

Summary Sheet

Council Report:

Health & Well-Being Board Report 15th November 2017

Title:

Voice of the Child Lifestyle Survey 2017

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
Sue Wilson, Head of Service, Performance & Planning

Ward(s) Affected:

All

Executive Summary:

The report covers key findings from the 2017 Borough Wide Lifestyle Survey Report and the pilot report for Newman Special School.

The Lifestyle Survey was open to schools throughout May to July 2017.

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 & Well Being Board, from the overall 2017 Lifestyle Survey report are sections:

- Section 4 A Little Bit About Me
- Section 5 Healthy Eating & Exercise
- Section 6 Feelings
- Section 9 Safeguarding
- Section 10 Young Carers
- Section 11 Smoking, Alcohol & Drugs
- Section 12 Relationships and Sexual Health

The Health & Wellbeing Lifestyle summary report, details the findings from these specific areas.

Recommendations:

That Health & Well-Being Board:

- Note the report and consider its content;
- Identify actions to address key areas of what we are worried about, in particular measures that are relevant to Health & Well-Being and discuss actions to address any key issues.

List of Appendices Included:

Appendix 1 – 2017 Final Borough Wide Report

Appendix 2 – 2017 Health & Wellbeing Summary Report

Background Papers:

Rotherham Secondary School Lifestyle Survey 2016

Health & Wellbeing Strategy Action Plan

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

Children's Commissioner Decision making meeting

Senior Leadership Team

Improving Lives Scrutiny Panel

Council Approval Required:

No

Exempt from the Press and Public:

Restricted currently – to be made public in January, 2018

Title:

Voice of the Child Lifestyle Survey 2017

1. Recommendations**1.1 That the Health & Well-Being Board:**

- Note the report and consider its content;
- Identify actions to address key areas of what we are worried about, in particular measures that are relevant to Health & Well-Being and discuss actions to address any 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 the aims to be a child friendly town, which are:

- Having things to do (entertainment/parks/green spaces etc.)
- Safe and welcoming places
- Cleanliness of places
- Voice of the child and young person (i.e. we listen but don't always act/feedback)

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 10 years. In the past 5 years 17,324 young people have shared their views about their health and wellbeing through this survey.

2.3 This annual consultation is the only opportunity regularly given to young people to have their say about their health, well-being, their future, their thoughts about Rotherham and their local community. The sample of 3811 young people, who participated in 2017, is 58% of the relevant population.

2.4 The Lifestyle Survey was offered to pupils at a special school for the first time in 2017. Newman school offered to pilot the survey on behalf of all special schools with the aim it will be offered to all special schools in 2018.

2.5 Each educational establishment receives a pack of information to support them with 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.

2.6 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.

2.7 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.

2.8 The 2017 Lifestyle Survey saw 11 out of 16 secondary schools in Rotherham participating. The 5 schools that did not participate were Rawmarsh, Wickersley, Clifton, Saint Bernards and Thrybergh.

3. Key Issues

3.1 The findings from the results in the 2017 survey that show what's working well are as follows:

- There has been a 1% decrease in the number of pupils saying they have a diagnosed medical condition.
- 3515 (93%) of pupils said they visit the dentist at least once per year.
- There has been almost a 5% increase in the number of pupils eating the recommended 5 portions of fruit and vegetables per day, the % has gone up to 18.2% in 2017 from 13.5% in 2016.
- There has been a 2% increase in the number of pupils who said they have breakfast. This has improved to 81% (3068) from 79% in 2016.
- There has been a 3.5% increase in the number of pupils who said they participate in regular physical activity. This has improved to 83.5% (3159) from 80% in 2016. There has also been a 1.5% decrease in the number of pupils who said they never do any exercise. This has improved to 4.5% (173) from 6% in 2016.
- There has been a reduction in the number of pupils who said they are worried about their weight. This has improved to 25.7% (1050) from 28.5% in 2016.
- There has been a 5% improvement in the number of pupils who feel their weight is about the right size. This has improved to 64% (2315) from 59% in 2016.
- There has been an improvement in pupils' perception of Rotherham and recommending Rotherham as a place to live. Overall there has been a 10% reduction in the % of pupils who said they would definitely not recommend Rotherham as a place to live. This has improved to 20.5% (775) from 31.7% in 2016. Overall pupils who said they would definitely recommend Rotherham as a place to live has improved by 11% to 26.1% (990) in 2017 from 14.8% in 2016.
- The number of pupils who say they would still like to remain living in Rotherham in 10 years' time has also improved. Overall there has been a 10% reduction in the number of pupils who said they would not like to be living in Rotherham in 10 years' time. This has improved to 27.2% (1030) from 37.5% in 2016. Overall pupils who said they would definitely like to be living in Rotherham in 10 years' time has also improved to 17.5% (661) compared to 13.5% in 2016.
- There has been a 7% increase in the number of pupils who said they regularly visit Rotherham town centre. This has improved to 33% (1251) from 26% in 2017.
- Fewer pupils rate the fear of protests and marches in the town centre as a reason for feeling unsafe in the town centre, in 2016 pupils rated this as the 3rd highest risk this has moved to the 9th rated risk in 2017.
- There has been a decrease in the % of pupils who said they have been either cyber bullied or bullied by inappropriate sexual touching/comments or actions. Overall this reduced to 9.2% from 11.9% in 2016.

- Overall there is a continued decline in the number of young people who have obtained cigarettes from a local shop. This has reduced to 17% (43) of those who said they smoked from 19% in 2016.
- There has been an increase in the % of pupils in Y10 who said they have never tried an alcoholic drink. This has increased to 32.3% (526) from 30.2% in 2016.
- There has been a % increase of pupils in Y10 who said they have never tried drugs. This has increased to 87% (1416) from 84.5% in 2016.
- The % of Y7 pupils who have been taught about child sexual exploitation has improved to 72.5% (1562) from 61.2% in 2016.
- There has been a reduction in the % of Y10 pupils who said they have had sexual intercourse. In 2017, 14.3% (233) pupils in Y10 said they have had sex, compared to 19.2% in 2016.

3.2 The findings from the results in the 2017 survey that show what we are worried about are as follows:

- There has been an increase of 3% in the number of pupils saying they consume 2 or more high sugar drinks each day and also an increase of 2% of the number of pupils saying they consume high energy drinks, (in particular boys).
- There has been a 3% reduction in the number of pupils who aspire to go to university. Overall 42% (1592) said they aspire to go to university in 2017 results from 45% in 2016.
- There has been a 6.6% reduction in the number of pupils who said they always feel safe in Rotherham town centre. Overall 18% (683) pupils said they always feel safe, compared to 24.6% in 2016. There is a similar pattern with Rotherham bus station, overall 18% (693) said they always feel safe, compared to 23.6% in 2016 and for Rotherham train station, and overall 15% (556) said they always feel safe, compared to 17% in 2016.
- There has been a 3% increase of pupils saying they have been bullied out of school time. The number of pupils saying they have been bullied is a similar % to 2016. More pupils of those who have been bullied said they have been bullied out of school time, 12.8% (124) said this in 2017, compared to 9.3% in 2016.
- There has been a decrease of 6.7% of young people who have identified themselves as a young carer who have heard of the Rotherham Young Carers service. 37.3% (267) said they had heard of this service in 2017, compared to 44% in 2016.
- There has been a decrease of 4.7% of homes identified as smoke-free homes. In 2017 59.3% (2243) said their home was smoke-free, compared to 64% in 2016.
- There has been a decrease of 3.5% of Y7 pupils who said they have never tried an alcohol drink. This has decreased to 76.3% (1643) from 79.8% in 2016.
- There has been an increase in the % of pupils in Y10 who said they did not use contraception when having sexual intercourse, this has increased to 27.5% from 20%, and this increase is more prevalent with boys.
- There has been a % decrease with pupils who said they knew who their school nurse was. Overall 39.7% (1501) pupils in 2017 said they knew who their school nurse was, compared to 43% in 2016.

3.3 What are we going to do next?

Emerging themes from the survey will be shared with key stakeholders for them to action as part of their service / business plans. There will be specific reports produced to for each stakeholder to highlight areas that we are worried about which will include the relevant trend data for their area / service

4. Options considered and recommended proposal

4.1 That Health & Well-Being Board:

- Note the report and consider its content;
- Identify actions to address key areas of what we are worried about, in particular measures that are relevant to Health & Well-Being and discuss actions to address any key issues.

5. Consultation

5.1 The results from the 2017 will be shared with the Health & Well Being Board, Child Friendly Rotherham Board. Partners will receive specific trend data in relation to their specific service, to all them to take actions and address any issues.

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

- Public Health
- Healthy Schools Consultant – Kay Denton
- Safer Neighbourhood Partnership
- South Yorkshire Police
- South Yorkshire Passenger Transport Executive
- Health and Well Being Board
- Neighbourhood Crime Manager
- Young Carers Provider – Barnardos
- Locality Team(s)
- School Nursing
- Families for Change
- Youth Cabinet
- Children & Young People's Partnership
- Voice & Influence Voluntary Sector
- Regeneration & Environment
- Communications Team

6. Timetable and Accountability for Implementing this Decision

Date	Meeting	Officer
30 th October 2017	DLT CYPS	Bev Pepperdine
9 th November	Culture & Leisure Senior Management Team	Sue Wilson
15 th November 2017	Health and Well Being Board	Bev Pepperdine
12 th December 2017	Child Friendly Rotherham Board	Bev Pepperdine

13 th December 2017	Children and Young People's Partnership	Bev Pepperdine
23 rd January 2018	Improving Lives Scrutiny	Bev Pepperdine

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, their views of Rotherham town centre and the leisure services that are on offer to young people. 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 About Me 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):

This report is published on the Council's website.