

# Supporting the Health of Young People in South Tyneside

## A summary report of the Health Related Behaviour Survey

These results are the compilation of data collected from a sample of secondary pupils aged 12 to 13 and 14 to 15 in South Tyneside during Autumn 2005 /06. This work was conducted by South Tyneside Healthy Schools Programme as a way of collecting robust information via a Young People's Lifestyle Survey.

Teachers were briefed on how to collect the most reliable data and then pupils anonymously completed the questionnaire. A total of 1177 pupils took part in 7 secondary schools.

Completed questionnaires were then returned to the Schools Health Education Unit in Exeter for processing.

Page 8 shows some of the statistically significant differences between the South Tyneside 2005/6 data and the Unit's wider 2006 databank. This includes the results of surveys from areas such as Dudley, Sefton, Jersey and Cambridge. The results are a compilation of a sample of almost 34,000 pupils.

### 1177 young people were involved in the survey:

School year	Year 8	Year 10	Total
Age	12-13	14-15	
Boys	254	369	623
Girls	249	305	554
Total	503	674	1177

### Topics include

Citizenship

Healthy Eating

School and Career

Drugs, Alcohol and Tobacco

Safety

Emotional Health and Well-being

Sex and Relationships

Leisure Activity

Physical Activity



**Schools  
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Education  
Unit**

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



**Healthy Schools**  
SOUTH TYNESIDE

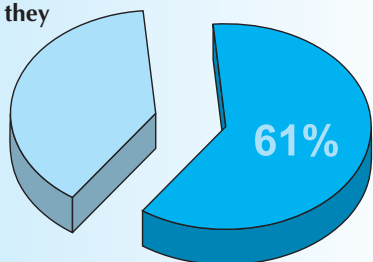
**TACKLING  
DRUGS  
CHANGING  
LIVES**

# SOUTH TYNESIDE

## Secondary school pupils in Years 8 and 10 (ages 12-13 and 14-15)

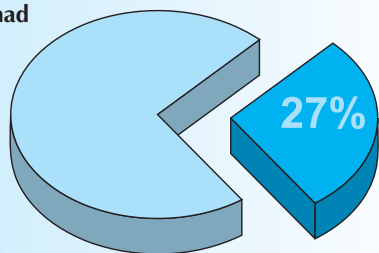
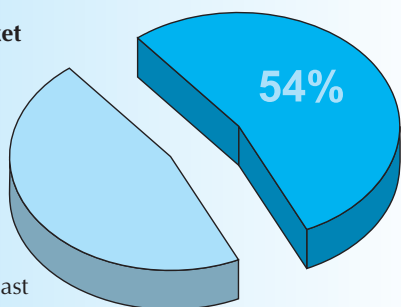
### CITIZENSHIP

- 97% of pupils describe themselves as white.
- 61% of pupils report that they live with both parents.**
- 17% live mainly or only with their mother.
- 13% with their mother and stepfather/partner
- 43% live in a family of 4 people, themselves included.
- 30% live in a family of 5 or more people, themselves included.
- 21% live in a house with four or more bedrooms.
- 34% of pupils live in a family with two cars.
- 13% have three or more cars.
- 6% have 'quality' broadsheet newspapers, 37% have 'popular' tabloid papers at home on most days.
- The most popular paper was the Sun.

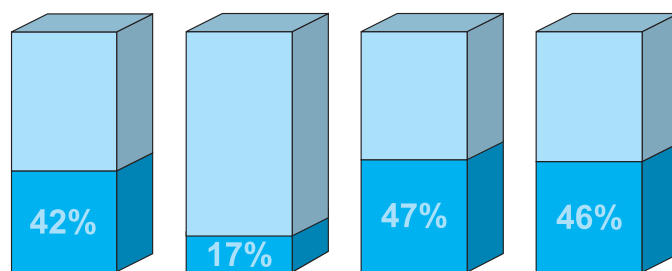


### MONEY

- 54% said they got pocket money every week.**
- 39% of pupils reported they do not usually get any regular pocket money.
- 74% got up to £10 the last time they received pocket money.
- 43% said they had put some of their own money into a savings scheme in the seven days before the survey.
- 27% of pupils said they had a regular paid job outside school during term time.**
- A greater proportion of boys worked compared with girls, 33% of Year 10 boys compared with 24% of Year 10 girls.
- 59% of the pupils who worked did so for 4 hours or less in the week before the survey.



- 24% worked 5 to 7 hours, 8% worked 8 to 10 hours and 9% worked 11 hours or more.
- The proportion of pupils who worked doing in excess of 4 hours in the week before the survey increased with age.**



Year 8 Boys    Year 8 Girls    Year 10 Boys    Year 10 Girls

- The most popular types of work were paper/milk rounds for boys and babysitting for girls.
- 22% of all pupils said they had spent nothing in the seven days prior to the survey.
- 24% spent up to £5, 23% up to £10 and 31% more than £10.
- The top items pupils spent money on were:**

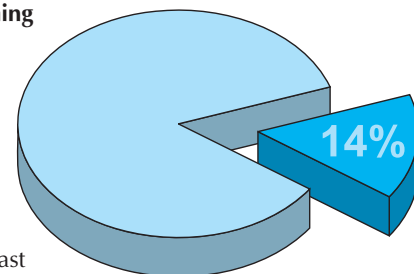
Year 8	Boys	Girls
Sweets, chocolate etc.	23%	24%
Soft drinks	21%	24%
Computer games	17%	18%
Leisure centre	16%	17%

Year 10	Boys	Girls
Sweets, chocolate etc	40%	33%
Soft drinks	37%	29%
Fares	26%	28%
Crisps	22%	26%

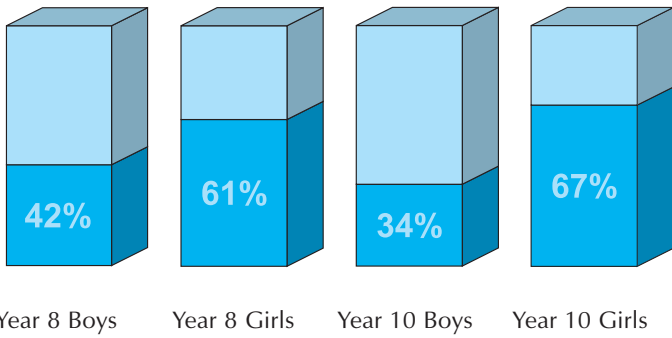
? Can pupils be encouraged to spend less money on sweets and chocolate and soft drinks?

### HEALTHY EATING

- 14% of girls had nothing to eat or drink for breakfast on the day of the survey.**
- The most popular breakfast food was cereal, followed by toast or bread.
- 11% of pupils had a chocolate bar or sweets for breakfast.
- 7% of pupils had nothing to eat for lunch on the day before the survey.
- The most popular lunch choice was buying food from a takeaway/shop 45%.
- 18% of pupils had a cafeteria lunch in school on the day of the survey.



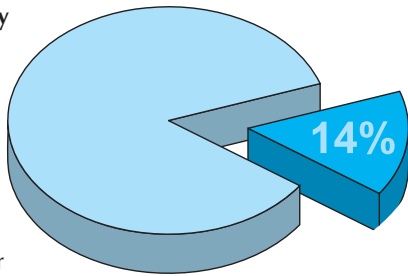
- Overall 50% of pupils would like to lose weight. Nearly two thirds of Year 10 girls said they would like to lose weight.



- 15% of Year 10 girls had nothing more to eat or drink for breakfast this morning. 12% of the Year 10 girls also reported having no lunch yesterday. It is not possible to say if these are the same girls.

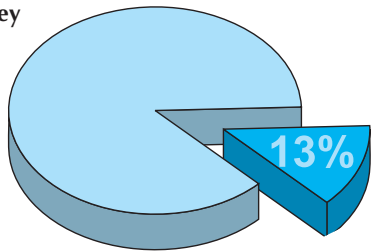
**? How many Year 10 girls that are trying to lose weight are not eating breakfast and/or lunch?**

- 14% of pupils said they never consider their health when choosing what to eat.



- Only 6% said they always considered their health.
- 51% of pupils have dairy products on most days; 36% have vegetables on most days, and 35% have fruit on most days.
- However, 29% have crisps on most days and 37% sweets and chocolates on most days.

- 13% of pupils said that they had no portions of fruit or vegetables the day before.



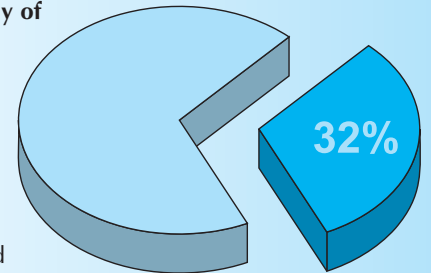
- 15% said that they had 5 or more portions.
- The top ten foods on the list given in the questionnaire with the highest percentages saying they eat the foods 'on most days' are:

Year 8	Boys	Girls
Dairy produce	46%	47%
Vegetables	33%	42%
Sweets, chocolates etc.	32%	39%
Low-calorie drinks	31%	30%
Wholemeal bread	31%	29%
Fresh Fruit	31%	28%
Chips or roast potatoes	27%	27%
Meat	26%	24%
Fizzy drinks	26%	22%
Crisps	25%	22%

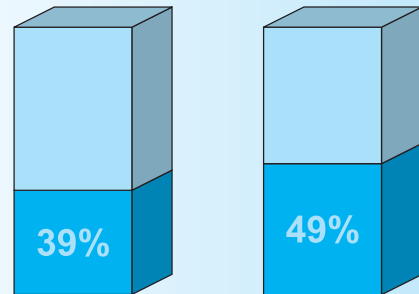
Year 10	Boys	Girls
Dairy produce	59%	51%
Sweets, chocolates etc	42%	40%
Meat	37%	37%
Fizzy drinks	37%	37%
Vegetables	34%	31%
Fresh Fruit	33%	31%
Chips or roast potatoes	31%	30%
Crisps	30%	27%
Wholemeal bread	25%	25%
Low-calorie drinks	24%	24%

## SCHOOL AND CAREER

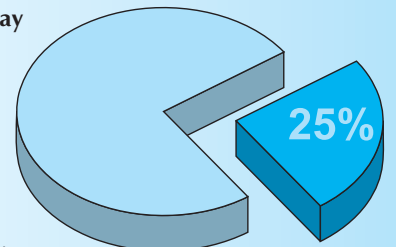
- When asked how many of their school lessons they enjoyed, 32% said 'most' or 'all of them'.



- 33% said they enjoyed 'about half of them', 18% 'less than half of them' and 17% 'hardly any of them'.
- 48% said they expected to take several GCSEs and get mostly good grades (A – C). A greater proportion of boys than girls said this.
- 39% of boys and 49% of girls in Year 10 want to continue in full time education after the end of Year 11



- 32% of boys and 29% of girls in Year 10 want to find a job as soon as possible.
- 25% of pupils want to stay in the neighbourhood where they live.

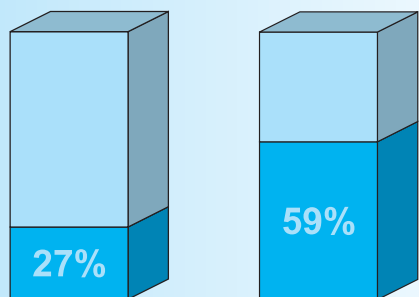


- 65% of pupils did homework on the evening before the survey, 21% did over an hour.
- 53% of pupils walked at least part of the way to school.
- 26% travelled by car/van, 9% by school bus and 18% by other buses

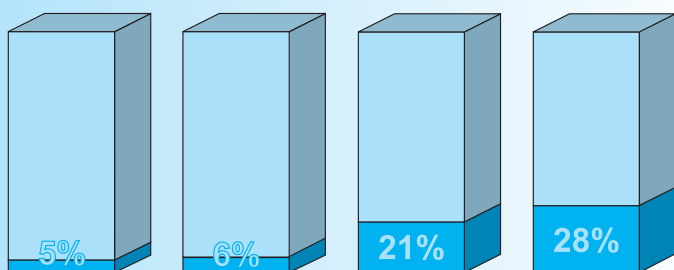
# DRUGS, ALCOHOL AND TOBACCO

## Drugs

- 27% of Year 8 pupils and 59% of Year 10 pupils are fairly sure that they know someone who takes drugs.

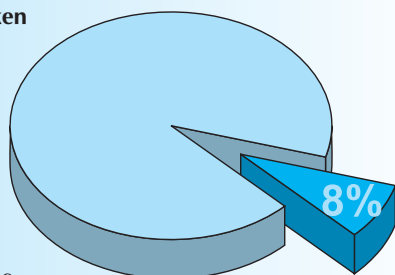


- Of Year 8 pupils 12% of boys and 8% of girls have been offered cannabis and 13% of boys and 12% of girls at least one of the other drugs listed in the questionnaire.
- By Year 10, 37% of boys and 36% of girls have been offered cannabis and 34% of boys and 37% of girls at least one of the other drugs listed in the questionnaire.
- Overall 16% of pupils reported that they had taken an illegal drug at some point in the past.



Year 8 Boys    Year 8 Girls    Year 10 Boys    Year 10 Girls

- 8% report they had taken some form of illegal drug in the month before the survey.



- 4% say they have taken more than one type of drug on the same occasion and 10% say they have taken an illegal drug and alcohol on the same occasion.
- A high proportion of pupils say they know nothing about the drugs listed in the questionnaire.

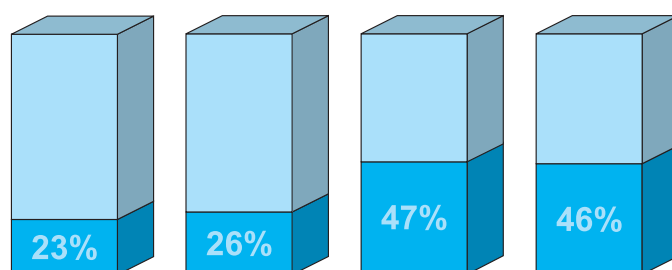
Year 8	Never heard of/ Know little about		Believe safe if used properly	
	Boys	Girls	Boys	Girls
Amphetamines	60%	76%	10%	4%
Cannabis leaf/resin	32%	53%	20%	9%
Ecstasy	49%	60%	7%	52%
Synthetic hallucinogens e.g. LSD	67%	75%	6%	3%
Solvents	47%	57%	15%	16%

Year 10	Never heard of/ Know little about		Believe safe if used properly	
	Boys	Girls	Boys	Girls
Amphetamines	49%	51%	10%	13%
Cannabis leaf/resin	28%	33%	36%	31%
Ecstasy	33%	33%	6%	7%
Synthetic hallucinogens e.g. LSD	47%	51%	6%	8%
Solvents	30%	30%	12%	14%

? Can anything be done to reduce drug use? Can drug education be improved?

## Alcohol

- Overall, 37% of pupils had at least one alcoholic drink in the last week.



Year 8 Boys    Year 8 Girls    Year 10 Boys    Year 10 Girls

- The proportion of pupils drinking over 11 units of alcohol in the seven days before the survey rose as pupils got older:

Units	Boys		Girls	
	Year 8	Year 10	Year 8	Year 10
1-3	10%	10%	13%	11%
4-10	6%	17%	7%	14%
11+	2%	18%	2%	17%

- The most popular drinks were (table shows the proportion of pupils who drank them during the seven days before the survey):

Year 8	Boys		Girls	
Pre-mixed spirits	9%	Pre-mixed spirits	12%	
Beer or lager	7%	Wine	11%	
Wine	6%	Spirits	8%	

Year 10	Boys		Girls	
Beer or lager	25%	Pre-mixed spirits	20%	
Cider	14%	Wine	19%	
Pre-mixed spirits	12%	Spirits	16%	

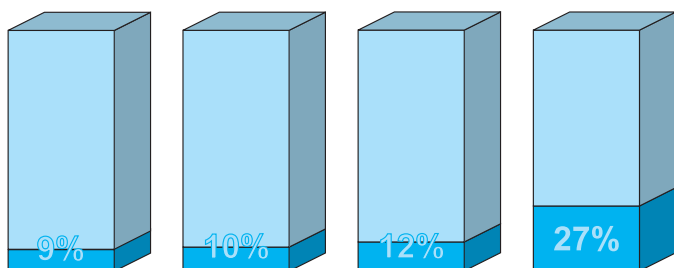
- Of Year 8 pupils, 4% of boys and 8% of girls had bought alcohol from an off-licence (that should sell only to over-eighteen's) during the seven days before the survey. The figures for Year 10 are 14% of boys and 21% of girls.

- 19% of pupils had drunk alcohol at home in the seven days before the survey.
- 43% of pupils reported that their parents always knew if they drank at home.

**? At what age is it appropriate to drink and how often should it happen?**

## Tobacco

- 13% of pupils smoked at least one cigarette during the last seven days. There is a significant increase in the proportion of pupils smoking between the two year groups.**

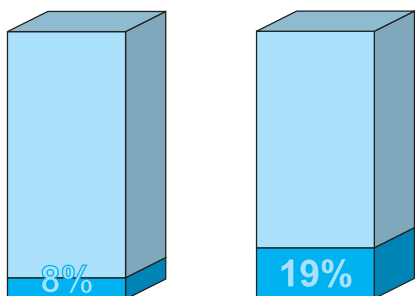


Year 8 Boys    Year 8 Girls    Year 10 Boys    Year 10 Girls

- These gender differences are also found in the wider data set.
- Of these smokers, 46% smoked between 1 and 15 cigarettes in the seven days before the survey. 23% smoked between 16 and 45 cigarettes and 31% smoked over 46 cigarettes in the seven days before the survey.

**? Can anything be done to slow down or stop this progression in smoking?**

- Boys: 3% of Year 8 and 13% of Year 10 boys reported that they smoked occasionally or regularly.
- Girls: 9% of Year 8 and 28% of Year 10 girls reported that they smoked occasionally or regularly.
- 8% of Year 10 boys and 19% of Year 10 girls said they smoked regularly and that they would like to give up.**

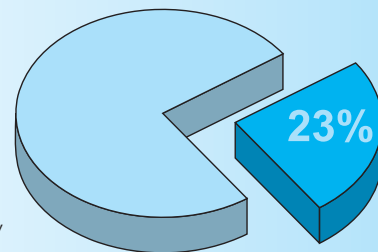


**? Is there any extra support that can be given to pupils who want to stop smoking?**

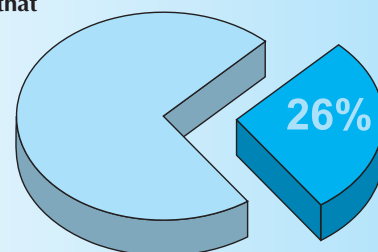
- 5% of Year 10 girls said they smoked and didn't want to give up.
- Of those pupils who said they smoked recently 50% got their cigarettes from a shop. 38% got them from friends, and 2% from other sources.

## SAFETY

- 23% of pupils rated the safety of their area, when going out after dark as 'poor' or very poor'.**



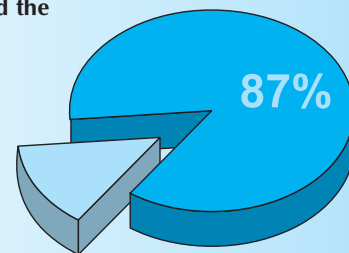
- 4% rated it 'poor' or 'very poor' during the day.
- 15% of pupils said they were 'fairly sure' or 'certain' that they had friends who carried weapons for protection when going out.
- 36% of pupils said they were treated for an accident by a doctor or at a hospital within the last year.
- 3% of those said they had an accident at work.
- The most common injuries were broken bones, bruises, grazes and sprains.
- The most common situations in which accidents occurred were playing sports for boys, at home for girls.
- 26% of pupils reported that they felt afraid of going to school because of bullying at least sometimes.**



- 21% said they had been bullied at or near school in the last 12 months.
- 9% said they had bullied someone else, 16% said they didn't know if they had.
- 6% of cyclists wear a helmet most times or always.
- 55% say they usually or whenever possible put on sun cream to avoid sunburn.
- 14% said that they could 'rarely' or 'never' say no to a friend who was asking them to do something they didn't want to do.

## MEDICATION AND DENTAL

- 87% of young people visited the doctor within the previous year.**

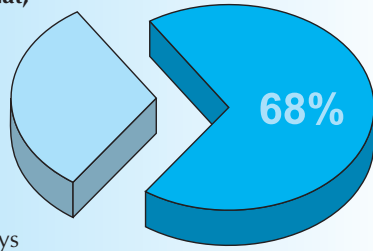


- Overall 50% were at ease with the doctor, a greater proportion of boys reported this compared with the girls.
- Painkillers and remedies for skin problems were reported as being the most commonly taken medication.
- 66% of pupils said that the amount of sleep they usually get is enough to concentrate on their studies. 11% said it wasn't.
- 80% of pupils reported that they cleaned their teeth at least twice a day (the recommended frequency).
- 88% visited the dentist within the last six months.



## EMOTIONAL HEALTH & WELL-BEING

- 68% of pupils reported that, in general, they were 'quite a lot' or 'very much' satisfied with their life.

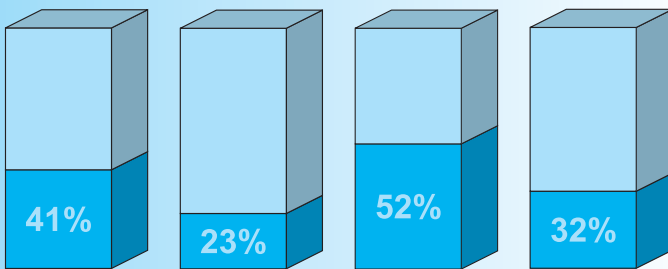


- A greater proportion of boys reported this than girls:
  - Year 8 boys, 72%, Year 8 girls 64%
  - Year 10 boys 73% Year 10 girls 62%
- 11% reported that they were 'not at all' or 'not very much' satisfied with their life.
- 4% of pupils reported that there were no adults they could trust.
- 74% of pupils reported that they worried about at least one problem 'quite a lot' or 'a lot'.
- The top four worries for pupils were:

Year 8	Boys		Girls
Exams & tests	35%	Their looks	46%
Family problems	35%	Family problems	40%
Health problems	31%	Exams & tests	39%
Money problems	26%	Problems with friends	37%

Year 10	Boys		Girls
Exams & tests	42%	Exams & tests	57%
Family problems	35%	Their looks	52%
Career problems	34%	Family problems	44%
Health problems	33%	Problems with friends	41%

- 41% of Year 8 boys and 52% of Year 10 boys had a high self-esteem score (greater than 15).
- 23% of Year 8 girls and 32% of Year 10 girls had a high self-esteem score (greater than 15).



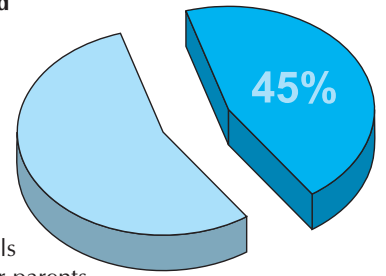
Year 8 Boys    Year 8 Girls    Year 10 Boys    Year 10 Girls

- 3% of pupils had low self-esteem scores (0 - 4).
- Boys generally appear in the higher self-esteem brackets more often than girls.

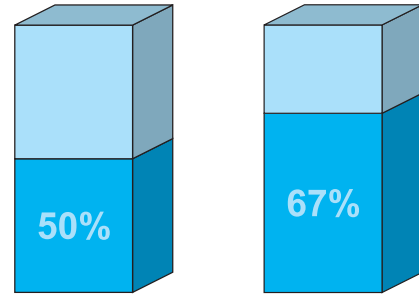
? What factors affect self-esteem? Can pupils be helped to increase their levels of self-esteem?

## SEX AND RELATIONSHIPS

- Overall 45% of pupils said school lessons about sex and relationships were useful or very useful.



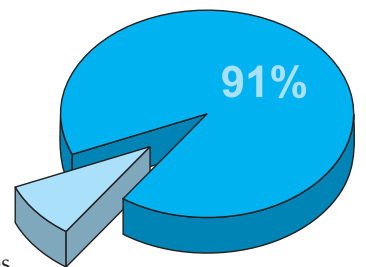
- For help or information about sex and relationships, 31% of pupils said they would go to their parents first. 38% said they would go to their friends first.
- 50% of Year 10 boys and 67% of Year 10 girls knew where to get free condoms.



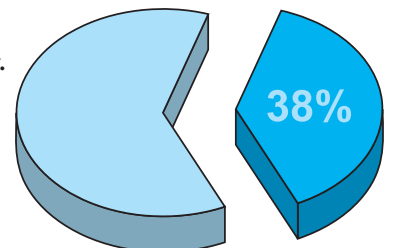
- 45% of Year 10 boys and 54% of Year 10 girls reported that they believe there is a specialist young people's service available locally.
- 61% of Year 10 pupils said they believed that condoms were reliable in stopping infections like HIV/AIDS
- 34% said they are at ease meeting people of their own age and opposite sex, however, 43% said they were a little uneasy.

## LEISURE ACTIVITY

- 91% of pupils said they watched television on the evening before the survey.



- Other common leisure activities included for pupils were computer games, meeting with friends, and caring for pets.
- 18% of pupils read a book for pleasure at least part of the evening before the survey.
- 38% played sport on the evening before the survey.

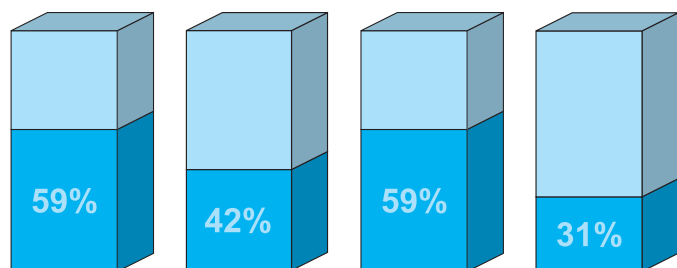


- 59% of all pupils played computer games on the evening before the survey, this was predominantly boys.
- 50% more girls than boys had used the Internet the night before for chatting or e-mail.

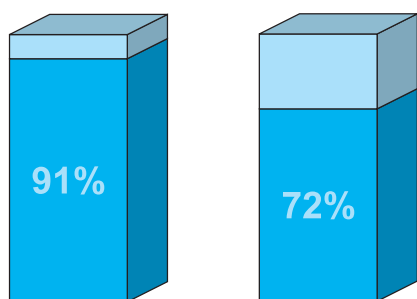
? Are girls using computers for chatting and boys for playing computer games?

## PHYSICAL ACTIVITY

- Overall 48% of pupils consider themselves 'fit' or 'very fit'. This varies across age ranges and gender.



- Overall 84% of pupils said they enjoy physical activities 'quite a lot' or 'a lot'.
- There is a clear gender difference here too, 91% of Year 10 boys reported enjoying physical activities 'quite a lot' or 'a lot' compared with 72% of the girls.



- 32% of pupils exercised hard enough to increase their breathing rate at least five times last week, 7% none at all.
- Outside school hours soccer was the most popular form of physical activity for the boys, dancing and going for a walk for the girls.
- The top five physical activities were (table shows the proportion of pupils taking part in the sport at least weekly during the twelve months prior to the survey):

Year 8	Boys	Girls
Soccer	38%	30%
Riding a bike	34%	24%
5-a side-football	21%	23%
Jogging	20%	19%
Swimming	18%	17%

Year 10	Boys	Girls
Soccer	55%	31%
Riding a bike	41%	29%
5-a-side football	26%	16%
Jogging	26%	13%
Basketball	25%	13%

? What local facilities are available for youngsters to be active? Are boys encouraged more than girls?

## Significant differences between South Tyneside and the reference sample

### Compared with the reference sample:

- Lower proportions of pupils in South Tyneside live with both parents compared with the SHEU wider reference sample. 61% in South Tyneside compares with 66% in the wider sample.
- Lower proportions of pupils in South Tyneside want to stay on in full-time education after Year 11. More say they would like to get training for a skilled job, 56% vs 45%.
- 25% of pupils say that they would like to stay in the neighbourhood where they live compared with 19% of the wider sample.
- Lower proportions of pupils in South Tyneside recorded scores of high self-esteem. 38% compares with 43% in the wider sample.
- 50% of pupils said that they would like to lose weight. This compares with only 44% saying the same in the wider sample.
- South Tyneside pupils are more likely to smoke or have tried smoking in the past. 45% compares with 40% in the wider sample.
- 24% of pupils in South Tyneside said they got drunk in the past 7 days. This compares with 19% of pupils saying the same in the wider sample.
- 12% of pupils bought alcohol at an off-licence in the seven days before the survey, this compares with 7% in the wider sample.
- Pupils in South Tyneside are more likely to say they know someone who uses drugs (46% vs 39%). They are also more likely to have been offered drugs (26% vs 17%). They are no more likely however to have taken drugs compared with pupils in the wider sample.
- Pupils in South Tyneside are more likely to say that they are aware of a specialist contraception and advice centre available locally for young people (37% vs 23%).

## Trend data: South Tyneside 2006 survey compared with the 2000 survey (same schools)

- ❑ 67% of year 10 girls would like to lose weight in 2006, only 61% of girls who said the same in 2000.
- ❑ In 2006, 19% of pupils said that they consider their health very often or always when making food choices. In 2000, only 13% of pupils said this.
- ❑ This is reflected in the data for eating foods 'on most days' with pupils in 2006 less likely to eat chips, sweets and sweets, but more likely to eat fresh fruit compared with the pupils in 2000.
- ❑ Similar proportions in both surveys smoked or had tried smoking.
- ❑ Pupils in 2006 are more likely to have drunk alcohol than pupils in the 2000 survey. They are also more likely to have drunk alcohol at a friend/relations home. The older girls are more likely to have drunk alcohol outside in a public place.
- ❑ Similar proportions in both surveys bought alcohol in an off licence.
- ❑ Pupils are more likely to say that they know someone who uses drugs in 2006. They are also more likely to have been offered drugs. In 2006 for example 25% had been offered cannabis compared with 18% in 2000.
- ❑ They are no more likely to have taken them however when compared with pupils in 2000.
- ❑ Pupils in 2006 are more likely to worry about health and family problems that pupils were in 2000.

## The Way Forward – over to you

This work was funded by South Tyneside Drug Action Team.

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 all key agencies that support the health needs of young people in South Tyneside.

This information will be used by schools to compare the health related behaviours of young people in South Tyneside against local and national statistics in order to prioritise their focus and develop evidence based schemes of work.

It will enable the Childrens Alliance to gauge their effectiveness in reaching young people and identify and respond to any unmet needs or gaps in service provision. The results of this lifestyle survey will also be used to further enhance South Tyneside Healthy Schools Programme, so that we can address inequalities, promote inclusion and encourage participation by providing accessible services and equipping young people with the skills to make informed health decisions. The survey results will feed into the development of the Young Peoples Substance Misuse Plan and Children and Young Peoples Plan.

### *Our thanks go to the staff and pupils that took part:*

Harton Technology College  
Whitburn Church of England School  
St. Wilfrids RC Comprehensive School  
Hebburn Comprehensive School  
Mortimer Comprehensive  
Jarrow School  
Boldon School

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