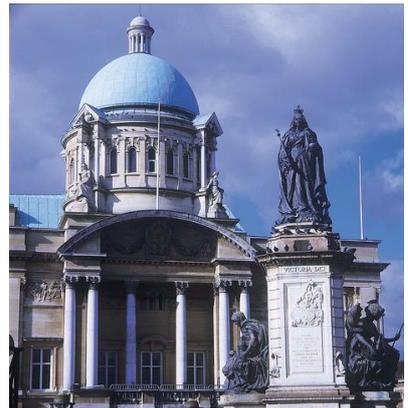
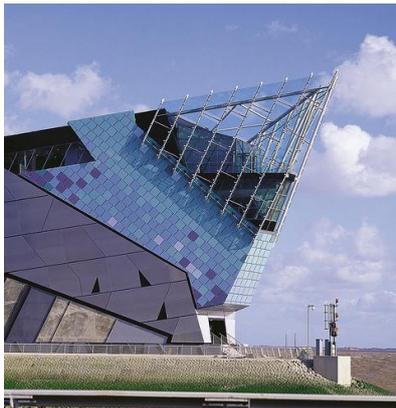


Children and Young People Health and Lifestyle Survey, Hull 2012:

Summary



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Key points/headlines

- One quarter of the secondary school pupils in Hull took part in the survey, giving a representative sample of Hull's young people
- By year 11 (aged 15-16 years) 24% of girls and 15% of boys reported smoking in the past week
- More than half of pupils lived in homes where at least one other person was a smoker (65% in most deprived areas, 38% in least deprived areas)
- 39% of pupils had been drunk at least once, while in year 11 20% of boys and 32% of girls got drunk at least once a month
- 14% of girls and 7% of boys in year 11 reported health-damaging levels of drinking (above recommended maximum for adults of 21 units for men and 14 units for women)
- A higher proportion of girls in year 11 exceeded the recommended maximum guideline amounts of alcohol for adult women than any age group in the 2011-12 adult survey
- The most commonly used drug by pupils was cannabis (13% of girls and almost 11% of boys in years 9-11)
- 62% of boys and 58% of girls reported they ate a healthy diet
- Percentages eating 5-A-DAY fruits and vegetables decreased by 18% in boys and 36% in girls between years 7 and 11
- 55% of boys and 35% of girls engaged in at least 1 hour of physical activity per day on average
- 13% of boys and 14% of girls reported that they had been bullied at school in the last month, with the percentages reporting they had ever been bullied at school more than three times higher
- Around three-quarters of pupils were happy all of the time or most of the time, while 8% of boys and 14% of girls were sad all of the time or most of the time
- Awareness of sexually transmitted infections had increased since 2008-09 in pupils in years 9 to 11
- 99.7% of pupils had access to the internet
- 91% of boys and 97% of girls had mobile phones

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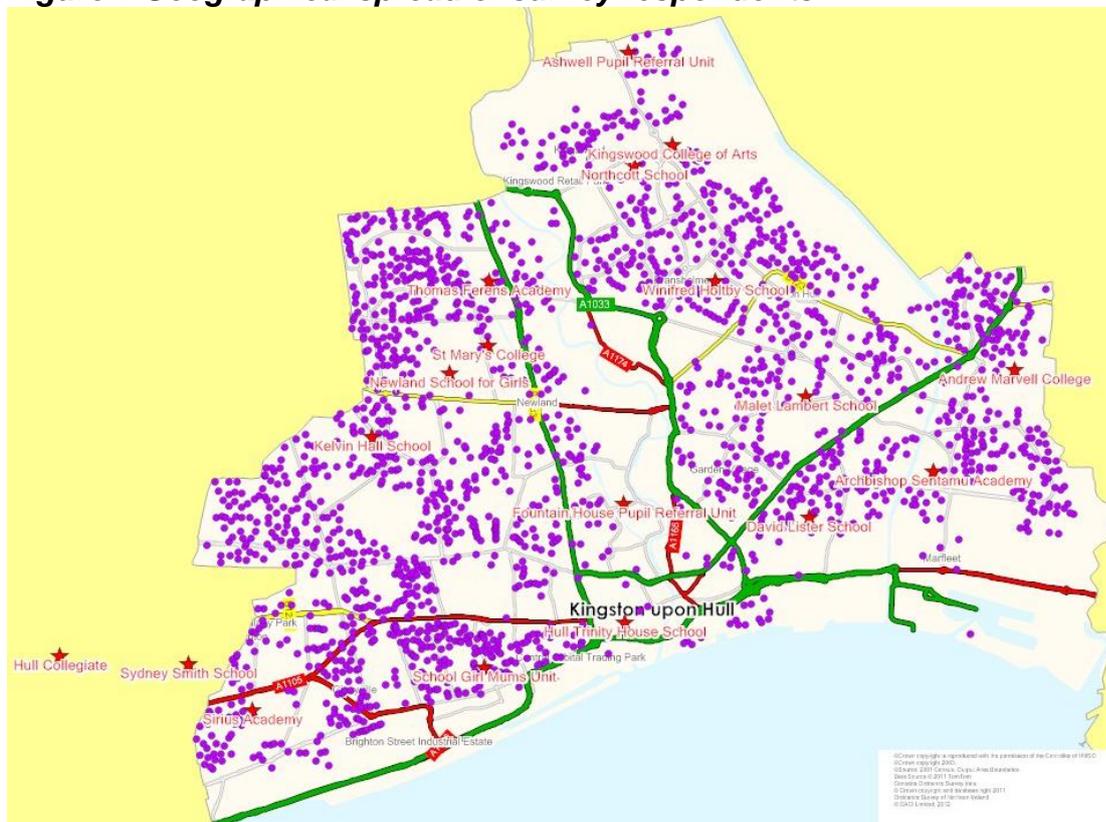
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Introduction

This brief summary of the children and young people health and lifestyle survey for Hull 2012 presents some of the main findings from the full survey report that may be downloaded from www.hullpublichealth.org. The survey was conducted in secondary schools in Hull, primarily in PHSE lessons. All but one of Hull's 14 secondary schools agreed to participate, as did three pupil referral units, one special school as well as one of the local independent (private) schools. A full list of participating schools may be found in the **Acknowledgements** section on **page 16**. Questionnaires from 3,802 pupils in years 7 to 11 were included in these analyses, representing just over 1 in every 4 of young people in Hull of secondary school age.

Seeking participation from secondary school across the city ensured that the survey was broadly representative of young people in the city. Despite one school not taking part, each part of Hull was represented in the survey (**Figure 1**), although older pupils were under-represented. This was partly due to the timing of the survey, which was conducted either side of the Easter holiday, at which time many of these older pupils are preparing for examinations. In order to adjust for any bias to the results that might occur due to this under-representation of older pupils, overall percentages have been adjusted for age. An exception to this is where comparisons were made to England, as the comparator data are not age-adjusted.

Figure 1 Geographical spread of survey respondents*



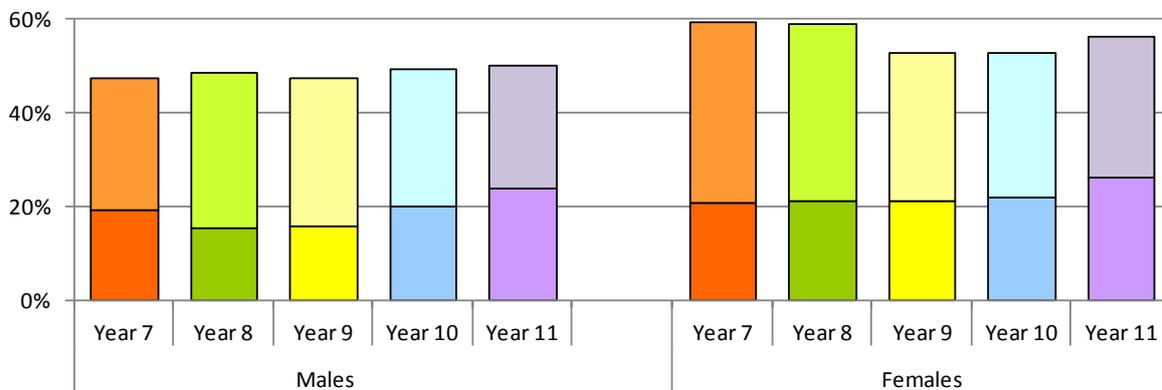
*Each purple dot represents a postcode from which at least one pupil participated in the survey

Pupils and their homes

80% of pupils had at least one working parent, similar to 2008-09. 33% of boys and 34% of girls reported being involved in helping to care for someone, each a small decrease since 2008-09.

More than half of pupils lived in houses where at least one person was a regular smoker, 49% of boys and 56% of girls (**Figure 2**). In homes where pupils lived with a regular smoker 40% smoked in the home, compared with more than half in 2008-09.

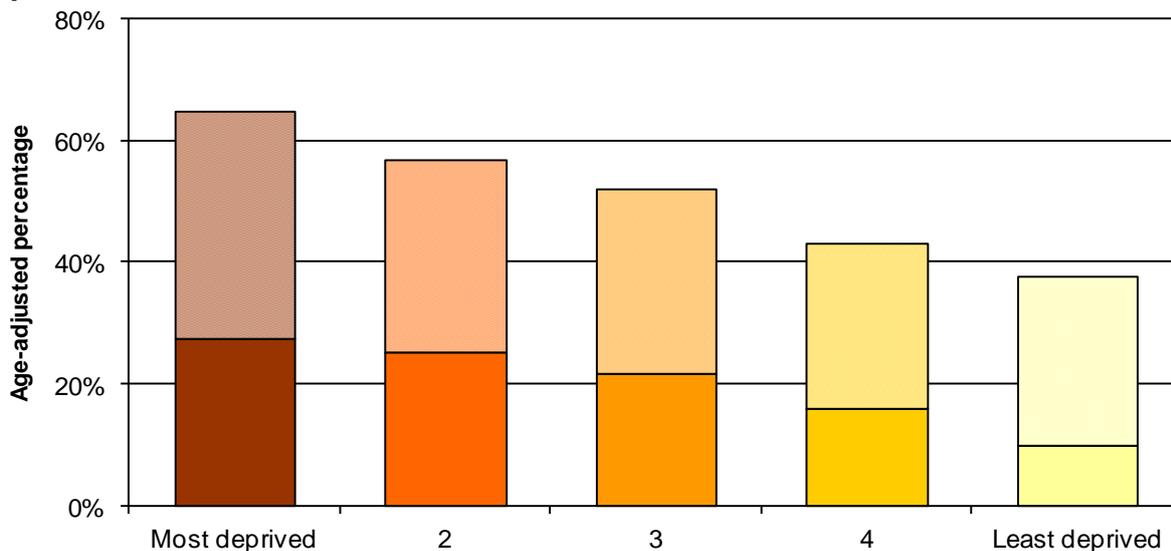
Figure 2 Percentage of pupils living with a regular smoker



Lower bar = smoke inside the home; upper bar = smoke but not in the home

Differences by deprivation quintile were stark (**Figure 3**), with almost three-quarters more pupils living in the most deprived fifth of areas of Hull living with at least one smoker (65%) than pupils in the least deprived fifth of areas in the city (38%).

Figure 3 Percentage of pupils living with a regular smoker by deprivation quintiles

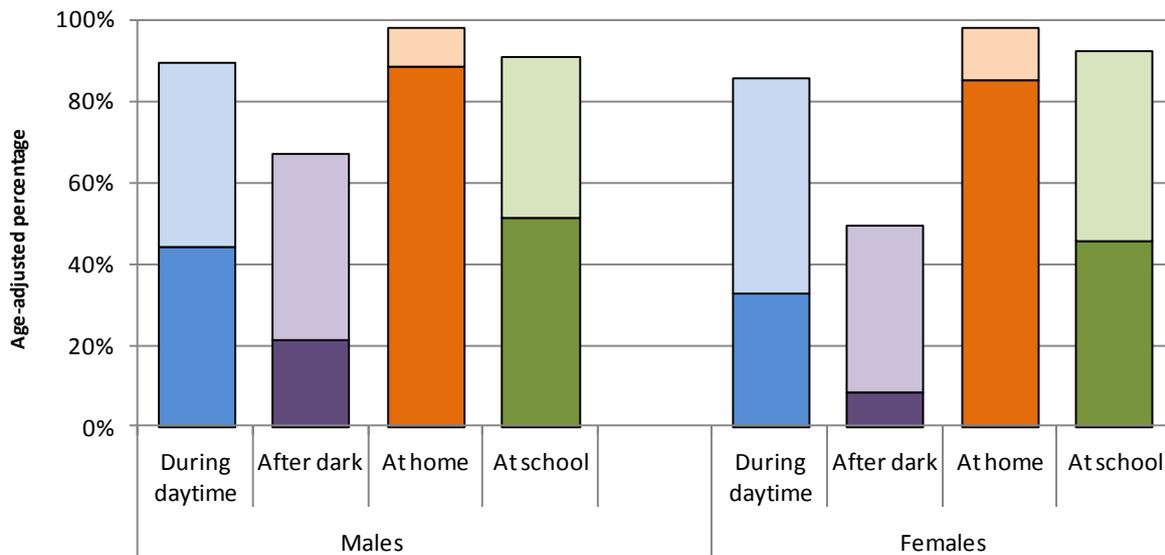


Lower bar = smoke inside the home; upper bar = smoke but not in the home

Feelings of safety

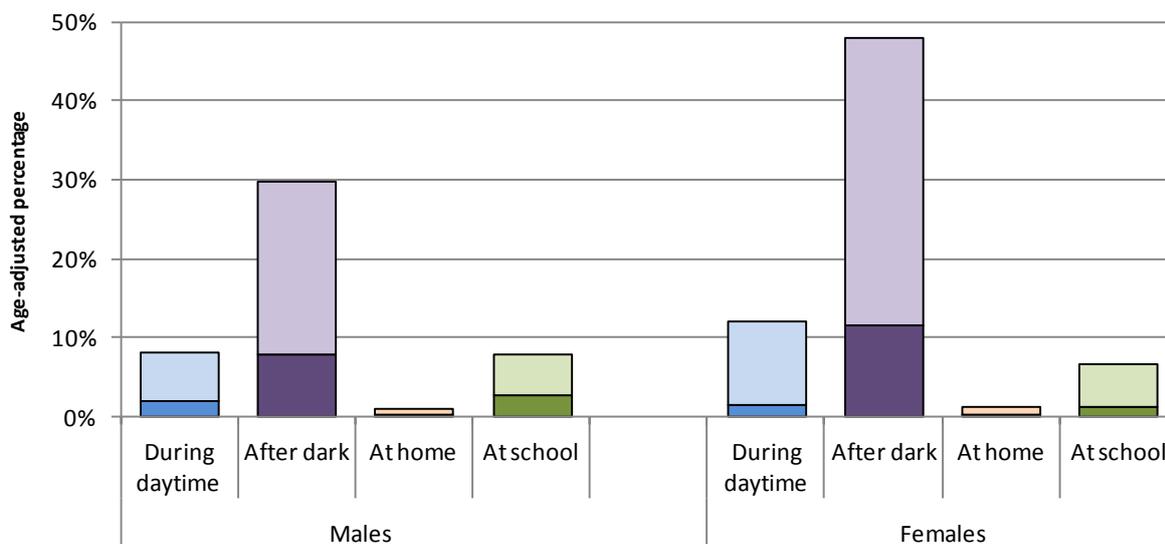
90% of boys and 86% of girls felt very safe or fairly safe when outside in the area near their homes during the daytime (**Figure 4**), decreasing to 67% of boys and 50% of girls after dark, when 8% of boys and 12% of girls felt very unsafe (**Figure 5**). 98% of pupils felt very safe or fairly safe at home, while fewer than 10% of pupils felt very unsafe or a bit unsafe at school.

Figure 4 Percentage of pupils feeling very safe or fairly safe in the area near their home during the daytime or after dark, as well as at home or at school



Lower bar="Very safe"; upper bar="Fairly safe"

Figure 5 Percentage of pupils feeling very unsafe or a bit unsafe in the area near their home during the daytime or after dark, as well as at home or at school

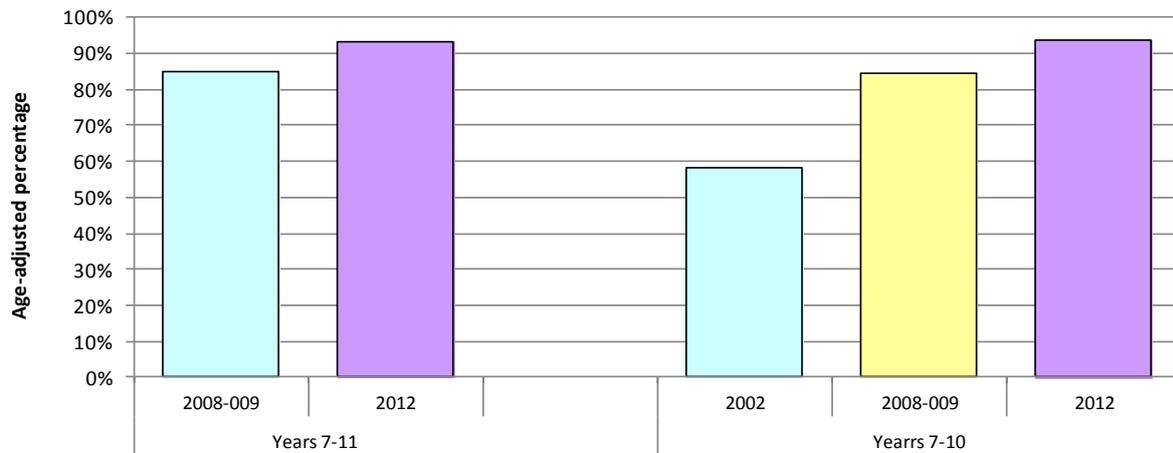


Lower bar="Very unsafe"; upper bar="A bit unsafe"

Technology

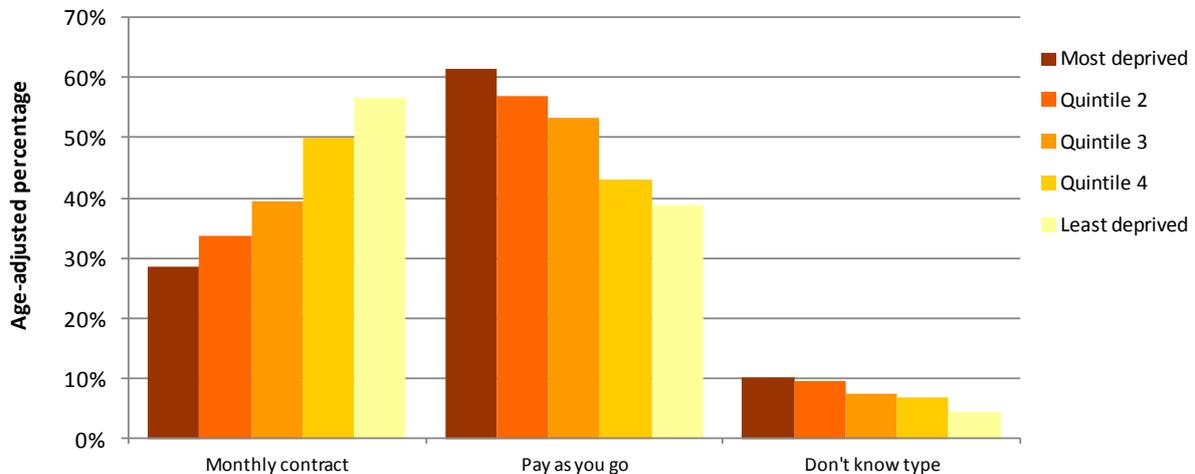
In 2012 99.6% of pupils had access to the internet. The age-adjusted percentage of pupils with access to the internet at home was 93%, an increase of 10% since 2008-09 (**Figure 6**). Amongst pupils in years 7 to 10, there was a 61% increase between 2002 and 2012 in the age-adjusted percentage of pupils with access to the internet at home.

Figure 6 Age-adjusted percentages of pupils with access to the internet at home, comparisons to 2002 and 2008-09



The overwhelming majority of pupils had mobile phones (91% of boys and 97% of girls), of which just over half were paid for on a 'pay as you go' basis. Pupils living in the most deprived fifth of areas of Hull were only half as likely as those living in the least deprived fifth of areas of the city to have a monthly mobile phone contract (**Figure 7**).

Figure 7 Type of mobile phone contracts for pupils with mobile phones, by IMD 2010 local quintiles (age-adjusted percentages)



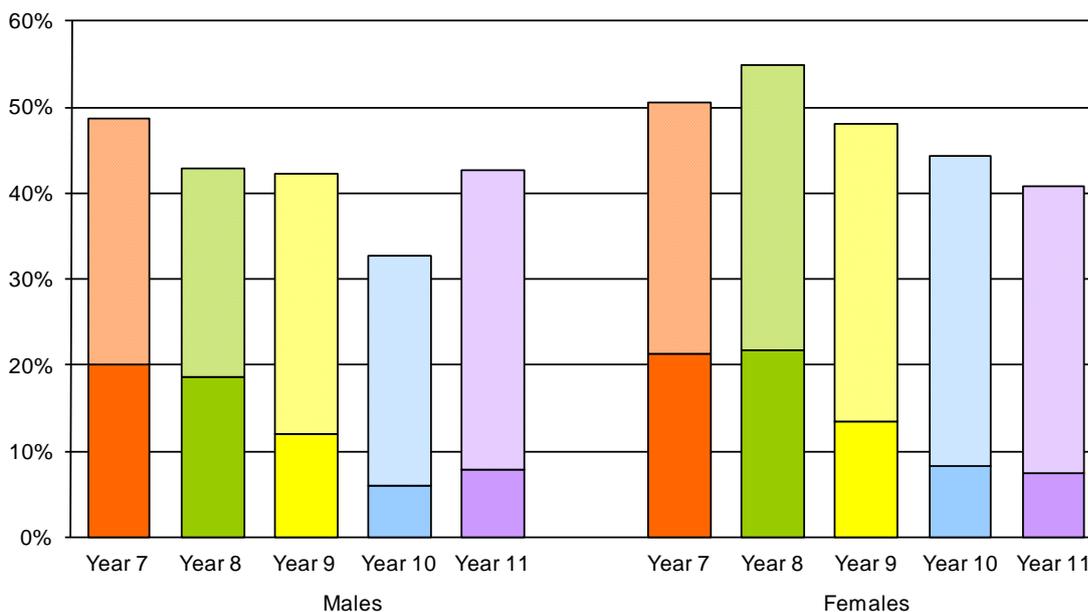
Pupils and school

The majority of pupils (90%) agreed that school was ‘a place where the things I learn are important to me’, with few variations by year group or gender. Smaller percentages (68%) agreed that school was ‘a place where I like learning’, with the highest percentages in years 7 and 11.

While 66% of boys and 62% of girls agreed that school was ‘a place where adults listen to what I say’ (highest in year 7 pupils), only 48% of pupils agreed that school was ‘a place where I really like to go each day’, with percentages lowest in year 9.

13% of boys and 14% of girls reported that they had been bullied at school in the last month (small decreases since 2008-09), with the percentages reporting they had ever been bullied at school more than three times higher (**Figure 8**). Percentages reporting they had been bullied at school were highest among younger pupils, and generally decreased with age, although increased among year 11 boys. 1 in 9 pupils worried about bullying a great deal or quite a lot (**Figure 9**).

Figure 8 Percentage of pupils reporting they had ever been bullied* at school, by school year and gender



* Lower block='Within last month'; upper block='More than 1 month ago'

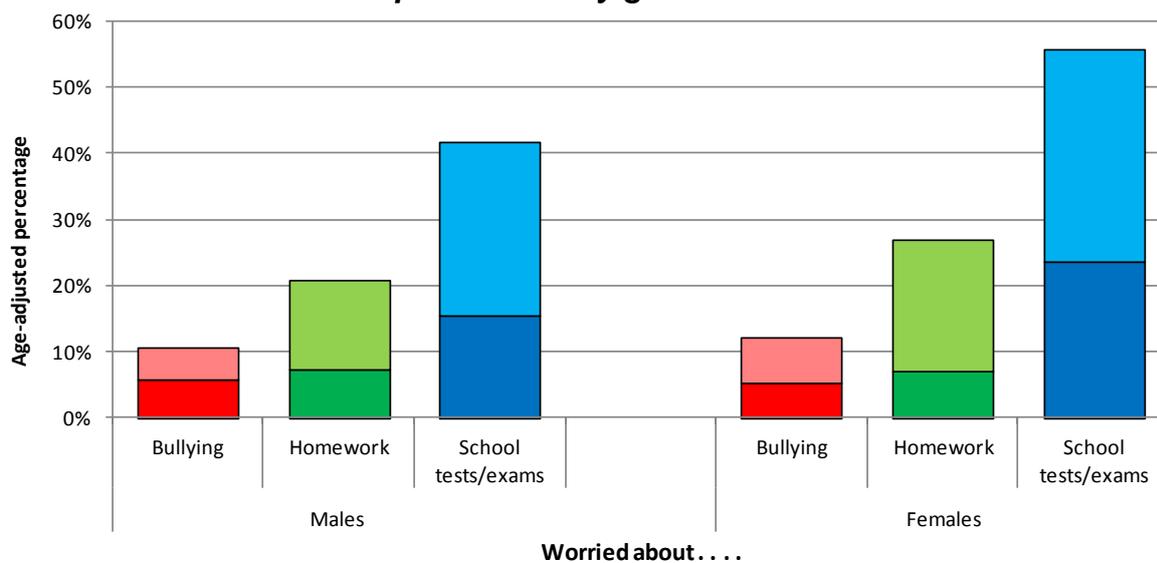
The most common form of bullying was being called names or teased (90% of boys and 93% of girls that had ever been bullied), followed by having lies and rumours spread (60% of boys, 73% of girls). Around half of boys that had ever been bullied reported they had been pushed, hit, kicked or slapped; around half of girls that had ever been bullied reported they had been ignored.

One fifth of boys and one quarter of girls had worried either a great deal or quite a lot about homework in the last month (**Figure 9**), with percentages highest in year 7 at

just over one third of boys and girls, decreasing with age to 12% of boys and 22% of girls in year 11.

42% of boys and 56% of girls worried either a great deal or quite a lot in the last month about school tests or exams (**Figure 9**), with percentages increasing with age from year 8 to peak in year 11 at 52% among boys and 77% among girls.

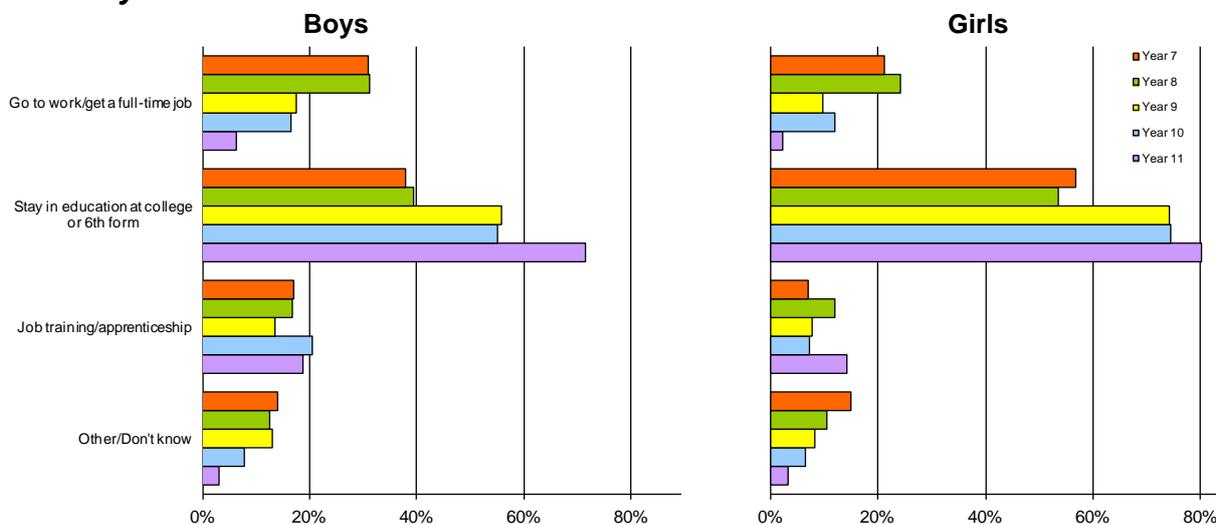
Figure 9 Percentage of pupils reporting worrying about bullying, homework or school tests/exams in the past month by gender



Lower bar="A great deal"; upper bar="Quite a lot"

When asked what they intended to do when they finish year 11 (**Figure 10**) 20% of boys and 13% of girls said they wanted to get a job, 17% of boys and 10% of girls said they wanted an apprenticeship or job training, while 52% of boys and 68% of girls wanted to stay in full-time education.

Figure 10 What pupils think they will do when they have finished year 11, by school year



Diet and physical activities

62% of boys and 58% of girls reported they ate a healthy diet, while 44% of boys and 41% of girls reported eating at least 5 portions of fruits and vegetables per day. Percentages eating 5-A-DAY were greatest in year 7, decreasing with each succeeding year group. However, these percentages are likely to be over-estimates, as they are far higher than those from the England survey, where pupils were given very detailed guidance and asked about different types of fruits and vegetables.

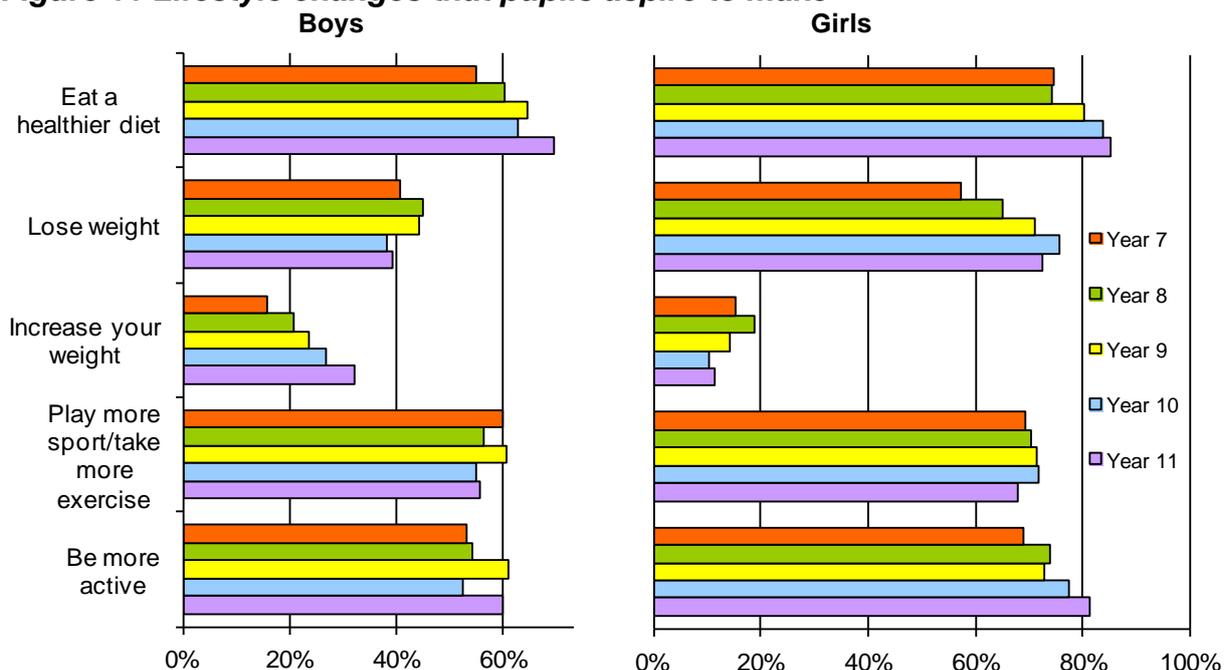
78% of boys and 87% of girls were involved in cookery related activities, ranging from lessons at school (more than one third of pupils), after school cookery clubs (2% of pupils) or helping to prepare meals at home (one fifth of pupils often helping, more than half occasionally helping).

17% of girls and 11% of boys reported never eating breakfast on a school day, higher in older year groups, while 2% of boys and 3% of girls reported never eating lunch on a school day.

55% of boys engaged in at least 1 hour of physical activity per day on average, with similar percentages for each year group. Percentages of girls doing so were lower at 35%, again similar across year groups.

More than two thirds of girls wanted to eat a healthier diet (85%), lose weight (73%), play more sport/take more exercise (68%) and generally be more active (81%). Among boys 40% wanted to lose weight, while more than half wanted to play more sport/take more exercise (56%) and generally be more active (60%), and more than two thirds wanted to eat a healthier diet (69%).

Figure 11 Lifestyle changes that pupils aspire to make



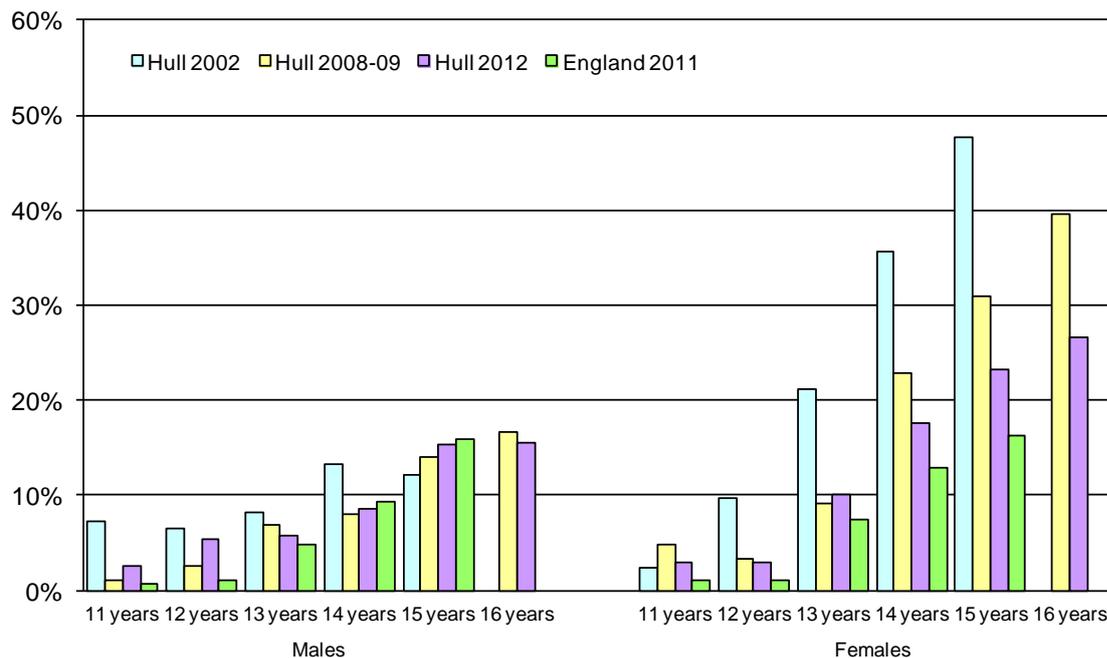
Smoking

Girls started to smoke earlier than boys and in greater numbers than boys. Excluding year 7, higher percentages of girls than boys in each year group reported smoking in the past week. By year 11 two thirds as many girls (24%) than boys (15%) reported smoking in the past week.

The percentages of pupils reporting they smoked during the past week increased among boys in year 7 to 10 since 2008-09, decreasing among year 11 boys. Among girls the percentages reporting they had smoked in the past week decreased for each school year since 2008-09 except for year 8.

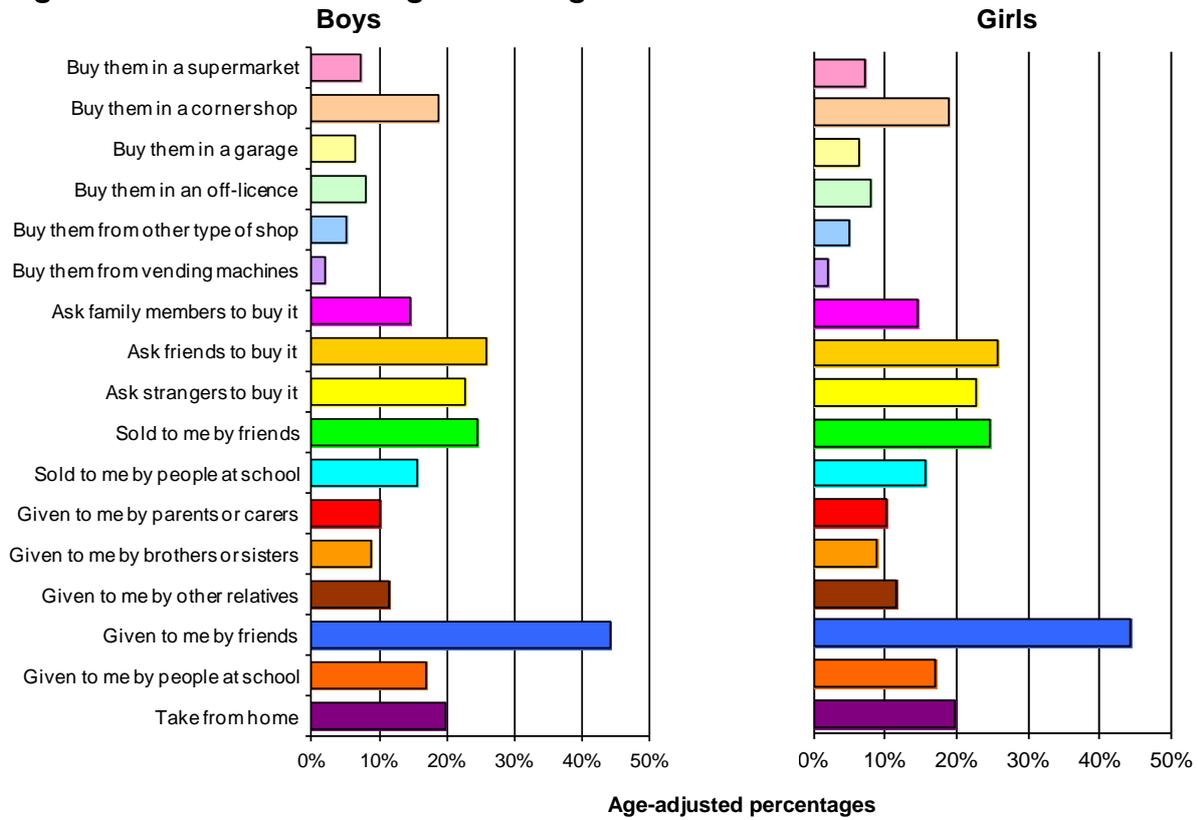
Comparing against England 2011 (**Figure 12**), higher percentages of girls in Hull smoked than in England at each age, whereas among boys percentages were higher in Hull for boys aged 11 and 12, but lower for boys aged 13 to 15 years. There are no comparisons for pupils aged 16 years as the England survey was restricted to pupils aged 11 to 15 years.

Figure 12 Smoking prevalence (%), by school year and gender, comparisons with England 2011 and previous Hull surveys



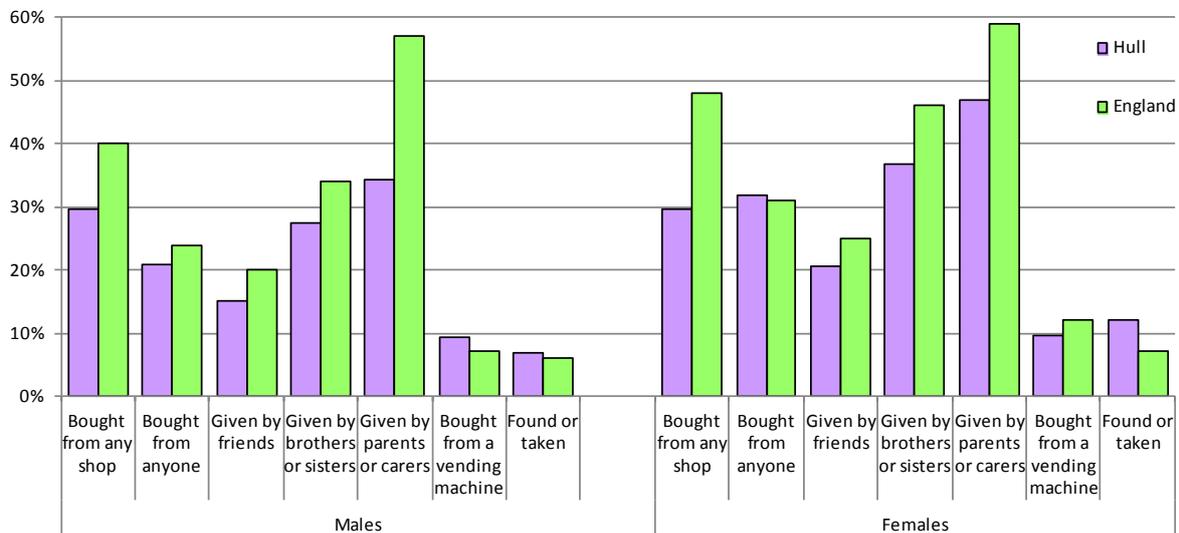
26% of pupils that smoked bought cigarettes from shops (**Figure 13**); 27% of boys and 23% of girls asked strangers to buy cigarettes for them; 9% of boys and 10% of girls were given cigarettes by their parents or carers.

Figure 13 Where smokers get their cigarettes



Compared with England, boys aged 11-15 years in Hull were one sixth more likely to be given cigarettes by parents or carers, one third more likely to be given them by siblings, but one quarter less likely to buy them in shops. Compared with England, girls in Hull aged 11-15 years were three quarters more likely to be given cigarettes by parents or carers, one fifth less likely to be given them by siblings but twice as likely to take them from home.

Figure 14 How pupils (11 to 15 years) get their cigarettes by gender, compared with England 2010

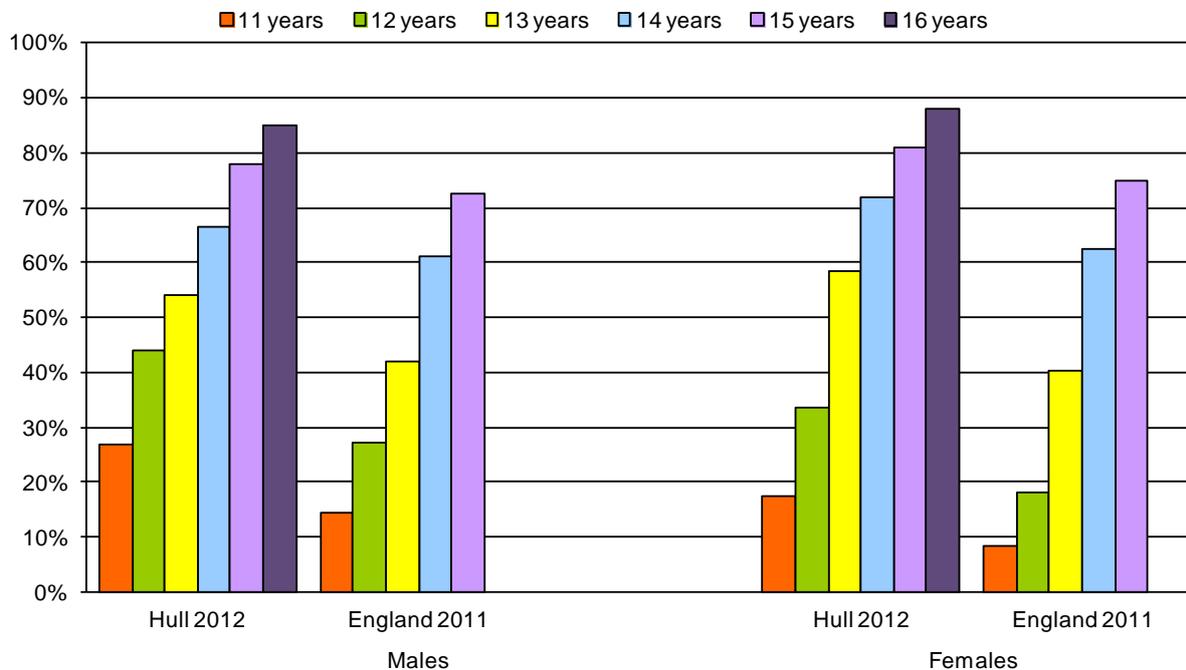


Alcohol

62% of boys and girls overall had had an alcoholic drink, with percentages higher among girls than boys in each of years 9 to 11, with percentages increasing with school year from 30% of boys and 20% of girls in year 7 to 82% of boys and 89% of girls in year 11.

Comparing with England 2011 (in pupils aged 11 to 15 years only), more boys and girls at each age in Hull had had an alcoholic drink than in England (**Figure 15**), with 61% of boys and girls in Hull aged 11-15 years having had an alcoholic drink, compared to 46% of boys and 44% of girls in England.

Figure 15 Ever had an alcoholic drink by age and gender, Hull 2012 and England 2011



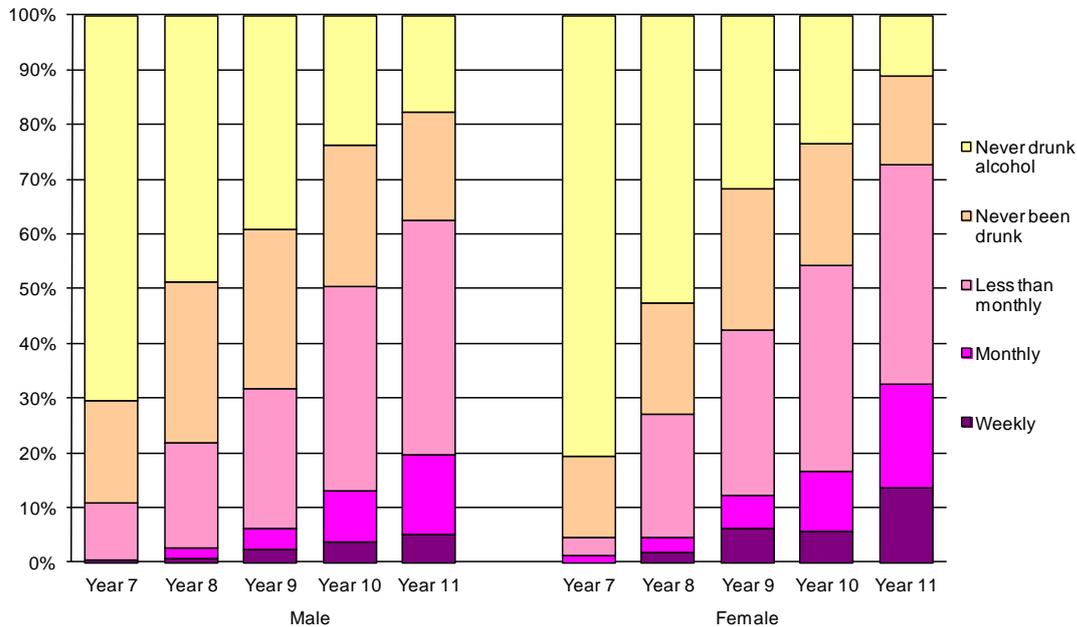
Age-adjusted percentages reporting they had had an alcoholic drink in Hull decreased among boys and girls since 2008-09. By school year increases among boys since 2008-09 were only seen for years 8 and 10, while among girls decreases were seen for each school year.

Percentages of pupils reporting they had ever been drunk (**Figure 16**) increased with year group from 11% of boys and 5% of girls in year 7 to 63% of boys and 73% of girls in year 11. Almost one third of boys and almost half of girls in year 11 that had ever been drunk reported getting drunk at least once a month.

Maximum recommended guidelines on the maximum amount of alcohol that should be consumed each week (21 units for men and 14 units for women) were exceeded by 3% of boys and 6% of girls overall, in the week before completing the survey

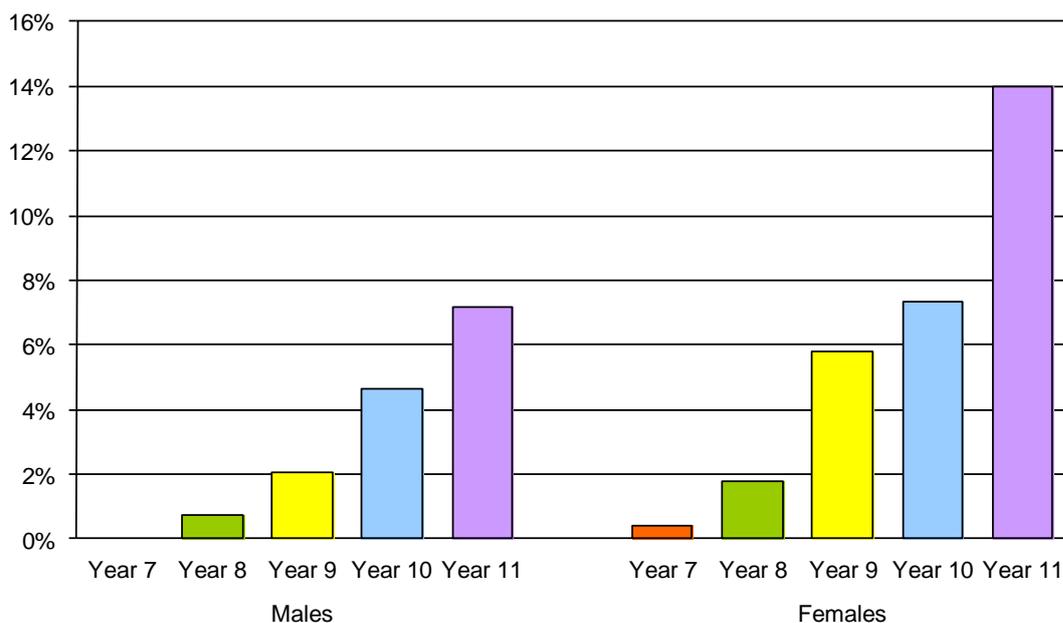
(Figure 17). While few in the younger year groups exceeded these amounts, by year 11 7% of boys and 14% of girls had done so.

Figure 16 How often do you get drunk, by gender and school year



The percentage of girls in year 11 exceeding the recommended maximum amount of alcohol for adults in the past week was higher than for women of each age-band reported in the 2011-12 adult survey.

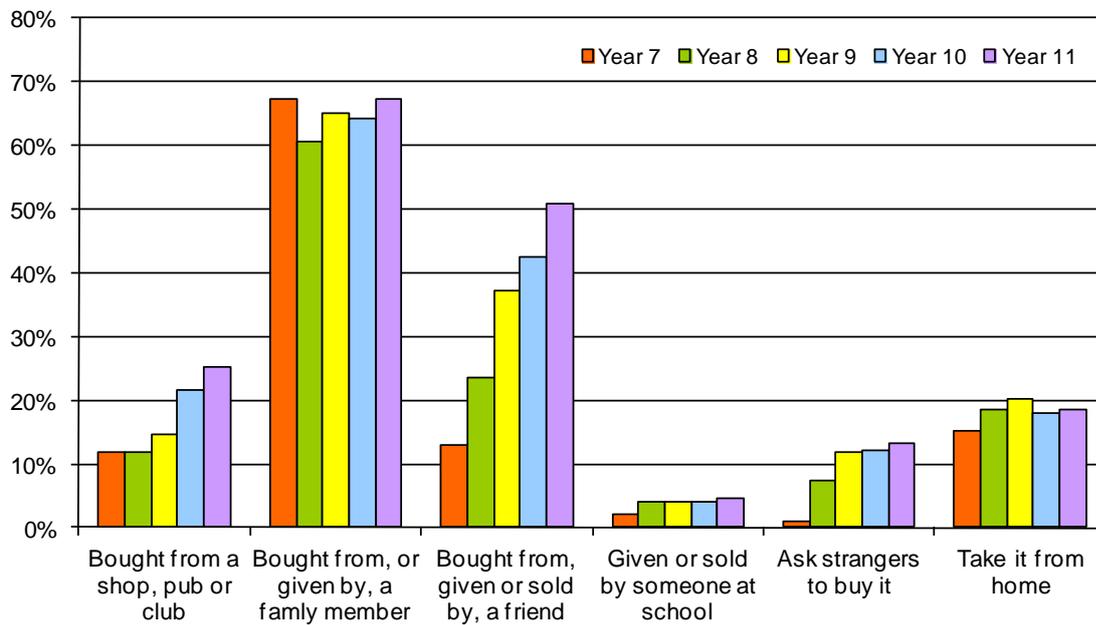
Figure 17 Percentage of pupils drinking more alcohol over the past week than the recommended guideline amounts for adults (more than 21 units males; more than 14 units females) by gender and school year



Looking at pupils aged 11 to 15 years that had drunk alcohol in the past week, 25% of boys and 29% of girls in Hull in 2012 had consumed 15 or more units of alcohol in the previous week, compared with 25% of boys and 18% of girls in England and 26% of boys and 17% of girls in Hull in 2008-09.

Almost one fifth of pupils reported buying alcohol from shops, pubs or clubs (**Figure 18**). 11% of girls and 8% of boys asked strangers to buy alcohol for them. Two fifths of pupils (42% of boys and 39% of girls) had alcohol given to them by their parents or carers.

Figure 18 How pupils source their alcohol from (broad categories), by school year



Pupils most commonly drank alcohol at their home (66% of boys and 55% of girls) or at their friends' homes (39% of boys and 52% of girls), with only around a fifth of pupils drinking alcohol in public places (21% of girls and 16% of boys), despite the widespread media-driven public perceptions to the contrary.

Comparing pupils aged 11-15 years with England, Hull pupils were 20% more likely to drink alcohol at their home, 40% more likely to drink alcohol at the home of a friend or relative, and 53% more likely to drink alcohol at a pub or bar than in England, while they were 10% less likely to drink alcohol in public places.

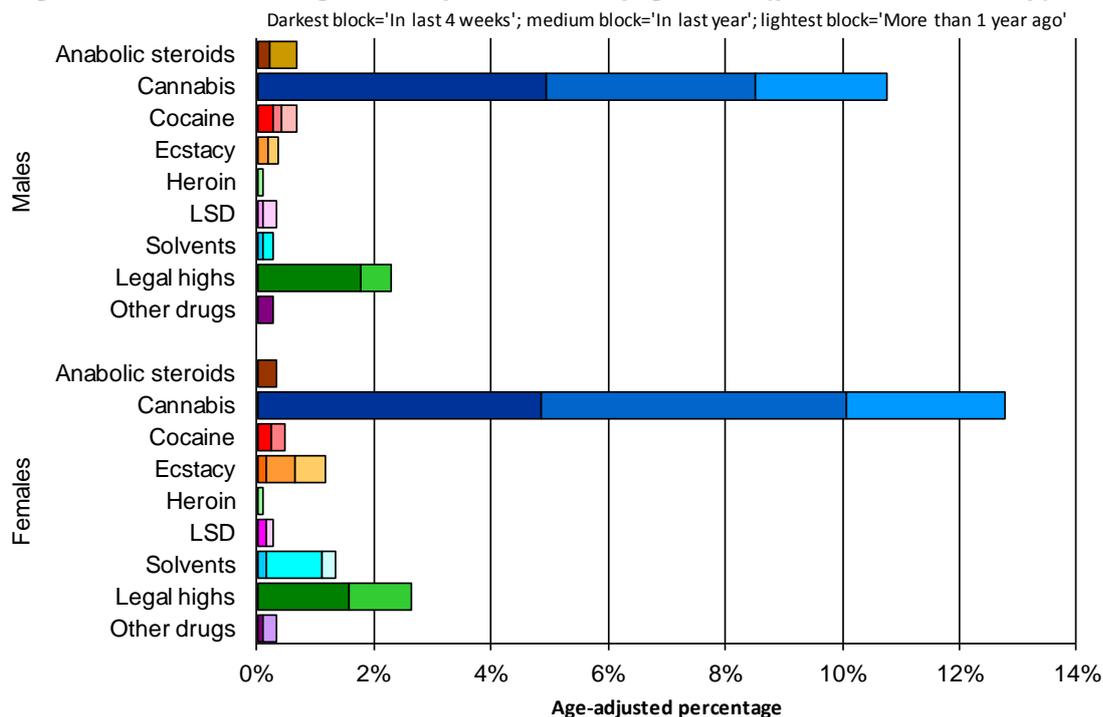
Drugs

10% of boys and 12% of girls reported being offered or encouraged to try drugs in the past 3 months, with percentages increasing with age from 2% of pupils in year 7 to 22% in year 11, with cannabis the most commonly offered drug (15% of girls and 12% of boys in years 9-11).

While few pupils in years 7 and 8 reported ever using or trying drugs, percentages increased with age such that 23% of girls and 20% of boys in year 11 reported that they had used or tried drugs, with higher percentages among girls than boys for each year, except year 10, reporting ever using or trying drugs.

The most commonly used drug was cannabis (**Figure 19**), with 13% of girls and 11% of boys in years 9-11 reporting having taken cannabis at some point. 2.6% of girls and 2.3% of boys had used or tried legal highs. Each other type of drug had been used by fewer than 1% of pupils in years 9 to 11, with the exception of ecstasy and solvents which had been used or tried by just over 1% of girls.

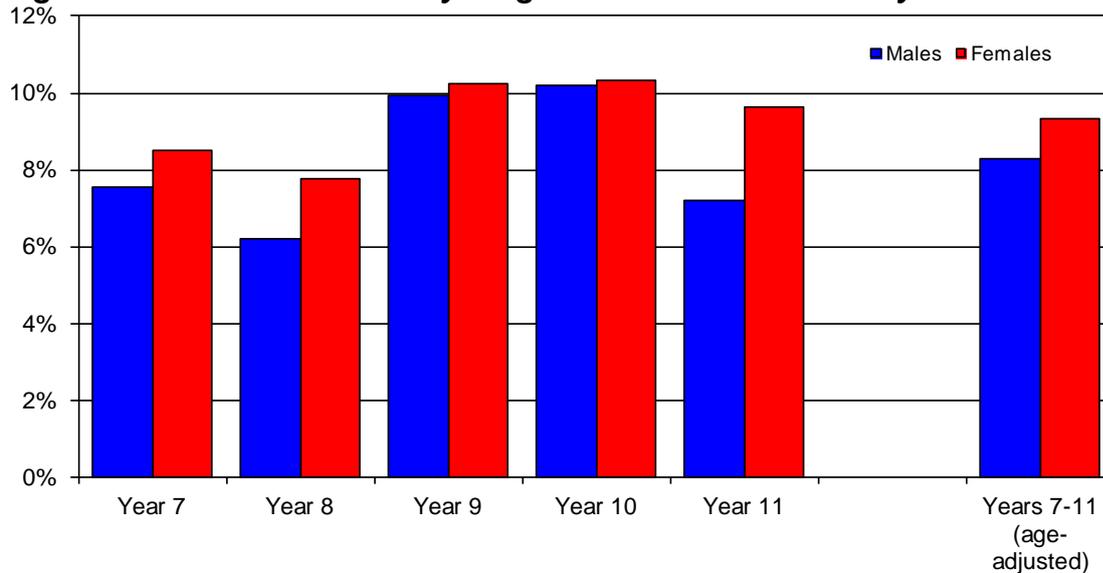
Figure 19 Which drugs have you used, by gender (years 9 to 11 only)



Health

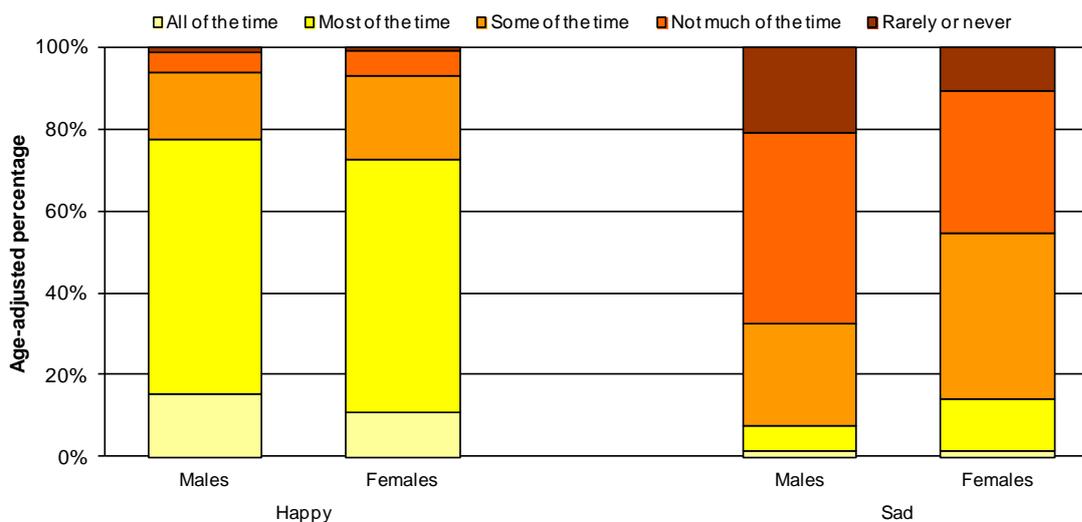
Almost two thirds of boys and almost half of girls reported having excellent or very good health, similar to 2008-09, while 9% of pupils reported that their activities were limited by long-term illness or disability (**Figure 20**).

Figure 20 Activities limited by long-term illness or disability



Around three quarters of pupils reported they were happy all or most of the time, with fewer than 2% of pupils rarely or never happy. Conversely 68% of boys and 46% of girls reported they were sad for not much of the time or rarely or never, while 8% of boys and 14% of girls reported feeling sad all or most of the time.

Figure 21 Amount of time pupils report being happy or sad

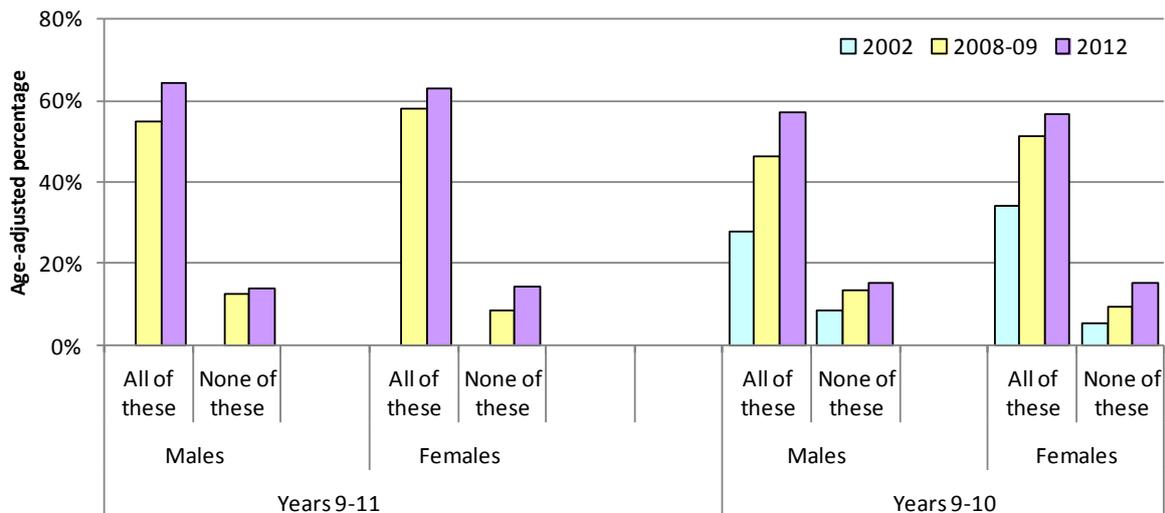


80% of pupils had been to a dentist within the past 6 months, with small differences by school year or gender, although year 7 boys were the least likely to have done so (74%).

Sexual health

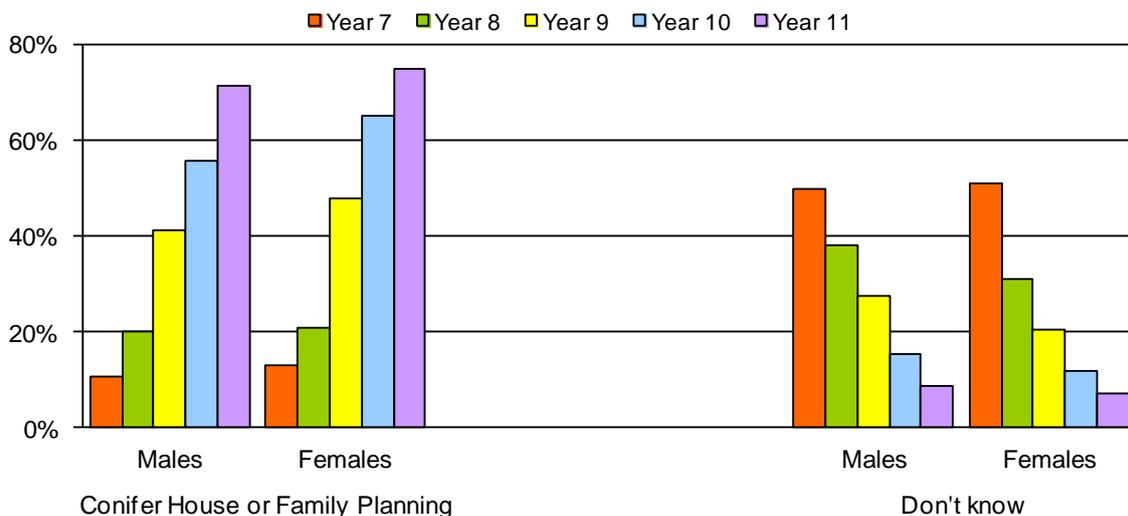
Almost two thirds of pupils in years 9 to 11 had heard of each of gonorrhoea, syphilis, Chlamydia, genital herpes and HIV/AIDS (percentages having increased since 2008-09), while one in seven professed to have heard of none of these (also an increase since 2008-09).

Figure 22 Changes in the awareness of STIs (gonorrhoea, syphilis, Chlamydia, genital herpes, HIV/AIDS)



Ignorance of where to go to seek contraception decreased from more than 50% of all pupils in year 7 to 27% of boys and 20% of girls in year 9 to 9% of boys and 7% of girls in year 11 (**Figure 23**). In year 9, 48% of girls and 41% of boys said they would go to Family Planning for contraception whereas by year 11 three-quarters of girls and more than two thirds of boys said they would do so.

Figure 23 Where pupils would go if they needed contraception



Acknowledgements

We would like to take this opportunity to thank the heads, staff and pupils of the schools and Pupil Referral Units that participated in this survey. Particular thanks are due to staff at all the schools for agreeing to take part in the survey, and for their patience, support and help in administering the survey, as well as to all the pupils who completed survey questionnaires, and to SMSR who did the fieldwork.

Participating schools / Pupil Referral Units were:

- Andrew Marvel School
- Archbishop Sentamu Academy
- Ashwell Pupil Referral Unit
- David Lister School
- Fountain House Pupil Referral Unit
- Hull Collegiate School
- Hull Trinity House School
- Kelvin Hall School
- Kingswood College of Arts
- Malet Lambert School
- Newland School for Girls
- Northcott Special School
- St. Marys College
- Sirius Academy
- Schoolgirl Mums' Pupil Referral Unit
- Sir Henry Cooper School (now Thomas Ferens Academy)
- Sydney Smith School
- Winifred Holtby School

We would also like to thank Alison Cockerill, Health in Schools Programme Manager within Children and Young People's Service, who provided invaluable help with the survey.

Further Information

For further information on this survey and other surveys, and more information about Hull and health inequalities, as well as other publications and documents produced by the Public Health Sciences team, formerly part of NHS Hull, please visit our website: <http://www.hullpublichealth.org>

Public Health Sciences

The Public Health Sciences team are now located in the old nursery at Brunswick House, Strand Close, Beverley Road, Hull.

What we can do for you:

Epidemiologists

- Help understand the health and wellbeing needs of Hull's population in terms of the following:
 - Population
 - Age / gender
 - Deprivation (IMD)
 - Ethnicity
 - General physical and mental health status of population
 - Prevalence of risk factors (smoking, alcohol, obesity, diet, exercise, etc)
 - Prevalence of diseases
 - Hospital admission rates
 - Mortality and life expectancy
- Questionnaire design and survey design and advice
- Evaluation of services/interventions
- Health needs assessments
- Explanation of and help in using statistical terms like confidence intervals, standardisation, etc
- Explanation of data including data presented in tables or plots/charts, etc
- Predictive modelling / predicting future trends or needs or towards targets
- Mapping, analyses and presentation of a wide range of segmentation tools (including ACORN, Healthy Foundations and IMD), social marketing and behavioural insight, inequality, etc to assist psychographic and socio-economic differentiation
- Provide a critical friend to all those collecting and using health-related data and information

Clinical Policy Support

- What NICE guidance is published or in progress
- Critical appraisals and evidence overviews – evidence of cost/clinical effectiveness of drugs and treatments

www.hullpublichealth.org

www.jsnaonline.org