

Healthy Lifestyles of young people in Cumbria

A report from the Health-Related Behaviour Survey 2012

These results are from a compilation of data collected from a sample of primary pupils in Year 6 and secondary pupils in Years 8 and 10 in Cumbria during Summer 2012. This work was commissioned by Cumbria Children's Services and Public Health, NHS Cumbria as a way of collecting information about young people's knowledge, attitudes and behaviours as well as sources of information and support.

Teachers were briefed on how to collect the most reliable data and then pupils in Years 6 in the primary schools and Years 8 and 10 in the secondary schools anonymously completed the questionnaire. A total of 3845 pupils took part in 18 secondary schools and 28 primary schools.

Completed questionnaires were then returned to SHEU in Exeter for processing.

Bold type in the main body of the report indicates a result has an accompanying chart.

3845 young people were involved in the survey:

School Year	Year 6	Year 8	Year 10	Total
Age	10-11	12-13	14-15	
Males	394	770	728	1892
Females	394	786	773	1953
Total	788	1556	1501	3845

Trends

The HRBQ survey has been undertaken in secondary schools in Cumbria on 10 occasions, 1988, 1990, 1992, 1995, 2000, 2003*, 2006*, 2008*, 2010* and 2012*. (Asterisks indicate a combined primary/secondary survey.) It has been possible to look at certain questions and analyse the data over the whole period to see if any trends are discernible. Different schools took part in different years so this needs to be taken into consideration when studying the data.

Reference sample

School Year	Year 6	Year 8	Year 10	Total
Age	10-11	12-13	14-15	
Males	6470	4662	4487	15619
Females	6321	4750	4664	15735
Total	12791	9412	9151	31354

Cumbria data have been compared with a compilation of data from other areas in the UK that have completed similar versions of the questionnaire. This is the sample that will be used throughout the report under 'Comparisons'.

Topics include:

Diet

Physical Activity

Hygiene and Health

Leisure Activities

Economic Wellbeing

This is report 3 of 3

Emotional Health and Wellbeing

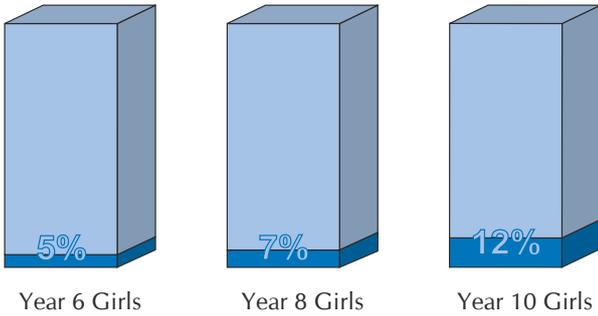
Risk-Taking Behaviour

Healthy Lifestyles

DIET

Primary/Secondary results

- There is an upward trend with age in the number of pupils who report having 'nothing at all' for breakfast; this is particularly noticeable among girls.



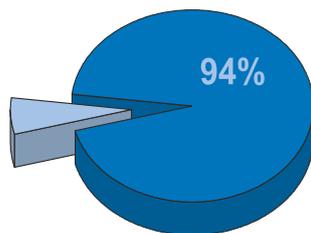
- 7% of primary pupils and 11% of secondary pupils said they had no fruit or vegetables on the day before the survey. 25% of primary pupils and 17% of secondary pupils said they had 5 or more portions.
- We can compare dietary habits of primary and secondary pupils by showing the proportions who consume items 'on most days':

	Primary	Secondary
Fresh Fruit	48%	38%
Dairy produce	50%	66%
Vegetables	45%	52%
Crisps	26%	21%
Sweets/chocolates	24%	27%
Non-diet fizzy drinks	20%	21%

- The proportion of pupils eating sweets/chocolates and crisps on most days remained fairly consistent across the year groups.
- 28% of primary pupils and 30% of secondary pupils said they 'rarely or never' ate any fish/fish-fingers.
- 9% of primary pupils and 16% of secondary pupils drank no water on the day before the survey. 21% of primary pupils and 25% of secondary pupils drank about a litre or more.
- 21% of primary pupils and 24% of secondary pupils say they 'very often' or 'always' consider their health when choosing food.
- 36% of primary pupils and 47% of secondary pupils say they would like to lose weight. 4% and 8% want to gain weight.

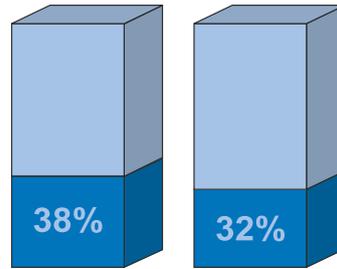
Primary results

- 94% of pupils said they were able to get water easily at school.



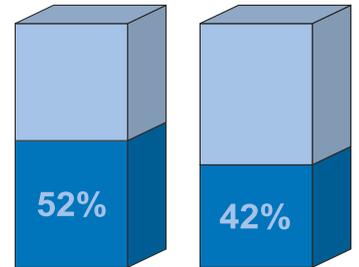
Secondary results

- 12% of Year 10 girls had nothing to eat or drink for breakfast on the morning of the survey. It is interesting that 66% of Year 10 girls say that they would like to lose weight.
- 19% of the Year 10 girls also reported having no lunch on the day before the survey.
- 49% of secondary pupils had a school lunch on the day before the survey.

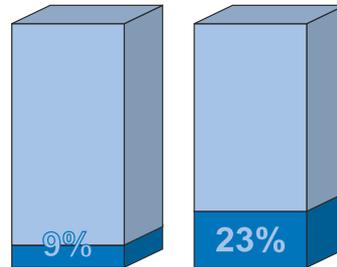


- Primary school pupils in Cumbria are more likely to eat meat (38%) and dairy products (50%) on most days than pupils in the reference sample (32% & 52%).

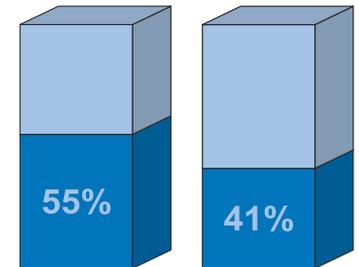
- Secondary school pupils in Cumbria are more likely to eat vegetables on most days (52%) than pupils in the reference sample (42%).



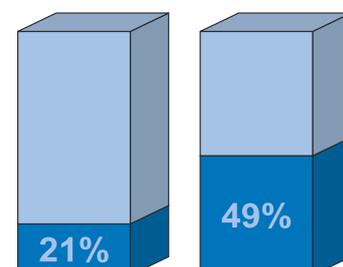
- Secondary school girls in Cumbria are less likely to have skipped breakfast on the morning of the survey (9%) than those in the reference sample (23%).



- Secondary school pupils in Cumbria are more likely to consider health often when choosing food (55%) than pupils in the reference sample (41%).



Comparisons



- Primary school pupils in Cumbria are less likely to say that they drank a litre or more of water yesterday (21%) than are pupils in the reference sample (49%).

DIET

Links

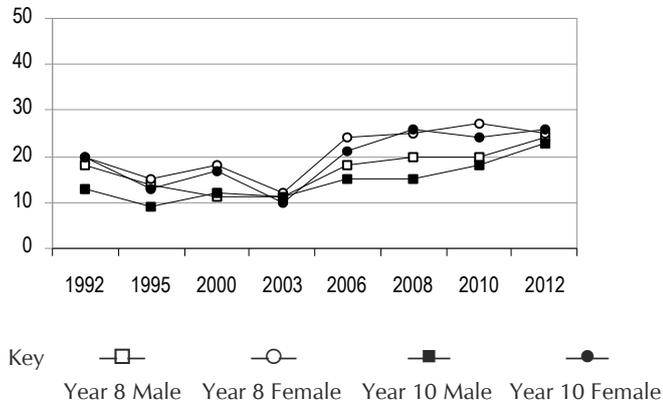
We can see that young people who want to lose weight are more likely to skip meals, but this is not a good way of losing weight.

Year 10 females skipping meals by attitude to weight

	Want to lose weight	Happy with weight	Like to gain weight
Skip Breakfast	13	9	9
Skip Lunch	22	10	23

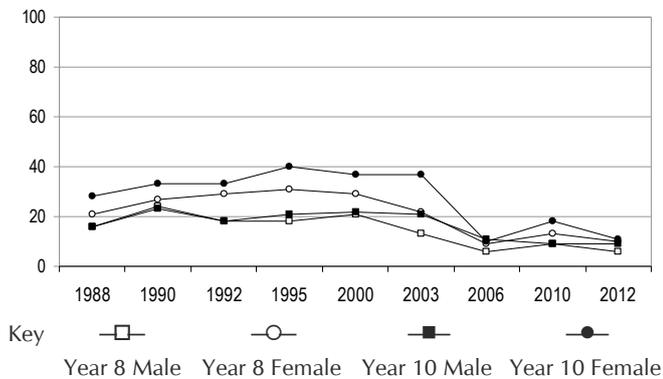
Trends

Very often think about health when choosing food, 1992-2012



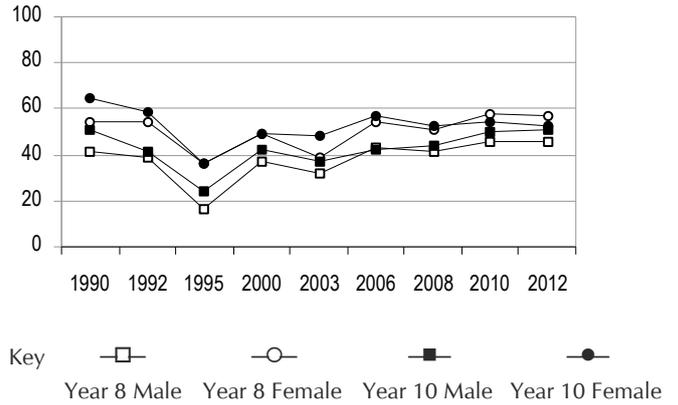
- The proportion of pupils who said they thought about their health 'very often' when choosing what to eat declined over the period 1992 to 2003. Since 2006 the proportion has increased for all groups (more so the girls than the boys), to the highest level seen to date.

No more than a drink for breakfast, 1988-2006, 2010-2012



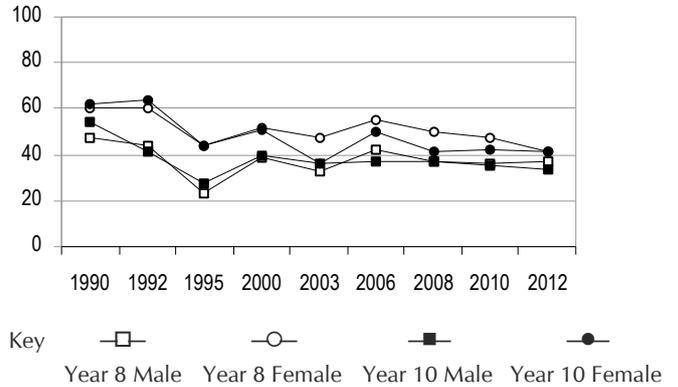
- The proportion of pupils who say they have nothing more than a drink for breakfast on the day of the survey has dropped significantly since 2000, the biggest drop being between 2003 and 2006. Prior to the 2000 survey there had been slight increases for most groups. N.B. No comparable figures available for 2008.

Eat vegetables on most days, 1990-2012



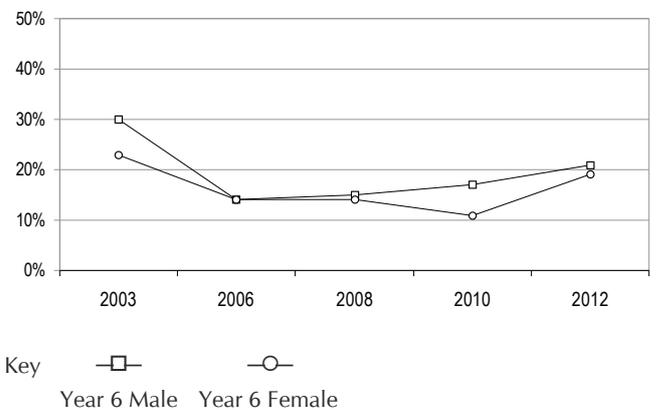
- The proportion of pupils who say they eat fresh fruit on most days has increased significantly since a low point in 1995.

Eat fresh fruit on most days, 1990-2012



- The proportion of pupils who say they eat vegetables on most days has recovered to some extent since a low point in 1995.

Eating chips on most days among primary pupils 2003-2012

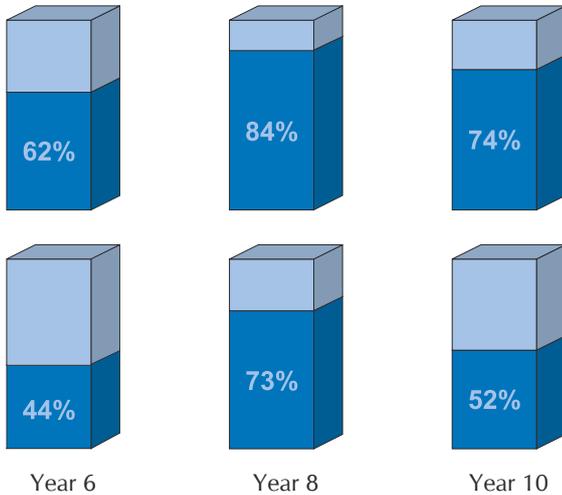


- An initial fall has not been sustained

PHYSICAL ACTIVITY

Primary/Secondary results

- We asked primary and secondary school pupils how many times last week they exercised enough to breathe harder and faster. **The current figures for three times or more are:**
Y6M 62% Y8M 84% Y10M 74%
Y6F 44% Y8F 73% Y10F 52%.



- Enjoyment of physical activity declines with age and is most noticeable in its decline for girls.
- Those reporting they are physically 'fit' or 'very fit' also follows the same trend.

	Males	Females
Year 6	69%	52%
Year 8	52%	40%
Year 10	47%	23%

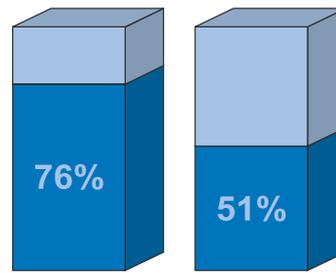
- The physical activities most often taken part in were:

Primary	Males	Females
Football	75%	81%
Running	75%	76%
Walks	65%	62%
Bike riding	58%	56%
Keep fit	48%	49%
Secondary	Males	Females
Soccer	49%	55%
Riding a bike	45%	31%
Jogging	33%	29%
Going for walks	31%	26%
5-a-side football	23%	22%
Rugby	22%	19%

- We also asked pupils which activities they would like to start doing or doing more of:

Primary boys' top three were swimming, rugby/mini rugby, and tennis ; year 8 boys tennis, martial arts and weight training, year 10 boys weight training, swimming and martial arts.

Primary girls' top three were horse riding, swimming and roller skating; year 8 girls horse riding, swimming and ice skating; year 10 girls swimming, horse riding and ice skating.

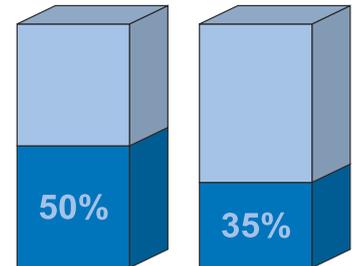


- 76% of primary pupils and 51% of secondary said that their parents/carers do some sort of physical activity with them at least once a month.

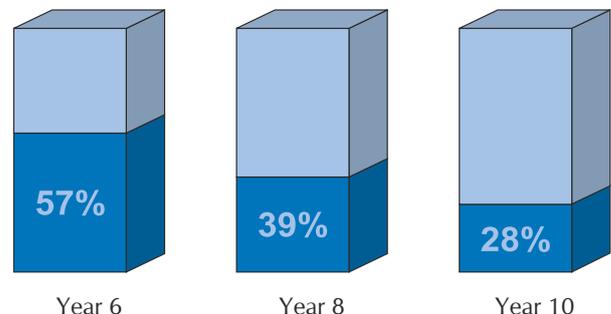
- Pupils were asked if there was anything that stops them doing as much exercise or sport as much as they want to. These are the top 5 barriers for primary and secondary:

	Primary	Secondary
I don't have enough time	35%	46%
I know what I want to do but I don't know where to go	33%	31%
It costs a lot to get there or take part	27%	30%
I am shy in front of other people	26%	29%
I don't know what to do	23%	27%

- 50% of primary pupils and 35% of secondary reported walking to school on the day of the survey.



- 3% of primary and 1% of secondary said they went to school by bicycle on the day of the survey.
- 57% of primary pupils and 34% of secondary reported riding a bike at least weekly.

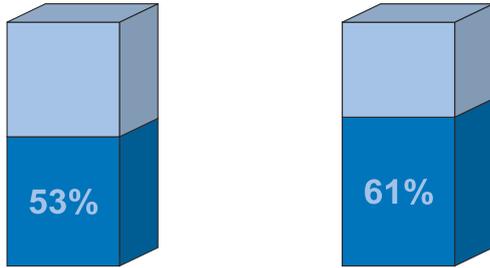


- 53% of primary pupils said they had played sport after school on the day before the survey. Only 23% of secondary pupils said the same.
- 19% of primary pupils said they spent their own money in the last 7 days on 'leisure centre or sports centre activities. 8% of secondary pupils said this, but the secondary list was slightly different and 10% also reported spending their own money on sports equipment in the last 7 days.

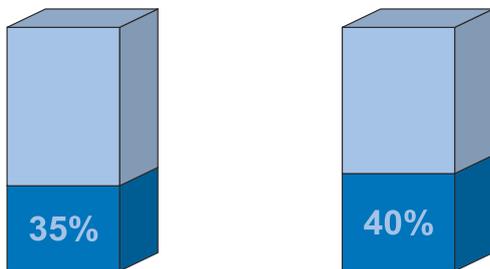
PHYSICAL ACTIVITY

Comparisons

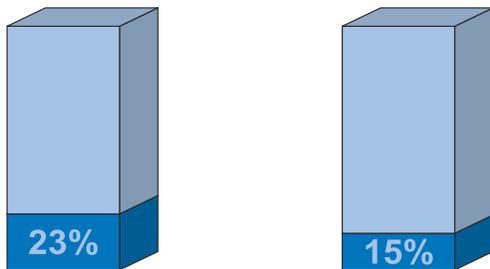
- Year 10 females in Cumbria are less likely to say they enjoy physical activity 'quite a lot' or 'a lot' (53%) than the reference sample (61%).



- Secondary pupils in Cumbria are less likely to say they walked to school on the day of the survey (35%) compared to the reference sample (40%).

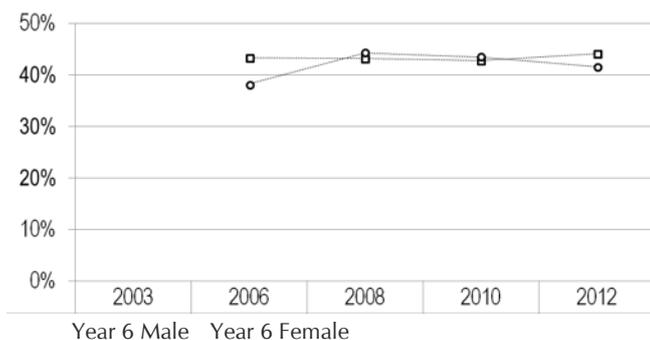


- Secondary pupils in Cumbria are more likely to say they played sports on the night before the survey (23%) compared to the reference sample (15%).



Trends

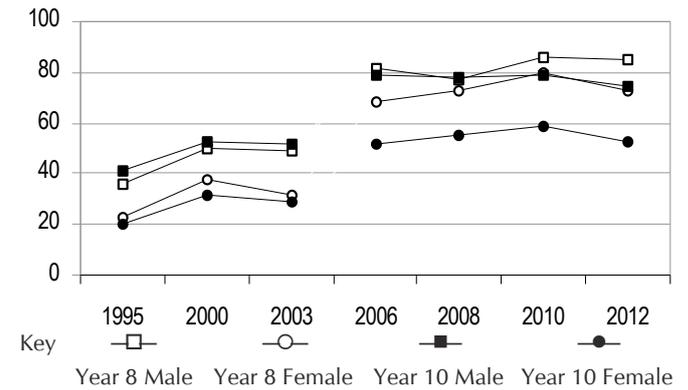
Exercised at least three times last week among primary pupils 2006-2012



- The proportion of primary school pupils who exercised at least three times last week, enough to breathe harder and faster, has been quite steady over the last few years

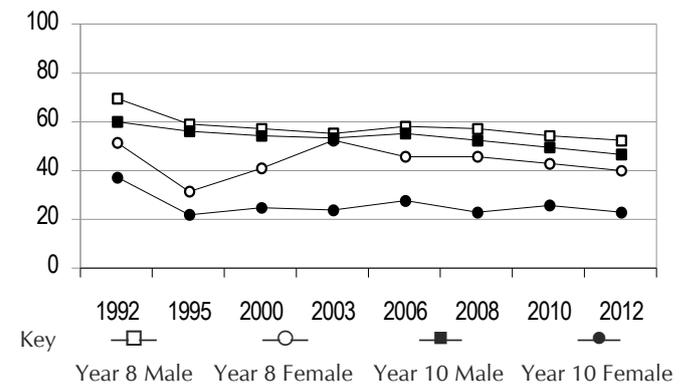
Trends

Exercise three days or more, 1995-2012



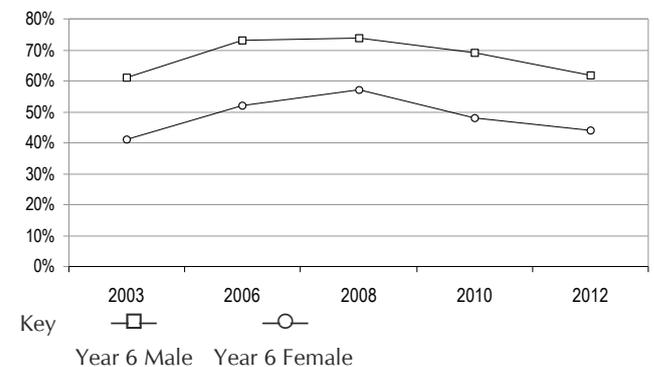
- There is a jump in the proportion of pupils saying that they exercised three or more times last week, which we think was due to a change in the wording of the questionnaire to reflect a change in guidance.

View self as 'fit' or 'very fit', 1992-2012



- The proportion of males who viewed themselves as 'fit' or 'very fit' has remained fairly static since 2000. For females the proportion has risen from 1995 to 2008 with the exception of Year 10 girls. Overall, the levels are still not as high as 1992 and it can be seen that Year 10 females have the lowest proportion overall.

Did sport/physical activity last night among primary pupils 2003-2012



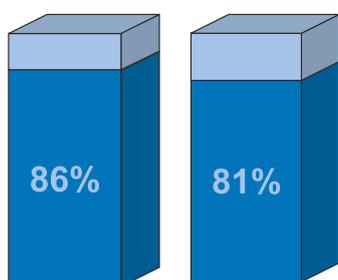
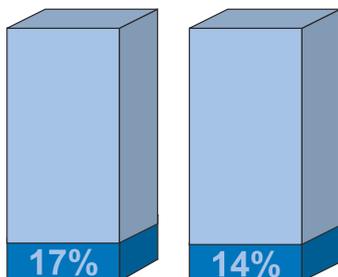
- The proportion of primary school pupils doing any sport or physical activity on the evening before the survey has declined from a peak in 2008. Males are more likely to report doing physical activity than females.

HYGIENE AND HEALTH

Primary/Secondary results

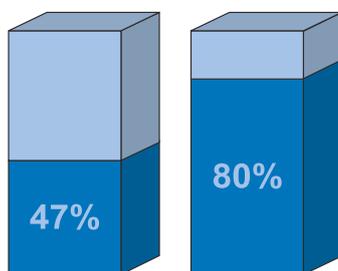
- The proportion of pupils taking measures to avoid sunburn decreases as they get older. 8% of primary pupils said they never did anything to try to avoid sunburn. This increased to 18% of secondary pupils. The figures for 'whenever possible' were 17% and 14%.

- The figures for taking precautions against sunburn 'whenever possible' were 17% for primary pupils and 14% for secondary pupils.



- 86% of primary pupils and 81% of secondary pupils brushed their teeth at least twice on the day before the survey;
- 2% said not at all.

- 64% of primary pupils and 80% of secondary pupils had visited the dentist in the last 6 months. 1% of both age groups said that they had never been.



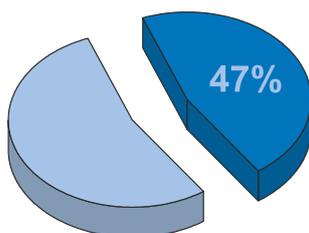
- 47% of primary cyclists and 80% of secondary ones 'never' or 'almost never' wear a safety helmet when cycling.

- A further 17% of secondary pupils reported not having a safety helmet.

Primary results

- 55% of pupils wash their hands before lunch and 78% after going to the toilet.

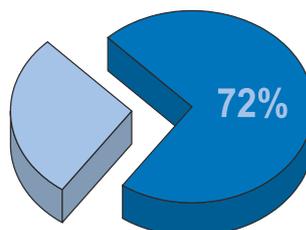
- 47% of all Year 6 pupils go to bed between 9pm and 10pm; 23% of the sample are already in bed by then.



- Another 8% of pupils went to bed after 11pm.

Secondary results

- 12% of pupils got 6 or fewer hours of sleep the night before the survey.



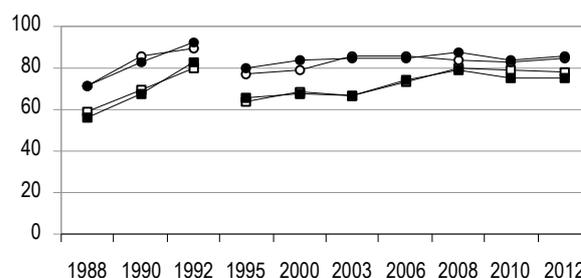
- 72% got at least 8 hours sleep.
- 65% of pupils said that the amount of sleep they normally get is enough for them to stay alert and concentrate on their school work; 13% think it isn't enough.

Key □ ○ ■ ●
Year 8 Male Year 8 Female Year 10 Male Year 10 Female

- 53% of pupils said that the amount of sleep they normally get is enough for their health; 11% think it isn't enough.

Trends

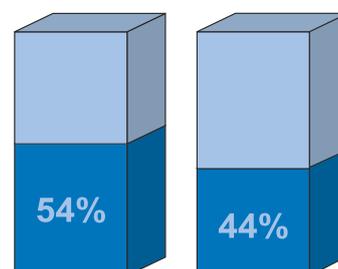
Brushing their teeth at least twice yesterday, 1988-2012



- There was a change in the wording of the question between 1992 and 1995.
- There has been a gradual increase in the proportion of pupils brushing their teeth at least twice on the day before the survey.

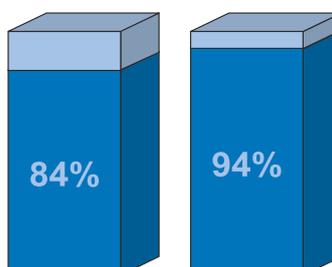
Comparisons

- Primary school pupils in Cumbria are more likely to say they at least usually take precautions to avoid sunburn (54%) than are pupils in the reference sample (44%).



(N.B. the Cumbria survey took place in the summer, while the reference sample is composed of surveys from throughout the year.)

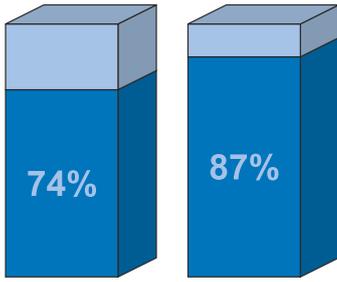
- Secondary school pupils in Cumbria are less likely to have reported going to the dentist in the 12 months before the survey (84%) than the pupils in the reference sample (94%).



LEISURE ACTIVITIES

LEISURE

Primary/Secondary results



- 74% of primary pupils and 87% of secondary pupils said they spent time watching television, after school, on the day before the survey.
- 14% of secondary pupils watched for more than 3 hours.

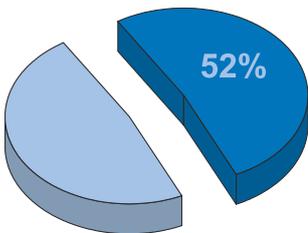
- 58% of the primary boys and 73% of secondary boys played computer games, on the evening before the survey. 31% of secondary boys spent more than 2 hours playing computer games after school on the evening before the survey.

Primary results

- 53% played sport on the evening before the survey.
- 59% played with friends on the evening before the survey.
- 58% of the boys played computer games, and 62% played sport on the evening before the survey.
- 29% of boys and 47% of girls reported reading a book for pleasure on the evening before the survey.

Secondary results

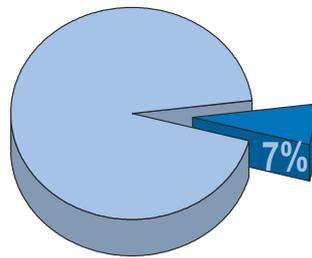
- The most common after school leisure activities on the day before the survey were watching television, doing homework, and using the Internet for socialising.
- 23% of pupils reported reading a book for pleasure on the evening before the survey.



- 52% of pupils looked after pets.

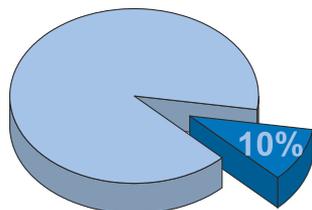
YOUNG CARERS

- 7% of secondary pupils responded that they are a 'young carer'.



VOLUNTEERING

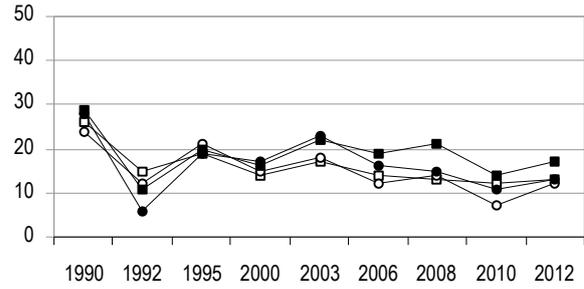
- 10% of secondary pupils said they spent some time on the evening before the survey helping or volunteering outside the home.



- The breakdown by age and sex was:
Y8M: 10% Y10M: 11%
Y8F: 10% Y10F: 9%

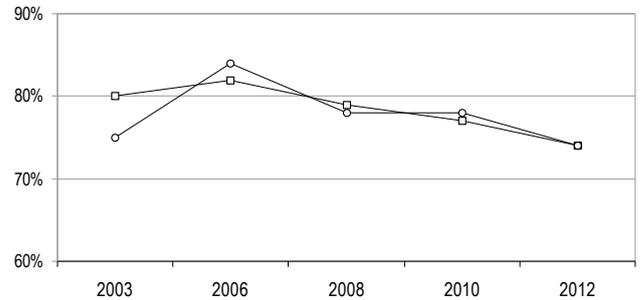
Trends

Watching TV for more than 3 hours, 1990-2012



- Year 8 Male
- Year 8 Female
- Year 10 Male
- Year 10 Female

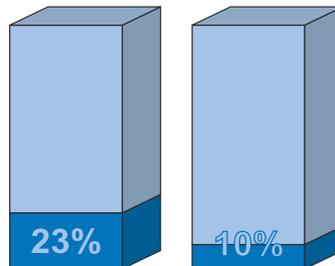
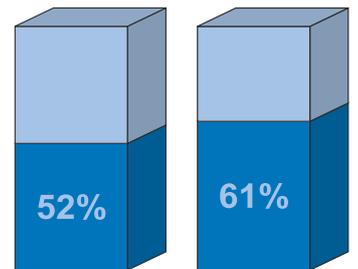
- The proportion of pupils who said they watched television for 3 hours or more on the night before the survey remains fairly consistent since the initial drop seen in 1992, but may have fallen in recent years. This is echoed in the **primary figures since 2003**:



- Year 6 Male
- Year 6 Female

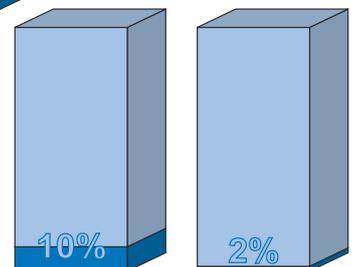
- The data show that increasing numbers of pupils enjoy videos/DVDs, computer games and using the Internet. An increased proportion also does homework.

- Secondary school pupils in Cumbria are less likely to have played computer games last night (52%) than pupils in the reference sample (61%).



- Secondary school pupils in Cumbria are more likely to have read a book for enjoyment last night (23%) than pupils in the reference sample (10%).

- Secondary school pupils in Cumbria are more likely to have helped/volunteered outside of the home last night (10%) than the pupils in the reference sample (2%).



ECONOMIC WELLBEING

Primary/Secondary results

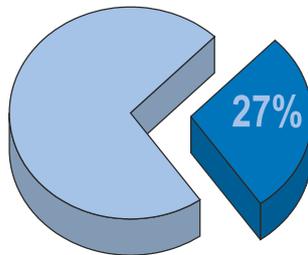
- The most commonly purchased items last week were:

	Primary	Secondary
Sweets	43%	35%
Fizzy drinks/soft drinks	29%	31%
Leisure or sports centre	19%	8%
Snacks	24%	27%
Mobile phones	19%	18%
Clothes	*	29%

- 11% of primary school pupils received more than £10 pocket money last week; 28% of secondary school pupils spent more than £10 of their own money last week.

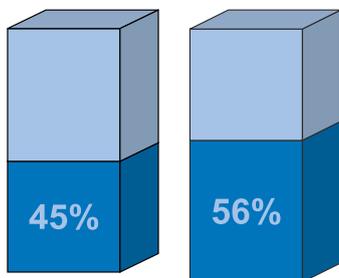
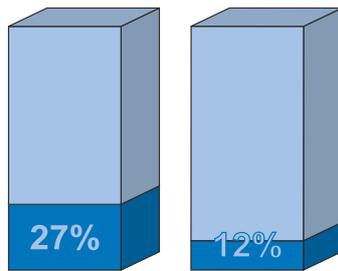
Secondary results

- Thinking about plans after Year 11, 45% of secondary pupils want to continue in full-time education, 29% want to find a job as soon as possible, and 26% want to stay in the neighbourhood in which they live. 43% of Year 10 males want to stay in full-time education, which compares with 59% of Year 10 females.
- 57% put money into a savings scheme last week.
- 27% of pupils have a regular paid job.
- The most common form of work for boys is a paper/milk round. Most Year 8 girls did either a paper/milk round or paid housework. Year 10 girls mainly work in hotels, bars or cafés.



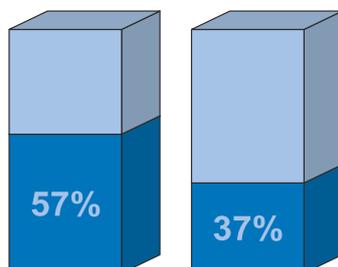
Comparisons

- Secondary school pupils in Cumbria are more likely to have a regular paid term-time job (27%) than pupils in the reference sample (12%).



- Secondary school pupils in Cumbria are less likely to say they want to continue in full-time education (45%) than pupils in the reference sample (56%).

- Secondary school pupils in Cumbria are more likely to put money in a savings scheme in the last week (57%) than pupils in the reference sample (37%).

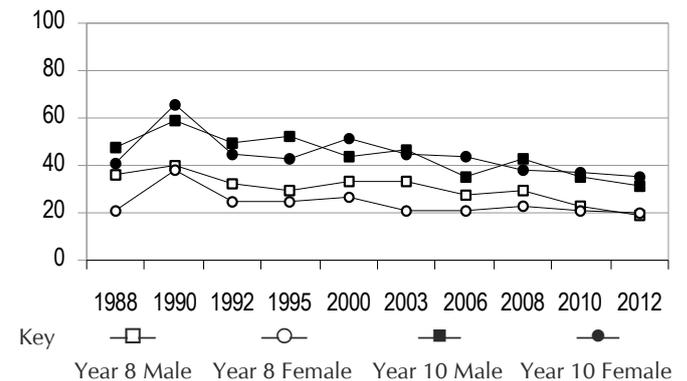


Links

- Having money to spend and plan budgets is useful, but it also provides an opportunity to purchase items which are not healthy. For example, sweets and soft drinks are the most commonly purchased items. Young people with higher incomes are more likely to take part in a variety of health-risky behaviours:

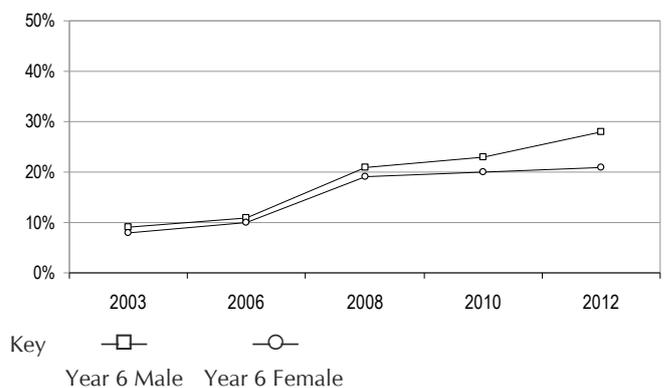
Trends

Regular paid term-time job, 1988-2012



- Fewer pupils in recent surveys report having a regular paid job during term time. This trend has a gentle slope but has persisted for two decades.

No pocket money in primary school pupils, 2003-2012



- The proportion of primary school pupils who get no regular pocket money has increased over the period of study.

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

Primaries:

Alston Primary School
Appleby Primary School
Beaconside CE Primary School, Penrith
Black Combe Junior School, Millom
Ewanrigg Junior School, Maryport
Ghyllside Primary Training School, Kendal
Greengate Juniors, Barrow
Haverigg School
Heron Hill Primary School, Kendal
Holme Cultram Abbey CE School, Abbeytown
Kingmoor Junior, Carlisle
Kirkby Stephen Primary
Longtown Primary School
Nenthead Primary school
Penny Bridge CE School, Ulverston
Shap Endowed CE School
Silloth Primary School
Sir John Barrow School, Ulverston
South Walney Junior School, Barrow
St Begh's Catholic Junior School, Whitehaven
St Catherine's Catholic Primary School, Penrith
St James' Catholic Primary School, Millom
St James' CE Junior School, Whitehaven
St. Margaret Mary Catholic Primary, Carlisle
St Michael's CE Primary, Dalston
St Paul's Junior School, Barrow
Thomlinson Junior School, Wigton
Valley Primary School, Whitehaven

Secondaries:

Caldew School, Dalston
Dallam School, Milnthorpe
Dowdales School, Dalton-in-Furness
Furness Academy, Barrow
John Ruskin School, Coniston
Keswick School
Kirkbie Kendal School, Kendal
Newman Catholic School, Carlisle
Queen Elizabeth Grammar School, Penrith
Samuel King's School, Alston
Solway Community Technology College, Silloth
St Benedict's Catholic High School, Whitehaven
Trinity School, Carlisle
Ullswater Community College, Penrith
Ulverston Victoria High School
Walney School, Barrow
Whitehaven School
William Howard School, Brampton

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Copies of the full HRBQ report and all summaries can be found at:

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