

# Supporting the health of YOUNG PEOPLE IN EAST SUSSEX

## A summary report of the Health Related Behaviour Survey 2012

The NHS in East Sussex and East Sussex County Council worked together to commission a Health Related Behaviour Survey to take place during the spring term 2012. The survey has taken place on three previous occasions with 2007 being the most recent.

The management of the survey was co-ordinated by the Personal, Social and Health Education (PSHE) and Healthy Schools Team and was overseen by the Public Health Team and the Children's Services Department at the County Council.

A total of 4526 Year 10 students from all of the secondary schools and the Pupil Referral Unit took part in the survey. There were a total of 5303 Year 10 pupils according to the January School Census giving a participation rate of 85% of pupils on the school roll.

Schools anonymously completed the questionnaires (for the first time they were given the option of completing them on paper or online) which were returned to the Schools Health Education Unit in Exeter for analysis. This summary report presents an overview of the data collected in 2012. Some comparison is made to 2007 data from East Sussex as well as with wider data from across England in 2011.

The Health Related Behaviour Survey reflects the current picture of local young people and their behaviour, lifestyles and aspirations. The Schools Health Education

Unit are nationally recognised as the specialist provider of reliable local survey data for schools and colleges and they have undertaken similar surveys across England for the last 35 years.

Matt Dunkley, Director of Children's Services, said:

"I am delighted to share with you the results of this highly regarded survey which provides a wealth of useful insights into the lives of our local young people. The results will be used to develop services to more adequately meet the needs of our children and young people in East Sussex".

Diana Grice, Director of Public Health and Medical Director, NHS East Sussex and East Sussex County Council, said:

"The health and well-being of young people is a key priority for the County Council. This is an important survey that has helped us, schools and the public health team gain some really useful information about the health of our young people and some of the issues they are facing."

It should be noted that this survey took place in the spring term, whereas the previous 2007 survey took place earlier in the school year, in the autumn term. This means that pupils were slightly younger in the 2007 survey and this should be taken into account when comparing the results across time.

### 4526 young people were involved in the 2012 survey

Sample	East Sussex		
	2004	2007	2012
Year 10 (Age 14-15)			
Boys	1570	1927	2227
Girls	1711	1981	2299
Total	3281	3908	4526

### Reference Sample

East Sussex data have been compared with the wider SHEU survey sample. These areas include Bath & North East Somerset, Bristol, Camden, Ealing, Essex, Knowsley, Newcastle, Rochdale, Swindon and Wakefield.

### TOPICS INCLUDE:

Tobacco, Alcohol and Drugs

Relationships and Sexual Health

Emotional Health and Well-being

Healthy Lifestyles

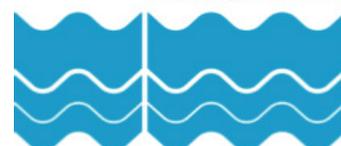


For more details please  
telephone: 01392 66 72 72  
[www.sheu.org.uk](http://www.sheu.org.uk)



Sussex

East Sussex  
County Council



# EAST SUSSEX

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

- 88% of students describe themselves as White British.
- 54% of students report that they live with both parents. This compares with 61% in the wider data.

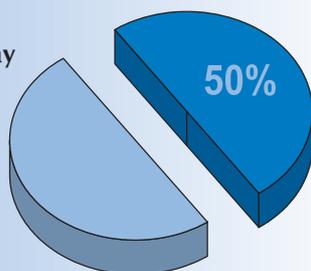
### TOBACCO, ALCOHOL and DRUGS

#### Tobacco

- 17% students in the East Sussex survey smoked at least one cigarette during the last 7 days:

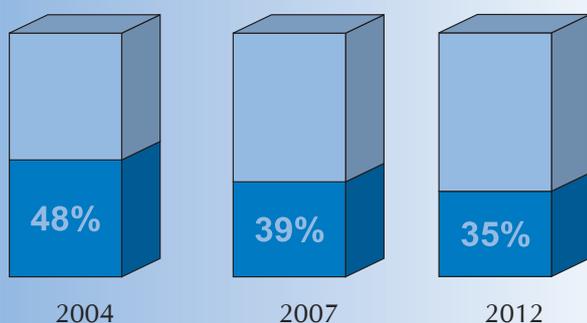
	2004	2007	2012
Boys	16%	12%	12%
Girls	27%	18%	21%
Total	22%	15%	17%

- 50% of regular smokers say they would like to give up smoking.
- 55% of students said they have never smoked at all.

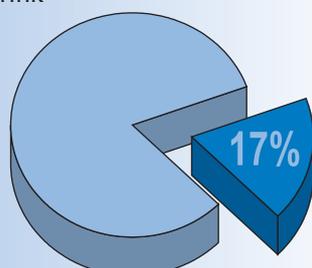


#### Alcohol

- 35% of students in 2012 said they drank alcohol on at least one day in the last week, this appears to be lower than the 39% saying this in 2007 and the 48% seen in 2004.



- 8% of students said they drink alcohol regularly.
- 29% of students said they have only had alcohol a few times.
- 17% of students said that they never drink alcohol.



- 86% boys and 84% of girls said they did not get drunk in the previous week. This compares with 74% and 70% respectively in the wider data.
- 15% of students reported getting drunk on at least one occasion in the previous week, 4% said they did so on more than one day.
- When asked 'If you drink alcohol at home do your parents know about it?', 17% of students said they never drink alcohol, 13% said they don't drink at home, 42% of students said their parents always know. 15% said their parents sometimes know but 4% said their parents never know about it.
- Students were asked where they accessed their alcohol in the last week:

	Boys	Girls
Given it by a family member	17%	15%
Given it by a friend	8%	12%
Got someone else to buy it for me	8%	10%
Took it from home	4%	3%

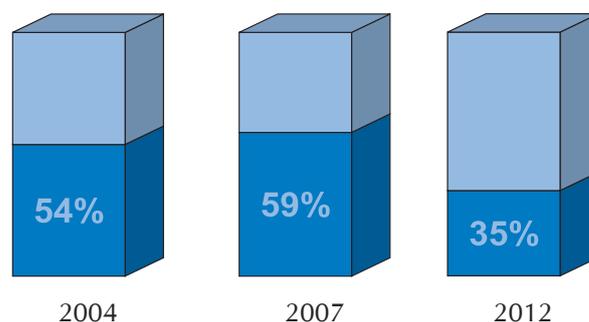
- 9% of students reported drinking outside in a public place in the last week. 8% of students drank alcohol at a nightclub or party. 21% of boys and 17% of girls said they drank alcohol at home.

#### Drugs

- 37% of students said they had been offered drugs. 20% of students said that they had ever taken any of the drugs listed.
- 17% of students said that they had used cannabis, other drug use included the following:

	2004		2007		2012	
	Boys	Girls	Boys	Girls	Boys	Girls
Cannabis	29%	30%	16%	16%	17%	18%
Amphetamines	2%	3%	1%	2%	2%	2%
Ecstasy	2%	3%	2%	1%	3%	3%
Cocaine	2%	3%	2%	2%	3%	3%
Poppers	7%	6%	4%	5%	1%	2%
Ketamine					2%	2%

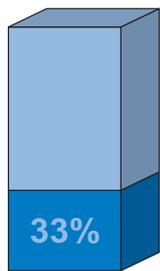
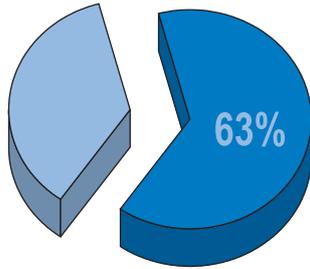
- 39% of students said they think cannabis is 'always unsafe', 32% thought it was safe if used properly.
- For those taking illegal drugs, 35% said they first tried a drug when they were thirteen or younger (59% in 2007 and 54% in 2004) the average age that they first tried an illegal drug was 14 (13 in 2007 and 2004)



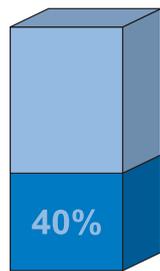
- 17% of students said there is a special drug and alcohol advice and support service for young people locally, 23% said this in 2007.
- 43% of students said that they found school lessons about drug education 'quite' or 'very' useful.

## RELATIONSHIPS AND SEXUAL HEALTH

- 24% of girls and 19% of boys said they currently are in a sexual relationship, or have been in the past.
- 88% of students described themselves as heterosexual. 3% said they were bisexual, 1% said they were gay/lesbian. 3% said they weren't sure and 2% preferred not to say.
- 63% of students say they know where they can get condoms free of charge.**
- 71% of students said that they think condoms are reliable at preventing pregnancy and STIs.
- 33% of boys and 40% of girls know there is a special contraception and advice centre for young people available locally. 22% of boys and 27% of girls said this in 2007.**



Boys



Girls

- Overall, 31% of boys and 24% of girls said school lessons were their main source of information about relationships and sexual health.**

Boys	2007	2012	Girls	2007	2012
Parents	17%	18%	Parents	21%	19%
Lessons	32%	31%	Lessons	27%	24%
Friends	26%	23%	Friends	32%	33%
Internet	9%	13%	Siblings	6%	7%

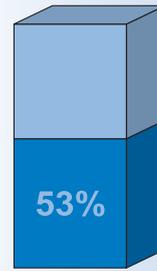
- Overall 34% of students thought their school should be the main source.**

Boys	2007	2012	Girls	2007	2012
Parents	28%	30%	Parents	35%	38%
Lessons	38%	36%	Lessons	32%	32%
Friends	11%	9%	Friends	12%	9%
Internet	5%	7%	Internet	1%	2%

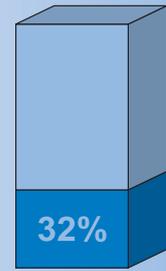
- 4% of students said they had never heard of Chlamydia, 22% said they knew nothing about it. 21% thought it could be treated but not cured and 48% said it could be treated and cured.

## EMOTIONAL HEALTH & WELL-BEING

- 53% of boys and 32% of girls recorded levels of high self-esteem.**



Boys

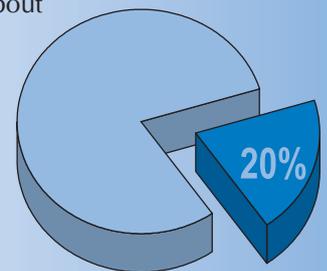


Girls

- 13% of boys and 20% of girls said they were 'quite' or 'very' unhappy with their life at the moment.
- 16% of boys and 18% of girls said that they had been bullied at school in the past 12 months. This appears to be lower than the 21% of boys and 22% of girls who said the same in 2007
- 10% of boys and 6% of girls said that they had bullied someone else in the last 12 months.
- The top four worries for students were:

Boys	2007	2012	Girls	2007	2012
Exams & tests	39%	42%	Exams & tests	54%	66%
Career	26%	23%	Their looks	57%	59%
Their looks	23%	20%	Family problems	42%	38%
Family problems	26%	18%	Career	31%	35%

- For most problems students said that they would look to their family for support.
- When asked if there was someone they could talk to about their worries, 7% of students said there was usually no-one they could talk to. 45% said there was someone I can talk with about almost anything.
- 20% of students said that they looked after someone in their family on at least one day in the previous week who had an illness or disability.**
- 19% of boys and 26% of girls said that the amount of sleep they usually get is not enough to stay alert and concentrate at school.

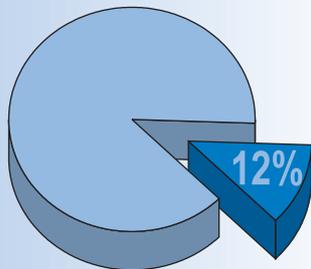
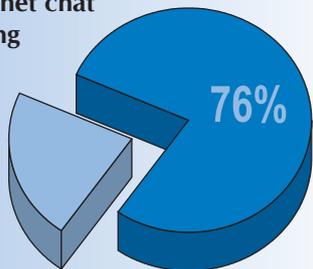


## SAFETY

- 247 (12%) of the boys and (177) 8% 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. This appears to be lower than 2007:**

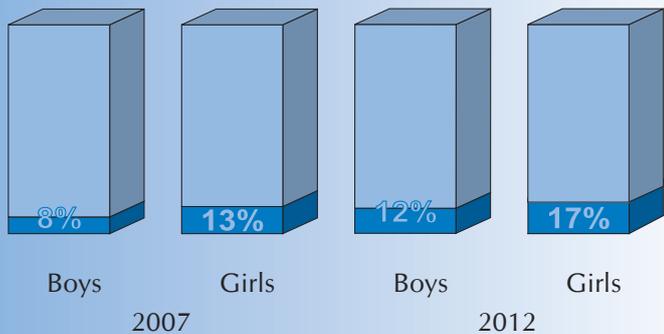
	2007	2012
Boys	18%	12%
Girls	13%	8%

- 55% of boys and 47% of girls rate the safety of their area when going out after dark as 'good' or 'very good'.
- 7% of students said they were fairly sure or certain that they, or a friend carried a weapon or something else for protection when going out.
- 76% of students use Internet chat rooms or social networking sites 'often', 'very often/every day'.**
- 87% of students said that they have been told how to stay safe while using the Internet.
- 26% of students said that they have met someone in real life who they first met online.
- 76% of boys and 17% of girls said they have looked online for pornographic or violent images, films or games.
- 12% of students said that they have seen images online that upset them.**

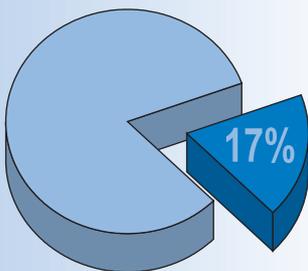


## HEALTHY EATING

- 12% of boys and 17% of the girls in the survey had nothing for breakfast in 2012. This appears higher than the figures seen in 2007:**

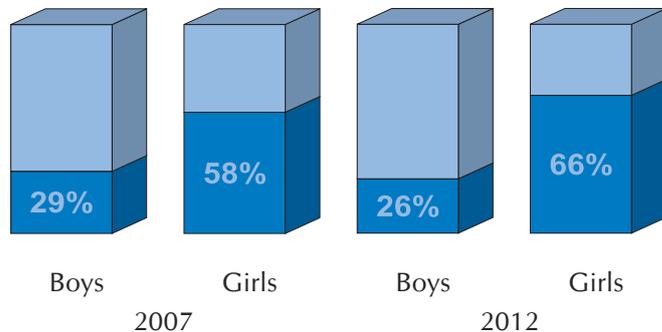


- 7% of students said that they had breakfast on the way to school. 9% said they had breakfast at school.
- 17% of students reported eating five or more portions of fruit and vegetables the previous day. 20% said this in 2007.**



- 11% of students said they had none.
- 39% of students said that they eat fresh fruit 'on most days'. 10% however, said they 'rarely or never' eat fresh fruit.

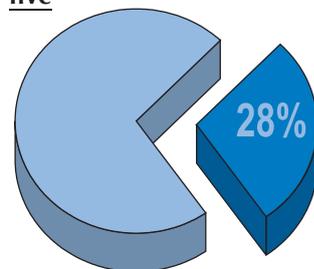
- 11% of boys and 21% of girls in the survey had no lunch yesterday. 23% had a school meal, 55% had a packed lunch, 2% went home for lunch and 4% bought lunch from a takeaway or shop.
- 26% of boys and 66% of the girls in the 2012 survey said they would like to lose weight, these figures appear higher for girls than those seen in 2007:**



- 19% of boys and 31% of girls regarded themselves as 'a little' or 'very overweight'.
- 14% of boys and 5% of girls said they would like to put on weight.
- 15% of boys and 10% of girls regarded themselves as underweight.
- 86% say that they drank water during the day before the survey. 39% of students said they drank a litre or more.

## PHYSICAL ACTIVITY

- 28% of students exercised five times or more last week.** (39% of boys and 18% of girls).
- 6% of students said none.



- 68% of students said they enjoy physical activities 'quite a lot' or 'a lot'. There is a gender difference here with 80% of boys saying this compared with 58% of girls.
- The top five physical activities were:**

	Boys	Girls
Soccer	50%	59%
Jogging	37%	30%
Going for walks	37%	29%
Riding a bicycle	35%	23%
Weight training	25%	16%

**For further information about the survey results, please contact:**

The Public Health Department on 01273 336036 or visit the Joint Strategic Needs Assessment website at [www.eastsussexjsna.org.uk/index.aspx](http://www.eastsussexjsna.org.uk/index.aspx)