

Summary Sheet

Council Report:

Health and Wellbeing Board Report 11th January 2017

Title:

Voice of the Child Lifestyle Survey 2016

Is this a Key Decision and has it been included on the Forward Plan?

No

Strategic Director Approving Submission of the Report:

Ian Thomas (Strategic Director CYPS)

Report Author(s):

Bev Pepperdine, Performance Assurance Manager

Ward(s) Affected:

All

Executive Summary:

The report covers key findings from the 2016 Borough Wide Lifestyle Survey Report. The Lifestyle Survey was open to schools throughout June and July 2016.

The report also details the plans to distribute the borough wide lifestyle survey results to schools, the schedule for presenting the findings of the report to boards and on-going actions supporting the lifestyle survey results by partners.

The key areas that are particularly relevant to Health and Wellbeing Board, from the overall 2016 Lifestyle Survey report are sections:

- Section 5 Food & Drink
- Section 6 Exercise, Health and Weight
- Section 7 Feelings
- Section 10 Young Carers
- Section 11 Bullying
- Section 12 Smoking, Drinking and Drugs
- Section 13 Sexual Health

Recommendations:

That Health and Wellbeing Board:

- **Note the report and consider its content;**
- **Identify actions to address key areas of concern, in particular measure that are relevant to Health and Wellbeing and discuss actions to address key issues.**

List of Appendices Included:

Appendix 1 – 2016 Final Borough Wide Report

Appendix 2 – Trend Data for Child-Centred Borough Group

Background Papers:

Rotherham Secondary School Lifestyle Survey 2015

What about Youth (WAY) 2015 National & Regional Results

Consideration by any other Council Committee, Scrutiny or Advisory Panel:

Health and Wellbeing Board

Children and Young People Partnership Board

Rotherham Children Safeguarding Board

Child-Centred Borough Member Led Group

Council Approval Required:

No

Exempt from the Press and Public:

No

Title:

Voice of the Child Lifestyle Survey 2016

1. Recommendations**1.1 That Health and Wellbeing Board:**

- Note the report and consider its content;
- Identify actions to address key areas of concern, in particular measure that are relevant to Health and Wellbeing and discuss actions to address key issues.

2. Background

2.1 The lifestyle survey results provide an insight into the experiences of children and young people living in the borough, and provide a series of measures to monitor the progress of the development of a child-centred borough and underpin the six themes, which are:

- A focus on the rights and voice of the child
- Keeping children safe and healthy
- Ensuring children reach their potential
- An inclusive borough
- Harnessing the resources of communities
- A sense of place.

2.2 This annual consultation is carried out with young people in Y7 and Y10 in Rotherham secondary schools and Pupil Referral Units (PRU). This method of consultation with the young people has been run annually for the past 9 years.

2.3 Each educational establishment receives a pack of information to support them run the survey. Once the survey closes each school or PRU that has participated receives a data pack containing their individual results which they can use to shape their own Personal Social and Health Education lessons and use their data to compare themselves against the borough wide data once released later in the year.

2.4 Parents and carers are given information about the survey and its contents ahead of it taking place, for Y10 pupils there are specific questions relating to sexual health and this is highlighted in the information to parents/carers.

2.5 Partners will receive data packs of information with the results specific to their service in order for them to implement any improvements during the following year.

2.6 The 2016 Lifestyle Survey saw 12 out of 16 secondary schools in Rotherham participating. The 4 schools that did not participate were Rawmarsh, Wickersley, Clifton and St. Bernard's. Overall 2,806 pupils participated which is a 60% participation rate of the schools that took part.

3. Key Issues

3.1 Positive findings from the 2016 results were as follows:

- Over 70% of young people drinking 1 or less high sugar drinks per day
35.5% (994) young people say they do not drink any high sugar drinks;
35.5% (993) young people say they only drink 1 each day.
- Consumption of high energy drinks reduced by a further 8% from 2015.
63% (1750) young people say they do not consume any high energy drinks,
(55% in 2015).
- Increase in the % of young people who said they have never smoked.
Overall 85.7% (2234) of young people who do not smoke said they have
never smoked. (80% in 2015). This is made up of 94.3% of Y7 (92% in
2015) and 77.1% Y10 (68% in 2015). Rotherham has a higher % than
national and regional figures of young people saying that they have never
smoked.
- Increase in the % of pupils who said they have never had an alcoholic
drink, both Y7 and Y10. Y7, 79.8% (1165) said they have never had an
alcoholic drink (76% in 2015). Y10, 30.2% (406) said they have never had
an alcoholic drink (29% in 2015).
- Increase in the number of pupils who have received CSE training as part of
PSHE curriculum. 1232 (91.5%) of Y10 have received training and 894
(61.2%) of Y7 have received training, compared to 75% and 54%
retrospectively in 2015.
- Decrease of 2% of Y10 pupils saying they did not use contraception when
having sexual intercourse. 20% (51) of Y10 pupils said they did not use
contraception, compared to 22% in 2015.
- Increase in the % of young people who said they have visited a youth
centre or youth clinic. 23.7% (665) young people said they had visited in
youth centre or youth clinic in 2016, compared to 13% in 2015.

3.2 Areas for attention resulting from the 2016 survey

- Increase in the % of young people saying they have a long term medical
condition. In 2016 21.9% (616) pupils said they had a diagnosed condition,
compared to 15% in 2015.
- More young people said they had a snack at break time and crisps are the
most popular snack and fruit has dropped down to 5th choice for a snack
from 1st choice in 2015.
- Decrease in the % of pupils who felt their weight was in health weight range
and about the right size 59% (1661) in 2016 compared to 65% in 2015.
- Bullying % rates increased for the first time in 3 years. 26% (737) pupils
said they have been bullied, compared to 22% in 2015.

- Cyber bullying has increased as a form of bullying to 8.2% (61) from 6% in 2015. Sexual inappropriate actions/comments as a form of bullying has increased to 3.7% (27) from 1% in 2015.
- Out of the 737 pupils who said they have been bullied, 547 reported the bullying, of these 58.7% (321) said they received some help; this has decreased from 65% receiving help in 2015.
- Increase in % of Y10 saying it is acceptable for young people of their age to get drunk.
- Slight increase in % of young people saying they have tried drugs, even if this was only once.
- Increase in the % of Y10 pupils saying they have had sexual intercourse after drinking alcohol or taking drugs.
- Decrease in the % of young people who said they have visited Rotherham town centre.
- Decrease in the % of pupils who would recommend Rotherham as a place to live

3.3 Emerging themes from the survey will be shared with key stakeholders for them to action.

4. Options considered and recommended proposal

4.1 The Health and Wellbeing Board are asked to :

- Note the report and consider its content;
- Identify actions to address key areas of concern, in particular measure that are relevant to Health and Wellbeing and discuss actions to address key issues.

5. Consultation

5.1 The results from the 2016 will be shared with appropriate boards and groups and partners will receive specific trend data in relation to their specific service, to all them to take actions and address any issues.

5.2 It is being requested that these actions will be owned by the Health and Well Being Board and Children and Young People Partnership will support to drive these improvements necessary on behalf of Health and Wellbeing Board.

5.3 Distribution of the report with an offer to attend subsequent meetings are be made to

- Public Health
- Healthy Schools Consultant
- Safer Neighbourhood Partnership
- South Yorkshire Police
- South Yorkshire Passenger Transport
- Health and Well Being Board

- Neighbourhood Crime Manager
- Young Carers Provider – Barnardos
- Locality Team(s)
- School Nursing
- Families for Change
- Youth Cabinet
- Communications Team

6. Timetable and Accountability for Implementing this Decision

Date	Meeting	Officer
12 th September	DLT CYPS	Sue Wilson
1 st November	SLT	Sue Wilson Ian Thomas
13 th December	Child-Centred Borough Group	Bev Pepperdine
11 th January 2017	Health and Well Being Board	Bev Pepperdine Sue Wilson
8 th February 2017	Children & Young People Partnership Board	Bev Pepperdine
TBA	Local Safeguarding Board	Bev Pepperdine Sue Wilson

7. Financial and Procurement Implications

7.1 There are no financial and procurement implications

8. Legal Implications

8.1 There are no immediate legal implications associated with the proposals.

9. Human Resources Implications

9.1 There are no Human Resources implications associated with the proposals.

10. Implications for Children and Young People and Vulnerable Adults

10.1 The fundamental rationale behind the Lifestyle Survey is to enable as wide a consultation as possible for young people in Rotherham in relation to not only their lifestyles but also how they feel about their personal safety. Actions are to be addressed by schools and partners to ensure that improvements are made to their services provided to children and young people.

11. Equalities and Human Rights Implications

11.1 The survey aims to capture equalities information as part of the demographic section

12. Implications for Partners and Other Directorates

12.1 The results of the survey and associated actions are shared both council and Partnership-wide and it is important that these are communicated to ensure that any concerns actions are addressed.

13. Risks and Mitigation

13.1 Actions are taken to mitigate any negative media attention resulting from publication of the results of the survey which includes working with the Communications Team in relation to a media strategy.

14. Accountable Officer(s):

Beverley Pepperdine (*Performance Assurance Manager*)
Sue Wilson (*Head of Service, Performance & Planning*)

Approvals Obtained from:-

Strategic Director of Finance and Corporate Services: Not applicable

Director of Legal Services: etc.

Head of Procurement (if appropriate):

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