

# Rotherham School Lifestyle Survey Executive Summary

Lorna Quinn

# Participation and demographic

- 15 of 16 schools participated and 3 PRUs
- 4,919 students in total: 2,754 Year 7 students and 2,165 Year 10 - 66.6% participation (65% last year).
- 72% White British, 8% Pakistani, 3% 'Other White Background'
- Looked After Children – 3.9% of total respondents (193)

# Health and wellbeing

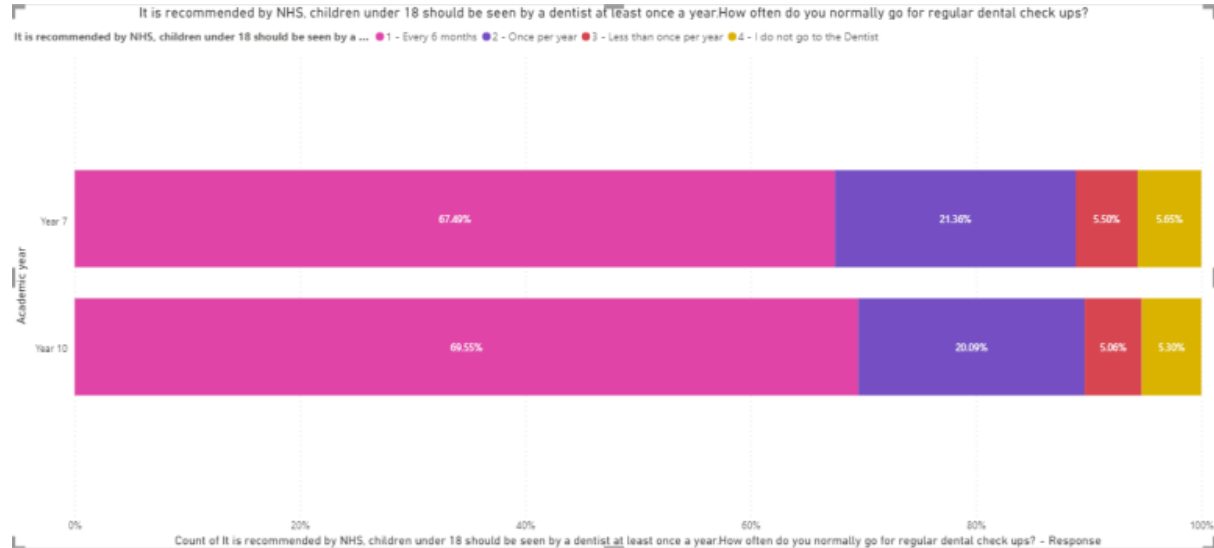
- 57.2% of respondents rated their mental health as good or excellent, 28.5% rated this as fair, and 14.3% rated this as poor.
- There has been a positive trend from 2022 with a reduced proportion of respondents reporting their mental health as poor, however proportions rating poor mental health remain higher than in 2019.
- When asked about the change in their mental health over the last 2 years, 33.4% of respondents reported an improvement in mental health, 35.9% reported their mental health staying the same, and 30.7% reported it being worse or much worse since the pandemic.
- In respect of their physical health, 26.2% of respondents rated this as excellent, 51.3% rated this as good, 18.6% rated this as fair, and 3.9% rated this as poor.

# Medical conditions

- 21% reported a long-term illness, medical condition or disability. This has shown no overall trend since 2017.
- Asthma and Autism were the two most prevalent self-reported conditions: 4.4% and 3.2% respectively.
- 1.3% of total respondents self-reported diagnosed mental health issues.
- Trend analysis for Year 7 respondents show no clear trend for the top four diagnosed conditions from 2017 to 2023, however asthma has remained consistently the highest proportion.

# Dentistry

- 89.2% of respondents saw a regular dentist however 10.8% stated they see a dentist less than once per year or do not go to the dentist.
- From 2017 to 2022, a fewer proportion of respondents stated they visit the dentist regularly year-on-year, however from 2022 to 2023, this remained similar

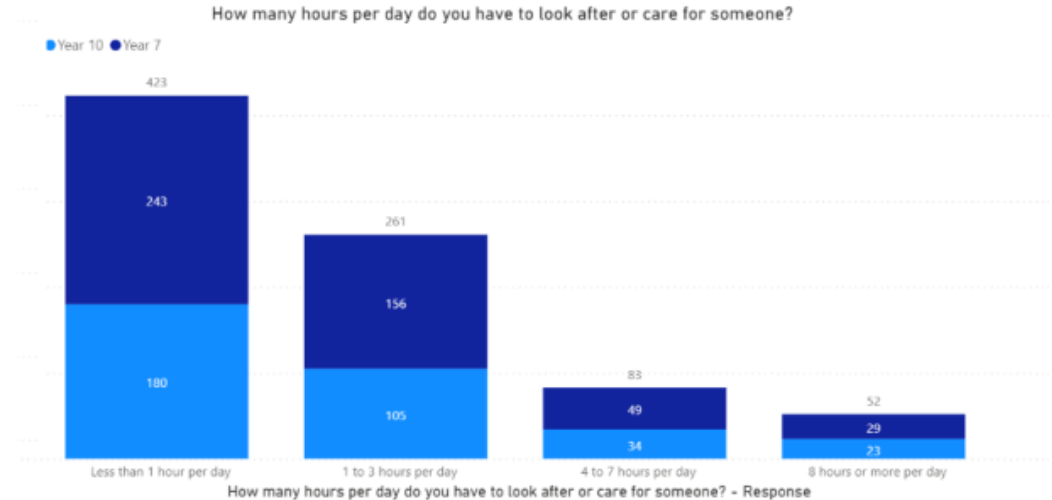


# Health behaviours

- The highest proportion of responses, 1,969 students, gave their diet a rating of 3 (42.5% and 44.8% Year 7 and Year 10 respectively) however 588 students rated their diet as poor (13%)
- 9.7% of Year 10 respondents stated they had had sexual intercourse and there was awareness of support across the system.
- No trend in smoking data: 0.6% and 3.3% of respondents smoke on a regular basis (Y7 and Y10) and a positive increase in those who do not think it is ok to smoke.
- 78% of Y7 and 47% of Y10 have never tried an alcoholic drink – similar to previous years.
- 87% of respondents have never tried drugs or substances and of those that have consumed in the previous month and week, data remains similar.

# Young carers

- 3,721 respondents answered this question with 851 (22.9%) stating they do care for someone.
- 28.4% of those caring for someone stated it means they have less time to socialise with friends.



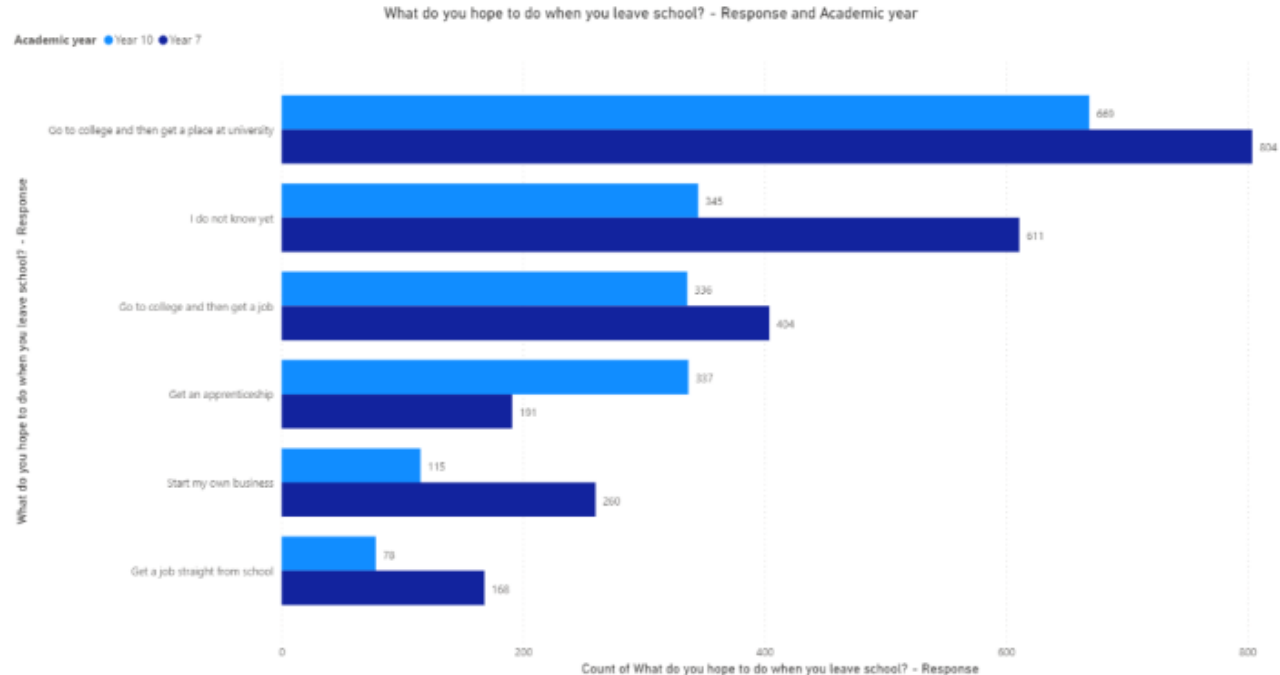
# Culture and leisure

- The most recently visited place, at the time of completion, was a Rotherham Urban Park, Country park or leisure centre; 1,994 respondents across these three categories.
- Of all most recently visited locations, the majority of people rated this 4 or 5 out of 5 (5 being excellent); 56.5%, a total of 2,135 respondents.
- 75.9% of respondents rated leisure centres as good, very good and excellent.
- The cost of music lessons was the biggest barrier to accessing music lessons.
- 47.8% of respondents rated libraries as good, very good or excellent (40.7% had never visited).
- The events respondents would like to see in Rotherham was mainly music, sport/physical activity, or film events.



# Leaving school

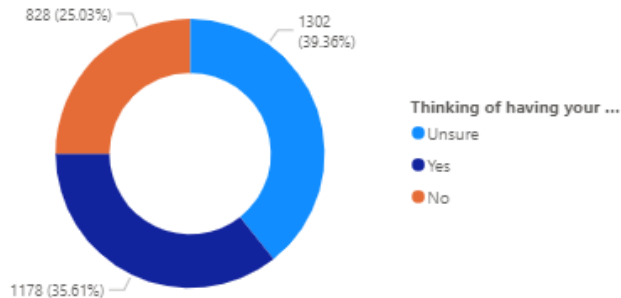
- 34.1%, plan to go to college and go to university.
- 22.1%, do not yet know what they would like to do after school.
- 17.1%, plan to go to college and then gain employment.
- 12.2%, plan to get an apprenticeship.
- 8.7%, plan to start their own business.
- 5.7%, plan to get a job straight from school.



# Voice of the child

- 35.6% felt their view and voice is listened to and taken seriously, 25.0%, felt their views were not listened to and taken seriously, and 39.4%, were unsure.
- 24.7% felt their views were acted upon, 31.3%, felt it was not acted upon, and 44%, were unsure.

Thinking of having your voice heard when you express your views and experiences do you feel - Your view and your voice is listened to and taken seriously



Thinking of having your voice heard when you express your views and experiences do you feel - Your view and your voice is acted upon

