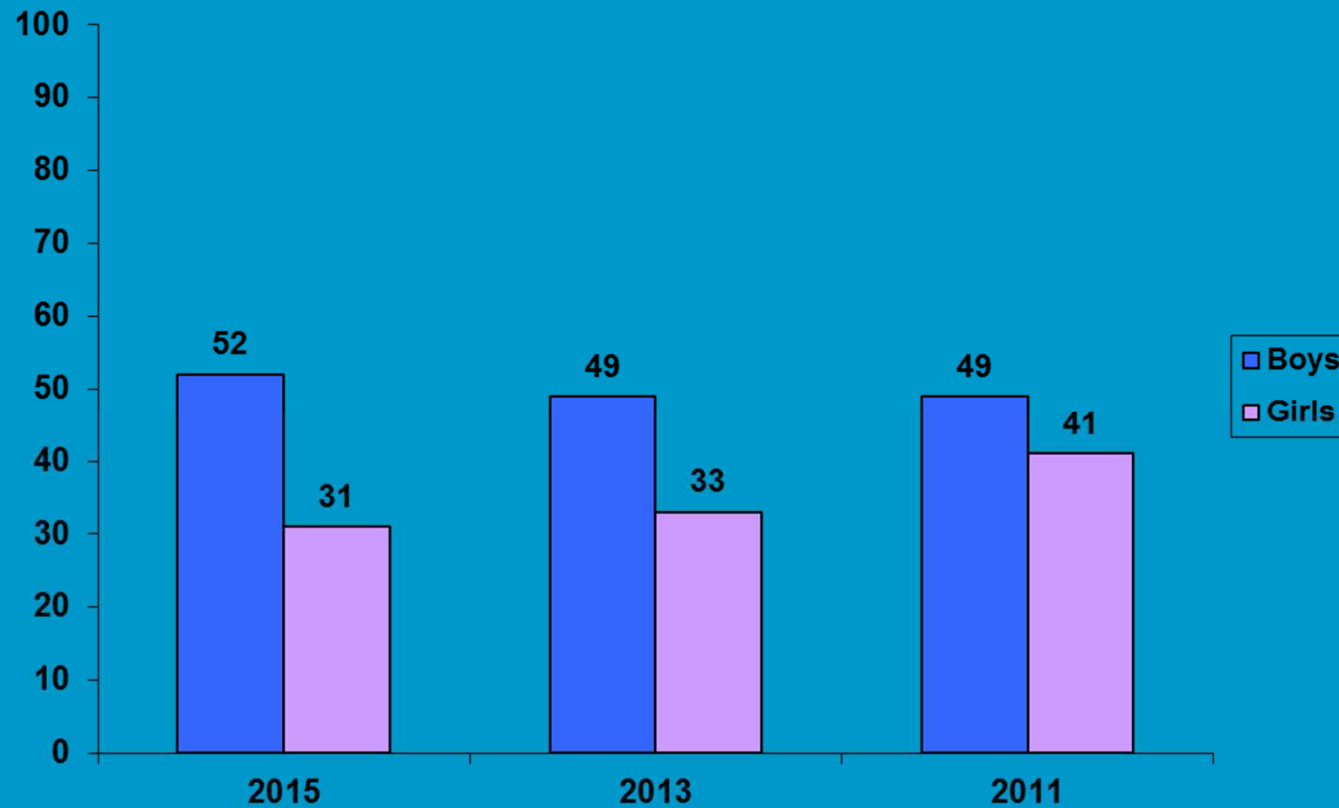


Self-esteem Secondary



- **40** % had a high self esteem score

High self-esteem (%)



What Year 8s and 10s worry about (GIRLS)

- Exams and tests (70%)
- The Way they look (57%)
- Family (49%)

What they do :-

- Talk to friends (64%)
- Talk to adults (58%)
- Relax (e.g music (48%)
- Eat (20%)
- Self harm (10%)



What Year 8s and 10s worry about (BOYS)

- Exams and tests (52%)
- Career (45%)
- Family (43%)

What they do :-

- Talk to adults (66%)
- Talk to friends (48%)
- Relax (e.g music (43%))
- Eat (12%)
- Self harm (3%)



Other Positives : Primary

- Walking to school
- Cycle Safety
- School taking bullying seriously
- Alcohol
- Smoking



Areas for development Primary (2015)

- Body image
- Sun safety
- Peer pressure
- Information about body changes as they grow up *
- E-safety

*
dependent on when survey conducted

Ever 6 FSM : Primary (2015)

- More living in single parent households
- Fewer happy with their weight
- Lower self esteem
- Less attention to sun safety
- Fewer taking part in physical activity
- Less cycle safety

Positive trends: Secondary

- More eating fruit and vegetables
- More pupils reporting they are LGB or questioning
- Fewer drinking alcohol & smoking
- More doing physical activity after school
- Better dental care
- Higher aspiration (to go to University)
- Views and opinions making a difference



Secondary : Areas for development

- Having lunch
- Sun safety
- Viewing upsetting images on-line
- Enjoyment of lessons
- Body Image
- Thinking school doesn't take bullying seriously (22%)
- Self harm (girls)

Ever 6 FSM : Secondary (2015)

- More likely to live with single parent
- More likely to be a young carer
- Fewer expect to do well in GCSEs
- More likely to smoke (including E
cigs)
- Fewer eat fruit and veg
- More likely to have bullied and been
bullied

FSM : Secondary

- Lower self esteem
- Fewer enjoy school lessons
- Fewer want to continue in full time education
- More have looked on-line for violent images , films or games

What we're doing

- Meetings with key staff in schools to identify strengths and areas for development
- Schools to share key points with and involve pupils, governors, parents
- DPHA / PSHE work
- Narrowing the Gap work around FSM continues
- E safety – whole school approach

What we're doing with wider partners

- Sharing this data widely with key strategic groups (e.g. EHWB Strategy Group etc.)
- Using the data to inform priorities / strategies / resources (e.g. mental health)

