

# Kingston Young People's Health and Wellbeing Survey

## Findings from the 2015 survey A themed report for healthy lifestyles

### The questionnaire

The Kingston Young People's Health and Wellbeing Survey was developed by the Schools Health Education Unit (SHEU) in partnership with the London Borough of Kingston upon Thames Education, Children's and Cultural Services and the Public Health Team. The purpose of the survey was to obtain pupils' views regarding healthy eating, safety, emotional wellbeing and leisure time.

### Methodology

All secondary and academy schools were invited to participate in the survey during the summer and autumn term 2015, with the focus on Years 7, 8, 9 and 10 pupils. All surveys were undertaken anonymously online or via a paper based version. Completed paper

questionnaires were returned securely to SHEU for processing which were then combined with the online results.

### Participation

A total of 4581 pupils took part from 10 secondary schools and 1 pupil referral unit. There was a reasonable mixture of boys and girls across the specified year groups. 50% of the pupils surveyed described themselves as White British. 8% of pupils said that they had an additional need or disability. 8% said they were eligible for free school meals.

### Links

It is possible to look for connections between the answers pupils gave to different questions in the survey and to look at behaviour profiles, such as

whether a pupil who has low self esteem is likely to be bullied, etc.

These findings are listed within the document, but do not link every question asked in the survey; they do however provide an insight to possible future experiences of pupils.

### Reports

Further detailed reports, containing a summary of all responses received by the pupils are available. There are also 3 other themed reports to accompany this one - see list below.

### 4581 young people were involved in the survey

School	Year 7	Year 8	Year 9	Year 10	Total
Age	10-11	11-12	12-13	14-15	
Boys	472	401	667	478	2,018
Girls	557	657	698	651	2,563
Total	1,029	1,058	1,365	1,129	4,581

### Reference sample

Kingston data have been compared with the SHEU wider survey sample.

A selection of some of the comparisons between the Kingston results and the wider SHEU data, are shown on page 3.

For more details please contact SHEU Phone 01392 667272  
[www.sheu.org.uk](http://www.sheu.org.uk)

### Themed reports. This is number 1 of 4 reports

#### 1) Healthy lifestyles

#### 2) Drug education and substances

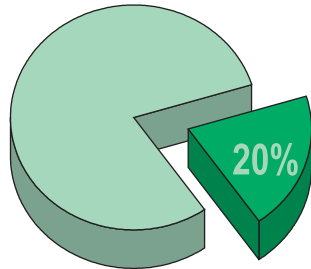
#### 3) Emotional health and wellbeing

#### 4) Relationships and sexual health

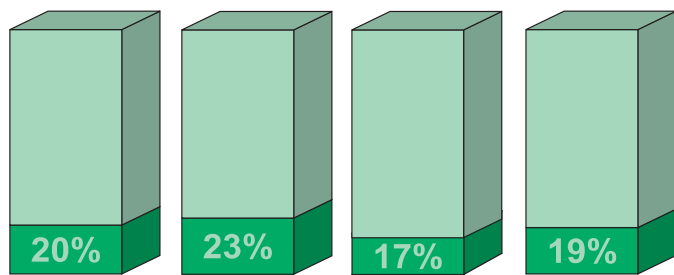
# Kingston secondary school pupils in Years 7 - Year 10 (ages 11 - 15)

## HEALTHY EATING

- 20% of pupils ate 5 or more portions of fruit and vegetables on the day before the survey.
- 6% of pupils said they had none.



### Pupils who reported having '5-a-day':

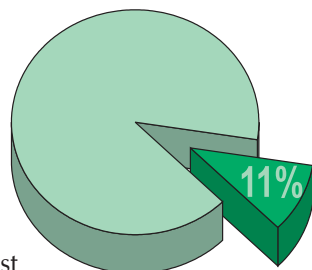


Year 8 Boys    Year 8 Girls    Year 10 Boys    Year 10 Girls

- 9% of Year 7 and 8% of Year 9 pupils said that they get free school meals or vouchers for free school meals.
- 4% of pupils said that they didn't know if they had them.

## BREAKFAST

- 11% of pupils in the survey had nothing to eat or drink for breakfast.
- 3% of pupils said they had an energy drink for breakfast on the day of the survey.



### The top breakfast items reported being eaten were as follows for Year 8 pupils:

	Boys	Girls
Cereal	53%	41%
Toast	29%	25%
Fruit	11%	16%
Cooked (hot) breakfast	8%	9%
Cereal bar	5%	7%

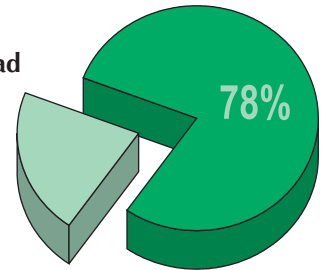
### The top breakfast items reported being eaten were as follows for Year 10 pupils:

	Boys	Girls
Cereal	48%	34%
Toast	24%	22%
Fruit	11%	16%
Cooked (hot) breakfast	8%	8%
Cereal bar	4%	6%

- 2% of pupils said that they had sweets for breakfast on the morning of the survey.
- 6% of pupils had just a drink for breakfast on the morning of the survey.

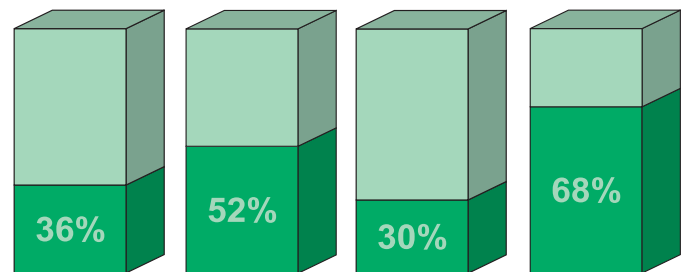
## Breakfast venue

- 78% of pupils said they had breakfast at home on the day of the survey.
- 8% said on the way to school and 6% said they had breakfast at school.



## WEIGHT AND WORRIES

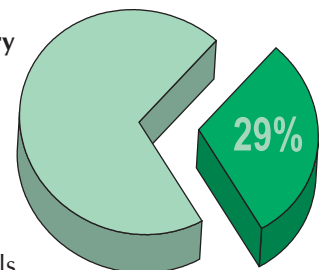
- 47% of pupils said that they were happy with their weight.
- 8% of pupils said that they would like to put on weight.
- Pupils who reported wanting to lose weight:



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

### 29% of pupils said they worry 'quite often' or 'very often' about their weight.

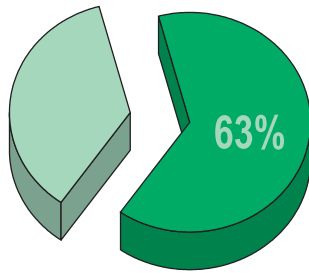
- 24% of pupils said they worry about their diet.
- Year 10 girls worried the most compared with other pupils. 43% of Year 10 girls worried about their diet compared with 13% of Year 7 boys who worried the least.



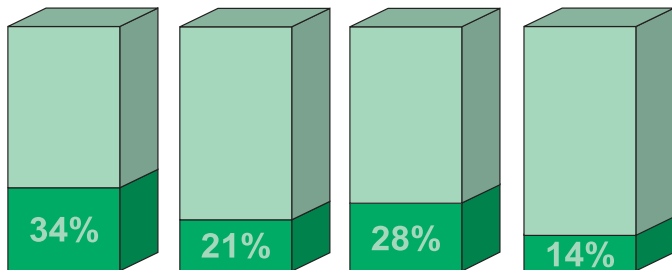
- 17% of pupils said that they consider their health 'very often' or 'always' when choosing what to eat.
- 17% of Year 10 boys said they 'never' consider their health when choosing what to eat.
- 78% of Year 7 pupils said that they have had lessons/videos or discussions on healthy food and nutrition in class during the last 12 months.
- 68% of Year 9 boys and 63% of Year 9 girls said that they have had lessons/videos or discussions on healthy food and nutrition in class during the last 12 months.
- 68% of Year 10 boys and 50% of Year 10 girls said that they have had lessons/videos or discussions on healthy food and nutrition in class during the last 12 months.

## PHYSICAL ACTIVITY

- 63% of pupils said that they enjoy exercise 'quite a lot' or 'a lot'.
- 31% of pupils said they enjoy it a little, 6% said they didn't enjoy exercise at all.



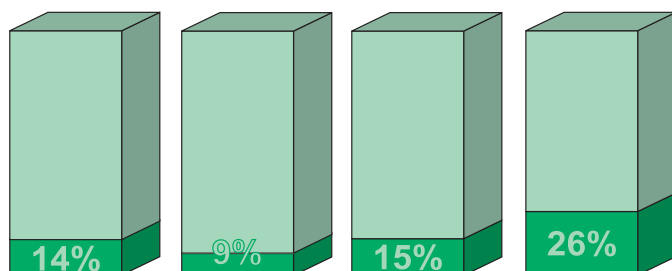
- 26% of pupils reported doing exercise at least 5 times the previous week.



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

- 61% of pupils reported exercising 2 to 4 times in the 7 days before the survey.

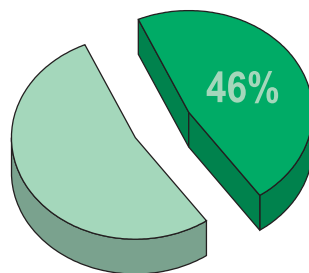
- 13% of pupils reported doing at most 1 period of exercise the previous week.



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

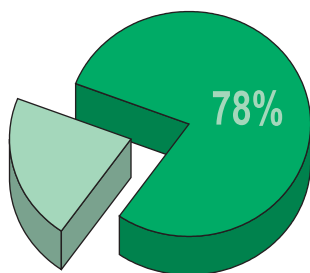
## ACTIVE TRAVEL

- 46% of pupils said they usually walk to school. 51% said they come by bus.
- 27% of pupils usually travel to school by car or van. 7% said they usually cycle to school.
- 27% said they they did something active before school last week, most/every day.

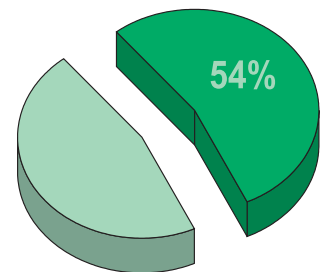


## ACTIVE LEISURE TIME

- 78% of pupils said they have been to parks or open spaces in their own free time in the past 4 weeks.
- 26% of boys and 19% of girls said they had been to a youth centre or club (including scouts, guides etc) in the past 4 weeks.



- 54% of pupils said they have been to a sports club or class in the last 4 weeks. 59% of boys and 51% of girls.
- 37% said that nothing stops them from doing any activities that they would like.



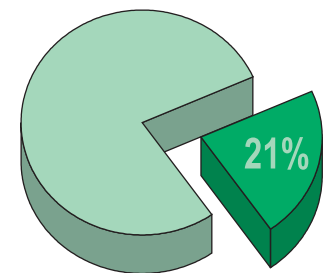
- The top answers given as barriers to activity include the following:

Year 8	Boys	Girls
Costs too much	25%	33%
Not available in my area	24%	32%
I can't get there	22%	29%

Year 10	Boys	Girls
Not available in my area	34%	39%
Costs too much	32%	36%
Don't have time	23%	35%

- 56% of pupils said that generally, there was enough to do in their area.

- 21% said there wasn't enough to do in their local area.



## COMPARISONS BETWEEN THE KINGSTON 2015 SURVEY AND THE SHEU REFERENCE SAMPLE

(N.B. The SHEU data is just for Years 8 & 10 pupils).

- 46% of pupils in Kingston usually walk to school compared with 44% of pupils in the wider sample.
- 20% of pupils in Kingston said they had at least 5 portions of fruit and vegetables the day before. This compared with 19% of pupils in the wider sample.
- 45% of Kingston pupils said they would like to lose weight. This compared with 45% of pupils in the wider sample.
- 17% of Kingston pupils consider their health 'often' or 'always' when making food choices. This compared with 23% of pupils in the wider sample.
- 11% of Kingston pupils said they had nothing for breakfast compared with 10% of the wider sample.

# CROSS PHASE DATA

## Questions answered by all Year 7 to Year 10 students

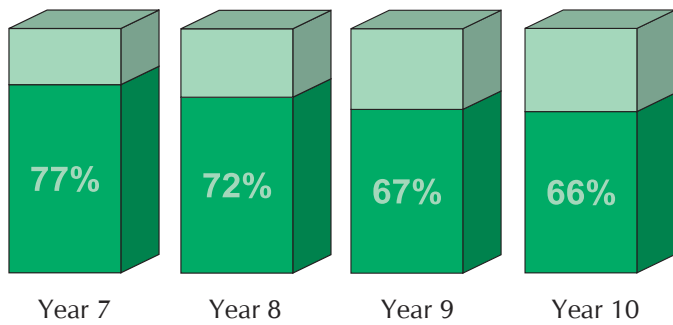
- The following is a selection of data relating to the set of questions answered by all year groups completing the questionnaire. It is always interesting to see how young people change as they grow up but this analysis is also useful because it can raise some important questions for local discussion.

### PHYSICAL ACTIVITY

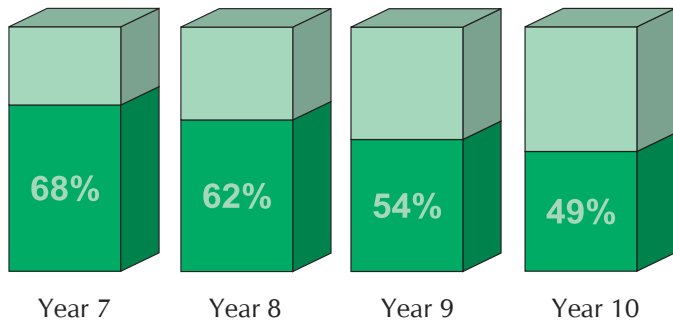
- Enjoyment of exercise overall declines with age and is most marked in its decline for girls.


- Pupils who enjoy exercise 'quite a lot' or 'a lot':

#### BOYS



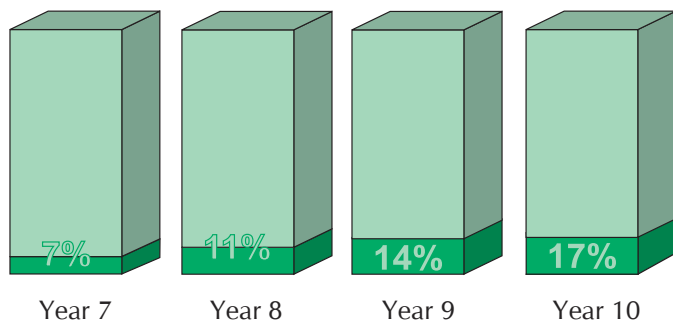
#### GIRLS



 Why do pupils (especially girls) enjoy exercise less as they get older?

### HEALTHY EATING

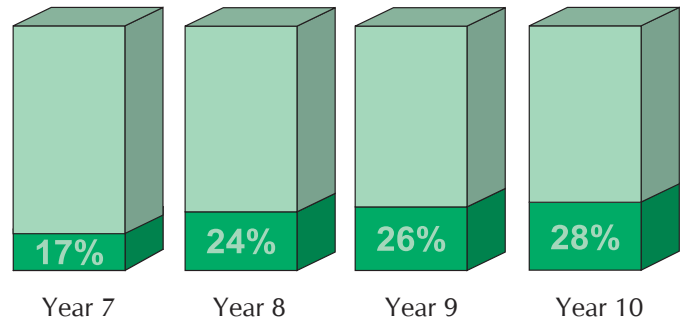
- The percentage of girls who had nothing to eat for breakfast that morning increases with age:



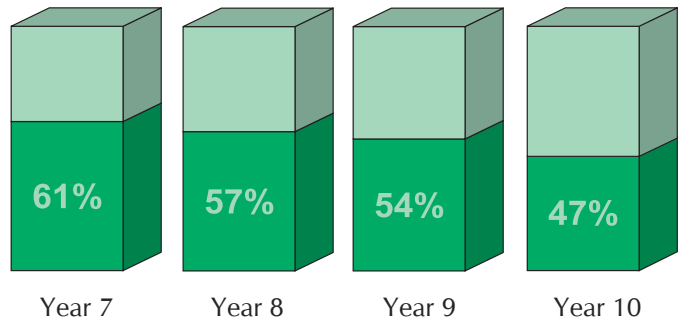
- 6% of Year 7, 7% of Year 8, 10% of Year 9 and 14% of Year 10 boys said the same.

### ACTIVITIES IN LOCAL AREA

- The percentage of girls who said that generally, there wasn't enough to do in their area increases with age:

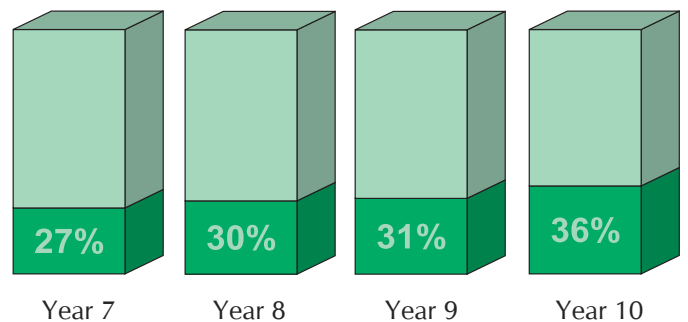



- The percentage of pupils who said they have been to a sports club or class in the past 4 weeks decreased with age:



### BARRIERS TO ACTIVITY

- The proportion of pupils who said cost was a barrier to them doing the activities that they would like to do is much higher for the older pupils:



 The proportion of pupils who report lack of time as a barrier is consistent across all age groups with more girls than boys saying this.

# LINKS

- It is possible to look for connections between the answers pupils gave to different questions in the survey to look for behaviour profiles. The following are just 3 selected questions, but any question can be analysed in this way. All differences illustrated below are statistically significant.

The first analysis is for girls who said they had nothing for breakfast that morning compared with those girls who did have breakfast.

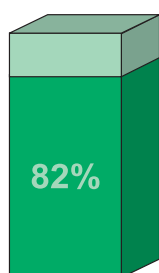
- 74% of girls who missed breakfast that morning also said they would like to lose weight. This compared with only 52% of girls who did have something for breakfast that morning. Therefore, we can say if you missed breakfast that morning you are more likely to say you want to lose weight.
- 40% of girls who missed breakfast that morning also said they tried shisha in the past or are current users. This compared with 17% of girls who did have something for breakfast that morning. Therefore, you are more likely to have tried shisha if you missed breakfast that morning.
- This group are also more likely to say they have met someone in real life who they first met online.
- They are less likely to have high self-esteem.
- They are less likely to say they talk to an adult if they have a problem that worries them.
- They are less likely to say that they found lessons about healthy food and nutrition 'quite' or 'very' useful.
- They are less likely to say there is enough for them to do near where they live.
- They are more likely to say they use the Internet for social media.
- They are also more likely to say they worry about what other people think of them.

The second analysis is for boys who said they would like to lose weight compared with those boys who didn't.

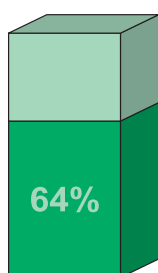
- 14% of boys who said they would like to lose weight also said that they had nothing for breakfast that morning. This compared with only 8% of boys who said they didn't want to lose weight. Therefore, we can say that if you want to lose weight you are more likely to have missed breakfast that morning.
- 59% of boys who said they would like to lose weight also said they enjoy exercise 'quite a lot' or 'a lot'. This compared with 75% of boys who said they didn't want to lose weight. Therefore, pupils who said they would like to lose weight were less likely to enjoy exercise.
- They are less likely to have high self-esteem.
- They are more likely to say they have tried shisha.
- They are more likely to say they have played truant for at least a lesson or day.
- They are more likely to say that they have been threatened in the past 12 months.
- They are more likely to worry about being fashionable.
- They are less likely to say that they did something active after school the previous week.
- They are more likely to say they have been offered drugs.
- Those who want to lose weight were also less likely to say school deals well with bullying.

- The third analysis is for pupils who said they had 5 or more portions of fruit and vegetables to eat the day before the survey compared with those who had less than 5 portions.
- 82% of pupils who said they had 5 or more portions the day before also said they had exercised hard at least 3 times the previous week. This compared with only 64% of pupils who had less than 5 portions the day before:**

Exercised hard last week at least 3 times



5 or more portions



Less than 5

- 71% of pupils who had 5 or more portions the day before also said they were active after school most or every day last week compared with 52% of pupils who had less than 5 portions.
- This group were also more likely to say they have had lessons in the last 12 months about healthy food and nutrition.
- They were more likely to have high self esteem.
- They are more likely to say that no one ever smokes at home.
- They are less likely to have smoked shisha.
- They are more likely to be happy with their weight.
- They are also more likely to say they have been to parks in their free time in the last 4 weeks.



**There are some interesting connections here. Do the links show that these two groups show a different approach to their own health and wellbeing or different parental support?**

# The way forward – over to you.

The Kingston Young People's Health and Wellbeing Survey was developed by the Schools Health Education Unit (SHEU) in partnership with the London Borough of Kingston upon Thames Education, Children's and Cultural Services and the Public Health Team.

We are grateful to the teachers, schools and the young people for their time and contributions to this survey. The findings will be used to plan services and inform commissioning decisions and further support joint working. In addition, the data will be used to inform plans and strategies within schools, the council and partners.

The survey will be conducted every two years to enable the London Borough of Kingston upon Thames to analyse the findings and look for trends.

## Kingston Schools who took part in the survey:

Chessington Community College  
Coombe Boys' School  
Coombe Girls' School  
Malden Oaks PRU  
Richard Challoner School  
Southborough School  
The Hollyfield School and Sixth Form Centre  
The Holy Cross School  
The Tiffin Girls' School  
Tiffin School  
Tolworth Girls' School & Sixth Form

## For more information about the survey please contact:

Adolescent Health Coordinator  
Public Health Department  
Royal Borough of Kingston  
Guildhall 1  
High Street  
Kingston Upon Thames  
KT1 1EU  
T: 020 8547 6943  
M: 07748 884821 or 07825356253

E: [phps@rbk.kingston.gov.uk](mailto:phps@rbk.kingston.gov.uk)