

# Rotherham Metropolitan Borough Council

## Voice of the Child Lifestyle Survey 2019

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Rotherham  
Metropolitan  
Borough Council 

# Rotherham Metropolitan Borough Council

## Voice of the Child

### Lifestyle Survey 2019

- Background to Lifestyle Survey
- Feedback from Health & Wellbeing Board
- Long Term Trends
- Trends - What appears to be working well
- Trends - What are we worried about
- What to do next



# Rotherham Metropolitan Borough Council

## Voice of the Child

### Lifestyle Survey 2019

- Lifestyle Survey is an annual survey
- Lifestyle Survey is open to pupils in year 7 and year 10
- Capture voice of children and young people
- Aim to highlight the results to support the allocation of resources to improve health of children and young people
- Aim to provide a baseline for monitoring the impact of services provided to improve health and wellbeing
- To enable benchmarking and comparison between other areas
- To provide information that could be used to plan resources and shape curriculums
- To highlight areas to explore further, in terms of health inequalities



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**Voice of the Child**  
**Lifestyle Survey 2019**

- **Summary for Health & Wellbeing Board**
- **Trends between 2014\* to 2019**
- **Main Changes**



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## Voice of the Child

### Lifestyle Survey - Trends

#### **What has worked well?**

More eating recommended amounts of fruit and veg

Less drinking high sugar drinks

Less drinking high energy drinks

More doing regular exercise

More feeling safe around

Bus station

Train station

Town Centre

Less bullying

Fewer young carers

Less smoking regular cigarettes

Less trying alcohol

More received education about CSE

Less Y10 saying they have had sexual intercourse

#### **What are we worried about?**

More mental health diagnosis

Less regularly visiting the dentist

Less drinking recommended amounts of water

More skipping lunch

More feeling their mental health is poor

Less feeling their weight is OK

More people feel they have no one to talk to

Increase in young carers saying they have struggles

Less homes smoke free

More trying E-Cigarettes

Harder drugs being tried

Frequency of drug use increased

More Y10 saying they have had sex after drugs or alcohol use

More Y10 saying they do not use contraception

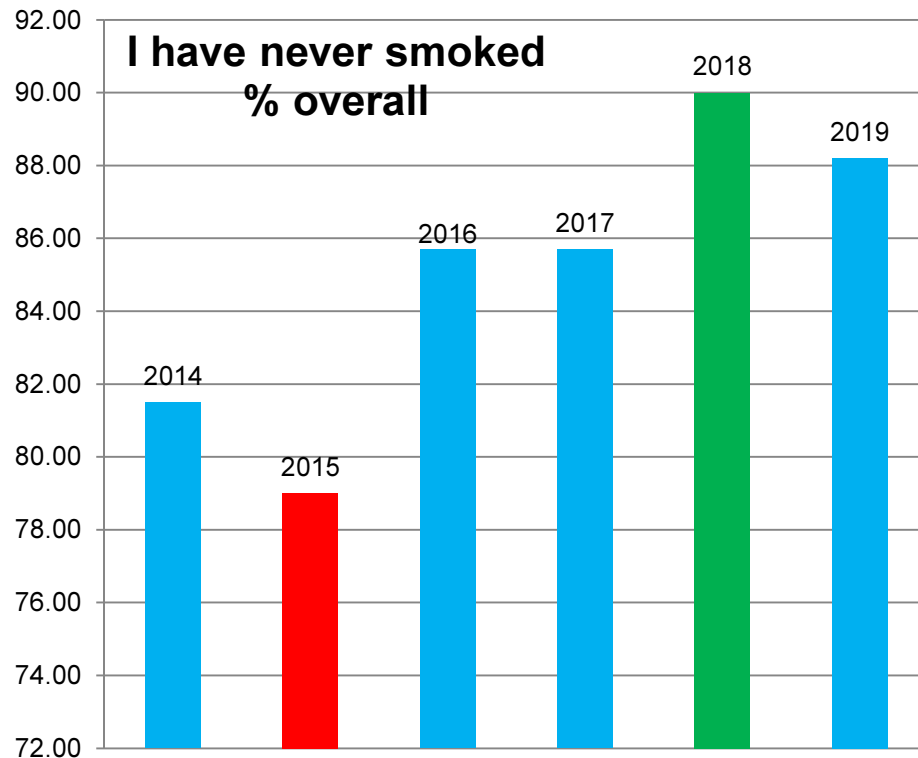


# Voice of the Child

## Rotherham Lifestyle Survey 2019

### What is working well?

#### Trend Data 2014 to 2019 - Smoking

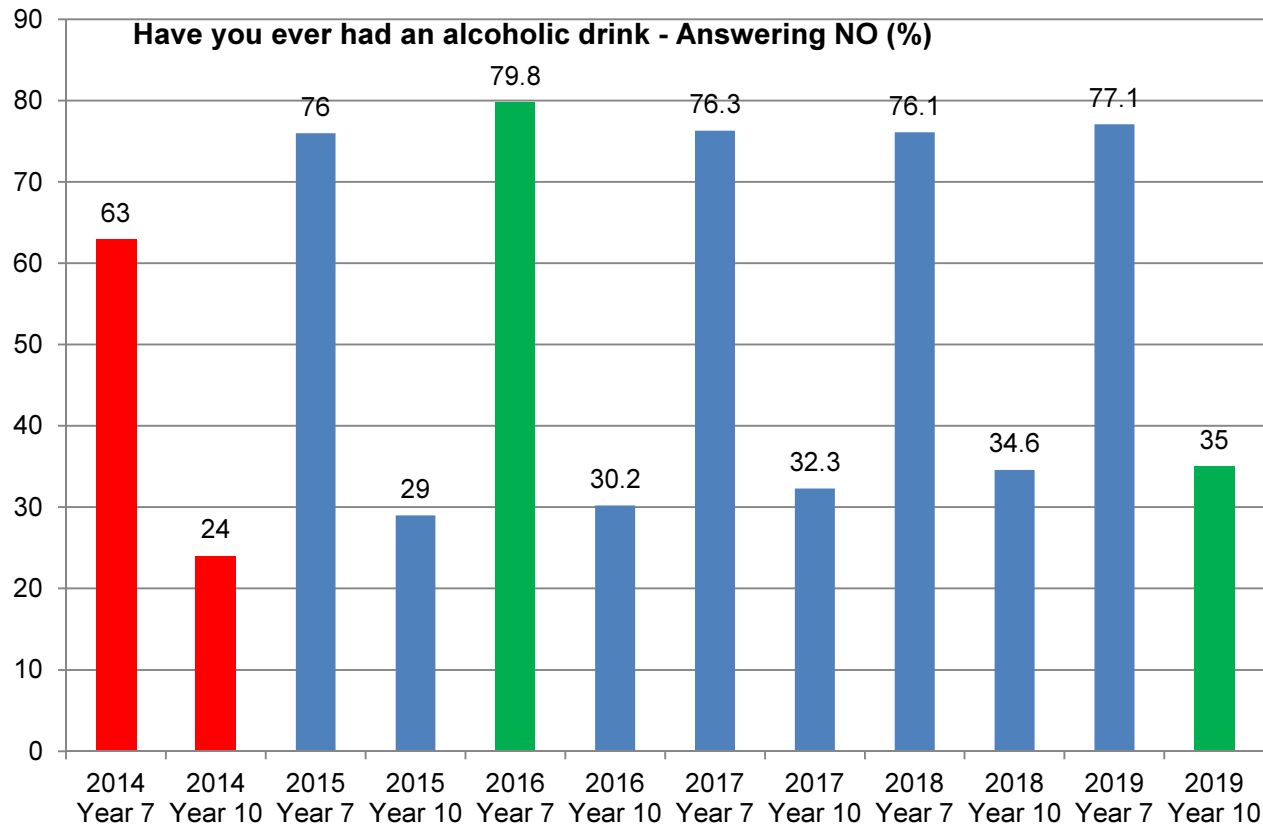


- 6.7% increase of those saying they have never smoked since 2014.
- Schools each year hold national non-smoking events
- NHS Digital: Statistics on Smoking (20.8.19)
  - Nationally 84% of 11-15 year olds have never smoked
  - Rotherham statistics from 2019 show that 88.2% of pupils age 11/12 and 14/15 say they have never smoked.
- What happens next?
  - Highlight this data with Public Health & Schools
  - Request that schools share data with all pupils to make them aware



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What is working well?

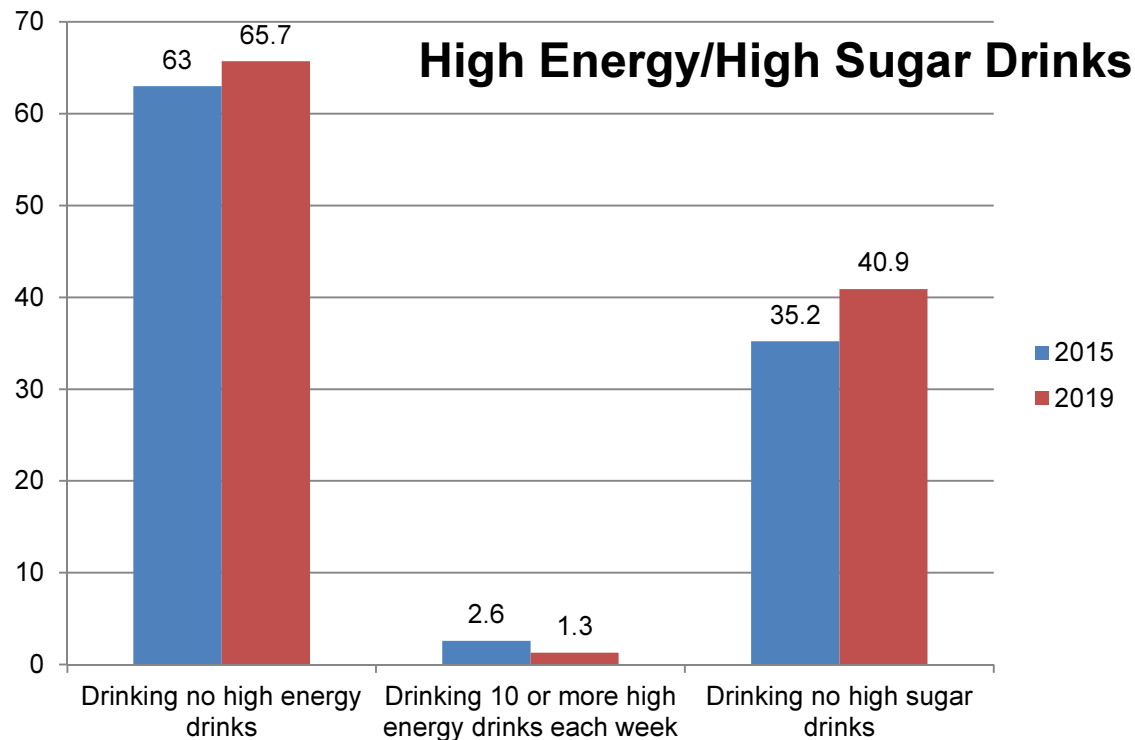
Trend Data 2014 to 2019 -  
Alcohol



- 14.1% increase in the % of Y7 pupils who said they have never had an alcoholic drink from 2014 to 2019
- 11% increased in the % of Y10 pupils who said they have never had an alcoholic drink from 2014 to 2019
- Underage drinking has been targeted nationally and schemes such as 'Challenge 21' has been a contributing factor in the reduction of young people drinking alcohol.

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What is working well?

- Trend Data 2015 to 2019 - High Energy/High Sugar Drinks



Schools have banned the sale of high energy drinks – this has had a positive impact – fewer pupils drinking them regularly and more pupils saying they do not drink them at all

Schools have campaigned to highlight the levels of sugar in some drinks – this has had a positive impact with more pupils saying they do not drink high sugar drinks



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What are we worried about?

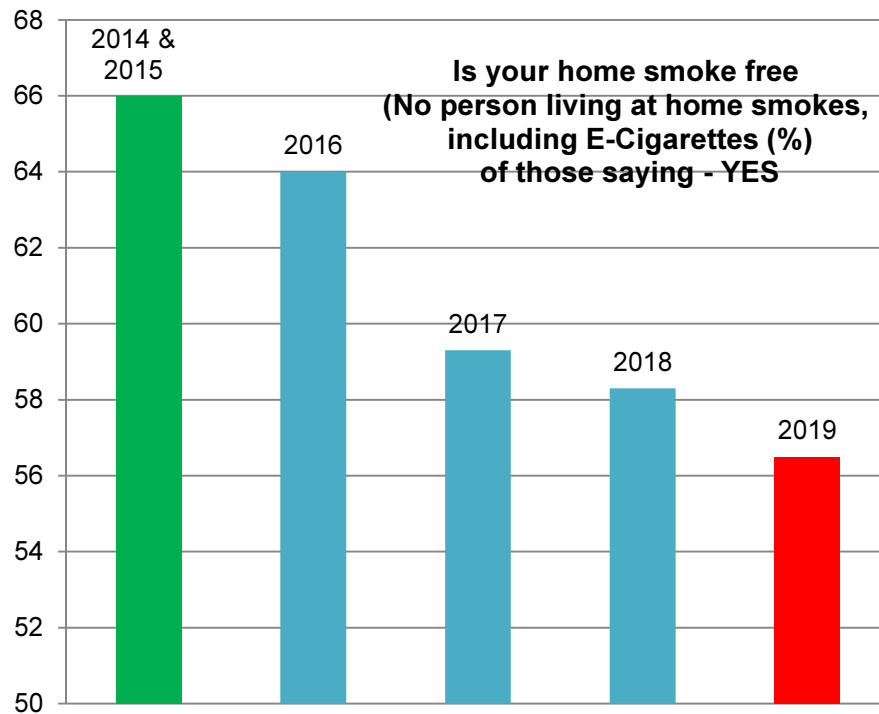
## Young People and Mental Health

- 2019 – 10.6% of young people said they have a diagnosis of a mental health condition, compared to 5% in 2015
- 2019 Year 7 – 8.3% rated their mental health as poor, compared to 5% in 2017
- 2019 Year 10 – 17.5% rated their mental health as poor, compared to 12% in 2017
- 2019 – 4% (145) of young people said they would not have anyone they could talk to if they had a problem, compared to 3.4% (90) in 2016.
- CAMHS Service – 2019 Increase in the volume of referrals to support young people with their mental health



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What are we worried about?

Trend Data 2014 to 2019 –  
Smoke Free Homes



- 9.5% decrease of those saying their home is smoke free since 2014.
- Since 2015 Electronic Cigarettes were included in this question, this is likely to have contributed to this decline.
- National data shows - (September 2019) 3.6m people in the UK are vaping, a rise of 12.5 per cent in one year. Those using electronic cigarettes make up 7.1% of Britain's population, meaning more people are using e-cigarettes. The products are most popular among 35- to 54 year olds.
- What happens next?  
Highlight this data with Public Health & Schools

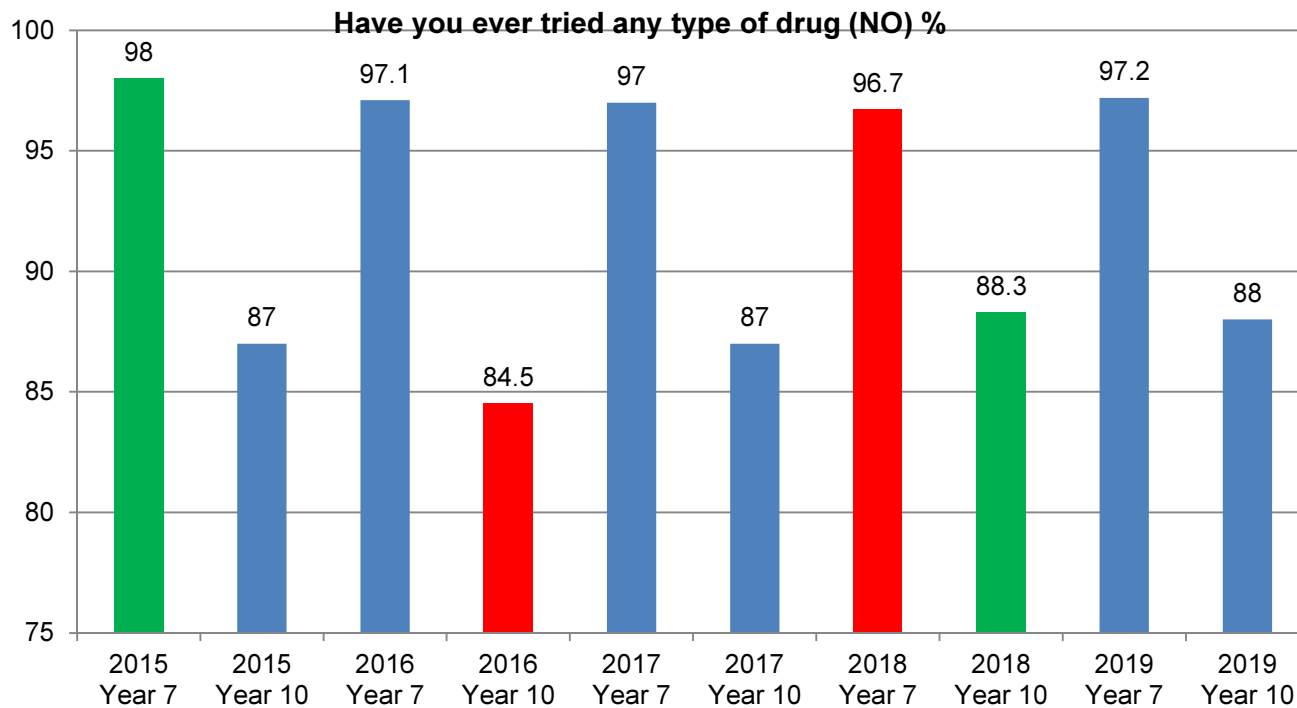


# Voice of the Child

## Rotherham Lifestyle Survey 2019

### What are we worried about?

## Trend Data 2015 to 2019 - Drugs



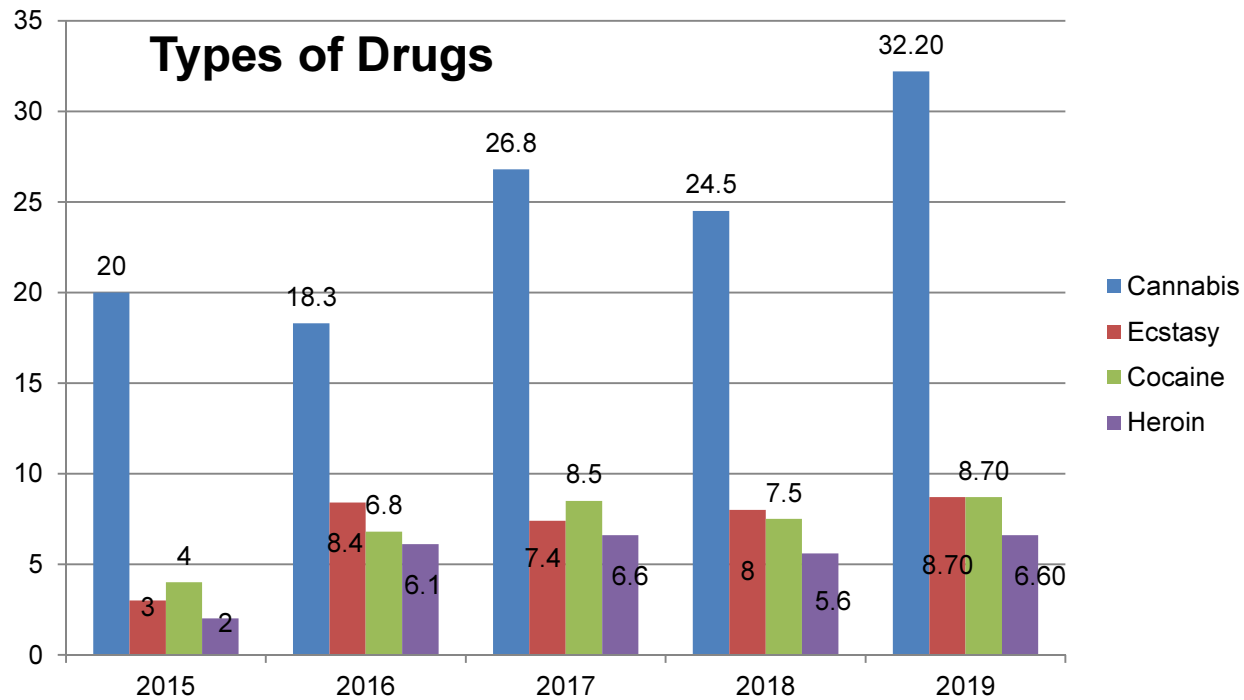
The data from young people saying whether they have tried drugs is relevantly consistent since 2015.

On average overall Rotherham data show that around 92% of pupils who have completed the lifestyle survey say they have not tried drugs.

A national survey results showed that 85% of 11 to 15 year old are saying they have not tried drugs.

In 2017 Rotherham had 84 admissions to hospital with drug related specifically to drugs for under 18's, this is below our regional average.

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**What are we worried about?**



The trend data shows that there has been an increase in the % of young people who have told us they have tried the 'harder' type of drugs

In 2015 the most popular choices chosen for they type of drug that had been tried was

- Cannabis
- Legal Highs
- Solvents

In 2019 – 209 young people



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#### What Happens Next

- Relevant data will be highlighted to partners
- Feedback will be requested from schools on actions they plan to take
- Data will be shared with Neighbourhoods by ward data – support their priorities
- Feedback will be requested from partners around any actions they plan to take
- Information will be shared with:
  - Children & Young People Partnership
  - Improving Lives Scrutiny Panel
  - Different But Equal Board
  - Youth Cabinet Board
- Plan for the delivery of 2020 Lifestyle Survey



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**QUESTIONS?**

**Thank You**

